

shaping the future of
Newfoundland and Labrador



RESPONSIBILITY
RESPECT
HONESTY
YMC
CARING
DIVERSITY

Annual Report 2018/2019

YMCA of Newfoundland and Labrador

Building healthy communities

From the Board Chair and CEO

Our YMCA core values are caring, honesty, respect, responsibility, and diversity.

In more than 170 communities across Newfoundland and Labrador our programs and leaders bring these values to life everyday.

As our communities change, so does the YMCA.

In 2018/2019:

- more members received financial assistance to participate in YMCA programs
- we finalized agreements to operate the new Central Labrador YMCA currently under construction and set to open in Happy Valley-Goose Bay in 2021
- we moved closer to agreements to operate proposed YMCA centres in Placentia and Holyrood
- we made progress in adding programs to support Newcomers
- our preschool child care programs again scored 100% in Playing to Learn
- we maintained PRIME status as a healthy, safe place to work

As always, we thank our staff, volunteers, donors, funders, and community partners.

Thank you all for being a part of the YMCA.

Very best regards,



Murray Brown, Chair
Board of Directors



Jason Brown,
Chief Executive Officer



YMCA of Newfoundland and Labrador Annual Report 2018/2019

Board and CEO

Murray Brown, M.Sc, P.Eng (Chair)
Specialist, Research and Development,
Husky Energy

Nick Collingwood, MBA (Vice Chair)
Director & District Manager, Roynat

Todd Stanley, QC (Vice Chair)
Partner, Cox and Palmer

Stephen Penney, BA, LL.B (Vice Chair)
Partner, Stewart McKelvey

Harman Khurana, MBA, CPA, CMA
(Vice Chair – Finance)
CEO and Provincial Director, Legal Aid NL

Laurie Skinner, FCPA, FCA (Past Chair)
CFO, Universal Helicopters

Jamie Snook, MA
Executive Director, Torngat Secretariat

Sharon Snook
Executive Director, Burin Peninsula
Health Care Foundation

John MacIsaac, P. Eng

Loretta Lewis
Principal, Keyin College – Burin Peninsula

Ed Clarke, B.Comm, MBA
Head of Advertising, GlobalData Plc

Janet Vivian-Walsh, B.Sc, B.Ed, M.Ed
Instructor,
Memorial University of Newfoundland

Taylor Young, B.Comm (Hons)
Business Development Lead, CoLab
Software

Jason Brown
Chief Executive Officer,
YMCA of Newfoundland and Labrador

Senior Leadership

Twyla Fradsham
VP, Operations & Program Development

Chrissy Harvey, CPA, CA
VP, Finance & Administration

Christina Murphy
General Manager, Marystown YMCA

Krista Payne
General Manager
Employment, Enterprise & Newcomer Services

Lisa Sheppard
General Manager (Acting),
Ches Penney Family YMCA

Sherry Squires
VP, Atlantic YMCA Regional
Development Centre

Olga Sullivan
General Manager,
Children's Services

Volunteers

Our YMCA volunteers lead, deliver programs, fundraise, and govern the Association. They give their time and talents freely, expecting nothing in return.

From the bottom of our hearts, we thank you.

Wayne **Amminson**
Cheryl **Ash**
Nadya **Bell**
Austin **Bowering**
Noah **Brenton**
Max **Brown**
Murray **Brown**
Gary **Bruce**
Steve **Bruneau**
Sarah **Burton**
Kirsten **Butler**
Mary **Ann Butler**
Janis **Byrne**
Gerry **Carew**
Eileen **Collingwood**
Nick **Collingwood**
Kate **Connors**
Nathan **Conway**

Emma **Crowley**
Greg **Dickie**
Leah **Doucette**
Jonathan **Dzaganishvili**
Chester **Eickmeier**
Barbara **Ellis**
Abby **Farrell-Powell**
Karli **Farrell-Powell**
Henry **Fitzgerald**
Kevin **Fleming**
Victoria **Francis**
Scott **Giannou**
Demi **Gibson**
Paul **Goulart**
Megan **Guptill**
Virginia **Harger-Grinling**
Brittany **Hartson**
Roma **Hayes**

Avery **Hearty**
Kira **Hodder**
Scott **Howell**
Joshua **Kelly**
Monica **King**
Philip **King**
Loretta **Lewis**
Victoria **Lundrigan**
Joan **MacIntosh**
Joanne **Mallay**
Brody **Mayo Denty**
Kyle **McBay**
Beth **McGrath**
Emily **Meade**
Dennis **Metcalfe**
Danielle **Moulton**
Emily **Nolan**
Makenna **Nolan**
Jessica **Ozon**
Dan **Penney**
Stephen **Penney**
Aedan **Pitcher**
Michael **Porter**
Paul **Porter**
Tyler **Powell**

Katie **Power**
Ian **Pumphrey**
Theresa **Rahal**
Keonna **Randell**
Kerri **Riddle**
Mary **Rideout**
Lorie **Robbins**
Craig **Rowe**
David **Rowe**
Deidre **Ryan**
Ahmad **Salah**
Angel **Sampson**
Joshua **Samuel**
Adam **Schamper**
Anna **Schamper**
Amy **Sheppard**
Julie **Sheppard**
Andrew **Short**
Jennifer **Short**
Kelly **Silver**
Laurie **Skinner**
Ray **Smallwood**
Maria **Smith**
Sharon **Snook**
Sharon **Sparkes**

Barbara Ellis

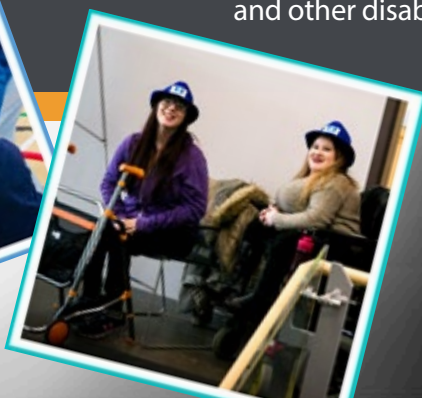


Barb comes to the YMCA almost every day to attend our fitness classes and lead our water fitness classes. When asked why she chose to volunteer, she states with a gentle and kind smile, "Well, you've got to give back." What she enjoys most is meeting and spending time with lots of people at the YMCA. Being at the YMCA and being active keeps her in good physical and mental state. Barb is 79 years young.

Hayley **Spencer**
Lori **Squires**
Todd **Stanley**
Lynn **Sullivan**
Gary **Summers**
Patrick **Tarrant**
Pamela **Thoms**
Susan **Tobin**
Kerry-Lee **Vaughan**
Geoff **Veinott**
Fran **Vokey**
Dianne **Walsh**
Tamara **Walsh**
Tori **Walsh**
Brandon **Welcher**
Brittany **Welcher**
Randy **White**
Nathan **Wilkins**
Sharon **Zeller**

YMCA HealthyKidsDay

Each year, we celebrate YMCA Healthy Kids Day with free healthy activities, games, snacks and book fair. Open to everyone in our community, this shows families how simple and fun healthy living can be. This year, Autism NL and Inclusive NL also participated in our celebration, helping us learn to communicate in sign language and understand more about Autism and other disabilities.



Blake Colbran

Struggling with mental health and having to leave high school in the past two years, Blake had to lean on a lot of people and organizations for support, including the YMCA. It feels good to be able to return the favour.

"Through the Media Mentors program, not only am I able to give back to the community that went above and beyond to help me, I'm also learning a great deal from the great staff and coordinators at the YMCA."

Capital Campaign

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.

Donors

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+)

The Joyce Family
Foundation

Major Gifts

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

Anonymous Donor

Canadian Tire

Jumpstart Charities

Gordon Butler Estate

Pennecon Limited

Chair's Round Table

(\$1,000 - \$4,999)

Anonymous Donors

Baine Johnston
Corporation

Blue Oceans Satellite
Systems

Browning Harvey

Cal LeGrow Insurance

ClearRisk Inc.

Cornelius Foundation

Crossbeam

Ernst & Young LLP

Fortis Properties
Corporation

Matthew Galgay

Mark Gillingham

Brian Groves

Charlene Johnson

Keyin College

KPMG-LLP

Steve O'Mara

Dan Penney

Provincial Aerospace
Ltd. (PAL)

RBC Foundation

Sequence Bio

Christian Somerton

Steve Taylor

Verafin

Leadership Gifts

(\$500 - \$999)

Alt Telecom

Bluedrop Performance
Learning

Deloitte

Brad Dobbin

ExxonMobil Canada
Limited

Chrissy Harvey

Kildare Renovations
Inc.

Lions Club of
Marystown

Moore Holdings

Lindani Ntombela

Greg Roberts

Running Room

Lisa Sheppard & Chris
Peddle

Laurie Skinner

Olga A.V. Sullivan

Technical Fabrication
Services Inc.

Individual Donors

(up to \$499)

Roslyn Abbott

Vian Adbulkarim

Christian Alberto

Alltask Excavating Inc.

Lauren Anstey

Jackson Appleby

Shawn Arnold & Nikki
Myers

Marlene Audeau-Joyce

Samuel Babalola

Molly Baker

Dafydd Banfield

David Banfield

Ella Banfield

Helen & Colin Banfield

Stephanie Bartlett

Eren Bayazitoglu

Brandon Bemister

Emily Bennett

Lorne Bennett

Liam Best

Darian Bird

Tracy Bishop

Allison Blundon

Coleen Boland

Gerri Lynn Boland

Alley Bracken

Tasha Brady

Dan Brake

Tasha Brazil

Ed Brenton

Paula Brenton

Trina Brenton

Jason Brown, Deborah
Wearn, & Family

Juanita C. Brown

Melissa Browne

Chris Bruce

Dawn Brushett

Jennifer Brushett

Tanya Brushett

Michelle Burt

Krista Burton

Brenda & Andrew Byrd

Ted Cadigan

Jacqueline Cadorette

Mark Callahan

Rick Callahan

Stephen Callahan

Kristina Carroll

Linda Carter

Kevin Casey

Richard Charron

Santhi Chellamuthu

Shawn Chen

Michelle Chislett

Lori Churchill

Regina Clarke

Jason Colbourne

Gillian Comerford

Janice Connors

Anna & Brian Cook

Heather Cornick

Gerard Costello

Winnie Cowan

Cox & Palmer

Kay Coxworthy

Paul Coxworthy

Selma Critch

Roxanne Crocker

Mark Croft

Health, Fitness & Aquatics

Members: 5,238

Children & Youth: 41%

Adult: 59%

Financial Assistance: 26%

Children's Services

Infant/Toddlers/Preschool: 66

School Age: 267

Camp: 599

Financial Assistance: 27%

Employment & Enterprise

Business Planning Program: 50

Enterprise Olympics: 2,711

Media Mentors:

27 participants

YCAN: 42 (117 in

our community

served)

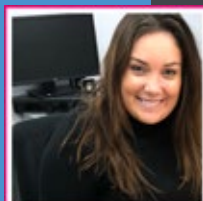
Y-Digital: 332

YMCA of Newfoundland and Labrador

2018/2019 Statistics

Stephanie Bartlett

"My favourite moment since starting as Program Coordinator of Y-Digital was seeing the smile of an 82 year old woman, who was able to digitally connect via FaceTime and see her grand kids for the first time."



Annual Campaign

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.

Denika **Curnew**
Andrew **Curthoys**
Dave **Dawe**
Greg **Dickie**
Bill **Donovan**
Maria **Downton**
Genevieve **Doyle**
Ashlee **Drake-Miller**
Marsha **Drover**
Andrea **Duguid**
Sandy **Duguid**
Jessica **Duke**
Derrick **Dunne**
Laura **Dwyer**
Blanche **Dyer**
Kathleen **Dyer**
Blair **Dyson**
Fraser **Edison**
Andrew **Edwards**
Darrell **Ellis**
Moustafa **Elsisy**
Rob **English**
Lori **Evans**
Robert **Everard**
Jody **Evoy**
Vanessa **Ezekiel**
Emilee **Farrell**
Patrick **Farrell**
Nicole **Faulkner**
Jonh **Fiset**
David **Fitzgerald**
Adam **Fitzpatrick**
Lydia **Fitzpatrick**
Paula **Fleming**
Thomas JE **Foran**
Darren **Fowler**
Kate **Fradsham**
Twyla **Fradsham**
Sherry **Frampton**
Valerie **Francis**
Victoria **Francis**
Craig & Wendy **Freake**
Jaime **Fudge**
Mike **Fudge**
Robert **Fudge**
Leslie **Galgay**
Christian **Gaulton**
Jacob **Gaulton**
Wanda **Gaulton**
Tana **Genge**
Genoa **Design**
Sarah **Gerbig**
Demi **Gibson**
Daam **Goossems**
Nick **Graham**
Victoria **Gravelle**
Marjory **Green & Family**

Julie **Greene**
Sergey **Grinev**
Solene **Gully**
Amanda **Gunn**
Michael **Hanlon**
Jeanie **Hann**
Michelle **Hann**
Robert **Hannaford**
Ashlynn **Hanrahan**
Caron **Hawco**
John **Hawley**
Roma **Hayes**
Charlotte **Hayse**
Glenn **Healey**
Starlene **Hibbs**
Helen **Higdon**
Kimberly **Hodder**
Val **Hodder**
Sean **Hogan**
Summer **Huggard**
Lorraine **Hulan**
Ganville **Hunt**
Lisa **Hunt**
Impress **Design**
Faye **Isaacs**
Jen **Jackman**
Liz **Jackman**
Barbara **James & Murray Brown**
Terry **Janes**
Aaron **Jones**
Tina **Kean**
Cynthia **Kelly**
Robyn **Kelly**
Sarah **Kelly**
Matthew **Kennedy**
Allie **Keough**
Katelyn **Kettle**
Majid **Khoshafa**
Kraken Robotics Systems
Bridget **Lake**
Michelle & Fabian **Lambert & Family**
Henry **Lavhey**
Chris **Lydon**
Jason **Lye**
M5 Public Affairs
John **Mabley**
John **Maclsaac**
Malloy **Maddigan**
Becky **Martin**
Jayne **Martret**
Donna **May**
Bev **McDonald**
Andrew **McGrath**
David **McLean**
Joan **Mercer**
Joan **Michelau**

Mike **Mitchell**
Mona **Molloy**
Paul **Moores**
Ken **Morrissey**
Catherina **Murphy**
Christina & Colin **Murphy**
James **Murphy**
Josh **Murphy**
Nitin **Murugeswaran**
Amanda **Mutton**
Mysa
Sandra **Noel**
Michelle **Norman**
Joan **Norris**
Debbie **Northover**
Heather **Northover**
Michelle **Northover**
Valerie **Northover**
Olatunji **Odumosu**
Cherylee **Osborne**
Fred & Judy **Osborne**
Christa **Pack**
Angie **Patey**
Krista **Payne**
Kristen **Peach**
Paula **Pelley**
Allison **Pennell**
Beth **Pennell**
Dianne **Pennell**
Rebecca **Penton**
David **Phillips**
Stephanie **Pike**
Tracy **Pitcher**
Oriana **Pittman Caines**
Cain **Power**
Suzy **Power**
Tiernan **Power**
Brad **Pretty**
Raymond **Pretty**
Tammy **Priddle**
Anita **Pushpanathan**
Bethany **Randell**
Deborah **Rehner**
Brad **Richards**
Mary **Rideout**
Tina **Riggs Dawe**
Craig **Rogers**
Tracy **Rogers**
Valerie **Rose**
Eveline **Ross-Phaneuf**
Polkadot Preschool
Gwyn **Rumbolt**
Geri **Ryan**
Peter **Ryan**
Chris **Saunders**

John **Scaplen**
Roger & Nadia **Scaplen**
Patsy **Scaplen**
Gabrielle **Scott**
Morgan **Seward**
Robert **Seward**
Arifusalam **Shaikh**
Karen **Sharpe**
Nola **Sharpe**
Shirley **Sheppard**
Joan **Shirley**
Skyhawk Telematics
Emily **Smith**
Greg **Smith**
Jess **Smith**
Sam **Smith**
Matthew **Snook**
Jill **Snow**
Jim **Sparkes**
Alice **Squires**
Lori **Squires**
Sherry **Squires**
SRC Products Atlantic Inc.
Todd **Stanley**
Troy **Stanley**

Michael **Steckley**
David **Steele**
Marci **Stratton**
Holly **Street**
Lynn **Sullivan**
Mitch **Sullivan**
Chan Chow **Tam**
Gloria **Tam**
Lisa **Tam**
Pauline **Tam**
Wanda **Tam**
Joyce **Thompson**
Keith **Thompson**
Lynn **Trainor**
Gerald **Tremblett**
Lori **Upshall**
Kelley **Vanderklugt**
Rod **Vatcher**
Judy **Veitch**
Kevin **Veitch**
Lisa **Veitch**
Sharon **Vivian**
Janet **Vivian-Walsh**
Adam **Wadsworth**

Cindy **Wall**
Denise **Walsh**
Catherine **Warren**
Peter **Warren**
Tiffany **Warren**
Jon **Weir**
Tony **Whalen**
Ann Marie **Whiffen**
Sandy **White-Melee**
Valerie **Wicks**
Nathan **Wilkins**
Cathy **Williams**
Kyle **Williams**
Lori **Williams**
Peter **Woodman**
Richard **Woodrow**
Maria **Woodward**
Julia **Young**
Rod **Zdebiak**
zedIT Solutions
Gifts Made in Kind
Sally **LeDrew**



Cycle-A-Thon

In April 2019, we held our very first Cycle-A-Thon. Everyone had fun, and the energy was amazing. A total of 113 individuals (20 teams) participated, and together, we raised \$15,023 for our financial assistance program.



LEEDCertified

After nearly four years of operation, the geothermal wells that heat and cool the Marystown YMCA, along with a number of other energy efficient and environment friendly design features, are all working as planned. In July 2019, the Marystown YMCA became the first building in the province to receive a Leadership in Energy and Environmental Design (LEED) Gold certification.



JimMay

Jim relies on the YMCA to help with his health issues: *"Without this place, I don't know what I would do, or where I would be to."*

GemmaHickey

"I've been a member of the YMCA since the early nineties, and as a kid was enrolled in summer camp, ballet and drama at the old facility. Nowadays I enjoy going for a swim in the new facility, especially because of the inclusive washroom. As someone who identifies as non-binary, being able to use a change room that matches my gender identity feels great."



"My time at the Y is good for my physical and mental health. The kindness, consideration and advice I received before and after total knee replacement surgery was essential to my full recovery physically and mentally."

~Anonymous

JesseChurch

"I was a young and chubby university student when I first worked for the YMCA, partly for the proximity to my mother's house and the free membership. As my time spent at the YMCA grew, my waistline shrank and I lost nearly 60 pounds during the first year. My goal was to attend medical school, so I joined Children's Services for a while to learn about child development, and worked under an amazing mentor and manager."

My first two applications to medical school were unsuccessful. It felt like two years wasted and I questioned

everything I knew! Remembering my time at the YMCA, I returned and began working as the Supervisor of Child, Youth and Family Services. During these two years, I helped the membership grow and learned skills ranging from balancing budget to management, to eventually taking a group of 15 teens on an exchange trip to Ontario. My involvement with YMCA Canada national youth engagement committee made me feel incredibly important, and by this point, I knew that if medical school didn't work out, I'd have a career at the YMCA.

Having learned and grown so much, and having taken on so much more responsibility, I was finally accepted to medical school on my third attempt.

I have recently completed my family medicine residency and I now work as a full time ER physician in Corner Brook, NL. I proudly say that I owe a lot of my success to the YMCA - for all my experiences, the amazing guidance and reference letters, and the feeling of home and community I get just by being at the YMCA. I simply couldn't have done it without the YMCA of Newfoundland and Labrador."

Central Labrador YMCA



Projected to open in 2021 in the Town of Happy Valley-Goose Bay, construction of the Central Labrador YMCA is well underway. This YMCA location will contain a health and fitness centre, a competition sized swimming pool, a 60-space child care centre and a Family Wellness Centre.



2018-2019 YLearn

The Y LEARN program gives newcomer-students a platform to voice their ideas to businesses and organizations. One project excerpt captured the project's spirit beautifully:

"It is important for us to continue to improve our knowledge and understanding of Canada as youth. This can be done by developing a Canadian identity and fostering a strong sense of community. We need training, and mentorship to help us become community leaders. We want to get to know our community, but need your help."



YMCA of Northeast Avalon Inc.

Operating as YMCA of Newfoundland and Labrador

Summary of Audited Financial Statements

Statement of Operations as at 31 August, 2019

	2019	2018
Revenue	6,990,539	7,302,320
Expenses	5,933,193	6,154,266
Net Before Interest and Amortization and Writedown of Software Development Costs	1,057,346	1,148,054
Interest on Callable Debt and Capital Leases	550,091	554,909
Net Before Amortization and Writedown of Software Development Costs	507,255	593,145
Amortization	771,690	798,030
Writedown of Software Development Costs	371,425	—

Statement of Financial Position as at 31 August, 2019

Assets	2019	2018
Current Assets	302,604	364,974
Property, Plant, and Equipment and Intangible Assets	14,128,085	15,170,043
Total Assets	14,430,689	15,535,017
Liabilities		
Current Liabilities	1,675,011	1,894,102
Deferred Revenue - Building Capital Fund	5,930,666	6,177,726
Long Term Portion of Callable Debt and Capital Leases	8,233,521	8,235,838
Total Liabilities	15,839,198	16,307,666
Fund Balances		
Total Fund Balances	-1,408,509	-772,649
Total Liabilities and Fund Balances	14,430,689	15,535,017

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



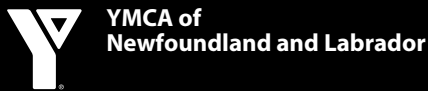


35 Ridge Road, P.O. Box 21291
St. John's, NL A1A 5G6
 Tel: (709) 726-YMCA (9622)
 Fax: (709) 576-0410

Corporate Office | Atlantic YMCA Regional
 Development Centre | Ches Penney Family YMCA
 - Health, Fitness and Aquatics | Children's Services
 | Camp Programs | Employment and Enterprise
 Services

2B Harris Drive
Marystown, NL A0E 2M0
 Tel: (709) 279-YMCA (9622)
 Fax: (709) 279-0587

Marystown YMCA - Health, Fitness
 and Aquatics | Camp | Programs |
 Employment and Enterprise Services



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

Follow us on

- facebook.com/ymcanl
- YMCA of Newfoundland and Labrador
- @YMCAofNL
- 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.

YMCA of Newfoundland and Labrador

St. John's
 Health, Fitness and Aquatics,
 Children's Services,
 Employment & Enterprise Services

Marystown
 Health, Fitness and Aquatics,
 Children's Services

Happy Valley-Goose Bay
 Health, Fitness and Aquatics,
 Children's Services
 (In Development)

Placentia
 Health, Fitness and Aquatics
 (Future Development)

Labrador City
 Health, Fitness and Aquatics
 (Future Development)

• Program Delivery Sites

YMCA of Western Newfoundland

**Bay St. George/
 Stephenville**
 Health and Fitness

Corner Brook
 Health and Fitness

• Program Delivery Sites

YMCA of Exploits Valley

Grand Falls-Windsor
 Health, Fitness and Aquatics

map of

newfoundland & labrador