

Member of the Month: August



The stories behind some of the faces that form our Y community

Meet Jim Sneath & Ed Shaw

This month, we are highlighting two members because Jim and Ed come as one. They started their membership together and they utilize our Health, Fitness & Aquatics facility together. You will never see one of them without the other, which is why their friendship is so encouraging and deserves to be recognized.



Jim and Ed's friendship blossomed in Grade 7. Living very close to each other here in Owen Sound, they could be found playing outside almost every day. From there they were off to OSCVI High School together. Strutting the halls in their red jackets, they were "rebels without a cause". They made so many memories during their teenage years, but as many of us know it gets harder to keep it touch during adulthood. As they parted ways to start their careers, they were brought to new cities, Jim focusing on Sales and Ed on Banking. Time went on, both of them became Business Owners and they were apart for almost 30 years, but that wasn't the end of their friendship.

Jim and Ed both moved back to Owen Sound, rekindled their friendship and became members of our YMCA together in 2011! Currently Jim is 77 and Ed is 76, they come to the gym 3 times a week, meeting here around 8:30 AM. When asked if they ever workout without the other, Ed promptly replied "No way". The respect and motivation they have for one another is heartwarming. Coming to our facility enables the pair to stay healthy both physically and mentally and keeps everything moving, "I love that it keeps me active and social" says Jim.

Jim and Ed's story shows how important friendship can be and we feel so honoured that they continue to make memories together at our Y. We thank Jim and Ed for taking the time to share their story of friendship and hope it inspires you to motivate, care and be there for one another.

Building healthy communities