



# Mind The Bar Foundation Annual Report

2022





Mind The Bar Foundation

## Mind The Bar Foundation - Board of Directors 2021/2022

Shoel Davidson - President

Christina Cottell - Vice President / Media Chair

Carmen Parry - Secretary

Nich Box - Treasurer

Shawn Soole - Vancouver Island Chair

Johnny Bridge - Events Chair

Karla Santos-Pedro - Marketing Chair

Becca Holt - Health & Education Co-Chair

Lauren Hotchkiss - Health & Education Co-Chair

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“

Our industry has been decimated by the pandemic. Never before has there been a time when restaurants were forced to take a long hard look at themselves... From the rubble there is opportunity to rebuild an industry full of the good and do away with the bad. We need to not be uncomfortable with being uncomfortable. Avoiding these conversations will not work. Doing the work will work.

-Chris Locke

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## Weathering The Storm

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With the global Covid-19 pandemic continuing to make it all but impossible for the hospitality industry to operate this past year, Mind The Bar Foundation endured similar struggles. With membership slowing to a crawl, very few people requesting support or resource services, & volunteer engagement all but drying up,

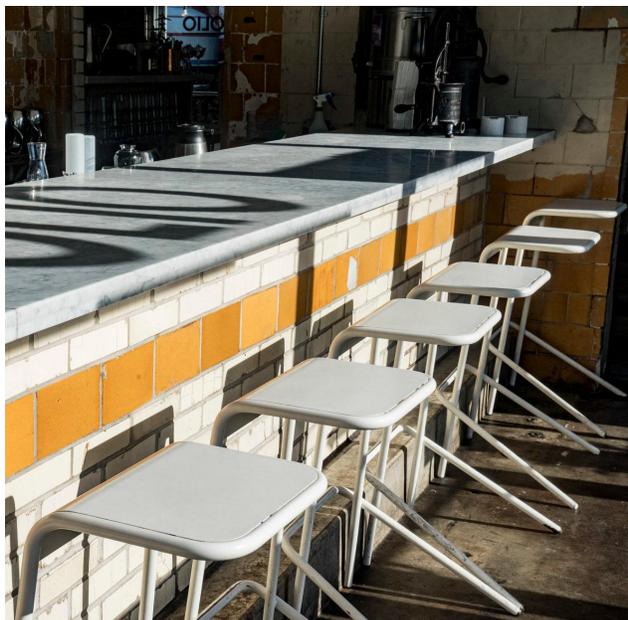
the Foundation shifted its focus to that of preparation for the eventuality of better days ahead & the need for greater diversity of support & resources for those in need once the dust settles.

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## The Will & The Way

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Despite tremendous difficulty and numerous setbacks, the Board made great strides forward in developing the framework for some very exciting things to come for Mind The Bar Foundation & its members. From a complete design rebrand to a website relaunch that aims to make it that much easier for anyone to gain access to important information and resources about mental health, substance abuse disorder, or workplace harassment quickly & easily.



The Mind The Bar team was also successful in hosting several engaging and important MTB Talks despite pandemic lockdowns & social distancing, improved its social media presence & engagement, as well as most importantly assisting those looking for support.

2021 was not the year anyone wanted it to be & for Mind The Bar a lot of the proposed goals & projects for this past year were forcibly put on hold or have taken much longer than expected. Like for so many it has been a trying & tiring year which has pushed everyone involved with Mind The Bar to their limits & those involved have had to remind themselves often that in order to promote positive mental health, one must not neglect their own mental health & wellbeing.

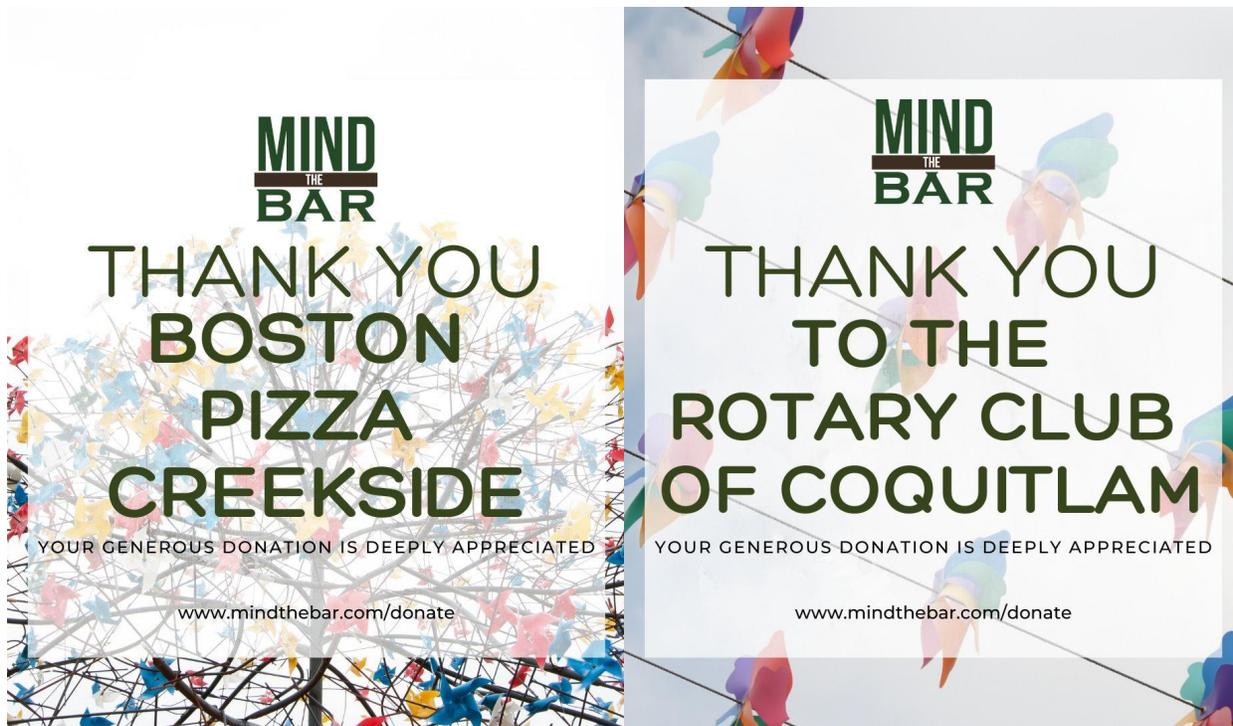
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## Generosity Knows No Bounds

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Despite all the terrible hardship the hospitality industry has endured, the generosity of those within it has never faltered as Mind The Bar Foundation continued to receive countless donations throughout this past year. As a 100% volunteer-based initiative, 100% of all donations MTB collects are put towards its goals of developing & sustaining the much needed support & resources for the hospitality industry. Mind The Bar would not be able to provide integral support systems such as LifeWorks at no cost to its members without the generosity of those donating. On behalf of the entire Mind The Bar Foundation & all those who throughout the hospitality industry rely on its support systems, we thank those for their overwhelming kindness. If you would like to donate to Mind The Bar Foundation, you can do so at [www.mindthebar.com/donate](http://www.mindthebar.com/donate)



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## Big Plans & Greater Need

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With all the hard work Mind The Bar Foundation's Board of Directors has invested over this past year there is a lot of big news on the horizon. With everything from amazing new resources for MTB members, more MTB Talks, & the launch of a venue-based HR support system, there is plenty to be excited about.

But in order to achieve these goals what Mind The Bar needs more than anything right now are volunteers who are ready & willing to help keep things rolling. MTB is desperately looking for volunteers to assist with social media, MTB Talks, HR integration, event planning, as well as potential key Officer positions. For those interested in volunteering please contact us at [info@mindthebar.com](mailto:info@mindthebar.com)



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## Mind The Bar Foundation

### 2021 Balance Sheet

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	<b>Assets</b>	
	<b>2021</b>	<b>2020</b>
<b>CURRENT</b>		
Cash	\$99,438	\$93,379
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	<b>Liabilities and Net Assets</b>	
<b>CURRENT</b>		
Accounts Payable	\$1,708	\$1,970
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<b>SURPLUS</b>	<b>\$97,730</b>	<b>\$91,409</b>
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	<b>\$99,438</b>	<b>\$93,379</b>

On behalf of the Board:



Director - Shoel Davidson [President]

*Refer to Mind The Bar Foundation Financial Statement 2021 for additional information*

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**Thank you all for your continued support & involvement with this important cause!**

*Sincerely,*

*Mind The Bar Foundation's 2021/2022 Board of Directors*

## **Mind The Bar Foundation**

2021/2022 Director's Report

Writer: Shoel Davidson (2021/2022 President)

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[www.mindthebar.com](http://www.mindthebar.com)

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