



Shine On

# 2023 Gratitude Report

# Table of Contents

03

Message from  
board chair

04

Creating a Sense  
of Belonging

05

Foundation &  
Grant Support

06

Donor  
Profile

08

Gift  
of Camp

10

Everyone has  
a Story

11

Medavie Access  
to Wellness

13

Panthers  
Basketball Trip

15

Youth  
Exchange

16

2023 Donor  
Tributes

17

Our 2023  
YMCA Donors



# Message from Stephen MacDonald

Chair, Board of Directors

As the Chair of the Board of Directors at the YMCA, I have a profound sense of gratitude and appreciation for your unwavering support.

Your commitment to the YMCA has played an instrumental role in enabling us to continue our vital mission of fostering a healthier, more connected community. Through your generosity, you have directly impacted the lives of countless individuals, providing them with access to essential programs and services that enhance their wellbeing and contribute to the overall strength of our community.

In times of uncertainty, your steadfast support has been a beacon of hope, allowing us to extend a helping hand to those who need it most. One of the cornerstones of our mission is to ensure that financial constraints never stand in the way of someone benefiting from the enriching experiences and opportunities the YMCA offers. Your contributions have empowered us to provide financial assistance, ensuring that no one is left behind and that our doors remain open to all.

Beyond financial support, your dedication has fueled our initiatives to address critical needs, such as our Y Eats program that provides meals for children after school. In collaboration with local partners, we have been able to nourish young minds, ensuring that every child in our community has access to nutritious meals, regardless of their circumstances. Your commitment to the well-being of our youth is truly making a lasting impact on their lives.



Additionally, your generosity has facilitated access to health and well-being programs that are instrumental in creating a healthier community. From fitness classes to wellness workshops, your support has allowed us to provide a diverse range of resources that empower individuals of all ages to prioritize their health and embrace a holistic approach to wellbeing. Your belief in the transformative power of community has enabled us to adapt and innovate, ensuring that we continue to serve our community with dedication and purpose.

Please allow me to express, on behalf of the entire YMCA family, our deepest appreciation for your commitment to our cause. Your generosity has not only sustained us during challenging times but has also fueled our aspirations for a brighter, more connected future.

We look forward to continuing this journey together, creating a community where everyone has the opportunity to thrive. Thank you for being an integral part of our YMCA and for making a lasting impact on the lives of those we serve.

A handwritten signature in dark ink that reads "Steve MacDonald". The signature is fluid and cursive, with the first name "Steve" and last name "MacDonald" clearly legible.

**Stephen MacDonald** | Chair, Board of Directors  
YMCA of Greater Halifax/Dartmouth

# Creating a Sense of Belonging in 2023

Your impact in numbers



**337 Donors**

helped us meet our fundraising goals to keep running our YMCA across the province.



**1,870 people**

received financial assistance to access the YMCA's programs and services.



**\$900,681**

met the need for financial assistance for our YMCA members, ensuring vital support and enhancing community well-being.



**\$6,500**

in scholarships helped 6 young YMCA leaders who are students pay for post-secondary education.



**\$1,218,706 in Funding**

from Grants and Foundations allowed us to sustain existing and start new programs, so that we can continue to evolve and meet our communities' needs.



**\$13,408 in Staff Donations**

to our charity via payroll deductions, dedicating their time, talent, and treasure to our mission!



# Foundation & Grant Support

Thank you to the following funders, who have made contributions to the YMCA's programs, services, and facilities in 2023 to keep up our charitable work in the community:



- Medavie Foundation
- Halifax Youth Foundation
- Krista Grant Family Foundation
- Community Foundation of Nova Scotia
- Department of Community Services
- Canada Summer Grant
- Sport Nova Scotia
- Communities, Culture, Tourism and Heritage
- Canadian Children's Literacy Foundation
- Department of Seniors and Long Term Care
- McCall McBain Foundation
- Windsor Foundation
- Community Foundations of Canada
- Canadian Women & Sport



Donor Profile

# Sam Nixon

Member of the Board of Directors, Youth Advisory Committee Chair, and Donor

**“I originally got involved during COVID when I felt quite isolated and disconnected from my community. I remember it being extremely overwhelming, and I just wanted to find something meaningful that I could get involved in. That’s when I found the YMCA’s Youth Advisory Committee and I felt proud to be a part of the board, knowing that we’re helping to engage youth and address current issues in our community.**

One of the big reasons why I chose the YMCA was because of my family history there. My grandfather was a long-time member and supporter before he passed. He was a physician who focused on geriatrics, so he was a big advocate and supporter for physical activity and healthy lifestyles in older individuals. He was thankful when it became a priority to the Y as well. From his experiences, I was able to see how amazing the Y has been in providing a space for all individuals, no matter their needs. The YMCA was his community, and he had had a membership since he was 7! Being part of the Y feels like something that he has passed down to me and I’m forever grateful for that. Many members of my family have all donated in his name to keep his legacy alive.

I have such great memories when I look back at my experience at the Y when I was younger. I did all my swim lessons there, I skated there, and I completed many training programs – and now I can say it all really stuck with me! Those are skills that I will take with me anywhere I go, and I’m grateful that I had the chance to learn to swim and take care of my body. It was so big for me – and that is what I needed from the Y, and that might be completely different from what someone else takes away from it.

As a new and young donor, I know that my donation isn’t going to buy a new building or fund a new program. But it is going to help with local action in my community. It’s hard to hear that we’re in an economic crisis, and there are so many people who can’t afford to buy groceries or pay their rent. I think it’s important to note that a financial donation is really only one way to get involved. Sometimes just being knowledgeable and aware of the services that an organization or the Y offers can make a difference in someone’s life when they need to look for help.



I think a lot of people tend to think that \$20, \$30 won't go a long way. I don't think they realize how big of an impact it can make at the end of the day! It only takes \$10 to give a kid a year membership at the Community Y, and so much comes with that – after school meals, games and programs, and an incredible support system. It's really like a big family over there. And that's the same price as grabbing a coffee and croissant in the morning.

I think that finding a community space where people can feel like they belong and are supported is so important now more than ever – people need a hub that they know is consistent, accessible, and has resources should they need it. I don't personally use the Y for their employment services or mental health support, but I'm glad I know it's there should my circumstances change. That's what I love about the YMCA and I'm happy to be a part of it. It's the feeling of belonging and community – it provides a space for anyone to join and gain what they need. Whether that's getting help working on a resume, learning a new language, or walking around the track with friends.

“

I've left the province many times and tried many new things.  
But at the end of the day I just keep coming back to the Y.  
*It is life changing.*”



# Gift of Camp



For the first time, 11 YMCAs in the Atlantic Region joined together in 2023 with a mission to send kids whose families required financial assistance to summer camps so they could have a fun, educational, and safe summer.

Here in Halifax, we surpassed our fundraising goal of \$30,000, which meant that we were able to support 50% of our campers across Big Cove YMCA Camp and our four day camp locations in HRM through our community's donations. Thanks to generous donors like you, we gave away over \$236,000 in assistance at our YMCA.

"This summer, we heard from parents who were scraping by to try to make ends meet while trying to give their children the same summer experience their friends were having. I spoke with one newcomer mom who was struggling on a single income household to make it work. When I told her we could help ease the burden with financial assistance, she welled up with tears. Thank you so much to all the donors who make these conversations possible. I'm so proud of the work we do when I get to respond to someone's hardship with an offer to help." – YMCA Staff

We want to thank all our supporters for giving children a summer they will never forget. We are lucky to have your support creating healthy communities where everyone belongs.





“

Camp can be a life-changing experience and I hope that our small contribution to the camp fundraisers will help bring the love of the outdoors, adventure, and crafts to other children.”

- Christina Leroux



# Christina Leroux

Big Cove Camp Parent & Donor



"I attended Camp Wapomeo in the 1990s. The week of camp each summer was a huge highlight of my childhood; we had amazing experiences and I formed strong friendships at camp that I am grateful to have 30 years later. Now that my eldest child is able to go to Big Cove, I could not be more excited for the fun and friendships she will have this summer. Camp can be a life-changing experience and I hope that our small contribution to the camp fundraisers will help bring the love of outdoors, adventure, crafts, songs and group campfires to other Nova Scotians and new-to-NS children.

Our school's after-school program is run by the YMCA, so we have great relationships with the staff and leaders who care for the kids all through the school year. We also got to participate in a week of summer camp and some of the Friday Kids Night In events, all of which my child loves. It feels great to know that the YMCA staff are providing these fun and engaging activities for kids."

# Everyone has a Story



For the second year, our YMCA ran the Everyone Has a Story Campaign to help more people find our services, barrier free.

213 people helped ignite the potential in people who are looking for a place to belong. We shared stories of people like Josh, who through his employment at the John W. Lindsay YMCA, was able to meet a member who helped him achieve his university education goals. He was also awarded a privately funded YMCA scholarship to help him with the financial burden of pursuing higher education. [Listen to Josh's story.](#)

People like you make a difference at our YMCA. Often for complete strangers, and with open hearts. Their Y Story starts with you. Thank you for making our organization a place for everyone to belong.



Joshua Jota - recipient of the 2023 YMCA Langille Scholarship

“

Working at the Y changed my outlook on life. Lifeguarding at the Y is more than just saving lives and enforcing rules...it's about connecting with members and hearing their stories.”



## Matching Donor: CN

Thanks to CN's matching gift of \$25,000, the YMCA was able to double your impact to put twice that amount towards helping families, children, and seniors access health & wellness programs at the John W. Lindsay YMCA.



**Stronger  
Communities  
with CN**

# Medavie Access to Wellness

**\$500,000 to support YMCA memberships across Nova Scotia**

The YMCAs of Nova Scotia announced a partnership with Medavie, through the Medavie Foundation, to increase access to facilities across Nova Scotia. Managed through the YMCA of Greater Halifax/Dartmouth, the investment of \$500,000 will support at least 1,000 individuals with subsidized memberships to access the programming available at their local YMCA.

“With support from Medavie, we are improving access to wellness by removing financial barriers to YMCA membership,” says Brian Posavad, President and CEO of the YMCA of Greater Halifax/Dartmouth.

“

This is something we've always done through our YMCA Financial Assistance Program because we believe no one should be denied access based on financial circumstance. Because of Medavie's investment, we will provide more financial assistance this year and we believe that matters more than ever.”

This Medavie partnership allows YMCAs of Nova Scotia to provide more memberships through financial assistance. Across the province, local YMCAs will work closely with community partners to disburse memberships into their communities and enhance access for individuals and families.

“Supporting the wellbeing of communities is a purpose we share with the YMCA, and we look forward to working with them to have a positive impact on the lives of Nova Scotians,” shared Bernard Lord, CEO for Medavie. “Communities are vibrant and healthy when those living in them have equal access to programs and services like the ones offered at the YMCA. That is something Medavie is proud to be a part of.”

The YMCA works across Nova Scotia to build healthy communities through a sense of belonging. By offering a wide variety of programs and services, the YMCA is building a brighter future across Nova Scotia. We are excited to continue to partner with Medavie in the coming years to continue to offer access to families who need the YMCA.

“

Communities are vibrant and healthy when those living in them have equal access to programs and services like the ones offered at the YMCA. That is something Medavie is proud to be a part of.”

- Bernard Lord, CEO for Medavie.





# Panthers Basketball Trip



**Thanks to your gifts**, members of the Panthers Basketball teams had an amazing time on this year's trip to New York City and Montreal - a trip they will cherish forever, and not only because they **won the tournament**.

The Panthers have done the trip for **11 years** and we still get comments from former players, who are now grown men with jobs and young families, **who talk about what the trip meant to them as teens**.

Thank you for your incredible support of our program that helps youth develop their skills, teamwork, and confidence, and helping them see their own potential. **Your gift changes lives.**

We appreciate you,  
*Coaches Terry Dixon & Terry Wright*





## Spring 2023 Trip Highlights

- 1 Of course, the trip itself in the vehicles is a big part of the experience. Youth teasing each other, listening to music, and talking to each other and to the coaches. **For us as Mentors, is it an opportunity to have a captive audience. As we take a few moments with each youth to ask about summer plans, long term plans and whatever is going on with them, we build trust and connection with the players.**
- 2 We attended a **NY Mets Baseball Game**, where one of the coaches contacted a Mets executive and arranged for the youth to go onto the field before the game. You could see the delight on their faces as they were treated special by the Mets staff.
- 3 For most youth, the trip on the train into **Grand Central Station** is quite an experience. Stepping out into the streets of Manhattan and seeing the fast pace of New York life is an awakening. The subway rides are also great, as you never know what musicians, singers and performers are going to be there. Exploring Times Square is definitely a highlight: the lights, the people, the energy is like nothing they have ever seen.
- 4 Our visit to **Ground Zero** is especially important as two of the coaches are firefighters. They explain the 9/11 occurrence and the effects of the loss. The youth are laser focused as the two coaches talk.

“This is the trip of a lifetime, all supported by generous YMCA donors.  
**Your donation could be more aptly described as an investment, as you’re  
investing in youth, the leaders of the future.”**

-Coaches Terry Dixon & Terry Wright



# Youth Exchange

YMCA Youth Exchanges Canada (YEC) is a group exchange program that helps adult leaders organize exchanges across Canada for groups of youth ages 12 to 17. Participants get to travel and discover a new part of Canada, engage in various hands-on learning experiences, and make new friends.

In 2023, our Halifax Youth Exchange group was paired with the YMCA of Greater Toronto.



## **First up, Toronto came to Halifax, where we**

- Welcomed youth to Halifax right on the cusp of spring, and treated them to a night at Big Cove Camp and filled the day with high ropes, archery, and canoeing.
- Took a trip on Halifax Transit to the Black Cultural Centre. The youth explored the museum and learned all about African Nova Scotian roots and culture. Then, we headed for a guided tour of Citadel Hill and even heard some ghost stories along the way.

## **Once it was our turn to head to Toronto,**

- We visited the CN Tower, Toronto Waterfront, Nathan Phillips Square, Eaton Centre, and walked, walked, and walked.
- We were given a surprise trip to Niagara Falls from our Toronto group, where our youth got to enjoy the “Behind the Falls” tour experience.
- We also got to see a Toronto Blue Jays game, the first Major League Baseball game for many of our youth.

The days were long, but the youth smiled ear to ear the whole time – their laughter filling planes, vans, buses, and every tour along the way.

**Thank you, to all the generous donors who supported the youth group’s fundraising efforts to help cover meals, lodging, and excursions on this once in a lifetime opportunity.**

*If you’d like to keep up to date with the 2024 cohort, you can follow our exchange with youth from Oxford House, Manitoba on our Community Y Facebook Page.*

# 2023 Donor Tributes

At the YMCA, we make it possible for people in our community to honour their friends and family by making a gift to help others at the YMCA. This is a beautiful way to show your love and appreciation for someone who continues to make an impact in your life and the lives of others, or to memorialize someone close to you who has passed.

The YMCA is honoured to be chosen as your charity of choice to memorialize and amplify the impact of your family, friends, and community.

## In 2023, Donations were made

### In Memory of:

Benjamin Smith  
Dr. Murray Nixon  
Marjorie Lindsay  
Mia Ferguson  
Mona Nowe  
Nick Rodger

Paula Graves  
Ryrie Vandewater  
Ted Wallace  
Thomas Creighton  
Willian (Bill) Kennedy

### In Honour of:

Ben and Carter Posavad  
Dee Dooley  
Eleanor Casey  
George Rodger  
Lilah Ross



# Our YMCA 2023 Donors

902 Man Up

Adam McCarthy

Adrian and Kathleen O'Reagan Bent

Adrienne and Chris Leahey

Ahrthyh Arumugam

Alan Leard

Aldona and Jacob Wiacek

Alexander Jackson

Alexandria Samson

Alicia McQuade-Lawrence

Allie May

Alonzo Wright

Amanda Fahie

AMSSA Community Education Society

Amy Knapper

Amy Marriott

Andrew Boswell

Angela and Scott Jeffrey

Anna Hutchinson

Anna Migas

Anne Simmonds

Anne Varner

Anthony Finch

Arthur J. Gallagher Canada Ltd.

ASICS Canada Corporation

Ayesha Naqvi

Benjamin and Charlotte Motte

Bert Hartnell

Betty Crombie

Bill Vangorder

Black Educators Association

Brad Saunders

Brandon LeBoubon

Bree Manning

Brenda Brown

Brenda Reid

Brian and Denise Jarvis

Brian Jessop

Brian Posavad

Brianna Cromwell

Brigid Dafoe

Brittany and Ed Pottie

Bruce Towler

Brycon Construction

Cairns Henderson

Caitlin Miller

Cameron Pearce

Carlton Landscaping

Carole McDougall

Catherine and Gordon Allen

Cathy Macgillivray

Charities Aid Foundation

Charles Ackerman

Charlotte Baker

Christina Leroux

Christine and Graham Eisenhauer

Cindy Macdonald

Claudia Dembeck

Clockwork Communications Inc.

CN

Collette Whitlock

Connie Maclaren

Craig Phillips  
Crystal Eagles  
Daniel Campbell  
Daniel Cresswell  
Daniel Woods  
Darragh Byrne  
David and Cheryl Murray  
David Chiasson  
David Dobbelsteyn  
David G. Nowe  
David Upton  
Deborah and Murray Vandewater  
Deborah Vandewater  
Debra Gannon  
Delmore Buddy Daye Learning Institute Inc.  
Dennis Whelan  
Destiny Green  
District Design Co. Ltd.  
Donny Fairfax  
Dormie Golf Workshop Inc  
Doug Tupper  
Dwayne Coyle  
E. Margaret Brookbank  
Edwin Harris  
Eleanor Casey  
Elizabeth Hamilton  
Elizabeth Townsend  
Ella Parsons  
Ellen Poole  
Emera  
Emily BalkamEmma Morrison  
Ernest Simmonds  
Ernst & Young LLP  
Estate of Thomas Creighton  
Ethan Blios-Pinnell  
Ewa and Daniel Rasic  
Faizullah Asadullah  
FC Developments & Management Ltd

Feed Nova Scotia  
Fiona Polson  
Frank Lockington  
Fred and Suzan Honsberger  
Gabriela Vellego  
Gail Sloane  
Garity and Daniel Chapman  
Gemma Burns  
George and Ann Rodger  
George and Margaret Waye  
Glen States  
Gordon Stanfield  
Gregory and Susie Auld  
Gyro Club of New Glasgow  
Halifax Chamber of Commerce  
Halifax International Airport Authority  
Halifax International Marathon Society  
Harriet Flouri  
Henry Schein Inc.  
Hugh Wright  
Ian and Carole Macarthur  
Ian and Kerry Hamilton  
Ian Bezanson  
Ian Thompson  
Immigration Services Association of Nova Scotia  
International Union of Painters & Allied Trades  
Ismat Hussain  
Ivan Ross  
J William Ritchie  
Jacquelyn and Gregory Onions  
James Blake  
James MacGowan  
James Stuewe  
James Wilson  
Jan and Jeff Gilby  
Jane Gillis  
Jane Manchee  
Jane Posavad



Janet Savary  
Jason Wilson  
Jayne and Rick Roma  
Jeff and Tracey Woodhouse  
Jeff Champion  
Jeff Lawley  
Jennifer and Nathan Guy  
Jennifer and Sean McKeane  
Jennifer Berry  
Jennifer Furlong  
Jennifer Lohnes  
Jennifer McArthur  
Jessie Wallace  
Jillian and David Hockey  
Jin Fang  
Joanna and Jim Holland  
Jodi Posavad  
John and Marilyn Edgecombe  
John and Stephanie Turner-Cahill  
John Gillis  
John Lindsay Jr. and Anne Campbell  
John Mabley  
John Meagher  
Jonathan Waye  
Jones Awe  
Jordan Daigle  
Joseph Daniel  
Joseph Kabalen  
Joseph Shore  
Josie Kennedy  
Juanita Peters  
Kailee Hominick  
Karen Gardiner  
Karin S. Eaton  
Katherine Hopfner  
Kathryn and Michael Hull  
Kathy Dillman-Smith  
Katie D'Anjou  
Kayne and Cecilia Homer  
KBRS

Keith Persaud  
KENT Building Supplies  
Kevin Schwenker  
Kevin Stoddart  
Killam Properties Inc.  
Kim Gannon  
Kristin and Scott Ross  
Laddie Faraquar  
Lana Maclean  
Lauren and Jordan Sinclair  
Lauren Caines  
Leslie Curren  
Liam Curley  
Lina Hamid  
Lindell Smith  
Lisa Harrison  
Liz and Maria Fitting  
Lora MacEachern  
Lorraine Campbell  
Lorrie Turnbull  
Lou Gannon  
Lucas Patterson  
Lucy Walsh  
Lynne and Kharim Patterson  
MacKillop Pictou Law  
Marcio Kawassaki  
Margaret Humphreys  
Margaret Miller  
Margot Jewers  
Marilyn Montgomery  
Marine Cuisinier  
Marita Winaut  
Mark and Marlee Naipaul  
Mark Knox  
Mark Patriquin  
Mark Smith  
Marlene Clements  
Martin Ward  
Mary Navas  
Mathew Murphy

McInnes Cooper  
Meijun Wan  
Melanie and Brian Macdermid  
Michael Beazley  
Michel Leger  
Michelle Bussey Sare  
Mike Sampson  
Moira and Michel Chiasson  
Morgan Atwater  
Municipal Enterprises Limited  
Nathalie and Thomas Garneau  
Ned and Jill Perry  
Neptune Theatre Foundation  
Nicole Ferguson  
Niel Macintyre  
North End Business Associaton  
Northbridge General Insurance Corporation  
Office Interiors  
Pamela Anderson  
Patty Faith  
Paula Latham  
Peter Conrod  
Peter Green  
Peter Ordinelli  
Petra and Theo Woehrle  
Phillip Gaunce  
Pink Larkin  
Pollo Restaurant  
Polymershapes Distribution Canada Inc.  
Rachel Mohan  
Rachel Zellars  
Raegan and Todd Meadows  
RBC Atlantic  
Rebekah Skeete  
Renee Worsnop Masching  
Rexanne Lugar  
Rhia and John Perkins  
Rickey Lanting  
Rob and Sarah Ronconi  
Rob Barbara

Robbie and Jean Shaw  
Robert and Anna Healy  
Robert Richardson  
Robyn and Stuart Kirby  
Rodney Lover  
Roselle Green  
Safia Day  
Sally and Jason Bird  
Sally and Robert Hunter  
Sam Wu  
Samantha Nixon  
Sandy and Sue Smith  
Sara Macinnis  
Sarah Childs  
Sarah Elliot  
Sarah Fancy  
Sarah McInnes  
Scott Fisher  
Scott Macmillan  
Sean and Line Goguen-Hughes  
Severn Parsons  
Shannon Christie  
Sian Wren  
Sonya Fraser  
Stantec Inc.  
Stephanie Edwards  
Stephen Dockrill  
Stephen Macdonald  
Steve Goodfellow  
Steven Wilson  
Stewart McKelvey  
Strait2Ukraine  
Summer Wind Holdings Ltd  
Susan Nixon  
Susanna and Shawn Fuller  
Suzy Hansen  
Sylvie Clancey-Edwards  
Terry Cooper  
The Bin Doctor  
The Robert Steele Foundation



The Shaw Group Limited  
Tiffany and Jeff Rent  
TN Atlantic Investments Ltd  
Tracey Thomas  
Tracy and Sari Price  
Travis McDonough  
Trina Hall  
Troy Yeo  
Un Dam Song  
United Way Halifax  
United Way of Pictou County  
Urban Capital (Maitland) Inc  
Valerie Bachynsky  
Vanessa Clements  
Vanessa James  
Velo Apartments  
Virginia Salsman  
Vivian Dixon  
Wayne Boyle  
Wes Campbell  
Wilfred Jackson  
William Adshade  
William Black  
Anonymous (12)

