



 YMCA - YWCA of Northeast Avalon
ANNUALREPORT08/09



Craig Rowe & Jason Brown

Board Chair and President & CEO
YMCA-YWCA of Northeast Avalon

“ There is great excitement about what’s happening at the Y. ”

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Thank you for being a part of the Y!

It is a very exciting time to be a part of the Y – participation in programs continues to grow, the capital campaign continues to be successful, we are engaging more volunteers in the vital and charitable work of the Y every year, and we have a bright future. 2008/2009 was the third full year of implementing our Strategic Plan 2010 with the key strategic directions of program and facility development, communications, and philanthropic development.

In the past year several very important milestones have been reached in the achievement of the strategic plan:

- Construction has started on the new Ches Penney Family Y at 35 Ridge Road, it is set to open in 2011, this will be our main location
- Our current main location at 34 New Cove Road has been sold, and we will remain as tenants until we can move into the new Y, now that the renovations are complete City Stars Basketball will be joining us in the building and we will be sharing some program spaces
- We have raised over \$7.1 million of the \$8.6 million we need to raise in the Y Strong Families Campaign
- Every day our dedicated staff and volunteers work with a remarkable number of people in our health, child care, and employment programs.

Thank you to everyone - our program members, participants, clients, partners, donors, volunteers, staff, and friends - who make the Y such a vital part of our communities.



Craig Rowe, Chair, Board of Directors



Jason Brown, President & CEO

**Message from
Board Chair and President & CEO**

®



**Jim & Dera
Burton**
Y Donors

Donor

“ Helping the Y help families was important to us. ”

“The Y is a huge pillar serving families in our community,” is Jim Burton’s response to why he and his wife, Dera support the Y. Helping to realize a community vision with access to all for the betterment of all is what the Y is all about. Those who support our initiatives realize that their generosity will directly impact the lives of many in their community.

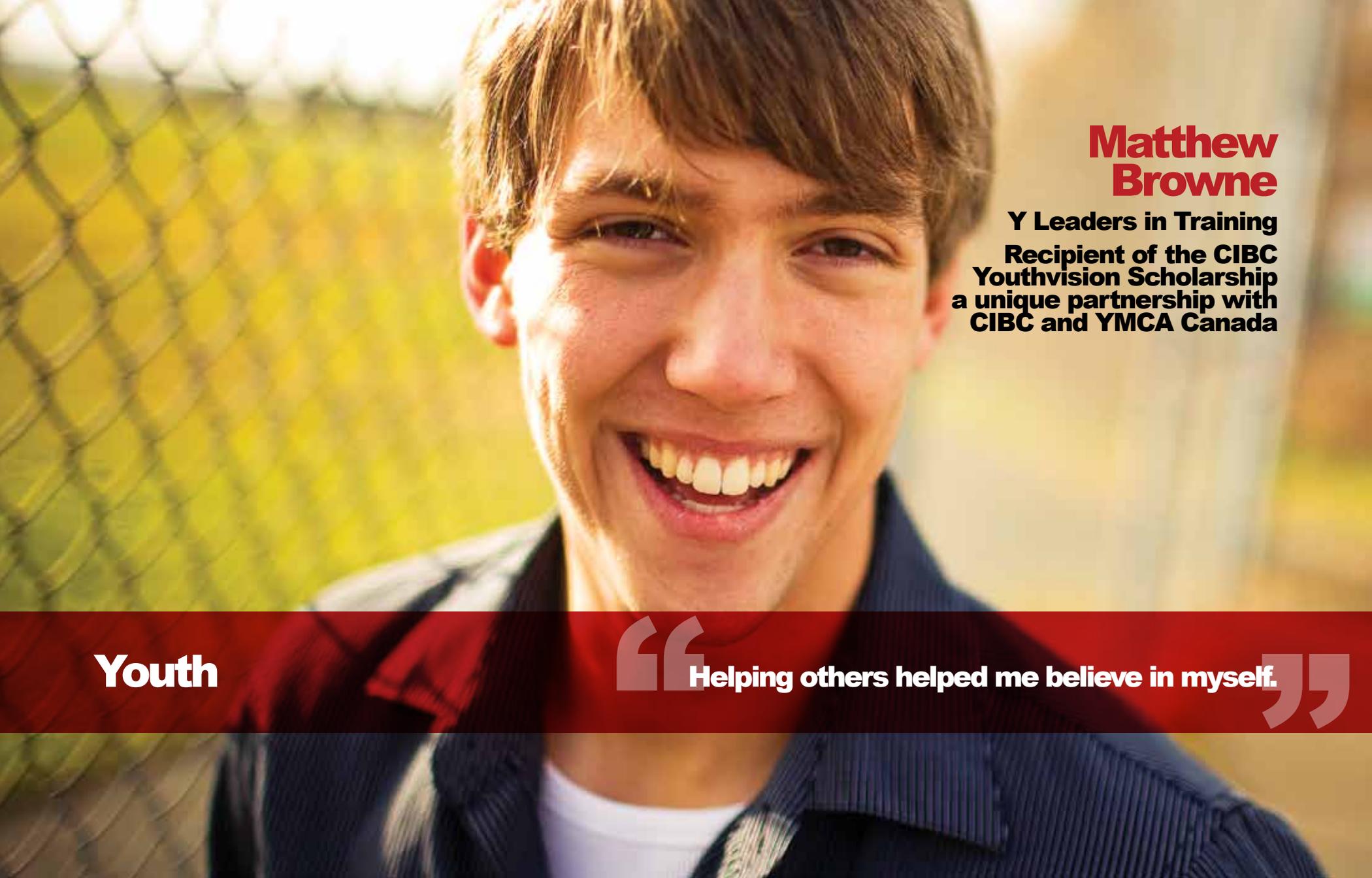


**Annette
Bourgeois**
Y Volunteer

Leadership. Generosity. Community. Annette’s story is the embodiment of the Y. A volunteer aerobics instructor with the Y, Annette has found that the training she has received and the experience in leading her classes has greatly influenced both her confidence in herself and her skills as a school teacher. She discovered new levels of personal achievement through giving her time to others. This is part of the Y’s unwavering belief in ordinary people working together to achieve common goals, for themselves, their communities and the world. Annette agrees, stating, “The Y is like a second home to me.”



Volunteer



Matthew Browne

**Y Leaders in Training
Recipient of the CIBC
Youthvision Scholarship
a unique partnership with
CIBC and YMCA Canada**

Youth

“Helping others helped me believe in myself.”

An author once said “If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” This is the heart of the Y’s Leaders in Training program. Matthew found that in giving himself to others, through his basketball coaching, helping seniors and organizing Y Peace Week activities, he discovered the qualities that help him lead.



Gia Ring
Y Kid

Spirit. Mind. Body. The Y’s dedication to the growth of these principles extends to every age. Gia and her mom Colleen know this first hand. For Gia, it means falling in love with painting, playing in a comfortable safe environment with her friends and playing tag in the gymnasium, all part of the Y’s Health Fitness and Recreation programs. For Gia’s mom it means peace of mind, knowing that both she and her daughter can grow in spirit, mind and body. All with friendly staff to help along the way. “The staff at the Y are the best workers ever.” Colleen says. And we take that to heart, everyday.



Child



**Geraldine (Ann) Rice
& Ed Slaney**
Y Members

Older Adults

“The Y has helped us get healthy and active together.”

After having open heart surgery, Ed needed to live a more healthy, active life. He joined his wife Ann at the Y, beginning a cardio program that has since become a very important part of his recovery. The Y offers Ed and Ann not only the benefits of a healthier lifestyle, but a great place to meet, interact and socialize with new friends who share their healthy aging goals.



Overcoming barriers to success in every aspect of life is a priority of the Y. For Nicole, it was getting the dream of starting her own graphic design business. I-Design was launched with assistance from the Y, offering helpful guidance and a positive outlook that allowed Nicole to overcome the challenges she faced with confidence.

Nicole's success highlights the Y's continual cycle of serving others, instilling a sense of belonging, renewing and leading for a stronger tomorrow.



Adult



“

The Y is limitless and there is so much potential to grow intellectually. The Y is our family.

”



The Walsh Family

Y Child Care

Over our 150 year history, the Y has learned that nurturing positive development of young minds and bodies can have a lifelong effect. Through our licensed child care programs, this means actively incorporating and integrating learning into social and recreational activities for children. These programs help children to build self-confidence, learn healthy behaviours, and develop strong values.

For Barry and Karen that means feeling confident and safe leaving Sophie in the hands of caring, loving and professional staff at the Y. It is a comfort that they feel as well as see. "The Y is limitless and there is so much potential for our daughter to grow intellectually. The Y is our family." We feel the same way.



Family

Association Services

Suite W100-120 Torbay Road
St. John's, NL A1A 2G8
Tel. 709-754-2982 Fax 709-754-2870

Employment and Enterprise Services

401 Empire Avenue
St. John's, NL A1E 1W6
Tel. 709-757-2665 Fax 709-757-2670
Suite W100-120 Torbay Road
St. John's, NL A1A 2G8
Tel. 709-754-2982 Fax 709-754-2987

Children's Services

34 New Cove Road P.O. Box 21291
St. John's, NL A1A 5G6
Tel. 709-754-2962 Fax. 709-576-0410

Mary Queen of Peace, Vanier School,
Rennie's River School, Roncalli School,
St. Andrew's School, St. Teresa's School,
Bishop Feild School, Reid Centre,
St. John's Y, Mount Pearl Community Y,
Holy Trinity School, St. Peter's School,
Kinder Kare, Cowan Heights School,
St. Matthew's School, Newtown School
and St. George's School

Health, Fitness, Recreation, and Membership

St. John's Y
34 New Cove Road P.O. Box 21291
St. John's, NL A1A 5G6
Tel. 709-754-2960 Fax. 709-576-0410

Mount Pearl Community Y
25 Holden Street, Mount Pearl,
NL A1N 3G9
Tel. 709-748-1082 Fax. 709-748-1087



YMCA-YWCA

We build strong kids,
strong families, strong communities.

Our Mission

The YMCA-YWCA is a charity that provides opportunities for all to grow in spirit, mind, and body.

Our Vision

The YMCA-YWCA will be a leading charity providing access to all in employment, child care, and health programs

Our Values

Caring – Honesty – Respect
Responsibility – Inclusiveness - Health

www.ynortheastavalon.com

P.O. Box 21291, St. John's, NL A1A 5G6
Charitable Registration #108225533RR0001

Pictured on our cover:

**Christian Benoit and Rebecca Sharr
You Can Go, Native Friendship Centre**

You Can Go is a program to increase awareness on how to access post-secondary education for youth and adult learners.

www.ynortheastavalon.com