

“New Start” Housing Options

*The YWCA expands into
new and dynamic areas*

The YWCA of Edmonton's new housing initiatives will make a difference to Edmontonians. In 1989, we expect to provide housing and support services to over 100 low income Edmontonians who live in the inner city. Our “New Start” Housing Alternatives are co-sponsored by Alberta Mortgage and Housing Corporation, Alberta Mental Health and Alberta Social Services. Initially we will develop 2 new locations. These will be followed by several more options to include apartment style accommodation, single family dwellings and group living situations.

Our primary focus for early 1989 is:

Place 103

10641-103 Street

This facility is a three floor walk-up apartment building which will offer housing to eight women with long-term mental health concerns and 17 single mothers (and their children) who require afford-

able housing. The facility will be renovated to include a lounge area, a classroom-educational area and a children's play area.

Services offered will include: - assistance in areas such as budgeting, nutrition, effective parenting, educational upgrading onsite as well as through existing external programs; assistance with accessing medical, psychiatric, legal, financial services; as well as social and recreational activities.

Renfrew Arms

10324 - 98 Avenue

This building is a 65 suite nine story highrise. The facility will offer affordable housing to about 90 adults who have lower incomes and who would benefit from support in the areas of budgeting, career planning or job placement experiences, social and recreational activities. Both individual and group counselling as well as self-help support groups will be a major part of the program offered. In addition,

renovations to the main floor common area are planned, which will allow us to establish a new nursery or playschool for up to 25 children.

Alberta Mortgage and Housing has been a major support to the YWCA in planning for renovations and upgrading of these two facilities. AMHC will continue to own the buildings and the YWCA will act as property managers commencing the beginning of March 1989.

We are also developing plans for several more programs. These plans are likely to solidify by mid-1989, so watch this summer for an update on our progress.

Research findings of interest

“...very few people choose to be homeless. Most are forced into existence by poverty... the elimination of services... evictions” (Rivlin, 1986).

“There is a tendency to believe that the gains made by the more advantaged women will *trickle down* to less advantaged and that problems will disappear by attrition” (Canadian Mental Health Association 1987).

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What is a fitness appraisal?

A fitness test or appraisal consists of a series of simple measurements which give you an estimate of your overall physical fitness. The following components are tested:

BODY COMPOSITION - Five skinfolds will be taken with calipers. These measurements along with height, weight and four girth measures (chest, waist, hips, right thigh) will give an estimate of the amount of fat on your body and its distribution.

CARDIO-RESPIRATORY FITNESS - Using the step test. The test has you *stepping* up and down two steps at a controlled pace for a maximum of nine minutes, three minutes at a time. This test does *not* push you to exhaustion.

MUSCULAR STRENGTH AND ENDURANCE - Tests include hand dynamometer which measures the strength of your forearm muscles. Push-ups look at upper body and sit-ups test the muscular endurance of the abdominal muscles.

FLEXIBILITY - The sit and reach test will be done to assess the flexibility of the lower body.

Upon the completion of the tests, your results are compared to those of other Canadians your age and gender. In addition to a discussion of your results, there is the opportunity to discuss what you can do to improve your physical fitness.

Price: \$35 Public or \$30 YW Member
Contact the Fitness Centre to book your appointment.
☎ 423-9922 ext. 6129

New Start...Continued from page 1.

(There is a) "... lack of affordable and appropriate housing in the right location... people need to be in the urban core; they ought to be close to services, and there simply isn't enough housing. Particularly since we are demolishing quite a lot of the old stock." (Oberlander 1987)

"Services required...in the community include income maintenance, vocational/educational training, social/recreational programs, treatment for...illnesses, and housing." (Edmonton Coalition on Homelessness, 1987)

Did you know that in the 1980's:

- 31% of single people in Alberta have incomes

which are below the poverty line;

- 10,755 people who are employable are living on Social Allowance in the Edmonton area. 7,188 are single and employable;
- 56% of women in Edmonton who are single parents have incomes below the poverty line;
- 18% of families in Alberta are single parent families;
- 83% of single parent families in Canada are headed by women;
- 80% of all children born to women under the age of 20 are born to single mothers;
- 20-30% of the homeless

From the files of Sarah Golden-

(Sarah Golden was the Cafeteria Director from 1928-1948)

ORANGE BLOSSOM PIE

ORANGE PASTRY

- 1 1/2 cups of flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- grated rind 1/2 orange
- 1/2 cup shortening
- 5 tablespoons orange juice should bind flour together

FILLING:

- 2 cups of milk
- 1/2 cup instant tapioca
- 1/2 cup sugar
- 1/8 teaspoon of salt
- grated rind of half orange
- 2 eggs separated
- 1/2 cup shredded coconut

ORANGE CUSTARD

Heat milk in double boiler. Mix tapioca, sugar and salt. Stir into milk. Cook until mixture begins to thicken. Add orange rind. Cook 15 minutes. Stir to prevent lumping. Add beaten egg yolks and cook 1 minute longer. Then fold in beaten egg whites. Pour into pastry shell. Sprinkle top with coconut, brown lightly.

Update from the editors

Just for fun we decided to take a trial run at baking this pie (any excuse for a taste of something sweet!) A couple of things you may find worthwhile taking note of:

- The pastry makes more than enough for a 9" pie plate. We think a person could even get two 8" crusts from this.

- We used lard instead of shortening (the fine woman from the Northwestern Utilities Blue Flame Kitchen assured us

this would work - and it did!)

- Use lots of grated orange rind for a wonderful *orangy* taste. One of our *quality control testers* suggested that substituting extract of orange would most likely work too.

- The orange custard was lovely on its own - in fact that's the way the children who tested this recipe loved it the most (a healthy and nutritious lunch idea).

- One more note about the custard - we weren't sure how much to beat the egg whites - so we decided to beat them about midway between *runny and stiff*. It must have been right as the pie was a cinch to cut!

- After sprinkling the coconut on top we popped the whole pie back under the broiler for about 1 min. The result, as voted on by a critical panel of *sweet-toothers*, was acclaimed a success!

have mental health problems;

- 6,226 Edmontonians were treated at mental health outpatient clinics in 1986, 58% were women and 16% were between the ages of 25 and 35 years;
- 62% of all women who work in Canada are employed in three areas; clerical, sales and service jobs;
- 46% of senior women and 32% of senior men in Edmonton who live alone have incomes below the poverty line;
- 46,883 women and men over 65 live in the inner city of Edmonton; of these, 59% are women.



Y not write in?

With the last issue of *contact*, we introduced our armchair critic column. We chose the topic of "Men at the YWCA" to launch the series. It turned out to be a less controversial topic than we'd anticipated, generating minimal feedback. Readers told us they found the column informative, interesting and humorous in parts.

This issue we're introducing a *Quick Response Form* to encourage feedback by making it easy and convenient for you to let us know your thoughts. We hope you'll drop the tear-off portion of this page at the reception desk in the main lobby or mail it in.

Y not write in about... smoking in the YWCA cafeteria?

With "Weedless Wednesday" just behind us and Heart Month (February) at hand, cigarettes and the smoking of them are timely topics.

The YWCA has gone through the process of implementing a smoke-free policy for administrative, activity and meeting areas of

our building. All public areas are now non-smoking – except our cafeteria.

A random sampling of staff has elicited the following comments on smoking in the cafeteria:

"Smoking should be banned in the whole building because of our health..."

"I personally think we should be a smoke-free building... it's terrible to greet people coming into our health facility with the smell of stale smoke... how practical is it though to not allow smoking in a public cafeteria?..."

"I'm not a smoker but... the habit is hard to break..."

"Yuck... if people smoke they should have some place to smoke."

"Can it be limited to certain hours? ...to make it more attractive for non-smokers to come in?"

"Personally I just don't like walking in the front door and breathing smoke but I sympathize that with the

nature of our business it may be required."

"It's fine... it doesn't bother me."

"I couldn't live without a cigarette."

"When I quit smoking that was all I could smell walking down the hall so I can sympathize with non-smokers."

"I'd like the staff to have their own place to go for breaks."

"It doesn't bother me one way or the other... it really doesn't matter... I think they really have to have some place to smoke – don't you?"

"It's up to people... it's their freedom."

"Oh – I think it's jeopardizing our phys-ed programs... people comment on the fact that as soon as they walk in the door they're assaulted by a wave of smoke."

"One of our staff has severe asthma and is bothered by the smoke even on the second floor."

"I have allergies to tobacco so it bothers me tremendously."

"It doesn't matter whether you sit in the smoking or non-smoking section it's still the same amount of smoke in the air."

"Maybe the non-smoking section could be larger or maybe they could just take their cigarettes outside."

"It's disgusting to me... I don't like walking into the building and that's the first thing I smell... maybe it could be better ventilated with fans etc.... it's good we have a designated smoking area... it's hard, given the nature of our business to prevent everyone from smoking."

"We have to have a small designated area."

"I think it's a question of poor ventilation and that's why it's so offensive... personally it doesn't bother me."

Quick Response Form

What do you think?

Do you have any suggestions or solutions?

Yes! No!

We need a smoking area in the building.

Yes! No!

We need a smoking area in the cafeteria.

Yes! No!

I'm a smoker.

I would like to suggest:

A great topic for the next issue of *contact* is:

✉ **Drop off or mail to:**

contact editorial committee
c/o Reception Desk
YWCA
10305 - 100 Avenue
Edmonton, T5J 3C8

For the YWCA Family Relief Service, 1989 is a time for celebration. In February, Family Relief Service (FRS) will have been providing relief services for Edmonton area citizens for 10 years. Why and how was it started? What does it offer? How has Family Relief Service developed over 10 years? What will the next 10 years produce?

Why and how was Family Relief Service started?

In response to a May 1976 request from Alberta Social Services, the YWCA was asked to consider the development and operation of a Relief Group Home for handicapped children. A committee was struck to explore existing group home facilities in the Edmonton area, parents' needs and resources, and personnel required for a group home. Data indicated that families required about 30 days of relief per year. Using this information, a budget proposal was presented to Social Services to operate a Group Home on a 24 hour basis. Unfortunately, the entire budget proposal was not approved and the YWCA was forced to withdraw its proposal and return to the drawing board.

Research on this issue, that continued through 1977 and 1978, showed that the area of in-home services had not been developed and was a major gap in an otherwise comprehensive service network. Thus *Family Relief Service* evolved. The service was designed to conform both with the philosophy of *normalization* prevalent in the field of social services in the 1970's, and with the YWCA's focus on adjustment and development of the individual, with an emphasis on prevention rather than treat-

10 Years of Family Relief Service

ment. The YWCA went one step further than the original request to provide relief to handicapped children and the entrance criteria was designed to allow **all** individuals with a disability (from birth to seniors) and their families access to relief care.

What does Family Relief Service have to offer?

Based on the belief that the family and the community are the natural environment for the individual with a disability, FRS can provide short term or temporary relief. This allows the family to:

- ✓ meet immediate support needs (appointments, groceries, etc.)
- ✓ take a break from the demands of continuous care (social/recreational breaks)
- ✓ fulfil vacation plans
- ✓ meet emergencies

We offer the following types of relief:

Companion/sitters... who will provide personal care in the home for a minimum of 4 hours at a time.

Host families... who will provide relief services in the worker's home on a 24 hour basis.

Live-ins... who will provide 24 hour care in the consumer's home.

Family Relief is ideal for families with children or adults who are mentally

handicapped, physically disabled (including sensory disabled) or the multiple handicapped. As the name implies, relief is provided to the family, which includes caring for siblings when necessary.

How has Family Relief Service developed over 10 years?

In 1979, FRS began with two half-time staff, a Coordinator and an Assistant Coordinator. They operated from a phone system located in the Assistant Coordinator's home. Today, office personnel consists of a Manager, a Client Service Coordinator, a Host Family Coordinator and a Secretary. All of these are full-time positions.

The number of families served has increased from 90 in 1979, to 218 in 1988. Hours of direct care have gone from 4,252 in 1979, to 24,269 in 1988.

Since 1981 FRS has received partial funding from Edmonton Social Services. In April 1987 FRS received new dollars from Alberta Social Services to expand the Host Family service. This expansion included hiring 15 new Host families and extending service to citizens in Stony Plain, Spruce Grove and Leduc. The acceptance by the community was overwhelming and demand for service increased by 188% during the 1987/88 fiscal year and there is an anticipated 118% increase during the 1988/89 year.

What will the next 10 years produce?

Family Relief Service is actively involved with the Relief Resource Committee, an inter-agency committee that is working towards a cooperative and comprehensive relief design between government, non-government and community agencies.

FRS is hoping to offer a Special Sitters' Training package to youths (14-16 years) so that families who have a child with minimal special needs can hire trained youths at a reasonable cost.

In addition FRS is hoping to work with Edmonton Homecare to develop relief options for seniors and is involved with the committee called *"People Concerned About The Needs of Caregivers of The Elderly"*.

The last 10 years have been very active and rewarding for the YWCA Family Relief Service and the citizens of Edmonton. Hopefully, the next 10 will be as rewarding and will continue to satisfy the demands placed upon the service by the consumer.

If you have any questions or would like further information about Family Relief Service, please call Gloria Wesley at 423-9922, ext. 6226.

YWCA FITNESS FACTS

The YWCA is not only a leader in fitness, but is also highly recognized for its Fitness Leadership training. Our instructors attend an intense 12 week training program which includes such topics as anatomy, physiology, program planning and adult learning. All of our instructors provide a safe and fun class, reflecting the YWCA's high standards for quality instructors. Not only do leaders attend the basic fitness leadership course, but they are also required to receive CPR and First Aid Certificates. Every leader must also attend workshops and inservices to maintain their knowledge in the area, and must re-certify every two years. All of the above requirements produce leaders who are concerned, knowledgeable and the best in their field!

If you are interested in our Fitness Leadership Program, call Sheryl Hansen at 423-9922 ext. 6147.

FEBRUARY IS HEART MONTH

Did you know?

- ♥ 44% of all deaths in Canada are related to heart and blood disease
- ♥ 50% of people with high blood pressure don't know it
- ♥ 2,000,000 Canadians have high blood pressure
- ♥ The development of open heart surgery has greatly improved the ability to repair heart valves that have been damaged - 85% can be cured
- ♥ Cardiovascular deaths are down 36% since 1955 - because people are becoming more aware of lifestyle factors and stress reduction

Denise Ryan from the Alberta Heart Foundation says:

Be heart smart!

There are things you *can't* change, like heredity, sex and age but...

Be aware of habits you *can* change, like smoking, stress, diet and exercise.

UNIVERSAL AEROBIC SUPER CIRCUIT

Sandy's watch read 11:55 a.m. He glanced across the room and caught Rene's eye. Simultaneously they pushed back their chairs, picked up their gym bags and walked out of the office. Once out the door their pace quickened, as they wanted to beat the crowd. Destination - the Edmonton YWCA's new weight room and the Universal Aerobic Super Circuit.

(But wait - you may be asking yourself - what is "Universal Aerobic Super Circuit Weight Training"? It isn't new in itself, but what is new and largely responsible for the noted physiological gains, is the incorporation of an aerobic component into the program. The YWCA's Aerobic Super Circuit incorporates 16 stations which are completed in less than 12 minutes per circuit. The single station machines are alternately interspersed with aerobic stations. The weight equipment includes the following eight pieces: leg curl, leg extension, leg press, vertical chest, chest press, high pulley, seated back and abdominal crunch. An individual alternates 30 seconds of lifting with 30 seconds of aerobic exercise. This method of training conditions the entire body in one easy-to-follow program for everyone of all fitness levels.)

To return to our story... As Rene and Sandy near the weight room, they hear the pulsating beat of the Aerobic Super Circuit music. As they enter the busy room, they laugh and greet other *circuitteers*. They advance through the circuit and each one becomes acutely aware of their pumping, pounding heart and tiring muscles and they smile inwardly as they know their whole body is thriving on and striving for continued improvement.

One month earlier neither Sandy nor Rene knew of the Super Circuit. Now this fast and effective workout has become an integral part of their day, three to four times a week. Their regular commitment is already showing rewards as they have noticed improvements in their muscular strength and endurance along with their aerobic endurance.

You too can become the beneficiary of improved health and fitness. In the very near future the YWCA will have the Universal Aerobic Super Circuit in place. At that time we will be offering orientation sessions to familiarize anyone interested with the equipment. **Stay tuned for further details...**



with ◇ Tai Chi Chih ◇ Social Dance ◇ Yoga ◇ Women's Self Defence
 ◇ Perinatal Fitness ◇ Survival on the Dance Floor ◇

And a whole range of drop-in fitness classes to choose from!

For more information, call 423-9922, ext. 6214.

Working toward a more positive body image

If you were to describe the way your body looks at this moment, would you say with despair or dissatisfaction, that you are too heavy, or that your stomach and thighs are too big, or your chest is too small? Your description of yourself would be an indication of your body image, the mental picture you have of your physical appearance and the associated attitudes and feelings towards it.

We have very stringent standards of the ideal shape for women and have learned the prevailing cultural message too well – to be judged attractive and successful we must be thin. Very few women ever meet this ideal but most strive for it through vigorous dieting and/or exercise.

The majority of women in the western world reject their bodies, no matter what their body size. It is not an issue merely for heavy women. Normal weight women and even very thin women want to be thinner. The result is that 90% of all women overestimate their body size by an average of 25% and 40% of all women see at least one body part as being 50% larger than it

really is. Men distort their body size far less often, and less dramatically.

In some cases, because of the incredible *fear of fat* in our society, women tend to discount their success in all other areas and have low self-esteem because their body is not the ideal. One's level of self-esteem is related to the evaluation that one makes of a number of attributes – physical abilities, job skill, interpersonal abilities, family role, as well as body image. For many women, body image takes on a disproportionately important part in the determination of self-esteem.

Numbers run your life

People try to diet to approach the ideal body, allowing the numbers game – clothing size, scale reading, calories – to dictate the quality of their lives. Most experience some short term success. However, about 95% of all people who lose weight regain it, usually with a few more pounds. This leads to more feelings of failure, anger and rejection of the body for being so hard to control, and still lower self-

esteem.

It is impossible to avoid one's body – it just won't go away – and yet for many women, every encounter with their bodies is an occasion for self-criticism, another reminder that self-improvement and self-discipline are required. Attempting to change our feelings and attitudes of our bodies is a longer term project than a diet, but is more likely to work in the long run.

If you would like more information on courses, counselling or reading materials please feel free to contact Kim Schmidt or the Registrar at the YWCA.

About the author:

Resource person, Kathy Ewald has her BS and further education in the field of Adult Education/Fitness. She is a member of the YWCA Fitness Resource Team and has offered courses and individual counselling on personal development topics.

How do you think about eating, dieting and your body? To find out if you may need help, see if these statements are true for you:

1. A day rarely passes that I don't worry about how much I eat.
2. I am embarrassed to be seen in a bathing suit.
3. There are many foods I always feel guilty about.
4. Most attractive people I see are thinner than I am.
5. I usually begin the day with a vow to diet.
6. My thighs are too fat.
7. I feel uncomfortable eating anything fattening in front of people.
8. It makes me nervous if people can watch me from behind.
9. After I eat a lot, I think about ways of getting rid of or burning up calories.
10. I hate seeing myself in a mirror.
11. I feel terrible about myself if I don't do a lot of exercise every day.
12. I find my naked body repulsive.
13. If I eat too much, I sometimes vomit or take laxatives.
14. My worst problem is the appearance of my body.

SCORING: The odd-number questions tell whether your eating and exercise patterns have gone awry. The even ones tell if you're over-critical of your body. Add up the number of *true* answers. If your score is:

- 2-4: You're typical, and probably not at risk.
- 5-8: You're overly concerned with your weight. Watch your attitudes and behaviour carefully.
- 9-14: You may well be developing an eating disorder. Consider professional psychological help. – (Eds.)

Don't despair...

If you're looking for some practical suggestions on how to improve your body image, make sure you read the "Body Image Exercises" article on the next page.



BODY IMAGE

EXERCISES

The following exercises are helpful for developing a more positive body image, and therefore, more positive self-esteem. Most of them are adapted from Geneen Roth's book, *"Breaking Free of Compulsive Eating."*

- I Remind yourself of all the things you are besides a body. *I am...caring, worthwhile, growing etc.*
- I Stop thinking that inner thighs are the answer to all of life's problems. Deal with and set goals about the real issues in your life - relationships, job.
- I Scales belong on a fish. Try to wean yourself off of the scales. Too many people allow the scale to dictate how their life is going to be - *tell me machine, how should I feel today?*
- I Make a list of things you are waiting to get thin to do (wearing a belt, eating a chocolate chip cookie, buying clothes, visiting an old friend, family).
- I Begin by doing two things per day that you would have done in the past only if you were thinner. It may be the same things that you repeat each day for a while, then try riskier activities. Behave like a person who is comfortable with her body. Watch what happens to the way you walk, interact, eat.
- I Give up judgments about your body. If you find yourself critical of fat thighs counter the thought with the *sky is blue*, a neutral thought

to break emotional reactions to the negative one.

- I Make friends with your body. You've tried wishing or hating body parts away. Try a tender massage.
- I Get rid of all clothes that don't fit. Wearing tight clothing only emphasizes to yourself how *not right* your body is.
- I Spend five minutes daily looking at your body in a mirror. Don't judge. Notice curves, length of arms, etc. Compliment yourself.
- I Find ways to *nourish* yourself, reward yourself other than by eating.

1989 Call for Nominations

Preparation for the 1989 YWCA **"Tribute To Women"** Awards Dinner is well underway and the YWCA is now looking for six outstanding women. Women who have made exceptional contributions in their personal lives, business lives or both! Women who deserve recognition!

Nominations can be made in the following six categories:

Arts and Culture

For significant contribution or outstanding achievement as a creator or performer in the visual, literary or performing arts.

Business, Labour, Professions & Technology

For significant contribution or outstanding achievement

in business, labour, the professions and technology, resulting in enrichment of the Edmonton community.

Community Service

For significant contribution or outstanding achievement in a *volunteer* capacity, in any area, which has enriched the Edmonton community.

Health, Social Science and Social Services

For significant contribution or outstanding achievement in the promotion and maintenance of physical, emotional, social, or spiritual health of Edmonton-ians, through research, education or counselling.

Public Affairs and Communication

For significant contribution or outstanding achievement in the political or public realm, the communications field or in an advocacy role, thereby enriching the Edmonton community.

Athletics, Recreation, and Fitness

For significant contribution or outstanding achievement in athletics, recreation or fitness, in either a participatory or advisory role, thereby enriching the Edmonton community.

Deadline for nominations is March 7, 1989.

Six women will be chosen, one in each category, to be honoured at the YWCA's Tribute To Women Awards Dinner, Wednesday, May 10, 1989 at the Westin Hotel.

For nomination forms call the YWCA at 423-9922 or come in person to: 10305 - 100 Ave., weekdays between 8:30 a.m. & 4:30 p.m.



CALENDAR

of Community Events

In February: Planned Parenthood is interviewing potential volunteers. Contact Jennie at 423-3737.


February 11: YWCA's Bereavement Counselling Services & the Bereavement Society of Alberta co-sponsor "On Our Own" – coping with the loss of a spouse – information session, 1-3:30 p.m. at the Centennial Library. \$3⁰⁰ admission. Call: 423-9922.

In Late February: DAWN (Disabled Women's Network) in Edmonton will hold their next meeting. Contact Tanis Doe at 432-4291 via the hearing disabled message relay system at 451-6369.

MARCH 1989

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Planned Parenthood Volunteer Training Sessions. Call Jennie: 423-3737 1	2	Film Festival '89 Mar. 3-5 Learner Centre: 439-8744 3	Mar. 3-10 International Week sponsored by U of A International Students Centre 4	Public Awareness of Sexual Stereotyping & Pornography Benefit & Auction 486-3409 5
6	Nomination deadline YWCA Tribute to Women 7	Ash Wednesday 8	Vaginal Birth After Caesarean Association meets 435-5956 9	10	Celebrate International Women's Day at the YWCA 11	12
Women's Film at NFB Theatre 9700 Jasper Ave. (Canada Place) 7:30 p.m. 424-0724 13	14	15	16	St. Patrick's Day 17 	Mar. 18 & 19 Public Inquiry The True North Strong & Free 18	Palm Sunday 19
20	21	22	23	Good Friday 24	25	EASTER 26 
27	28	Tickets available for YWCA Tribute to Women Dinner 29	30	31		

APRIL 1989

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	YWCA of Edmonton Annual Meeting  5	6	7	8	9
Women's Film at NFB Theatre 9700 Jasper Ave. (Canada Place) 424-0724 7:30 p.m. 10	11	12	Vaginal Birth After Caesarean Association meets 435-5956 or 458-1582 13	14	15	16
17	18	World YWCA Day 19	20	21	22	23

If you know of an upcoming community event which would be of interest to our membership please let us know. Call: 423-9922 ext. 6231.

NOTES: **Women's Films** co-sponsored by North West Media Network Women's Film Video Group and National Film Board Women's Program, second Monday of every month.

UPCOMING EVENTS: **May 10**, YWCA's Tribute to Women Awards Dinner at the Westin.

May 26-June 4, Canada's Fitweek.