



**CAMP  
THUNDERBIRD**

The main lodge at the Y's Camp Thunderbird finally has a beautiful new metal roof to last for many more generations of campers!

## Leadership donors have the power to be instruments of change.

They inspire others and provide opportunities for tomorrow.

### Thank You to Vera Wille

for the generous bequest that made this possible, and to the Leadership Donors who have helped rebuild and revitalize the buildings at camp and supported camp programs:

**Vera Wille | Ames Family Foundation | Bert Buchanan | Terry Farmer  
Butchart Gardens | Bob Wallace | Lorne Harper | Joyce Clearihue  
number TEN Architectural | Don Hamilton | Golf for Kids  
Marilyn Pattison | Jim & Linda Pringle**

#### To become a leadership donor:

Contact **Fione Wilson**, General Manager of Fund Development 250-386-7511 ext 405 | [fwilson@vancouverislandy.ca](mailto:fwilson@vancouverislandy.ca)

## Y Mindfulness Groups

### The "Y Mind" anxiety support programs for teens and youth continue to expand across Vancouver Island!

The YMCA Mindfulness Groups offer a free weekly psychoeducational and support group for youth ages 18-30 and teens 13-17 who experience mild to moderate anxiety, stress or worries. Supervised by trained mental health professionals, participants learn healthy coping skills, connect with other young people in the community, and supported in a safe and friendly environment.

New Teen Mindfulness Groups are being offered this fall in Victoria in partnership with several schools in School District 61, and on Hornby & Denman Island. The Youth Mindfulness Groups continue to be offered in collaboration with community service providers in Nanaimo and the Comox/Courtenay region.

An Indigenous adaption of both the Teen (13-17) and Youth (18-30) Y Mindfulness Groups are being piloted in Duncan (Cowichan Tribes) and Alert Bay this fall.

We continue to offer anxiety support groups with the Youth Mindfulness sessions for young adults aged 18-30 at the Downtown Y and Westhills Y.



## YMCA Mind Fit

### YMCA Mind Fit is an 8-week program for teens ages 13-19 with mild to moderate symptoms of depression and/or anxiety.

This program focuses on mental health topics combined with physical activities to learn healthy life coping skills.

Mind Fit is being offered in partnership with School District 62 at the Westhills Y in Langford this fall and is open to all current students.

For more information on YMCA Mind Fit, please contact

**Fiona Hough**  
[mindfulness@vancouverislandy.ca](mailto:mindfulness@vancouverislandy.ca)

# Y Impact



**FALL/WINTER  
2019-2020**

YMCA-YWCA of Vancouver Island | #202 - 1314 Lakepoint Way V9B 0S2 | P: 250-386-7511 | [www.vancouverislandy.com](http://www.vancouverislandy.com)



**PARTICIPATION**

### "Thank you to the donors of the Y's Strong Kids Campaign for changing our lives."

Connie left an abusive relationship and moved to Victoria with her infant daughter Josie to get a fresh start. After a challenging and expensive move, Connie found work in her field. Just before turning 40, she was diagnosed with stage 3-breast cancer. All her energy is spent caring for Josie and doing all she can to improve her health. They live on a modest disability pension without extra funds for recreation or vacations.

They both receive Strong Kids Financial Assistance for their memberships at the Westhills Y, and Josie has attended Camp Thunderbird. This support allows Josie to enjoy being a kid, and gives them both a break from the stress of terminal illness that is a constant factor in their lives.



**LEARNING**

### "I am working on so many personal & parenting goals, and maintaining my sobriety."

After being placed in foster care at 15, I started hanging out in unhealthy environments and using crystal meth. Before I turned 17, I had started using heroin and dropped out of school. I made my way down to the Surrey strip, and then to Vancouver's downtown east side where I met my son's father.

We came to Victoria when my son was 2 months old, and he was removed from my care due to safety concerns. I started going to recovery groups and seeing a counsellor. Finally, I got my son back, and I returned to school to complete my grade 12.

The support I have received through the Y's Young Moms Program has helped me complete my goals, better my life, and deal with the trauma of past abuse and my addiction.



**LEADERSHIP**

### "Each summer I've gone back to camp, it's a once in a lifetime experience."

At 13, I first went to Camp Thunderbird. I was so worried about not fitting in with the other campers.

Camp has changed my life in many ways. I have made amazing friendships with people I would not have met anywhere else. You have to learn to get along with everyone in your group, and trust and rely on them.

I have decided to be a camp counsellor one day. Being a counsellor will be a great way to give back. I hope to inspire young kids the same way my camp leaders inspired me. Camp Thunderbird is an important part of my life and I am so glad I had the chance to go.



**Vision: Healthy People, Strong Communities.**



**Mission Statement**

To work together to enhance individual and community potential through participation, learning and leadership.





## A Message from Our New CEO - Derek Gent

I am very excited to be back again after almost 20 years away, and to be joining the Vancouver Island Y as your incoming CEO. It is a humbling opportunity, standing on the

shoulders of many people who have come before. There are daunting challenges, but a very hopeful future here.

Over the summer months I have had an opportunity to spend time at our various locations and programs, meeting the amazing members and staff, hearing from those whose lives have been affected by our work, and taking every chance to thank the many volunteers or financial donors who live the Y values and make all this possible. From Health & Fitness facilities, to our Child Care spaces, the fabulous Camp Thunderbird lands, or the housing units available for young moms and teens, through our places, our people and our programs we are delivering an incredible set of results across the region.

I am struck by the fierce level of pride among people affiliated with the Y. We are an integral part of the communities we serve, and by joining our organization, it's recognized that you become

part of something much larger than yourselves as individuals. Through the Federation of YMCA's and YWCA's (we're proudly part of both), our Y is a local example from a global network with a long history, including strong core values and a feminist identity that we will not lose. We enhance community health and well being, nurture the potential of children and youth, and provide opportunities to give back and help. We are the Y.

Plans are progressing to find a new location for our Downtown Y, including some very encouraging discussions with potential local partners, and we will be providing more opportunities for your input (and your support) toward these efforts. Stay tuned. Financially, we are committed to raising more money, and getting back to a breakeven level of operations across multiple sites, to sustainably provide the services and support as we have for almost 145 years.

Please don't hesitate to reach out and say hi if you see me at one of our locations or out in the community.

— Derek Gent | Chief Executive Officer  
YWCA-YMCA of Vancouver Island



## THANK YOU! Here's to the next decade of helping the "Kids"!

The Friday Boyz held their annual Spring Open at Cordova Bay Golf Course, competing for the group's coveted Jock's Jug. While the tournament crowned a winner, the big winner of the day was the "Kids", as our gang of 30 golfers have come to say with pride and passion for the past 10 years.

This day was more than just a golf tournament amongst friends, it was a celebration of a decade of donating to the YMCA-YWCA Strong Kids Campaign, a loonie and a toonie at a time. Making \$3 dollar bets on golf, friendly wagers on hockey and baseball, combined with a couple of golf tournaments a year, we have raised \$20,500 since 2009! It was an idea that was born on the 19th hole over a few spirited pints and a desire to help others in our community.

**Here is our challenge to other golf groups:**

Pick a charity and help out, there is no end to the need in our community. And for The Friday Boyz, there is no better feeling than building strong kids, strong families and strong communities.

In recognition of her 30 year career with the YMCA-YWCA



## Help Jennie Edgecombe build a future for the next generation of campers.

### CAMP THUNDERBIRD



Your generous donation will help upgrade the water system at the Y's Camp Thunderbird OR support Jennie's less practical (but way more fun) construction of a TREE HOUSE!

Jennie will leave behind a lasting legacy of thoughtful leadership that has allowed our Vancouver Island Y to grow strategically and has deepened our connection and reach into Island communities.

Your generous donation will help celebrate her vision and achievements in developing our Y into a stronger, healthier and more impactful Island charity.

ONLINE DONATIONS: [vancouverislandy.com](http://vancouverislandy.com)

For additional information or other donation methods, please contact: YMCA-YWCA Vancouver Island Registration Services. Contact: [registration@vancouverislandy.ca](mailto:registration@vancouverislandy.ca) | 250-386-7511

## It Starts Here

Donations to the Y's Strong Kids Annual Campaign provide direct Financial Assistance to individuals and families who need extra help.

**Members** are strengthened and encouraged as they participate in our aquatics, fitness, and recreational sport classes.

**Children and youth** develop leadership skills and confidence as they challenge themselves in the outdoor environment at the Y's Camp Thunderbird.

**At-risk youth** and their children benefit from the safe housing and support found at the Y's Pandora Youth Apartments and the Young Moms Program.



## Another Way to Support the YMCA-YWCA Vancouver Island....

### Gifts of Securities

There are benefits of donating a gift of securities to the YMCA-YWCA of Vancouver Island.

- 1 You will receive a tax receipt for the fair market value of the donation in the amount of the closing trading price on the day the YMCA-YWCA receives the security.
- 2 Your donation may be exempt from the capital gains tax that typically applies to the sale of a security.

The list of securities this applies to may include:

- Shares listed on most Canadian and certain foreign stock exchanges
- Prescribed debt obligations
- Shares of the capital stock of a Canadian public mutual fund corporation
- Units of widely held Canadian mutual fund trusts
- Interest in related segregated fund trusts

We encourage you to contact and consult your own legal and financial counsel in the development of your own financial and estate planning.

### TO DONATE

Go to [vancouverislandy.com](http://vancouverislandy.com) and click DONATE or visit any branch to make your donation in person