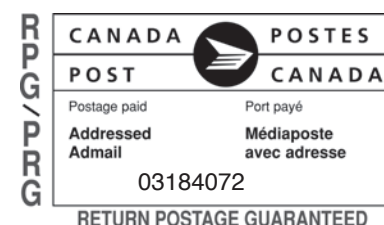




**YWCA Program Centre**  
535 Hornby Street  
Vancouver, BC V6C 2E8



## CONTACT SPRING 2015

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*Please share this issue  
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### YWCA VISION

Achieving Women's Equality

### YWCA MISSION

To touch lives and build better futures for women and their families through advocacy and integrated services that foster economic independence, wellness and equal opportunities.

**YWCAVAN.ORG**





## MESSAGE FROM THE CEO



At YWCA Metro Vancouver, balance is an important aspect of everything we do. Through our integrated, holistic programs we offer women and families the opportunity to balance their lives by making things easier for them. For example, access to safe,

affordable housing for low-income single mothers means they can shift their focus, moving forward with their goals. After securing housing, many women use YWCA employment programs to develop skills and networks to find sustainable employment.

At the YWCA, our focus on finding balance is visible on many levels. Our commitment to work-life balance is much more than words. It is a fundamental aspect of our culture because we know the important part this plays in leading a balanced life. I take very seriously my leadership role in being a visible internal advocate for health and wellness. Clients, staff and volunteers are encouraged to use the YWCA Health + Fitness Centre and receive complimentary passes and memberships to make it more accessible. On a broader level, I am proud to tell you that we were

recognized as one of Canada's Best Small and Medium Employers of 2015, which you can read more about in this issue.

When each of us thinks about our own work-life balance, it is difficult to get past the concept that we are always available and ready to work. With globalized competition and technology that keeps us connected, some argue that it is impossible for professionals to ever get away from work. I wonder if the reason we are challenged on this issue is that we are looking for solutions in the wrong places. We tend to focus on what the individual can do, or what the workplace ought to provide. I don't want to discount the importance of these things; they are fundamental. But the point is, they can only ever provide part of the answer.

Work-life balance is a key social issue, and addressing it will require a broad-based systemic response. In partnership with the UBC Human Early Learning Partnership and Generation Squeeze, we raise awareness on family policy reforms that can enable families to reconcile the demands of work and home. Integral to this is the development of a universal system for early learning and child care that begins to address the imbalance in unpaid care. A recent poll conducted by Insights West shows that three in four British

Columbians support a \$10aDay Child Care Plan. Flexible working arrangements and extended parental leave that encourages men to play a stronger role in the domestic sphere are also critical. In this issue you will read about a father who is creating balance in his family by playing an active role at home.

*"Our commitment to work-life balance is much more than words. It is a fundamental aspect of our culture..."*

As always, we wouldn't be able to serve our communities without the ongoing dedication of our supporters. Without you, we could not provide exemplary service and the much-needed supports for women and their families to achieve balance in their lives.

**Janet Austin,**  
CEO, YWCA Metro Vancouver

## GETTING TO KNOW YOU

### Q & A with YWCA Board Director, Kim van der Woerd



Kim van der Woerd is a member of the 'Namgis First Nation in Alert Bay, BC. She has served on the YWCA Board of Directors for five years and is both a Leadership Circle and Legacy Circle donor.

#### WHY DO YOU VOLUNTEER WITH THE YWCA?

I volunteer and donate because the YWCA is an organization that does important and transformative work for our community.

#### WHAT ARE YOU DOING WHEN YOU'RE NOT VOLUNTEERING WITH US?

I have a consulting company that focuses on program evaluation and research for Aboriginal social justice issues. Part of my vision for the

company is to provide mentorship for Aboriginal undergraduate students who want to pursue graduate school. I feel that when you have a higher level of education, you get to use your voice in different ways. I hope to contribute to reducing the disparity that exists for Aboriginal people at the higher levels of education by helping students to grow and develop in their skills and confidence to move forward.

#### WHAT DO YOU WISH OTHER PEOPLE KNEW ABOUT OUR WORK AT THE YWCA?

The rigor that goes into the governance and financial stability of the YWCA is incredibly impressive, as is the evidence-based programming that the organization advocates for and adheres to. They are the gold standard for doing evidence-based work and really learning from the best practices that exist and developing new and wise practices.

#### WHAT MIGHT OTHERS BE SURPRISED TO KNOW ABOUT YOU?

I am a fanatical knitter! I learned to knit as a child and picked it up again about 12 years ago. I knit everything but socks.

#### IF YOU HAD A SUPERPOWER, WHAT WOULD IT BE AND WHY?

At first, I was going to choose alleviating pain, but I think that pain can be a good thing because it tells you that something is wrong. I think, instead, that alleviating suffering would be an amazing superpower to have so that I could eliminate the grief that so many people experience.

#### WHAT IS ONE PIECE OF ADVICE YOU WOULD GIVE YOUR YOUNGER SELF?

Use your voice; learn how to ask for help. Don't be afraid of the learning curve.



## CONGRATULATIONS JEFF MOONEY

YWCA Metro Vancouver congratulates one of our most committed supporters and advocates, Jeff Mooney, who will be awarded a prestigious Business Laureates Award on May 20, 2015. The award acknowledges the spirit of the greatest leaders and mentors in our province.

Jeff and his wife Suzanne Bolton's generous contributions include supporting several capital campaigns, contributions to the YWCA's bursary

program, ongoing support of YWCA programs and services and most recently, a three-year commitment to revive YWCA FOCUS@Work, an employment program for women that ended in 2012 due to changes in employment funding directions.

Jeff has inspired countless individuals during his many years leading A&W, as a partner in the Vancouver Canadians and as a member of numerous boards and committees. He is not

only brilliant, committed and creative but kind and modest.

*On behalf of all of us at the YWCA, congratulations on this significant achievement - we can't think of anyone more deserving!*



BUSINESS LAUREATES  
OF BRITISH COLUMBIA  
HALL OF FAME  
*They Build. We Benefit.*

# DADS MATTER

## Engaged Fathers Help Families Flourish

For YWCA Employment Counsellor Peter Fischer, being a hands-on dad was never a question—his own father was the same, despite working two jobs—and he hopes his two sons, Traben and Jonah, will remember if they have kids one day.

“By being a caring father and modeling my own self-care, my relationship with my wife, with the planet and with our community, my hope is that some of that rubs off on them,” says Peter.

Studies show that it does. Compared to children with less involved fathers, kids with engaged, loving dads have higher levels of psychological well-being, are more empathetic and socially competent and have better educational and economic outcomes.

A 2014 UBC study published in Psychological Science also found that fathers who help out around the house are more likely to raise daughters who aspire to less traditional, and potentially higher paying, careers.

And it is not just children who benefit from increased paternal involvement. We know that when dads play an active role in parenting and household work, it is good for the family and for the fathers themselves.

### DUTIFUL DADS ARE SATISFIED DADS

Canadian dads are more engaged in family life than ever before. In 2011, 12% of dads from two-parent families stayed home with the kids while their partners earned the family income, up from just 1% in 1976. More Canadian men are also taking parental leave: 13% in 2011 compared to 9% in 2004.

Peter spent two years as a stay-at-home dad when his youngest son, Jonah, was still a toddler. He says it was the happiest time of his life because he was able to strengthen his relationships with his kids while supporting his wife, Linda, in her career development.

Working dads also benefit from increased paternal involvement. According to a 2014 study published in the Academy of Management Perspectives, fathers feel greater job satisfaction and less work-life conflict when they spend more time caring for their children.

Has Peter’s involved approach made a difference? He believes it has. He says that both of his sons have “high EQ” or emotional intelligence, though is quick to credit both parents for this.

“We’ll get stopped by people who say, ‘Your boys are so wonderful,’” says Peter. “It’s the thing we’re most proud of. We’re by no means perfect,

but we’ve tried to model the importance of equality in our own relationship, and to bring our boys up to value diversity and inclusivity.”

### HELPING MOMS LEAN IN

Engaged dads also reduce the caregiving and household workload for moms, while increasing the family’s overall parenting capacity. Studies show that paternal support gives women a more positive outlook on motherhood, and increases their capacity to achieve their own personal and professional goals.

“We have always supported each other fully, and after 20 years of marriage it has really become a synergistic relationship,” says Peter.

*“It’s a real dance every day. Some days it’s a beautiful ballet and other days it’s more like breakdancing...”*

Unfortunately, this is not the case for many North American families. A 2007 University of California Berkley study of professional women who had left the paid workforce, reported that 60 percent cited their husbands as a critical factor in their decision, specifically indicating their husband’s lack of participation in child care and other household tasks and the expectation that mothers should be the ones to cut back on employment.

Even when both parents work full-time, working moms often end up doing more housework than working dads, increasing their sense of work-life conflict. When women leave their jobs it means the workforce as a whole misses out on their full potential, and can set working mothers up for a lifetime of lower earnings.

So how do we ensure dads like Peter become the norm in Canada?

### SUPPORTING DADS TO PLAY AN ACTIVE ROLE

At the YWCA, we advocate for smart family policies that address the imbalance in unpaid care, like flexible working arrangements and parental leave reforms that encourage men to play a stronger role at home.

In Quebec, where dads receive five weeks of non-transferable paternity leave, 84% of eligible fathers claimed parental leave benefits in 2010.

Though dads are using more parental and personal leave for family responsibilities, evidence shows that they are not consistently



*YWCA Employment Counsellor Peter Fischer with his sons Jonah and Traben.*

supported in their workplaces.

Peter credits his flexible work arrangement with the YWCA for allowing him to play a hands-on role with his kids, whether that means working from home when Jonah is sick or knowing he can leave if there is an emergency.

A systemic approach to helping families balance work and home responsibilities is critical to increasing children’s well-being, supporting mothers within and outside the paid workforce and giving fathers the opportunity to be full participants in their families’ lives.

“It’s a real dance every day,” says Peter. “Some days it’s a beautiful ballet and other days it’s more like breakdancing, but I wouldn’t miss it for the world. My greatest joy is my family.”

*At the YWCA, we encourage a broader acceptance of family-friendly workplace practices, and offer our expertise to organizations seeking to improve productivity, retention and the working environment. Visit [ywcavan.org/work-life-balance](http://ywcavan.org/work-life-balance) to learn more.*

## MAKING WORK MEANINGFUL: YWCA NAMED ONE OF CANADA’S BEST SMALL AND MEDIUM EMPLOYERS



*YWCA staff members at our 2014 Holiday Breakfast*

For many of us, finding a rewarding career can be a challenge. Working to pay the bills is one thing, but working in a career that aligns with our passions and helps to change lives is quite another. That is why we are thrilled to announce that YWCA Metro Vancouver has been named among Canada’s 2015 Best Small and Medium Employers.

YWCA staff participated in AonHewitt’s annual employee engagement survey, and attributed work-life balance, well-being and a sense of accomplishment as just a few of the reasons why

we love our work. The survey, which is conducted across a range of industries, features some of Canada’s leading companies, making our ranking of 35 overall, an achievement we are proud of.

The strength of the YWCA is its people and we pride ourselves on employing a diverse workforce which reflects the communities we serve. In a number of programs we employ people with lived experience who have overcome many of the same challenges as our clients. The YWCA has an approachable leadership team that relies on staff to help develop effective programming and identify key advocacy issues. Each year, leadership meets with managers and front-line staff to stay on top of issues affecting our clients, and conducts research to examine root causes and opportunities for solutions.

### COLLECTIVELY EMPOWERING OTHERS

Part of what makes our work at the YWCA so rewarding is our collective ability to help build a better community. “I see the impact I have on members every day,” says Dylan Kay, YWCA Health + Fitness Coordinator. “When they walk out of the Centre feeling better and more confident it makes my day. I also love the fact that I contribute to this organization by helping other parts of the YWCA, like Crabtree Corner Community.”

And with a number of exciting new programs on the go in 2015, we see only more opportunities for engagement from staff. Thank you to our donors, volunteers, staff and community partners for letting us continue this important work.



# YWCA VIOLENCE PREVENTION

## *A Safe Place for Women in Crisis*

"Leaving an abusive relationship is one of the most dangerous times in a woman's life," says Sandra Suasnabar, YWCA Violence Prevention Support Worker. "According to Statistics Canada, one in three Canadian women were victims of assault by a spouse or partner; so this program is important for the women we serve."

Operating out of YWCA Crabtree Corner in Vancouver's Downtown Eastside, the Violence Prevention program helps women who are currently experiencing violence or who have experienced violence in the past, to access the help they need. The program provides individual and group support, including one-to-one counselling, referrals, resources and information about the cycle and effects of abuse.

"Experiencing violence in a relationship can be confusing and stressful, and many women have already been facing a multitude of challenges as a result of living in poverty," explains Sandra. "Having to navigate the justice system can add another layer of stress for these women."

When women participate in the Violence Prevention program they can access other support services at Crabtree Corner, like nutritious meals, early learning and child care and our range of parenting programs. They are also often referred to other support services within the YWCA, like housing or legal education, or to outside agencies.

"Violence against women is a systemic issue so it's important that we work collaboratively with other organizations and agencies," says Sandra.

The Violence Prevention team recently introduced an art therapy workshop to the program. "Using expressive arts, program participants use the creative process of making and/or observing art to improve their physical, mental and emotional well-being," says Sandra. "The process helps them find empowering ways to approach the impacts of violence and abuse, allowing them to begin healing."

This new 10-week support group already has a waitlist, and participants say it has helped them move forward. "I don't know where I would be without the [Violence Prevention] program," explains one participant. "I feel calmer and more relaxed now. The new art workshop is really wonderful; it helps me a lot since I have suffered a head injury."

***"The YWCA Violence Prevention program has been supporting women in our communities since 2008."***

The YWCA Violence Prevention program has been supporting women in our communities since 2008, when we received pilot funding from the BC Ministry of Children and Family Development,



and with added support from Face the World Foundation. In 2014 the program helped more than 85 women in need.

*The YWCA Violence Prevention program cannot operate without the generous financial contributions of our supporters. To find out how you can help women experiencing violence access one-to-one and group support through the program, please contact Kathy Lilyholm at 604 895 5851 / klilyholm@ywcavan.org.*

# YWCA NEXTSTEP

## *Multi-Dimensional Mentorship Program Helps Women and Men Take the Next Step*

YWCA Metro Vancouver is launching a new pilot program: NextStep Mentorship. Open to both women and men, the program provides multi-dimensional mentorship, including one-to-one, group and peer mentorship, to recent post-secondary graduates who are struggling to find jobs in professional or skilled occupations.

"There are other mentorship programs serving job seekers, but using mentorship as an employment intervention to support recent graduates is a new approach," says Laurie Lee, Manager of NextStep Mentorship.

***"Over the next decade, BC will need advanced skills and knowledge to drive a growing and more diverse economy. Our program helps prepare recent grads for the professional workforce to address this labour market need."***

During the six-month program, mentees have the opportunity to learn new skills through career-related workshops, discover new job search techniques and establish relationships with mentors who are professional women and men established in their careers. Mentors share their experiences in career development and help their mentees gain a better understanding of employer expectations, job requirements and accessing the "hidden" job market.

"Over the next decade, BC will need advanced skills and knowledge to drive a growing and



more diverse economy," explains Laurie. "Our program helps prepare recent grads for the professional workforce to address this labour market need."

Funded by the BC Ministry of Social Development and Social Innovation, there is a research component to this three-year program. A research team, led by the BC Centre for Employment Excellence (a division of the Social Research and Demonstration Corporation) will provide recommendations to develop a best-practices model.

NextStep is currently recruiting mentees. To be eligible, applicants must have completed post-secondary education and have been actively job searching for a minimum of 12 months.

"We often think of mentorship as, 'I am in my career and how do I maintain it or move forward.' To use mentorship to find employment is powerful," says Laurie.

*To learn more about the program and eligibility criteria, please contact Laurie Lee at 604 895 5857 / llee@ywcavan.org, or visit ywcavan.org/nextstep.*



# SOUL FOOD

## At YWCA Crabtree Corner, Every Program Includes a Meal

Few things bring people together like a meal. Eating around a table, sharing stories and connecting with others has been a fundamental part of building strong communities for generations. Everyone needs nutritious food to achieve good health, productivity and a sense of well-being.

But what happens when healthy food is out of reach?

For many of the people we serve at YWCA Crabtree Corner, accessing food comes at the cost of sacrificing other basic needs like clothing or shelter. "Food security is a daily challenge for our families because they don't have enough money to buy food," explains Brenda Lavallee, Manager of Crabtree Corner Community Programs. "They rely on our programs to supplement their food budgets and provide for their families."

### THE HEALTH AND SOCIAL COSTS OF FOOD INSECURITY

Despite being one of the wealthiest provinces in Canada, one in five BC children are still living in poverty and more than half of them are children of single mothers. For low-income families, food security - the state of having reliable access to a sufficient quantity of affordable, nutritious food - is often unattainable. Evidence suggests children living with food insecurity have poorer school performance and experience added challenges as adults, including a higher prevalence of diabetes, cardiovascular disease and psychological and social development issues.

### YWCA CRABTREE CORNER FOOD PROGRAMS

Crabtree Corner's community kitchen provides breakfast for families using our programs and hot lunches on a drop-in basis for women and children in the community. Food is made from scratch using seasonal produce from the YWCA's Rooftop Garden and through generous donations from the community.

"The food programs help our clients in so many ways," says Brenda. "For single women it may be the only food they get that day. Women parenting on their own don't have the financial means to feed their families all three meals plus snacks. Families use the food programs at Crabtree to stretch their income in order to finance other activities for their children, like sporting events or school outings."

*"Food is our common ground,  
a universal experience."  
— James Beard (1903-1985)*

### FOOD, FACTS AND FUN!

Many of us can relate to the challenge of staying up to date on nutrition and healthy eating. For moms at Crabtree Corner, this is especially difficult. To address these challenges we offer the Food, Facts and Fun! program, an interactive 10-week program that teaches healthy eating habits, how to cook on a budget and what makes a healthy meal.

Each session begins with a meal. And the best part? Parents get the ingredients and recipe to take home and cook with their families!



All YWCA Crabtree Corner programs include a meal because we recognize the challenges faced by families when it comes to accessing healthy, nutritious food.

*For just \$10 a month, you can help provide nutritious food for families in need. To learn how you can support YWCA Crabtree Corner food programs please contact Pip Smith at [psmith@ywcavan.org](mailto:psmith@ywcavan.org) / 604 895 5766*



*United Way of Lower Mainland and RBC Foundation have been significant long-time contributors to the food programs at Crabtree.*

### RECIPE: CRABTREE CORNER'S Bannock Bread



Bannock is a type of flat bread that is commonly served in Aboriginal households across Canada. Here's YWCA Crabtree Corner's recipe so you can try it at home!

#### Crabtree Corner Bannock Serves 8-10

**Ingredients:**  
5 cups flour  
2 tbsp baking powder  
2 tsp salt (flat)  
2.5 cups water  
0.5 cup oil, reserve some if frying

#### Method

**Baked:** Preheat oven to 350F. Mix all ingredients in a large bowl and transfer to a flat surface, cover with flour and press into a circle. Do not overmix ingredients. Spread dough evenly on baking sheet and bake 40 minutes.

**Fried:** Transfer dough to a flat surface, cover with flour and press into a circle the size of the pan. Pour enough oil into cast-iron or heavy skillet to come 1/2 inch up side; heat over medium heat. Fry dough, turning once, until puffed and golden, and tip of knife inserted in centre comes out clean, about 8 minutes.

To serve, cut into 8 - 10 pieces.



# FINDING YOUR BALANCE

## Stay Steady with these Simple Tips

At YWCA Metro Vancouver, we talk a lot about finding balance in our lives. In fact, find your balance is the YWCA Health + Fitness Centre’s tagline. But have you assessed your actual balance lately?

Let’s talk about balance, literally!

Balance is the relationship between the sensory, motor, musculoskeletal and cognitive systems. This means your nervous system, muscles and brain and how they work together.

As we age, we begin to lose our ability to balance. Many factors can influence this, including medication, visual impairments, poor circulation and illness. But the most significant factor is loss of strength.

When it comes to healthy muscles, strength and balance are equally important. We all have dominant legs, arms and eyes, and trainers pay attention to your symmetry and balance when developing your exercise program. Often, corrective and functional exercises are prescribed to help you improve your balance.

Good balance improves your quality of life by helping you to move with grace and ease, even into old age.

### FIND YOUR BALANCE

Try these exercises to test your balance. (Be sure to stand close to a wall or chair so you can catch yourself if you are unstable.)

### ONE LEG STAND

Stand tall and lift one foot a couple of inches off the floor. Stand as still as you can. How long can you last? You should be able to stand easily for 30 seconds (10 seconds for those 65+). Try the other foot. Is one foot easier than the other?

### TANDEM STAND

With arms by your side, place one foot in front of the other, heel to toe. Can you stand still? If it is easy, can you cross your arms over your chest? Now can you close your eyes and still remain still? Good job! Now try the other foot.

### TANDEM WALKING

With arms by your side, walk heel to toe in a straight line for 10 feet. Can you do this backwards?

You can improve your balance by practising these exercises each day. Add in a regular walk and a strength routine that includes upper and lower body exercises and you are well on your way to finding – and keeping – your balance!

*The YWCA Health + Fitness Centre offers a supportive, friendly atmosphere with expert staff and trainers to help you get fit and have fun. Learn more at [ywcavan.org/fitness](http://ywcavan.org/fitness) or contact Member Services at 604 895 5777.*



*Fleur Palliardi, Health + Fitness Manager, demonstrates tandem walking.*

## YWCA FUTURES IN FOCUS

### Innovative Program Offers “Whole-Life” Support

Alisha\* lived in the same home with her husband and three daughters for 15 years, but just a year ago she would not have been able to find her own way around the neighborhood.

“Every day was the same,” says Alisha, who moved to Vancouver from Afghanistan with her husband 16 years ago. “[My husband] took me every three weeks to get groceries, but otherwise I was home. I had my kids and that’s all. I didn’t have friends; I didn’t know the streets or addresses in the area where we lived.

“It’s really hard to live that way. It’s like living in a cage.”

After years of abuse and isolation, Alisha found the courage to take her daughters and leave.

“When we left, my daughter said, ‘Mom, are we going to live on the street?’ And for me, I wanted to tell her yes because I have nothing to support myself and my kids. For such a long time I never even held a pen. It was overwhelming.”

With help from the YWCA and other community supports, Alisha began to rebuild her life. Today, she lives in YWCA housing with her daughters and is working towards her Grade 12 Canadian education equivalency.

She is also participating in YWCA Futures in Focus, an innovative new program that supports single mothers on their path towards sustainable employment.

“Ultimately, we want to affect the life of the child by supporting the mother,” says Jesselin T’Kenye, Career Advisor with Futures in Focus. “And so the objective is whole-life support to navigate all the systems that single moms have to in order to get to a long-term, financially viable existence.”

Jesselin says Futures in Focus does this by offering 20 months of one-to-one and group support with a focus on employment and life-skills development, advocacy, group workshops and mentoring.

*With help from the YWCA and other community supports, Alisha began to rebuild her life.*

Participants work with their career advisors to create individual action plans. Career advisors then use everything at their disposal, including other YWCA programs and services, and their expert knowledge of government and community supports, to help participants achieve their short- and long-term goals. The single moms also receive child minding, bus tickets, food stipends and training dollars.

“Most single moms can’t do all of this on their own, plus work or go to school, parent their children and pay the rent,” says Nahid Sohrabi, Career Advisor with the program.

Alisha’s goals include finishing school and obtaining further training to work as an ultrasound technician. She has also rediscovered her love of art and hopes to volunteer at the Vancouver Art Gallery.

“This is what I’ve wanted all my life,” says Alisha. “I wanted to go to school, to study, to work and not to depend on somebody else. But I never had the chance. I’m so thankful to the YWCA for making this happen for me.”

Alisha is excited about the future, but says that



*YWCA Futures in Focus supports single mothers on their path towards sustainable employment.*

everything she does is for her daughters.

“My mom had the same situation. My father is abusive. It was normal for me, and I don’t want this to be normal for my kids. I don’t want them to live the same life I lived.”

*YWCA Futures in Focus is operated entirely on funds contributed by generous donors. To help support this innovative program for single mothers in need, please contact Brenda Ulmer at 604 895 5764 / [bulmer@ywcavan.org](mailto:bulmer@ywcavan.org).*

\*Name changed.



# GIVING THANKS

## Agnes Publicover's Legacy Lives On



Agnes Publicover never sought recognition for the many contributions she made across Vancouver. In fact, you have probably never seen her name. Like many, just doing things for her community was recognition enough.

Born in Glasgow, Scotland in 1915, Agnes moved to Montreal with her family when she was 10. As an adult, Agnes worked with the Mutual Life Insurance Company where she instructed young male employees taking the in-house "Management Preparation Courses". Ironically, Agnes was told there would not be a place for her in the then "very low glass-ceilinged" boardroom!

As part of the war effort, Agnes and her family often hosted members of the Allied troops while they trained to be deployed into a WWII arena. It was during this time that Agnes met her husband-to-be, Lloyd, who was shipped out the following day to the front lines where he spent the next four years. Upon his return to Montreal, he and Agnes

were married and the couple soon moved "out west" to Seattle and then Vancouver.

Lloyd died suddenly in 1964, leaving Agnes to plan the next phase of her life. She remained in Vancouver and returned to work after a 20-year absence, working for various companies, including Murchie's Tea & Coffee.

During these years, Agnes focused on making a difference in her community. Her childhood tennis lessons at YWCA Montreal led her to YWCA Metro Vancouver, where she became a committed donor for more than 25 years.

***"Thanks to Agnes' fund, vital YWCA programs will continue to provide support to our program participants. Thank you, Agnes, from all of us at the YWCA!"***

But Agnes' legacy of giving will live on despite her passing on January 14, 2014. Agnes had the foresight to establish a fund through her will that, in perpetuity, will make annual payments to the YWCA, continuing her tradition of support.

Thanks to Agnes' fund, vital YWCA programs will continue to provide support to our program participants. Thank you, Agnes, from all of us at the YWCA!

*For more information on estate gifts, please contact Celia Campos at 604 895 5810 / ccampos@ywcavan.org or JoAnne Fahr at 604 895 5829 / jfahr@ywcavan.org.*

## Wills, Estates and Succession Act (WESA)

WESA was introduced March 31, 2014. The act provides greater certainty for individuals who put their last wishes into writing and simplifies the process for those responsible for distributing estates.

### Among its benefits, WESA:

- Clarifies the inheritance process when a person dies without a will
- Makes it easier to transfer the title of a matrimonial home when a spouse dies
- Clearly outlines the sequence in which to seek heirs to a person's estate
- Provides more latitude for the courts to ensure the deceased's last wishes are respected
- Clarifies obligations relating to property inheritance in the context of Nisga'a and Treaty First Nation lands
- Lowers the minimum age at which a person can make a will from 19 to 16 years old

### Do people need to prepare new wills because of WESA?

In the majority of situations, there is no need to revise a will as a result of WESA: WESA does not invalidate existing wills. However, everyone is encouraged to read over their will at least once every five years to ensure it reflects their current intentions.

*For more information on WESA or on legacy gifts, please contact Celia Campos at 604 895 5810 / ccampos@ywcavan.org or JoAnne Fahr at 604 895 5829 / jfahr@ywcavan.org.*

## Give Hope. Inspire a Dream.

Since we opened our doors in 1897, YWCA Metro Vancouver has touched the lives of thousands of women and families. We couldn't have done it – we can't do it – without you. Thank you for your support.

### ☐ Here is my gift of:

☐ \$100 ☐ \$50 ☐ \$25 ☐ Other \_\_\_\_\_

☐ Cheque enclosed (Please make payable to YWCA Metro Vancouver)

#### OR

☐ Please charge my credit card

☐ Visa ☐ MasterCard ☐ American Express

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☐ Monthly charge to my credit card \$ \_\_\_\_\_

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NAME ON CARD \_\_\_\_\_ SIGNATURE \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Name(s) to appear in recognition listings \_\_\_\_\_

Please send me information about:

- ☐ Including YWCA Metro Vancouver in my will
- ☐ Establishing an endowment at the YWCA
- ☐ A gift of life insurance to the YWCA
- ☐ A gift of publicly traded securities to the YWCA



535 Hornby Street  
Vancouver, BC V6C 2E8  
tel 604 895 5850 fax 604 684 9171  
ywcavan.org



Charitable Business No. 108227943 RR0001. Tax receipts are mailed.

**YWCA Metro Vancouver** is a registered charity providing a range of integrated services for women and their families, and those seeking to improve the quality of their lives. From early learning and child care to housing, health and fitness, employment services and leadership, YWCA Metro Vancouver touches lives in our communities. [YWCavan.org](http://YWCavan.org)

## A HEALTHY START FOR CHILDREN

### CITYGATE EARLY LEARNING AND CHILD CARE

For children ages three to five, Citygate specializes in working with children to develop social, motor and interpersonal skills and to prepare them for school. 1192 Quebec Street. **tel** 604 687 1150

### CRABTREE CORNER EARLY LEARNING AND CHILD CARE

Offers short-term care for children ages six weeks to six years in the Downtown Eastside. 533 East Hastings Street. **tel** 604 216 1655

### LESLIE DIAMOND EARLY LEARNING AND CHILD CARE

Located in downtown Vancouver, Leslie Diamond provides care for children ages six weeks to three years. 535 Hornby Street. **tel** 604 895 5816

### EMMA'S EARLY LEARNING AND CHILD CARE

For children ages six weeks to three years, with a focus on supporting young mothers. Children have a safe, stimulating learning environment while their mothers receive academic and personal support through Tupper Young Parent Services. 3839 Carolina Street. **tel** 604 879 1121



## HEALTHY CHOICES FOR YOUTH

### HIGH SCHOOL MENTORSHIP PROGRAM

Partners female high school students with professional women. Mentors provide support and guidance regarding education and future career choices. **tel** 604 895 5802

### WELCOME TO MY LIFE™

A fun and interactive program at selected schools in Metro Vancouver to help Grade 7 girls with their transition to high school. This after-school program is offered in partnership with the Vancouver School Board and the UBC Learning Exchange. **tel** 604 895 5779

### THAT'S JUST ME

An after-school program offered at selected schools in Surrey to help Grade 7 girls with their transition to high school. That's Just Me is presented by YWCA Metro Vancouver in partnership with the Surrey School District. **tel** 604 895 5845

### BOYS 4 REAL™

A parallel program to Welcome to My Life™ and That's Just Me, designed to meet the needs of Grade 7 boys. The program encourages healthy living, healthy decision making and mutual respect in relationships. **tel** 604 895 5779

### ABORIGINAL MENTORSHIP PROGRAM

Empowers Aboriginal teen girls ages 13 to 18 through an arts- and culture-based group mentoring dynamic; provides life-skills and connects them with positive adult Aboriginal role models. **tel** 604 895 5798

## CELEBRATING WOMEN WHO INSPIRE

### WOMEN OF DISTINCTION

Since 1984, this awards program has honoured, encouraged and recognized outstanding women and workplaces in our community. **tel** 604 895 5768

## CONNECTING PEOPLE TO EMPLOYMENT

Under the new Employment Program of BC, the YWCA provides WorkBC employment support and services to the North Shore, Vancouver West and Vancouver South communities. Jobseekers have access to:

- Job search resources
- Personal employment planning
- Workshops and training
- Specialized services

### NORTH VANCOUVER

#### North Shore

New address: #106-930 West 1st St. North Vancouver **tel** 604 988 3766

#### North Shore Youth

New address: #109-980 West 1st St. North Vancouver **tel** 604 988 3766

### VANCOUVER WEST

#### West Side

#300-2150 West Broadway **tel** 604 688 4666

#### Career Zone Youth Satellite

1260 Granville St. **tel** 604 605 4666

### VANCOUVER SOUTH

#### Vancouver South

7575 Cambie St. **tel** 604 263 5005

### CONNECT TO SUCCESS

Connects women entering or re-entering skilled or professional careers with mentors. Women meet one-to-one with mentors for six months to receive guidance and advice to help kick-start their careers. **tel** 604 895 5858

### JOB OPTIONS

Eight- to 12-week employment programs for adult and senior jobseekers.

#### Vancouver

535 Hornby St. **tel** 604 895 5854

#### North Vancouver

New address: #106-930 West 1st St. **tel** 604 988 3766 ext 244

### FOCUS @ WORK

Free 12-week job search program for skilled or professional women. #210 - 1201 West Pender Street **tel** 604 699 1788

### NEXTSTEP MENTORSHIP

Connects female and male job seekers with one-to-one, group and peer mentorship. **tel** 604 895 5859

### STRIVE

Supports former and current youth who are transitioning out of foster care to gain the life- and work-skills they need to become independent. 1256 Granville Street. **tel** 604 605 4666

### FUTURES IN FOCUS

Supports single moms on a path towards sustainable employment. **tel** 604 992 1493

## SUPPORT FOR FAMILIES IN NEED

### SINGLE MOTHERS' SUPPORT SERVICES

Information and resources for single mothers across Metro Vancouver include workshops, special events, one-to-one support from a family resource worker and weekly community groups offered in partnership with neighbourhood houses and family places. **tel** 604 895 5849 (Vancouver) and **tel** 604 619 5275 (Surrey)

### LEGAL EDUCATOR

Provides one-to-one information and workshops for YWCA clients on a wide range of legal issues. **tel** 604 734 5517 ext 2235

### PRESENTS OF PEACE

Donate to Presents of Peace during the holidays and have a lasting impact on the lives of low-income, women-led families who need support year-round. **tel** 604 895 5785

### THRIFT SHOP

Donated clothing, housewares, books and jewellery are sold to raise funds for community programs. YWCA clients are eligible for vouchers that allow them to obtain clothing and household items for their families at no cost. 4399 Main Street (Main & 28th Avenue). **tel** 604 675 9996

## SAFE, AFFORDABLE HOUSING

### SEMLIN GARDENS

Located in Vancouver, Semlin Gardens is a supportive housing community that caters to low-income single mothers and their children. **tel** 604 879 5796

### FRASER GARDENS

Located in Langley, Fraser Gardens is a supportive housing community for low-income single mothers with a communal garden, play area and common room. **tel** 604 514 1255

### CRABTREE HOUSING

Transitional housing in the Downtown Eastside for women and new mothers who are overcoming substance use issues. **tel** 604 216 1662

### MUNROE HOUSE

A second-stage transition house for women who have recently experienced abuse in their intimate relationship, and for their children. Support and art/play therapy are available for children ages three to 18 who have witnessed or experienced abuse. **tel** 604 734 5722

### ALDER GARDENS

Located in Surrey, Alder Gardens is a supportive housing community that caters to low-income single mothers and their children and links community services in a supportive housing model. **tel** 604 597 7984

### ARBOUR HOUSE

This second-stage transition house provides a safe refuge where women who have experienced abuse in intimate relationships, and their children, can feel protected. **tel** 604 597 4952

### COMO LAKE GARDENS

Located in Coquitlam, this supportive housing community is for low-income single moms and their children. **tel** 604 936 5665

### YWCA HOTEL

In downtown Vancouver, the YWCA Hotel offers comfortable and affordable accommodation to all travellers. Also provides longer term housing to residents and temporary accommodations to women needing immediate shelter. 733 Beatty Street. **tel** 604 895 5830 [ywcahotel.com](http://ywcahotel.com)



## FIND BALANCE THROUGH HEALTH + FITNESS

### HEALTH + FITNESS CENTRE

A co-ed fitness facility in downtown Vancouver featuring a UV-purified pool, the latest in cardio/weight equipment and innovative programming. 535 Hornby Street. **tel** 604 895 5777 [ywcahealthandfitness.com](http://ywcahealthandfitness.com)

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535 Hornby Street, Vancouver, BC V6C 2E8

For more information about YWCA Metro Vancouver or this newsletter:

**tel** 604 895 5850  
[enquire@ywcavan.org](mailto:enquire@ywcavan.org)  
[ywcavan.org](http://ywcavan.org)



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