



Acts of giving can create a ripple effect, inspiring others to give as well. This chain reaction can lead to a more generous and supportive community, amplifying the positive impact of individual acts of kindness. We are grateful to everyone who is supporting our new YMCA Centre for Life.

The YMCA is Our Community's Access to a Better Life - *Sam Brady*

If you ask Sam Brady what makes the YMCA so special, he'll tell you: "The YMCA is our community's access to a better life. Within the Y, everyone is welcome and respected. Within the Y, everyone is given the opportunity to improve themselves." And Sam should know—he's practically got chlorine in his veins from all those years spent in the Y's pool.

Sam's childhood reads like a YMCA highlight reel. He splashed in the pool, dribbled on the basketball courts, conquered tennis matches, and survived



Sam Brady, Belleville Youth Swim Team

summer camps. These experiences didn't just give him lifelong friendships and a mean backhand—they helped shape his confidence and sense of community.

Sam was lucky enough to grow up with parents who believed in the power of a healthy lifestyle and the importance of giving back, whether that meant volunteering their time or sharing their resources. Now, as a parent himself, Sam finds himself repeating their life lessons—sometimes word-for-word, sometimes with more dad jokes—hoping to pass on those same values to his own kids.

But Sam is quick to point out a simple truth:

- Not everyone grows up with a built-in cheering section.
- Not everyone has role models showing them how to live actively, and to create healthy outlets for energy, stress, and anxiety.
- Not everyone has the financial means to access fitness facilities or leadership programs.
- And not everyone grows up surrounded by love and respect.

That's why the YMCA holds such a special place in Sam's heart, and why he's stayed involved long after outgrowing his camp T-shirt. Over the years, Sam has chaired the YMCA Strong Kids Campaign, making sure that no child is left on the sidelines due to finances. For the past three years, he's brought his competitive spirit (and questionable paddle skills) to the YMCA Pickleball Tournament.

The Brady Clark Advisory Group, where Sam plays a key role as a Senior Portfolio Manager and Senior Wealth Advisor, has also been the proud Title Sponsor of the "A Night in White" Garden Party—supporting YMCA programs that change lives. Sam and his business partner Ian Clark at CIBC Wood Gundy have been annual contributors and sponsors of YMCA programming.

Sam's dedication hasn't gone unnoticed. He's received the YMCA Peace Award, which is basically the Nobel Prize for community spirit (minus the trip to Oslo).

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him with the Guardian Angel Award—recognizing his compassion, generosity, and all-around super-human community spirit.

Sam isn't just a donor—he's a doer. Whether he's organizing Belleville Porchfest, rallying golfers to open their wallets during the Rotary Loves Kids Tournament, or supporting Camp Merrywood, Sam is always rolling up his sleeves. These experiences continually remind him of the power of compassion, connection, and a little elbow grease.

Sam believes the YMCA gives people access to things that can truly change a life:

- A safe place.
- A caring community.
- A healthy outlet.
- A chance to grow.
- And a path to a better, stronger future.

In other words, Sam Brady is proof that with a little heart, and a lot of hustle you really can make a splash in your community.

Recently, Sam and his wife Ann Marie made a generous \$50,000 contribution to the Centre for Life YMCA Building Campaign. Their gift reflects a belief in a future where everyone—regardless of background—can come together to learn, grow, connect, and thrive. For Sam and Ann Marie, giving back isn't just a line on a résumé; it's a way of life.

But wait, there's more! Sam's community involvement doesn't stop at the Y. He's also active with the Belleville Rotary Club, The Children's Foundation, the Belleville General Hospital Foundation, and a host of other organizations. This year, The Children's Foundation is honouring



Top Photo: Sam receiving Peace Medal Award and pin
Bottom Photo: Sam with his family

February is Heart Month

February is Heart Month, dedicated to raising awareness about cardiovascular health, the second leading cause of death in Canada. It focuses on preventing heart disease through healthy lifestyle choices—like smoking cessation, diet, and exercise.



6 Million

people in Ontario are living with heart disease and stroke



80%

of premature heart disease and stroke can be prevented by adopting healthy habits



8.2 Million

adults in Canada have been diagnosed with high blood pressure, and the number is rising

Stats Source - University of Ottawa Heart Institute