



## Message from the 2011 Strong Kids Campaign Chair.

Thank you to donors, volunteers, Y staff, and community partners for your support for the Y's 2011 Strong Kids Campaign. We are very pleased to announce that we have raised nearly \$130,000 toward providing the financial resources that give so many children, youth and families access to quality Y programs and activities. From the Campaign Kick Off in February, to the BBQ in September, and the Spin for Kids event in October, we have also managed to keep the "fun" in fundraising.

This year, we have many new donors and created greater awareness about the Y and the Strong Kids Campaign. The need is growing in our community, so it is fitting that our financial resources grow too. With that in mind, we look forward to building on our successes next year in 2012.

May all of you enjoy the holiday season knowing that through your generous support, your Y has helped so many.

Sincerely,

*Janet Martin*  
Janet Martin



### VISION

Healthy People,  
Strong Communities.

### MISSION STATEMENT

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



**Spin for Strong Kids 2012 will be held Saturday November 3rd!**



On Saturday October 22 this fun family event was held at the downtown Y to raise dollars for the Y's Strong Kids Campaign. Eight teams of 8 volunteer spinners (of varying spinning abilities) joined forces in fundraising. Over **\$13,000** was raised as teams checked

in with their pledges throughout the day and took part in a fun 30 minute spin class with another team. Thank you to all who supported this amazing event as participants, volunteers or spinners! A special thank you to the event sponsor, HSBC Securities.



### Gift Amount

**I would like to make a one-time donation of:**

- \$50    \$100    \$250    \$500  
 \$1,000    \$2,000    \$5,000    Other \$ \_\_\_\_\_

**I would like to make a monthly donation of:**

\$ \_\_\_\_\_ beginning \_\_\_\_\_ (mm/yy)

for # \_\_\_\_\_ months   **OR**    Continuous

Please deduct my monthly gift on:  1<sup>ST</sup>    8<sup>TH</sup>    15<sup>TH</sup>    23<sup>RD</sup>

**Donations of \$1,000 or over are recognized as Members of the Chairs' Round Table.**

*Income tax receipts will be issued for gifts of \$25.00 and over.*



YMCA-YWCA Greater Victoria  
851 Broughton Street  
Victoria BC V8W 1E5  
250-386-7511  
www.victoriay.com

We build strong kids, strong families, strong communities.

### Methods of Payment

- cash    cheque (Payable to YMCA-YWCA Greater Victoria)  
 pre-authorized debit (PAD)

*If you selected PAD for monthly payment, please enclose a void cheque from the bank account you wish to use.*

Credit Card type:  VISA    MasterCard   Exp. Date: \_\_\_\_\_ / \_\_\_\_\_

Card No: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

\*I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or not consistent with this PAD Agreement. To obtain more information on my recourse rights, I may contact my financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca).

\*I may revoke my authorization at any time, subject to providing notice of 15 days. To obtain a sample cancellation form, or for more information on my right to cancel a PAD agreement, I may contact my financial institution, or visit [www.cdnpay.ca](http://www.cdnpay.ca)



# Y Newsletter



WINTER 2011

## The heart of a volunteer...

The Y represents to me what was instilled in me my whole childhood — **community involvement and acceptance.**

It means more to most of us than just a place that we go to keep active. It is more than a gym, more than a pool and certainly more than a membership. It is a place you go to feel better both mentally and physically. From the moment you walk in the door you are greeted with smiles until the instant you leave. No matter what your interest, you can always find something to keep you busy and involved at the Y. This is the Y from coast to coast, the culture of the organization, and the reason why wherever I live, I will be a member.

For me, the brilliance about joining as a volunteer is not only realizing that what you do makes a difference in some child's life and helps improve the community, but it changes your own life. As a coach, a Board Member for Project Water Haiti, an entrepreneur, and having a social life it is still easy to find extra time in my schedule to volunteer. The Y staff have a passion for what they do, and working with them is more fun than anything else.



I love to meet people, I love to interact, and I love to see smiles from the kids that benefit and see life in a different way because the Y's Strong Kids Campaign exists. The main reason I volunteer is because there isn't any good reason not to. Everyone benefits and everyone wins. We all want to make this world a better place when we leave and the Y is a special place that achieves this vision.

I am 28 years old and I have been volunteering my whole life. This will never change. I encourage all generations to get involved and make a difference. My inspiration draws from the people around me and there is no better group to be around than the community of the Y.

The best things in life are free.....  
Volunteer!

851 Broughton Street  
Victoria, BC V8W 1E5  
Ph: (250) 386-7511  
F: (250) 380-1933  
www.victoriay.com

"I really enjoy volunteering with you and our kids. It has given me a lot of wonderful experiences which I can't buy. It makes me want to do my best every time."  
— a Y Volunteer



## Dorothy Hamilton's story.

Dorothy began her life in Saskatchewan where she later met and married her husband Don Hamilton in 1953. His career in the Royal Canadian Navy saw postings on both coasts and places in between, prior to retirement in Victoria.

Dorothy and Don raised a daughter and son, but with Don often away at sea for extended periods of time, Dorothy often managed the house and the children on her own. She was an independent woman who kept herself busy with new things. One of her many passions was sewing; she was a wonderful seamstress and studied Couture Design in Colorado. They enjoyed travelling together when Don came home on leave, sharing memorable holidays including cycling trips in Europe.

In 1977 Dorothy took up running. Three years later, after completing the first marathon training clinic offered at the YMCA-YWCA of Victoria, she entered and completed the inaugural Royal Victoria Marathon along with her close friend Vera Wille. The following January, Dorothy became one of the instructors for the 'Y's Marathon Training Clinic — a program

that continued for many years. When not sharing her enthusiasm for the sport with others as a run leader, Dorothy could be found participating in all kinds of races from 10K's to full marathons.

As a long time member of the YMCA-YWCA, Dorothy decided to volunteer her time, becoming a member of the Y's Board of Directors. Through her work on the Board, she became very attached to the Y's Camp Thunderbird, an outdoor education centre whose wide array of programs and activities benefitted, and continues to benefit so many children in the community. Dorothy was an active woman who displayed great leadership in many areas including the sport of running. The Dorothy Hamilton Memorial Fund for Camp Thunderbird was established in 2006 by her husband Don and family as a memorial to the legacy she left behind.



*"Yesterday, when we stopped for a break, on a bluff – overlooking the sea, we saw a small sailing ship in full sail in the distance. Closer to shore were the ducks, geese and the occasional eagle flying high above. We were all thinking how fortunate we are to be able to come together every Tuesday to explore the trails, beaches and vistas in such a beautiful place."*

The **Y Walkers** are a very special group of women who share a common love for the outdoors by meeting weekly to hike the many trails in our area. This group formed sometime in the late 1970's and today has over 40 members plus 10 alumni members who walk separately. The Y Walkers contributed financially to forging the Trans Canada Trail, and there is a plaque at the beginning of the trail here in Victoria, just near the Bay Bridge that mentions this.

Every year the Y Walkers do a special walk at Camp Thunderbird and wrap up their day with a donation to the Y's Strong Kids Campaign to support kids at Camp. This summer, the Y Walkers contributed over \$1500! We thank the Y Walkers for their continued support over the years.

# Thank You!

The **Cordova Bay Golf Course Maintenance Crew** held an open house and fun golf tournament this summer with all proceeds going to the Y's Strong Kids Campaign! Over \$1,300 was raised, and when we said our thank you's to the member who led this initiative, she replied; "I am very happy with my choice to give to the Y. I believe the Y is a great organization and I am proud to be a member!" This same member later formed a spin team and participated in the Spin for Kids event in October, contributing another \$1080. To all of this fantastic support, we say – THANK YOU!

## The Y's Pandora Youth Apartments has a new program this year thanks to Coast Capital Savings...

The "Growing Youth Independence Initiative" at Pandora Youth Apartments offers life skills workshops, a community kitchen, and promotes a safe place where youth can build their sense of community belonging and engage in social situations. The goal of this program at Pandora is to support healthy living and successful transition to independent living within the community.



# Power of Being a Girl Conference

The Y's second annual Power of Being a Girl Conference for young women was held in the West Shore for School District 62 on October 20th. Over 120 girls between the ages of 12-14 years attended the full day conference sponsored again this year by IBM.

The Power of Being a Girl conference is an initiative of The YWCA of Canada's Week Without Violence offering a day of fun in a safe and moderated environment. Conference participants learned ways to become better equipped to deal with the various forms of violence that may impact their

lives on a daily basis. The girls had the opportunity to participate in fun and informative workshops, listen to an inspiring keynote speaker, have a healthy lunch, and get active with yoga or hip hop. Workshops were centered on topics such as bullying, cyber bullying, relationships, body image and health.



This donation is being made on behalf of:  Individual  Business

Campaign Volunteer: \_\_\_\_\_

### Individual Contact Information

Check one:  Mr.  Mrs.  Miss  Ms.  Dr.

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

I wish my gift to be recognized with the following name:  
\_\_\_\_\_

I wish my gift to be anonymous

### Business Contact Information

Business Name: \_\_\_\_\_

Division: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

\*We respect your privacy. For more information on our Privacy Policy, please visit [www.victoriay.com](http://www.victoriay.com)



Change from every dollar

[www.ymcastrongkids.ca](http://www.ymcastrongkids.ca)