

Change Starts Here!

Your Connection to United Way

Spring 2016



What's inside:

- Not what you thought - Kappa Beta Gamma
- Sock donation helps prevent foot injuries for homeless, at-risk groups
- Tip a 'Cane at Mr. Mike's hits goal



United Way
Lethbridge &
South Western Alberta

New business venture for United Way E.D.

Jeff McLarty, Executive Director for United Way of Lethbridge & South Western Alberta for the past four years has announced that he will be leaving the organization to pursue a new business venture as owner and operator of the Beaver Mines General Store.



He will complete his time with United Way at the end of April.

"I've been fortunate to have had the opportunity to work for an organization for which the mission is community betterment," says McLarty. "Bringing people together to make positive change is something I truly believe in."

United Way's Board Chair, Maureen Burke says she has seen significant changes during McLarty's time with the organization.

"As an organization, we have a much stronger relationship with our Partner Agencies. We're no longer 'the competition' but an ally and a community connector," she says. "One of our goals is to show how everyone working together can make a bigger impact. It's good for all of us."

Going forward, Burke says the organization will need strong support and leadership to continue on the path to achieving the results the Lethbridge region needs in the areas of poverty relief, child and youth development and mental and physical well-being.

"We've made great strides in the last four years and we really want to keep that momentum going."

Pursuing passions, defeating stereotypes

In honour of International Women's Day on March 8, the sisters of the U of L's Kappa Beta Gamma - Alpha Iota Colony crushed some stereotypes people have about women, girls and sororities.



The project, "More Than Just a Stereotype" features photos of the sisters showing how they've overcome preconceived notions of how society thinks they should behave.

Many members of Kappa Beta Gamma (formerly Kappa Pi Chi Female Fraternity) are active volunteers with United Way.

We can confirm that each of them is strong, kind, intelligent, passionate, generous and courageous in her own way.



To see the [full gallery of photos](#), visit Kappa Beta Gamma on Facebook. All photography and project concept developed by Kirsi Rucks.

To learn more about International Women's Day, please visit www.internationalwomensday.com.

Top: Liberty Ruser will achieve a Bachelor of Nursing from the University of Lethbridge
Bottom: Sara-Lynn Pelegrin is a former Medical Technician with the Canadian Armed Forces.

Clean, dry footwear important year-round

During Alberta's first ever Toasty Toes Campaign in 2015, Lethbridge and Coaldale chiropractic offices collected a total of 1,202 pairs of socks for the area's homeless and in-need population.

Dr. Clarence Haitsma of Mountain Heights Chiropractic kept his collection going all winter and on March 8, delivered a donation of nearly 400 more pairs to United Way's office!

According to Alberta Human Services, there were 10,627 homeless individuals receiving housing and support from the Government of Alberta in 2014.

Many homeless individuals are at risk of foot injuries such as blisters, frostbite and infections that arise from a lack of clean, dry footwear. Recovery from these types of injuries can be impeded by an inability to get adequate rest and not being able to afford to fill prescriptions for medication.

Access to clean, dry socks year-round is an important part of preventing foot injuries in the first place.



Above: Kathryn Ponomar, Community Development Manager (United Way), Dr. Clarence Haitsma (Mountain Heights Chiropractic), Jeff McLarty, Executive Director (United Way)

For more information about the Alberta College and Association of Chiropractors, please visit www.albertachiro.com. To learn what other items can be collected for vulnerable populations in the Lethbridge region, please contact United Way.

Did you know?

In 2016, United Way will celebrate 75 years of service to Lethbridge & South Western Alberta! The concept has roots dating back to as early as 1941 when it began as the Community Chest. The goal was to curb the multiplicity of requests for funds which came with the outbreak of the Second World War. The solution was to run one unified fundraising campaign to divide between all the causes of the community.

Fast-forward three-quarters of a century and the world is a different place. Many of the challenges we face have changed, but the need remains great and United Way is still committed to working together to achieve results and create possibilities.

Contact us today to find out how you can join us!



Lethbridge Hurricanes serve up some fun

The simple goal was to blow last year's goal out of the water. The Lethbridge Hurricanes and the team at Mr. Mike's Steakhouse Casual did just that.

On Monday, February 22, hockey fans were invited to dinner at Mr. Mike's for the chance to be served by some of their favourite Hurricanes players. All tips earned between 5-7pm were donated to United Way's Community Fund.

In 2015, the event raised \$503.75 during the two-hour event. This year, the tips earned totaled \$643.50.

Kathy Hong, public relations coordinator for the Lethbridge Hurricanes says it's one of the more unique community events the team takes part in.

"The players are always out and about giving back to the community," she says, "but this is a really fun way for them to be involved and a great opportunity for fans to interact with their home team on a personal level."

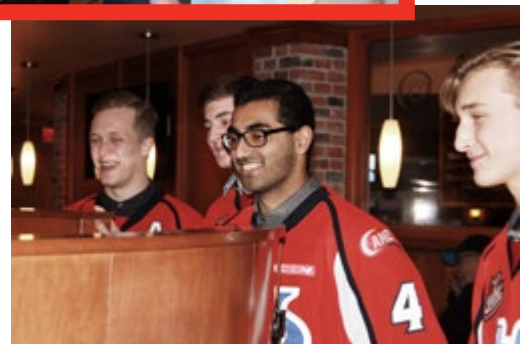
For more information about the Lethbridge Hurricanes, please visit www.lethbridgehurricanes.com.



Above: Lethbridge Hurricanes players Brett Davis, Ryley Lindgren, Arvin Atwal, Darian Skeoch, Carter Folk and Ben Duperrault took over serving duties for the evening. Far Right: Learning the ropes from Mr. Mike's team members



Above: Brett Davis offers fans a complete dining experience. (Photo by Kathy Hong - Lethbridge Hurricanes)
Left: Carter Folk shows off his beverage-serving skills under the supervision of Mr. Mike's Assistant General Manager, Tyler Sauerberg. (photo by Kathy Hong)
Right: One lucky fan was treated to a chorus of Happy Birthday from the players.



On the Campaign Trail... Tasty Treats



Top Left: Servus Credit Union Scenic Drive branch raised \$1,621 for the community through their annual bake sale! Financial advisor Candace Folden and branch manager George Andrews present the funds to United Way's Kathryn Ponomar.

Top Right: Rendell Beaton's love for baking benefits not just his co-workers, but the community, too! He has been selling melt-in-your-mouth chocolate chip cookies to his colleagues at \$3 a dozen and chose to donate the proceeds to United Way. Thanks for your generosity, Rendell!

United Way Golf Classic
In Memory of John Wichers
 Tuesday, Aug. 23, 2016

Register Now!  *25th Anniversary*

lethbridgeunitedway.ca/events/golfclassic

News and Resources

Do No Harm - An Albertan's experience with a mother in care
[Public Interest Alberta](#)

NDP Moves to crack down on predatory lending in Alberta
[The Calgary Herald](#)

Alberta Health Services - Mental Health Resource Centre
[Government of Alberta](#)

How the Syrian crisis came home to small-town Canada
[CNN](#)



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Homelessness is Only One Piece of My Puzzle

This e-book offers first-hand accounts of people who have experienced homelessness, opens a window into what it means to be homeless in Canada and includes framework for policy and practical intervention that can help us support homeless populations and work towards preventing and ending homelessness.

Read stories of stereotypes about those who are experiencing homelessness, about women, people with disabilities and Aboriginal Peoples.

Click the image to download a copy. The work is under Creative Commons license. You may share, copy or distribute it for non-commercial purposes provided that you attribute it to the original source.



Getting to know United Way

Meet Nancy!

Nancy Stuart is a local real estate agent with a background in communications and personal finance, built over 20 years in retail banking and the insurance industry. She feels passionate about the community she calls home, and she's connected to it through her volunteer activities and support of various causes and organizations.

Nancy joined the United Way Board of Directors in January 2014 because she recognized it as a great opportunity to learn more about the key issues affecting our community and to leverage her business skills to make a difference in an organization that touches so many important agencies in our city.

When she's not marketing and selling homes or volunteering, Nancy's with her partner (in life & real estate!) and two teenage boys - probably either travelling or eating something fantastic!



What's Happening?

April 1 - Application Deadline
Registered Charities in Lethbridge & South Western Alberta are invited to apply for grants to run programs for people and families in 2016-2017. Application forms are now available online at www.lethbridgeunitedway.ca/funding.

April 30 - Wood's Homes Dinner
The Wood's Homes Children's Benefit Dinner will start with a roar this year. Just like Simba in 'The Lion King', youth sometimes need help finding their path. Find more information [HERE](#).

June 11 - 100 Mile Bike Ride
This charity ride in support of Lethbridge Association for Community Living offers three distances for riders of different levels - 100, 60 or 33 miles. Please visit raiseathon.ca/100MileBikeRide2016 to learn more.

August 23 - United Way Golf Classic
Registration is now open for the 25th Annual United Way Golf Classic! Paid entries received by Friday, April 30th will be entered to win the Early Bird prize, courtesy of Brown's Social House. Visit www.lethbridgeunitedway.ca/golfclassic for registration forms and sponsorship information.

Got an event coming up? [Contact us](#) to list it in our next newsletter!

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Spare Change

Thoughts from great minds

"There is nothing better than a friend, unless it is a friend with chocolate."

-Linda Grayson

"Your purpose in life is to find your purpose and give your whole heart and soul to it"

-Gautama Buddha

"Sisters function as safety nets in a chaotic world simply by being there for each other."

-Carol Saline

"I have not failed. I've just found 10,000 ways that won't work."

-Thomas A. Edison

"Goodbyes are only for those who love with their eyes. Because for those who love with heart and soul there is no such thing as separation."

-Rumi



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