

Cherishing the legacy of Camp Deka



YMCA BC President & CEO Heidi Worthington leads a toast in honour of the Brown Family and Camp Deka during Camp Alumni Day festivities at YMCA Camp Elphinstone on Aug. 16.

Lorne and May Brown's work to enrich the lives of young people through outdoor experiences first took roots at Camp Deka, and is now set to continue benefitting campers at YMCA Camp Elphinstone for years to come.

YMCA BC and Foundation leaders proudly acknowledged the incredible legacy of the Browns, original founders of Camp Deka, during a ceremony in Rec Hall as part of YMCA Camp Alumni Day festivities on Aug. 16. Nearly 60 members of the Camp Alumni community and several Y staff joined in for the day, which was full of camp memories, site tours and a celebration of Camp Deka's history.

The Browns were visionary educators who believed that connecting with nature was essential to the growth and development of healthy individuals. Lorne, a UBC Professor, was a YMCA Camp Elphinstone youth leader in the 1920s and Camp Director in the '50s. May, a trailblazer and leader within UBC's Physical Education

Department, championed women in sport, business, and politics.

They founded their wilderness camp on the shore of Lake Deka in the Cariboo region in 1961. Camp Deka offered formative experiences for boys for 15 years, closing shortly after Lorne sadly passed away.

"For Lorne and me, much of our married life revolved around the camp and it was the fulfillment of a dream," May once wrote, prior to her passing in 2019 at the age of 99. "Camp Deka was a place where lifelong friendships began."

In the late 1980s, May reached a generous agreement with the YMCA Endowment Fund—predecessor to

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Message from the Chair

It was a delight to see many of our YMCA BC Foundation supporters recently at this year's Heritage Club Luncheon.

On top of having the chance to reconnect with some old friends, the luncheon is one of my favourite annual gatherings because it's always a wonderful celebration of our wide-ranging impact.

The theme for this year's luncheon was "Rooted in Belonging," which so perfectly encapsulates how YMCA BC strives to meet the needs of communities across the province, as well as the Foundation's rich history and tradition of support for the Y over decades.

As we continue to invest in YBC programs and initiatives that ignite belonging and offer everyone access to healthier outcomes, this issue of Newsworthy is full of examples that demonstrate how your generosity makes an important difference.

It has been instrumental for thousands of British Columbians taking charge of their cardiac health over the past half-century, building resilience and longevity for the YMCA Healthy Heart program and its participants. It has provided access to formative summer-camp experiences for children and youth over generations. And it allows the Foundation to make significant contributions towards YMCA BC's Financial Assistance Program, helping thousands access Y programs regardless of their means.

Together, we are cultivating spaces where everyone belongs, and your selflessness is what makes all of this possible. Thank you for your ongoing support.

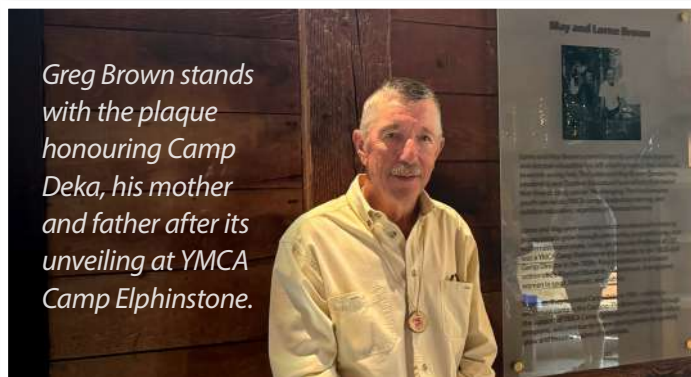
Bob Chan-Kent
Chair, YMCA BC Foundation

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the Foundation—for the Y to acquire Camp Deka. It re-opened as a co-ed and leadership camp soon after, allowing the site to instill a love of the outdoors for new generations of youth. It last welcomed campers in 2017.

May remained connected to the YMCA for years afterwards, serving a decade on the Endowment Fund Board before being named an Honourary Trustee in 2002. The Brown family also established the Lorne and May Brown Campership, Leadership and Outdoor Education Fund, which helps eliminate financial barriers for youth to attend camp.

The Camp Deka site was sold last year, with its proceeds earmarked to support various future projects and initiatives at YMCA Camp Elphinstone. The Alumni Day ceremony included the unveiling of a plaque honouring the Browns and Camp Deka that will remain on permanent display at Camp Elphinstone.



Greg Brown, Lorne and May's son, said he was proud to see his parents' legacy permanently enshrined, and thanked the YMCA for recognizing them in his remarks at the ceremony.

"I know they would be pleased today to know that the vision they had for Camp Deka is alive today through the programs here at Camp Elphinstone," he said.

42nd Heritage Club Luncheon: In Photos

Thank you to all who joined us in June for our Heritage Club Luncheon at the Royal Vancouver Yacht Club. This year's theme was "Rooted in Belonging." Please enjoy some of the scenes captured on this memorable afternoon!

Cindy Lee



Darlene Hepburn & Hannah Dobie



Gavin Hume, K.C., Stephanie Nesbitt, Bob Chan-Kent, Kelsey Dunwoodie, Melinda McKie, Heidi Worthington, Lynn Pelletier & Ameet Johal



Dennis Baher & Frederick Morley



Iffat Sohi



Gabriele Scully & Ann Parkinson



Stan Jung & Allison Jung



Susan Tha, Lorne Gettel, Gavin Hume, K.C. & Stephanie Nesbitt



Jim Morton

Celebrating 50 years of YMCA Healthy Heart

For half a century, the YMCA Healthy Heart program has been there to support British Columbians in their cardiac rehabilitation after a referral from their doctor.

To reach its 50th anniversary this year, the program has shown the same resilience it instills in its participants, and served as a trailblazer for other YMCA BC programs that help people achieve healthier outcomes and find community.

Healthy Heart's success helping thousands of people through their recovery has also been made possible through contributions from the YMCA BC Foundation that extend over decades.

"If it wasn't for the generous support of the Foundation, the program definitely wouldn't have lasted this long," said YMCA BC Chronic Disease Programs Manager Joan Mann, who has overseen Healthy Heart since 2018.

Its longevity is also thanks to the efforts of countless hard-working people, gifts from individuals and service clubs, and government and pharmaceutical grants through the years.

When the New Westminster YM-YWCA launched the



program in 1976, it was known as YMCA CARE (cardiac rehab) and had just eight people in its first class. Under supervision of volunteering medical professionals, participants recovering from a cardiac event or procedure were guided through exercise programs to rebuild cardiovascular strength.

Exercise as rehabilitation from a heart attack was a new concept at the time. Prior to the 1970s, weeks of strict bedrest and a very gradual return to movement were the typical doctor's orders after a cardiac arrest. Physicians overseeing YMCA CARE in its early days were motivated to explore new treatment options. Dr. Peter Richardson formed the program's initial advisory committee with interested doctors from Royal Columbian Hospital, and Dr. Marlyce Friesen propelled YMCA CARE forward when volunteering as Medical Director soon after.

PHOTOS: Above large - Participants follow exercises during a 2005 Healthy Heart class at Tong Louie Family YMCA; Above inset - One of the YMCA CARE program's first classes in 1976; Right page - Gabriele Scully conducts tests on a YMCA CARE participant during her early years as Program Manager.

The program quickly grew into the largest of its kind in BC, nearing 100 participants after just two years. Most importantly, those enrolled were showing marked improvement in their heart health.

"It was just opening up this whole realm of cardiac rehab and what the potential was for patients and what they could safely do," said Gabriele Scully, who spent 16 years working as YMCA CARE Manager alongside Friesen and exercise physiologist Ann Parkinson.

The New West Y sadly folded in 1985, putting the program in jeopardy, but it found a new home at the YMCA of Greater Vancouver's North Shore branch and was soon thriving again at several Lower Mainland locations. It also introduced cholesterol management and dietician expertise to widen the scope of participants' rehabilitation.

At its height, the program served 500 participants per year. It was so highly regarded that YMCA CARE staff were involved in drafting provincial health guidelines for cardiac rehab in the late 1990s, which later became the template for national standards.

Renamed YMCA Healthy Heart in 2001, the program's impact went far beyond improving physical fitness—it created a community. The friendships formed between participants compelled many to continue with Healthy Heart for years after overcoming their ailments.

"People loved the program so much that they never wanted to leave," said Mann. A new model offering unsupervised "maintenance classes" for long-time users was introduced to open spaces for new participants.

Janet Pavlakovic is among those who have stuck with Healthy Heart for both its social and physical health benefits. She immediately bonded with people in her class after being referred to the program.



"They were like family," she said. "These were the only people who understood what I was going through. They were on similar medications. Not everybody had the same diagnosis, but we were sounding boards for each other."

"Mentally, it really helped me get through the first couple of years."

She's now been an active participant for 29 years, even through changes in locations and formats over time. She sees it as a great motivator to stay fit.

"It is keeping me going," said Pavlakovic. "And that's what I need."

When the COVID-19 pandemic put Healthy Heart's future in doubt again, the program bounced back once more. It began offering virtual classes for participants in the

summer of 2020 as Healthy Heart at Home—one of the first YMCA programs to pivot online in the era of social distancing.

Foundation grants through the years have been essential, allowing the program to purchase exercise and testing equipment, to keep registration fees affordable, and provide a baseline of funding during challenging times.

"The YMCA should feel proud for supporting and believing in something that has helped so many people," said Scully.

YMCA BC continues to offer maintenance classes at Coquitlam's Bettie Allard YMCA, but most participation now takes place through Healthy Heart at Home, serving close to 175 people last year. As the program looks ahead to its future, the online model now opens the much-needed capability of reaching cardiac patients in rural and remote communities. Mann is hopeful Healthy Heart can keep making an important difference as it continues to evolve.

"Part of the joy of being involved in the program is hearing and witnessing firsthand the incredible impact it has on people's lives," she said. "I'm so grateful for this program and what it's meant to them."

Donating shares can broaden your gift's impact

An often overlooked, but effective, method of giving to your favourite charities is donating stock.

Two provisions of the Income Tax Act (Canada) encourage individuals to donate for greater tax savings. Many know that every donation to a qualified doneeⁱ creates a non-refundable charitable donation tax credit based on its fair market value.ⁱⁱ Fewer Canadians know that donating securities from a taxable investment portfolio, results in a 0% inclusion rate on capital gains for publicly listed securitiesⁱⁱⁱ, subject to standard income tax act (ITA) conditions.

A simple example*; a YMCA supporter who owns a publicly listed share currently worth \$10,000 with a cost base of \$1,000. Choosing a cash donation of \$10,000 (selling the shares) versus donating the shares directly, the latter is far more effective for taxes, while still delivering the full \$10,000 donation to the charity.

Individual tax situations require precise planning. Considerations such as future income and tax requirements, especially for retirees, should always be taken into consideration when making planned gifts from investment portfolios.

For donors with shares to give, the provisions provide a benefit to charities and meaningful tax savings for the donor. A bit of forward planning for your annual contributions can both benefit a charity such as YMCA BC and reduce your and your family's overall tax bill.

	Sell Shares & Donate	Donate Shares In Kind
FMV; Accrued Gain	\$10,000; \$9,000	\$10,000; \$9,000
Taxable Gain Portion	\$4,500	\$4,500
Capital Gains Tax Estimate	\$2,400	\$0
Charitable credit on \$10,000	\$5,200	\$5,200
Net Tax Savings	\$2,800	\$5,200
Estimated Capital Gains tax saved/avoided ^{iv}	NA	\$2,400

To learn more about donating a gift of securities to the Y, please contact us at giving@ymcabc.ca or 604-622-4957.

**Illustrative amounts based on tax rules applicable at time of publication. Actual benefits will vary by donor.*

Kelsey Dunwoodie is Co-Chair of YMCA BC Foundation's Advancing Philanthropy Committee. She is a Portfolio Manager and Chief Operating Officer at Deans Knight Capital Management. The YMCA BC Foundation has published this material as a source of general information only. It should not be considered as a formal offering of financial, estate-planning, or investment advice. Please consult with a tax professional before acting upon any information contained herein.

ⁱCanadian Tax Act ("CTA") Subsection 149.1(1); ⁱⁱCTA Subsection 118.1(1) & (3); ⁱⁱⁱCTA 38.1(1)(c); ^{iv}Example is rounded, assumes highest tax bracket in British Columbia

YMCA BC Kids Walk: In Photos

Young superheroes, child care families and Y staff across the province hit the streets for the YMCA BC Kids Walk presented by Odium Brown on May 27, raising nearly \$110,000 to support access to YMCA BC's Financial Assistance program! Thanks to all who helped prove that even the smallest steps make a big difference!



YMCA BC introduces Truth and Reconciliation Action Plan

In striving to incorporate its values of being inclusive, supportive, innovative and accountable in everything it does, YMCA BC is taking the incredibly important journey as an organization toward Truth and Reconciliation.

In May, our Y reached a major milestone on this path by introducing its Truth and Reconciliation Action Plan. This is a transformative and actionable roadmap to guide meaningful and lasting Reconciliation across YMCA BC—in its practices, decision-making and culture.

Developed with guidance from BC-based, Indigenous-led firm Reciprocal Consulting, this plan identifies 10 key focus areas with meaningful actions and desired outcomes to achieve over the next three years. That includes welcoming YMCA BC’s first Manager, Indigenous Initiatives to guide this work forward. Reconciliation is not a linear journey, and the plan is meant to evolve and respond to the needs of communities and YMCA workplaces.

The Foundation has supported the development and implementation of this plan with dedicated funding, recognizing that this significant work deserves the time, reflection, knowledge and resources to do it well. As Truth and Reconciliation Day approaches on Sept. 30, we encourage everyone to reflect on what reconciliation means to you, your family and community.

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Hassam joins Foundation Board



The YMCA BC Foundation is pleased to welcome Fatima Hassam as the newest member of its Board of Trustees.

An executive leader with more than 25 years of experience advancing philanthropy and transforming healthcare, Fatima most recently served as Senior Vice President & Chief Development Officer for the BC Cancer Foundation. In that role, she provided leadership on fundraising initiatives that included Beyond Belief—the most ambitious health campaign in the province’s history, which exceeded its goal of raising \$500 million.

She previously served in a leadership role at the University of British Columbia’s Faculty of Medicine, where she helped guide UBC’s \$1.5-billion Start an Evolution campaign and led major capital initiatives in brain health and sports medicine.

Given Fatima’s passion for reimagining philanthropy as a catalyst for innovation and achieving better health outcomes for all, she will be a tremendous asset to our volunteer Board of Trustees in the years ahead.

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