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YWCA Honours Seven Outstanding Edmonton Women



June Bhattia



Betty Mullen



Mable Sheppard

The YWCA's Tribute to Women Awards dinner was an outstanding success. Close to 400 attended the event May 6 at The Westin Hotel when CBC TV journalist Ann Medina was the guest speaker.

Medina's presentation, entitled "Just Do It" was not a feminist call to action but more of an invitation to both men and women to set themselves a goal, something they feel strongly about and to start attempting to reach it.

She said so many women get bogged down with the perceived obstacles and don't get beyond the wishing state.

Others, like the seven Edmonton women honoured at the dinner, have a strong commitment to a particular course and have excelled in it. Although many will not come close to these achievements, it is not the winning that is important but the "going out there and using your talents and skills to do something you are committed toward," she said.

All the winners were present at the dinner. Many expressed "surprise and pride in being honoured by the Edmonton YWCA." Each received a specially designed and engraved sterling silver bracelet.

The winners:

Arts and Culture: June Bhattia and Anne Burrows (co-recipients) June Bhattia's name is not necessarily a household word here in Edmonton, where she has lived for the past thirty-five years. But as author Helen Forrester, her books are known and loved by millions of readers worldwide.

Four of her novels are frankly based on her own experiences while growing up in the slums of Liverpool. Out of her poverty-stricken youth, she has fashioned stories that give readers insight and understanding into the lives of the poor.

Teacher, critic, volunteer: throughout her life **Anne Burrows** has used her musical talents and intelligence to enrich the community's cultural life.

Along with her musical talents she developed a high sense of public duty. Anne has served as president of both the Edmonton Chamber Music Society and the Alberta Regional Music Teachers Association. She was founder and chairperson of the Alberta Division, Canadian Music Competitions and currently chairs the Angela Chang foundation, to promote and support talented young Edmonton musicians. Through her soon-to-be-published book, *Music Through Braille*, Anne hopes to help blind children become integrated into mainstream school classes.

Which brings us to another facet of Anne's achievements: her own blindness. Instead of living in a world circumscribed by lack of sight, she has lived her life with such harmony, strength and coherence that one cannot, in truth, speak of barriers.

Community Service: Betty Mullen

Betty Mullen has given unceasingly of her time and talents to the community of Edmonton for more than twenty years.

She has also been active on behalf of the Edmonton YWCA. Her many contributions have included serving as a member and president of the board and as a member of the Economic Resources Development and Building

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Committees. She has worked extensively on fundraising for both the Edmonton YWCA and its YoWoChAs outdoor centre.



Alderman Lance White congratulates Bettie Hewes on winning the Public Affairs and Communications award.

Public Affairs &

Communciations: Bettie Hewes

As a volunteer and as an elected representative, Bettie Hewes has provided leadership and public service to Edmonton for the past thirty years.

Bettie is currently a member of the Alberta Legislature, representing Edmonton Gold Bar. As such, she continues to exercise her skills, her experience, her intelligence and her compassion on behalf of the people of her community and her province.

Business, Industry and Professions: Catherine Anne Fraser

Catherine Anne Fraser combines a busy law practice with a longstanding commitment to public service.

As a partner in the law firm of Bishop, Lucas and Fraser, she has created a highly successful practice in corporate, commercial, real estate and labour law.

At the same time, she is active on a broader scale. She currently chairs the Public Service Employee Relations Board. She has been active on many committees, among them the Univer-siade '83 Legal Committee, the Citizen's Appeal Committee for the City of Edmonton (on which she served as vice-chairman), and the

South Side Citizen's Appeal Committee.

Health, Sciences and Social Services: Mable Sheppard

Mable Sheppard's heart is big enough to accommodate any number of children. As a foster parent she has cared for more than four hundred children - many of them among the most disadvantaged in our society.

Mable always offered to care for disadvantaged, hard-to-place youngsters. Spinal bifida, deafness, blindness, fetal alcohol syndrome, retardation, neglect, abuse - whatever handicaps children suffered from, she welcomed, cared for, loved and encouraged them all.

Athletics, Recreation and Fitness: Susan Nattrass

Susan Nattrass is not only a world-class athlete whose achievements make her fellow Edmontonians proud, but also someone who works in all three areas of this award - athletics, recreation and fitness - to enrich our community.

As a coach of individual and team sports with an undoubted knack for teaching, she has moved many individuals towards her own goal of perfection. As an academic scholar studying theoretical aspects of motivation and achievement, she has focussed psychological and sociological theory on sport as a cultural activity. As a media commentator (both in newspapers and electronic media), her vivid interpretation and analysis of sports events help all of us understand and participate in them.

YWCA Board Member - Marion Brooker

In March, 1987 the YWCA Board of Directors adopted a new mission statement:

"The Edmonton YWCA is a non-profit voluntary association. Sensitive to community needs, staff and volunteers strive for the improvement of individuals enabling them to reach their full potential in body, mind and spirit."

Although each board member is committed to achieving the goals of this statement, they bring many varied skills, both personal and professional, to the task. One such volunteer is Marion Brooker. Married 32 years this summer, Marion has four children, Catherine, Kyrsten, Ian and Delphine and two grandchildren, Daniel and Sarah. While her children were growing up she did freelance writing for radio through the Department of Education and the Access network. "This was ideal as I was in my home and could control how many or how few assignments I accepted," she says. Marion is currently chairperson of the 80th Anniversary Committee and in April, 1987 became the 1st Vice President of the YWCA Board. She also weaves and enjoys travelling. She took a few moments recently to talk about why she became involved with the YWCA.

Question: Why did you become involved with the YWCA?

Answer: As a teenager in Winnipeg I took swimming lessons at the local YWCA. Then my children became involved in swimming and day camps. So, originally it was that the programming met the needs of our family.



1st Vice President Marion Brooker

Although organizations would like to believe volunteers become involved because of their mission statement, and certainly an organization does attract volunteers because of what it does, in my case it was because I was asked by someone to become involved with the 1974 Building Committee.

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At the time I wasn't actively volunteering although I've always served as a volunteer in the community in some capacity, with my church, the children's schools, the Victorian Order of Nurses. I believe the YWCA has always effectively served the community so I became involved and since 1983 I've been a member of the board.

Question: Has your volunteer involvement enhanced your life in any way?

Answer: Oh most certainly. I think today's woman is too busy and has too many exciting options to spend time at something without receiving something in return. For me it's good training in conducting a meeting and improving my supervisory skills. The YW is a very complex organization, providing social services for women and families in need, and programming for the physical and mental well being of the community at large. Because of this I've gained an insight into a wide spectrum of the Edmonton community. And, of course, working with a new and varied group of people has enriched my life immensely.

Question: Do you feel the YWCA has kept pace with the changing needs of the community it serves?

Answer: We are now at the half-way point in our 80th anniversary year and our historian, Murina Bauer, has been able to point out how our role has changed. Originally we pioneered education of domestics; we provided safe accommodation for women arriving in the city to work and we were, and continue to be, trendsetters in the field of health and fitness. Today we provide a home for many women who would otherwise 'fall through the cracks' of social service provisions as well as for young women who are studying or working. Our programming covers such wide areas as counselling for bereaved women and men, self defense classes as well as a full range of land and water fitness classes. Our drop-in child care service is ideal for present day parents, working shifts or part-time, as they only pay when they bring

their children in. Our Employee Fitness Service can tailor-make a fitness program for a group of 15 or more employees, right at their place of work. So although some earlier programs and services have disappeared, others have replaced them, new ones have been added, and will continue to be added, always adhering to the YWCA's mission statement.

Question: As a YWCA volunteer what do you see as the greatest challenge facing today's YWCA?

Answer: Of course, I would love to see the YWCA in such a financial position that programming could be implemented to respond to current needs without always being so tightly controlled by the question: "Can we afford it?" But this is true of most volunteer organizations and possibly because of these restrictions we are more responsible and discerning as to what is really needed. Are the same needs being met elsewhere in the community? Can someone else do a better job?

I feel it's crucial for the YW to become more involved in a wider spectrum of the Edmonton community. Programs like Employee Fitness could be used by a group of companies using a centrally located location like a hotel, for example. We're looking at expanding our programs for seniors and adding new programs and services for youths.



A new retail outlet located off the lobby area on the main floor of the YWCA, 10305 - 100 Avenue featuring:

- a complete range of men's and women's fitness and recreational apparel and accessories
- a consignment area of ladies gently used garments
- a specialty boutique exhibiting the works of international and local artisans

The youth are our volunteers of tomorrow. Over the summer we'll be part of many of the city's summer activities — Klondike Days, Heritage Days, the Fringe — letting people know we've been part of Edmonton for 80 years and even in these days of financial restraints we will continue to meet the needs of a broad spectrum of Edmontonians.

YWCA BOARD OF DIRECTORS 1987 - 88

President, Lorna Gawlinski

Lorna, a chartered accountant with Price Waterhouse, has been a member of the YWCA Finance Committee, the Membership Review Task Force, the Economic Resource Development Committee and the Cafeteria Task Force, and was chairperson of the 1986 - 87 Fundraising Task Force. She has been involved on the Executive Committee as treasurer for a two-year term and 1st vice-president for another two-year term.

1st Vice President, Marlon Brooker

Marion's involvement with the YWCA began when she worked on the financial campaign for the present YWCA building. In 1984 she participated in the preparation of the YWCA brief to the Fraser Commission on child prostitution. During 1986 - 87 she was a member of the Communications and Resource Development Committee and is currently chairperson of the 80th Anniversary Committee.

2nd Vice President, Marlon Morgan

Marion taught kindergarten and second grade for some years and is now a homemaker. She is a past president of the Junior League and of the United Way of Edmonton. She has been a member of the Edmonton City Social Services Grants in Aid Committee and also served on the YWCA Nominating Committee, the Long-Term Planning Committee (1986), and the Building Committee (1986 - 87).

Secretary, Mary Layman

Mary has held various executive positions in the Canadian Public Relations Society and is also on the board of St. Paul's United Church. She is presently Communications Director, Alberta Culture and has been on public relations committees of various organizations including the YWCA Communications and Resource Development Committee (1986 - 87).

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Treasurer, Shellah Grant

Until recently Shellah was Executive Director of the Volunteer Action Centre; she is presently employed with the CBC as Manager, Community Relations. In the volunteer field Shellah developed the volunteer handbook for Universiade, is active in her church and is a member of the Junior League. She is a director of the Edmonton Glenora Progressive Conservative Association. Her involvement with the YWCA includes chairperson of the 1985 Tribute to Women Awards Dinner and as a member of the Finance Committee. She is currently serving a second term as treasurer, and chairman of the Finance Committee.

Elaine Barnes

Elaine was employed by the Alberta Department of Consumer Affairs as a Family Finance Counsellor; she is also a partner in a kitchen design company and a sessional lecturer at the University of Alberta. She co-chaired the Benefactors of the YWCA Committee and served on the 1985 Tribute to Women Dinner Awards Committee. Most recently she was chairperson of the 1987 Annual Meeting Committee as well as a member of the Finance and Nominating Committees and secretary-treasurer of the 1987 Tribute to Women Awards Dinner. She has just completed a two-year term as 2nd vice president.

Sheila Burns

Sheila is a chartered accountant with Collins Barrow Chartered Accountants. She is a board member of a recreation centre, has campaigned for the United Way and has for the past two years been a member of the YWCA Finance Committee as well as the 1986 - 87 Audit Committee.

Diana Drackley

Diana Drackley began her affiliation with Social Services as a group home supervisor and is presently with Personnel, Department of Social Services. She was a member of the Advisory Board of ACT and is a current user of the YWCA Child Care Service.

Margaret Duncan

Margaret has worked extensively with developing programs for disabled and mentally retarded adults in the United States. She has belonged to several professional organizations including the National Association of Social Workers, the American Association on Mental Deficiency and the National Association for Women. She recently moved to Edmonton and is looking forward to a new experience as a YWCA board member.

Joan Fargey

Joan has been active at Riverbend United Church and as a member of Northern Lights Theatre Auxiliary Group. She was a member of the board of directors of the YWCA some years ago and has been a member of the Membership, Residence, and Nominating Committees. Her most recent activities include being a member of the 80th Anniversary Committee and the Shop Committee as well as the 1987 Tribute to Women Awards Dinner Committee.

Jill Green

Jill began her professional career at the YWCA as Health Education Coordinator and Residence Counsellor. She is currently Recreational Supervisor of North West District with the City of Edmonton. She has been a board member of the Bissell Centre, the Boys & Girls Club and McDougall House as well as serving on the YWCA Residence Committee.

Gayle Jenner

Gayle taught music and french in an elementary school and gave private piano lessons for some years; she now teaches organ at home. She has had extensive involvement as a volunteer in her children's school and music activities and is also an active member of her church. She was introduced to the YWCA through a three-year involvement with the Membership Committee. She chaired the Membership Review Task Force (1985) and the Nominating Committee (1986 - 87).

Anne Keating

Anne, a registered nurse with a specialty in psychiatry, works part-time as a staff nurse at Edmonton General Hospital and is a teaching consultant with SKILLS. She is a member of SKILLS and has volunteered extensively at school and other activities relating to her twin children.

Kaye Langager

Kaye is owner and president of Langager Insurance Brokerage which specializes in corporate financial planning and advising on group life, health and pension benefits. She has volunteer experience on the executive of a parent-teacher association and council for day care requirements and improvements.

Paula Maclean

In 1980 Paula began working for non-profit agencies dealing with handicapped persons. Since 1982 she has been the Executive Director of SKILLS Training and Support Services, an agency which provides training and support to disabled children, adults and their families.

Cathy Moreau

Cathy has done volunteer work in a school for disabled children in Toronto and on a school advisory committee in Edmonton. She was chairperson of Ladies Committee for the Canadian Orthopedic Association, Annual Meeting (1985 - 86). During her first year as a YWCA board member, Cathy was a member of the Fundraising Task



Part of this year's YWCA Annual Meeting was a special presentation to many past Presidents and acknowledgement of their valuable contributions. Standing (l to r): Rita Calhoun (1976), Jackie Charlesworth (1978), Dorothy Grimble (1973), Pat Cook (1983), Helen Young (1985), Betty Mullen (1980). Seated (l to r): Louise Johnson (1945), Peggy Lange (1962), Hilda Clark (1964).

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Force and coordinated the volunteers required for the recent Shopping Spree Raffle. She is presently chairperson of the Shop Committee and the Building Committee.

Helen Otto

Helen has been treasurer of various associations including the University Women's Club, the Bach 300 (Tri-Bach) and the Faculty Women's Club, of which she was president (1984 - 85). She has been active in Home and School, Community League, Girl Guides and her church. She was a member of the Residence Committee (1984), and most recently chairperson of the Nominations and Selections Committees for the 1987 Tribute to Women Awards Dinner.

Isobel Smith

Shortly after retiring from the position of Dean of Women at the University of Alberta, Isobel became involved with the World YWCA as a consultant to the National YWCA in Ghana (1975 - 77). Isobel has served the United Way as both committee chairperson and board member as well as being an executive member of the United Way of Canada. She has been an active member of several professional social work associations. She was also a participant on the Commission for Day Care at the University of Alberta and served on its founding board as well as the Edmonton Day Care Counsel.

Leah Taylor

Leah, a budget analyst with the Department of Transportation and Utilities has a great deal of volunteer experience: past president of the Cromdale Community League, past president of Kitsilano Neighbourhood House, past vestry member and finance chairman at her church, five years with Parent Co-operative Preschool International through Vancouver Parent Co-operative Association and Kitsilano Co-operative Preschool, and currently as treasurer of the Borden Park Residents Association. She has been a member of the Finance Committee for some years.

Helen Young

Helen is currently serving on the Board of Directors of Westmount Presbyterian Church and was a member of the Board of the John Howard Society. She has been a driver for Meals on Wheels for the past 16 years and active in the Guiding movement. Helen has been the President of the YWCA for the past two years and attended various regional and national meetings during that time.

Eya Zarlwny

Eya has held various government and municipal positions in the Northwest Territories and was the Executive Director of the NWT Mental Health Association. In 1984 she was hired by the Yellowknife YWCA as Executive Director, a position she held until moving to Edmonton. Currently she is Personnel Manager for Great Northern Apparel (G.W.G.) Eya has been involved with women's groups and issues for several years and organized three playgroups when her two daughters were young.

Co-operation for Development: Women Helping Women

As the world's largest women's organization, the YWCA has a special role to play in improving the social and economic status of women. The YWCA, in Canada and in over 80 other countries, is an organization established for the sharing and redistribution of resources and for initiating change, which is what development is all about.

At the local level Co-operation for Development Committees have established a number of priority issues:

- * refugees
- * human rights

- * peace
- * health
- * environment and energy

Third World YWCAs are committed to many projects and the YWCA movement assists them through fund raising efforts. Just a few of the special projects that are helping women develop employment skills, leadership ability and self confidence, a higher standard of living for themselves and their families:

Zimbabwe: Through a YWCA literacy class, women decided to organize a school uniform making factory.

Botswana: The Y operates a residence for South African refugee women and girls. It also provides employment skills training programs for refugee and local women.

Philippines: YWCA funds have helped women operate a hog raising project to augment their incomes in the off season when agricultural work is unavailable.



ASW Graphic:
Anne S. Walter, International
Women's Tribune Centre.

"Women in Africa do up to three quarters of all the agricultural work in addition to their domestic responsibilities."

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Papua New Guinea: YWCA staff and volunteers in Port Moresby teach women prisoners sewing and handi-craft skills. Items produced are sold in the YWCA shop and profits are put in bank accounts. When the prisoners are released they have money in hand and skills to assist them in seeking employment.

Bolivia, Peru and Mexico: YWCA's provide training for women in agricultural techniques, health and nutrition, garment making and other needed skills.

The Edmonton YWCA's Co-operation for Development Committee is committed to the goals of the world YWCA movement and invites interested individuals to become involved and work together to improve the living standards of women and their families around the world.

Next Meeting:

August 10

YWCA Boardroom, 10305 - 100 Avenue

7:30 - 8:30 pm

A slide presentation of YWCAs around the world will be featured. Come and taste delicious snacks from different countries and help us plan our focus and future direction.

Coming Events:

September 12:

Garage Sale with all proceeds going to the world YWCA and each dollar matched with \$3 from the Canadian International Development Agency. Set up and barbeque on September 11, 6 p.m., at 10930 - 81 Avenue. Garage sale items and volunteers welcome. Call Pam Ehlers, 423-9922 for information.

FITTING IN

Fitness leaders, close to 160, took part in this year's 'Fitting In' workshop on Saturday, June 13. "Most conferences of this kind cost anywhere from \$89 to \$300 and are two days long," stated Jenni Coombs of the YWCA. She continued, "it was our intent to provide a



Jenni Coombs leading a fitness session.

day long fitness conference for \$35 making it affordable for all leaders, physical education teachers and recreation directors, particularly from Northern Alberta."

The YWCA, along with a resource team of ten fitness experts coordinated the event which offered participants a choice of eight workshop sessions on such topics as low impact fitness, jazz dance, water fitness classes, nutrition facts and fiction, bodyshaping and fitness leader burnout. Alberta Recreation and Parks also sponsored the event.

For information on next year's conference contact Gina Geres at the YWCA.

YWCA Residence . . . A Home Away From Home

A home away from home . . . in 1907 this was a critical need as the number of women coming to Edmonton to work increased dramatically and "suitable" lodgings were unavailable. Then, as today, two main types of accommodation were needed. The first was a semi-permanent place to live and the second a "safe" place for a young woman wishing to spend a few days in the city.

In August, 1907, when the Edmonton YWCA was founded, a committee was struck to search for a suitable house for a women's residence. One was found at First and Elizabeth Streets, where the present-day Edmonton Centre is located, and was rented for \$60 a month from a Mr. Cushing. At this time there were seven women requiring room and board, eight wanting the noon meal only. Rates were set at \$4 a week for room and board, \$4 for board only, \$1 a day for transients and 20 cents each for breakfast and supper.



A parlour was part of the early YWCA residence.

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Right from the beginning volunteers and fund raising played important roles in the running and maintenance of the YWCA Residence. A "shower" to furnish the first house was advertised in the *Edmonton Bulletin*. As reported: "All afternoon carriages and rigs drove up and deposited mysterious bundles. They drove away again only to have their places taken by others."

By 1908 a decision was made to allow the girls to entertain young men at croquet two evenings a week. However, no girl could invite any man other than her father or brother to a meal.

Applications to stay at the Residence were increasing at such a rate that in 1909 it was decided a new house was required. A suitable building was found on 103 Street, offered for sale for \$26,000 with a \$20,000 mortgage. \$6,000 needed to be raised by August 1. True to tradition, the money was

raised and the building purchased. In January, 1910, Mrs. G.H.V. Bulyea, the Lieutenant Governor's wife, assisted by Mrs. A.C. Rutherford, opened the new YWCA Residence.

In 1912 a large house next door to the Residence was purchased as an annex to house an additional 25 girls. Even this extra facility wasn't enough and in 1920 the YWCA embarked on its first major fund raising campaign. As reported by the *Edmonton Journal* it was "the first appeal ever to the citizens of Edmonton by the YWCA." As most of us know, it was not to be the last.

By 1922 the new facility, on 103 Street south of Jasper Avenue, was completed at a cost of \$85,000 with a \$30,000 mortgage at 8 per cent. A gym and swimming pool were added in 1926.

To keep pace with the growing need for accommodation, another annex,

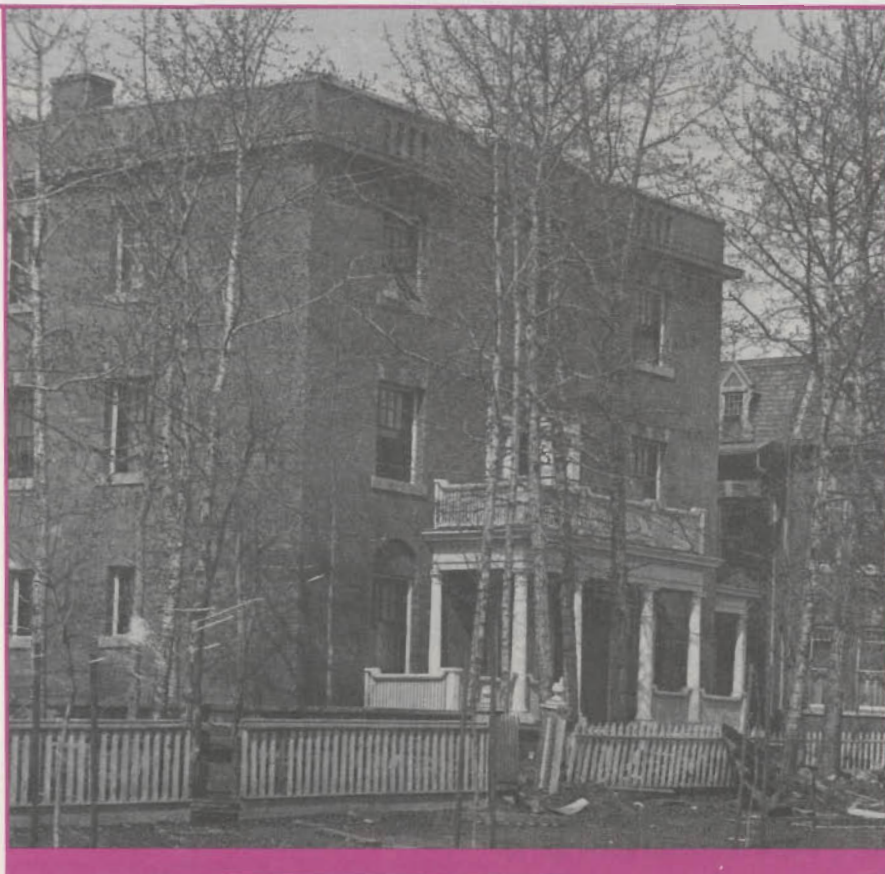
called South Hall, was added in 1937. It was subsequently sold in 1955 to Dr. and Mrs. M. Weinlos for \$69,135.

By 1949 the original annex was demolished and plans for a new addition were undertaken. With the "Y" building campaign raising \$107,000, the new extension was built in 1954 and by the end of the year the YWCA was debt free due to a handsome contribution from the Edmonton United Campaign.

By the 1960's the need for further expansion became critical as much of the facility was in need of major repair. Architectural plans were drawn up and the old McDougall house and land were purchased. A building campaign, led by Mrs. Rita Calhoun realized \$1,075,000. in cash and pledges, with donations ranging from 42 cents to \$25,000.

Due to escalating costs the Phase II tower was put on hold. However, the present-day building, at 10305 - 100 Avenue was officially opened February 23, 1977.

Although there has always been a need for the YWCA Residence, the needs of its residents have changed considerably over the years. When Elizabeth Duke, Residence Manager, joined the YWCA the focus was on offering a safe place for native women. Many of these women had alcohol problems and with few support groups in the city, Elizabeth and her staff assisted them on a day-to-day basis. In the early 1970's transient youth, many with drug problems, turned to the Residence. Staff were able to refer them to related support resources: McDougall House, The George Spady Centre, Hill Top House and The Women's Emergency Centre.



In 1937 the South Hall annex was added to the YWCA Residence.

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In 1953 His Honour Lieutenant-Governor J.J. Bowlen laid the cornerstone for the new Residence extension.

Another change noted by Elizabeth is the age of the residents. "We used to take only girls 16 - 25 years old," she commented. "Today we are seeing older women, widowed, divorced, sometimes abused, needing help," she continued. The YWCA has also provided a supportive environment for women with stress related and emotional problems.

One thing hasn't changed: travellers the world over know the YWCA offers them affordable, pleasant overnight accommodation.

Sheila Petersen is a former member of the YWCA Board of Directors and has an active interest in Edmonton's history. She wishes to thank Louise Johnson for her compilation of "The First Fifty Years: Edmonton YWCA", the major source of information for this article.

A NEW FACE FOR THE YWCA

For any recent visitor to the YWCA it will come as no surprise that renovations have begun to the main reception area of the building. The front entrance is blocked and reception has been moved to the rear of the building, with access from 103 Street and the parking lot entrance. Several administrative offices have moved to the second floor. In addition some seating has been removed from the cafeteria.

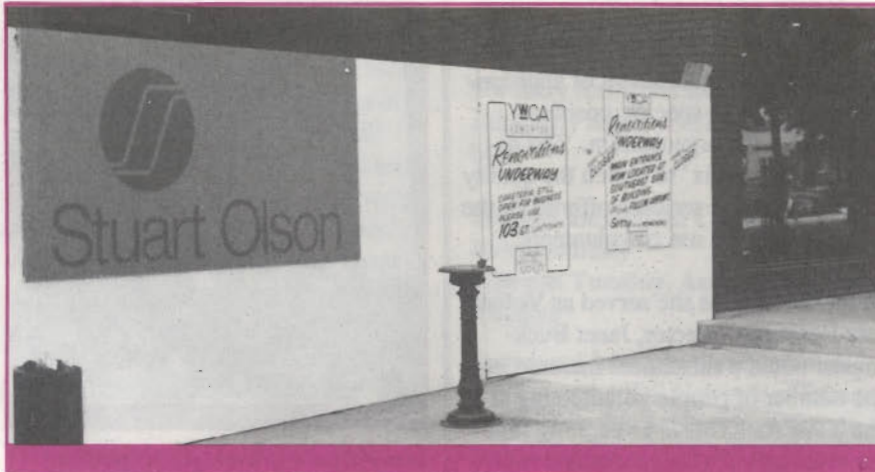
By the end of August construction should be completed. The registration department, now located on the second floor, will be moved downstairs. This, along with a renovated lobby and reception area will greatly streamline the administrative operation of the YWCA.

The cafeteria will also be getting a facelift. The rear section of the room will be partitioned off and will be open on a 24-hour basis offering light snacks and beverages from dispensers. New wallpaper, repainting, new table tops and refinished chairs will all add new life to the Sarah Golden Cafeteria.



The Executive Director's office the day after renovations began.

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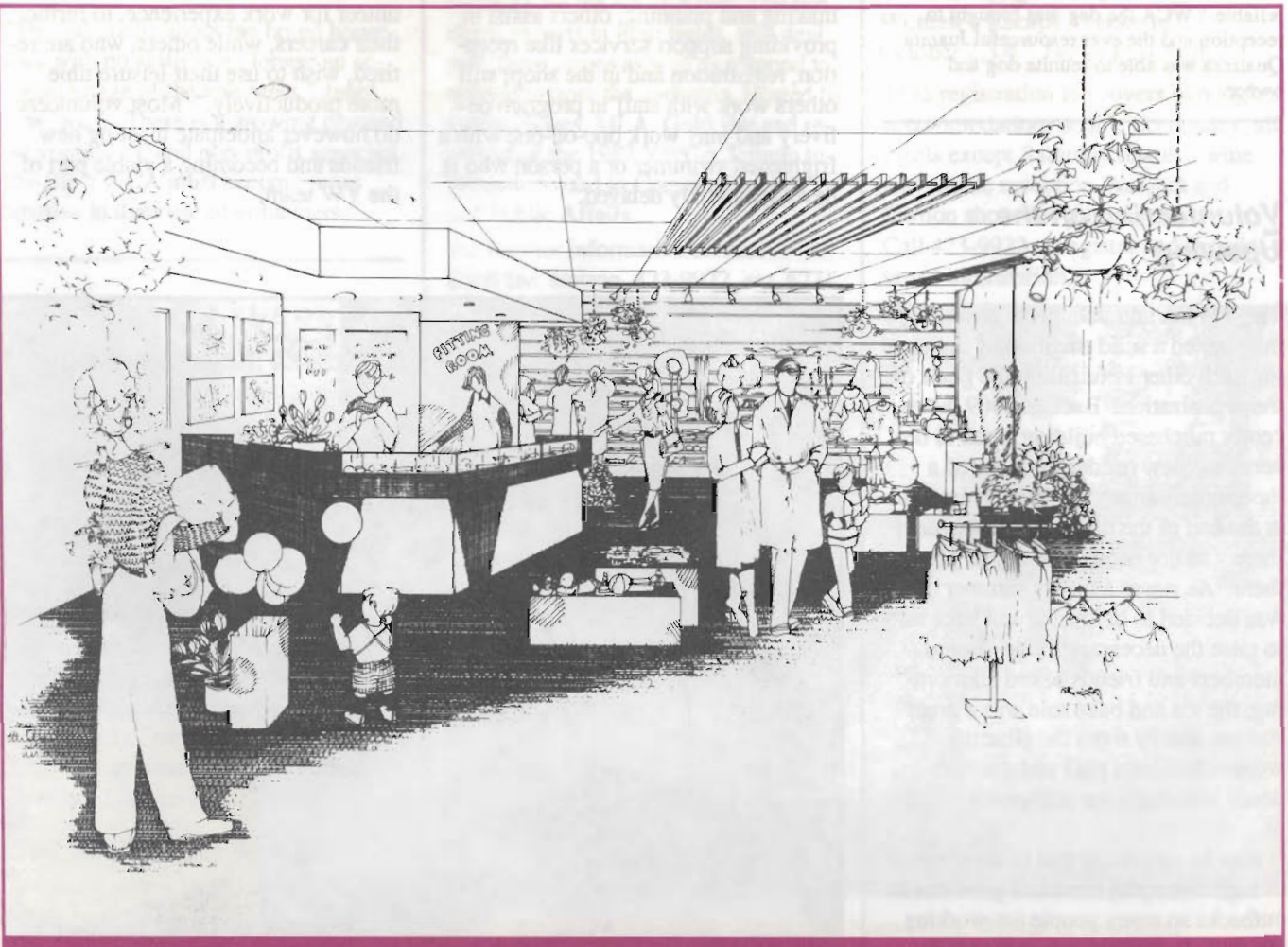
a consignment clothing area for women and an international boutique featuring works by international and local artisans.

To rephrase our 80th anniversary theme — we're changing with you.

Many thanks to everyone for bearing with us during this disruptive stage.

The biggest change will be the opening of Y's Choice, the new YWCA shop.

Y's choice is a three-part retail outlet featuring a greatly expanded pro shop,



Artist's rendering of the new YWCA Shop, Y's Choice.

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A YW runner dodged the perils of traffic on the 103 Street hill to rescue a very lost and confused canine. Turning to the reliable YWCA the dog was brought to reception and the ever resourceful Juanita Qualizza was able to reunite dog and owner.

Volunteering on the Upswing

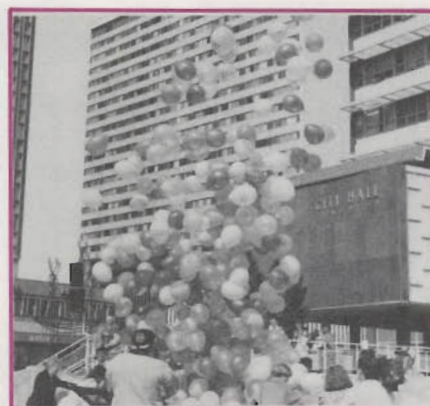
The YWCA and volunteers have long maintained a solid tradition of supporting each other in fulfilling the goals of the organization. Back in 1909 the recently purchased building, soon to become the new residence, required a thorough cleaning. Help was hired but at the end of the day it was discovered there was not enough money to pay them. As it was a lovely summer day it was decided to hold a tea and bake sale to raise the necessary funds. Board members and friends baked all morning; the tea and bake sale was a great success and by 6 pm the cleaning women had been paid and the Residence was ready for occupancy.

It may be surprising that in these times of high unemployment and government cutbacks so many people are working for free. In 1986 volunteers contributed close to 26,000 hours of service to the YWCA.

Within the YWCA the Volunteer Services Department is responsible for the recruitment and placement of appropriate volunteers in specific positions throughout the organization. The departmental goal is "to enrich the quality of programs and services offered by the YWCA with the use of volunteers."

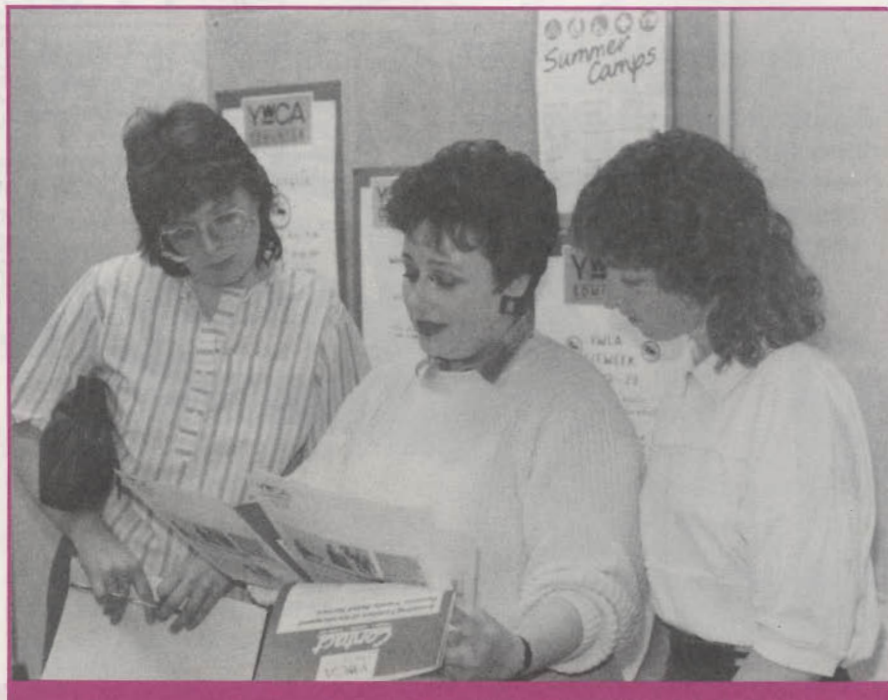
In the ten months she served as Volunteer Resource Director, Janet Buckmaster noted a substantial increase in the number of people volunteering at the YWCA. "This is an exciting time for volunteers," she commented recently, "as there are lots of opportunities."

In 1986 there was a 16 per cent increase in volunteer hours over 1985. Over 500 individuals contributed 25,905 hours. Some volunteers, like board members, are involved in policy making and planning; others assist in providing support services like reception, registration and in the shop; still others work with staff in program delivery and may work one-on-one with a frightened swimmer or a person who is developmentally delayed.



Many of the city's non-profit agencies, including the YWCA, were represented at this balloon launching, kicking off this year's Volunteer Recognition Week.

There is no "typical" volunteer; nor do individuals volunteer for the same reasons. According to Janet, "some volunteer for work experience, to further their careers, while others, who are retired, wish to use their leisure time more productively." Most volunteers do however anticipate meeting new friends and becoming a viable part of the YW team.



Janet Buckmaster, centre, briefs two volunteers on the YWCA's programs and services.

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What can a person expect to receive in return for volunteering their time and skills? Some positions will help develop interpersonal skills; others will give experience in fundraising; still others will teach retailing, clerical and word processing skills. "We encourage our volunteers to broaden their horizons by trying new jobs and by using our facility," Janet stated. For 25 hours of service a volunteer receives a pass for ten free swims, a free program after 50 hours of volunteering.

Volunteers are very important to the YWCA. The most obvious benefit is that they provide additional resources, skills and manpower, at no extra expense to the YWCA. But, according to Janet, "they maintain our link with the community and supply a more objective viewpoint regarding the quality and range of our services."

"The old cliché about the bored housewife with no skills is no longer an accurate image of the volunteer," Janet concluded. There is a growing demand for volunteers, and non-profit agencies like the YWCA must become more creative in their use of volunteers.

starting and finishing at the YWCA, 10305 - 100 Avenue.

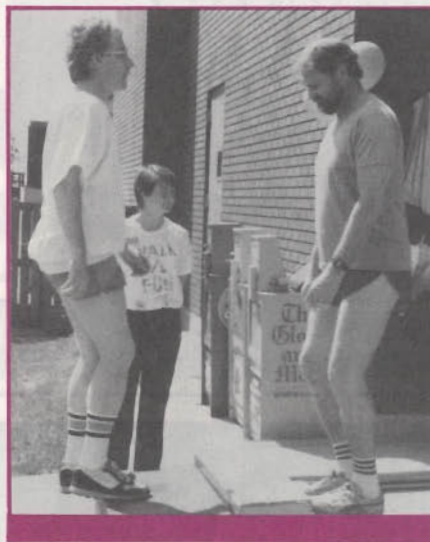
For entry form and further information call Cindy at 423-9922, extension 6129.

Women and AIDS: Changing Sexual Responsibility

7:30 pm Tuesday, August 11, Citadel Theatre

Sponsored jointly by the Edmonton YWCA and AIDS Network of Edmonton Society this public forum and discussion will deal with AIDS as it affects women, children and the family. Besides covering information on the AIDS virus, its spread and prevention, the panelists will identify specific concerns that women might have or should be aware of. Pregnancy, bisexual men, education of children and the 'caring role' of women have special meaning for the era of AIDS. The panelists, experts in their fields, will deal with these issues as well as respond to questions from the audience. Hosted by Bettie Hewes, MLA, Gold Bar and recipient of the 1987 YWCA Tribute to Women Award in Communications and Public Affairs.

For Further information contact Christine Watson, 423-9922, ext. 6231.



The *Edmonton Sun* represented by Graham Hicks (left) and the *Edmonton Journal's* Nick Lees fought a tough battle in the fitness appraisal competition as part of the YWCA's Canada Fit Week activities.

YWCA / Edmonton Journal Women's Escape Weekend

October 2,3,4 Jasper Park Lodge

\$195 registration fee covers two nights accommodation, double occupancy, all meals except Saturday lunch, a wine and cheese reception, banquet and fashion show and all sessions.

Call 423-9922 to register and for additional information.

Upcoming Special Events

YWCA Historic Display Provincial Archives of Alberta August 4 - November 2

An historical display featuring the YWCA in Alberta with particular focus on the Edmonton YWCA. Includes photographs, manuscripts, brochures and booklets. Anyone with any relevant material, particularly from 1917 - 1924 should contact Merrily Aubrey, Provincial Archives, 427-1750.

YWCA / Edmonton Journal Second Annual Half Marathon 9 am Sunday, September 13

The course is an AFTA sanctioned 13.1 miles through downtown Edmonton and along scenic Ada Boulevard,



Jan Reimer, Alderman and The Honourable Norm Weiss, Minister of Recreation and Parks joined the YWCA clown in kicking up sneakered feet to launch this year's Canada Fit Week.

10305 - 100 AVENUE
EDMONTON, ALBERTA
CANADA T5J 3C8
(403) 423-9922



An early YWCA gym class.

The YWCA has a long tradition in the area of fitness. Current aerobic, weight training and self defence classes go back to the "physical culture" of 1908. At that time, "gym" (as the exercise classes were called) expressed such a modern outlook on girls' and women's

education that not everyone quite approved, thinking that the serious aspects of life might be overshadowed by fun. Even as late as 1919 there was an actual suggestion from the National Convention that girls should be encouraged, when sitting on the gym floor,

Watch for details on Fall '87 Programs.

New session begins September 14. For complete information on YWCA and YoWoChAs Centre classes, special events and programs.

Please call the YWCA Registration Desk, Monday to Thursday, 8:30 to 6:30 pm and until 4:00 pm on Fridays.

when relaxing, or at the close of their instruction, to discuss serious topics such as "What is my future?" or "Should every girl have men friends?"



Special thanks to The Edmonton Journal for their co-sponsorship of the YWCA Adult Swim, Dance and Aquafitness classes.

Are you moving? It would be appreciated if you could notify the YWCA office of any changes. Please attach your old label, fill in the form and return so we can ensure you continue to receive CONTACT and other YWCA information mailings.

NAME: _____

ADDRESS: _____

CITY _____ PROVINCE _____ POSTAL CODE _____

Mail to: Edmonton YWCA, 10305 - 100 Avenue, Edmonton, Christine Watson, Alberta, T8N 3C8