



Building healthy communities

impacting
newfoundland and labrador

YMCA of Newfoundland and Labrador
Annual Report 2017/2018



YMCA of Newfoundland and Labrador Annual Report 2017/2018

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Development Centre

Olga Sullivan
General Manager, Children's Services

From the Board Chair and CEO



The past year was an important one for our YMCA as we continued to activate initiatives under our 2018-2028 strategic plan for a sustainable, relevant, and impactful organization.

We worked to keep operations sustainable in a challenging economy, to launch a new multi-year financial development plan, to continue to extend our reach across the province, and to provide support to Atlantic YMCAs through the Regional Development Centre.

Our programs have grown to include 20 program locations and 170 points of program delivery in health, fitness & aquatics, child care & day camp, and employment & enterprise.

The new YMCA project in Happy Valley-Goose Bay - our third new YMCA in less than 10 years and the first ever YMCA in Labrador - is progressing on plan. The new YMCA technology solution is set to go live next year.

Our members and participants tell us we offer programs of high and increasing quality and, for the 9th year in a row our child care programs have scored 100% in the delivery of the YMCA Playing to Learn curriculum.

Thank you to our members, participants, employees, volunteers, partners, and donors who help our YMCA have impact in our communities every day.

Very best regards,

Handwritten signature of Laurie Skinner in black ink.

Laurie Skinner, Chair
Board of Directors

Handwritten signature of Jason Brown in black ink.

Jason Brown,
Chief Executive Officer





**YMCA of
Newfoundland and Labrador
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Volunteers

The possibilities are endless when kind people give freely of their time and talents. Our YMCA volunteers lead, deliver programs, fundraise, and govern the Association. And we are stronger because of them.

Thank you.

Wayne **Amminson**

Nadya **Bell**

Max **Brown**

Murray **Brown**

Gary **Bruce**

Kirsten **Butler**

Mary **Ann Butler**

Eileen **Collingwood**

Nick **Collingwood**

Nathan **Conway**

Aliw **Diamse**

Greg **Dickie**

Leah **Doucette**

Jonathan **Dzaganishvili**

Chester **Eickmeier**

Barbara **Ellis**

Twyla **Fradsham**

Henry **Fitzgerald**

Kevin **Fleming**

Victoria **Francis**

Scott **Giannou**

Virginia **Harger-Grinling**

Avery **Hearty**

DeeDee has been volunteering at the Marystown YMCA since it opened in 2016. She loves to volunteer at the YMCA as it reminds her of the different possibilities that exist for herself and others. *"The YMCA is great for my mind, body and spirit. It has enabled me to maintain a healthy and active lifestyle as well as pushing me beyond what I thought were my limits."*



Meet
DeeDeeRyan

Loretta **Lewis**
Robert **Lymburner**
Vic **Lundrigan**
Joan **MacIntosh**
Joanne **Mallay**
Beth **McGrath**
Emily **Meade**
Dennis **Metcalf**
Jessica **Ozon**
Stephen **Penney**
Michael **Porter**
Paul **Porter**
Tyler **Powell**
Ian **Pumphrey**
RBC Staff Team
Theresa **Rahal**
Kerri **Riddle**
Mary **Rideout**
Lorie **Robbins**
Craig **Rowe**
David **Rowe**

Deidre **Ryan**
Ahmad **Salah**
Amy **Sheppard**
Julie **Sheppard**
Andrew **Short**
Kelly **Silver**
Laurie **Skinner**
Sharon **Snook**
Sherry **Squires**
Todd **Stanley**
Lynn **Sullivan**

Gary **Summers**
Pamela **Thoms**
Susan **Tobin**
Kerry-Lee **Vaughan**
Geoff **Veinott**
Fran **Vokey**
Randy **White**
Sharon **Zeller**
James **Robbins**
Courtney **Dunphy**
Elizabeth **Evans**

Carla **King**
Marie **Kelly**
Veronica **Nater**
Sonya **Jackman**
Lisa **MacLeod**



Building healthy
communities



YMCA of
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Impacting Futures

From healthy living to social inclusion to career development, YMCA programs and services help shape the futures of people in our communities.

Meet Central Labrador YMCA

The Town of Happy Valley-Goose Bay is developing the new facility to support the health and wellness needs of the people in the region. Plans are also underway to work closely with the Innu, Inuit, and Southern Inuit populations. Through an agreement with the **YMCA**, this community-driven centre will bring people together by eliminating inclusion barriers and isolation, and satisfying the critical need to improve wellness supports in the region.



Leigh Ann joined the Marystown YMCA to help manage a serious health condition. She quickly realized that the YMCA held more for her than improved physical health alone. She describes the YMCA members and staff as her family. **Leigh Ann** says the facility is now an integral part of the community and being a YMCA member affects her in every way. *"If I'm having a bad day I come to the YMCA, this is my happy place. Life is so much different when you feel connected and supported."*



Meet
LeighAnn Isaacs

2017/2018 Statistics

Health, Fitness & Aquatics

Members: 8,229
Children & Youth: 50%
Adult: 50%
Financial Assistance: 26%

Children's Services

Infant/Toddlers/Preschool: 78
School Age: 289
Camp: 611

Employment & Enterprise

YCAN: 75 (over 200 in our community served)
Business Planning Program: 55
Enterprise Olympics: 2,601

Meet AnnMarie Kieley

Ann Marie came to the YMCA during a very stressful time in her life. She was losing her father to cancer, unemployed, and unhealthy. She heard about the YMCA's Financial Assistance Program: *"I didn't have any money, but the staff helped me find a membership cost I could afford."* She made a promise to herself to come three days a week and has lost 140 pounds since then.

Ann Marie attributes her success to exercising and changing her diet, and to the YMCA. *"You gave me an opportunity when I had nothing, I couldn't have done this on my own."*



"The Enterprise Olympics Conference was a pivotal moment not just for me personally, but for my entrepreneurial career." When **Alex** placed first at the event, *"that's when I realized, hey, I'm an entrepreneur."* **Alex's** company, **VOLTFUSE** is growing progressively and he credits the YMCA for playing an important role in his entrepreneurial journey. *"There's really nothing else that fosters entrepreneurship in the province that can match what the YMCA is doing with Enterprise Olympics."*



Meet Alex Hennifent



Impacting Generations

Our actions today are like drops
in a pond. Their ripple effect can
shape lives in powerful ways.

Meet Will & Jasmine Pinsent



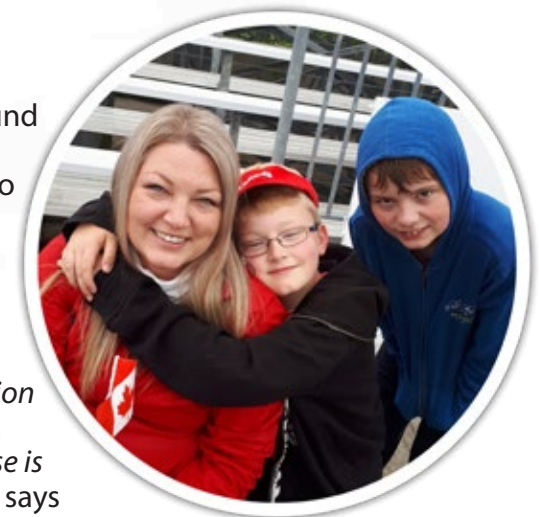
Jasmine was diagnosed with Fetal Alcohol Spectrum Disorder and Autism Spectrum Disorder at age 5. Her father, **Will**, a single dad at the time, recalls, "The YMCA has a very, very different way of doing things that others don't even come close to. The staff recognize and give their time, effort and dedication to children with special needs. It's not just about supervising children, and that makes all the difference."

Now 17, **Jasmine** has grown into a talented young woman, a volunteer and staff with the same YMCA camps she experienced as a child. "In my opinion the YMCA is the best path for the development of a child facing adversity. I only wish all parents knew that this was an option."

Meet The Ings Family

In 2011, the **Ings** family joined the Ches Penney Family YMCA, not knowing they had started a journey of profound impact on their family's physical and mental wellness. They soon started coming to the YMCA in the evenings to spend time together as a family. Their younger children participate in programs that have helped build long lasting friendships, confidence and athleticism. "The kids always feel their best when they're at the YMCA."

The **Ings** family have a slogan: "No matter what the question is, the answer is always the 'Y'". If they're having a bad day, or feeling overwhelmed, they come to the YMCA. "Exercise is the answer to so much, it's the best pill you could ever take", says Trent. Lisa continues, "When you add the community connection, it's the perfect recipe for a healthy life".



Meet Greg Monahan



2014 was a momentous year for **Greg**. It's when he won his battle with addiction and started a new life with the help of the YMCA. Coming to the Ches Penney Family YMCA for the first time wasn't easy, but it was the breakthrough he needed. He built new relationships with the members and staff and, most importantly, met his girlfriend. *"I found a home at the YMCA".*

"I reflect on the past and I'm amazed how my life has turned around. Now, the YMCA is my 'fix'. I can't believe life can be this good. Maybe someone who is hurting the way I did reads this and finds a smidge of hope. Hopefully you find an out like I did. Just don't give up."

Meet Neil Power

Neil joined the Marystown YMCA when it first opened in 2016. He joined for the pool, but then discovered pickle ball and was intrigued.

Many older adults live with depression and anxiety, which often leads to social isolation. But what if they knew there was a place to go? Neil says the YMCA is good therapy for those struggling with their mental health. *"You can't play pickle ball or swim and be anxious at the same time."*

Neil says it's the exercise, but also the social connection that lifts his spirits. *"If I'm feeling down I go to the YMCA because I know after I've spent time there, those feelings will have passed."*



Capital Campaign Donors

Phase II of the Strong Families Capital Campaign gives the YMCA capacity to re-invest in programs and services to continue its legacy of inspiring personal growth and improving the quality of life for families and individuals. Gifts will help fund strategic plan initiatives throughout Newfoundland and Labrador.



Strong Families
Campaign

Community Builders

Elinor Gill Ratcliffe, C.M., O.N.L., LLD (hc)
Penney Family & Pennecon

Partners

KMK Capital

Leaders

Baine Johnston
Ed & Mary Lou Martin

Friends

KPMG-LLP

Inner Family

Jason **Brown**, Deborah **Wearn**, & Family
Gregory W. **Dickie** & Glenda **Best**
Murray & Barbara **Brown** & Family
Nick & Jennifer **Collingwood** & Family
Kevin **Fleming**
Scott & Judy **Giannou**
Marjory **Green**
Jason **Hillyard**
Scott **Howell**
Evan **Kipnis**
Michelle & Fabian **Lambert** & Family
Michelle **Northover**
Dan **Penney**
Stephen **Penney**
Kerri **Riddle**
Craig & Heather **Rowe**
Laurie **Skinner**

Supporters

Ronald **Day**
Weatherford

Donors

Nola **Sharpe**

Community Builders
(\$100,000+)

Joyce Family Foundation

Major Gifts
(\$5,000 - \$99,999)

Anonymous Donor

Cal Legrow Foundation

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Gordon Butler Estate

Manulife

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Chair's Round Table
(\$1,000 - \$4,999)

Atlantic XL

Jason **Brown**, Deborah **Wearn**, and Family

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KPMG-LLP

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Dan Penney

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Radiant 360

RBC

Laurie Skinner

Leadership Gifts
(\$500 - \$999)

Anaconda Mining

**YMCA of
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Annual Campaign Donors

Donors to the Annual Campaign provide possibility and potential for others to live healthier lives. Thank you for the belief in the work of the YMCA as demonstrated by your generous gifts.

Bluedrop Performance Learning

BMO

Judith **Bobbitt**

C-Gas Management Inc.

Credit Canada Debt Solutions

Deloitte Management Services LP

G J Cahill & Co. Ltd.

Genesis Centre

Hollett & Sons

McInnes Cooper

Petten Holdings

Pivotal Coaching Services

Price Waterhouse Coopers

Running Room

Sam Design

Scotiabank

Lisa **Sheppard** & Chris **Peddle**

Subsea 7 Canada Inc.

Telelink, The Call Centre Inc.

Training Works

Michelle **Yetman**

Lynn **Zurel**



**Individual Donors
(up to \$499)**

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Bradley **Baker**
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Tanya **Brushett**
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Bank of Canada**
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Ivana **Drcec**
Shannon **Driscoll**
Jessica **Duke**
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Joshua **Emberley**
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Sarah **Fizzard**
Danessa **Fizzard**
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Darren **Fowler**
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Sarah **Gerbig**
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Lindsay **Graham**
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Michael **Hanrahan**
Chrissy **Harvey**
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Laura **Kieley**
Cheryl **Kinden**
**Knightsbridge Robertson
Surette**



Did you know?

100% of the staff
at the **Marystown
YMCA** donated to
the Annual Campaign via
payroll deduction last year!

Kara **Laing**
Michelle & Fabian **Lambert**
& Family
Sarah **Lamswood**
Joseph **LaRusic**
Henry **Lavhey**
Paige **London**
Sheila **Lundrigan**
John **Mabley**
Kendra **MacDonald**
Elaina **Mallay**
Micah **Martin**
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Donna **May**
Karen **McCarthy**
Dawn **McGrath**
Beth **McGrath**
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Cassidy **Mercer**
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Lisa **Mouland**
Jessica **Moulton**
Carman **Mullins**
James **Murphy**
Josh **Murphy**
Catherina **Murphy**
Christina & Colin **Murphy**
NATI
Elizabeth **Norman**
Katrina **O'Keefe**
Christa **Pack**
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Chris **Parmenter**
Valerie & Dave **Parmenter**
Robert **Parrell**
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Krista **Payne**
Kristen **Peach**

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Chelsea **Penney**
Jocelyn **Perry**
Robyn **Pidgeon**
Harrison **Pitcher**
Perry **Power**
Thomas **Power**
Deborah **Rehner**
Twila **Reid**
Jared **Remedios**
Mary **Rideout**
Tina **Riggs Dawe**
Heather **Ryan**
Peter **Ryan**
Krista **Ryan**
Roger **Scaplen**
Colleen **Senior**
Marissa **Seward**
Morgan **Seward**
Joan **Shirley**
Michelle **Simms**
Karen **Skinner**
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Atlantic Inc.
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Lori **Squires**
Andrea **Stack**
Todd **Stanley**
Jill **Stanley**
Angelise **States**
David **Steinhauer**
Stewart McKelvey
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Marci **Stratton**
Olga A.V. **Sullivan**
Lynn **Sullivan**
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Sandy **White-Melee**
Nathan **Wilkins**
Cathy **Williams**
Mallory **Wiscombe**
Shawna **Young**
Rod **Zdebiak**

Gifts Made in Kind

Ken **Reid**

Gifts Made in Memory of

Cori **Brown**

Norma Joan **Northover**

Your Generosity Is Appreciated

Every effort is made to ensure this list is accurate and that every person who has generously given to the YMCA is recognized.

Please contact us if there are any errors or omissions so that we can update our records at info@nl.ymca.ca or call 709-726-YMCA (9622) ext.240

Important Support for Employment and Enterprise Programs

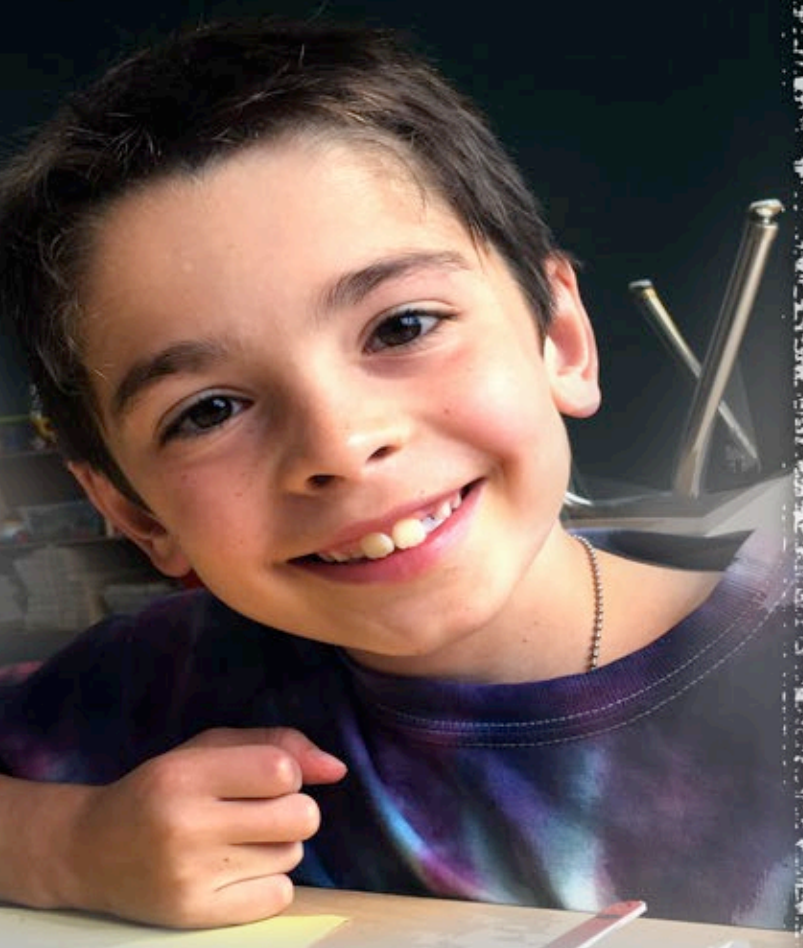
Without the support of our funders our YMCA Employment and Enterprise programs could not take place. Thank you for these important contributions!

**Atlantic Canada Opportunities Agency
Government of Canada
Government of Newfoundland and Labrador**



YMCA of Northeast Avalon Inc.
Operating as YMCA of Newfoundland and Labrador

Summary of Audited Financial Statements



Statement of Operations as at 31 August, 2018

	2018	2017
Revenue	7,302,320	7,256,688
Expenses	6,154,266	5,986,935
Net Before Interest and Amortization and Loss on Disposal	1,148,054	1,269,753
Interest on Callable Debt and Capital Leases	554,909	566,974
Net Before Amortization and Loss on Disposal	593,145	702,779
Amortization (Non-Cash)	798,030	802,627
Loss on Disposal of Property, Plant and Equipment	--	41,937

Statement of Financial Position as at 31 August, 2018

	2018	2017
Assets		
Current Assets	364,974	389,535
Property, Plant, and Equipment and Intangible Assets	15,170,043	15,571,856
Total Assets	15,535,017	15,961,391
Liabilities		
Current Liabilities	1,894,102	1,478,237
Deferred Revenue - Building Capital Fund	6,177,726	6,435,126
Long Term Portion of Callable Debt and Capital Leases	8,235,838	8,615,791
Total Liabilities	16,307,666	16,529,154
Fund Balances		
Total Fund Balances	-772,649	-567,763
Total Liabilities and Fund Balances	15,535,017	15,961,391

Complete audited statements are available for review by appointment in the office of the VP Finance.



YMCA of Newfoundland and Labrador

P.O. Box 21291
St. John's, NL A1A 5G6
CRA #108225533RR0001
www.ymcanl.com

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- [ymca.nl](https://www.instagram.com/ymca.nl)

Our Mission

The YMCA is a charity open to everyone at all stages of life, that provides opportunities to grow in spirit, mind, and body.

Vision

A province of vibrant and healthy communities where everyone can belong, grow, and thrive.

Values

Caring, Honesty, Respect, Responsibility, Diversity.



Corporate Office

35 Ridge Road, P.O. Box 21291
St. John's, NL A1A 5G6
Tel: (709) 726-YMCA (9622)
Fax: (709) 576-0410

Atlantic YMCA Regional Development Centre

35 Ridge Road, P.O. Box 21291
St. John's, NL A1A 5G6
Tel: (709) 726-YMCA (9622)
Fax: (709) 576-0410

Health, Fitness and Aquatics Membership

Ches Penney Family YMCA

35 Ridge Road, P.O. Box 21291
St. John's, NL A1A 5G6
Tel: (709) 726-YMCA (9622)
Fax: (709) 576-0410

Marystown YMCA

255-263 McGettigan Boulevard
Marystown, NL A0E 2M0
Tel: (709) 279-YMCA (9622)
Fax: (709) 279-0587

Employment and Enterprise Services

Business Planning Program

30 Harvey Road, Suite 2
P.O. Box 21291
St. John's, NL A1A 5G6
Tel: (709) 697-4443 / (709) 631-3875
Fax: (709) 576-0410

Youth Employment Programs

35 Ridge Road, P.O. Box 21291
St. John's, NL A1A 5G6
Tel: (709) 726-YMCA (9622)

Fax: (709) 576-0410

Camp Programs

Ches Penney Family YMCA
Foxtrap
École des Grands-Vents
Marystown YMCA

Children's Services

Ches Penney Family YMCA

35 Ridge Road, P.O. Box 21291
St. John's, NL A1A 5G6
Tel: (709) 754-2962
Fax: (709) 576-7763

- Bishop Feild Elementary
- Cowan Heights Elementary
- Elizabeth Park Elementary
- Holy Trinity Elementary
- Juniper Ridge Intermediate
- Mary Queen of Peace
- Mary Queen of the World Parish Hall
- Octagon Pond Elementary
- Paradise Elementary
- Roncalli Elementary
- St. Andrew's Elementary
- St. Georges Elementary
- St. Peter's Elementary
- St. Teresa's Elementary
- Vanier Elementary
- Ches Penney Family YMCA

