

EDMONTON YWCA

ANNUAL REPORT 1982

YWCA

CELEBRATING 75 YEARS!

In 1982 the Edmonton YWCA celebrated 75 years of service to the community. Celebration events included an Open House, a Women's community Resource Fair representing 70 organizations, a Membership Tea to honour long time friends of the YWCA, a special Annual Meeting highlighting the history of the organization and the first 'Tribute to Women' Awards Dinner, which honoured 56 nominees and 6 award recipients for their service to the Edmonton community.

Founded in 1907 by concerned city women, the Edmonton YWCA has acted as a catalyst in meeting the needs of the Edmonton community.

Originally located in a rented home on the present site of Edmonton Centre, the YWCA provided shelter for the many young rural women seeking employment in the city. As many acted as housekeepers, maids or waitresses, their incomes and opportunity for leisure activities were limited. Throughout the early 1900's the YWCA provided a home-away-from-home to them. Fund-raising often took the form of cultural performances at the Pantages Theatre and Masonic Hall. During the First World War and the Depression years, low-cost housing and food services continued to be of major concern. A new building on 103 Street helped meet these needs, but the few paid staff who worked closely with volunteers, often received little remuneration. The influence of World War II had major impact upon the development of YWCA services in future years. With more women in the workforce, family and lifestyle changes were considerable. The special needs of War Brides were of major concern. Following the war, the prevailing spirit of optimism and development were evident at the YWCA. Recreation and continuing education programs expanded considerably with social clubs of particular interest to many. Activities for teenagers and young adults were in very great demand. Large numbers of refugee women & children were also housed. The sixties provided extreme challenges to agencies like the YWCA. Changing social values and the problems of transient youth were evident in the daily demand placed on YWCA facilities and staff. The women's residence was always full, as no one was turned away. The problems of many young people - many away from home for the first time - were numerous. The sixties also reflected changed attitudes to the role of women in society and many of the critical issues facing women gained recognition.

In Edmonton, the crisis for temporary shelter for women grew and the YWCA staff and volunteers worked hard to develop the Edmonton Women's Shelter for transient women and MacDougall House for women with legal and addiction problems. Shortly after, the Rape Crisis Centre was organized and housed in the YWCA and today has become an independent Sexual Assault Centre. The problems faced by immigrant women, housebound by language and cultural barriers were also urgent. English as a Second Language classes were organized by YWCA volunteers to meet the unique needs of these new citizens. These services continued to the late 1970's when government services provided an alternative. Big Sisters Association originated at the YWCA and has now independently grown on its own to meet the needs of girls who require adult friendship. The long hidden problems of battered wives gained public awareness and W.I.N. House was developed through the efforts of many Edmonton women and organizations including the YWCA. 1976 was a major milestone for the Edmonton YWCA with the opening of a new facility at its present location. Many of the long standing community needs for increased child care, accommodation, fitness and recreation services were met through development made possible by the new building. Greater emphasis on the needs of mentally and physically disabled individuals became evident in the design of one of the first accessible public recreation and housing facilities and appropriate classes and services further created opportunities. In the late seventies the concerns of widowed men and women were reflected in the development of the YWCA 'On Our Own' Resource Centre and a Family Relief Service was initiated to provide temporary in-home care for handicapped children and adults. In 1981 YWoChAs Centre on Lake Wabamun was redeveloped by the Edmonton YWCA to provide year-round outdoor recreation, environmental education and leadership training opportunities for people of all ages.

A full annual report of this YWCA would occupy a thick booklet. An overall view of the life of the Association in the year 1982 - an anniversary in its long history of seventy-five years follows.

Edmonton, and Alberta, are very greatly changed from what they were in the summer of 1907. At every stage of that change, and today, the YWCA has sought to meet actual needs of the people of this community in appropriate ways. A three layer cornerstone suggests this; and our present building is a valuable facility, though we sometimes wish it twice as big. Not only at 103 Street and 100 Avenue, but also at the YoWoChAs Centre on Lake Wabamun, the YW serves many people of all ages including the handicapped. This is done through a large number and variety of programs; and through the provision of residence accommodation for more than a hundred women. The staff of the Residence take the role of 'someone who cares' for many who would otherwise lack that caring.

The people, staff and volunteers, who carry on this work, should be mentioned with appreciation. Without listing them by name, let me extend thanks to each one who has undertaken a task for this Association, and carried it out with spirit and imagination.

The Seventy-Fifth Anniversary has been celebrated in a series of special events which linger in the memory and will lead us into the future. Some of them helped us to understand our own history and to know some of the people who made us what we are. Some of them helped us to be better known to other community organizations, and to the Edmonton public.

This has been a year of major attention to our role as part of a world-wide movement, active in more than eighty countries of the world. We look ahead to a world meeting in Singapore, in which one of our present Board members will be a delegate from Canada.

Representatives of all the YWs and YM/YWs in Manitoba, Alberta, Saskatchewan and the Territories, met in Edmonton this year. Next time National Convention is held in the West we expect that it will be in this city. We have been visited by the National President, and have requested also a visit from the National Finance Director.

Which is a reminder - 1982 has nowhere been an easy year for budgets and financing. Ours has not been easy; but it has been in good hands. Our enthusiastic thanks are extended to the United Way, the Government of Alberta, the City of Edmonton, individual donors, service clubs, church groups and foundations, who have provided financial support. Also to the media who have given us continuing support by keeping us before the public.

An annual report should look to the future, as well as recalling the past and giving an account of the current year. In 2007 - not so far in the future, there will be many to look back and identify the particular contributions made by the pioneers of twenty-five years earlier, in 1982. In our own perspective, those who have worked in 1982 would say - a good and rewarding year, in which an anniversary was celebrated, valuable programs and services carried on, and any difficulties or limitations tackled with a will. The Association of the future will be built upon these efforts. Meanwhile, let us give every support to those who carry major responsibilities in the year just beginning.

Mary D Rendell

MARY D. RENDELL
PRESIDENT
EDMONTON YWCA

WORKING TOGETHER

Together the volunteers and staff of the Edmonton YWCA work to make the activities and services of the organization possible. Volunteer administrative committees recommend policies to the Board of Directors and assist staff members in special projects.

PLANNING FOR TOMORROW . . . through research and evaluation the Planning and Evaluation Committee studied all departments of the YWCA in 1982 to make recommendations for 1983.

CREATING FINANCIAL RESOURCES . . . through cooperation with individuals, service clubs, churches, foundations, the United Way and all levels of government the Economic Resources Development Committee planned means of strengthening the financial base of the YWCA to ensure future stability. Additional fund-raising projects in 1982 included bingos, a casino, a Christmas craft sale and raffle, a city-wide progressive bridge party and a giant flea market. The 'Society of Friends of the YWCA' was organized to further support the financial needs of the YWCA in the future.

DEVELOPING PEOPLE . . . through the organization of the Human Resources Development Committee, both a retreat and finance workshop for the Board of Directors were held. A workshop for committee chairman was also developed and the first draft of Human Resources Inventory written. A Nominating Committee was appointed to ensure the members election of a Board of Directors. Personnel policies were reviewed during the year and preliminary planning for a Volunteer Recognition event was initiated.

EXECUTIVE

President	- Mary D. Rendell
1st Vice President	- Pat Cook
2nd Vice President	- Cathy Palmer
Secretary	- Swee Sim Tan
Treasurer	- Jean Meier

MEMBERS

Elaine Barnes, Darlene Bell, Barbara Blackley, Yvonne Bootsman, Ewa Burton, Mary Rose Carson, Mary Dalia Lana, Lorna Gawilinski, Grace Gliener, Winnie Greenwood, Toni Guffel, Louise Klinck,

COOPERATING WORLD-WIDE . . . through a 'Women in Development' speakers series and projects relating to peace education, the Cooperation for Development Committee have continued in 1982 to work on issues relating to the World YWCA. Funds were raised to further the efforts of the World YWCA and Swee Sim Tan was elected to represent Canada at the World Conference in Singapore in 1983.

SERVING MEMBERS . . . through evaluation of existing membership policies, the YWCA Membership Committee worked in 1982 to provide greater communication with members through special events, and a brochure. Up-dating membership criteria and privileges and planning the Annual Meeting were also important activities.

INVESTIGATING SPECIAL NEEDS . . . three special ad-hoc task groups were formed to assist the Cafeteria, revise the constitution and advise on social action issues.

SERVING INDIVIDUALS . . . through concern for the needs of individual women, the Individual Services Committee were involved throughout the year in discussions and planning related to information referral and the supportive counselling needs of YWCA residents.

Carol Losie, Lillian McCullough, Shirley Myers, Mary Norton, Geneva Purcell, Peggy Scott, Rose Sumka*, Laura Taylor, Helen Young, Beth Young-Checkland.

STAFF

Margaret Williamson, Executive Director

* Resignations During 1982

ENCOURAGING HEALTH & FITNESS

Continuing education and recreation programs continue to play a critical role in the promotion of physical, mental and emotional health. In times of economic difficulty and in view of resulting social problems, appropriate leisure opportunities for all people continue to be vital in the health of individuals and the community.

PLAY FOR THE VERY YOUNG ○○○

Play opportunities for preschool children from infancy through five years in the areas of movement, aquatics, music and art continued in 1982. Special emphasis was placed on classes which allowed parents to share in their child's learning. Unstructured pre-school pool time was also provided to encourage family recreation. 782 young children attended gym classes, 2,257 children as young as four months, enjoyed aquatics programs and 106 pre-schoolers were involved in cultural opportunities.



RECREATION FOR MEN AND WOMEN ○○○

Fitness continues to be a major focus with a diversity of classes and facilities available. Eleven thousand adults enjoyed a variety of fitness classes at the YWCA and in YWCA classes in neighborhood locations throughout the city. Specialty classes included 'Exercises for Expectant Women', 'Fitness for Seniors', and Yoga. Over 2,000 employees in 22 companies enjoyed the convenience of YWCA fitness classes in their workplace. Although membership is not required to utilize YWCA facilities and classes, over 900 Women's Fitness Centre memberships were purchased in 1982 allowing interested women, unlimited access to facilities.



Public racquetball courts, open 365 days a year, were utilized by men and women for over 11,000 hours. Block bookings and tournaments were a new feature in 1982. Use of drop-in weight training facilities increased during the year.

Increased interest in specialized Aquatics programs have resulted in the growth of a diversity of programs, serving over 2,700 adults. In addition to Red Cross swim lessons, aquafitness, synchronized swimming, lifesaving classes, endurance swimming, snorkeling and scuba diving have all been popular. A unique Masters Fitness Swim Club, combining weight training, swimming drills and competitive swimming for fitness has grown. A low staff/student ratio continues to be important. Private and family lessons have also been popular. Twenty-seven thousand public swim tickets were sold in 1982.

In addition to classes stressing physical fitness, a number of special interest classes were offered ranging from Bridge and Self-Defense for Women through to 'You and Your Aging Parents'. A unique group - 'YW Walkers' was organized to combine the benefits of walking for fitness with the pleasure of enjoying Edmonton's parks, historic sites and cultural areas.

CHOICES FOR SENIORS ○○○

The YWCA continues to encourage the involvement of people of all ages in a wide range of activities. Although several specialized seniors fitness classes are regularly offered, reduced rates for adults 60 years and older on all classes allows greater freedom in being involved in all interest areas.

All YWCA downtown classes are half price to seniors; on YoWoChAs Centre programs a 25% reduction is available and reduced rates for accommodation for senior women given. A large percentage of valued YWCA volunteers are retired men and women.

OPPORTUNITIES FOR ALL ○○○

In keeping with a belief in the development of all individuals the YWCA continues to encourage a broad spectrum of opportunities for disabled persons. Many physically and mentally handicapped men and women utilize facilities and classes on a regular basis. Special interest classes in the areas of crafts, cooking, sports and the outdoors encourage mentally disabled adults and teens to develop additional recreation skills and interests. Volunteers often



provide the special support required to successfully integrate handicapped adults in regular classes. 'Aqualanders' provides a special opportunity for children with coordination difficulties to enjoy the gym and swimming pool. Many schools and rehabilitation programs regularly utilize the YWCA pool in providing for the specialized needs of their clients. The Resources for the Dependent Handicapped unit of Alberta Social Services and Community Health also contracted the YWCA to operate a day camp for 52 multiply handicapped 6-18 year-olds during the summer of 1982.



VALUING THE ENVIRONMENT

Man's sensitivity to and impact upon the natural environment continues to be of major concern to our society. The ability to enjoy the outdoors through recreation pursuits compatible with the well-being of the environment, is essential.

YOWOCHAS CENTRE, the YWCA Outdoor Recreation, Environmental Education and Leadership Training facility at Lake Wabamun hosted individuals and groups of all ages during 1982. 3,700 people participated year-round in a wide range of seminars, workshops and retreats. Of special interest were the large number of school children who spent time with their teachers and YWCA staff in exploring environmental education concepts and enjoying outdoor recreation activities such as cross-country skiing and canoeing. Summer camps for families, children, teens and mentally handicapped adults accommodated 275 individuals in a variety of experiences. With the initial redevelopment fund-raising campaign for YoWoChAs Centre completed, phase two of development of new programs for the Centre is well underway.



Taking outdoor recreation leadership skills to people in rural areas is the role of OUTDOORS ALBERTA. Funded by Alberta Recreation and Parks and managed by the YWCA, staff and equipment travelled Southern Alberta communities in 1982 with plans to move to central Alberta in 1983. Cross-country skiing, canoeing, orienteering and environmental education were but a few of the topics explored with both children and adults.

Summer was also a special time for the 300 children who attended SUMMER IN THE CITY day camps and the KIDZART classes. Designed to help urban children explore and enjoy the city, the YWCA day camp program provides children with an opportunity to be involved in field trips, crafts, music, swimming and outdoor experiences. KIDZART classes were held in neighborhood schools in four areas of the city to promote creative art, music and drama experiences for 6-12 year olds.



DEVELOPING COMMUNITY LEADERS

Leadership development of staff and volunteers takes many forms; through attendance at conferences, workshops and seminars, through in-service and skills training, and through opportunities to practice and gain experience. In 1982 44 staff and volunteers attended 22 formal training events and countless others further developed leadership skills through their involvement in programs and services. In-service oppor-

tunities covered a broad spectrum of subjects from training of peer counselors and literacy tutors to the development of problem-solving skills.

Leadership training opportunities sponsored or co-sponsored by the YWCA and offered to the public included preschool and fitness leadership classes, outdoor recreation leadership skills training and advanced aquatic programs.

VOLUNTEERS: OUR GREATEST RESOURCE

Volunteers continue to be extremely valuable in the operation of the Edmonton YWCA. 708 volunteer placements were made in 1982 with teens, men and women contributing more than 17,000 hours of time and skills to the work of the YWCA. Calculated at a conservative \$6 per hour, the monetary value of the volunteer time totals over \$103,000. Additional money raised or donated by volunteers in 1982 was \$170,145.

Committee members contributed 2,760 volunteer hours, and special task and resource group members, 812 hours. Volunteers who helped organize 75th Anniversary events including the Tribute to Women Awards Dinner totalled 1,500 hours. Those involved as volunteer leaders and instructional aids contributed more than 7,000 hours and individuals working in clerical, technical, and service areas shared 2,800 hours. Volunteer fund-raisers were involved in 2,400 hours of service.

The Board of Directors and Standing

Monies donated or raised by volunteers for the YWCA in 1982:

Donations

Leadership Development	5,478
Family Relief	1,500
Special Services	1,500
Social Recreation	1,500
Residence Counselling	10,000
Outdoor Recreation	4,000
	<u>23,478</u>

Monies Raised

YoWoChAs Centre Campaign	84,157
Bingo	53,723
Spring Flea Market	3,882
Fall Craft Fair and Raffle	1,089
Bridge	1,500
Sale of Books etc.	986
	<u>145,337</u>

TOTAL OF MONIES DONATED OR RAISED BY VOLUNTEERS:	<u>170,145</u>
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TOTAL MONETARY VALUE OF VOLUNTEER INPUT TO THE YWCA IN 1982:	103,506
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VALUE OF VOLUNTEER HOURS:	<u>170,145</u>
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MONIES DONATED OR RAISED:	<u>\$273,651</u>
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THANK YOU

IN 1982 THE EDMONTON YWCA RECEIVED THE FOLLOWING FINANCIAL SUPPORT FOR ITS GENERAL OPERATION:

1. Donations were received from several very special friends of the YWCA for Information, Referral and Supportive Counselling, Child Care, Extension work, On Our Own Resource Centre and Leadership Development.
 2. United Way of Edmonton and Area (for Supportive Counselling, Information and Referral, Leadership Development, Child Care, Special Services, On Our Own Resource Centre). \$256,900
 3. City of Edmonton:
 - Civic Grant for Supportive Counselling, Child Care, Extension work, On Our Own Resource Centre and Leadership Development. 15,000
 - Social Services Department for YWCA Family Relief Service 106,475
 4. Government of Alberta:
 - a) Department of Advanced Education (EACER) - final 1981 & partial 1982) 42,541
 - b) Department of Social Services & Community Health 190,373
(Operating Allowance YWCA Child Care)
 - c) Resources for Dependent Handicapped for YWCA Handicapped Day Camps 56,700
 - d) Department of Recreation & Parks - 'OUTDOORS ALBERTA' - the mobile outdoor recreation, leadership training program - Provincial Gov't. and YWCA; plus special grants for specific equipment items. 91,851
 - e) Department of Advanced Education - ('PROSPECTS' - a Program for Adult Literacy - co-sponsored by YWCA, Edmonton Public Libraries, Alberta Vocational Centre and Grant MacEwan College). 28,117
 5. Government of Canada - received from New Horizon Program for 'On Our Own' Resource Centre. 6,700
- Canada Community Development Projects:
- a) Energy & Environmental Focus
 - b) Community Information Assistance
 - c) New Neighbourhood Awareness Project

THE YWCA GRATEFULLY ACKNOWLEDGES THIS SUPPORT

YOWOCHAS CENTRE

The YWCA's capital project, YOWOCHAS CENTRE - a year-round centre for Outdoor Education and Recreation - on Lake Wabamun, officially ended December 31, 1982.

Although YWCA volunteers and staff spent 4 years and 3 months assembling, through donations, bingos, government grants etc. \$1,145,600, the project fell short of the total project goal by \$328,480.

The Economic Resources Development Committee of the YWCA however, will continue in 1983 to work toward a solution to the shortfall with the City of Edmonton and Provincial Government - Major Cultural/Recreation Facility Development Program.

FUND-RAISING FROM OCTOBER 1978 TO DECEMBER 31, 1982:

Bingos (October 1978 - December 1982)	\$182,035
Casinos (1979, 1980, 1981, 1982)	82,995
1979 YWCA Fall Fair	6,000
YWCA 'Family' Campaign (summer and fall, 1980)	42,200
Service Clubs, Foundations, Churches, Bequests	256,100
Corporations, Individuals, Memorials	223,380
1982 Bridge Tournament	1,590
Government Grants:	
• Provincial Government, 1980, 1981 (Matching Grant Program)	308,740
• County of Parkland	5,000
• RWEF (Federal Government)	1,050
Contribution from YWCA Building Fund I and interest earned on term deposits prior to construction	30,510
TOTAL FUND-RAISING:	\$1,145,600

PUBLIC CAMPAIGN (NOVEMBER/DECEMBER, 1980)
GOAL \$400,000 - FINAL \$457,197
(INCLUDED IN TOTAL)

Edmonton

YWCA



1983

Annual Report

EDMONTON YWCA BOARD OF DIRECTORS 1983

Executive

President
1st Vice President
2nd Vice President
Secretary
Treasurer

— Pat Cook
— Cathy Palmer
— Beth Young-Checkland
— Barbara Blackley (Swee Sim Tan*)
— Lorna Gawlinski

Members

Margo Ballash
Elaine Barnes
Yvonne Bootsman
Ewa Burton
Mary Rose Carson
Mary Dalla Lana
Judith Dyck
Janet Franklin*
Grace Gliener
Winnie Greenwood
Louise Klinck

Carol Losie
Shirley Myers
Mary Norton
Geneva Purcell
Mary Rendell
Peggy Scott
Laura Taylor
Helen Young.
Ex-Officio,
Margaret Williamson
Executive Director.

*Resignations during 1983

PRESIDENT'S ANNUAL REPORT 1983

Pat Cook, President

Following a year of celebration, including many special events in 1982 to commemorate the 75th Anniversary, it was 'back-to-normal' at the YWCA in Edmonton in 1983.

In many respects, it was a very difficult year for the association, due to the severe economic downfall being felt in our community. In this type of economy there is a greater demand for the type of service provided by organizations such as the YWCA, but as well, there is an inability by many to pay for those services. This creates a very difficult situation.

In spite of the financial difficulties experienced, the staff of the YWCA carried on in the dedicated manner that has become synonymous with this association. On behalf of the Board of Directors, I would like to express my sincere appreciation to each and every staff member for the way in which they have carried out their work in spite of many difficulties. As well, to all who volunteered their time and expertise to ensure the continuance of the Association, a most sincere thank-you. Donations of time and money provide not only a visual means of support but moral support as well.

We can point out many highlights for the year, some of which include:

- a very successful Flea Market and Auction which was held in April;
- leadership by many staff members in providing innovative teaching methods and leadership manuals in Program areas; to staff and the public;
- an increase in the use of YoWoChAs Centre;
- the creation of an informative bi-monthly newsletter, In-Touch;

- two, 'Posters-For-Peace' contests for young children;
- an increase in membership of the Association and a successful Membership Brunch;
- approval by the Board of Directors of a Deferred Giving Plan (an insurance plan where friends of the YWCA take out insurance policies, naming the YWCA as benefactor) — this was done in an attempt to plan for the future;
- \$51,047 raised by holding 14 Bingos during the year;
- the second annual retreat at YoWoChAs for the Board of Directors.

The YWCA greatly appreciated the assistance received from the United Way of Edmonton and Area and as well, the grants received from Federal, Provincial and Civic Governments. Without this support, the service provided would have to be drastically reduced.

Forecasts for the coming year do not indicate much, if any, improvement as far as the economy is concerned, therefore, the YWCA must continue their belt tightening methods of control in order to survive. I would trust that the Edmonton community will continue to lend the kind of support that we have come to rely on over the past many years and hopefully a brighter future is right around the corner.

To the staff and volunteers, I would again express my sincere thanks for your continued support, often beyond the call of duty. I know that we can work through these difficult times together, feeling proud that we will have weathered a tremendous storm.

TREASURER'S ANNUAL REPORT

Lorna Gawlinski

For the YWCA of Edmonton, 1983 has been a difficult year. The economic downturn experienced by the country greatly affected the receipts of the YWCA. As a result, the 1983 operating fund deficit was \$314,109 compared to the 1982 deficit of \$226,905. Figure I shows the surplus or deficit generated in each program area.

In January, the Board of Directors approved the liquidation of \$500,000 of the \$1,000,000 term deposit in Building Fund I. The monies were used to partially repay loans used to finance several years of operating deficits. In January, 1984, the Board of Directors was forced to liquidate a further \$400,000 of the remaining term deposit to repay loans used to finance the 1983 operating deficit.

Operating receipts for 1983 totaled \$2,622,887. Figure II shows the breakdown of receipts by source. The United Way contributed \$255,937 which was a slight decrease from their 1982 contribution. The City of Edmonton and the Government of Alberta continued funding such programs as Outdoors Alberta, Literacy, Child Care, Family Relief, Handicapped Day Camp and the programs qualifying for funds through Advanced Education (Edmonton Association for Continuing Education and Recreation).

Volunteer fund-raising contributed \$70,888. The major fund-raising activities were bingos, a casino and a giant flea market. This was the first year that all the monies raised were used for operations rather than capital projects

Donations of \$33,846 supplemented receipts in Information, Referral and Supportive Counselling, Leadership Development, Outdoor Recreation, On Our Own Resource Centre, Child Care, Special Services and Family Relief.

The YoWoChAs Centre Redevelopment Project fund-raising effort ended last year. There is still a bank loan of \$244,478 outstanding. During the year, \$50,000 was received from the Major Cultural Recreation grant program. The monies are being used to pay the interest on the loan. There are several possible sources of funding still being explored. After receiving any monies from these sources, the principal remaining will have to be repaid over the next several years.

In reviewing the operations of the YWCA, it is obvious our YWCA is still a vibrant, multi-faceted organization as the strength of the YWCA has always been its devoted staff and volunteers. We should be thankful that these people are so supportive of the YWCA. It will be the leadership, sound judgement and advice of these people that will guide us through the uncharted waters of 1984.

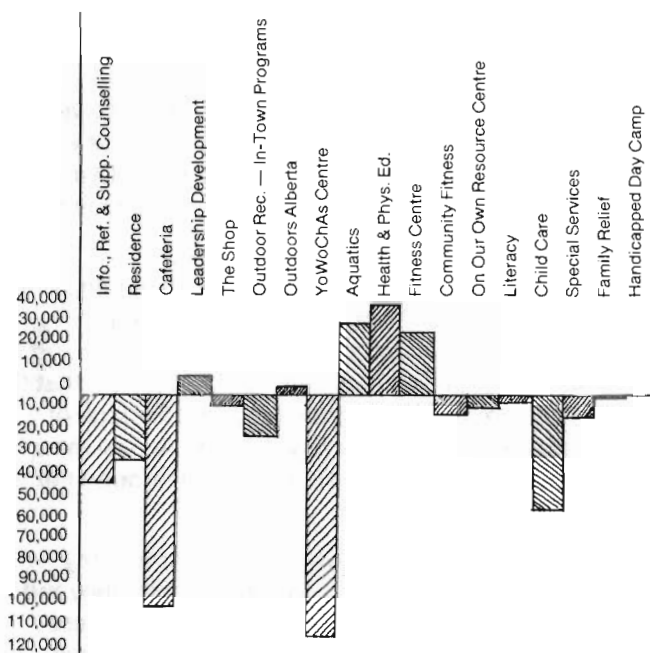


Figure I
Summary of Surplus/Deficit by Program Area:

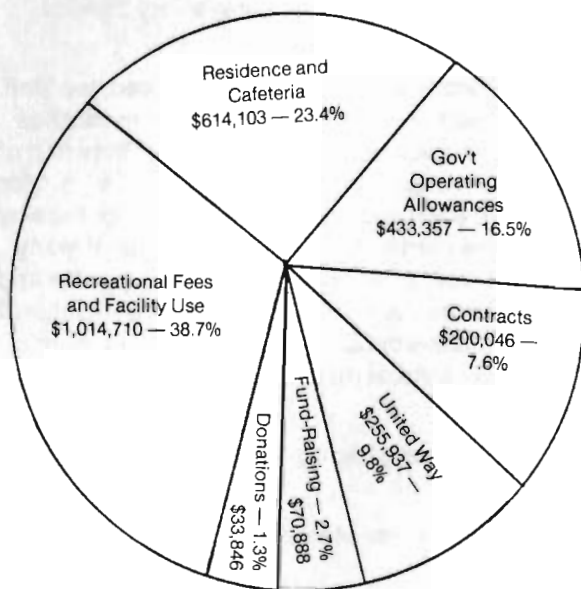


Figure II
Receipts by Source:

THANK YOU!

In 1983 the Edmonton YWCA received the following financial support for its General Operation:

1. Donations were received from several very special friends of the YWCA for Information, Referral and Supportive Counselling, Child Care, Extension work, On Our Own Resource Centre and Leadership Development.	
2. United Way of Edmonton and Area (for Supportive Counselling, Information and Referral, Leadership Development, Child Care, Special Services, On Our Own Resource Centre).	\$255,935
3. City of Edmonton:	
• Civic Grant for Supportive Counselling, On Our Own Resource Centre, Leadership Development, and Volunteer Recruitment, Training and Placement.	\$15,000
• Social Services Department for YWCA Family Relief Service.	\$120,444
4. Government of Alberta:	
a) Alberta Advanced Education (EACER) — final 1982 and partial 1983.	\$ 49,000
b) Alberta Social Services & Community Health (Operating Allowance YWCA Child Care).	\$201,213
c) Resources for Department Handicapped and Parks & Recreation, City of Edmonton, for YWCA Handicapped Day Camps.	\$ 56,700
d) Alberta Recreation and Parks — 'Outdoors Alberta' — the mobile outdoor recreation, leadership training program — Provincial Government and YWCA; plus special grants for specific equipment items.	\$ 91,850
e) Alberta Advanced Education — 'PROSPECTS' — a program for Adult Literacy — co-sponsored by YWCA, Edmonton Public Libraries, Alberta Vocational Centre and Grant MacEwan College.	\$ 39,496
5. Government of Canada — NEEDS Grant — YoWoChAs Centre and central building up-grading.	\$ 60,248
6. Service Clubs:	
Special thanks to the following groups for their generous contributions to YoWoChAs Centre in 1983:	
• Rotary Club of Edmonton — (Safety Boat and Motor)	
• Southgate Lions Club/Prairie Gold Lioness Club — (12 Passenger Van)	
• Northgate Lions Club — (Resource Centre Furniture and Materials)	
• Northeast Rotary Club	
• Southside Lions Club	

VOLUNTEERS: OUR GREATEST RESOURCE

Volunteers continue to be extremely valuable to the work of the YWCA. In 1983 over 18,000 hours of volunteer time were given to such endeavours as administrative Board and Committee work, fund-raising (bingos, casino, Giant Garage Sale and Auction, book sales, bridge, and the 'Stitchers' Craft Sale), assisting in program areas, particularly in aquatics, child care, summer day camps and with people with special needs. Peer counselling in the 'On Our Own' Resource Centre and tutoring in the Prospects program were greatly valued. The registration desk, 'Stitchers' and the 'Shop' continue to have a great deal of support by many dedicated volunteers. In conjunction with the Human Resources Development Committee, two volunteer appreciation events were held — a Christmas luncheon for our volunteers who come on a weekly basis throughout the year and a wine and cheese party attended by 75, for those who assisted in the program or fund-raising activities of the YWCA.

Total Monetary Value of Volunteer input to the YWCA in 1983: (based on \$6/volunteer hour)		\$110,628
Monies raised by Volunteers:		
Giant Garage Sale and Auction	16,200	
Bridge	950	
Casino	2,000	
Bingos	<u>51,047</u>	70,197
Voluntary Donations and Designated Gifts:		41,319
Voluntary Memberships:		<u>1,660</u>
TOTAL: (Voluntary Contribution)		<u>\$223,804</u>

WORKING TOGETHER

The volunteers and staff of the Edmonton YWCA work together to make the activities and services of the organization possible. Volunteer administrative committees recommend policies to the Board of Directors and assist staff members in special projects.

Planning For Tomorrow . . .

The **Planning and Evaluation Committee's** focus changed to concentrate solely on the Program and Outdoor Recreation Departments and a list of criteria for the evaluation of new programs and services was developed. A brief was written to Edmonton Parks and Recreation for the new 5-Year-Management Plan.

Creating Financial Resources . . .

Planning for adequate finances for the efficient operation and development of the YWCA is the on-going task of the **Economic Resources Development Committee**. In addition to bingos and a casino, three successful fund-raising events were held — a city-wide bridge, Giant Flea Market and Auction sale and a Craft sale. The planned Deferred Giving Program, which will provide long-range financial assistance to the YWCA was approved.

Serving Individuals . . .

Through concern for the needs of individual women and in response to the National Convention resolution dealing with Violence Against Women, the **Individual Services Committee** organized and presented three films for in-house study and discussion. A Christmas dessert party was held for those living in Residence.

Investigating Special Needs . . .

The YWCA continues to support the formation of an **Alberta Council on Women's Affairs** through representation on the Edmonton Committee and providing meeting space. A Provincial Committee with representation from all of Alberta has been formed and in October, a joint meeting with the Canadian Status of Women Action Committee was held.

Developing People . . .

Through the **Human Resources Development Committee**, a weekend retreat and finance workshop were planned for the Board of Directors. Two volunteer appreciation events, an evening wine and cheese party and a Christmas luncheon, were held. A Position Description of the Executive Director was prepared and the Personnel Policy for staff was totally revised. A Nominating Committee was appointed to ensure the members' election of a Board of Directors.

Cooperating World-Wide . . .

To promote a public understanding of the YWCA's role with the world organization, the **Cooperation for Development Committee** organized and presented a children's series of films at the Third World Film Festival; held two Posters for Peace contests for children in grades 4-6; organized the program for the Membership Brunch; and, participated in meetings to found a centre for immigrant women. Much assistance was given to Swee Sim Tan, delegate to World Council, through researching topics to be discussed in Singapore.

Serving Members . . .

The **Membership Committee** met member's needs through organizing the Annual Meeting and Membership Brunch and contributing to the membership newsletter — In-Touch. A membership drive was held in November and criteria for Honorary Life Memberships were formulated. The committee continues work on clarifying membership policies within the YWCA of Canada by surveying local associations.



SERVICE TO THE COMMUNITY

Support For The Family . . .

Changing economic and social conditions continue to daily challenge the family unit. Support services which allow families to function without on-going stress, continue to meet community needs.

The **Drop-In Child Care Service** of the YWCA cared for 27,183 preschool children in 1983; more than 114,000 hours of short-term child care. Following a long history of support to parents of young children, the YWCA continues to meet the need for temporary child care in Edmonton by allowing parents to attend medical/counselling appointments, up-grade education, enjoy recreation activities or take a break. Care is often provided to children whose parents are ill or require short-term emergency care. 1983 developments have included a new playground area, greater staff training opportunities for child care workers and enhanced program activities for children cared for by the YWCA.

The **Family Relief Service** provides trained Care Providers who go into the home and provide short-term or temporary relief care service to families with a handicapped child or adult. This type of in-home care is designed to reinforce the family and community as the natural environment for the handicapped individual, and to provide the necessary skilled personnel to take over while parents, spouse, or caring sons and daughters get a break from the demands of continuous care.

Most suited to the service are families of individuals who are developmentally delayed, physically disabled (including sensory disabled) or multiply handicapped.

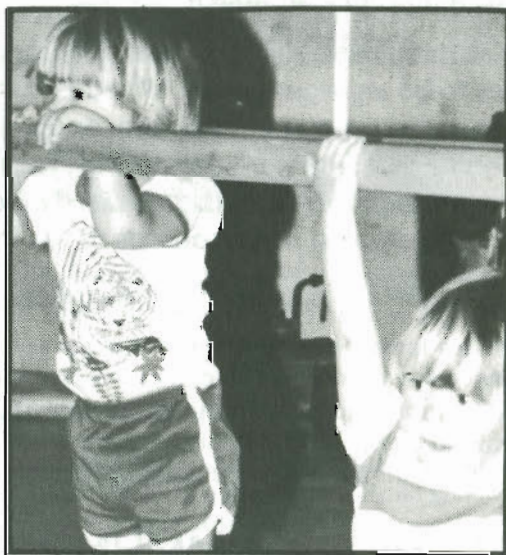
The Family Relief Service is funded through the Family and Community Support Services of Edmonton Social Services and in 1983 assisted 564 families in providing 14,670 hours of direct care service. 8,357 hours were provided by companion/sitters, 4,103 hours by homemakers and 1,771 hours by host families.

Giving Adults 'The Write Break' . . .

Reading billboards, writing cheques, enjoying a novel, sharing a story with a child . . . simple activities if you can read. A quarter of a million Alberta adults cannot. Literacy is a problem for one in five Albertans and a barrier to enjoying day-to-day activities and seeking appropriate employment.

'PROSPECTS', a one-to-one tutoring service for illiterate adults wishing to improve their reading, writing, spelling and basic math, was funded by Alberta Advanced Education in 1983. Through the coordination of a YWCA staff member, volunteer tutors were trained to assist individual students. Most tutor/student partnerships developed through the YWCA, although additional

outreach work was also done at the Bissell Centre Women's Annex, the Edmonton Remand Centre and the Edmonton Institution. In 1983 YWCA volunteer tutors contributed over 3,062 hours in assisting adult students. 'PROSPECTS' moved to Alberta Vocational College in September of 1983.



Meeting The Challenge Of Widowhood . . .

In the past when a death occurred in a family, the community virtually put out its arms to provide support. In today's highly mobile, isolated society, individuals are left alone to deal with their grief when they most need support. Although many people can cope, for some the death of a spouse becomes the crisis that triggers the need for additional education and personal growth. One in every twenty-five Edmonton adults faces the challenge of being widowed.

Men and women of all ages frequently share in the day-to-day reality of restructuring their lives as a single person. The **On Our Own Resource Centre** assists widowed individuals making this adjustment through counselling, group support, related workshops and a resource library. Volunteer peer helpers, individuals who are widowed themselves, assisted staff in responding to over 690 requests for help in 1983. More than 2,000 hours of counselling were provided by staff and volunteers in response to requests. The Centre coordinates several groups who meet regularly to discuss concerns and provide support to one another. Drop-ins and special social events are often organized by members. Consultation with other groups for bereaved persons is on-going.



Accommodation For Women . . .

In a large urban centre like Edmonton, support and accommodation for women in transition continues to be an urgent need. Whether furthering education through post-secondary programs, pre-employment training, or up-grading classes, adjusting to living alone after a separation or divorce, or encountering life outside of an institution or group home for the first time, a wide range of women are in need of low-cost accommodation. Regardless of their situations, developing the resources to live independently is their goal.

During 1983, 240 women called the YWCA home. As permanent residents they lived at the YWCA for a period of two months to two years and 41 received YWCA financial assistance for room and/or board. 1,965 overnight guests, such as travellers, who required only temporary accommodation were also accommodated. Mothers and

children experiencing family violence were also housed on a short-term basis. In addition to shelter, YWCA staff and volunteers responded to over 6,400 requests by women for information, referral to other agencies, and supportive counselling.

DEVELOPING COMMUNITY LEADERS

Leadership training, accessible to the general public, was a major focus of the YWCA, as in past years. A nationally certified YWCA Fitness Instructor Leadership program was offered, as well as training for Registered Fitness Appraisers & Aquatic Fitness Instructors. A successful series of Preschool Leadership Classes was also held and Outdoor Recreation instructor training in the areas of Cross-Country Skiing and Canoeing were popular. Many of the leadership opportunities were offered in cooperation with Alberta Recreation and Parks and some with the assistance of Edmonton Parks and Recreation.

In 1983 staff and volunteers were also involved in a number of other leadership development events. Guidelines were developed to allow for the optimum use of limited Leadership Development funds in attending workshops,

conferences, meetings, etc. Fifty-one staff and volunteers attended 22 training events. In addition, staff in each department were involved in a number of in-service events which covered a broad spectrum of subjects. Two workshops were held for staff on 'telephone etiquette' and 'public relations'.

Board training included a Finance Workshop and a very successful Board Retreat, held at YoWoChAs Centre in October. Goals and objectives were set by all standing committees and the Board. A study of Board and Committee functions was undertaken and recommendations will be presented in early 1984. Orientations to the YWCA were held six times throughout the year for all new staff members and volunteers.

ENCOURAGING HEALTH AND FITNESS

Continuing education and recreation programs continue to play a critical role in the promotion of physical, mental and emotional health. In times of economic difficulty and in view of resulting social problems, appropriate leisure opportunities for all people continue to be vital in the health of individuals and the community.

Play For The Very Young ...

Play opportunities for preschool children from infancy through five years in the areas of gym, aquatics, music and art continued in 1983. Special emphasis was placed on classes which allowed parents to share in their child's learning. Unstructured preschool pool time was also provided to encourage family recreation. 750 young children attended gym classes, 2,064 children as young as four months, enjoyed aquatics programs and 114 preschoolers were involved in cultural opportunities.

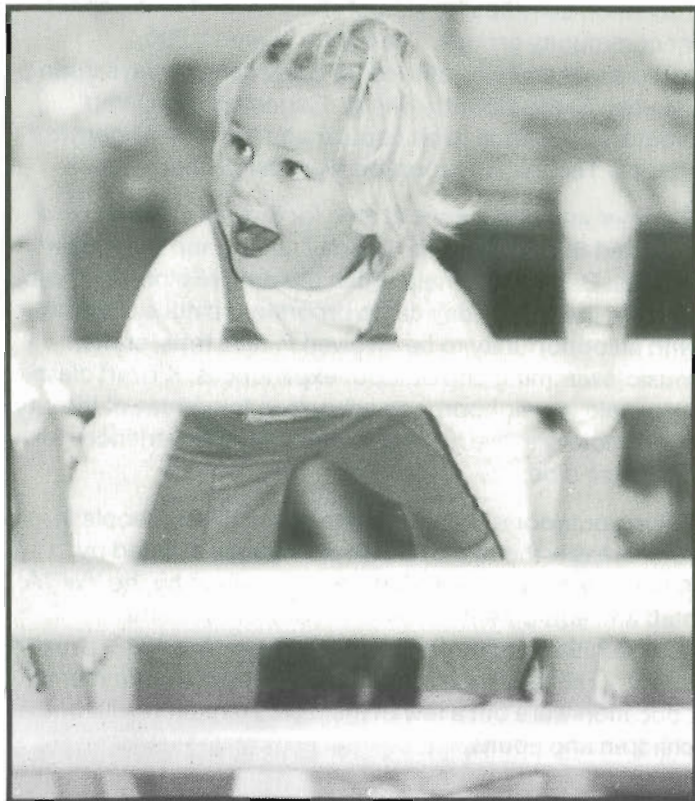
Recreation For Men And Women ...

Fitness continues to be a major focus with a diversity of classes and facilities available. Eleven thousand adults enjoyed a variety of fitness classes at the YWCA and in YWCA classes in neighborhood locations throughout the city. Body Shaping, Weight Control and Relaxation classes were introduced in 1983. Over 1,260 employees in many companies enjoyed the convenience of YWCA fitness classes in their workplace. Although membership is not required to utilize YWCA facilities and classes, many Women's Fitness Centre memberships were purchased in 1983, allowing interested women, unlimited access to facilities. Fitness assessments were available to the general public and offered by Certified Fitness Appraisers. Public racquetball courts, open 365 days a year, were utilized by men and women for over 8,200 hours. Use of drop-in weight training facilities increased during the year.

Increased interest in specialized Aquatics programs has resulted in the growth of a diversity of programs, serving over 2,245 adults. In addition to Red Cross swim lessons, aquafitness, synchronized swimming, lifesaving classes, endurance swimming, snorkeling and scuba diving have all been popular. Aquatic fitness and leadership programs related to it were very well received. A low staff/student ratio in swim classes continues to be important. Private and family lessons have also been popular. Twenty-five thousand public swim tickets were sold in 1983.

Choices For Seniors ...

The YWCA continues to encourage the involvement of people of all ages in a wide range of activities. Although several specialized seniors fitness classes are regularly offered, reduced rates for adults 60 years and older on all classes allows greater freedom in being involved in all interest areas. In 1983, 440 seniors participated. All YWCA downtown classes are half price to seniors; on YoWoChAs Centre programs and accommodation for senior women, reduced rates given. A large percentage of valued YWCA volunteers are retired men and women.



Opportunities For All ...

In keeping with a belief in the development of all individuals the YWCA continues to encourage a broad spectrum of opportunities for disabled persons. Many men and women who are mentally handicapped, utilize facilities and classes on a regular basis. Special interest classes in the areas of crafts, cooking, sports and leisure awareness encouraged mentally disabled adults and teens to develop additional recreation skills and interests. Volunteers often provided the special support required to successfully integrate handicapped adults into regular classes. Classes in 1983 were smaller to better assist participants. Aqualanders provided a special opportunity for children with coordination difficulties to enjoy the gym and swimming pool. Many schools and rehabilitation programs regularly utilize the YWCA pool in providing for the specialized needs of their clients. The Resources for the Dependent Handicapped unit of Alberta Social Services and Community Health and Edmonton Parks and Recreation also contracted the YWCA to operate a day camp for 64 multiply handicapped 6-18 year-olds during the summer of 1983.

VALUING THE ENVIRONMENT

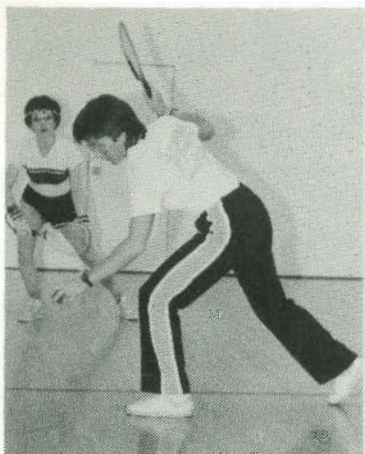
Man's sensitivity to and impact upon the natural environment continues to be of major concern to our society. The ability to enjoy the outdoors through recreation pursuits compatible with the well-being of the environment, is essential.

YoWoChAs Centre, on Lake Wabamun continues to play an important role in providing Outdoor Recreation and Education activities for school children, and rental space for community groups. The centre hosted 2,200 participants and was utilized for 6,600 camper days during the year. Cross Country Skiing, Canoeing and Camp programs continue to be popular and the new Wilderness Medical Technician programs were very successful.

Summer was also a special time for the 294 children who attended **Summer In The City** day camps and the **Kidzart** classes. Designed to help urban children explore and enjoy the city, the YWCA day camp program provides children with an opportunity to be involved in field trips, crafts, music, swimming and outdoor experiences. Kidzart classes were held in neighborhood schools in four areas of the city to promote creative art, music and drama experiences for 6-12 year-olds.

Taking outdoor recreation leadership skills to people in rural areas is the role of **Outdoors Alberta**. Funded by Alberta Recreation and Parks and managed by the YWCA, staff and equipment travelled to southern Alberta communities and moved to central Alberta in 1983. Cross-country skiing, canoeing, orienteering and environmental education were but a few of the topics explored with both children and adults.

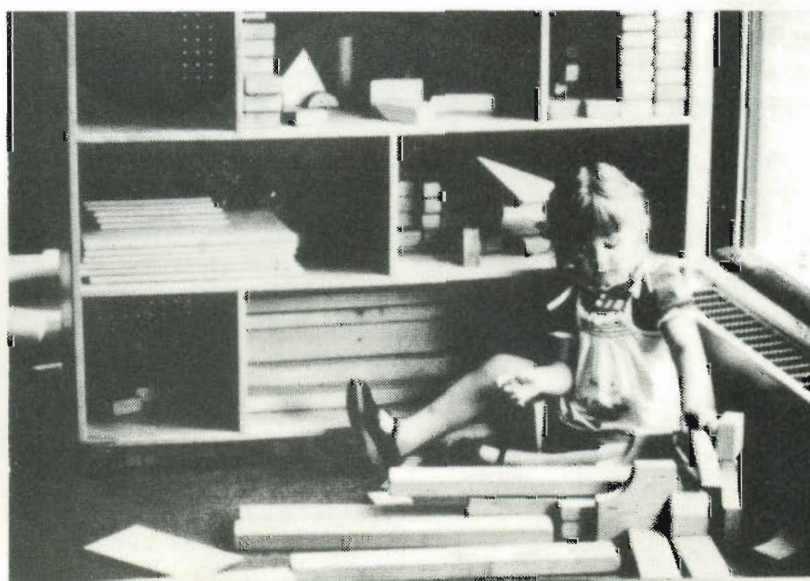




YWCA

Annual Report 1985

Edmonton



1984 EDMONTON YWCA BOARD OF DIRECTORS

EXECUTIVE:

President	Pat Cook
1st Vice President	Helen Young
Secretary	Barbara Blackley
Treasurer	Lorna Gawlinski

MEMBERS:

Dagny Alston, Elaine Barnes, Yvonne Bootsman, Marion Brooker, Sheilah Grant, Winnie Greenwood, Carol Losie, Kathy Marshall, Shirley Myers, Mary Norton, Cathy Palmer, Geneva Purcell, Laura Taylor

PRESIDENT'S REPORT PRESIDENT: PAT COOK

It is traditionally one of the responsibilities of the President of the Board of Directors of the YWCA to prepare an annual report covering the previous twelve months, as her term draws to an end.

As I look back on 1984 it is hard to believe that so much has occurred in the life of the Edmonton YWCA in such a short time. The year began in a very serious way with the financial situation of the Association being critical and the realization that changes had to be made if we were to continue in the Edmonton community.

With advice from our National YW staff, the Board of Directors made a decision to hire outside consultants, for an Organization Review of the entire operation. After extensive interviews with every member of the Board of Directors and many staff members, and after much consideration, the Board agreed on a Mission Statement and a set of Goals and Objectives for the Association. With these in place, recommendations to achieve a balanced budget were dealt with.

A very positive result of these recommendations was that all programs and services were to remain in place, with the result that no lay-offs had to occur. The previous Program Department was reduced and now includes fitness, aquatics and YoWoChAs Centre. A new Social Services Department was created, which includes 'On Our Own' Resource Centre, Family Relief, Child Care and Special Services. A new position was created — that of Manager of Finance and Administration. In order to achieve a balanced budget, it was necessary for all staff to take a reduction in wages and salaries of 10%. A suggested further 5% reduction has been delayed until a salary survey has been completed in March.

A third phase of the report is presently being studied and this will result in the restructuring of the Board and Committees, for the longer term development of the YWCA.

Needless to say, the recommendations were far more extensive than have been related here, and a copy of the report will be available for members to read in the near future.

The Organization Review, as outlined above, has meant a great deal of work for both volunteers and staff and has necessitated many long meetings. A recent count indicated that the Board of Directors met seventeen times during 1984. As well, there were many more committee and task group meetings than usual. I would like to express my sincere appreciation to all involved in this very important job. I feel the time spent was extremely worthwhile and has given the YW clear direction for the future.

Although a great deal of time was spent in dealing with the Review, the Edmonton YWCA carried on with a full year of activities. A new event was the 'YWIN' felt by a number of people, the end result was a profit of \$53,000. for the YW. Bingos were held every 26 days, throughout the year and a Flea Market and Auction was held in the fall with the proceeds from all events going toward the operating budget of the Association. Many volunteer hours were contributed to the above areas and they were greatly appreciated.

The staff of the Edmonton YWCA continued to do an outstanding job of delivering services and programs. It was to the credit of each and every one to see the effort that was made to get the deficit under control and that is reflected in a much better year-end financial report. It was difficult to work under the circumstances which existed during the year and I would like to thank all members of staff for their support.

As well as many administrative volunteers, a great number of service volunteers have contributed numerous hours in service to the YW this year. Their support has been greatly appreciated and hopefully will continue in the future.

The United Way, the City of Edmonton and the Provincial Government have recognized that the services of the Edmonton YWCA are an important part of the community and I would express my sincere thanks to them for their support, both financially and through words of encouragement during the year. As well, to the many individuals who have made donations during the year, a very heartfelt thank-you. We could not continue without this kind of support.

As I began this report, I mentioned that 1984 had been a very full year. I feel that great gains have been made and that with the new direction in place, the YWCA of Edmonton will continue to be an important member of the community. I would like to sincerely thank each and every member of the Board of Directors for the time and support that they volunteered during 1984. As well, I would like to extend my appreciation to all members of the staff for working towards the betterment of the YWCA. My wish for the coming year is that the members of the new Board of Directors will be as supportive as those in the last year and that the volunteers and staff can continue to work as a team for the continuance of the Edmonton YWCA.

TREASURER'S REPORT

TREASURER: LORNA GAWLINSKI

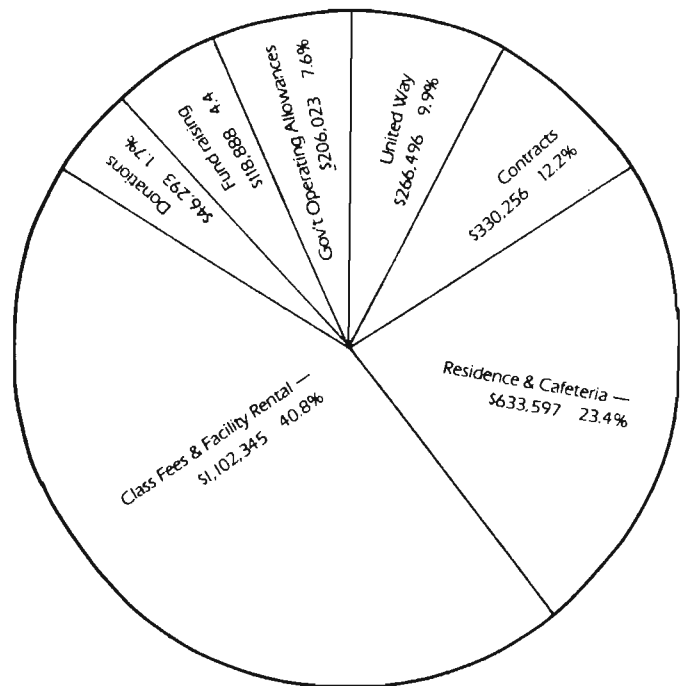
For the YWCA of Edmonton, 1984 was another financially difficult year, however, all departments continued operating and a substantial improvement in finances occurred. The 1984 operating deficit of 1.9% of expenses (\$53,000.) was a significant reduction from 19.4% of expenses (\$627,000.) in 1983.

Several departments were very successful in reducing their 1984 deficits; the Cafeteria by \$70,000. to \$29,000., YoWoChAs Centre by \$93,000. to \$20,000. (\$12,000. from 'YW/IN' income), and Child Care by \$41,000. to \$22,000. (\$10,000. from 'YW/IN' income).

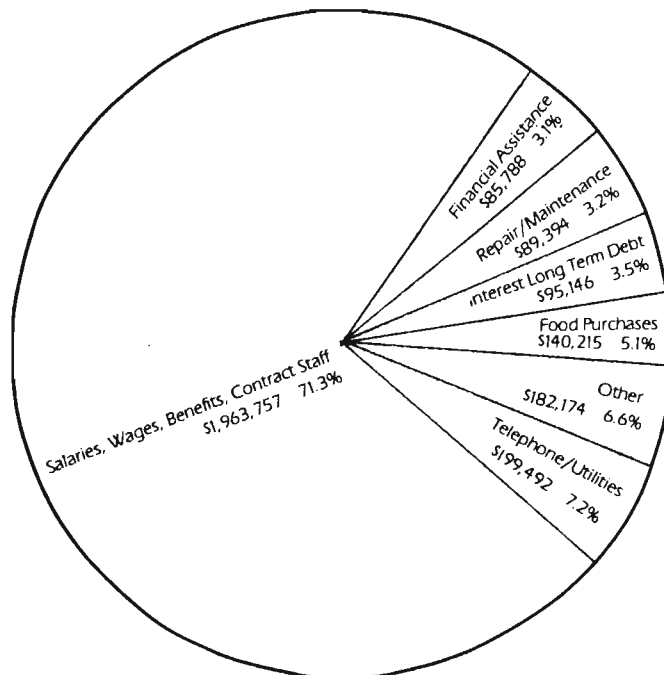
Effective November 1, 1984, as a result of a comprehensive organizational review conducted by external consultants, the Board of Directors made a difficult decision to reduce most staff salaries by 10%. This reduction decreased 1984 expenses by \$20,000.

Operating revenue in 1984 totaled \$2,704,000., an increase of 3.6% over 1983. United Way generously increased its contribution to \$266,000. in support of YWCA social services programs. The City of Edmonton and Government of Alberta continued funding such programs as Outdoors Alberta, Family Relief Service; Handicapped Day Camp and programs qualifying for funds through the Edmonton Association for Continuing Education and Recreation. Volunteer fund-raising increased by 67.6% over 1983 as a result of 'YW/IN' (a cash raffle), 15 bingos and a flea market/auction. All fund-raising projects aided operating revenue rather than capital projects.

Operating results for 1984 were significantly improved over 1983. It is hoped that 1985 will see a return to a balanced operation. With financial health restored in the next few years, the YWCA of Edmonton may again look to development rather than survival.



Revenue



Expenses

1984 PERMANENT STAFF

MANAGEMENT AND ADMINISTRATION

Margaret Williamson, Executive Director
Nan Tetreau, Business Manager
Wendy, MacDonald, Public Relations Manager
Annamari Chonn, Pat MacKeage, Olive
Otteson, Julie Sleep, Cindy Stricklin

CAFETERIA

Sylvia Chalmers, Director
Mike Burns, Joyce Connolly*, Jeanette
deWolfe, Connie Fischer, Regina Hassan, Jean
Lessey*, Eugene McKay*, Frances Matthew,
Allan Moore, Nancy Spicer, Phyllis Ann Spicer,
Elsie Tischler, Jean White*

OCCUPANCY

Walter Howarth, Manager
Don Denison*, Alfred Dowdall, Helen
Fontaine*, Gerry Fontaine, Kelly Horne, Anne
MacDougal, Pearl Normand, Lewis Pengelly,
Louisa Reye, Bernie Robinson, Linda Rojas,
Edith Vera, Dave Wilks

PROGRAM ADMINISTRATION

Sandi Draper, Manager
Doreen McKinnon, Shirley Miller*, Mary Ellen
Salmon

OUTDOOR RECREATION

HEALTH AND PHYSICAL EDUCATION

Rick Ireland, Manager
Susan Coward, Coordinator
Jennie Coombs, Acting Coordinator
Tish Eidem, Assistant Director

WOMEN'S FITNESS CENTRE

Amanda Holloway, Director
Patsy Pyke

COMMUNITY/EMPLOYEE FITNESS

AQUATICS

WOMEN'S RESIDENCE

Ann Malsbury, Director
Diane Kitchen, Director
Elizabeth Duke, Manager
Marlene Bauer, Jeannie Bodnaruk, Cathy Grier,
June Gugins, Gerda Hanson, Margaret
Kalynuk, Joanne Mitlon, Judy Neilly, Adeline
Romenko, Ann Sadlauskas

VOLUNTEER SERVICES

ON OUR OWN RESOURCE CENTRE

SPECIAL SERVICES

FAMILY RELIEF SERVICE

Barbara MacGregor, Manager
Lynn Rock, Director
Patti Parker, Director*

CHILD CARE

Janet Buckmaster, Director
Brenda Heaps*, Shirley McFall, Ireen Slater*
Carol Mennie, Director
Anne Banford, Susan Carberry, Jamelih Naimi,
Fran Ripley, Emelia Slobodian

YOIWOCHAS CENTRE

Rick Matishak, Director
Ian Hosler, Rod Irwin, Neil Lightfoot

OUTDOORS ALBERTA

Jim Hunt, Andrea Kohl

The YWCA also acknowledges the support, skills and assistance of the many part-time staff and volunteers associated with service delivery. *Resigned during year.

A Partnership with the Community

In 1984 the Edmonton YWCA received generous support for its general operations from:

Special Friends of the YWCA who contributed to the work of a number of YWCA programs and services. The personal and financial support of these individuals is gratefully acknowledged.

United Way of Edmonton and Area (for Supportive Counselling and Information and Referral for women, Leadership Development, Child Care, Special Services, On Our Own Resource Centre).

City of Edmonton

- Civic Operating Grant (for Supportive Counselling, On Our Own Resource Centre, Leadership Development, and Volunteer Recruitment, Training and Placement).
- Edmonton Social Services (for Family Relief Service).

Government of Alberta

- Alberta Advanced Education (EACER)
- Alberta Social Services and Community Health (Operating Allowance YWCA Child Care).
- Alberta Social Services and Community Health — Resources for Department Handicapped and Parks and Recreation, City of Edmonton (for Handicapped Day Camps).
- Alberta Recreation and Parks ('Outdoors Alberta;).
- Alberta Recreation and Parks (assistance with Leadership Training Events).

Government of Canada 'Summer Canada' Grants assisted in undertaking special projects in a number of program areas.

Service Clubs/Foundations

Media

The YWCA wishes to acknowledge the ongoing support of:

The Edmonton Journal, Edmonton Sun, Edmonton Examiner, Alberta Report, Edmonton Magazine, What's On In Edmonton, The Bullet, Explore, members of the Alberta Weekly Newspaper Association, CFRN, CBC, ITV, Shaw Cable, QCTV, CKUA, CJCA, CHED, CISN, CJAX, CHOT, CKXM, CIRK, CKRA, CFCW, CKER & CJSR

and the many other community publications that assist the YWCA throughout the year.

Business Special thanks to the many Edmonton and area businesses who assisted the YWCA in 1984 through donations of goods and services.

Volunteers: Our Greatest Resource . . .

Volunteers continue to be extremely valuable to the work of the YWCA. In 1984, over 19,000 hours of volunteer time were given to such endeavours as administrative Board and Committee work, fund-raising (bingos, 'YWIN' Raffle, a flea market and auction and book sales), assisting in program areas, particularly in aquatics, child care, summer day camps and with people with special needs. The 'On Our Own' Resource Centre, the Registration desk, the 'Stitchers' and the 'Shop' continue to have a great deal of support by many dedicated volunteers. New volunteer opportunities were created at the Front and Residence desks. In conjunction with the Human Resources Development Committee, four volunteer appreciation events were held. More than \$174,000 was raised through voluntary contributions of time and money in 1984, including \$123,000 raised through specific fund-raising projects ('YWIN', Bingos and Flea Market/Auction).

Support for Families . . .

The **DROP-IN CHILD CARE SERVICE** of the YWCA cared for 26,297 preschool children in 1984; more than 110,107 hours of short-term child care. The average length of care per visit is 4 hours. Twenty-nine volunteers and students assisted staff in caring for the children. Drop-In Child Care services are funded by the United Way, Government of Alberta, user fees and YWCA fund-raising projects. Following a long history of support to parents of young children, the YWCA continues to meet the need for temporary child care in Edmonton by allowing parents to work part-time, attend medical/counselling appointments, up-grade education, enjoy recreation activities or take a break. Care is often provided to children whose parents are ill or require short-term emergency care. 1984 developments have included an outdoor infant play deck, YWCA providing child care at large special events including conventions and trade shows, greater staff training opportunities for child care workers and enhanced program activities for children cared for by the YWCA.



The **FAMILY RELIEF SERVICE** provides trained Care Providers who go into the home and provide short-term or temporary relief care service to families with a handicapped child or adult. This type of in-home care is designed to reinforce the family and community as the natural environment for the handicapped individual, and to provide the necessary skilled personnel to take over while parents, spouse, or caring sons and daughters get a break from the demands of continuous care. Most suited to the service are families of individuals who are developmentally delayed, physically disabled (including sensory disabled) or multiply handicapped. The Family Relief Service is funded through the Family and Community Support Services of Edmonton Social Services and in 1984 assisted 137 households in providing 15,313 hours of direct care service; 9,756 hours were provided by companion/sitters, 3,667 hours by homemakers and 1,899 hours by host families. Individuals served were in the following age groups: children (80%), adults (18%), senior citizens (2%). Developments in 1984 included an extensive evaluation of the Family Relief Service, additional staff training in behavioural skills, wheelchair handling, lifting/transfers, basic medication procedures, and home health care.

Meeting the Challenges of Widowhood . . .

Men and women of all ages frequently share in the day-to-day reality of restructuring their lives as a singly person. **THE 'ON OUR OWN' RESOURCE CENTRES** assists widowed individuals making this adjustment through counselling, group support, related workshops and a resource library. Ten volunteer peer helpers, individuals who are widowed themselves, assisted staff in responding to over 600 requests for help in 1984. More than 2,000 hours of counselling were provided by staff and volunteers in response to requests. The Centre coordinates several groups who meet regularly to discuss concerns and provide support to one another. Another group provides more extensive personal counselling. Drop-ins and special social events are often organized by members. Consultation with other groups for bereaved persons is on-going. Many requests were received in 1984 from communities throughout Alberta requiring assistance in designing similar programs. Additional accomplishments during the year included the development of a new Peer Counselling Training Manual, a slide/tape presentation and considerable work with the media in providing educational material related to bereavement. The 'On Our Own' Resource Centre in 1984 was funded by the United Way, New Horizons (Health and Welfare Canada), private donations, users of the service and YWCA fund-raising projects.

Choices for Seniors . . .

The YWCA continues to encourage the involvement of people of all ages in a wide range of activities. Although several specialized seniors fitness classes are regularly offered, reduced rates for adults 60 years and older on all classes allows greater freedom in being involved in all interest areas. In 1984 610 seniors participated. All YWCA downtown classes are half price to seniors; and on accommodation for senior women, reduced rates given. A large percentage of valued YWCA volunteers are retired men and women.

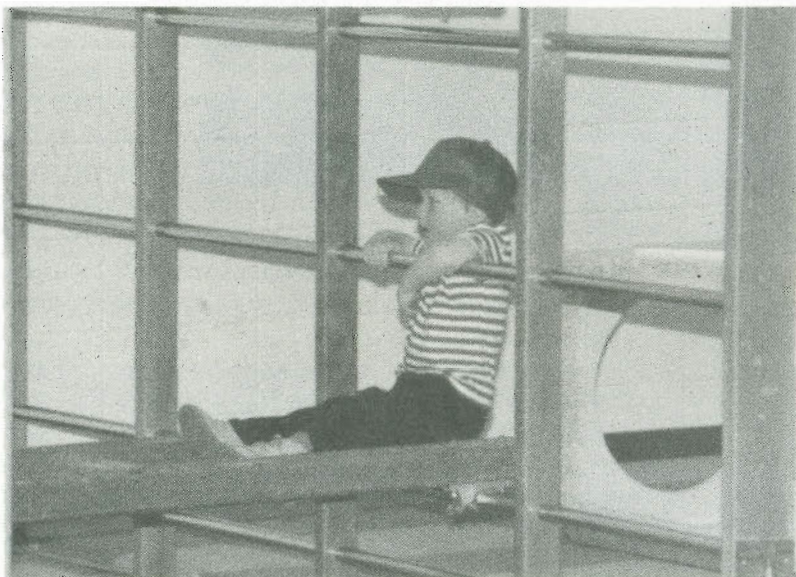
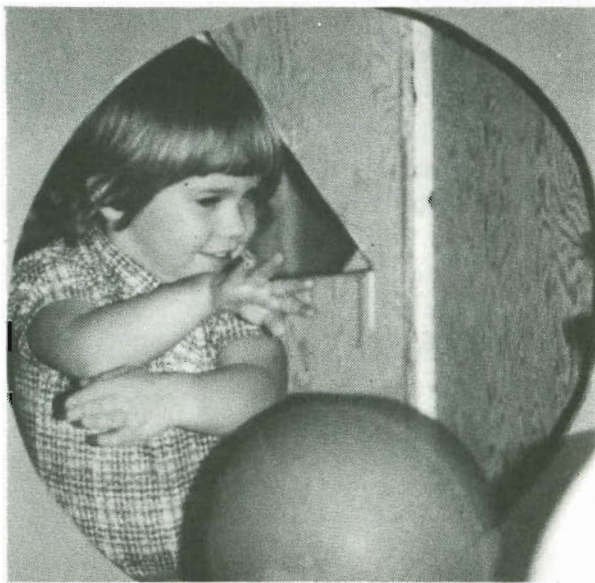
Housing & Support for Women . . .

In a large urban centre like Edmonton, support and accommodation for women in transition continues to be an urgent need. Whether furthering education through post-secondary programs, pre-employment training, or up-grading classes, adjusting to living alone after a separation or divorce, or encountering life outside of an institution or group home for the first time, a wide range of women are in need of low-cost accommodation and support. Regardless of their situations, developing the resources to live independently is their goal.

During 1984, 284 women called the YWCA home. As permanent residents they lived at YWCA for a period of two months to two years; 1,220 overnights guests, such as travellers or women in crisis who required only temporary accommodation were also accommodated. Mothers and children experiencing family violence or other difficulty were also housed on a short-term basis. In addition to shelter, YWCA staff and volunteers responded to over 12,500 requests by women for information, referral to other agencies, and supportive counselling. Developments in 1984 included the initiation of a small support group for women who are victims of domestic violence, greater cooperation with agencies serving women in conflict with the law and the addition of a small reading room for resource materials. The **YWCA WOMEN'S RESIDENCE** and its support services are funded by user fees, the United Way, and private donors.

Play for the very young . . .

Play opportunities for preschool children from infancy through five years in the areas of gym and aquatics continued in 1984. Special emphasis was placed on classes which allowed parents to share in their child's learning. Unstructured preschool pool time was also provided to encourage family recreation. 733 young children attended gym classes and 2,045 children as young as 4 months, enjoyed aquatic programs. Unique new programs developed for young children included aquatic fitness classes as well as land/water exercise sessions for parents and preschoolers.

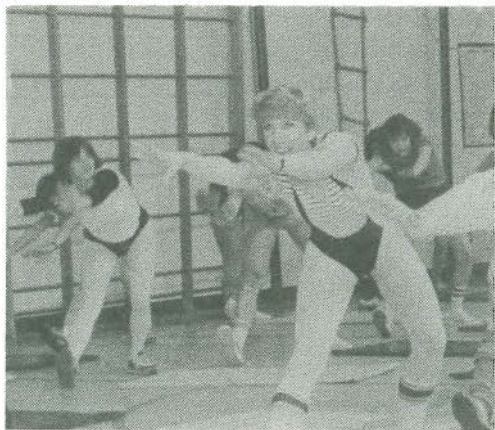


Opportunities for all . . .

In keeping with a belief in the development of all individuals YWCA Special Services continues to encourage a broad spectrum of opportunities for disabled persons. Many men and women who are mentally handicapped, utilize facilities and classes on a regular basis. Special interest classes in the areas of crafts, cooking, sports and leisure awareness encouraged mentally disabled adults and teens to develop additional recreation skills and interests. 119 men and women participated in a variety of classes. Volunteers often provided the special support required to successfully integrate handicapped adults into regular classes. A 'Leisure Counselling' program available to any adult with special needs was initiated during the year. Classes in 1984 were smaller to better assist participants. Aqualanders provided a special opportunity for children with coordination difficulties to enjoy the gym and swimming pool. Many schools and rehabilitation programs regularly utilize the YWCA pool in providing for the specialized needs of their clients. The Resources for the Dependent Handicapped unit of Alberta Social Services and Community Health and Edmonton Parks and Recreation also contracted the YWCA to operate a day camp for 64 multiply handicapped 6-18 year olds during the summer of 1984.

Fitness for Men and Women . . .

Fitness continues to be a major focus with a diversity of classes and facilities offered by the **HEALTH & PHYSICAL EDUCATION DEPARTMENT**. The YWCA continues to be recognized as one of Edmonton's leading providers of quality fitness services and is acknowledged for excellence in instructor training and standards. Eleven thousand adults enjoyed a variety of fitness classes at the YWCA and in YWCA classes in neighbourhood locations throughout the city. Co-ed Stretch and Strength, weight control, smoking cessation, and stress management classes were initiated. Greater emphasis has been placed on meeting the needs of less fit individuals than in past years. 1,240 employees in many companies enjoyed the convenience of YWCA fitness classes in their workplace. Although membership is not required to utilize YWCA facilities and classes, many **WOMEN'S FITNESS CENTRE** memberships were purchased in 1984, allowing interested women unlimited access to facilities. Fitness assessments were available to the general public and offered by Certified Fitness Appraisers. Public racquetball courts, open 365 days a year, were utilized by men and women for over 6,200 hours. Use of drop-in weight training facilities increased during the year and free racquetball and weight training offered to teens and adults during the summer months.



Increased interest in specialized **AQUATICS** programs has resulted in the growth of a diversity of programs, serving over 2,560 adults. In addition to Red Cross swim lessons, synchronized swimming, lifesaving classes, endurance swimming, and snorkeling have all been successful. Private and family lessons have also been popular. Twenty-one thousand people of all ages enjoyed public swimming at the YWCA in 1984. The greatest single area of growth in YWCA programming was in that of Aquatic Fitness. The Edmonton YWCA has played a major leadership role in program development and leadership training related to Aquatic Fitness in Alberta. Unique programs meeting the needs of people of all ages (infants through seniors) and fitness levels continue to meet with enthusiastic public support.



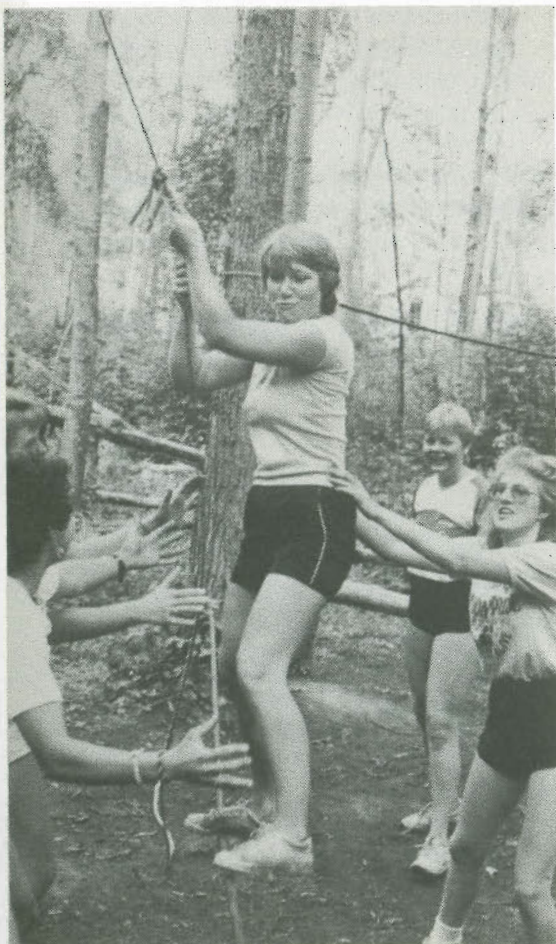
Enjoying the Outdoors . . .

YOWOCHAS CENTRE, on Lake Wabamun continues to play an important role in providing Outdoor Recreation and Education activities for school children, and rental space for community groups. The Centre hosted 1,735 students and teachers and was utilized by 835 adults representing a variety of community groups. YWCA Cross-Country Skiing, Sailing, Canoeing and Wilderness Medical Technician programs were very successful. Spring and summer camps allowed 321 children to enjoy the outdoors.

Developments at YoWoChAs Centre in 1984 included new sailing programs for teenagers, greater centre use by all segments of the community, and a pilot project involving women fitness weekends.

Summer was also a special time for the 414 children who attended **SUMMER IN THE CITY DAY CAMPS**. Designed to help urban children explore and enjoy the city, the YWCA day camp program provides children with an opportunity to be involved in field trips, crafts, music, swimming and outdoor experiences.

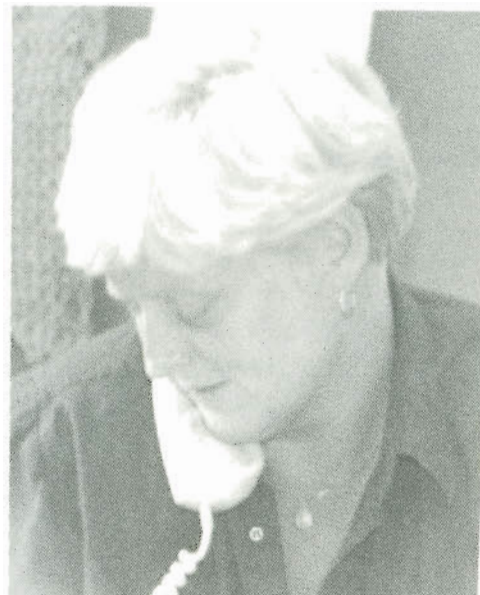
Taking outdoor recreation leadership skills to people in rural areas is the role of



OUTDOORS ALBERTA. Funded by Alberta Recreation and Parks and managed by the YWCA, staff and equipment travelled to many Alberta communities in 1984. Cross-Country skiing, canoeing, orienteering and environmental education were but a few of the topics explored with both children and adults. 1984 marked the completion of Outdoors Alberta as a three year pilot program. The YWCA is pleased to be associated with Outdoors Alberta as it moves into Phase II for an additional three years.

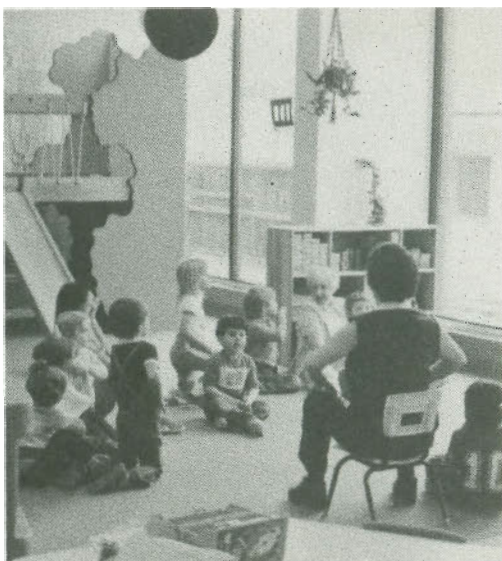
Speaking Out . . .

During 1984 the YWCA continued to study and respond to social issues relating to women and the community generally. A submission was made to the Fraser Committee on Pornography and Prostitution focussing on juvenile prostitution. A further response to the Badgely Report on Sexual Offenses Against Children and Youth was initiated for distribution to several levels of government. An informal speaker's series was initiated to provide information for staff, volunteers and members on current social issues. Topics included women and pensions, women and the constitution and the needs of youth on the street. The Board of Directors, representing the YWCA, also expressed concern to appropriate levels of government on issues relating to nuclear weapons, pornography, volunteerism, and family life education programs. Standing committees prepared briefs in response to both Edmonton Parks and Recreation and Alberta Recreation and Parks requests for input into future development of recreation in the city/province.



Developing Community Leaders . . .

- Leadership training accessible to anyone in the Edmonton Community continues to be a major focus of the YWCA. Most departments continue to develop and offer recreation related leadership training events to enhance the knowledge and skills of instructors and prospective community recreation leaders. In 1984 the following events were held.
- Two ten week **Preschool Leadership Courses** were held in cooperation with Edmonton Parks & Recreation to assist preschool leaders who do not have formal training, in developing additional knowledge in the areas of child development, discipline, program planning and curriculum activities. 75 individuals attended the courses.
- 45 fitness leaders were trained and certified to YWCA of Canada standards in two **Fitness Leadership Courses** held in cooperation with Edmonton Parks & Recreation. This 12 week, 66 hour course continues to provide the highest standard of training for fitness leaders in Alberta and is open to all prospective leaders in the community. The Edmonton YWCA also hosted national 'Trainer of Trainer' events related to fitness in 1984. Ongoing inservices in areas such as advanced physiology, pre/post natal fitness, aquatic fitness & fitness for the unfit also benefited community fitness instructors.



- **Aquatic Fitness Leadership** course curriculum was developed during the year to accommodate the first such leadership program in the province. The program was taught at the YWCA and in locations throughout the province by the YWCA Aquatics Director. 372 individuals participated in training events and many were certified as Aquatic Fitness Instructors. The Edmonton YWCA is proud to have played a primary leadership role in facilitating aquatic fitness programs throughout Alberta and acknowledges the assistance of Alberta Recreation & Parks in supporting resource material development.



- **Outdoor Recreation Leadership** programs were offered at YOWoChAs Centre including C.A.N.S.I. Cross Country Ski Instructor Certification and A.R.C.A. Canoe Instructor Courses. Wilderness Medical Technician Courses also provided valuable skills to outdoor leaders. Outdoors Alberta provided full time facilitation of outdoor leadership training throughout the province.



YWCA

ANNUAL REPORT



1985





President's Report

Helen Young, President

1985 has been a very busy year in the life of the Edmonton YWCA. It might be described as a year of transition and setting of new directions for the activities and programmes of the YW. On behalf of the Board of Directors and as its President, I would like to comment on the highlights of the year.

Upon the departure of Margaret Williamson, the position of Acting Executive Director was very capably filled by Barbara MacGregor, previously a Board member and latterly, Volunteer Services Manager. To Barbara, I extend my grateful thanks and that of the Board of Directors for bringing the Association through a difficult time in a positive and supportive manner.

Economic and financial problems continue to plague Alberta and the YW. We are optimistic that the current upswing will continue in Canada and the YW will benefit along with the families in our province and country. The belt tightening begun in 1984 has continued throughout this year. To the staff, the Board of Directors expresses its thanks for their continued support and work through the financial difficulty. With the cooperation of all staff, who are providing quality programmes and services, the YWCA of Edmonton strives to serve the community. Our sincere thanks to the staff.

In June, the Edmonton YWCA took part in the National Convention (held every four years) in Toronto. The participation by members, staff and Board (delegates elected by the membership at large) in this national event, gave the Edmonton YW an opportunity to meet with their counterparts from across the country to share ideas, concerns and dreams for the betterment of our national and local associations. We returned to Edmonton with renewed enthusiasm and determination to press forward and serve our community.

On our return from Toronto, on June 15, Carol Gilfillan was appointed the Executive Director of our Association. We are very pleased to have Carol with us, bringing her expertise from the Social Work and Home Economics professions and her administrative experience acquired through the Edmonton Family Service Association, Universiade and the 75th Anniversary celebrations of our province.

To our funding bodies, the United Way of Edmonton and Area, the City of Edmonton and the Provincial Government, we say 'thank-you'. We will strive to continue to deserve the support and confidence placed in us as we further develop and improve the services that contribute to the quality of life in our city. Our friends and individuals who have made donations during the year are an important part of the YWCA family and to them our most sincere thanks is extended. To our supporters who have joined our 'Deferred Giving Programme', we do appreciate the trust you have placed in us to carry on the work of the YW. Many thanks.

Volunteers, both service and administrative, are an integral part of our organization. We could not continue our high level of programming without them. Many hours are spent in committees, programmes, fund-raising and every day functioning of the YW. Bingos continue as a source of fund-raising — requiring many, many hours of dedication. Many thanks to all volunteers.

Personally, I have found the past year to be a very exciting, challenging and at times, very busy year. I want to thank staff for their patience in answering my many questions as I became more familiar with the many facets of the YW, especially Barbara MacGregor for her assistance with my initiation as President. To the Board of Directors, I extend my sincere thanks to each and every member for her commitment and hard work during the past year. To the Past President, Pat Cook, thank you for being around, and so graciously and patiently assisting me when called upon to do so.

The coming year will be one of planning, building and commitment to the YWCA of Edmonton, Canada and the World. We must first increase our funding base and fund-raising activities to ensure our commitment to our community continues with the same high quality of programmes and service which Edmonton expects of the YW. I am very confident that the support of our friends, volunteers and staff will continue in 1986 and the 'team' will make next year a truly exciting and effective one for the Edmonton YWCA.

Treasurer's Report

Treasurer: Mary Alt

Financially, 1985 proved to be another very difficult year for the YWCA of Edmonton. We were very fortunate to receive some revenue which we had not anticipated, including \$68,149 from the City of Edmonton under the Community Recreation/Cultural Grant Program, \$47,233 from the Friends of the YWCA, and approximately \$78,000 in other donations.

YoWoChAs Centre and the Women's Fitness Centre produced encouraging results for 1985. YoWoChAs Centre program fees and rental income increased by approximately \$20,000 from 1984, and the net surplus for the year from the Centre increased by approximately \$10,000. Fitness Centre fees increased by approximately \$14,500 from 1984, while related expenses decreased by approximately \$2,500.

The Aquatics and Health and Physical Education programs had a significant drop in fee and rental revenue from 1984 of approximately \$19,000 and \$34,000 respectively. However, total costs for the programs did not change significantly, resulting in a decrease in approximately \$72,500 in surplus for the year contributed by these two programs.

Child Care hourly fees were increased in 1985. This increase was offset by a decrease in the number of child care hours, resulting in approximately the same level of revenue as 1984. Expenses and surplus for the year from this program remained at approximately the same level as 1984.

Occupancy expense increased by approximately \$78,000 over 1984, due primarily to an increase of approximately \$52,000 in equipment repairs and maintenance and approximately \$26,000 in utilities and telephone expense.

The United Way of Edmonton and Area continued to support 6 programs of the YWCA and generously increased its contribution to \$298,790 in 1985. We continued to receive funding from the City of Edmonton for the Family Relief program, and the Province of Alberta for the Outdoors Alberta program. Child Care continues to receive partial funding from the Province of Alberta.

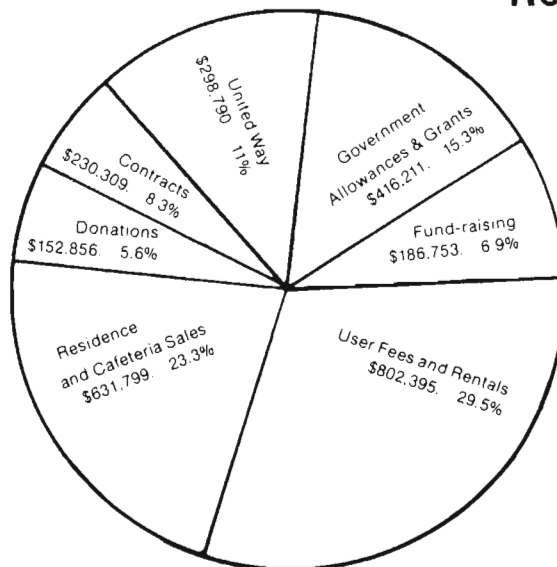
In 1985, the YWCA of Edmonton acknowledged its financial commitment to the YWCA of Canada and recorded an obligation of \$75,000, representing the allocation charge for 1985 and 1984.

I anticipate that 1986 will be another difficult year financially, but foresee it will be a transitional one. Under the direction of our new Executive Director, emphasis will be placed on increasing program revenue as well as increasing other sources of funding. I feel confident that this approach will pave the way to future financial stability for the YWCA of Edmonton.

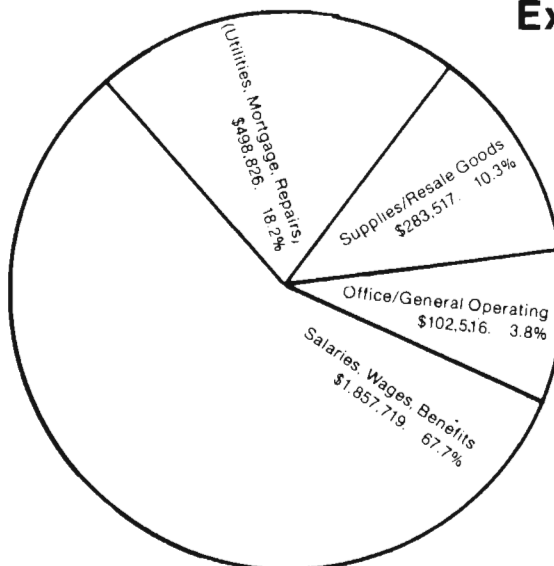
Financial Summary — Operating: Year Ended December 31

Revenues:	1985	1984
Fees and Charges	\$ 1,434,194	\$ 1,525,191
Government Grants and Funding	646,520	646,560
United Way of Edmonton and Area	298,790	266,496
Other Funding	186,753	162,899
Donations	152,856	51,567
	2,719,113	2,652,713
Expenses:		
Salaries and Purchased Services	1,857,719	1,965,238
Occupancy Expenses	498,826	421,081
Office and General Expenses	102,516	84,775
Other Expenses	283,517	265,672
	2,742,578	2,736,766
Deficit for the Year	\$ (23,465)	\$ (84,053)

Revenue



Expenses



A Partnership with the Community:

In 1985 the Edmonton YWCA received generous support for its general operations from:

Special Friends of the YWCA who contributed to the work of a number of YWCA programs and services. The personal and financial support of these individuals is gratefully acknowledged.

United Way of Edmonton and Area for information, referral and supportive counselling for women, Volunteer Services and Leadership Development, Child Care, Special Services, On Our Own Resource Centre.

City of Edmonton

- Operating Grant-In-Aid.
- Edmonton Social Services (for Family Relief Service).
- Community Recreation/Cultural Grant.

Government of Alberta

- Alberta Advanced Education (EACER).
- Alberta Culture (Tribute to Women Awards).
- Alberta Social Services and community health (Operating Allowance YWCA Child Care).
- Alberta Recreation and Parks ('Outdoors Alberta').
- Alberta Recreation and Parks (assistance with Leadership Training Events).
- S.T.E.P. and Alberta Employment and Training Programs made several special projects possible.

Government of Canada

- Secretary of State Women's Program (Tribute to Women Awards).
- S.E.E.D.S. and P.E.P. Grants made a number of special projects possible.

Service Clubs/Foundation

- Kinsmen Club of Fort Edmonton, Clifford E. Lee Foundation, Recreation, Parks and Wildlife Foundation, Alberta
- Sports Council, Soroptimist Club, Local Council of Women.

Media

The YWCA wishes to acknowledge the ongoing support of:

The Edmonton Journal, Edmonton Sun, Edmonton Examiner, Alberta Report, Edmonton Magazine, What's On In Edmonton, The Bullet, Explore, members of the Alberta Weekly Newspaper Association, CFRN, CBC, ITV, Shaw Cable, QCTV, CKUA, CJCA, CHED, CISN, CJAX, CHQT, CKXM, CIRK, CKRA, CFCW, CKER AND CJSR, and the many other community publications that assist the YWCA throughout the year.

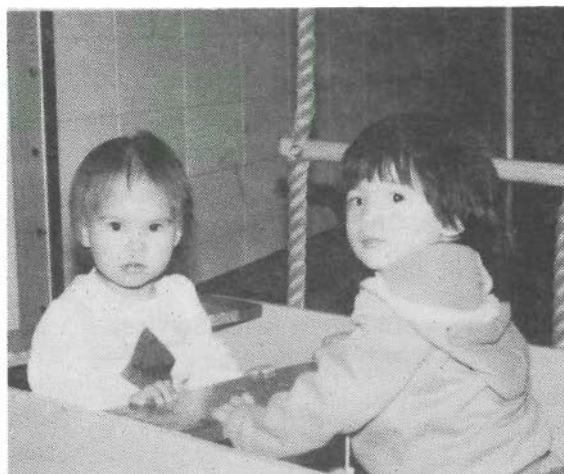
Business — Special thanks to Welcome Wagon and the many Edmonton and area businesses who assisted the YWCA In 1985 through donations of goods and services.

Volunteers: Our Greatest Resource . . .

Volunteers continue to be extremely valuable to the work of the YWCA. In 1985, over 22,000 hours of volunteer time were given to such endeavours as administrative Board and Committee work (3,065 hours) fund-raising (bingos, casino, garage sales etc. — 2,600 hours), assisting in Program areas, particularly in aquatics, child care, and with people with special needs (10,000 hours). The 'On Our Own' Resource Centre, the Registration Desk, Special Events (Tribute to Women Awards), the 'Stitchers' and the 'Shop' (4,400 hours) continue to have a great deal of support by many dedicated volunteers. The YWCA wishes to express special thanks to the 375 men and women who have generously voluntarily committed their skills and time to the YWCA.

Meeting the Challenges of Widowhood . . .

Men and women of all ages frequently share in the day-to-day reality of restructuring their lives as single persons following the death of their spouse. **The 'On Our Own' Resource Centre** assists widowed individuals making this adjustment through counselling, group support, related workshops and a resource library. Volunteer peer helpers, individuals who are widowed themselves, assisted staff in responding to over 600 requests for help in 1985. Peer Counsellors receive extensive classroom training and counselling practicum experience. The Centre coordinates several groups who meet regularly to discuss concerns and provide support. Another group provides more extensive personal counselling. Drop-ins and special social events are often organized by members. Consultation with other groups for bereaved persons is on-going. Many requests were received in 1985 from communities throughout Alberta requiring assistance in designing similar programs. Additional accomplishments during the year included the development of a new Peer Counselling Training Manual, a slide/tape presentation and considerable work with the media in providing educational material related to bereavement. The 'On Our Own' Resource Centre in 1985 was funded by the United Way, private donations, users of the service and YWCA fund-raising projects.



Support for Families . . .

The **Drop-In Child Care Service** of the YWCA cared for 24,900 preschool children in 1985; more than 109,000 hours of short-term child care. Drop-In Child Care services are funded by the United Way, Government of Alberta, user fees and YWCA fund raising projects. Following a long history of support to parents of young children, the YWCA continues to meet the need for temporary child care in Edmonton by allowing parents to work part-time, attend medical/counselling appointments, up-grade education, enjoy recreation activities or take a break. Care is often provided to children whose parents are ill or who require short-term emergency care. 1985 developments have included greater staff training opportunities for child care workers and enhanced program activities for children cared for by the YWCA.

The **Family Relief Service** provides trained Care Providers who go into the home and provide short-term or temporary relief care service to families of handicapped children or adults. This type of in-home care is designed to reinforce the family and community as the natural environment for the handicapped individual, and to provide the necessary skilled personnel to take over while parents, spouse, or caring sons and daughters get a break from the demands of continuous care. Most suited to the service are families of individuals who are developmentally delayed, physically disabled, sensory disabled or multiply handicapped. The Family Relief Service is funded through Family and Community Support Services of Edmonton Social Services and in 1985 assisted 137 households in providing 11,951 hours of direct care service; 8,944 hours were provided by companion/sitters, 1,867 hours by homemakers and 1,139 hours by host families. Individuals served were in the following age groups: children (67%), adults (28%), senior citizens (5%). Developments in 1985 included an extensive evaluation of the Family Relief Service and more than 3,000 hours of requested service, which could not be met due to the limited resources of the program.

Developing Community Leaders . . .

Quality leadership training accessible to anyone in the Edmonton community continues to be a major focus of the YWCA. Most departments continue to develop and offer recreation related leadership training events to enhance the knowledge and skills of instructors and prospective community recreation leaders. In 1985 the following events were held.

A twelve week **Preschool Leadership Course** was held in cooperation with Edmonton Parks & Recreation to assist preschool leaders who do not have formal training, in developing additional knowledge and practical experience in the areas of child development, discipline, program planning and curriculum activities. 35 individuals attended the course. The course has been offered for the past 4 years.

68 fitness leaders were trained and certified to YWCA of Canada and A.F.L.C.A. standards in three **Fitness Leadership Courses**. This 12 week, 66 hour course continues to provide the highest standard of training for fitness leaders in Alberta and is open to all prospective leaders in the community. The Edmonton YWCA also hosted on-going inservices in areas such as low-impact aerobics, stretching, every day breaks, weight training for women, women's fitness escape events and aquatic fitness, which also benefitted community fitness instructors.

Aquatics Fitness Leadership course curriculum was developed during 1984 and 1985 beyond the YWCA to accommodate the first such leadership program in the province.

The program was taught at the YWCA and in locations throughout the province by the YWCA Aquatics Director. 291 individuals participated in training events and many were certified as Aquatic Fitness Instructors. The Edmonton YWCA is proud to have played a primary leadership role in facilitating aquatic fitness programs throughout Alberta and acknowledges the assistance of Alberta Recreation and Parks in supporting resource material development.

Outdoor Recreation Leadership programs were offered at YoWoChAs Centre including C.A.N.S.I. Cross Country Ski Instructor Certification and A.R.C.A. Canoe Instructor Courses. Wilderness Medical Technician Courses also provided valuable skills to outdoor leaders. Outdoors Alberta provided full time facilitation of outdoor leadership training throughout the province.



Speaking Out . . .

During 1985 the YWCA continued to study and respond to social issues relating to women and the community generally.

Further response was made to the Fraser Committee on Pornography and Prostitution focussing on juvenile prostitution, and to the Badgely Report on Sexual Offenses Against Children and Youth.

Elected delegates from Edmonton joined 350 YWCA members from across Canada in debating social issues affecting women nationally and globally at the 27th Quadrennial Convention of the YWCA of Canada in May. Policy decisions regarding the operation of the National YWCA and guidelines for the focus of YWCA activity during the next four years were discussed. Issues included homemaker pensions, prostitution, pornography, peace and justice, international development, literacy, impact of technological change on women, teenage pregnancy, sexual offences against children, and a number of other topics.

A Domestic Violence Support Group for abused women was developed during 1985 and served more than 60 women. The program has operated as a pilot project with volunteer leadership throughout the year. Permanent funding for the program is currently being sought.

The YWCA has worked extensively with several other community organizations in developing innovative preventative educational material related to juvenile prostitution. The program will be ready for approval and implementation in early 1986.

Housing & Support for Women . . .

In a large urban centre like Edmonton, support and accommodation for women in transition continues to be an urgent need. Whether furthering education through post-secondary programs, pre-employment training, or up-grading classes, adjusting to living alone after a separation or divorce, or encountering life outside of an institution or group home for the first time, a wide range of women are in need of low-cost accommodation and support. Regardless of their situations, developing the resources to live independently is their goal.

During 1985, 294 women called the YWCA home. As permanent residents, they lived at the YWCA for a period of two months to two years; 1,635 overnight guests, such as travellers or women in crisis, who required only temporary accommodation, were also accommodated. Mothers and children experiencing family violence or other difficulty were also housed on a short-term basis. In addition to shelter, YWCA staff and volunteers responded to many requests by women for information, referral to other agencies, and supportive counselling. Developments in 1985 included the initiation of a pilot project with the Elizabeth Fry Society to house women newly released from correctional facilities. A Visitor's Services Aid program was also started on an experimental basis to better meet the requirements of summer visitors with special needs. The **YWCA Women's Residence** and its support services are funded by user fees, the United Way and private donors.

Food Services . . .

The **Sarah Golden Cafeteria** continues to provide low-cost, high quality food services to YWCA residents, staff, volunteers, participants and the public. Catering and changes in menu were introduced in 1985.



Opportunities for all . . .

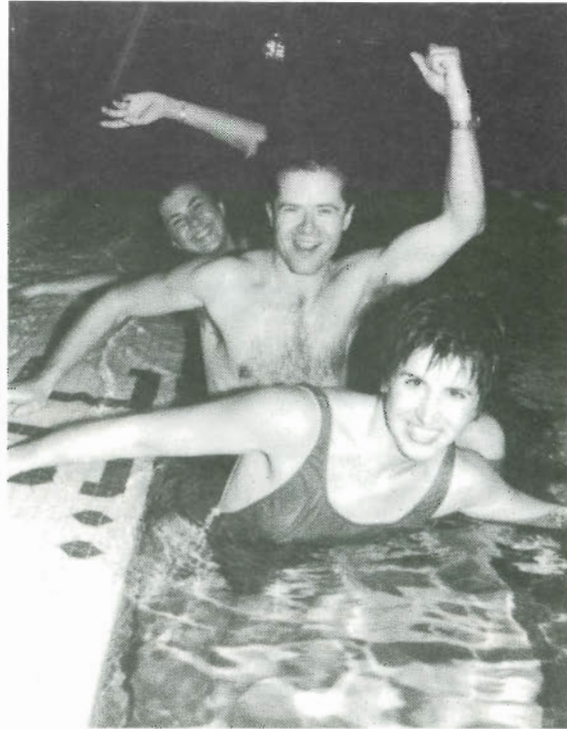
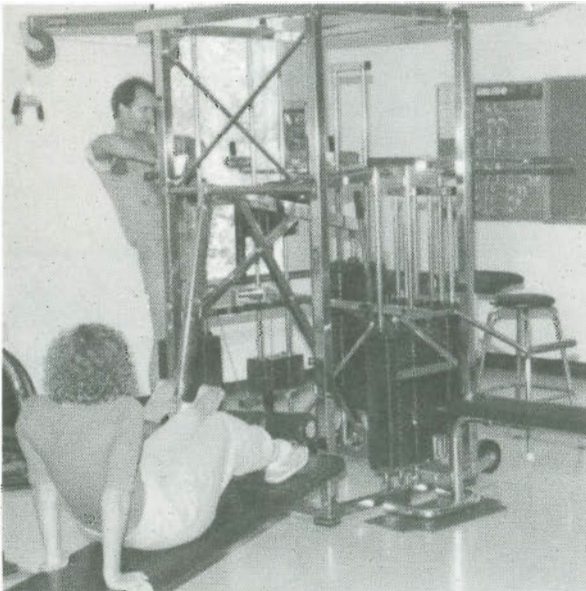
In keeping with a belief in the development of all individuals, YWCA Special Services continues to encourage a broad spectrum of opportunities for disabled persons. Many men and women who are mentally handicapped, utilize YWCA facilities and classes on a regular basis. Special interest classes in the areas of crafts, dance, cooking, sports and leisure awareness encourage mentally disabled adults and teens to develop additional recreation skills and interests. 119 men and women participated in a variety of classes in 1985. Volunteers often provided the special support required to successfully integrate handicapped adults into regular classes. A 'Leisure Counselling' program available to any adult with special needs was developed during the year. A successful new 'Leisure Partners' program matched disabled individuals with volunteers who have similar leisure interests in order to share recreation activities and skills. Many schools and rehabilitation programs utilize the YWCA pool in providing for the specialized needs of their clients. Several new activity programs were initiated including popular weekend outdoor 'getaways' for both teens and adults who are mentally handicapped.

Special Interests Explored . . .

Many special interest classes including popular Social and Jazz Dance classes and new C.P.R. workshops were well received.

Fitness for Men and Women . . .

Fitness and health continue to be a major focus of the YWCA with a diversity of classes and facilities offered by the **Health and Physical Education Department**. The YWCA continues to be recognized as one of Edmonton's leading providers of quality fitness services and is acknowledged for excellence in instructor training and standards. Many adults enjoyed a variety of fitness classes at the YWCA and in YWCA classes in neighbourhood locations throughout the city. The new 'Wellness for Women' Health Education series was very well received and the YWCA of Canada 'Fitsmart' fitness consumer education package very successful. Greater emphasis has been placed on meeting the needs of less fit individuals than in past years. 725 employees enjoyed the convenience of YWCA fitness classes in their workplace through **Employee Fitness Services**. Although membership is not required to utilize YWCA facilities and classes, many **Women's Fitness Centre** memberships were purchased in 1985, allowing interested women unlimited access to facilities. Fitness assessments were available to the general public and offered by Registered Fitness Appraisers. Public racquetball courts, open 365 days a year, were utilized by men and women for over 6,200 hours. Use of drop-in weight training facilities increased during the year and inexpensive racquetball and weight training clinics offered to teens and adults.



Increased interest in specialized **Aquatics** programs has resulted in the growth of a diversity of programs, serving over 2,677 adults. In addition to Red Cross swim lessons, synchronized swimming, lifesaving classes and endurance swimming have all been successful. Demand for private and family lessons has also grown. Thousands of people of all ages enjoyed public swimming at the YWCA in 1985. The greatest single area of growth in YWCA programming was in that of Aquatic Fitness. The Edmonton YWCA has played a major leadership role in program development and leadership training related to Aquatic Fitness in Alberta. Unique programs meeting the needs of people of all ages (infants through seniors) and fitness levels continue to meet with enthusiastic public support. New in 1985 were Aqua Body Shaping, Water Stretch and Babyfit.

Choices for Seniors . . .

The YWCA continues to encourage the involvement of people of all ages in a wide range of activities. Although several specialized seniors fitness classes are regularly offered, reduced rates for adults 60 years and older on all classes, allows greater freedom in being involved in all interest areas. In 1985, 610 seniors participated. All YWCA downtown classes are offered at a 35% discount to seniors; and on accommodation for senior women, reduced rates given. A large percentage of valued YWCA volunteers are retired men and women.



Play for the Very Young . . .

Play opportunities for preschool children from infancy through five years in the areas of gym and aquatics continued in 1985. Special emphasis was placed on classes which allowed parents to share in their child's learning. Unstructured preschool pool time was also provided to encourage family recreation. 786 young children attended gym classes and 1,845 children as young as 4 months, enjoyed aquatics programs. Unique new programs developed for young children included aquatic fitness classes as well as land/water exercise sessions for parents and preschoolers.



Enjoying the Outdoors . . .

Celebrating its fifth anniversary in 1985, **YoWoChAs Centre**, on Lake Wabamun continues to play an important role in providing Outdoor Recreation and Education, residential camps, and rental space for community groups. The Centre hosted 1,735 students and teachers in 1985 and was utilized by 835 adults representing a variety of community groups. YWCA Cross-Country Skiing, Sailing, Canoeing and Wilderness Medical Technician programs were very successful. Spring and summer camps allowed 321 children to enjoy the outdoors. Developments at YoWoChAs Centre in 1985 included new sailing programs for adults and children, greater Centre use by all segments of the community, and new women's fitness weekends.

The Centre operates on a cost-recovery basis, while still providing reasonably priced leisure activities and accommodation. In 1985 use of YoWoChAs Centre increased by 13.5% with the greatest growth in the area of providing Outdoor Education programs for school groups (37.2% increase). 86% of the revenue generated by YoWoChAs Centre in 1985 resulted from user fees.



Taking outdoor recreation skills to the people of Alberta is the role of **Outdoors Alberta**. Funded by Alberta Recreation and Parks and managed by the YWCA, staff and equipment travelled to many Alberta communities in 1985.

Cross Country skiing, canoeing, orienteering and environmental education were but a few of the topics explored with both children and adults. The YWCA is pleased to be associated with Outdoors Alberta in its fourth year of operation, as it moves into challenging new areas of development.



1985 Board of Directors

Executive:

President
1st Vice President
2nd Vice President
Secretary
Treasurer

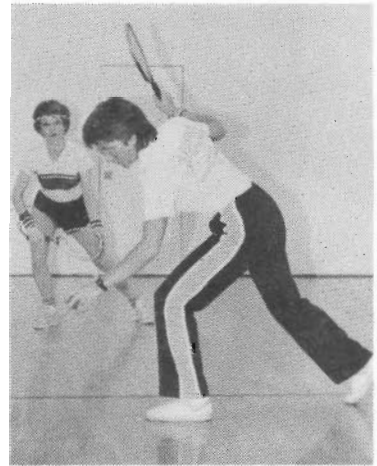
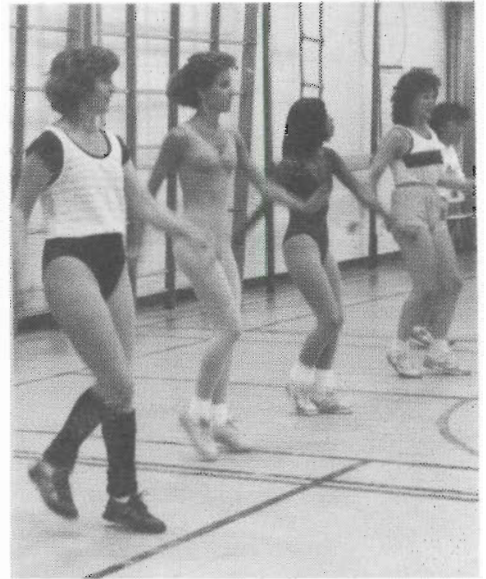
Helen Young
Lorna Gawlinski
Elaine Barnes
Barbara Blackley
Mary Alty

Members:

Murina Bauer*
Sheila Burns
Susan Davis
Sheilah Grant
Gayle Jenner
Paula MacLean
Marion Morgan
Helen Otto
Geneva Purcell

Marion Brooker
Sue Currie
Joan Fargey
Winnie Greenwood
Mary Layman
Kathy Marshall*
Marion Morstad
Cathy Palmer

*Resigned during 1985



YWCA Staff 1985:

Executive Director

Carol Gilfillan

Personnel/Training

Barbara MacGregor, Manager

Public Relations

Wendy MacDonald, Director

Finance/Administration

Len Klymchuk*, Manager

Julie Sleep

Pat MacKeage

Olive Otteson

Cindy Stricklan

Juanita Qualizza

Karim Lakhani

Cafeteria

Natalie LaFleur, Director

Pat Enskat

Connie Fischer

Mike Burns*

Michael Grant*

Jeanette DeWolfe*

Frances Matthew

Regina Hassan

Nancy Spicer

Linda Johnson

Antoinetta Crerar

Elsie Tischler

Health, Fitness & Recreation

Sandi Draper, Manager

Doreen McKinnon

Mary Ellen Salmon

Health & Physical Education

Jenni Coombs, Coordinator

Bev Adams

Women's Fitness Centre

Ann Makin, Director

Community/Employee Fitness

Ann Makin, Director

Aquatics

Diane Kitchen, Director

Outdoors Alberta

Steve Montgomery, Director

Judy Carlsen

Les Parsons

YoWoChAs Centre

Rod Irwin, Director

Lorna Hughes

Ian Hosler

Kim Savard

John DeJong

Gerri DeJong

Jane Callioux

Women's Residence

Elizabeth Duke, Manager

Jean Bodnaruk

Cathy Grier

Joanne Milton

Marlene Bauer

Margaret Kalynuk

Gerda Hanson

Adeline Romenko

Ann Sadlauskas

The YWCA also acknowledges the support, skills and commitment of the many volunteers and part-time staff associated with the organization.

Social Services

Vacant, Manager

Family Relief Services

Janet Buckmaster, Director

Gloria Wesley

Doris Stein

Special Services

Suzanne Norris, Director

'On Our Own' Resource Centre

Lynn Rock*, Director

Child Care

Carol Mennie, Director

Sue Carberry

Ann Banford

Fran Ripley

Jamelih Naimi

Emelia Slobodian

Maintenance:

Walter Howarth*/Lee Heindel,

Director

Helen Fontaine

Gerry Fontaine

Luisa Reye

Dave Wilks

Linda Rojas

Anne MacDougall

Margaret Paul

*Resigned during 1985