

A close-up photograph of two young girls with long hair, smiling and hugging each other. The girl in the foreground is slightly lower and to the left, while the girl behind her is higher and to the right. Both are looking towards the camera with joyful expressions.

the charity where **you** belong

2006/2007
ANNUAL REPORT



YMCA-YWCA

We build strong kids,
strong families, strong communities.

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Employment and Enterprise

Harry North *Director*
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Michelle Northover *Director*
Development

Olga Sullivan *General Manager*
Children's Services

Sherry Thompson *General Manager*
Health Fitness and Recreation

Message from the Chair of the Board of Directors and the

Thank you for being a part of the Y!

2006/2007 was the first full year of implementing our Strategic Plan 2006/2007-2009/2010 with the key strategic directions of program and facility development, communications, and philanthropic development.

This past year, we invested in serving more people by expanding our number of licensed child care and day camp spaces, by locating our employment and enterprise services in the best possible locations for accessibility to the greatest number of people, and by further increasing our capacity in health programs with renovations and equipment at the St. John's Y and the Mount Pearl Community Y.

We worked with staff and volunteers to better communicate our work to our communities to increase support to the Y and to ensure our Y Strong Families Campaign can be a tremendous success.

As one of the oldest charities in Newfoundland and Labrador, we are pleased to report an increase in charitable giving to the Y this past year. Gifts to the Y help us make sure we can continue to be open and accessible to everyone. In future years we will rely even more on the good will of generous people and generous communities to ensure our plans can be fulfilled and dreams become realities.

As always, we want to thank our 14,000 and growing program participants, our donors, our partners, our funders, our friends, our volunteers, and our staff. The work of the Y in our communities depends on all of you and together we will make sure the Y can provide urgently needed human services for another 150 years and beyond.

Sincerely,

Jason Brown,
Chief Executive Officer

Craig Rowe, Chair,
Board of Directors



YMCA-YWCA
We build strong kids,
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the charity where families belong

The Y is about acceptance and a sense of belonging. Building strong families means understanding that every family is unique and deserves the opportunity to be involved. In 2006/2007 the Y helped thousands of families become healthier with access to child care, membership, health, and employment programs. The Y financial assistance program means that no one is turned away from the opportunity to become part of the Y family.

I love the Y because it supports a lifestyle. It has played an instrumental factor in my life and my family's life. My children and I grew through the Y and continue to do so today.

- Sheilagh O'Leary



The smile on Perros's face is one of the reasons we are a Y family.

I can never give the Y too much praise. It has evolved into a necessity for our family so I guess you could say it has grown with us. It's very easy for Peter and me to go to work each morning worry free because of the Y. It's a place where we all feel at home, enjoy physical activity, and have cultivated lasting friendships. We can't wait for a new facility which will allow our family to continue to grow with the Y.

- Elizabeth Mathioudakis



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the charity where kids belong

During the past year hundreds of children were part of the Y and experienced a place where fun, caring, safety and learning come in one package. Playing to Learn and Healthy Child Development are two of the Y programs that ensure children are getting the very best opportunities to grow and develop. Licensed toddler, preschool, and school age child care, day camps, after school activities, and health and recreation programs mean kids at the Y are healthier in spirit, mind, and body.



What we wanted for Andrew was an environment that resembled his own home life as much as possible. It's now a year later and we can honestly say that the Y has been exactly that place for Andrew.

- Heather Percy



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the charity where youth belong

Natasha is a Y member who began her participation at the Y through the Fit-ability program offered in partnership with Easter Seals and the Janeway Children's Health and Rehabilitation Centre. Natasha has since become a regular at the Y and loves the sense of belonging she feels when she arrives each day to meet her volunteer trainer. The Y has helped Natasha become stronger physically, boosted her self-confidence, and has given her a sense of empowerment over her own well-being. As a result of Natasha's involvement with the Y she has become more

independent and is open to trying new things - her quality of life has increased dramatically.



The Y is about building spirit. Not only are youth in the Northeast Avalon benefiting from healthy physical activity at the Y, they are also experiencing opportunities to volunteer, develop leadership skills, receive recognition for the development of business and entrepreneurial skills, and take part in internship and mentoring programs. In 2006/2007 thousands of youth led healthier lives because of their involvement with the Y.

I feel like I can do anything!

- Natasha Rumbolt, Y youth member



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the charity where adults belong

After having to leave her job due to a medical condition that would make her job search quite difficult, Karen wasn't certain what it would take to change her circumstances and find a job that suited her - until she came to the Y. When she first began her job search the task seemed impossible but her counsellor at the Y led her through the process of career counselling. With the Y's help she discovered the difference between a job and a career and began to see that she had dreams, talents and passion.

"There were times during my self-discovery that I would begin to doubt myself and the future I was facing. When things began to overwhelm me I would pick up the phone and call the Y and talk to my counsellor. It was like calling an old friend to ask for advice. She always listened and allowed me to express what was on my mind. By the time

our conversation ended I would be feeling great and I could once again see my dream."

Since her experience with the Y, Karen has decided to return to school and pursue her dream of using her artistic talents to work with children.

The Y is about helping people build their dreams for the future and then giving them the skills they need to be the best they can be. During the past year hundreds of people received Y employment and career counselling and more than 100 people received help with the development of plans to start their own businesses.

*This is my dream and the Y helped
me discover it!*

Karen Hanlon, Y Employment and
Enterprise participant



YMCA-YWCA

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the charity where older adults belong

Kevin has been coming to the Y since 1967 and feels as good about it now as he did then. He began his involvement at the Y as a way to meet new friends and keep fit and in 2006 renewed his membership for the 40th year. He has many fond memories of his years with the Y and still thrives on the camaraderie of his fellow members. Kevin even credits a Y volunteer for inspiring his interest in running. Thanks to her initial encouragement and the positive, supportive atmosphere at the Y, Kevin has achieved his personal fitness goals and completed more than 16 Tely Tens and numerous other races. The Y has helped him remain active and healthy and even today he is still able to run and participate in curling tournaments. Through the years Kevin has watched the growth of the Y in St. John's and the Northeast Avalon especially in family participation. He looks forward to the day when a new Y building is constructed so even more people can benefit from belonging to the Y.

The Y is about feeling better at any age. In 2006/2007 the Y continued its tradition of reaching out to those most in need of its services. Hundreds of older adults improved their quality of life through Y memberships and experienced better health and social well-being.

*One of the best choices
I ever made!*

- Kevin Parry, Y member for
over 40 years



the charity where partners belong

When the Y partners with other agencies the positive impact can be felt by all involved and our communities become stronger. By believing in and supporting the work of our charity our partners have helped us make our communities better places to live. From sharing space to sponsoring awards - a special thank you goes to the many agencies and organizations who, in 2006/2007, helped the Y touch even more lives throughout the province.



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the charity where volunteers belong

The Y is about helping others. Throughout the year Y volunteers make the work of our charity stronger and far reaching. Their gifts of time and talent through program delivery, advice, leadership, and governance mean our communities are healthier places to live, work, and play.

Thank you!

Volunteers

Bill Abbott
Katie Adams
Paula Adams
Wayne Amminson
Cathy Andrews
Lorraine Ball
Jill Banfield
Belinda Barney
Kristan Bates
Scott Betts
Elaine Bonnell
Blair Bradbury
Matthew Browne
Alice Burke
Jim Butler
Ken Butt
Janis Byrne
Ellen Carcen
Gordon Carew
Kathleen Chafe
Sn Chin
Cheryl Coleman
Eileen Collingwood
Yandry Comacho

Kate Connors
Andrea Cote
David Cote
Allison Crocker
Lorraine Crotty
Peter Densmore
Heather Dicks
Barbara Dooley
Kelly Dooley
Sheila Dooley
Julie Downey
Tina Doyle
Jeff Driscoll
Don Duffie
Maureen Dwyer
Pegi Earle
David Elliott
Eric Eveleigh
Wayne Eveleigh
Chris Fifield
Paula Frey
Dante Galutira
Dianne Gibbons
Ginger Greey

Virginia Grinling
Amanda Hancock
Travis Hardy
Bryan Harris
Paul Harris
Annie Hickey
Jane Higgins
Mike Hollahan
Michelle Hunt
Christine Jones
Christopher Joy
Alfred Keats
Alice Keats
Kirk Keats
Amanda Kennedy
Danielle Kennedy
Paula Kennedy
Minette LeDrew
Sharon Leonard
Sheryl Lewis
Rindala Maroun
Ken Martin
Natasha McGrath
Judy Mercer
Justin Meyers
Judy Moody
Colin Moore

Cyril Morrissey
Andy Morrow
Barry Mullett
Barb Noel
Ruth Noel
Iris Nofall
Nancy Noseworthy
Grant O'Brien
Caroline O'Neil
Kathleen Patemo
Shannon Penney
Ben Pereira
Heather Peters
Lily Piercey
Bruce Pike
Christine Pike
Damian Pike
Danielle Pike
Karen Pitts
Randy Purchase
Theresa Rahal
Gary Reardon
Andrea Rhinelander
Pamela Rideout
Roseanne Roche
Donna Rodgers-Grouchy
Kellie Rodgers
Rodney Rollins
Anne Russell
Robert Ryall
Robert Saunders
Peter Shears
Ian Short
Joan Simms
Will Small
Jessica Smart

Yvonne Somerton
Yajing Song
Ruth Spencer
Lynnann Stapleton
Mike Sullivan
Wanda Stack
Nicole Tonkin
Linda Vokey
Shannon Wade
Gary Walsh
Jim Walsh
Gerard Waterman
Vincent Wells
Justin Wheaton
Jason Whiteway
Derek Wicks
Janine Woodrow

Advisory Committee -St. John's Y

Margaret Earle
Nirosha March
Robyn Nelson
Nancy Ollerhead
Lisa Sheppard

Transitional Advisory Committee - Mount Pearl Y

Ken Kelland
Ed Somerton

Nominating Committee

Gerry Carew (Chair, Past Board Chair)
Gord Cook
Brian Hurley
Lloyd Osmond
Jessica Webb

Finance & Audit Committee

Paul Goulart

Craig Rowe
Sharon Sparkes
Lisa Warren (Chair, Treasurer)

YMCA's of Newfoundland and Labrador

Greg Dickie
Lisa Warren

Y Strong Families Pre-Campaign Cabinet

Jean Bruneau
Gerry Carew
Tom Clift
Laurie Clouston
Eileen Collingwood
Scott Giannou
Sharon Horan (Chair)
Jerry Kirkland
Dave Mercer
Craig Rowe

Y Strong Families Campaign Cabinet

Laurie Clouston (Co-chair, Communications Committee)
Scott Giannou (Co-chair, Communications Committee)
Sharon Horan (Chair, Fundraising Committee)
Jerry Kirkland (Chair, Building Committee)
Craig Rowe (Campaign Chair, Board Chair)



YMCA-YWCA
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the charity where donors belong

Annual Campaign Donors

\$50,000 - \$100,000

Weston Foods (Canada) Inc.

\$25,000 - \$49,999

The Estate of Velda Richards -
Y Endowment Fund

\$15,000 - \$24,999

Canadian Tire Foundation
For Families
Newfoundland & Labrador
Credit Union

\$10,000 - \$14,999

United Way of Avalon

\$5,000 - \$9,999

The Estate of Gordon Butler

Up to \$4,999

Anonymous (10)
Scott Andrews
Austin Anthony
Jean Aylward
Gilliane Beaulieu
Debbie Boland-Wong
Jason Brown, Deborah Wearn,
& Family
John & Patricia Brown
Jessica Browne
Karen Browne
Anne Budgell
Mike Bugden

Adrian Collins
Sue & Andy Crichton
Sue Crichton (in memory
Theresa Crickard)

Isabelle Critchell
John Dearin
Genevieve Doyle
Maureen & Gerald Dwyer
Lillian Fidler
Chris Flynn
Annette Godsell
Elva Harris
Kevin Hutchings
Douglas Jackman
Shaun Jackman
Tom Manuel

Marilyn Jarvis
Evan & Neva Johnson
Tony Kenny
Andrew Kerr
Dr. Falah B. Maroun
Claire Martin

Dave McKeown
Maxine Mercer
Keith & Harriet Mercer
Judy & Doug Moody
Barbara Morris
John Murray
Harry North & Paula O'Keefe
Michelle Northover
Valerie Northover
Frank & Jean Noseworthy
Leanne O'Leary
Jeanette & Lloyd Osmond
Valerie & Dave Parmenter
Edgar Parsons

Heide Pearce
Mary Pretty
Anna Ross
Rotary Club of St. John's East
Craig Rowe
Bonnie Simmons
Violet Smallwood
Susan Smith
Olga A.V. Sullivan
Kimberley Summers
Sherry Thompson
Jean Wilson
YMCA World Peace Week
Breakfast

Heritage Club - Planned Gifts

Jason Brown & Deborah Wearn
Karen Browne
Michelle Northover

Capital Campaign Pledges & Gifts

Major Donors

Jean & Angus Bruneau
Elinor Gill Ratcliffe
City of St. John's

Inner Family

Anonymous (6)
Jason Brown, Deborah Wearn,
& Family

John & Patricia Brown
Karen Browne
Anne Budgell
Crystal Burton
Janis Byrne
Gerry Carew, Kellie Rodgers
& Family
Su Cleyle & Donald Duffie
Laurie Clouston & Family
Adrian Collins
Jaime Collins & Family
Scott, Judy & Jack Giannou
Paul Goulart & Genevieve
Bulgin

Max & Yvonne Hart
Sharon Horan
Brian & Marie Hurley
Livyer Enterprises Inc.
Dave & Regina Mercer
Harry North & Paula O'Keefe
Michelle Northover
Valerie Northover
Jennifer Oates
Jeanette & Lloyd Osmond
Valerie & Dave Parmenter
Krista Payne
Jennifer Lynn Payne
Heather Peters & Sean Macneill
Marty Reynolds
Sharon & Grant Sparkes
Jennifer Stagg
Olga A.V. Sullivan
Kimberley Summers
Sherry Thompson
Don & Lisa Warren
Jessica Webb

Jason Whiteway, Rindala
Maroun, & Mackenzy
Whiteway

In memory (Joan Northover)

Anonymous
Scott Baggs
Lorna Brown
Rosalind Churchill
Canadian Union of Postal
Workers
Delores, Alex & Family
Joanne & Chris Doyle
Gerald & Ros Duffett
Charlie & Elvina Easton
Wanda Long
Janet McGrath
Edwina & Joe Monk
Robert & Ruby Northover
Debbie Northover
Bruce & Patricia Oliver
Carolann, Diane, & Janet Oliver
Randell & Helen Peddle
Mona Peddle
Lillian Pelley
Jo Ann Prosper
Don Stafford & Darlene
Coughlan
Olga A.V. Sullivan
Shirley & Dave Thompson
Y Staff - Employment &
Enterprise Services

The Y is about giving. Donors to our charity believe in and support the vital work we are doing to improve people's lives. At the Y the kind spirit of giving means families find support, children and teens gain confidence, adults find health, seniors find hope, at-risk youth find opportunity, and our whole society becomes healthier.

Thank you for your generous support!



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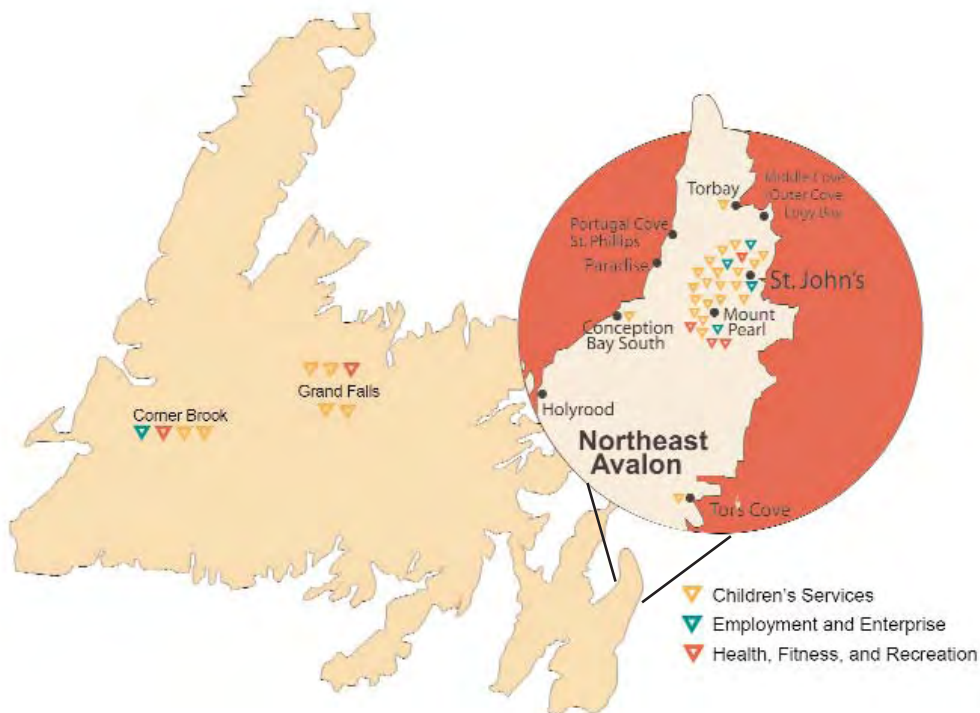


Strong Families
Campaign



YMCA-YWCA

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Program Locations - Northeast Avalon

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 PO 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, and Newtown School.

Health, Fitness, Recreation, and Membership

St. John's Y
34 New Cove Road PO 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

Our Mission

The purpose of our Association is to encourage all people in our communities to join together by providing opportunities for growth in spirit, mind and body through an environment that is built on respect, trust and safety.

Our Vision

The YMCA-YWCA of Northeast Avalon is a leading charity that fosters self confidence and a sense of community. We empower people to be the best they can be.

Our Values

Caring - Honesty - Respect

Responsibility - Inclusiveness - Health

the charity where **everyone** belongs



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www.ynortheastavalon.com

Charitable Registration #108225533RR0001

P.O. Box 21291, St. John's, NL
A1A 5G6



Summary of 2006/2007 Audited Statements

Consolidated Statement of Operations For the Period Ending August 31, 2007

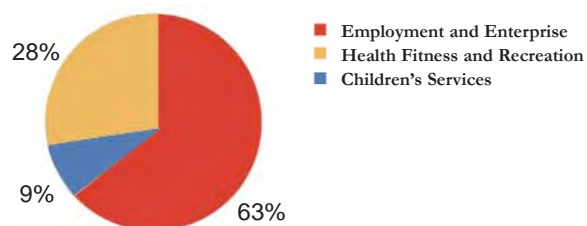
	2007	2006
Revenue		
Membership and Program Revenue	\$3,014,705	\$2,821,229
Other Revenue	33,533	87,322
Charitable Gifts	65,112	42,580
Charitable Gift - Weston Grant	<u>71,000</u>	<u>-</u>
Total	<u>3,184,350</u>	<u>2,951,131</u>
Expenses		
Program and Administration Expenses	651,370	729,460
Occupancy Costs	260,838	310,671
New Building Fundraising Expenses	30,465	-
Salaries and Benefits	<u>2,109,013</u>	<u>1,906,955</u>
Total	<u>3,051,686</u>	<u>2,947,086</u>
Surplus/(Deficit) Before Depreciation	<u>132,664</u>	<u>4,045</u>
Depreciation Expense (non-cash)	<u>104,609</u>	<u>48,452</u>
Surplus/(Deficit) After Depreciation	<u>28,055</u>	<u>-44,407</u>
Financial Assistance Provided	<u>82,746</u>	<u>48,779</u>
Surplus/(Deficit)	<u>-54,691</u>	<u>-93,186</u>

Consolidated Statement of Financial Position As at August 31, 2007

	2007	2006
Assets		
Current Assets	\$360,965	\$319,004
Restricted Child and Youth Endowment Fund	31,205	-
Restricted New Building Fund	51,500	-
Long Term/Fixed Assets	<u>864,348</u>	<u>853,908</u>
Total Assets	1,308,018	1,172,912
Liabilities		
Current Liabilities	803,123	610,978
Long Term Debt	<u>199,436</u>	<u>201,784</u>
Total Liabilities	1,002,559	812,762
Fund Balances		
Surplus	<u>305,460</u>	<u>360,150</u>
Total Liabilities and Funds	1,308,018	1,172,912

*complete audited statements are available for review by appointment
in the office of the CEO

14,554 Participants in 2006/2007



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