

Newsworthy

SPRING ISSUE 2023 | NEWSLETTER OF THE YMCA BC FOUNDATION



The YMCA BC Foundation: An exciting future

The YMCA of Greater Vancouver completed its legal unification with the YMCA of Northern BC and Kamloops Community YMCA-YWCA in early January to form a single entity—YMCA BC. Reflecting our commitment to supporting our Y's life-changing programs and initiatives, we have proudly followed suit to become the YMCA BC Foundation.

The new YMCA BC will serve more than 150,000 individuals throughout British Columbia at hundreds of service locations ranging from Fort St. John to the Sunshine Coast. With YMCA BC's expanded region and a larger population to serve comes even greater opportunity for the Foundation to help children and families flourish and build healthy communities on a wider scale.

This amalgamation strategy is consistent with the growth

of other YMCAs across the country and within Canada's charitable sector. It will also allow the three regional associations to combine their collective strengths to achieve more as one.

"Each organization came to this unification from a position of strength, and we knew that by coming together, we could have even more impact in communities across the province," said YMCA BC President and CEO Heidi Worthington.

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Message from the Chair

As we've entered a significant new era in our history, it brings me great pleasure to introduce you to the YMCA BC Foundation.

Within the pages of this issue of Newsworthy, you'll learn more about the new YMCA BC that the Foundation is proud to support, the individuals leading us into our exciting future and important details for donors like yourself to know.

As the YMCAs in Kamloops, Northern BC and Greater Vancouver navigated through the unification process, what became clear is the opportunity for us to do more, with more. As the YMCA BC Foundation, our expanded reach will allow us to support an increasing number of children and families across the province, as well as create economies of scale by leveraging our additional expertise.

We are pleased to have welcomed two new directors to the Foundation Board, one each from Kamloops and Northern

BC, who will be able to provide us with further insights into the needs we can address in their respective communities. We're also looking forward to growing our Heritage Club by engaging prospective new donors outside of the Lower Mainland, Fraser Valley and Sunshine Coast.

As we've evolved from our past as the Endowment Fund to today's new entity and beyond, one thing that has remained constant—and always will—is the Foundation's commitment to building sustainable futures and healthier communities for this generation and those that follow. We're grateful for your continued support of this important mission.

A handwritten signature in black ink, appearing to read 'Melinda McKie'. The signature is fluid and cursive, with a long horizontal stroke at the end.

Melinda McKie
Chair, YMCA BC Foundation

The YMCA BC Foundation: An exciting future continued...

"As one strong, unified team, we will continue to build communities, transform lives, provide unique opportunities for people of all ages, stages, backgrounds and abilities to learn, grow, thrive and reach their potential."

Though the Foundation's name may have changed, its mandate has not. We remain focused on promoting, supporting and funding important Y initiatives and services to uplift the current generation and those that follow. Over the course of this year, Foundation funding will expand its reach to YMCA programs in the Northern BC and Kamloops regions, continuing to make an impact on services that are crucial to our communities.

Through YMCA BC, the Foundation also has an opportunity to connect with new donors across the province who support the Y's mission.

"The YMCA BC Foundation values our Foundation donors

and Heritage Club members for committing to give to benefit future generations through a transformational planned gift," said YMCA BC Vice President, Fund Development, Darlene Hepburn. "We look forward to meeting and engaging with new Heritage Club members outside the Greater Vancouver area who share our values and wish to leave a lasting legacy with the Y through their generosity."

The Foundation's governance leadership is now representative of YMCA BC's new geography as well. To achieve this, we have welcomed two new Directors to the inaugural Foundation board, Rikki Beudet and Joanne Bonderud, who hail from Prince George and Kamloops, respectively.

Learn more about the YMCA BC Foundation by visiting <https://www.gv.ymca.ca/foundation>.

Get to know the Foundation Board

We'd like you to meet the 12 Directors who comprise the inaugural YMCA BC Foundation Board!

Each of these individuals has demonstrated an outstanding commitment to their communities through their volunteerism with the Y and other non-profit associations making an impact across the province. We thank them for their dedication and guidance as we look toward a bright and exciting future.

Melinda McKie – Chair

Melinda is a Partner of Deloitte LLP and a Senior Vice-President of Deloitte Restructuring Inc. A Chartered Professional Accountant who is also co-Chair of our Joint Investment, Audit and Compliance Committee, Melinda is a UBC Health Mentor and supports the Canadian Association of Insolvency and Restructuring Professionals. She also sits on the Board of the New Westminster Victim Assistance Association.

Angela Spanjers – Vice Chair

Angela has been with Richards Buell Sutton LLP since 2006 and was appointed Managing Partner of RBS Surrey in 2020, focusing on estate planning and administration, trusts, corporate reorganizations and more. Her other volunteer pursuits include work with Mission Possible and the Canadian Cancer Society's Camp Goodtimes.

Dallas Leung – Director

Dallas is the Vice President of Finance and Administration at Global Container Terminals Canada, Canada's largest container terminal operator. A Chartered Professional Accountant, Dallas is a former Chair of the YMCA of Greater Vancouver Board and also serves on the Properties Foundation Board.

Gavin Hume, K.C. – Director

Gavin is widely considered one of the country's leading employment and labour law practitioners. He has provided indispensable leadership as a YMCA of

Greater Vancouver governance volunteer for over 30 years, sits on the Foundation and Properties Foundation Boards, and was named an Officer of the YMCA Fellowship of Honour in 2009.

Rikki Beaudet – Director

One of our two new Directors, Rikki is a Senior, Community Indigenous and Engagement Advisor for Enbridge, based in Prince George. She previously managed Future Cents, a program for at-risk youth based out of YMCA BC's Youth Around Prince George Resource Centre, and founded the YMCA of Northern BC's well-loved Angel Tree fundraising initiative.

Joanne Bonderud – Director

New to the Board, Joanne has been a Chartered Professional Accountant for 35 years and works as an Education Contractor for the CPA Western School of Business. She is also a Family Advocate at Big Bear Child & Youth Advocacy Centre. Joanne has been extensively involved with Kamloops Community YMCA-YWCA governance over the past 25 years.

Katerina Anastasiadis – Director

Katerina recently assumed the role of Manager of Intergovernmental Affairs for the City of Maple Ridge after more than four years as CEO of the Abbotsford Chamber of Commerce. She strengthens our network and understanding of the key community needs throughout the Fraser Valley.



Rikki Beaudet (top) and Joanne Bonderud (bottom) are the two new faces joining the Board as part of our transition to becoming the YMCA BC Foundation. Rikki has been involved with multiple past YMCA of Northern BC initiatives, while Joanne has been a key YMCA governance volunteer in Kamloops for many years.

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Virginia Bird – Director

Virginia is Principal of Pottinger Bird Community Relations, a Vancouver-based firm providing public engagement for development projects and municipal planning. Her volunteerism extends well beyond the Y, serving governance roles for the Mole Hill Community Housing Society, Vancouver Resource Society and more.

Ameet Johal – Director

Ameet is Principal of The Junction Collective, a global real-estate consulting firm based in Vancouver, and has 25 years' experience in the real-estate sector. In both her professional and volunteer pursuits, she is keenly interested in difference-making at a community level.

Hugh Matthews – Director

Hugh practiced corporate and commercial law with Vancouver's Farris LLP for more than 40 years and has enjoyed lifelong connection to the Y as a member and governance volunteer. He's served the Foundation Board for 10 years.

Stephanie Nesbitt – Director

Stephanie's extensive experience in high-performance sport, recreation and community programming ranges from nine years as a member of Canada's National Women's Field Hockey Team to management of Lower Mainland community centres. She serves as Chair of our Impact and Advancement Committee.

Farzin Remtulla – Director

Farzin is a Financial Associate with Vancouver's ZLC Financial, for which he provides extensive knowledge in the areas of estate planning and business succession. He is a Chartered Accountant who enjoyed a successful career in public accounting prior to joining ZLC. Farzin is co-Chair of our Joint Investment, Audit and Compliance Committee.

Frequently Asked Questions: YMCA BC Foundation

Following our change to become the YMCA BC Foundation, we understand that you may have some questions about your existing and future contributions. Below are answers to some common questions about what the change means for donors. Please contact us at giving@bc.ymca.ca or call 604.622.4958 with any additional questions you may have.

Will my donations to the YMCA BC Foundation continue to have an impact on programs, services or initiatives that are exclusive to the Greater Vancouver area?

Although YMCA BC now represents a significantly larger area of the province, your donations will always support the programs that are most important to you. If you have designated a fund for a program local to the Lower Mainland, Fraser Valley or Sunshine Coast, there will be no change in how the funding is used. You are also welcome to designate funding for other YMCA initiatives, including those across the province.

My will or insurance policy that I own lists the YMCA of Greater Vancouver Foundation as the beneficiary. Will I be required to make any changes?

If the YMCA BC Foundation owns the policy, we will connect with the insurance company to ensure all information is updated. If you own a policy where the Foundation is listed as a beneficiary, please contact your insurance company to update the Foundation's name to YMCA BC Foundation; however, our charity number remains unchanged.

I have a Named Fund with the YMCA of Greater Vancouver Foundation. Will this affect my fund in any way?

There will be no impact on any of the Foundation's Named Funds. These funds will continue to be responsibly invested to ensure long-term sustainability that will provide an annual grant to the designated purpose that your Fund is intended to support.

I am going to be updating my will soon. What information must I include to ensure my donation goes to the YMCA BC Foundation?

Aside from ensuring that you have designated the YMCA BC Foundation as a beneficiary under its new name, please note that our charity number remains the same: 8039 76471 RR0001.



(L) The new mural in the Robert Lee YMCA atrium. (R) Artist Jag Nagra and General Manager Liia Vuur.



New mural celebrates diversity at Robert Lee YMCA

Anyone entering the Robert Lee YMCA's atrium is now greeted by a colourful mural inspired by the Centre of Community's diverse membership base and made possible by the generous support of Foundation donors.

Created by local artist Jag Nagra, the mural makes diversity and inclusion a focal point while highlighting many of the Y's programs and services. It's seen on the lobby's east wall between the Centre of Reflection and the office of General Manager, Liia Vuur, who's thrilled by what the piece adds to the facility.

"Members and staff love the concept, colour and meaning behind the mural," said Vuur. "It feels welcoming and inclusive, and it speaks to each person who looks at it differently."

The initiative began as a project of the YMCA's Innovation Fund, which encourages staff to propose enhancements to existing programs or new ideas to pursue. Successful projects receive Foundation funding to move forward. The mural's application submitted by Hilary Muth, a former Membership Experience Manager at the Robert Lee YMCA, called for a theme of Bringing People Together and emphasizing representation of the BIPOC and LGBTQ2S+ communities.

Nagra is a self-taught illustrator whose work has been featured prominently in public spaces around the Lower Mainland and by the Vancouver Canucks. Since she is passionate about accessible, community art and ending the stigma against LGBTQ2S+ people in the South Asian community, Nagra said the mural was a natural

fit for her when YMCA staff approached her with the concept.

"The messaging of inclusivity and community is what resonates most with me in this piece," said Nagra. "Being queer myself, I was especially drawn to how inclusive and welcoming the Robert Lee YMCA is. The community vibe really came across, and it was clear that is what's at the heart of the Robert Lee YMCA."

Nagra said the mural's vibrant, saturated colours contrasted with Vancouver's consistently grey weather are typical of her visual style. The piece depicts core YMCA offerings in health and fitness, mental wellness and child care, plus the values that originally inspired the project, set against the North Shore Mountains as a backdrop.

Nagra's work was initially hand-drawn, then digitized and coloured before it was reproduced for installation by Screenguild Signs in January.

"I really hope that people who walk through the Robert Lee YMCA atrium will see the art and feel the warmth through it," said Nagra. "It's an honour to have a little piece of myself at this amazing facility!"

See more of the artist's work at www.jagnagra.com.

Planning for your legacy intentions: Communication is key

While basic definitions of a “legacy” often focus on the passing of money and property to the next generation, building a lasting legacy goes well beyond these aspects for many individuals.

Some view a legacy as being much more holistic, and it often includes everything from beliefs, values, intentions and wishes to traditions and reputation. In this regard, beyond passing down wealth to heirs and expressing your intentions in such a manner, structured giving may present another ideal option to help solidify your legacy in an overall sense.

Whether you have a strong commitment to philanthropy or lean more toward a simpler legacy gift, planning your charitable and philanthropic giving in advance will help to assure that the areas you feel strongly about during your lifetime continue to receive support in your absence, and that your commitment to certain causes can live on in the years to come.

Much in the same way as transferring wealth to heirs, it’s beneficial to make your charitable intentions known among family members and to discuss your individual and family values. Doing so will help provide clarity around the wealth-transfer decisions you’re making and may also present an opportunity to develop a shared

sense of motivation and purpose in giving back within your family.

No matter what you decide your legacy is to be, communicating your clear intention to the people who care about you and what matters to you is very important. Open and honest communication can make things go better and gives you an opportunity to clearly express what you value and why you’ve made the choices you have. This in itself can be a very powerful catalyst for embedding those values through multiple generations, further strengthening a legacy that endures.



**Ready to discuss
your legacy intentions
with the YMCA?**

Contact:
giving@bc.ymca.ca
to get started.

Eddy Mejlholm is a Portfolio Manager & Wealth Advisor with RBC Dominion Securities..

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How the Foundation invested in community in 2022



We're excited to tell you about crucial YMCA BC services in Northern BC and Kamloops relying on donor support. We look forward to Foundation funding reaching programs like these soon!

Foundry Prince George celebrates five years, second site

A YMCA BC-operated health clinic serving youth and young adults in the Prince George area recently celebrated a key milestone in its history and the opening of a satellite location providing expanded community support.

Foundry Prince George delivers a wide range of free health and wellness services for people aged 12 to 24. Those accessing its services can do so confidentially and many of its offerings—which include counselling, social services, peer support, gender-affirming care, therapeutic groups and more—are available on a walk-in basis. Foundry facilities across BC operate in partnership with multiple community organizations, but the Prince George site is the lone one for which the Y is lead agency.

"While Foundry locations within the province were created to meet mild to moderate community need, we consistently see those seeking services identifying themselves as in high distress," said Centre Manager Carmen De Menech. "Foundry PG has garnered

the reputation of being a safe, supportive and non-judgmental space for youth looking to further their wellbeing."

In November, Foundry Prince George held a community open house to mark its fifth anniversary and celebrate the opening of its Quebec Street extension site, located mere blocks from the main facility downtown.

"As Foundry PG's services have expanded in the past five years, we quickly outgrew our physical space," said De Menech.

Quebec Street hosts the new Foundry Employment and Education Program supporting youth facing barriers from mental health or substance use, plus core YMCA initiatives like Y Mind, Alternative Suspension and the YMCA Community Action Network.

Visit foundrybc.ca/princegeorge to learn more. **FOUNDRY**
PRINCE GEORGE

Y Emergency Women's Shelter provides 'welcoming home' in Kamloops

The phone stopped ringing at the YMCA Women's Emergency Shelter in Kamloops during the early days of the pandemic.

"This was heartbreaking," said Jacquie "Jax" Brand, General Manager, Violence Against Women Intervention & Support Services (VAWISS) for the YMCA. "We knew that women were just not able to get to safety and were unable to call or text because the perpetrator did not leave the house."

The Women's Shelter provides safety and support for women and children experiencing domestic violence. Most women and families seeking assistance come from the Thompson Okanagan and Chilcotin regions, but some are fleeing from Alberta and further away.

"Since the world opened up again, we've been at capacity," said Brand. Last year, the shelter provided refuge to 252 women

and 67 children, but another 362 were unfortunately unable to stay because its seven bedrooms and 23 beds were full.

The shelter is more than just a place to sleep. Women receive support overcoming the obstacles they face moving forward and helping their kids to be kids again.

"If a woman needs crisis counseling, income assistance or help enrolling their kids in school because they left without birth certificates and other documentation, we help them through it," explained Brand. The Women's Shelter also provides 24/7 phone support and referrals to community resources.

"We've been able to create a welcoming home where people want to be because of our generous donors. Donor support provides the comforts these families deserve, as well as necessities including

food, clothing and bedding."

Brand added that families supported by the shelter become part of the Y community, with free access to health, fitness and aquatic facilities, child care and camp programming.

"This significantly increases women's opportunities and supports, which sparks hope and enables them to see different futures for themselves and their children," said Brand.



Learn about more VAWISS programs at <https://www.kamloopsy.org/womenssafety.htm>



CommUNITY Campaign kicks off to help families reach their potential

The YMCA BC CommUNITY Campaign supports our communities from many sides—providing subsidies to Y programs and services for those facing financial insecurity, adapting programs and services to meet the changing needs of communities, and being prepared to act fast in times of crisis to help those most vulnerable.

In May, YMCA BC will kick off its annual CommUNITY Campaign across the province—celebrating our unification and building awareness of the vast reach of the Y's programming—and raise funds to continue this important work. We'll engage and connect with members and the general public on our Y-Charity vision of building a community in which a generation of children and families reach their full potential.

Our ability to advance the Y's mission is reliant on the generous contributions of many. Please consider supporting the YMCA BC CommUNITY Campaign with a one-time donation or monthly gift.



Scan the QR code or visit gv.ymca.ca/ymca-community-campaign to donate or learn more.

YMCA BC Foundation Directors

Melinda McKie (Chair)
 Angela Spanjers (Vice Chair)
 Katerina Anastasiadis
 Rikki Beaudet
 Joanne Bonderud
 Virginia Bird
 Gavin Hume, K.C.
 Ameet Johal
 Dallas Leung
 Hugh Matthews
 Stephanie Nesbitt
 Farzin Remtulla
 Heidi Worthington (Secretary)

YMCA BC Foundation Staff Support

Darlene Hepburn
 Heather Duross

Join us for 39th annual Heritage Club Luncheon on June 15

The Heritage Club Luncheon is an annual tradition of the Foundation, and we're looking forward to welcoming our generous supporters for another memorable gathering later this spring!

This year's event will take place on Thursday, June 15, running from 11:30 a.m. to 2:00 p.m. at the Royal Vancouver Yacht Club's Jericho Beach clubhouse.

The luncheon will once again provide an opportunity to catch up with old friends and enjoy a terrific meal while hearing about the Foundation's inspirational recent work and its exciting future supporting the new YMCA BC.

We look forward to having you join us. For more information, please contact YMCA BC Foundation Director of Operations Heather Duross at heather.duross@bc.ymca.ca, or by calling 778.887.5609.

To learn more:

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