

# Pat Flack



**I'm a  
champion!**

We hold every life  
young children  
young children  
young children

For the Y that  
is in you, we are  
in the community.

**Y**

YMCA

## **Pat Flack**

It has been over ten years since Pat first got involved with the Family Y. Since then, the organization has helped his family grow in many ways.

### ***“My experience with the Y has been positive since the beginning”***

Pat initially started coming to the Family Y after he moved back to town in 1997, having spent some time living in various places around BC including Salmon Arm, Fernie and Chetwynd. Almost immediately, he got involved more deeply with the organization by joining the Board of Directors. Pat’s commitment to the Y is demonstrated through his interest in a wide range of Y activities. In addition to his involvement with local initiatives, Pat has frequently represented the Y throughout Canada and abroad while travelling on his own time. He carries the Y’s mission and values close to his heart and never hesitates to spread the warmth and kindness the organization has brought to him. Through this level of hands-on participation, he has been fortunate enough to witness the direct impact the Y has on communities at all levels: locally, provincially, nationally and even internationally.

### ***A support system that improves health and wellness***

An almost daily visitor at the Y, Pat normally sticks to the fitness equipment but has tried his hand at a variety of classes, including Yoga. He currently holds a couples membership with his wife Nita, while his daughter Grace is a member as well. Their relationships within the Y extend well beyond basic fitness instruction: they have cultivated a large network of friends. Pat’s grandson Xander, who has been diagnosed with mild autism, has benefitted from daycare services provided by the Y and is now part of the after school care program. Pat is grateful for the compassionate and caring people that have been involved in his grandson’s development over the years. Xander also loves the REC Room; he thinks it is, as Pat puts it, “the greatest thing since sliced bread”.

### ***“Time, talent and treasure”***

A strong belief of Pat’s is that anyone can contribute to a greater good at any point in his or her life in limitless ways. Whether it means giving up a few hours of time to volunteer, sharing specialized knowledge or providing financial or emotional assistance, every person has the capacity to help another in need. “Even a little bit of involvement at a local level can have a large impact on someone who is facing hardship,” explains Pat, who practices his own words of advice. The Y members and staff who are lucky enough to be acquainted with Pat know firsthand of his kindness and the positive effect he has on those around him. His spirit encompasses all of the qualities of a true Y Champion, and the organization is a better place because he is a part of it.