

# MIND THE- -BAR FOUNDATION

## Mind The Bar Foundation Annual Report 2023



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## Mind The Bar Foundation - Board of Directors 2023

Shoel Davidson - President

Christina Cottell - Vice President / Media Chair

Carmen Parry - Secretary

Nich Box - Treasurer

Johnny Bridge - Events Chair

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## Getting Back

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As we have made it back to normalcy in almost every way of life, there is a certain amount of catch-up surrounding everyone's lives. The time it has taken to respond to a text only could be extrapolated to just how much time and effort goes into every decision and task.

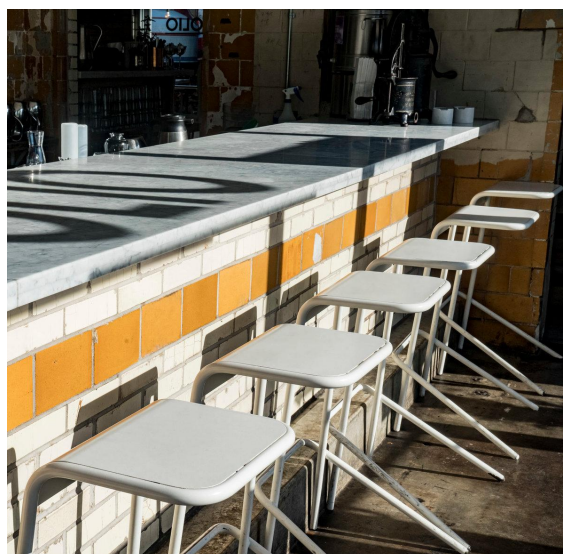
Mind The Bar Foundation has taken some first steps towards getting back to operation. We showed up for our first event in years and have plans for more very soon. There's plenty of excitement surrounding our directors and the anticipation of what we're working towards. Every meeting is filled with several "hell yeah!" moments. We cannot wait to be a part of the community more than ever.

## Moving Along

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As the last few years challenged so many to get together, the first in-person meeting took place - on a patio in the sun overlooking the water. We smiled, and we knew everyone was as passionate as ever, as determined as possible, and ready to take on whatever comes next.

What we're aiming for is to pick up with the momentum we once had and roll on towards accomplishing our goals. After standing by patiently waiting for the last few years, we



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hope that we didn't lose our voice. We're ready, and we want to be there for you, your peers, and your family.

As a few new faces have already stepped up, we're looking to be in good shape and ready to take on the great path ahead.

## Continued Support

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Another year went by with almost zero events or presence, and we continued to receive donations. You'll find in the financial report that our income from donations far exceeded the money spent. The accountant roughly told us, 'It's time to start spending.'

We remain 100% volunteer driven. It's thrilling to see the potential of what we can pull off to better our industry.

A few things we're looking at for spending:

- Tent, table, signage etc. for events
- More pins & stickers (reach out if you need some)
- Class Pass - so you can get active with other members
- LifeWorks - continued support from your phone or computer



Special thanks to some big donations over the last year:

- Crown Cocktail, Toronto
- Gringo, Vancouver
- Clive's Classic Lounge, Victoria
- Greta Bar, Vancouver
- Studebaker Pub, Burlington
- Chef's Table Society, Vancouver

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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## Looking Ahead

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Coming soon...MORE EVENTS!!

We look forward to seeing you at a few industry events coming up, and host our own event for you all later in this year. We have Go2HR ready to stand by our side for just about anything, and that should bode well for our HEARD training project in the works. (If you aren't aware of what Go2HR is about, they're affiliated with the Canadian Mental Health Association looking at getting boots on the ground).

We've been talking about Class Pass for a while, and now we have the team who will actually drag you out to join them for something. Imagine waking up in the morning, getting together with some colleagues and getting some physical activity.

We've got some big changes happening with our roles of directors, some stepping down, some switching roles, new folks joining us. You'll likely have noted these changes already in the AGM Form at the beginning of our mailout.

As we set goals and reach toward them, we'll still need more volunteers to help us achieve everything. Social media, MTB Talks, event presence, potential board positions. For those interested in volunteering please contact us at [info@mindthebar.com](mailto:info@mindthebar.com)



# Mind The Bar Foundation

## 2023 Balance Sheet

Assets		
	2023	2022
<b>CURRENT</b>		
Cash	<b>\$106,135.44</b>	\$108,809.82
<b>Liabilities and Net Assets</b>		
<b>CURRENT</b>		
**Accounts Payable	<b>\$2398.20</b>	\$1,708.00
<b>SURPLUS</b>	<b>\$103,737.24</b>	\$107,101.82

On behalf of the Board:



Director - Nich Box [Treasurer]

*Refer to Mind The Bar Foundation Financial Statement 2022 for additional information*



Thank you all for your continued support & involvement!

Sincerely,  
Mind The Bar Foundation's  
2023 Board of Directors

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# Mind The Bar Foundation

2023 Director's Report

Writer: Nich Box [Treasurer]

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

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