

CONTACT

IS YOUR FITNESS INSTRUCTOR FIT?

Has it ever crossed your mind, while swinging your arms to the beat of the music, to question the credentials of your fitness leader? Just as the beads of perspiration are collecting on your brow, have you wondered if your fitness leader knows the mechanics and limitations of the human body in motion? How do you know if your fitness leader is knowledgeable and qualified to lead you through a safe and progressive workout?

These are all valid concerns. Many of us who find ourselves shopping for fitness classes keep these questions in mind. Fitness Leadership has undergone many changes in the last five years. Many of these changes have been directed at improving safety in fitness classes and educating the participants and consumers about choosing a 'qualified' fitness leader.

Having pioneered the 'fitness era' with other non-profit and public organizations, the YWCA has felt a responsibility in providing sound fitness leadership in the community. The Edmonton



Fitness Instructor, Cathy Ruskin, is one of more than 200 trained and certified leaders who work at the YWCA.

YWCA offered women's fitness programs as early as 1907 and has been formally training and certifying Fitness Leaders since the spring of 1980. As public interest in fitness rapidly developed, there was a need to set standards of knowledge and performance. The initial instructor course focused on providing theory about the body in motion, and a major emphasis of the course was the 'on the floor' practise. The YWCA gradually reaped the benefits of the Fitness Leadership course and became recognized as the Edmonton leader in comprehensive instructor training. The overall quality of classes improved and there was an increase in the consistency of information relayed from instructor to instructor.

In March of 1983, the YWCA of Canada gathered twenty trainers of Fitness Leaders from across Canada for a five day Trainer's Course in Hamilton. Not only was the purpose of this training event to further develop the teaching skills of the trainers, but it was an opportunity to share ideas

Leaders they hired were trained? Although individually, the YMCA and YWCA were providing courses to train Fitness Leaders, there was a need to encourage all fitness related agencies to set and expect certain provincial standards for Fitness Leaders.

'With no standards or guidelines, fitness programs can be conducted by anyone who wishes to do so and much of the instruction is still done by individuals with little or no training. This situation more than any other, demonstrates the crucial need for a broad and comprehensive leadership training and recognition program.'

— Fitness Canada 1984 —

The next step in Fitness Leadership was establishing guidelines at a multi-agency National level. National organizations and Provincial representatives sat on a National Committee which established guidelines for the training and recognition of fitness leaders throughout Canada.

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Making Contact

I was six when I first discovered the essence of the YWCA. It was part of my Saturday world... #5 trolley bus journey, the magic of downtown, and the joy of childhood comradeship. It represented independence, belonging, warmth and comfort and development.

Twenty-five years later, the building and programs are different, but the spirit remains. For more than 78 years, the Edmonton YWCA has kept pace with the needs of Edmonton girls, women and their families without losing its essential values and personality.

With change comes the challenge of communicating the issues and activities of the YWCA to a wider audience. YWCA 'Contact' has been designed to meet this challenge. It will be distributed on a quarterly basis to YWCA members, volunteers, participants and other interested groups and individuals in our community.

Special thanks to the many individuals who made it possible.

We hope you enjoy this inaugural issue and welcome your comments.

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YWCA National Convention 1985 Diversity, Strength and Action

Homemaker pensions, prostitution, pornography, and international peace efforts, were only a few of the subjects strongly debated by Canadian members of the world's largest women's organization recently.

Every four years delegates from YWCAs and YM/YWCAs across the country meet to make decisions regarding the direction of the National YW movement. It is a time to debate organizational issues and also those which have impact far beyond the YWCA.

The 27th quadrennial YWCA of Canada Convention was held May 26-30, 1985 at the Loews Westbury Hotel in Toronto. More than 350 voting delegates attended, representing more than 27 local associations. Elected delegates from the Edmonton YWCA were Marion Brooker, Janet Buckmaster, Winnie Greenwood, Sheilah Grant,

Lorna Gawlinski, Wendy MacDonald and Barbara MacGregor. President, Helen Young, and Executive Director, Carol Gilfillan also attended. Delegates and alternates who could not attend, but assisted in research and discussions of proposed resolutions, included Dagny Alston, Marion Morgan, Laura Taylor and Gayle Jenner.

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YWCA Domestic Violence Support Group...

WOMEN GETTING ON WITH LIFE FREE FROM ABUSE

"Even though I am alone now, I feel less lonely than when I was in the relationship," commented one member of the YWCA's support group for female victims of domestic violence.

The pilot program, co-ordinated by trained social worker/volunteer Elly Bodner, has been in operation for a year and a half. Funding to permanently continue the service is currently being sought.

The YWCA's Domestic Violence Support Group for abused women provides an alternative to the other community resources in this field. The YWCA has a positive identification with health, family life and fitness. It provides childcare facilities and offers emergency accommodation should these services be required.

"Some women feel more comfortable about coming to the 'Y', because there is no stigma attached," Elly points out.

The support group is both educational and experimental in orientation. The women develop a safety plan, explore why battered women stay in these relationships, discuss why men batter, talk about helplessness and how to cope, deal with anger, loss and grief and build each other up.

"The group provides a safe, nurturing place where the woman can be herself, explore her thoughts and feelings without fear," Elly explains.

Talking about the situation isn't enough. Elly demands action and work and looks for change. She believes battered women are capable of changing and ending their victimization provided they are given the attention, support, guidance and understanding to do so. The first goal of the program offered by the YWCA is to break the social isolation of the battered woman.

"I could never teach these women what they can teach each other," the social worker says.

Elly hopes to empower the women in the group so they become more assertive and won't take abuse from anyone anymore. She tries to put the battered women back in control of their lives and have them feel better about themselves. She wants them to believe they are worthwhile and do not deserve abuse.

"Freeing the woman from abuse is the major goal - not whether she stays or leaves the relationship," Elly points out. "I believe she makes the best decision for herself at any given moment. We are here to support each other, not to judge."

The most common response to the plight of the battered woman is: Why doesn't she leave him? She must be crazy to put up with it.

"She is not sick, not crazy, not masochistic. All she wants is for the violence to stop," Elly says.

The battered woman is a woman of any age, race, social class, occupation, religion or education. An estimated 55,000 Alberta women are annually abused in relationships with men.

There are many factors that keep battered women trapped in a destructive relationship. Elly blames female socialization in part.

"We are taught to please other -- to become good wives and mothers," she says. "We can learn that we have to keep the family together for better or worse."

Elly tries to get the woman to focus on what is best for her.

In a subtle way the battered woman accepts the blame for the abuse.

She feels ashamed, embarrassed and guilty for being abused. Fear of further abuse is a central issue in the life of the battered woman as she manipulates herself to escape it.

"She believes if she changes her behaviour, the violence will stop, but it doesn't," Elly points out. "The most she can do is postpone the next attack." The battered woman has to learn she cannot make him stop abusing her.

The battered woman lives a life of fear for her safety if she stays, and of retaliation if she leaves. Eventually, she develops a sense of helplessness and powerlessness when she realizes that no matter what she does her situation does not change. She feels trapped in the relationship. Loneliness, dependency, low self-esteem, fear, denial and confusion prevent her from freeing herself.

The need for financial or emotional security may keep her in the relationship. She may be a full-time homemaker or a career professional, but believe any man in her life, even one who hurts her, is better than living alone or raising her children as a single parent.

She wants her children to have a two-parent family. She is very attached to traditional values.

"I feel safer in the relationship," one woman said "when I am with him at least I know what to expect."

In between incidents of violence, her partner may be an "ideal" man. He may apologize and beg for another chance. He may be very loving and provide her with a very comfortable lifestyle.

There are three 12-week modules to the support program with a month in between each stage to give the women a chance to digest the information. At the beginning, the group meets weekly and no new members are allowed to join after the second week. Developing a sense of trust and an atmosphere of mutual support is essential to the success of the program.

The first stage focusses on turning the woman's immobilization passivity and inactivity into a focussed sense of anger whereby she becomes aware of her own powers. This puts her back in control.

"It takes a long time to create that sense of awareness and bring them in touch with who they are and who they can be," Elly says.

Once the women discover the depths of their anger, they are often immobilized by it, according to Elly, so the second stage is to turn the negative energy into a positive direction.

During the third stage of the program, the women meet only once a month. They explore available community resources and referrals to other agencies are provided if appropriate.

Some women register for the YWCA's self-defense classes or take courses which will lead them to economic self-sufficiency.

"Life is very different when you are aware of your choices," Elly points out. ■

Shirley A. Serviss is a poet and partner of Mountain Ash Communications which offers writing and editing services and communications planning.

VOLUNTEER ASSISTS WOMEN

Interviewing women seeking legal solutions to domestic crises first challenged Elly Bodner to think about wife battering. In her role at Alberta Legal Aid Services she regularly met women whose lives had been shaped by domestic violence.

Now, many years later as a Social Worker, and currently in her volunteer role as Coordinator of the YWCA Domestic Violence Support Group, Elly is a catalyst in providing hope, promoting development and communicating options to battered women in Edmonton.

A native of Holland, Elly first trained and worked as a Medical Secretary, later working in Foreign Service positions. She has lived in Pakistan, Belgium, France and England. After moving to Canada, her work with Legal Aid motivated Elly to continue her education in the Social Work field. In order to meet this goal she first completed her high school matriculation at Victoria Composite High School as an adult, pursued her Social Services Diploma from Grant MacEwan College and later her Bachelor of Social Work from the University of Calgary in 1983. In addition, she has taken Graduate courses in Educational Psychology, has participated in many professional development workshops and has worked as a Medical Social Worker at the Edmonton General Hospital.

In the summer of 1984, Elly learned of the YWCA's interest in delivering counselling services for assaulted women. Services had been initiated several months earlier by volunteer, Marie Laing, and YWCA Women's Residence Manager, Elizabeth Duke. Since that time, Elly has voluntarily committed hundreds of hours to establishing and directing the Domestic Violence Support Group Program in her role as group leader and coordinator.

In addition to her professional and volunteer roles, Elly enjoys fitness activities at the YWCA, including aerobics, yoga and aquatic fitness, golf, knitting, travel, films, cooking and gatherings with friends and family. ■

Sympathy For The Innocent

He does not remember the fighting, why should he? He was asleep. But his older sister will always prod him with it. "You remember don't you? Remember? She came into our bed and hid between us? And he came looking for her?" No. Yes. Maybe. But his memory of it is more onimipresent than her's. He can look down onto the scene. And it was him as much as it was his father who came looking for her. Standing over the bed, his large hands feeling the bodies, grabbing deep handfuls of hair, his fists satisfied by her pliable skin, beating her into a shape still smaller than she already was. Bending over her, waiting for a minute sound of protest to give him more reason to hit her. And still more reason, when totally submissive she could not respond. But then he believes that all of this is just a dream he had. Infiltrated and molded by their fighting while he slept. And he wishes his sister would shut-up before he gets so angry he will hit her again. And she will laugh and he will sleep in fear of the dream he keeps sublingual, the one where he is his mother.

Bonnie Bishop

Matt Breaks His Silence

Matt has not spoken in four days.
On the first, Maria respected his silence
offered hopeful glances to his glares
waited her turn. Simply waited.

On the second, she sparrows her words
as she hopped from stove to sideboard
his woman, making his meals on time
serving them up with gossip and plans
balancing towards him on the edge of her chair.

On the third, the pleading began
small at first, then growing larger and more embarrassing
like a pregnant woman's belly.

Swollen with purple stretch marks
and a sore-apple navel.
She thrust herself at him.
He turned his head.

On the fourth day.
She bars his exit from their bedroom.
Fills the doorway with her need.

Acknowledge me.

The fist arrives.

She is grateful.

Tastes his knuckles.

Hears the force of the backhand to her ear.

Welcomes his curse.

Nancy Mattson

Community resources for victims of domestic violence:

- The Alberta Hospital Forensic Assessment Community Services (FACS) Clinic provides a support group for wives of men who seek treatment for their own violent behaviour.
- Edmonton Social Services offers support groups for battered women.
- WIN House and the Strathcona Shelter provide crisis housing for battered women with children.
- Hilltop House and the YWCA Women's Residence provide crisis housing for women without children.
- The Family Service Association provides individual and marital/couples counselling.

Comes The Dawn

After awhile you learn the subtle difference
between holding a hand, and chaining a soul.

And you learn that love doesn't mean leaning,
and company doesn't mean security.

And you begin to learn that kisses
aren't contracts,
and presents aren't promises.

And you begin to accept your defeat
with the grace of a woman, not the grief
of a child.

And you learn to build all your roads
on today because tomorrow's ground
is to uncertain for plans,
and futures have a way of falling down
in midflight.

And after awhile you learn
that even sunshine burns
if you get too much

So plant your own garden and decorate
your own soul, instead of waiting
for someone to bring you flowers.

And you learn that you really can endure,
that you really are strong
and you really do have worth...
with every goodbye you learn.

Author Unknown

From "Fresh Start" - Yellowhead Emergency Shelter for Women Society

Connections: Worldwide

Success In Sri Lanka

Last year, the YWCA of Canada, in partnership with the Canadian International Development Agency, supported development of a spice mill in Sri Lanka. The project is now completed and the spice mill was officially opened on August 28, 1985, by the Canadian High Commissioner to Sri Lanka.

Named the Spice Box, this venture currently employs 15 women and manufacturers a variety of spices, such as curry powder, cinnamon, pepper corns, cloves, mustard and cardamom for export. The Toronto YWCA is presently investigating the possibility of importing products from the YWCA Spice Box to sell in its International Boutique and other YWCAs may follow their lead. ■

— YWCA of Canada Newsletter —

AUSTRALIA: LITERACY CENTRE

The YWCA of Sydney, Australia, opened a literacy and numeracy drop-in centre March 4. The project developed as a result of research and requests from those working in the literacy field. At least 60,000 people in

New South Wales reportedly have trouble with problems such as filling in forms, reading simple instructions and banking.

The centre will operate four hours a day and be staffed by volunteers trained in a six-week programme. The Board of Adult Education is funding the project, including the salary for a part-time coordinator and the fees for the tutoring of volunteers. ■

- from: "Connections"
YWCA of Canada
Cooperation for Development Newsletter

UGANDA: CATTLE PROJECT

A total of 116 heifers and six bulls landed at Entebbe last October, 50 destined for the YWCA, the rest for the Church of Uganda. The cattle were sent by the American agency, Heifer Project, as part of a scheme to reverse the decline in milk production in Uganda.

Some 50 women farmers have been trained in animal husbandry and are receiving the heifers. It is a requirement for continuation of the programme that the first calf or each animal is passed on as a gift to another farmer. All animals are given out while pregnant to ensure good breeding.

The farmers have organized into two cooperatives to facilitate supervision and solve common problems of transportation, farm purchases and marketing, according to Moses Dombo, coordinator of the project. He will make weekly visits to the farms and conduct monthly educational seminars. Government farm managers and veterinarians have lent their services to the project. ■

- from: "Connections"
YWCA of Canada
Cooperation for Development Newsletter

ZIMBABWE: INCOME GENERATION

The Nhema branch's uniform-making factory is now supplying local schools with uniforms. The women of the rural branch manage the factory on their own and have improved their standard of living, and their self-confidence has grown. This project is currently being supported by the YWCA of Canada and CIDA. ■

- from: "Connections"
YWCA of Canada
Cooperation for Development Newsletter



Mae Boa, President,
YWCA of Canada.

New Leadership For YWCA Of Canada

Mae Boa, a member of the Regina YWCA, has been elected as National President of the YWCA of Canada. Ms. Boa replaces Vera De Bues of Winnipeg who has served the National YWCA organization for many years.

Ms. Boa is employed by Saskatchewan Parks and Renewable Resources, as Director of the Administrative Services Branch. She brings to

her new position extensive experience in the volunteer sector, including many volunteer and staff roles within the Regina YWCA and as a member of the YWCA of Canada Board of Directors. She has also served the United Way, Saskatchewan Technical Institute, Canadian Hostel Association, Big Sisters and her church in various management volunteer roles.

Ms. Boa brings expertise in policy development, strategic planning, financial management and personnel administration to the YWCA. ■

Services Receive United Way Support

The Edmonton YWCA has received \$330,030. in 1986 to continue operation of Social Service programs. The 'On Our Own' Resource Centre provides counselling, education and support for widowed men and women. Preschool children will continue to receive high quality care through the Drop-In Child Care Service, funded in part by United Way. Leadership Development and the coordination of volunteer services at the YWCA are made possible by United Way funding. Women in transition are assisted through accommodation and information, referral and supportive counselling associated with the YW Residence. With the support of the United Way, the special needs of physically and mentally handicapped individuals taking classes or using YW facilities can be met, and recreation experiences for mentally handicapped teens and adults are offered. The YWCA is one of the oldest and largest United Way agencies in Edmonton. ■

Alberta Sports Council Assistance

Two Laser II Sailboats and accessories will be available for use by children and adults attending YoWoChAs Centre sailing camps and weekends this summer thanks to a recent \$8,745. donation to the YWCA by the Alberta Sports Council. ■



Alberta Sports' Council representative, Kim Sanderson presents sailing equipment funds to YWCA President, Helen Young.

Fitness Leadership Enhanced

Promotion of healthy fitness instruction in Alberta has been the result of a Recreation, Parks and Wildlife Foundation grant for \$12,000. received by the Edmonton YWCA. Fitness Consultant and former YWCA Health and Physical Education Coordinator, Susan Coward, was retained on a part-time basis to enhance the skills of 'Trainer of Trainer' level fitness instructors. Included in her work was the coordination and instruction of three YWCA/AFLCA Fitness Leadership Courses, the development of a provincial 'Trainer of Trainer' fitness instruction manual, in-service training in the area of adult learning, the creation and development of a twelve person fitness resource group, and the initiation of a provincial fitness leader conference to be held in the Spring of 1986. ■

Egg Board Cracks Open Free Swim For Tots

Edmonton four and five-year-olds will have free swimming lessons at the YWCA in the spring, thanks to the generosity of the Alberta Egg and Fowl Marketing Board.

It's a made-in-Alberta extension of the Canadian Egg Marketing Agency's nationwide advertising program featuring spokesman, Alex Baumann, the pride of Canada's swimming fraternity and the winner of two gold medals at the 1984 Olympic Summer Games in Los Angeles.

The Edmonton youngsters will be given a special series of four half-hour lessons, all taught by the YWCA's highly-trained instructors, those with particular expertise in preschool aquatics.

Space in the classes will be assigned on a first-come, first served basis and are scheduled to begin in May.

The cost... just the current date stamp from eight egg cartons. The Alberta Egg Board is picking the tab.

"We're delighted to be associated with the Egg Board in this program", says Diane Kitchen, YWCA Aquatics Director. "We're in the business of promoting healthy lifestyles, and certainly eggs and exercise are good for everyone." ■



YWCA/Fort Edmonton Kinsmen Skatethon Team Members: Kathy Gregg, Ann Makin, Ray Turchansky (Edmonton Journal), Anna Greenwood, Bob Arnold (CJCA) and Alderman Jan Reimer joined forces to raise more than \$8,600 for Edmonton Charities. \$7,156 will help the YWCA in providing much needed services..



YWCA President, Helen Young, Recreation, Parks & Wildlife Foundation representative, Dave Johnson & YoWoChAs Centre Director, Rod Irwin.

RPW Sets Sail

Northern Albertans will benefit from sailing instruction thanks to a \$10,000. donation from the Recreation, Parks and Wildlife Foundation. The funds will assist with purchase of sailing equipment for YWCA YoWoChAs Centre.

Elizabeth Fry and YWCA Join Forces

Women newly released from correctional facilities in the Edmonton area have recently had access to new services designed to make their transition back to community life easier.

Supported by a 'Canada Works' grant, the Elizabeth Fry Society in cooperation with the Edmonton YWCA, initiated the Independent Living and Accommodation Project in the YWCA Women's Residence nine months ago.

Three Elizabeth Fry staff working at the YWCA have provided 16 women with support and referral counselling in the areas of lifeskills, education, medical, financial and leisure activities. While the pilot project ended January 30, 1986, the YWCA will continue its close working relationship with the Elizabeth Fry Society. ■

Fitness Leaders... Cont'd from page one

In June of 1984 the Alberta Fitness Leader Certification Association (AFLCA) was born. Rather than develop one Provincial Fitness Leadership Program, the Alberta Government decided to provide support to the agencies wishing to provide the training. What is meant was that any agency following the guidelines could submit their course outline to the AFLCA for evaluation and sanctioning of their course. Since spring 1985, the YWCA has been running dual fitness certification courses - National YWCA and AFLCA.

So what does all of this mean to the consumer of fitness classes? First of all, there are many well-trained and qualified fitness leaders in our community. It's a matter of asking them if they are currently certified and where they received the certification. If an instructor has been certified through the YWCA/AFLCA, you know that he/she has also gone through a basic First Aid Course and the Heartsaver CPR Course.

The next practice a smart consumer looks for in a Fitness Leader is 'permission'. Since participants all have their own capabilities and limitations, an effective Fitness Leader gives lots of permission to go your own speed and shows alternatives in a workout should any movements cause discomfort. The function of a Fitness Leader is to provide a safe and progressive workout. The Fitness Leader encourages participants to listen to their bodies during the workout and to constantly adjust the intensity of the exercise.

Finally, it is important for a Fitness Leader to explain the 'whys' of a workout. The more information that can be passed on to participants about fitness and healthy lifestyle, the greater the likelihood participants will incorporate some of these pointers in their day-to-day life.

There's no doubt about it, Fitness Leadership has made some significant progress in the last five years. Once you check into your Fitness Leader's credentials and find out he/she is well qualified and respected, you can breathe easier - until the aerobic component of course! ■

- Sue Coward -

Susan Coward is a former YWCA Fitness Coordinator, who presently operates her own training and consulting business.

Bridget Smyth, joins the staff of the YWCA as new Director of the 'On Our Own' Resource Centre, which provides support services for widowed men and women. Bridget comes to the YW from the Dickensfield Extended Care Centre where she was Social Services Director.

Former Director and founder of the 'On Our Own' Resource Centre, **Lynn Rock**, left the YW in June to work as a consultant and trainer in the areas of aging, pre-retirement planning, and wellness.

Former YW Fitness Coordinator, **Sue Coward**, recently completed her Masters Degree in Adult Education and has been working as a trainer and consultant in the field of adult education with a special interest in fitness leadership.

Kay Langager, Aurelia Mauro, Cathy Moreau, and Leah Taylor have been nominated as members of the Board of Directors of the YWCA. The election of Board members will take place February 27 at the YWCA Annual Meeting.

Assistant Physical Education Director, **Bev Adams**, has left her job to further her education.

Bob Davidson joins the YWCA as Finance and Administration Manager, March 1, 1986. Bob is an experienced accountant who has operated his own business, has worked in the corporate sector and has been an employee of the United Way of Edmonton. ■

Volunteers Valued

Have you ever thought of being a YWCA volunteer? The opportunity to be involved is available just for the asking and the unique experience is one you are bound to enjoy.

Volunteer opportunities at the YWCA are numerous and varied. You might very well meet a volunteer on your way to the fitness class...

It's Tuesday morning and you eagerly look forward to your weekly swim at the YWCA pool. As you drive downtown, you remember that in your haste to get ready, you have left your swimming goggles at home. Should you turn back to get them, which would make you late for your class or should you suffer from 'red eye syndrome' for the next day?

What about the YW 'Pro Shop'? On your way to the class, you've smiled at the friendly person behind the counter but have not really paid attention to what 'The Shop' sold. You rush downstairs and find that your hunch was right. There are not only goggles, but fitness equipment of all kinds available at reasonable prices. As well, there are small gifts, cards and sewing items made by the 'Stitchers', a YWCA volunteer sewing and craft group.

In 1976 when the YWCA moved to its present location, the fitness and aquatics areas were greatly expanded. The original design included plans

for a 'Pro Shop' and for the first year a person was hired to manage the facility. The day-to-day staffing was handled by volunteers. It was decided after the first year that The Shop was not producing enough revenue to provide for a paid staff person so the entire operation was turned over to a group of dedicated volunteers. Now, nearly nine years later, The Shop is still open almost every day of the week as a convenience for those who use the fitness facilities, as well as a means of producing a small amount of income for the Child Care program of the YW. (The volunteers decided when they became involved with The Shop that any revenue produced would be donated to the Child Care).

The Shop is but one example of the kind of volunteer involvement that is a part of the YWCA tradition. Volunteers work with the staff in many areas, contributing not only in administrative roles but in service areas. Volunteers give assistance by offering their time and expertise while gaining experience and feelings of satisfaction from what they do.

Time committed can vary from an hour or two once a month, to several hours a week. A person who has recently retired, with spare time on their hands, can find a meaningful volunteer job at the YW, as can the person who



"Friends of YWCA" members Heather Gates and Betty Mullen present cheque for \$47,000 to YW President Helen Young.

is temporarily unemployed or even working full time. The volunteer time donated is of great benefit to a community organization such as the YWCA.

Remember, the next time you stop at the Front Reception Desk or the Registration Deck or The Shop, that friendly, smiling face which greets you may be that of a YWCA Volunteer. ■

Pat Cook
YWCA Volunteer Coordinator

were also formalized through the compulsory use of organizational audits.

The major change to the membership structure of the YWCA of Canada, was a controversial decision to allow a new category of YWCA local Association, the Community YWCA. In the past, member associations could be either a YWCA (female voting and governing members only, as in the case of the Edmonton YWCA) or a YM/YWCA (as association reporting to both the YMCA and YWCA of Canada, with male and female voting and governing members). The new Community YWCA will allow a local community the option of operating as a YWCA with a coed membership and Board of Directors.

Other business dealt with during the five days was the active debate of no less than 25 resolutions which have impact upon the social policy and direction of the YWCA through to 1989. Many of the resolutions have major relevance to the development of Canadian women, others dealt with global issues. Subjects included a new YWCA of Canada Status of Women statement, pension reform for homemakers, pornography, prostitution, sex role stereotyping by the media,

Friends of YWCA

In 1982 the 'Friends of the Edmonton YWCA Society' was formed and includes men and women supportive of the YWCA. Present executive members include Betty Mullen, Heather Gates, Shirley Gifford and Bob and Cathy Legate.

'The Friends' recently donated \$47,000., proceeds from their fund-raising casino, to the work of the YWCA. ■

peace, development and justice issues in the Middle East, Central America and South Africa, literacy programs for women, teenage pregnancy, sexual offences against children, support of the Legal Education Action Fund, a new language policy for the YWCA environmental issues, and technological change and its impact on women.

During the Convention, twenty-one members (twenty women and one man), from across Canada were elected to the Board of Directors of the YWCA of Canada.

Joining Canadian delegates were special guests from YWCAs in Bangladesh, St. Vincent, Fiji, Zambia, and the United States. Greetings were received from Argentina, Burma, China, Denmark, Greece, India, Ireland, Jerusalem, Kenya, Liberia, Malaysia, Netherlands, Peru, Sierra Leone, Switzerland and Taiwan.

The 27th Quadrennial Convention of the YWCA of Canada was considered by many to be one of the most productive in recent history and the spirit of cooperation in dealing with many controversial issues remarkable. ■

Wendy MacDonald

New Challenges For Sandi

Long time staff person, Sandi Draper, leaves the Edmonton YWCA after 18 years of service, to start her own restaurant business in Spruce Grove.

Sandi's career began in 1968 when she joined the staff as the first full-time YWCA Camp Director. During the 1960's and '70's the YW offered a full compliment of adventure camps, including survival, cycling, hiking and horseback riding camps for teens.

During the 1970's, Sandi shared the challenge of meeting the needs of the young people of the 'transient youth' era. In 1970 she was promoted to Program Director, supervising all children's and adult fitness and recreation programs. In 1972 she took a break to live in Australia and

soon after directed Camp YWCAMCA, the only joint YM/YWCA camp to be held in the Edmonton area in recent years.

After returning to Canada, Sandi's experience with 'transient youth' was further developed when she supervised the operation of Mountview and Bankhead temporary summer tent hostel camps in the Banff area.

In 1974 Sandi served on the YWCA Board of Directors and in 1975 was rehired by the YWCA to supervise all recreation and social programs.

During her years with the YW Sandi has been an elected delegate to YWCA National Conventions, helped in the design of our present building and has been instrumental in the development of new programs for the YWCA during its

major growth period from 1976-'86.

In recognition of her commitment to physical education and recreation, Sandi has been made a Life Member of the YWCA Women's Fitness Centre. ■

YW Convention Cont'd from Pg. 1

Critical organizational planning and operations issues discussed included a four year plan and a major fund-raising proposal for the YWCA of Canada, as well as new policies regarding compliance of local YW associations to support the national organization through a new funding allocation formula. Measures to ensure consistently efficient local operation of YWs

Employees Get Fit At Work

It's 12 Noon at Alberta Mortgage and Housing Corporation. The quiet office explodes into a flurry of activity as the workers push away from their desks and hurry for the door with gym bags in hand. Destination? The basement gym for their daily Employee Fitness class. For the next 45 minutes the workers stretch, slide and step further along the fitness road. By 1:00 p.m., they are back at their desks - feeling invigorated and able to face the challenges of the remaining day.

Scenes similar to this are occurring regularly across the city. In recent years, Canadians have become more involved in physical activities, and as a result, for many of us, fitness has become an integral component of our lifestyle.

The Canada Fitness Survey indicates the two most common obstacles of not exercising are lack of time due to work pressures and the inconveniences of travelling to fitness facilities. Employee fitness programs are designed to provide a convenient method of exercising in your workplace.

YWCA Employee Fitness classes are physical activity sessions offered before, during or after work for a group of at least twelve people at their workplace. The choice of activities include: ½ or ¾ hour classes of aerobics, low-impact aerobics or body-shaping programs. Workplace fitness evaluation results consistently indicate benefits such as: improved health (increased cardiovascular fitness, decrease in body fat, improved reaction to stress, etc.); reduced stress and improved mental health; increased work capacity with fewer workplace accidents; increased productivity; increased job satisfaction; decreased absenteeism and turnover; and an improved feeling of well-being. Employee fitness often helps improve employee/employer relationships, as physical activity classes are relaxed and informal.

The YWCA Employee Fitness Service provides high quality classes with certified instructors, at a reasonable cost. The only requirement of the company/organization is to supply at least twelve interested participants and an appropriate space. Worksite fitness classes may be located in a variety of spaces such as: lunch rooms, lounges, gyms, conference rooms and basements. It's not so much the space as the spirit that counts!

In 1985, 30 companies participated in 90 YWCA classes offered throughout the city, including employees of Alberta Housing and Mortgage, Charles Camell and Glenrose Hospitals, Pacific Plaza, Lynnwood Extended Care Centre, Edmonton Telephones, North Western Utilities and numerous schools.

In addition to providing fitness classes the YWCA also provides fitness testing and consultation, as well as fitness and lifestyle presentations (stress management, wellness, etc.).

Interested in becoming involved with Employee Fitness? We'd be glad to give a brief presentation on our philosophy of Employee Fitness to you and your staff. For additional information, call 423-9922. ■

Ann Makin
YWCA Employee and Community Fitness Director

Winter's Fun When You're A Skier

Are your new cross-country skis still stacked neatly in the garage? Confused about terminology like kick and glide? Intimidated by the many shelves of rainbow colored waxes? YWCA YoWoChAs Centre on Lake Wabamum, will once again be hosting a wide range of cross-country ski workshops during the winter months. This year, dynamic new ski packages including Women's Ski Fit, and Mountain Touring have been added to the popular family and adult ski weekends.

YoWoChAs Centre, owned and operated by the Edmonton

YWCA, is located on a 48 acre wooded peninsula at Fallis, one hour's drive west of Edmonton. The area is serviced by Greyhound Buses. The lodge facility accommodates 68 people in shared accommodation and includes a dining area, fireplace lounge and meeting rooms. An informal atmosphere makes relaxing and learning an enjoyable experience. Enjoy treks on the many scenic trails, drop-in on a few instructional sessions and partake of the home-cooked meals and cozy accommodation.

Weekend cross-country ski socials called **Moonlight Ski-**

ing, also allow adults to enjoy a few hours of evening cross-country skiing followed by a sauna, mulled wine and snacks by the fireplace at the Centre.

This year, head out cross-country at YoWoChAs Centre and enjoy winter in idyllic surroundings with comfortable facilities and well-qualified friendly staff to guide you on your way!

For further information regarding dates and fees, call the YWCA (weekdays) 423-9922 or YoWoChAs Centre - 423-3811. ■

Aquatic Fitness A Hit With All Ages

Where can you move with the ease of Barishnikov and the footwork of Astaire while receiving the benefits of a safe, effective fitness workout? Aquatic fitness classes are making a splash right across the country! The converted come in all shapes and sizes, young and old alike. In the pool they find fun, excitement and challenge in perfect combination.

What magic does the "drink" inspire? The water soothes you with its massaging motion; it pushes and pulls you with its current and resistance. The water will splash and swirl around you, helping to keep you cool, refreshed and invigorated. The buoyant nature of the water supports and protects your body from harsh, jarring movements.

Aquatic fitness provides the necessary components for a safe and positive fitness experience. Warm-ups get your body ready for the exercise.

Due to the buoyancy the water provides, the flexibility, and stretching component feels wonderful and you'll feel relaxed from top to toe afterwards. Not all aquatic fitness sessions are confined to shallow water, rather several varying depths of water are used for exercise to ensure that all individual needs for exercise are met. Deep water aquatic fitness will give the intense fitness person, the opportunity to develop overall body awareness while at the same time providing a chance to develop muscular strength. Chest and shoulder depth water will allow all individuals to experience aerobic conditioning, along with increased strength training demands being provided for the upper body. For the individual who specifically wants to concentrate on muscular strength and toning, an aqua body shape class is suggested. Aerobic exercises are kept to a minimum in this class and more time is spent with the use of weights and other similar equipment to provide resistance.

Waterstretch classes are one of the most accommodating and generous exercise experiences for the individual who has a minimal range of motion usually due to injury or disease. Chair and mild exercises are performed in the warmer water of the pleasant small pool environment.

Men and women regularly take part in all forms of aquatic fitness, often finding they develop a lifelong addiction towards this exercise discipline. Babies and preschoolers are also given the chance to enjoy the benefits of water exercise through Babyfit and Splashercise programs. The exercises are geared towards the goals of moms, dads and kids moving and having fun together while in the water. Toys, games, rhymes and music all work together providing this free flowing exercise class.

If it sounds like a spot is waiting for you in any of the YW aquatic fitness classes, you'll be happy to know there's a trained aquatic fitness leader helping you throughout the class. The Edmonton YWCA is a leader in Aquatic Fitness in Western Canada and provides aquatic fitness leadership training for its staff and other interested individuals throughout Alberta. The leaders are knowledgeable in all aspects of fitness and best of all, they like what they do!

...so grab your suit and towel - forget about the weather and come join us in the fun. You won't be disappointed. ■

Diane Kitchen
YWCA Aquatics Director



Aquatic Fitness Instructors Rod Knudsen and Chris Buerger take a fitness break with YW Aquatics Director, Diane Kitchen.

Kids On Skis

Teaching young children to cross-country ski can be a rewarding experience for parents or non parents, but what's in it for the child?

There are the physical benefits of cardiovascular fitness, muscle growth, flexibility and coordination, but more important to the child is the need for activity, social contact and personal achievement. Kids want to have fun while being active with others, and they need to feel successful. Goals set for kids should therefore, be short-term and realistic, in order that each ski experience is a positive one. This philosophy is the key to developing enthusiasm for skiing in youngsters. Experiences should be fun, challenging, and interesting. It is important to keep in mind the individual differences of children when a new skill is introduced. Children should feel comfortable accepting new challenges.

Kids learn well by watching others and through their own experimentation. Very young children of 2-5 years can develop good balance by playing games like fox and geese, tag and ball. Their social needs are fulfilled through personal contact: you falling down when they do, making angels in the snow, and helping them up before they get frustrated.

Children of all ages need plenty of encouragement and positive feedback. From the beginning, it is important to make a game of falling down so that it becomes all part of the fun, instead of a symbol of defeat. Letting the child decide when he/she has had enough is also important.

Involving children in plans and preparation for cross-country ski touring can also help develop their interest in skiing. Pick warm, sunny days and an interesting place for your first outings. Giving a child some responsibility for the trip will create a sense of importance for the child - for example, helping make the lunch and then carrying it in his/her own pack for the day. Make the day an adventure from start to finish, taking time to explore, play, have fun, or build a snowman. Small surprises during or after the outings will make the ski tour a memorable one: inviting a friend, finding a candy cane in a pocket, or hot chocolate after the tour would all make for a special day of skiing. Remember to bring lots of snacks and juice for your trip as children need to eat often when exercising.

Cross-country ski equipment for children must be simple, sturdy and functional, but it does not have to be expensive. Used equipment is quite acceptable if it fits properly. Equipment or clothing, which is a poor fit can be very frustrating for a child. Some ski shops have arrangements where children's ski equipment may be traded in annually as they tend to grow out of it quickly!

Young children of 2-5 years are quite comfortable and happy to ski with their snow boots on. Short, wide, wood skis about head height and bindings designed for snow boots are available. Poles are not necessary for little ones, but sometimes the child would feel more like everyone else if they have some. Because they are less active on skis than older children, these young skiers should be well dressed for the weather conditions. Children from 6-10 are very active, as are youths 11-14 and should dress in layers of lightweight clothing, able to be removed as the skier's temperature increases.

Six to ten-year-old children may have a little better control of the ski with a cable binding, however, they could also ski on light skis with a pin binding. Their skis should be fitted (as should skis for 11-14 year-olds) like an adult's: ski to the wrist when the arm is outstretched above the head, and poles long enough to reach just under the armpit.

If you are interested in getting your family started cross-country skiing on a positive note, or would like to participate with your kids in other winter outdoor activities, join us at YoWoChAs Centre in one of our **Family Ski Programs**. Ski instruction is at an introductory level.

Options include one day "Family Learn To Ski" lessons, weekend "Family Winter Fun" getaways and opportunities to use YoWoChAs Centre ski trails and enjoy a hot lunch on some Saturdays and Sundays during "Ski and Lunch" days.

Day ski programs are also available to school classes and groups of 12 or more.

For information on any of these programs, contact YoWoChAs Centre at 423-3811 or the Edmonton YWCA at 423-9922. All registrations taken at the YWCA. ■

Lorna Hughes
Assistant Director
YoWoChAs Centre



Beating The Winter Blues

As the frosty fingers of winter surround us and the temperatures plummet, so do our spirits. Yet the long months of chilly weather need not take the warmth out of parent-child relations.

Many of us tend to behave like the proverbial bears, hibernating in our 'caves' and venturing out only when necessary. The quickest way to relieve parents' cabin-fever, burn off the kid's pent up energy and get that oh-so-necessary-for-everybody-exercise is to venture outdoors.

Although you may feel as if you are the Amundsen expedition to the South Pole as you battle with thermal underwear, and snowsuits, it is well worth the pulling, tugging and zippering to experience the sensory exhilaration of crystal-encrusted branches, crunching ice and sparkling snowscapes.

Here are some ideas for keeping warm and having fun outdoors:

- try heating (in boiling water) a plastic ice-pack (used in coolers during summer) or use the chemical filled mitt-warmers and tuck them underneath your infant as you bundle them into their baby-sleigh; N.B. Be sure to test the temperature first!
- use the layered approach of the cross-country skier for active pre-schoolers. Extra vests, scarves, hats, etc. can be removed as they energize trundling up and down a toboggan slope and replaced for the walk home. Two pairs of thin socks are better than one thick one. Make certain boots are not too tightly filled - airspace allows body heat to circulate;

- a heavy plastic garbage bag makes an adequate 'flying saucer' to skim down an icy slope;
- inner tubes are great for the older children who will enjoy the thrill of a bouncy ride;
- find a sunny, sheltered corner near your house and bring out buckets, shovels and assorted containers to dig in the snow - 'the original winter sandbox';
- carry along a thermos of cocoa, raspberry tea-milk-honey mixture or hot apple juice, serve in styrofoam cups that retain the heat.

When it **really** is too cold to go out, try these activities:

- Bring a large container (i.e. baby bath) of snow **indoors**. Not only is it fun to dig, scoop and mold, there is a whole science lesson involved in watching powdery snow turn into slush and eventually melt into water. Create your own very special 'indoor snowman' or other snow sculpture. These can, in turn, be stored in the outdoor 'deep-freeze' if your child wants to save them.
- Feeling adventurous? Whip up some Ivory Snow flakes with water until it resembles whipping cream. Let your children finger paint on a low window or patio doors. They can create their own winter wonderland! A plastic drop sheet (old shower curtain) will catch the drips. Wipe off as much as possible with dry paper towelling before washing with a wet sponge. If you don't want to risk the windows, use the same mixture on a table covered with a plastic tablecloth!!
- Turn your family room, rec. room or basement into an obstacle course for little ones

(move all ornaments and breakables!). Encourage the kids to wriggle under the coffee table and climb over upside-down kitchen chairs. A foam sleeping mat can accommodate tumblers. A sturdy wooden plank tied between two chairs can create a 'bridge' to balance on. Use your imagination, the possibilities are endless!

It is possible to get through winter without sinking into those legendary 'blues'. All it takes is a little creativity, determination and joie de vivre. Remember the glee of your own childhood as you beheld the first snowfall. Forget about the traffic jams, icy driveways and monstrous utility bills. Enjoy the best of the season with your children!

Sue Carberry
YWCA Childcare Program
Supervisor ■

EXPO BOUND

If you're planning to visit Expo '86 in Vancouver and require convenient downtown accommodation, consider the YWCA. Women, couples and families are welcome and the newly decorated hotel/residence is just four blocks from an Expo entrance. Reservations recommended. For further information... write Vancouver YWCA, 580 Burrard Street, Vancouver, B.C., V6C 2K9 or call (604) 683-2531. ■

Give The Kids A Break

What do Cross Country Skiing, icefishing, orienteering, environmental education, cookouts and drama have in common? They all play a special part in the **Spring Break Escape** celebration to be held March 31 - April 4, 1986 at YoWoChAs Centre on Lake Wabamun. Camp Coordinator, Lorna Hughes, describes the five day camp as a great opportunity for children to enjoy outdoor winter and spring activities, meet other kids and have fun.

More than fifty children ages 7 - 14 years will enjoy the camp this year. Make yours one of them! For details call the YWCA at 423-9922 weekdays. ■

A Glimpse At The Past

The Edmonton YWCA had its beginnings in 1907. Miss Susie Little of the YWCA, Toronto was invited to speak to a group of interested women in Edmonton. In her address she outlined the purpose of the YWCA. 'It stands for development intellectually, physically, socially, spiritually and above all soul winning'. Miss Little told the gathering that, at that time, 'the YWCA could be found in Great Britain, Europe, Australia, South Africa, the Orient and America. In total, thirty-three countries were involved with a membership of five hundred thousand (500,000).

On July 9, 1907, another meeting of Edmonton women was held. It was felt there was a great need for such an organization in Edmonton, "to provide opportunities for young women in domestic service, shops, factories, and young women of leisure".

Since only three rooms, of the fifty-three listed in the local newspaper, for rent, were available to women, a committee was struck to look for a house to rent which would be available to women only. Mrs. Wells, the wife of an Edmonton physician, played a large role in the beginnings of Edmonton's YW as convenor of the committee.

As funds were lacking for house rent, Miss Bellamy (Bellamy Road), volunteered to give a music recital with all funds going toward the rent of a house. On August 20, 1907, the results of the canvas for a house were presented to the women. A suitable house had been found, as well as seven bonafide applicants to live in it. An eighth lady wanted only to purchase noon dinner.

The house chosen was the Cushing House, which was centrally located, and would rent for sixty (\$60.00) a month. However, there were the following provisions that the ladies wanted if the house was to be rented: 1) all repairs be made; 2) all rooms be calcimined; 3) the grate in the hall replaced.

A motion was put forth that the establishment be opened as a rooming house and tea room. An amendment to this motion added that outside girls could come for the noon meal. It was agreed that that ladies meet in nine days time, bringing articles for a miscellaneous shower to furnish the house.

August 29, 1907, it was moved by Mrs. Sommerville and seconded by Mrs. Riddell that 'we who are now present do form and agree to become members of the YWCA of Edmonton and to be governed by the constitution and bylaws to be adopted for that association'. After discussion it was decided there would be four classes of members: 1) active members; 2) associate members; 3) sustaining members; 4) life members. The motion was carried. On that day the YWCA of Edmonton began with fifty members.



*Cushing House (circa 1907) was the first "rented" Edmonton YWCA.
(Courtesy Alberta Provincial Museum & Archives)*

The next day a Board of Directors was chosen with Mrs. Bellamy in charge. September 4, a Miss Dunlap was hired to be matron of the new YW Residence. Since the treasury had only one hundred and seventy-five dollars, it was decided each member should bring a new member to the next meeting (married women only). Two members were 'empowered' to purchase sugar and fruit so that matron could get the preserving done for winter use.

The September 28 meeting opened with a congregational hymn and Romans VI-18. 'Our forgiveness meant a consecrated service to the master and with such a keynote we could not fail to be uplifted' (a quote from the chair). Upon reviewing the minutes of the last meeting, it was agreed to omit the words 'married' from the motion regarding membership.

By October 14 of that year, the rent scale had been set:

Board and Room.....	\$5.00 per week
Board Alone.....	\$4.00 per week
Breakfast and Supper.....	\$0.20 each
Dinner.....	\$0.25
Transients.....	\$1.00 per day

A decision was also made that the public anniversary of the forming of the YWCA would from then on be October 18, 1907. ■

Sheila Petersen
YWCA Volunteer

"Routes and Roots" will be a regular feature of "Contact" tracing the history of the Edmonton YWCA over 80 years.

Food for Thought...

The Sarah Golden Cafeteria

"The place where your nickel goes a long way." That was the slogan of the YWCA Cafeteria in the 1940s. In those days one could get a full-course chicken dinner for 45 cents! Sarah Golden, the Cafeteria Supervisor from 1927 - 1948, built a reputation for well-cooked, nutritious, low-cost meals at the Edmonton YWCA. According to one of her rhyming ads you couldn't do better:

Maybe you're tired of always cooking.

Maybe you'd like a Saturday treat.

This is the place — don't go out looking.

You'll find the Y is hard to beat!!

Mrs. Golden urged people to patronize the YW Cafeteria for another reason — "the more patronage you give us, the bet-

ter are we able to help the girls that need us". Each year the cafeteria realized a small profit. The 1930 annual report indicates 111,933 meals including 33 banquets were served closing with a surplus of \$1,585 after spending \$393 for decorating and \$2,400 charged to rent. In 1931 the surplus was \$1,644 representing a profit of 1½ cents per meal.

Today, under the direction of Natalie LaFleur, the Edmonton YW Cafeteria continues to attract patrons who enjoy reasonable-priced meals with a home-cooked flavour. Chicken dinners for 45 cents have long since been part of history but the Y's chicken pot pies are still one of the favourites as are the home-made soups. The Y's cinnamon buns are as well-known and popular today as were

Mrs. Golden's tea biscuits and cloverleaf rolls were in her day.

When the new YWCA was built in 1977 the cafeteria was given a prominent, inviting space in order that the reputation established by Sarah Golden so long ago could be carried on. As a tribute to Mrs. Golden's dedication and contribution over the years, it was fitting that the Board of Directors chose to name the cafeteria the Sarah Golden Cafeteria. Some of her recipes are still used at the Edmonton YW and a few will be published in our regular column of Sarah Golden Recipes along with currently popular YW recipes. Those featured in this issue Sarah Golden's own recipe for her renowned TEA BISCUITS ■

Betty Mullen

Sarah Golden's Tea Biscuits

2 cups Flour	- Mix
4 tsps. baking powder	
½ tsp. salt	
2 tbsp. butter	- Rub in
2 tbsp. shortening	
1 cup milk	- Add and stir with fork.
(half water may be used)	- Knead lightly and quickly on floured board. Press out with hands (not rolling pin) and cut with floured cookie cutter. Bake in 450 degree oven for 12 mins. Makes approx. 12 biscuits. ■



Sarah Golden

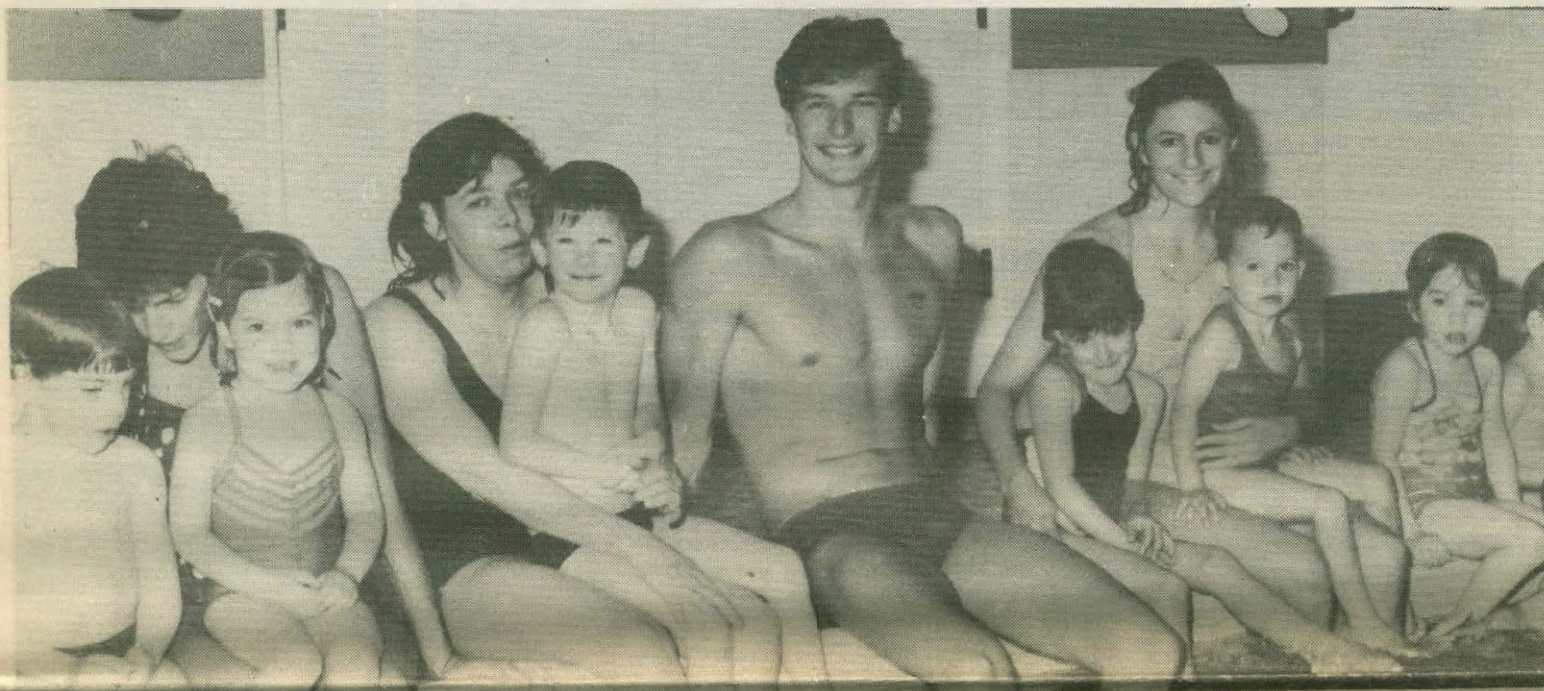


Photo: Laurel Wolanski

Left to Right: Geoffrey, Barb and Colette Moreau, Holly and Micheal Toffin, Alex Baumann, Monique, Judy and Michelle Divell, Molly Moreau.

Baumann Encourages Youngsters

As a preschooler, Olympic Gold Medalist, Alex Baumann, hated swimming. Currently one of the world's most successful competitive swimmers, Baumann encourages parents to introduce young children to the water in a comfortable, non-threatening manner.

During a recent visit to the Edmonton YWCA, to help launch a joint Alberta Egg and Fowl Marketing Board/YWCA Free Learn-to-Swim program for preschoolers, Baumann demonstrated his philosophy. He spent more than an hour in the YW pool with a group of four and five year olds and their parents. Like YWCA preschool instructors, Baumann believes fun is the key to helping promote a positive attitude to the water. Speaking to a group of parents and media representatives he stressed the importance of support, encouragement, and informal water play in preschool aquatics.

Baumann, is an official spokesman for the Alberta Egg and Fowl Marketing Board, who chose the Edmonton YWCA as cosponsor of their preschool swim promotion, because the YW has a similar philosophy. The Edmonton YWCA has introduced more than eleven thousand children ages four months to five years, to the water, since 1978. ■

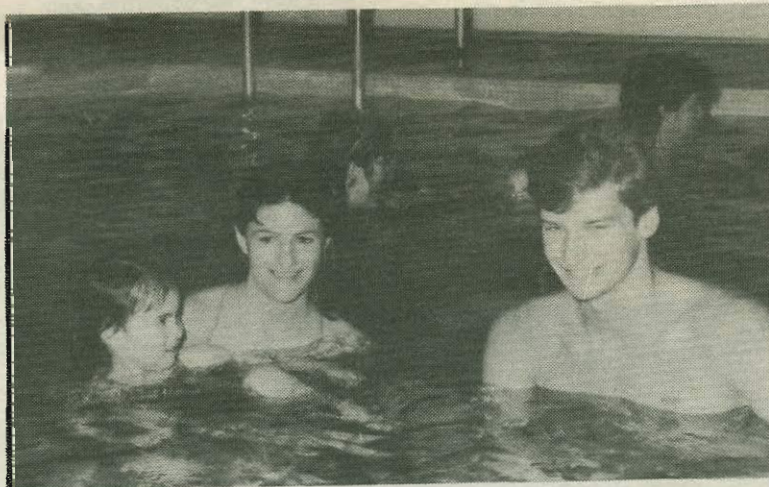


Photo: Laurel Wolanski

WATCH FOR DETAILS ON FALL '86 PROGRAMS

September - December/86
Available August 5/86 at the
YWCA & Edmonton Public Libraries

Micheal Toffin demonstrates his skill to Alex Baumann.

Kids Get Cracking

Edmonton four- and five-year-olds will receive free swimming lessons at the Edmonton YWCA this Spring, thanks to a new program being offered by the Alberta Egg and Fowl Marketing Board.

It's a made-in-Alberta extension of the Canadian Egg Marketing Agency's nation-wide health promotion featuring Alex Baumann, the pride of Canada's swimming fraternity and the winner of two gold medals at the 1984 Olympic Summer Games in Los Angeles. Baumann was in Edmonton April 29 to help launch the program.

Edmonton youngsters will be given a special series of four half-hour lessons, all taught by the YWCA's preschool aquatic instructors. The classes will be held in the preschool pool at the YWCA. Parents attend the classes with the youngsters, and also learn how to make their child's introduction to the water a successful one.

Space in the classes has been assigned on a first-come, first-served basis, with classes being held throughout May and June. Five hundred children are expected to participate.

The cost of the lessons? Just five date stamps (or facsimiles) from egg cartons; the actual cost of the program is being paid by the Alberta Egg and Fowl Marketing Board as a service to the community.

The Edmonton YWCA has introduced more than 12,000 children ages 4 months - 5 years to the water, through preschool aquatics programs, during the past eight years.

The YWCA and the Alberta Egg and Fowl Marketing Board are pleased to be able to bring this special program to the Edmonton Community as a public service. For information call 423-9922 weekdays. ■

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Synchronized Swimming — A Lifetime Sport

Finally, a sport for women that offers continued fitness for life. As well as fitness, the sport offers creative movement, friendly competition and fun! Not that the sport is new — synchronized swimming was introduced in Canada and U.S. over 25 years ago. The 1984 Olympics in Los Angeles via television brought synchro into millions of homes and excited a large number of viewers. Since then, there has been an explosive chain reaction of interest in the sport right across North America, and the entire world. To add fuel to this interest, Synchronized swimming was selected as one of the 22 sports at the First World Master's Games in Toronto (August 7-25/85).

Why Master's Synchronized Swimming?

The master's synchronized swimming program (for those 25 years and older) gives the retired athlete and the older swimmer the opportunity to enjoy the sport at a less competitive level. Synchro provides both physical and mental benefits to the older swimmer. The water has a therapeutic effect, supporting the weight of the body as the muscles are stretched and strengthened. Sixty-nine year old synchro enthusiast Jean Ross says, "Synchro is great for these arthritic joints." Also, the risk of injury in the sport is almost nil. The efficiency of the heart can be improved and maintained by gradually increasing the work load. To top it off, a positive self image and self confidence are practised in the development and presentation of synchro routines.

What Does The Sport Involve?

The Master synchronized swimmer will swim anywhere from one to six hours per week. Three aspects of the sport that she will work on are,

1. Conditioning the body, (aerobic and anaerobic exercises on the deck and in the water to build her strength, flexibility and endurance).
2. Figures — there are approximately 36 figures that can be learned.
3. Routines — solos, duets, trios and teams.

The fun aspect of the sport has to be composition of routines. Each swimmer generally imparts her ideas in the creation of a routine, and as a result shares in the excitement of the finished production. Team routines are popular. The synchro team routine has to rank at the top as one of the most exciting sporting events to watch.

So-o-o-o all you retired synchro swimmers out there — get your nose clips and bathing caps out of the mothballs — and all you ladies that are fascinated by synchro performances on t.v. — get in the pink — LEARN TO SYNCH!

See you at the second World Master's Games in Denmark — 1989. ■

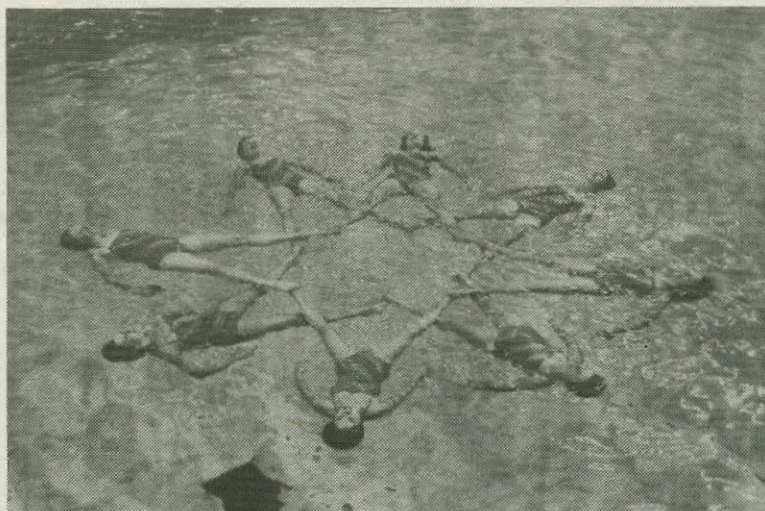
Fran Heath

Aquadettes Recreational Group

Back: Marnie McDougall, Thelma Sittler, Jean Ross, Marg Bering, Audey Taylor, Lois Field, Betty Lister, Barb Dorosh

Middle: Lee Scobie

Forward: Monna Bartz, Fran Heath (coach), Alberta Scraba



Aquadettes Compete with World

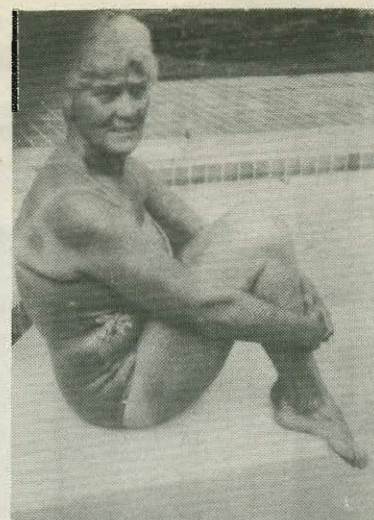
It has been almost a year since eleven members of the Edmonton Aquadette Masters Synchronized Swim Club, competed at the first ever World Master's Games in Toronto, but their enthusiasm has not faded. The Games were a multi-sport festival for mature athletes designed to encourage the ideal of "sport-for-life". All competitors were over twenty five and many were in the "over seventy years" category. The World Master's Games will be held every four years and Aquadettes coach, Fran Heath is aiming at the Denmark games in 1989.

The Edmonton Aquadette Masters Swim Club has been swimming at the YWCA for the past six years. Founded by Fran Heath, the club was formed from two separate competitive and recreational groups. Today as one club, the two interest groups, usually train separately, but are a great support to each other. Chris Alfrey teaches the beginners, Alberta Scraba, the intermediates, and Fran coaches the competitive group.

The Aquadettes raise their own funds for travel and competition expenses. Future goals include hosting the Provincial Masters meet in Edmonton in early June, hosting the Canadian Master's Competition in June 1987, and swimming in the American Nationals in 1987 and 1988. ■

Aquadettes World Master's Games Team 1985

Bottom to Top: Georgina Adams, Judy Douglas, Karen Findlay, Donna Cowan, Janice Strautman, Debbie Horner, Marnie Dickie, Marjorie Anderson. Missing: Shirley Strautman and Marnie McDougal.



Jean Ross

Swim for Your Life!

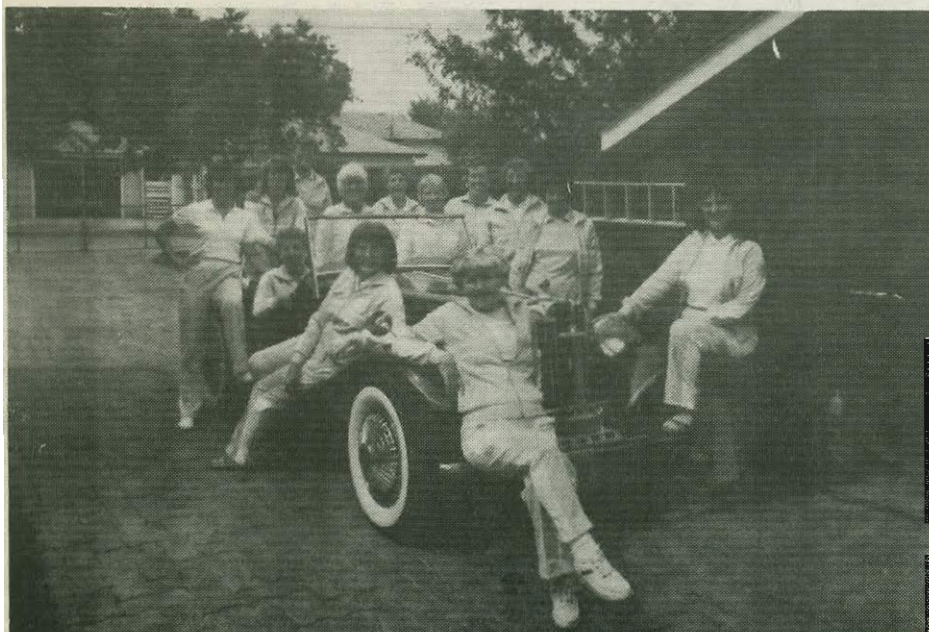
When enthusiasts describe Synchronized Swimming as a lifelong sport they mean it! In 1986 ten members of the Edmonton Aquadettes are in the "over fifty" category and last spring topped all other provincial teams in this age grouping.

At age sixty-nine, Jean Ross, is the most experienced club member. Numerous newspaper clippings are a testimonial to Jean's long and successful career as a swimmer. Currently ranked fourth in the world in solo competition, Jean became a Synchronized Swimmer at an early age and has since been both a competitor and coach.

Competition is not the only motivator behind a dedication to the sport. At sixty-seven, Betty Lister, has been a recreational synchro enthusiast at the YWCA since 1969, practising once or twice a week. Monna Bartz was a non-swimmer in 1966 and after taking a YWCA learn-to-swim class decided to join a Synchro group in 1968. Now after eighteen years Monna is considered one of the best swimmers in the group. Benefits for the women have included strength, flexibility, body awareness, and the cooperative social atmosphere of the club. ■



World Master's Games 1985 Duet Winners Aquadettes: Leslie Fraser and Karen Findlay



Connections: Worldwide

EAST AND WEST — THE YWCA DOES IT BEST!

It may be half way 'round the world but one senses, upon reading its annual report, that the Bangkok YWCA shares more than just a common name with our local YW.

We share an underlying purpose "to reach out to those in need; to encourage others to care ... to unite all members in world-wide friendship; to make available that which will minister, to character, knowledge, recreation and health."

Just as we are geared to meet the challenge of current women's and family issues here in Canada (i.e. "Wellness", Battered Women's Support Group, Family Relief Services etc.), the Bangkok YW is deeply involved in parallel issues in Thailand. In a country where poverty is widespread, prostitution is also rampant. Many of the Bangkok YW's programs aim to prevent young women from falling prey to the lure of "street life". The aim is to give education and training that will enable the young people to go out into the world with marketable job skills. The Community Service Department offers rehabilitation and training to "encourage prostitutes to earn

their living morally." In cooperation with the Thai government, at juvenile court in Bangkok, the YWCA offers vocational and life-skills training to 200 girls. There are also three YWCA rehabilitation centres for "wayward girls" in the outlying provinces. The training here includes child care, hygiene, home economics, artistic skills and nutrition.

There is also a vocational training centre for low income women in Pattaya — a key tourist/resort area. As Jean Funk, our veteran Edmonton YWCA traveller states, "This is an area where rich tourists are looking for young girls to 'entertain' them. The really sad part is the fathers and older brothers of these girls act as pimps. It's no sweat off their backs, but the girls pay the price."

Other programs include a foster child program, religious education, adult social programs (oil painting, dress-making, international cooking, etc.); youth summer camps and day camps.

The Bangkok YWCA shares more than just a common name with our local YW.

There's a tourist agent on staff at the YW to organize tours and arrange activities for visitors.

The YWCA is located within easy walking distance of Bangkok's main tourist attractions.

There is a large education department. This includes two day nurseries for children 2-3½ years old; a school for 3½-6 year olds; a tutoring school, and a secretarial school for girls who have completed junior or senior high school. "After finishing the students are ready to work efficiently and can get the job because the secretarial school is very famous." States the Bangkok YWCA 1985 Annual Report.

The Health, Physical Education and Recreation Department offers a wide variety of fitness activities including Judo, Karate, Tae Kwon Do, Rollerskating and Badminton. "Swimming is the major program in this department." As well as classes and recreational swimming for all ages, there is a competitive youth swim team. Special events are often sponsored in badminton and other sports to allow the "youth to exhibit their skills and gain experience and courage in the matches".

While the focus of the programs may be different due to the obvious variables in the social and cultural climate of Canada and Thailand, the underlying goals do defy the lag in latitude and longitude! Jean Funk couldn't help but notice the similarity in the accepting, caring attitude of the various staff she met, as well as the general warmth of the relaxed atmosphere in the YWCA's Bangkok facility. Indeed, she felt right at home! ■

Susan Carberry



YW secretarial school trains students for Thailand's labour force



off to a good start at Bangkok Day Nursery

Welcome to the Bangkok YWCA

One of the first things Jean Funk noticed when checking into the YWCA of Bangkok, Thailand was the set of cubbyholes behind the reception desk. The former Edmonton YW Outdoor Recreation Director felt right at home remembering identical "pigeon holes" at home.

Jean recently spent several days in Bangkok staying at the YWCA's one year old "hostel". The facility is modern, and immaculate with 2 deluxe "hotel quality" rooms (\$29.00/night) 23 double rooms (\$19.00/night), and 23 single rooms (\$14.00/night). Accommodation is coed. There is also a dormitory for 30 girls/women (\$5.00/night).

It was a case of "deja vu" as Jean walked into her room ... "This could be Edmonton's YWCA residence." (Is there an international "Y" architectural code?)

The air-conditioned facility has a cafeteria as well as a first class restaurant featuring international cuisine. Jean says all water is boiled and filtered so she ate salads and raw fruit without any problems.

There are adjacent swimming pools (outdoor, of course) that have ongoing access — just pick up a key at the front desk. These are also impeccable in their cleanliness.

If you need some personal services while staying at the Bangkok YW, drop into the beauty salon for a hair cut (\$5.00), facial (\$15.00) or full body massage (\$25.00).

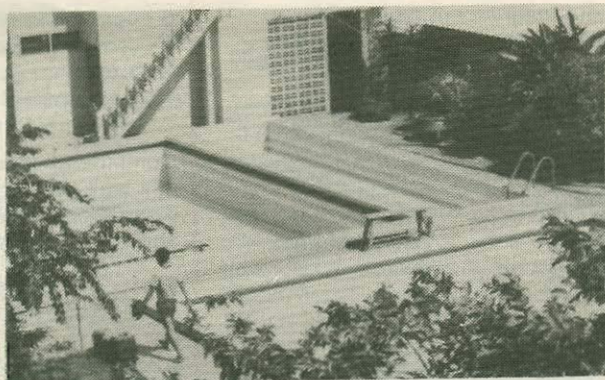
The YWCA is located within easy walking distance of Bangkok's main tourist attractions; Rumbani Park and Embassy Row at one end of town; the Grand Palace and Oriental Hotel at the other. It's a fifteen minute walk to Robinson's Silk Mills and nearby "expensive shops" loaded with the curios and trinkets visitors love to bring home.

There's a tourist agent on staff at the YW to organize tours and arrange activities for visitors. Jean says the staff are friendly and very eager to see more North Americans using their facility.

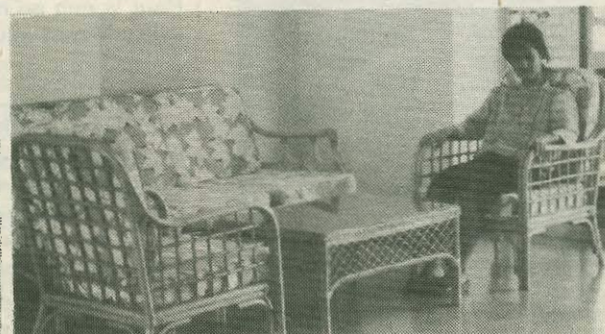
So ... if you're dreaming of a trip to the Far East, the YWCA Bangkok may just bring that dream closer to being a reality by offering comfortable, economical and enjoyable accommodation. ■

Susan Carberry

So ... if you're dreaming of a trip to the Far East, the YWCA Bangkok may just bring that dream closer to being a reality.



take a dip in refreshing outdoor pools



comfortable facilities equal to any hotel

WELLNESS MORE THAN PHYSICAL HEALTH

In keeping with concern for holistic health promotion for women the YWCA has sponsored its second annual "Wellness for Women" speakers series. Designed to complement the highly successful 1985 series, this year's topics have included discussions on Superwoman Syndrome, Coping with Stress, and Compulsive Eating and Body Image, as well as sessions related to Abusive Use of Alcohol and Prescription Drugs and Sexually Transmitted Diseases. Jenni Coombs, coordinator of the program, notes that the series which began in early April, has been well attended by women of all ages.

Future "Wellness for Women" speakers include Dr. Mary Ellen Rogers discussing the physical and psychological implications of menopause, toxic shock syndrome, and cervical cancer in a session on May 12 called "Being a Woman". Wife Abuse is the subject of speakers Elly Bodnar and Ann Mahsymhw on May 26. Juliana Krantz will deal with the complex and sometimes frustrating relationships between mothers and daughters in our changing society, on June 2.

The YWCA, as a National Women's organization, has been concerned with the physical, mental, emotional, and

spiritual health of women in Canada since 1855, and continues to deliver services designed to meet the needs of women and girls.

All 'Wellness for Women' sessions are open to the public and held Mondays 7:30 - 9:30 p.m. in the YoWoChAs Room at the YWCA. For further information contact Jenni Coombs at 423-9922 weekdays. ■



Women take a weekend break at YoWoChAs Centre

Fitting In ...

Workshop for Fitness Leaders

Two hundred fitness leaders and physical education instructors are expected to attend a one day workshop, "Fitting In ...", June 7, organized by the Edmonton YWCA in cooperation with Alberta Recreation and Parks. Designed to enhance fitness leader effectiveness, the event will look at new physical activity alternatives, which encourage participation by a wider range of individuals.

Resource persons for the workshop include Sandy O'Brien and Ray Kelly from the University of Alberta, Carolyn Sugden, Gina Geres, Diane Kitchen, Corrine Chepil and John Reeves. Topics include resistance training, aquatic fitness, low impact aerobics, stretching and relaxation, jazz dance, fitness and aging, and athletic injuries.

Cost of the workshop is \$35 and the registration deadline is May 16, 1986. For further information call the YWCA Women's Fitness Centre, 423-9922 #6129. ■

Women Escape ...

Need a break from your family, your workplace, or the city? Join other women, June 20-22 at YWCA YoWoChAs Centre on Lake Wabamun for two days and evenings of relaxation, optional activity and good company. The popular YWCA women's weekends have been held several times before, with rave reviews. Designed to suit individual guests' needs, activities range from fitness workouts taught by certified YWCA leaders, to hiking and canoeing, or just relaxing in front of the fireplace. No phones, no kids, no men. Meals are even prepared for you, and a masseuse will be available. Cost for the weekend is \$90. The weekend will be hosted by YWCA staff Jenni Coombs and Kim Savard. For further information call the YWCA at 423-9922 or YoWoChAs Centre at 423-3811. ■

Food for Thought...

YoWoChAs Centre

When you attend a camp, a workshop, an adult retreat experience or other event at the YWCA owned and operated YoWoChAs Centre on Lake Wabamun, you need not worry about your nutrition. The staff are dedicated to providing tasty nourishing meals. An interesting variety of menus are included in the cost of the program, as well as tea and coffee throughout the day and a snack each evening. As a participant at YoWoChAs you can relax and enjoy as far as meal preparation and clean-up is concerned — it's all looked after for you by the staff. Unless, of course, you are a leader-in-training — then helping in the kitchen is part of the "experience."

Conservation and recycling are also important philosophies at YoWoChAs Centre and ones the staff want to impart to others — particularly the young campers. After meals all waste is gathered and weighed, and then from May to October, sent to the compost heap. The compost is used for the flower beds

where the staff emphasizes growing food-bearing plants such as strawberries, raspberries, and rhubarb.

During mealtime at YoWoChAs Centre children's camps everyone has fun singing, playing games or seeing skits put on by the staff as part of their "Meal Magic" program. Mystery Passenger is an educational environmental game where a clue about something related to nature, conservation or energy is given at each meal until someone guesses the right answer. The winner gets a prize — usually an environmental poster.

Rod Irwin, YoWoChAs Director, and Lorna Hughes, assistant director along with the kitchen staff enjoy the challenge of planning nutritious meals using a minimum of sugar, salt, preservatives and food colouring.

Jane Callioux, the head cook at YoWoChAs Centre, and Gerrie DeJong, her assistant live nearby in the local community. Jane has been in the food service business for many

years, getting her start cooking for railroad work crews. She is one of those cooks who turn out magnificent meals without often referring to a recipe. She has developed a nutritious "wheat mix" which she keeps on hand to make such things as pancakes, muffins and pie crust. We recommend it to our readers. ■

Betty Mullen



Jane Callioux and Gerrie DeJong

JANE'S WHEAT MIX

"full of vitamins"

6 cups whole wheat flour	1 cup sugar
3 cups all-purpose flour	¼ cup baking powder
½ cup wheat germ	1 tbsp. salt
1½ cups instant nonfat dry milk	1 pound (2 cups) vegetable shortening

Combine all ingredients except the shortening in a large bowl and mix well. Cut in the shortening with a pastry blender until evenly distributed. Store in airtight container in a cool, dry place. Makes about 14 cups of Wheat Mix. Use within 2-3 months.

FAVOURITE WHEAT PANCAKES

"Extra easy and especially nourishing"

1 egg, slightly beaten — combine in a medium bowl
1½ cups water
2¼ cups Wheat Mix — stir in until just moistened
Pour ½ cup on hot oiled griddle and cook until browned on both sides. Makes about fifteen 4-inch pancakes.

WHEAT MIX MUFFINS

"packed with fibre, vitamins and good taste"

½ cup oil	2 cups Wheat Mix
4 eggs	2 cups grated carrots
1 cup brown sugar	½ cup coconut
¼ cup orange or apple juice	½ cup sunflower seeds
1 tsp vanilla	½ cup raisins

Mix oil, eggs and brown sugar together well and beat in juice and vanilla. Mix rest of ingredients together and add to wet mixture, mixing as little as possible. Fill muffin tins ¾ full. Bake at 350° for 20-25 minutes.

LIFE MEMBER HONORED

Life membership in the Edmonton YWCA recognizes long time involvement in, as well as outstanding commitment and contributions to the organization. At the Edmonton YWCA Annual Meeting in February, Pat Cook, Past President of the Board of Directors, was honored as recipient of a Life Membership.

Pat Cook first became involved in the Edmonton YWCA through the Y Teens program for girls, in high school. The fact that the Y Teens program no longer exists illustrates the YWCA's ability to change with the needs of the times, Pat believes. As the City's Parks and Recreation department and other organizations developed comprehensive programming for youth, the YWCA moved to fill other needs of women and children in the community. During high school, Pat served as a volunteer at the YWCA's day camps. After graduating from Grade 12 she was hired for the summer as Director of Day Camps. The salary for the summer was \$100. During the next two summers Pat was Program Director for the summer camps at YoWoChAs Centre on Lake Wabamun. One of Pat's favorite memories of her years with the YWCA was the creation of Chapel Hill at YoWoChAs Centre. She, along with two other leaders dug the original steps up the hill to the chapel for its dedication by Rev. Bill Briggs.

Over the years Pat has gauged her involvement at the YW by her commitments to her husband, Ed, and now adult sons, Graham and Trevor. Her participation has varied from teaching English to new Canadians, to being President of the Board, to chairing the Women's Residence Committee and to taking part herself in programs being offered by the YWCA.

In her present shared volunteer position as YW Volunteer Coordinator and as Past President of the Board of Directors, Pat has been able to translate the symbolism of the YWCA logo, the triangle, into action for both the volunteer and the participant at the YWCA. The whole person, symbolized by

the three points of the triangle, representing body, mind and spirit, is basic to Pat's decision making process. Historically the YWCA has recognized that a woman's needs were not only for safe shelter. Almost eighty years later Pat underlines this philosophy by emphasizing that the YW cannot be JUST a physical fitness plant, or JUST a shelter, or JUST a social service but must be a combination of all to be relevant in today's world.



Life Member, Pat Cook

The "Y" has been very much a part of the Cook household recently. For the past two years Pat's husband Ed has been National President of the YMCA of Canada. Pat was recently nominated by the Edmonton YWCA as a Canadian candidate to the YWCA World Council in Phoenix, Arizona in 1987. The delegates to the Council will be chosen at the Biennial National Council meeting of the YWCA, June 2.

When their commitments are completed Pat and Ed look forward to more travelling together. While admitting that the YWCA will always be part of her life, Pat's future plans do include involvement with other organizations. ■

Marion Brooker

Marion Brooker is a freelance writer and member of the YWCA Board of Directors.

YWCA Board of Directors Elected

At the February, Annual Meeting of the Edmonton YWCA, the 1986 Board of Directors was elected by the membership.

Executive members of the Board are: President, Helen Young, First Vice President, Lorna Gawlinski, Second Vice President, Elaine Barnes, Secretary, Barbara Blackley, Treasurer, Sheila Grant.

Members at large include: Marion Brooker, Sheila Burns, Sue Currie, Susan Davis, Joan Fargey, Gayle Jenner, Kaye Langager, Mary Layman, Paula McLean, Aurelia Mauro, Cathy Moreau, Marion Morgan, Marion Morstad, Helen Otto, and Leah Taylor. ■



Kim and Andy Irwin help get YoWoChAs Centre off to green start

New Role for Aquatics Director

YWCA Aquatics Director, Diane Kitchen, leaves her position May 31, 1986 to establish a consulting business. Diane joined the YWCA staff in February of 1978 and has since helped develop a highly successful Aquatics program.

Primarily known for her work in the Aquatic Fitness field, Diane has designed numerous water exercise programs for people of all ages and needs. The YWCA presently offers Splashercise and Babyfit, unique aquatic fitness classes for preschoolers. For adults, five

levels of Aquafitness (a combination aerobic water workout), Water Shaping (body shaping in the water) and WaterStretch (a flexibility program for those with arthritis and athletic injuries) are offered.

The training of Aquatic Fitness leaders has been a special interest of Diane's. In 1984 she co-authored "Get Wet! Get Fit" with Judy Hushagen of the Red Cross. This Aquatic Fitness manual is used widely, and Diane continues to instruct complementary leadership programs throughout the province. During the same period Diane established a YWCA Aquatic Fitness Leadership certification program available to the public. All YWCA instructors and many instructors who teach water exercise programs at non-YWCA facilities now hold this certification.

YWCA staff and volunteers wish Diane well in her future endeavors. ■



Diane Kitchen.

New Staff Join YWCA

Jon. Hall has joined the staff of the Edmonton YWCA, as Manager of Fitness and Recreation, responsible for all Health, Physical Education, Aquatics and Outdoor Recreation Programs. As former Field Executive with Scouts Canada, Jon. brings to the YW extensive management experience in the private and non-profit sectors, both as a volunteer and staff person. A graduate of both the S.A.I.T. Business Administration and Television, Stage and Radio Arts Programs, Jon. worked as a Senior Writer/Producer for CFRN TV prior to his role with Scouts Canada. He is President of the Alberta Hostelling Association, Past President of the Canadian Hostelling Association — Northern Alberta District and has acted as a member of the Board of Directors of the Edmonton Boys and Girls Club. Jon. is an experienced adult trainer and has taught and consulted in the areas of leadership, management of volunteer organizations, public relations, and communications.

Katherine MacKeigan will become YWCA Aquatics Director, June 1/86. A graduate of the University of Alberta Physical Education program, Katherine brings extensive fitness and aquatics experience to her new role. She is a Registered Fitness Appraiser, Certified YWCA/AFLCA Fitness Leader, C.P.R. Instructor, Water Safety III/Dual Instructor and holds many other first aid, coaching, and water Safety Certifications. Katherine has managed a private recreation facility, worked as Women's Athletic Programmer at Queen's University and has for the past year acted as Assistant Director of the YWCA Women's Fitness Centre. She has held several supervisory roles in aquatic facilities in Ontario, including the Ottawa YMCA. ■

YWCA Carney's Club

In a recent McLean's Magazine article, Allan Fotheringham quotes Energy Minister, Pat Carney, as not being upset by her lack of access to male dominated petroleum industry clubs. Says Carney ... "my club is the YWCA." ■

PARTICIPATION MANY LEVELS

Sometimes it's difficult to put into words just what the Edmonton YWCA means to those who use its services.

Cathy Moreau, a YW participant for the past seven years says: "The 'Y' is comfortable — like those old shoes. It's a cheerful place where one is always greeted with a friendly smile."

Cathy and her three children have spent innumerable hours in the building as regular users of various YW programs and facilities: Child Care, Preschool Gym and Swim, Fitness Centre, Aerobics and Swimming. "I've often thought of renting a room upstairs," Cathy adds, after another long day at the YWCA.

She is especially supportive of the Child Care Program. "Child Care means a happy, creative and secure environment for my children. I have always felt they were regarded as special people."

The Edmonton YW is about to take on new meaning for Cathy as she begins her first term as a volunteer Board Member. If she felt the YW was her second home in the past, she's bound to consider it so from now on! That's participation for you! ■

Sue Carberry

SUMMER CAMP ... FIRST TIME ROUND

Faced with the challenge of sending your child to camp for the first time, this summer? Like thousands of other parents across the country, you're likely to pave the way for a safe, happy and memorable experience for your child, through careful planning.

Choosing A Camp

Consider your child's interests and needs: What location and price range best suits your family's plans? Most importantly know and understand the camp's philosophy and be sure it is staffed by trained, experienced and mature individuals. Selecting a camp accredited by The Alberta Camping Association is one method of pre-screening for some of these qualities.

Getting Into The Swing of Things

As important as the camp itself, is preparing your child for the experience.

To psychologically prepare a child for his or her first camp experience, be well informed about the camp. Being knowledgeable about things which would be of interest to your child will help kindle an enthusiasm for camp. How many children will be in their group? Will they sleep in cabins, bunkbeds or maybe teepees? What will they **do** at camp? Will there be swimming, canoeing, horseback riding or crafting? Is the camp coed? Where and what will they eat? It is important to encourage your child's curiosity about camp. Their fears, and concerns are very real to them and should be approached in a positive and caring manner with genuine concern.

Your child should be able to formulate a picture in his/her mind about what camp will be like. If possible, take the time to visit the camp with your child so that vision becomes a reality. Make a day of it, take a picnic and spend time with some of the camp staff.

Getting It Together

A variety of considerations come to mind when thinking of preparing physically for camp. First and foremost, what type of a camp is it and what is the purpose of the camp? Is it a wilderness camp, rustic living conditions, or a modern lodge? How long is the camp program and what facilities are available? Having this information, it is fairly easy to determine what to bring to camp. The usual clothing and personal items are common sense to most people. Old clothing is preferable in most situations. In most parts of Canada it is also advisable to go to camp prepared with copious quantities of insect repellent, a rainsuit, boots, a sunhat, sunglasses and sunscreen. A small day pack is great for day hikes or going to the beach. Campers' medications should also be clearly marked and understood.

Keeping it Together:

Three things are important for keeping your child's belongings with them once they depart for camp.

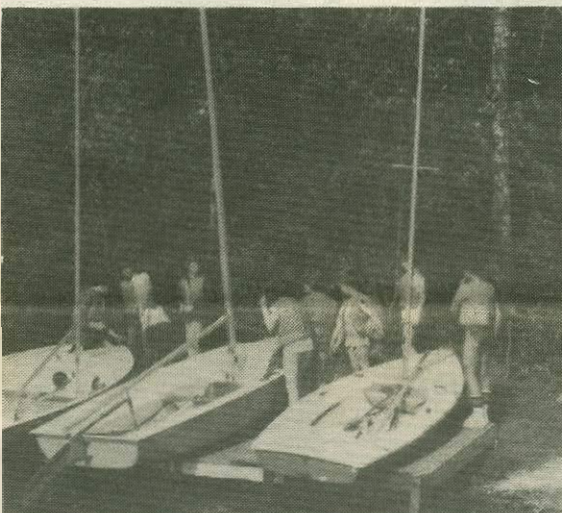
- Be certain their baggage is well marked and secure for transport (green garbage bags look a lot alike and do not make quality suitcases! A cheap duffle bag is much more appropriate).
- Identify each article of clothing and item with your child's name and explain to him/her the importance of keeping their things in their suitcase when not in use.
- When camp is over, ask to be directed to the lost and found to check if your child has left anything behind.

Finally, one final consideration to ensure your child has an enjoyable camp experience, is to discuss any special needs he/she may have with camp staff prior to camp.

With your thought and preparation, your child's first experience with summer camp is bound to be a positive one ... for camp is a magical place of special friends, make believe, laughter and love. ■

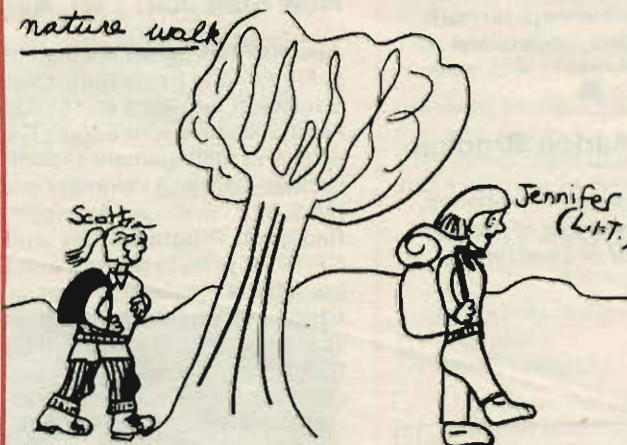
Lorna Hughes

Lorna Hughes is the Assistant Director of the YWCA YoWoChAs Centre at Lake Wabamun. She has directed many children's camps and programs throughout Alberta.



Sixty boys and girls attended Spring Break Escape at YWCA YoWoChAs Centre on Lake Wabamun in April. Call the YWCA 423-9922 for Summer Camp details.

nature walk



Scott Rodgers (8 years) illustrates her hiking experience at YoWoChAs Centre.

At Camp By Mary

At first I was quiet. But then I found out it was fun. We went to look at the camp. Then when I saw the Hebert's, an Coarse I really got excited. When we did it. It was hard but fun. I like the walks, tobogganing, special stuff, sleeping in the Rec Hall and making icecream and our nature walks. Playing flags and also the food was good.

Mary Van Hooser (8 years) writes about Spring Break Camp.

HELP YOUR CHILD ENJOY THE WATER

7

As the popularity of infant aquatic programs increases, so does the understanding that a positive introduction to the water can mean a strong start for future swimming. While parents must understand that infants are not taught specific swimming skills until their physical and social development is appropriate, there are many ways to assist children at home and in preschool aquatic classes.

Your child's positive introduction to water begins with bathtime; keep both time for play, and fun. There is no need to practice floating or "going under" at this time — rather bring in favorite toys, wash cloths, sponges and let your child experiment with how the water moves, feels and looks. Try not to let bathtime wear thin ... if your child isn't too enthused on a particular evening take him out early.

Children can be introduced to swimming pools and lakes at a young age; however once again the main objective is to keep the child comfortable in the water. There is no best age for enrolling your infant or pre-schooler in a formal water session. The best time to make the transfer seems to be when your child feels comfortable and really enjoys their bath time.

The most important thing to strive for in a water session is keeping yourself and your child relaxed, unhurried and having fun.

The most important thing to strive for in a water session is keeping yourself and your child relaxed, unhurried and having fun. There is no need for your child to complete a swim progression until he discovers more about this environment on his own terms. YWCA Pre-school water leaders design water sessions so that parents guide their youngsters through various experiments. These activities help the child learn and understand more about how their bodies move and feel in the water. Your child will move through the progressions to encourage swimming with games, songs and rhymes integrated into the water play-ground environment. Children learn to blow bubbles to help with breath control; goggles, masks, underwater books and toys help encourage going under; looking at favorite animals on the ceiling helps with back floats; and the fun of "blast offs" encourages front swimming. Lifejackets are also a novel way of learning about water safety for both children and parents. Music and equipment adds variety to regular movements, in turn keeping the session exciting.



Barb and Colette Moreau.

Some children move through swim progressions without a hitch; many others reach levels where they may not want to try anything in the water, or they become afraid of the whole environment. When this happens to your child do not try to push. It often means the child just wants a break from "programmed swimming". Allow them the time. Introduce a new song or piece of equipment into the pool, try out a favorite land game in the water or perhaps a different time of class would benefit your child. The main thing to remember is that your child's rest is necessary for him, and to rush him might meet your needs as a parent, but will not produce a positive learning experience for the child.

The child who starts off being afraid of the water needs reassurance and time to try things out. Find out some of the why's of the fear ... did he see a show or hear a story about water that frightened him? Is he afraid he'll need to do everything on his own, are the shower rooms like a cave or cavern, does he get too cold ... the list goes on and on. Take the time to talk about the issue.

The child who starts off being afraid of the water needs reassurance and time to try things out.

Try taking your preschooler to the water's edge, ready in swim suit and towel, but allow him to play on the side. The frightened child can still be part of the class without being in the water. After a time period (usually 3-8 weeks based upon once/week) your child will want to be in the water, and normally progresses as quickly as if fear was never there. I remember a four year old I taught in preschool swim lessons. He always came to class and told me stories about what he had seen and done that

There is no best age for enrolling your infant or pre-schooler in a formal water session.

If you need encouragement, as the parent of a preschooler who doesn't like the water, children seem to balance out between the ages of 6 and 8 in skill and endurance. Even Alex Baumann, Canada's gold medal winner in the 1984 Olympics didn't like swimming as a pre-schooler! There's hope!

Have fun and patience with your youngster this year in the pool. ■

Diane Kitchen



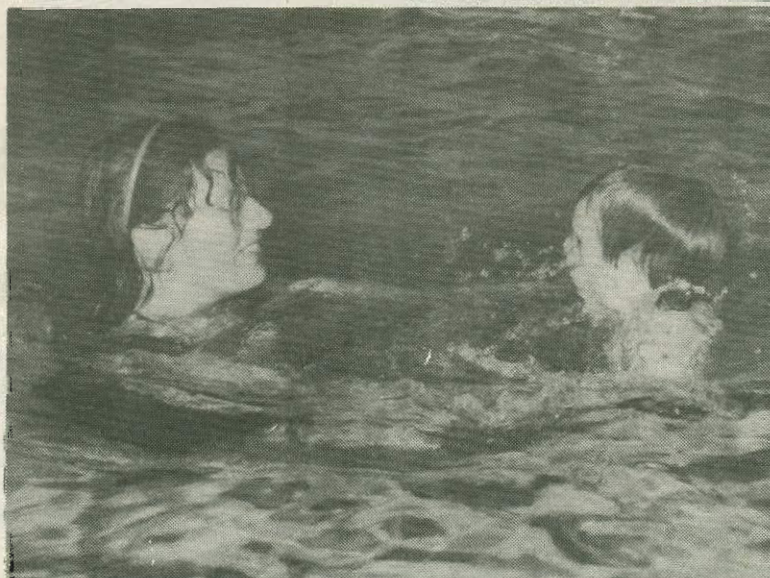
morning ... all in an attempt to stay out of the water. He didn't want to let me know he was afraid and I played along with him, letting him stay on the pool deck. At times he moved close to water — other times he stayed by the wall. The other class members would talk to him; no-one made him feel like an outsider. He seemed to become braver each week; and on the ninth lesson ... he came out of the shower room, leapt into the pool and proceeded to do everything he'd watched over the last weeks.

Your child's positive introduction to water begins with bathtime.

Learning to swim can take place in lessons which happen every day especially if you have your own indoor pool or vacation near a lake. Some children learn best through constant repetition ... remember learning to walk and run took a lot of practice and patience. Other children like a slower paced schedule where once/week or twice a week is devoted to structure with practice time on the alternate days.



Cathy and Geoffrey Moreau share a splash.



David Sommerville enjoys the water, with his mother, YWCA instructor Julie Sommerville.

NEED A BREAK...

Need a break? Use our preschool child care services while you attend a class, shop, or go to school, attend a medical appointment...no reservation necessary.

HOURS: Monday to Friday
7:30 a.m. - 5:45 p.m.
Saturday
9:00 a.m. - 4:00 p.m.

COST:
\$1.90/hour; \$1.75/hour 2nd child;
\$1.25/hour each additional child in a family.

For further information, Child Care 423-9922.

Funded in part by the United Way.

Routes & Roots...

8

YW CELEBRATES SIXTY YEARS IN THE WATER

How great it is to have an indoor swimming pool especially if you live in Edmonton! That was my thought as I climbed out of our YWCA pool after a session of aquafitness. Our pool is a source of exercise, fun and socializing for those of four months to eighty years. It also is a place where one learns the skill of swimming, which is almost a must in 1986.

The first Edmonton YWCA pool opened in the building on 103 Street off Jasper just sixty years ago this spring, March 12, 1926. It had been part of a plan conceived in 1921, but of course the money had to be raised. Times have not changed much with the proposed and actual costs of sports facilities, as the estimate was \$38,000, and the final construction cost was \$50,505. When the fundraising campaign opened in 1923 one of the first donations came from Nellie McClung, with a very large donation of fifty dollars. Over the next sixteen years, garden parties, concerts and lectures were held to pay off the mortgage on the pool and gym.

Photos of the time show women in modest swim attire, sipping tea in front of the formal tiled fireplace, which graced one end of the pool deck.

The following excerpt from the Edmonton Journal dated March 22, 1930 shows one use of the pool at that time.

Neptune Visits Y.W.C.A. Pool

The swimming pageant at the "Y" was an unequalled success Friday night when the natatorium was filled to capacity with an appreciative applauding audience.

When Neptune visits the "Y" he honors it with his finest robes and most gracious manners. This year, he seemed particularly interested in finding out the many uses of the pool. Bringing with his court, some lovely mermaids he too was able to give a demonstration to the public.

Open with a rollicking sea tune played on the balcony piano, "Health," impersonated by school and business girls, ruddy with all the glow of well-being physically and mentally, swam solo and tandem numbers to the music and also swam in mass in diamond formation. It was at the end of the Health Swimming that Neptune in his happy language addressed the audience with the following advice: "Ye puny ones, ye flatchested ones, ye weak and wobbly ones, swim, dive, plunge and glide. Battle with the waves, fight with the current, and ye shall be strong even as these."

The first Edmonton YWCA pool opened in the building on 103 Street off Jasper just sixty years ago this spring, March 12, 1926.

When the fundraising campaign opened in 1923 one of the first donations came from Nellie McClung.

During the 40's Red Cross swim classes started at the pool. Everyone entering any class required a medical examination. These exams were done by Dr. Mildred Folinsbee Newell from the time the pool opened in 1926 to 1957. After that time Dr. Margaret Collins and Dr. Vi Myers took over.

For many years "the father" of the South Side Swimming Pool, Mr. James Crockett, taught courses at the YW. He would teach on a Saturday beginning at 2 pm and taught hourly classes until after 6 pm. Classes were held for schoolgirls, then business and married women.

In 1954 a new water tester was purchased for \$70.00 as a legal health requirement. About this time the Red Cross swim levels became the usual way one progressed through swimming lessons. The Royal Life Saving program also attracted many girls, as more city pools were being built and needed lifeguards.

1956 saw the YW initiate two new programs. The first was a program for children from the School for the Deaf. These youngsters learned to swim by demonstration only, as the instructor did not know sign language. Apparently they helped each other and learned very quickly. The School for the Deaf still uses the YW pool.

The second program was that of synchronized swimming which had started in Eastern Canada a decade before. The difference between ornamental swimming, often done in the past, and synchronized swimming, was the timing. Under coach Diane Black a team made up of Jean Ross, Maureen O'Neil, Marian Heaps, Marnie Easts, Gail Robertson and Joyce Aylen entered the British Columbia Championships in March 1956. After several successful years the "art" of synchronized swimming waned at the YW, but has now been restored at the YW after several decades, with the development of the Aquadettes Masters Club.

In the late '50s and '60s most children who took lessons competed in galas or swim meets. These consisted of races and were not what all children enjoyed. Soon the testing of levels of swimming took over and the child was only required to compete with herself. By 1970, if competitive swimming was what a child enjoyed, he or she could join a competitive swimming club.

Today all levels of swimming, water safety, synchronized swimming, and aquafitness make up the YWCA swim program. There is something for everyone. Participate — it's fun!

Sheila Petersen

OUTDOOR LEADERS HEAD TO THE HILLS

Outdoor education and recreation instructors will "head to the hills", August 13-23, to participate in an intensive outdoor leadership workshop sponsored by Outdoors Alberta. Designed to enhance the skills of paid and volunteer outdoor leaders, the eleven day course will provide opportunities to learn and practice basic skills necessary for leading youth and adult groups on safe, enjoyable outdoor trips. Emphasis will be placed on lake and river canoeing.

The Rocky Mountain foothills will be the site for the workshop, with participants visiting a number of destinations during their training. Resource persons will be Les Parsons, Judy Carlson and Steve Montgomery, all experienced outdoor leadership trainers. The course fee is \$175.00.

Outdoors Alberta Director, Steve Montgomery, emphasizes the unique opportunity participants will have, to test their skills in their home communities after the workshop. Outdoors Alberta staff will assist students in implementing out-

door programs appropriate to their community upon request, and participants will be assigned practicum experiences if desired.

Outdoors Alberta is a mobile outdoor recreation leadership development program which offers introductory through instructor level training in cross country skiing, camping, orienteering, canoeing, survival skills and other outdoor pursuits. Services are offered year round and most related equipment can be supplied. There is generally no fee for service. Outdoors Alberta is funded by

Alberta Recreation and Parks and managed by the Alberta Association of YWCA's through the Edmonton YWCA.

For information about the summer Outdoor Leader Training Workshop call Steve Montgomery at the YWCA 423-9922.

Host a Workshop, Retreat or Seminar



YoWoChAs Centre
Fallis, Alberta TOE OVO (403) 423-3811

YoWoChAs Centre Rental

If your group is looking for a quiet, convenient, and reasonable location for a retreat workshop, reunion or camp, consider YoWoChAs Centre just a one hour drive from Edmonton. Located on Lake Wabamum near the village of Fallis, the centre is situated on a 48 acre peninsula with all season trails and waterfront facilities. The modern lodge and residence include a dining area, fireplace lounge, shared accommodation, meeting rooms and sauna.

We can provide accommodation, food services and program assistance. Groups of 12 to 68 are welcome.

For information call Rod Irwin, YoWoChAs Centre Director, 423-3811.

Stay With Us!



The YWCA is an attractive high-rise building, centrally located in downtown Edmonton... a perfect place for female...

- vacation or business travellers
- newcomers to Edmonton, waiting for permanent accommodation
- students or other long-term residents
- out-of-town guests on shopping trips, doctors' appointments or career interviews.

Both short-term women guests and those needing long-term accommodation are welcome. Long-term women residents must be 16 years or older.

Call us for reservations and information — 423-9922.

Making Contact

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YWCA

EDMONTON

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(403) 423-9922

Thanks to you
it works...



United Way

FOR ALL
OF US

The YWCA supports and
belongs to the United Way.



YWCA Executive Director, Carol Gilfillan, and Constable LeRay Whitbeck take a look at the new Edmonton Police Department office located at the YWCA.

CITY POLICE AND YW JOIN FORCES

When parents, fitness enthusiasts, volunteers and residents of the YWCA at 100 Avenue and 103 Street visit in the building lobby or cafeteria this year, they may be joined by members of the Edmonton Police Department. A police satellite beat patrol office will be operated from space loaned by the YWCA, several hours each day. 'Beat' Police Officers designated to the downtown area will man the office. Providing greater access to police services and liaison with all members of the downtown community is the Police Department's goal. Sergeant Jim Cessford, coordinator of the pilot project, is enthusiastic about the YWCA location. He believes people from all walks of life feel comfortable at the YW and thinks the diversity of YW users including business and government workers, parents, young children, seniors, and downtown residents will encourage others to visit the office. Constable LeRay Whitbeck looks forward to children at the YW getting to know Police Officers as helpful individuals. He and other Officers would like to help break through the stereotypes of police, which children often pick up from television. Enquiries, information and complaints will be handled by the satellite office during office hours.

Growing in acceptance throughout North America, the community policing philosophy promotes the greater accessibility of decentralized police services to the public. The approach encourages Police Officers to be more involved in preventative community liaison work. Officers deliver educational programs, attend meetings and social functions sponsored by community groups, and encourage informal enquiries by the public by being visible and available.

The YWCA is one of two facilities loaned to the Edmonton Police Department as satellite beat patrol offices for the pilot project. The other space is located at 10830 - 107 Avenue and is designed to provide greater support to the Edmonton Vietnamese community. Joy-Lynn Dorash, Police Department Information Officer, says the Police Department hopes to develop other satellite offices to serve the ethnic community. Many new Canadians come from communities where the police are feared, and the Edmonton Police Department hopes to help dispell misconceptions about their role in the community.

— Wendy MacDonald —

CHECK US OUT THIS FALL!

Why not check out our new squash courts or drop-in fitness classes? Or, add a new skill in a special interest workshop or class.

- Wendo — (Women's Self Defense)
- Stress Management
- Swedish Massage
- Squash Clinics
- Women's Escape weekend
- Yoga and Relaxation

Call us for your free YWCA Fall '86 Course Catalogue! 423-9922

EXPO BOUND

If you're planning to visit Expo '86 in Vancouver and require convenient downtown accommodation, consider the YWCA. Women, couples and families are welcome and the newly decorated hotel/residence is just four blocks from an Expo entrance. Reservations recommended. For further information... write Vancouver YWCA, 580 Burrard Street, Vancouver, B.C., V6C 2K9 or call (604) 683-2531. ■



Constable LeRay Whitbeck is one of the many police officers who will utilize the Edmonton Police Department 'Satellite Beat Office' at the YWCA (100 Avenue and 103 Street).

DROP-IN FITNESS FOR CONVENIENCE!

An unexpected business appointment? A sick child? An extra busy schedule? Shift work? Fitness classes are often difficult to consistently attend with the changing demands of our lifestyles.

To better meet the needs of our many class participants, the YWCA will, this fall, begin offering most fitness and aquatic fitness workouts on a drop-in basis with participants purchasing a punch card valid for classes of any level, offered at whatever time suits them. The cards will allow users to try a wide variety of fitness options in the gym and the pool, take breaks for holidays, choose the instructors they prefer and meet new people with ease. Skill development classes such as Learn-To-Swim and Yoga will still require pre-registration.

The drop-in fitness punch cards are packaged conveniently in 10 visit units. Cards for 30 minute (\$25.) or 45-75 minuted classes (\$35.) may be purchased at the YWCA Registration Desk. Classes will operate continuously, with cancellations only on holiday weekends. See the YWCA Fall '86 Course Catalogue for more details!

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Gloria Wesley

Teaming Up!

UNITED WAY/YWCA TEAM UP!

When Edmontonians generously contribute to the United Way Campaign each year, they know their dollars fund specific service programs, not organizations as a whole.

Funds raised through the United Way Campaign and allocated to the YWCA assist the work of six social service programs accessible to the public.

The 'On Our Own' Bereavement Resource Centre provides support to widowed men and women through counselling, educational and self help groups, as well as a resource library. The Centre serves widows/widowers of all ages in their bereavement and adjustment to a new life.

The provision of quality drop-in care for pre-schoolers is a goal of the YWCA Child Care Service. United Way funds help subsidize user fees and government allowances to allow parents/care givers of infants and young children a break to attend medical/counselling appointments, pursue an education, or just take a well deserved break.

Leisure Partners Share Interests

Laura and Cindy have been spending a few hours each week with each other, over the last six months, enjoying a variety of leisure activities. Together the two friends have shared a meal at Earl's; seen the film "Out of Africa"; been swimming at the YWCA; and gone cycling in the River Valley, to name just a few of their weekly outings.

Laura and Cindy met through the Leisure Partners Program, a pilot program developed by the YWCA Special Services Department, with the goal of matching a volunteer from the community with an individual with a disability who is interested in participating in community recreational activities/programs.

The role of the volunteer is to offer support to the client and assist with his/her integration into community recreational programs.

The support given by the volunteer may be by acting as a role model to enhance the client's social and communication skills in the community while participating in a leisure activity; or by

Assisting women in transition with accommodation and supportive counselling needs is the role of the YWCA Women's Residence. In 1985, 294 women called the YWCA home, with many others staying for shorter periods of time — whether furthering their education, adjusting to life after a separation or divorce, leaving a battering relationship, or encountering life outside a psychiatric or correctional institution, a wide range of women require the Residential Services and Information, Referral and Supportive Counselling programs supported by the United Way.

In 1985, more than 375 adults provided skills, commitment and 22,000 hours of time to the YWCA as volunteers. Funds provided by the United Way support recruitment and training of volunteers and staff. Volunteer Services and Leadership Development are an important part of the YWCA's ability to deliver many community services.

allowing the client to explore new leisure interests (i.e. racquetball, self-defense, swimming) and providing either physical assistance, as in the case of a physically disabled person wanting to register in a YWCA Learn to Swim program, or informal social support and instruction by participating in the new activity with the client.

What are some other Leisure Partner teams doing? Together as a team some are taking YWCA Youth or Adult Learn to Swim classes; one team is weight training twice a week; another is playing racquetball; two Leisure Partner teams are taking YWCA fitness classes and others are doing a variety of leisure activities, something different each week.

These special volunteers, by giving two hours of their time each week, are providing an essential support service to our clients, allowing them to participate in leisure activities of their choice with the encouragement and friendship of a Leisure Partner. Both the Special Services Department and the clients involved in the program acknowledge the ongoing commitment and energy of our volunteer Leisure Partners.

The YWCA Special Services Department is funded by United Way to provide recreational opportunities to Edmontonians who have special needs. Through individual assistance, integrated activities, and skill development classes, adults and children who are mentally handicapped, physically disabled or who have other special needs find greater access to leisure opportunities in the community.

So... this year when you are asked to assist the United Way with volunteer time or funds, remember the YWCA services which you, your friends and the community depend upon.

— Wendy MacDonald —



If this type of volunteer work is of interest to you please call the YWCA Special Services Department at 423-9922 (weekdays), as we have many clients, both male and female who are looking for someone special to share their leisure time with.

— Suzanne Norris —



The highlights of the program for both the teens and staff (Kym Samis, Lisa Humeniuk and Arlene Sader) were camping trips to Dinosaur Provincial Park. Becoming amateur palaeontologists and exploring the hoodoos for dinosaur fossils was a unique and exciting experience. Unfortunately, the only thing we found was petrified dinosaur dung! To teach the teens about the value of money and its requirements for our trips, a bake sale was held with the majority of the goodies baked by the teens themselves. This excellent team building activity was surprisingly profitable; thanks to the sweet teeth at the YWCA.

Extremely important to the program were the teen volunteer Leaders In Training (LIT) — Linda, Grant, Donna and Mickey, who helped us to facilitate integration by acting as 'leisure buddies' to program participants. Thanks very much to all volunteers whose efforts combined with our small group sizes, enabled us to give the teens extra attention; the benefits of which were revealed by both the teens themselves and parents, who reported very positive gains in their teens' communication and social skills. In fact, about half way into each program session the teens were able to recognize when the staff and volunteers were not being 'appropriate', a term that previously they had frequently heard to describe their own behaviour.

We would like to thank all who supported the Teen Leisure Program, including Canada Safeway Ltd., Superstore, Rent A Wreck, Cam Tait and Joanne Ireland of the Edmonton Journal, the Spokesman, the staff of the YWCA, and to the Northern Light Theatre 'Harlequins', for an excellent performance and improvisation games session, which the teens really enjoyed. With your involvement, we were able to provide teens with special needs, with a very enriching and enjoyable experience.

— Kymberle Samis —



It's The Differences That Make Us Special ... Helping Your Child Develop Positive Attitudes Towards Disabled Persons

Today parents recognize the necessity of talking with their children about a variety of issues, including subjects like living as a single parent family, knowing who to go to when you're in trouble, coping with the loss of a friend or relative. However, issues that parents may avoid relate to people who may have a different ethnic background or religious persuasion than themselves, or moreover people who have a physical or mental disability. Talking about different cultures and religions may be fairly straightforward and many opportunities exist for you to expose your children to the beliefs and activities of different ethnic and religious groups. But when questions like "why can't that boy talk?" or "why is that lady using a white stick?" arise, the situation becomes more complex and sometimes may be awkward if it is unexpected. The way in which you respond to your child's curiosity, regarding an individual's disability, often depends on how comfortable you are in discussing the topic. Your personal attitudes towards disabled individuals living in your community are important. As with many other values and attitudes issues parents oftentimes are the key role models in their child's life.

Remember that your child's first encounter with a child or adult who has a disability will often be colored by how you react to the situation. Allow your child to ask questions and provide him with the answers that will dispel any fear of the person. Non-acceptance of people who are "different" is often based on unsatisfactory curiosity, as much as anything else. By being honest with your child you are helping him understand and accept individuals with a disability. The wonderful thing about children is that when things are explained to them they are usually very understanding and accepting of an individual with special needs and possess the ability to see beyond the disability. Adults we often tend to focus our attention on the disability and not recognize the whole person.

If you would like to help your child develop positive attitudes towards the disabled. Prepare him/her to feel comfortable interacting with a child or adult with a disability. There are numerous ways to go about it.

Initiating a conversation about the many ways that people are different, but really the same, allows you the opportunity to talk about the fact that someone may use a wheelchair or is unable to read or write very well but really in most ways that person is more like us than different from us. Sharing with your child any personal experiences that you have had, or how you feel when you're around a disabled person, is important too. By explaining that when people notice the person is different and don't know what's wrong, they become curious and nervous and maybe a little bit afraid. That's why they may stare and giggle. If you and your child explore together you will grow and become more aware of what it means to have a disability.

There are many good books on this subject, written for children and youth, that are available at the Edmonton Public Library. One book that provides explanations about various disabilities by asking the child to imagine that he or she is a person with the disability and provides experiments that help the child understand how it feels to have a disability is "What If You Couldn't ...? A Book About Special Needs" by Janet Kamien. Another good book that allows your child to meet children with disabilities and learn about their experiences and feelings, is "Feeling Free" by Mary Beth Sullivan, Alan Brightman and Joseph Blatt.

Many T.V. programs and movies have a character with a disability in the story, and talking with your child about both the show and the character provides an opportunity to discuss disabilities. A word of caution though ... Be aware of how the character with a disability is depicted. For instance, are there stereotypes depicted like the disabled person as pitiful or helpless, the blind man with a cup, or the disabled person as incapable of participating in everyday life. Being sensitive to these and other negative stereotypes is important and something to be shared with your child. Remember that the disabled character in a movie, T.V. show or book should have a rounded personality and we should also see his/her strengths and successes as those of all other characters. By creating this sensitivity within your child you will also decrease the chance of him/her sharing jokes or stories in which the disabled person is the butt of the jokes.

The key to helping your child develop positive attitudes towards the disabled is to keep in mind that no matter how different people may be, they are mostly very much the same, and that there is more than one way to do almost anything!

— Suzanne Norris —

Suzanne Norris is the Special Services Director at the Edmonton YWCA and graduate of the University of Alberta Recreation Administration/Leisure Studies program.

Parents Learn To Play

Where can one find chocolate pudding to paint with, edible (peanut butter) modelling clay and a puffed wheat "sandbox"? No, it's not a new concept in fast food retailing — it's the YWCA's "Creative Play for Babies" class!!

Here, infants (aged 8-16 months) and their parents are provided with various opportunities to play, explore and learn together. Each class deals with a different aspect of infant development (i.e. gross motor activities, fine motor and sensory skills). Along with the activities, which range from "peek-a-boo" games, balancing and crawling ideas to water play, music games, paper play and manipulative toys, come a wonderful selection of printed handouts.

The underlying goal of 'Creative Play for Babies' is to provide parents and children with an opportunity to socialize while learning. Many of the activities can be transferred to a home setting — using materials on hand in any household.

The early years need not be hum-drum and monotonous. After a couple of sessions of 'Creative Play for Babies' the possibilities for fun are endless. Your trash is your child's treasure!

— Susan Carberry —

Young Children Studied

The Pre-school Leadership Course offered by the YWCA each fall is a prime example of how a small seed of an idea blossoms into a full-grown plant. Things tend to go that way around the Edmonton YWCA ...

The course was initially conceived by myself as a way of providing in-depth, in-service training for new child care staff. When searching out sources of funding for workshop leaders, we found that other community groups were also interested.

Alberta Recreation and Parks co-sponsored the course the first two times it was offered. I then initiated a liaison with Edmonton Parks and Recreation, who have provided funding for the last three sessions, as well as the upcoming session due to start September 25 this year.

The group participating in the course has changed over the years as well. Initially there was a large percentage of YW child care staff and a few outside participants. Due to low staff turnover here in the YW Child Care Department, the group now consists primarily of individuals from other groups (pre-school leaders, day care workers, parents) and a few new YWCA staff.

The element that has remained constant throughout the four and one-half years of the course, is our goal of providing a high quality level of instruction. The course is a starting point, acting as an orientation to the topics and issues relevant to those working with young children. The Pre-school Leadership Course may provide only a taste of the Early Childhood field, but that taste is gourmet quality!

The workshop leaders are chosen for their expertise and dynamic presentation of subject matter. This is a participatory course, so many opportunities for 'hands-on' experience are provided — whether experimenting with finger paint and glue, jumping on a trampoline or singing songs and playing rhythm instruments.

The course aims to strike a balance between practical ideas and current theories of Early Childhood Education. Each session varies slightly from the previous one in response to participant evaluation. New items in the upcoming session include a 'New Games' night and a presentation by the Alberta Milk Foundation on Pre-school Nutrition.

The satisfying aspect for me, as Course Coordinator and Workshop Leader, is the positive response of the participants — about 180 over four years! Even more rewarding is the fact that some participants have used the

YWCA Pre-school Leadership Course as a stepping stone to Grant MacEwan College and its two year Early Childhood Development Program.

This process will indeed bear fruit this fall when Lorna Fontaine, a recent Grant MacEwan graduate takes on a supervisory role in our four and five year old child care room. Lorna took the YWCA Pre-school Leadership Course in the Spring of 1984.

The next YWCA Pre-school Leadership Course will be offered September 25 to December 11, 1986 (Thursdays, 6:30 - 9:00 p.m.) at the YWCA. The registration fee is \$65, and advance registration is required.

All present or prospective day care workers, pre-school recreation leaders, parents or other interested members of the public are welcome. For further information call Sue Carberry/Carol Mennie at 423-9922.

— Susan Carberry —

Sue Carberry is Assistant Editor of 'Contact' and YWCA Child Care Program Director. She has an active interest in young children and the provision of quality care and development opportunities for them.



ESPECIALLY FOR YOUR FAMILY ... THIS FALL AT THE YW FOR PARENTS AND YOUNG CHILDREN:

- Creative Play for Babies
- Splashercise
- Babyfit
- Preschool Aquatics
- Preschool Gym and Swim

Spring Follows Winter ... YWCA Bereavement Services

Bereavement Education Helps in Adjustment

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 structuring their lives to live as a single person after the death of a spouse. Dealing with grief, financial management and developing new relationships are among the many concerns of widowed individuals. The YWCA 'On Our Own' Bereavement Resource Centre was established eight years ago by Lynn Rock and a concerned group of volunteers to assist widowed persons in this adjustment.

The 'On Our Own' Bereavement Resource Centre includes a resource library, offers workshops and seminars on subjects relating to widowhood and coordinates several groups who meet regularly to discuss concerns and provide support. Drop-ins and special social events are also often organized by members. Volunteer peer counsellors, individuals who have been widowed, are available to assist others who have lost their spouses.

Group members come from a wide variety of backgrounds. Some are young adults (over 4,000 Edmonton single parents are widows), while others are retired. One in five widowed individuals in Edmonton is male, a smaller proportion than the Canadian average.

Further information about the 'On Our Own' Bereavement Resource Centre may be obtained by calling Bridget Smyth at the YWCA — 423-9922, weekdays.

Information about other bereavement education and support programs for individuals who have experienced the loss of a friend or family member through death is available by calling AID at 426-3242.



"ON OUR OWN"

Some Suggestions For Coping With Loss

Physical:

It is easy to overlook the physical side of grief, however, it is very real and bears attention. This is a time when one can be very susceptible to illness.

- Lack of appetite is common — eat lightly even if you don't enjoy it.
- Sleeplessness is common — take naps during the day or rest periodically. Use the long nights to write or work on a hobby.
- Exercise — go for walks — it will help you sleep, eat and function better.
- Don't suppress tears; it is healing to cry.

Emotional:

While grieving, your emotional life may be unstable.

- Don't be afraid to accept help. People usually want to help and will respond. Sometimes you will need to ask for it. Needing support and company is common and does not mean you will always be dependent.
- Someone who has survived a similar experience may be helpful. Sometimes it seems that family and friends do not understand.

Intellectual:

Impaired memory, concentration and articulation is common. It may be more difficult to communicate with others. This is temporary.

- Avoid making major decisions within the first year unless necessary.
- Don't leave control of your life up to others, but seek advice from someone you trust.
- Know that there is a 'grief process' and that it is normal to experience conflicting emotions.

Spiritual

If you have a faith, it may be weakened or strengthened. You may feel a paralysis of the spirit. You may be in danger of yielding to despair through suicide. If this may be true, seek help immediately — call a friend, professional or the suicide prevention number.

- Read, meditate, probe your faith. You may arrive at a deeper understanding of your purpose in life.

— Bridget Smyth —

Bridget Smyth is the Director of the Edmonton YWCA 'On Our Own' Bereavement Resource Centre and has worked as a Social Worker in several health care facilities.

Grief — How To Help

Have you ever felt helpless when attempting to console a bereaved friend or family member? Consider the following:

- A helper must be sensitive enough to watch carefully and listen permissively. This sensitivity will enable a grieving person to clearly express true feelings, honest reactions and identification of needs.
- At times words are superfluous, and all that is needed is the helper's presence.
- A grieving person needs time, patience, encouragement, reassurance and genuine caring from a helper. She also needs time alone.
- A helper cannot remove the pain of grief, but instead can initiate regular contact which provides ongoing emotional and social support.
- Family members often try to take each other's sorrow away or bear each other's sorrow. This only delays the process of resolving the loss.
- A helper must try to accept without censure or judgement all thoughts and feelings, no matter how irrational they may seem.
- "oughts" and "shoulds" and other forms of advice-giving are not helpful, especially during the beginning stages of grief.
- Preoccupation about one's ability to help may prevent effective helping. It is important for the helper to express caring in her own unique way.
- If the helper is also grieving, she must respect her own needs and may find it difficult to console. There is some danger in comparing whose loss or suffering is "worse".
- When a helper's own emotions are upset by consoling, honest expression of her own feelings may be necessary.
- The helper must also express her own limits, communicating when she needs a break.

YWCA 'On Our Own' Bereavement Resource Centre ...

The YWCA 'On Our Own' Bereavement Resource Centre offers the following services to widowed persons:

- **Individual Counselling and Referral.**
- **'Living Through Loss' Group** — 8 week structured program, dealing with the grief process.
- **'Challenge of Being Widowed' Group** — drop-in group involving informal discussions related to grief.
- **'Self Help for Life's Changes'** — members share responsibilities for organizing and facilitating group activities — focusing on independence.
- **'On Our Own' Library** — materials dealing with loss and life planning.

Bereavement support services for persons other than widows/widowers available upon request.

The YWCA 'On Our Own' Bereavement Resource Centre is supported by the United Way. Funds provided by New Horizons, Health and Welfare Canada have also helped in the development of the Centre.

Grief Follows Pattern

The process of grief is complex and varies from person to person. Lifelong patterns of coping with stress appear to be related to grief reactions and adjustment, however, grief work must take its own expression and proceed at its own pace. It may begin immediately or be delayed. Grief usually manifests itself in stages.

Shock/Denial:

When someone dies, even if the death is unexpected, there is always a feeling that it hasn't really happened. It is common and normal to hope for a reunion or to assume that the deceased is not gone. Some people refuse to believe that the death has occurred, while others never go through a prolonged stage of shock and are able to express their emotions immediately. The first task of grieving is to face the reality, that the person is gone and will not return.

Disorganization/Disorientation:

All aspects of the grieving person's life may feel uprooted and therefore, many thoughts and actions may be confusing to both themselves and others.

Pain/Emotional Release:

When feelings first emerge, they may be muddled or overlapping. Not everyone experiences the same intensity of pain or feels it in the same way. Absence of tears does not mean absence of grief. Some people may need permission to cry — this is particularly true in our culture. It is healing to cry. Common grief emotions are: anger, quiet, sadness, regret, remorse, sorrow, depression, emptiness, worthlessness, hopelessness, self-blame, despair, 'if only'. Many of these feelings are a necessary part of the grief process. The grieving person must go through them in order to get beyond them.

Withdrawal:

The bereaved person may withdraw from social relationships for a while. Interaction can be painful for two reasons:

1. the death is often ignored which therefore, minimizes the depth of crisis;
2. the bereaved person is bombarded with condolences which can be overwhelming.

CONT'D PG. 8

I am a widow. I am 33 years old and he was 36 and we had our whole lives ahead of us. But now he is dead and nothing is the same. The following was written in March, only a month after his death, as an attempt to explain the intensity of emotions I was feeling to my family and friends.

Thoughts on Good Friday, March, 1986

People, talking, laughing, drinking coffee
People asking who are you/what are you?
A parent, a teacher, a hospital worker
How interesting, they say with a face pulled from a bag.

I feel a boiling, a seething, a trembling
Let me out, it is screaming.
Quiet. You'll ruin the party.

Now we're winning the game.
So, how did the doctors treat him and you?
No! He is dead! It doesn't matter anymore!
They were good and bad, comes the answer.
We discuss what sort of things can be done to improve the system.

Fill out the form, the same as all the other forms.
The form is to write a cheque, rent a house, to get insurance money.
I have to fill out these forms.
I write "widowed". I write "retired".
My insides want to come outside.
He is dead! They are screaming! Tell them it is horrible!
Write the form. Put down the pen. Ask the question. Turn and walk away.

Driving the car, watching the lights, the traffic, the signs.
Underneath something is saying "crash the car".
No, my other self says. Live. It must get better.
It can't be like this forever.
I will wait a little longer to find out. There is much I can do.
Important things.
I can help someone who has nowhere to turn to.
I can help myself.

I hear sounds, I see things, I watch the TV show, I talk on the phone.
Writing thank you notes, cleaning up, making the bed, petting the cat.
Always, always, always, never-ending, going on and on and on and on
An entire, complete world — conversations with the dead
Fear of the future, living the immediate past, missing him.
Solitude.

The pain in my heart, the bleeding from the hole his dying made in me
The constant headache, the nausea, the dizziness, tenseness in my neck and back
Swirling underneath the surface, ready to explode like a volcano
Grieving, such heavy, hard work, such an intense mass of emotions
No matter how the surface seems, it is always underneath, ready ...

I want you to understand, but I am afraid
If you know the truth, you will say "she's crazy"
And you will stay away from me in case it is contagious. Or you will think that you are not able to help me.
Perhaps you will believe that my pain is out of your league.

Death: A Family Perspective

Death:

*We do not like you not at all.
But we will learn to live with you now that
you have intruded into our lives.
You are powerful.
Your stormy winds have buffeted us but you will
never defeat us.
We will face you.
Lean into you.
Storm back at you ...
and find our own strength.
"We will mend and change and grow and
reshape our lives ... until ... one day you will be a memory
with which we can live and "we will taste Joy again!"*

Author Unknown.

This poem, given to me by a friend, aptly describes my family's and my grief.

Five years have passed since death intruded into our lives. Death is powerful and unjust. It engulfed us with denial, anger and depression. In one moment death changed our lives, never to be the same again. I was not ready to walk alone, to be a single parent ... a widow. Neither were our children prepared to accept the change of roles, the added responsibility, or the pain of grief.

But if I don't tell you the truth, my dual-reality,
Then perhaps you might think that I am angry with you.
And that is why I stay away from you, and away from the world.
I am angry, but not with you. I am angry with everything!
The unfairness of Herb dying when I loved him so much.
I am hurt, and sad, and full of rage, undirected,
So sometimes you might feel that it is being directed at you.

I cannot hope to ever fully explain to you how totally black
How totally alone, how physically depleted, how psychically tired I am.
But I want to try.
This is my reality. This is not a joke! Yes, it is that bad!

Distractions do not take away my other world inside of me.
If I need distractions, I will go and ask for them.
Sometimes I do need those things.
But do not ever think that Herb's death is not on my mind.
He has died but he has lived, too. Please talk about him to me.
He was your friend and he died, but please do not kill him
In your memory, too.

It is not too painful to be reminded of him.
I seek out reminders, now, for it is all I have left.
It is very painful to feel that his name cannot be mentioned anymore.
That hurts like hell.

My wound will heal, although slowly. It never will be completely whole.
A part of me has died with Herb's death. That piece is gone forever.
I will never forget him, even though the memories will fade in time.
And I will never forget this pain.
I have paid taxes with my soul.

That was written only 4 months ago, although it feels more like years. I have accomplished much in that time and now feel I am preparing myself for a new life. The support of the YWCA 'On Our Own' group has been invaluable to me. The members of that group I could count on to listen without judging, to understand the pain and aloneness. The 'On Our Own' group was, and is, my port in the storm.

I hope to be able to help someone else, as they helped me. It really is true that a joy shared is a joy magnified and a sorrow shared is a sorrow halved.

— Lisa Heinlan —

Lisa Heinlan is a member and active volunteer in the YWCA 'On Our Own' Bereavement Resource Centre.



"ON OUR OWN"
resource centre

But, together with the love and encouragement of family, friends, community and a Pastor, who taught us to celebrate Manley's life, we were able to face the storms of our grief. To all of you, we thank you for being with us on our road to recovery and acceptance.

We have all changed and grown through our grief. The mending has been long and hard, as I believe a part of each of us died too. Death forced us to search for and find strengths to face the future positively. I rely on the fact that we have faced death, therefore we have the courage to meet all other obstacles.

One of my greatest fears, was how was I going to raise these children alone. Our goal as parents was to provide a stable and loving home to raise our children to responsible young adults. I work toward this goal alone now and the pain I feel for them is what I know they are missing. I try to make each event in their lives special so that they may store loving memories to shield them during future storms.

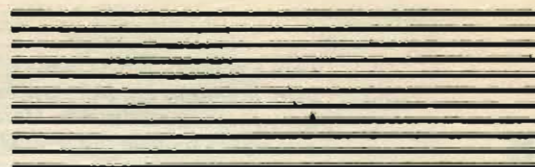
As a widow I am reshaping my life. A part of that reshaping has taken place by my working with the "On Our Own" Bereavement Program at the YWCA which allows me to give back to the greater community the love and support my family and I have received.

Thank you for allowing me to share a part of our lives; our grief and the price we have paid for loving.

— Sharon Endicott —

Sharon Endicott is a member of the YWCA 'On Our Own' Bereavement Resource Centre and is a part-time YWCA staff member.

Connections: Worldwide



New Thai Youth Programme in Refugee Camp

In the closed and overcrowded camp of Nakhon Phanom at the Laotian border, life for many people is a monotonous sequence of boring days, waiting for the time — if it ever comes — when they will be accepted by a third country for resettlement. It is especially difficult for young people to cope with forced idleness for months and years. Anxious about their totally unknown future, with nothing to do to fulfil their present, many young refugees develop mental problems or face social conflicts and some turn to prostitution. Deeply concerned about the situation, the YWCA of Thailand, which is running programmes for adults and children in the camps, consulted the camp authorities, government officials, UNHCR and the Laos refugee committee about starting youth activities. In August 1985 programmes of sports, games and music began. Young refugee leaders have been identified to run the programmes, attended by some 100 youth twice a week.

Philippines: Y-Teens Gaining

The attempts of the Manila YWCA to launch Y-Teen clubs in city secondary schools are paying off. More than 300 Y-Teens joined in mass induction ceremonies in four districts in mid-August, according to Virginia Peralta, staff member of the Manila YWCA and participant in the World YWCA Young Leaders' meeting in Nairobi in July. Other Manila YWCA activities have included a sportsfest, leadership training seminars and a summer work camp at Baguio.

New Zealand YW Educates Voters

In New Zealand, the Auckland YWCA recently offered an eight-week course in women and local government to encourage women to stand in local body elections in 1986. The course was open to women interested in learning more about the functions of local government councils, boards and ad hoc bodies; their rights as ratepayers, and voting effectively. Enrolments were limited to 15 participants to encourage maximum group participation. Lecturers for the informal programme were mayors and other women involved in local government. The course was widely advertised through the press, city councils, libraries, places of work and the like.

Pakistan

For a small organization of Christians in an Islamic state, the YWCA of Pakistan, through its branches in Lahore, Karachi, Rawalpindi, Peshawar and Sialkot, has a surprising number of activities and a good reputation. Its nursery and primary schools help meet a need for education which the State is hardpressed to satisfy. Its hostels are in great demand in a country where young women rarely live on their own. Its seminars on such topics as dowry, marriage law and peace keep members abreast of current issues in the country. But it is the YWCA community work, subsidized in part by the schools, which is particularly appealing.

In the Korangi Area of Karachi, the YWCA is working together with the Pakistan Voluntary National Health organization in a programme of primary health care and income generation (the women make candies, soap, pickles and jams).

In Saidpur, a poor village tucked away off the main streets of Islamabad, the YWCA of neighbouring Rawalpindi has begun a programme of health and religious education, both requests of this Christian village of sweepers. In Chirawan, another Christian village, this one outside Lahore, the YWCA will start, in conjunction with a religious books society, a programme of primary health care, adult education, sewing and cutting, and religious knowledge. As elsewhere, this new programme begins after long conversations with the villagers as to what they want.

Women's Rights in Brazil

In Brazil, YWCA members are greatly interested in the drafting of a new constitution for the republic, which will underpin the country's democratization after more than 20 years of dictatorship, so reports National General Secretary Edelmira Castillo Carvacho. In Curitiba, Faria de Santana and Rio de Janeiro, local branches or their youth clubs have organized debates about women's rights and made recommendations to the authorities for changes; as has the National Board.

In her annual report to the National YWCA Board, President Elcy Silva Batista asked YWCA members to make their voices heard and to take part in the work of convening and installing the national constituent assembly to develop the constitution. Brazilian working women lack full rights, she said, citing differences in salaries, discrimination against married women, pregnant women, and older women with many children, and the lack of nursery schools in workplaces.

Greece: Children's Libraries Adapt

The YWCA's children's libraries, which were started in 1979, International Children's Year, continue to develop and change with the times, according to a YWCA report. The libraries have the advantage of not being rooted to any one place; they can move to new areas as new needs arise and as they are replaced by other public or private libraries. The libraries, 15 in all, have special programmes to sensitize children to social problems and to preventative health. Some of them have educational groups for mothers and elderly people.

Lately the libraries have been promoting programmes for "marginal" children of refugees or migrants who have returned to Greece. In Thessaloniki they are deaf and mute children. In Rhodes the library is bringing together children of workers and wealthier people, and in Xylageni, the library is encouraging children and old people to come together. Each library is also acquiring a fresh supply of books on the problems of marginal groups.

— "Connections" YWCA of Canada Cooperation for Development Newsletter —



The Bangkok YWCA shares more than just a common name with our local YW.

The YWCA is located within easy walking distance of Bangkok's main tourist attractions.



There's a tourist agent on staff at the YW to organize tours and arrange activities for visitors.



YW People



RESOURCE DEVELOPMENT DIRECTOR APPOINTED

Hal Hoare has joined the staff of the Edmonton YWCA as Resource Development Director. Hal graduated from Northern Illinois University (B.Sc. in Social Science) and Indiana University (M.S. in Higher Education). He has worked extensively with post-secondary educational institutions in both student affairs and resource development roles. He is a former Director of Alumni

Affairs at the University of Calgary. Training Director for the Alberta Museums Association and has worked in The Career Development field with Alberta Manpower. Most recently Hal has developed the new Non-Profit Management and Fund-Raising Management Programs at Grant MacEwan College and will be coordinating the college's major 'Fund-Raising' Conference this year.



IN MEMORY:

Former Edmonton YWCA Executive Director, **Estelle Amarón, C.M.**, recently passed away on her 87th birthday in Toronto. Miss Amarón served the Edmonton YWCA from 1961 to 1964 and was a Life Member of the Association. She was well known in World YWCA community, having travelled and worked in many countries. In lieu of flowers, a donation to the YWCA of Canada Cooperation for Development Committee, 80 Gerrard Street, East, Toronto, would be appreciated.

YWCA/Edmonton Journal Sponsor Half Marathon

What's not quite a marathon, but twice the fun?

The YWCA and the Edmonton Journal are co-sponsoring a half-marathon to take place 9:00 a.m., Sunday, September 14, 1986. Presenting a greater challenge (than the 10 km) to the more serious runners of the city, the half-marathon event has been selected as a special event for its 'novelty and excitement'. The proceeds of this competition will go toward the installation of a new gymnasium floor for the Edmonton YWCA.

As the race begins, the runners will move from the YWCA, flowing through the downtown area and along Ada Boulevard. Returning to the YWCA, it is expected that most participants will complete the 21.08 km course in approximately two hours.

Ann Makin, Coordinator of the event, anticipates that about 300 athletes will compete for medals and cash awards totalling \$1,000. Draw prizes to be awarded include a tour of the Fiji Highlands, trips to Ottawa, Vancouver, Lake Louise and a weekend for two at the Banff Springs Hotel. Commemorative t-shirts will also be distributed to each participant.

In addition to the race itself, half-marathon training sessions will be held for those interested to learn and implement training principles and techniques for long-distance events. Five, one-hour sessions will cover topics such as proper warm-ups, attaining mental readiness, as well as preparation and pacing for the run.

While this is the first event of this type which the YWCA has organized, it is hoped that it won't be the last. Says Ann, "we're really looking forward to making this an annual event."

For more information regarding this event, contact Ann Makin, 423-9922 or pick up an entry form/brochure at the YWCA.

— Jennifer Bailey —

1st Annual YWCA/Edmonton Journal Half Marathon Sunday, September 14, 1986



Entry Forms:
YWCA 10305 - 100 Ave. Edmonton

Information:
Ann Makin YWCA 423-9922

YWCA

The Edmonton Journal
Jumping in the spirit

Leaders Train For Fitness

YWCA Fitness Leader Training programs equip fitness enthusiasts with the tools to guide others in their pursuit of life, liberty and lean.

The YWCA Fitness Leadership course is, according to Assistant Physical Education Director, Gina Geres, "the most thorough of its kind in Edmonton". Each course is taught by two instructors holding University degrees in the physical education field. Jenni Coombs, the YWCA Physical Education Director, currently teaches the program which was initiated in 1980, and along with one assistant, offers the program three times per year. While as many as 200 applications have been received for one training session, only twenty may be accepted.

The participants, most often already involved in a fitness program, achieve through this course both the Alberta Fitness Leaders Association and the YWCA of Canada Fitness Leader certification. Later, teaming up with a certified fitness leader, the student prepares lesson plans while gaining the experience of teaching various stages of the 8, 1 hour periods, as well as completing seven hours of volunteer instructing. An 80% final grade exam and the completion of CPR Heartsaver and First Aid course are the final hurdles in achieving the certification.

The Get Wet! Get Fit! program, the aquatic cousin to the YW Fitness Leadership Course, is recognized by Alberta Parks and Recreation as a recommended requirement for those wishing to teach Aquatic Fitness in the province. YWCA Aquatics Director, Katherine MacKeigan, leads participants through topics such as exercise physiology and anatomy, and aquatic body shaping and strength training. Following the completion of the 21 hour course, the participants are also assigned to eight to ten hours of practice teaching sessions.

Interested? The next aquatic fitness leadership program begins the last week of September; the next land fitness leadership session operates September 22 to December 1. (Deadline for applications is August 15). For further information regarding the YWCA Aquatic Fitness Leadership Course call Katherine MacKeigan and for details regarding the Fitness Leadership Course call Gina Geres/Jenni Coombs at 423-9922 weekdays.

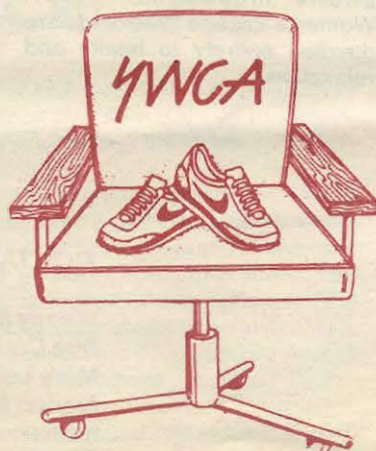
— Jennifer Bailey —

Fitness Takes New Shape At Work

A recent Canada Fitness survey found that the largest stated obstacle to not exercising was no time due to work pressures. The average working Canadian adult spends more than 2000 hours annually involved in work-related activity. This figure is likely conservative when applied to individuals such as homemakers. A need for convenient fitness options, easily accessible to a variety of lifestyles has evolved. YWCA fitness programs meet the challenge of providing a wide range of such opportunities.

A worksite fitness program, which invests in the healthy lifestyle of employees, brings dividends to both the individual and the employer. Employee Fitness programs often enhance morale, improve productivity, and decrease accidents and absenteeism. Participating employees are generally able to deal with stress more effectively and physical exercise is known to help reduce anxiety.

YWCA 'On The Job' Fitness Service can provide worksite fitness classes for groups of fifteen or more employees. Fitness testing is also available upon request. For the past seven years, large and small business, hospital, school and government workers have all enjoyed the convenience of noon hour and after work YWCA classes in their place of employment. Similar programs can be made available in apartments, churches and community halls upon request to groups of individuals who wish to provide their own neighbourhood facility. For further information contact Ann Makin at the YWCA, weekdays — 423-9922.



Squash 'N Bosh

Squash 'N Bosh. An old Hungarian recipe? An ancient pagan ritual?

If Webster were with us he would most certainly remind us that squash, a game played in a walled court with racquets and a rubber ball, may be the perfect complement to a bout of bosh (nonsense, that is!).

What better a combination?

The First Annual Squash 'N Bosh will be held Saturday, September 27, 1986 at the Edmonton YWCA.

Celebrating the YWCA's newest addition to its facilities — two new squash courts — this co-ed team squash tournament is a great opportunity for beginners to try out the sport, for experienced squash players to meet new partners, and for all to have a great time!

Players will be assigned to teams of four members, each team consisting of one player from each of four skill levels, from novice to advanced. The 'squashing' will commence at 9:00 a.m. and continue until 6:00 p.m.; thereafter, the 'boshing' will continue in the form of a social, until 8:00 p.m.

The new YWCA squash facilities have been constructed to replace two former racquetball courts, and will be available to squash enthusiasts by the beginning of September. The hours of operation will match those of the remaining racquetball facilities — 7:00 a.m. to 11:00 p.m., daily, at a fee of \$8.00 per hour.

The deadline for Squash 'N Bosh entries is September 19. For more information on the event, contact Margot Ross at the YWCA, 423-9922 (weekdays).

— Jennifer Bailey —

Food for Thought...

Teens Turn Gourmet

"The YWCA certainly filled a need for my son this Spring", a bridge partner of mine enthusiastically told me recently. Apparently her teenager, who loves to cook, was anxious to learn more about cooking and had not been able to find an opportunity to do so until the Y offered their first "Teen Cooking Class" in May. Eleven other teenagers, including two with special needs, also participated in the classes after school from 4:00 - 5:30 p.m. for six Tuesdays from May 6 to June 10. The home economics room at Kenilworth Junior High School was the scene for all this activity. The evaluations completed at the end of the session indicated all the students were as enthusiastic as my friend's son and anxious for more classes in the future.

A study by Bonnie Hruschak, a practicum rehabilitation student from Grant MacEwan working with Suzanne Norris, the YWCA's Special Services Director, identified a need for an after-school activity where teens of all abilities could participate together. Suzanne chose cooking as an activity that all young people enjoy — especially the sampling of their final product. To grab the

attention of teenagers, appetizers, snacks and munchies were chosen as the theme for the Spring session. This proved to be a popular choice and well within the capabilities of all the teens. The students enjoyed making and eating such finger-licking delights as nachos, salsa, potato skins, deep-fried wontons with plum sauce, sweet and sour chicken wings, deep-fried veggies with dip, and pita pocket sandwiches. Some of the recipes used are included at the end of this article. All participants wanted more classes and suggested themes such as Chinese and International Cuisine and what else? desserts! Plans are underway to offer another session this Fall — probably with an International Cuisine theme.

Although the original intention was that the class would consist of five non-handicapped teens and five teens with special needs, only two teens in the latter category enrolled. It is anticipated that this Fall the enrolment will be more balanced. Suzanne Norris says the inter-relationships in the class and the understanding and insight gained from working together is as important a part of the program as the cooking and recipe-reading skills developed. Before the classes ended in the Spring session, telephone numbers were exchanged and presumably some continuing friendships established.

— Betty Mullen —

Betty Mullen is an Edmonton Home Economist and has been an active YWCA volunteer for many years.

FOR TEENS...

New This fall are YWCA Teen Programs including Aquafitness, Jazz Dance, International Cooking and Swim Lessons. Teens, 15 years and older are also welcome in adult classes.

Call us for your free Fall '86 YWCA Course Catalogue! 423-9922

Nachos

Tortilla chips — set oven at 350°F
1 cup shredded cheddar cheese — spread on cookie sheet
½ cup chopped green onions — sprinkle on each chip
½ cup chopped tomato — sprinkle on top
Jalapeno peppers
Bake at 350°F for 10 minutes or until cheese is melted. Serve with Salsa Sauce for dipping.

Salsa Sauce

1 cup canned tomatoes
¼ chopped green pepper
¼ cup chopped onion
½ tsp garlic powder & ½ tsp salt
3 jalapeno pepper slices (or more, if desired)
Blend all ingredients in a blender or with a beater (or chop very finely). Pour into a saucepan and simmer for 10 minutes over low heat. Cool.

Potato Skins

3 medium potatoes, baked and cooked
4 slices of bacon, fried crisp and crumbled
3 tbsp. butter, melted
½ cup shredded cheddar cheese
¼ cup green onions, chopped
¼ cup sour cream
— set oven to 350°F
— cut into lengthwise sections — scoop out some of potato with a spoon, leaving the shell.
— brush butter on skins. Bake for 10 minutes.
— sprinkle on bacon, cheese and green onions and bake about 5 minutes (until cheese melts)
— Serve with sour cream for dipping.

CONT'D FROM P4

Renunciation:

This involves psychologically 'letting go' of the deceased person — releasing the emotional/psychological dependencies that have developed during the relationship. Many people misunderstand this concept. They think that if they withdraw their emotional attachment, they are somehow being disloyal to the memory of their loved one; but they are not, for 'letting go' does not mean forgetting the special feelings and treasured memories.

Resolution and Readjustment to Reality:

This comes gradually but the scar of grief remains. There will be times when the grief stages reappear, even though the bereaved person may think it is 'all over'. However, relapses occur less frequently as time goes by and fewer incidents trigger reactions. A reliable measurement of completion of the grief process is to be able to look back on the grieving in an evaluative way, to recognize new strengths, and the ability to face pain and death.

— Bridget Smyth —



Kim Savard, YoWoChAs Centre Program Director and YWCA Women's Escape Weekend group enjoy the waterfront facilities.



Get Away On A Budget

Whispering leaves, swaying trees, the quiet lapping of water on the shore ... a scene from 'Fantasy Island'? Not really. But it is a typical setting at the YWCA YoWoChAs Centre, 80 km west of Edmonton. An up-coming episode, however, will be particularly unique. Starring, are 35 women of all ages who will gather here on September 19, 1986 to devote three days to 'self'. No kids, no dishes, no phone messages. YWCA Women's Escape Weekends are devoted entirely to health and relaxation.

As the weekend nears, we find Kim Savard, YoWoChAs Centre Program Coordinator and Jenni Coombs, the weekend's leader, reviewing the script which will lead the women through optional aerobic, bodyshaping, massages and relaxation sessions, as well as lectures, group discussions, and lots of free time to hike, canoe, read and sleep.

Located on Lake Wabamun, YoWoChAs Centre, the YWCA's 48 acre, wooded site, includes a modern lodge and residence trail system, and waterfront area to allow for participation in a wide range of outdoor activities, as well as a Saturday night social.

Fantasy Island? Well, maybe ... For women only!

For further information about the weekend, call Kim Savard at 423-3811 or YWCA Registration at 423-9922 (weekdays).

— Jennifer Bailey —

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