

International Woman's Day

March 8, 2009



THE Ys OF QUÉBEC
International Initiatives

bulletin

February 2009



Do you know that....

Our overseas partner YMCAs (ACJs of Ecuador, Nicaragua, Honduras, Guatemala and the YMCA of Haiti) are role models for gender equality?

Our partner YMCAs focus their work on youth leadership training and community development in societies that are still basically macho. One of the goals of the Ys is to break this tradition to open the way for equal opportunities for girls and women. It is challenging, as often the girls must be at home to look after siblings or prepare meals. So part of the Y's focus is to convince the families that participating at the Y is important and beneficial for their daughters.

Most of our partners have developed programs and workshops on gender education as part of their Youth Leadership training. They also offer sessions in local schools as part of their community outreach. Workshops cover gender roles, interpersonal relationships, sexuality and prevention of sexual diseases. These sessions help girls and women gain the confidence to express their own opinions in a mixed group, to be more assertive, to engage in discussions and debates and to become involved as volunteer leaders.

Our YMCA partners put their belief in gender equality into practice. Women have strong leadership roles as directors of YMCA centres and programmes as well as being present in large proportion on the Advisory Boards.

Women's Facts

From Development Education Ireland

During the period 1990 - 1997 the net secondary enrolment ratio for girls increased from 36% to 61%.

In 1997 the female enrolment ratio in developing countries had reached 89% of the male ratio at primary level, and 82% at the secondary level.

Nearly 340 million women are not expected to survive to age 40.

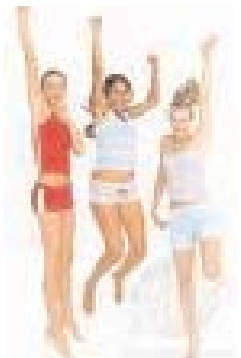
A quarter to a half of all women have suffered physical abuse by an intimate partner.

6-8 hours a day are spent collecting fuel-wood and water by millions of rural women in the Third World.

Woman's Day at the Y

In celebration of International Woman's Day, the Ys of Québec will host an Open House for women and girls on March 8, 2009.

Contact your local Y centre for details.



For more information, contact: **Sheila Laursen**, Director, sheila.laursen@yquebec.org, 514 849-8393, # 740

Caterina Milani, Co-ordinator, caterina.milani@yquebec.org, 514 849-8393, # 264

Benni Hodkin, benni.hodkin@yquebec.org, Program Assisant, 514 849-8393, # 243 Fax: (514) 849-2411 www.yquebec.org

World Water Day

March 22, 2009

WATER FACTS...

- ~ Less than 2% of the Earth's water supply is fresh water.
- ~ Only 1% of the earth's water is available for drinking water. 2% is frozen.
- ~ A person can survive about a month without food, but only 5 to 7 days without water.
- ~ Showering and bathing are the largest indoor uses (27%) of water domestically.
- ~ A leaky faucet can waste 100 gallons a day.
- ~ An average family of four uses 881 gallons of water per week just by flushing the toilet.
- ~ An average bath requires 37 gallons of water.
- ~ The average 5-minute shower takes 15-25 gallons of water, around 40 gallons are used in 10 minutes.
- ~ You use about 5 gallons of water if you leave the water running while brushing your teeth.
- ~ An automatic dishwasher uses 9 to 12 gallons of water while hand washing dishes can use up to 20 gallons.
- ~ Approximately 1 million miles of pipelines and aqueducts carry water in the U.S. & Canada. That's enough pipe to circle the earth 40 times.

WATER TIPS...

- ~ Run your dishwasher and washing machine only when they are full.
- ~ Never put water down the drain when there may be another use for it such as watering a plant or garden, or cleaning.
- ~ Store drinking water in the refrigerator rather than letting the tap run every time you want a glass of cool water.
- ~ Use a bowl of water to clean fruit & vegetables rather than running water over them. You can reuse this for your house plants.
- ~ Take short showers instead of baths.

Upcoming Events...

International Training Program

English Sessions

Wednesdays , 6PM- 9PM

March 4, 11, 18, 25, & April 1

Register before February 27 !

Contact Benni Hodkin for more information, 514 849-8393, ext 243
benni.hodkin@yquebec.org

Gender & Development Training

Tuesday, March 10, 2009

6 pm - 8 pm

Downtown Y

Room 610

To reserve a seat, contact
Caterina Milani :

514 849-8393, ext. 264

caterina.milani@yquebec.org

For more information, contact

Cathy Wong : c_wong85@yahoo.com

Congratulations!

2008 YMCA Peace Medal Recipients



Back row: Marguerite Bilodeau, Pierre Jasmin (Artistes pour la paix), Dan Bigras, Yariv Barsheshat, (YAYA group), Caroline Sauriol, President of Montreal YMCA Board, Stéphane Vaillancourt, CEO, The Ys of Quebec
Front row: Sharon Steinberg, Anne Farrell, Bryna Wasserman (YAYA group), Le Service d'aide et de liaison La Maisonnée, Andy Rosenhek



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