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Sherry Thompson General Manager Health Fitness and Recreation

Message from the Chair of the Board of Directors and the Chief Executive Officer

Thank you for being a part of the Y!

2007/2008 was the second full year of implementing our Strategic Plan 2010 with the key strategic directions of program and facility development, communications, and philanthropic development.

This past year, we again invested in serving more people by expanding our number of licensed child care spaces, maintaining equipment and adding new equipment, and maintaining our locations to be as new as possible. Our facilities, equipment, and program materials are the tools we use to help people in our communities transform their lives in our health, child care, and employment programs.

In 2007/2008 we participated in our first YMCAs of Newfoundland and Labrador Strong Kids Campaign, an annual campaign to ensure the Y can remain open and accessible to everyone. We are pleased to report that charitable gifts to the Y have increased again this past year. In future years we will also raise funds to assist our partner YMCA in Honduras.

Our capital campaign to build the new St. John's Family Y got underway this past year. Our inner family of staff, volunteers, and the Board of Directors have committed over \$200,000.00 and growing to the campaign. Major gifts are being received, and funds from government are in process.

The Y now owns 4.55 acres at the corner of Ridge Road and Higgins Line in Pippy Park and our architects are designing a new Y that will serve many thousands more people decades into the future. Many and continued thanks to our partners, staff, and volunteers working on this urgently needed project. Building the new Y will help us do so much more.

As always, we want to thank our program participants, donors, partners, funders, friends, volunteers, and staff. The work of our Y depends on all of you.





Jason Brown, Chief Executive Officer



Craig Rowe, Chair,
Board of Directors



the charity where families belong

At the Y families grow, develop, have fun and learn together. With the resources the Y offers in child care, health, employment and education families can develop a healthier spirit, mind and body in the way that feels right for them.



Our Y is one of thirteen Atlantic Ys participating in a partnership with the Honduran YMCA to help in youth & family development projects in Honduras.



My kids and I love the Y. The programs are exceptional. The staff are remarkable. They are very engaging, caring and seem to love what they do. Hats off to you all!

- Elaina Janes

The staff at the Y are the warmest and most caring individuals I have ever encountered. The staff encourage, praise and basically deal with everything in a positive manner. I feel very fortunate that the Y has touched my life and my son's life.

- Cathy Woolridge

We love the Y because it has allowed our daughter the ability to socialize and learn at her own pace. In Elizabeth White's own words, "I love the Y because of the numbers, letters, singing, playing and painting with my friends." Playing to Learn is an excellent philosophy.

- Elizabeth Currie-White & Ian White Elizabeth's parents



the charity where children & youth belong

Children and youth involved in Y programs play, learn, grow, lead, learn about the natural world and interact socially to ensure a well-balanced healthy lifestyle. We understand the value of play and how much children and youth benefit when they are having fun. As the Y's programs evolve so does the positive impact they have on children and youth, an impact that has a lasting effect on their adult lives.

In 2007/2008 we continued to actively integrate learning into our social and recreational activities for children and youth of all ages and abilities.

My daughter Jesse has attended the Y summer camp for the past three years. Jesse truly enjoys her summer with the Y. The counsellors, the daily activities, the friends she makes and the weekly sleepover are just a few things that she looks forward to. She is not only having fun but she is also learning new things every day. The staff and counsellors are very respectful and inspirational, Jesse has even been inspired to return next year as a CIT (Counsellor in Training), and believe me - she cannot wait for summer to come again. I look forward to seeing you all again next year.

- Allison Pennell

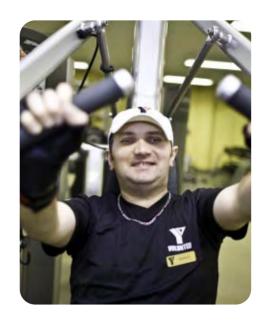
I could not be happier with the Y staff. They are all warm, caring, observant and attentive. It is a great comfort to know that my son is cared for and guided by such a wonderful staff. He is secure and happy. I am also delighted with the amount of physical activity the children receive. This is so important to promote healthy active children. Thanks for everything!

- Kelly Burke & John French



the charity where adults belong

People feel good when they belong, and at the Y nobody is turned away. In 2007/2008 the Y continued to offer programs and services for people of all ages and abilities.





Several years ago, Randy was involved in a motor vehicle accident, sustained a tramatic brain injury, and has spent the last few years working on his recovery. He says he has met some wonderful and caring people at the Y.

We are so happy and privileged to be a part of the Y! Randy really enjoys volunteering at the front desk and we are both so grateful for the kindness and patience of the Y staff who are helping Randy with his recovery. We are both so proud to be donors to the Y! A big thank you to all the Y staff!

- Randy and Marina White

the charity where older adults belong

Older adults in Y programs socialize, meet new friends and enjoy the atmosphere. In 2007/2008 the Y helped hundreds of older adults feel better by helping them to achieve one thing at a time. From lifting weights to touching your toes, the Y staff are there to help everyone achieve small or big goals.



Exercising at the Y makes me feel so good, the staff are great! I could not ask for better service and staff. They are always smiling. I would recommend the Y to anyone, young and old.

- Goldie Noseworthy, Y member for more than 3 years

Eleanor has been exercising at the Y three times a week at the New Cove Road location for the past several years. Eleanor usually does weight training for 30 minutes, and then she uses the treadmill and rower.

The best thing I like about the Y is it makes

me feel stronger and better about myself. The atmosphere and the staff are great.

> - Eleanor Burke, Y member for more than 7 years.



The charity where entrepreneurs belong

The Y offers a number of programs and guidance to help individuals accomplish career goals, overcome obstacles and follow through with their life long dreams! More than 300 people in 2007/2008, used their creativity with the help of the Y to prepare their business plans, develop leadership skills and start businesses.





I have wanted to become self employed for many years. The hardest part was deciding in what capacity. Once I made that decision, the rest was relatively easy thanks in large part to the assistance and expertise of the staff at the Y. My business plan became a professional and accurate document of which I am very proud, and I know it was instrumental in my being able to obtain the necessary funding to start my business. It helped me to put my ideas and concepts into a plan that made it easy for anyone reading my plan to get a solid grasp of what Sew Many Stitches was all about. Thank you to the Y!

Debbie Northover - Sew Many Stitches

Starting my own business was an evolutionary process for me. I had never really aspired to being an owner of a small enterprise but circumstance led to opportunity. BB Mysteries began because of a request from a niece to have a mystery party for her birthday. I had been writing monologues and scenes as a hobby at the time, so I decided to give it a whirl. I wrote it based on 12 characters, with playing cards, clues, scavenger hunts, and secret props in mind.

Planning for the start-up was an interesting journey, to say the least. I am sincerely grateful to the Y for the knowledge, and continual support I received. I would strongly recommend the Y for any assistance you might need in writing a business plan. We are so very fortunate, as a community, to have such a valuable resource as this organization. Thank you again to the Y!

Bonnie Birmingham – BB Mysteries

the charity where partners belong







































Partnerships build community and the Y helps build strength. Together with organizations throughout the Northeast Avalon and the province our Y helped the people and communities it serves to thrive. The Y is part of the glue that holds a community together and in 2007/2008 the list of partners with whom we worked grew. The generosity and support of these many groups and organizations helped us build strong kids, strong families, and strong communities. Thank you!

- Scouts Canada
- Janeway Lifestyle Program
- Eastern Health
- Eastern School District
- Easter Seals of Newfoundland and Labrador
- Brighter Futures
- College of the North Atlantic
- Compu College
- MUN Centre for Nursing Studies
- Metro Business Opportunities (MBO)
- Cabot Community Business Development Corporation
- Business Development Bank of Canada
- Genesis Centre
- Newfoundland and Labrador Organization of Women Entrepreneurs
- Canada/Newfoundland and Labrador Business Service Centre
- St. John's Business Information Centre
- Canadian Youth Business Foundation
- Capital Coast Development Alliance
- Canadian Intellectual Property Office
- Youth Ventures
- Choices for Youth
- Miller Centre
- Waypoints
- Emmanuel House
- REAL Program
- New Beginnings Stella Burry Community Services

The charity where volunteers belong

Katie Adams Paula Adams Wayne Amminson Cathy Andrews Lorraine Ball Jill Banfield Belinda Barney Michelle Barter Kristan Bates Scott Betts Elaine Bonnell Blair Bradbury Bernice Brown Matthew Browne Kevin Bruff Lindsay Buckingham Betty Burgess Alice Burke Jim Butler Ken Butt Yandry Camacho Ellen Careen Gordon Carew Gerry Carew Kathleen Chafe Sn Chin Su Clevle Laurie Clouston Amy Colbourne Ross Collier Eileen Collingwood Andrea Cote David Cote Alison Crocker Peter Densmore Greg Dickie Heather Dicks Barbara Dooley Sheila Dooley Julie Downey Jeff Driscoll Maureen Dwyer Gerald Dwyer Danny Ennis Eric Eveleigh Marie Field Chris Fifield Paula Frev Dante Galutira Scott Giannou Dianne Gibbons Paul Goulart Ginger Greey Amanda Hancock Travis Hardy

Virginia Harger-Grinling

Paul Harris Tracy Harvey Annie Hickey Jane Higgins Mike Hollahan Sharon Horan Brenda Humby Michelle Hunt Darlene Hunter Victoria Jalloh Moomen Jassim Christine Jones Alfred Keats Alice Keats Kirk Keats Ken Kelland Danielle Kennedy Amanda Kennedy Minette LeDrew Sharon Leonard Sheryl Lewis Jane MacDonald Rindala Maroun Ken Martin Kevin Massey Natasha McGrath Dave Mercer Judy Mercer Justin Meyers George Miminis Colin Moore Cyril Morrissey Andy Morrow Barry Mullett Vera Muradova Ruth Noel Barb Noel Iris Noftall Nancy Noseworthy Lynette Oates Grant O'Brien Caroline O'Neil Reg Parsons Kathleen Paterno Ben Pereira Tom Perry Heather Peters Barry Peters Lily Piercey

Damian Pike

Danielle Pike Bruce Pike Christine Pike Theresa Rahal Heather Reardigan Andrea Rhinelander Roseanne Roche Kellie Rodgers Donna Rodgers-Grouchy Rodney Rollins Craig Rowe Ann Marie Russell Robert Ryall Robert Saunders Peter Shears Ian Short Rodney Simmons Joan Simms Lloyd Slaney Iessica Smart Ed Somerton Yvonne Somerton Yajing Song Sharon Sparkes Ruth Spencer Wanda Stack Lynnann Stapleton Mike Sullivan Chris Sutherby Ryan Symes Carole Therrien Nicola Tonkin Sandra Tremblett Laura Tye-McPhee Linda Vokev Robyn Wade Shannon Wade Iim Walsh Lisa Warren Vincent Wells Justin Wheaton Ashley White Jason Whiteway Derek Wicks Karen Wolfrey Janine Woodrow

Volunteers are a vital part of the Y family. The Y's long and successful record of accomplishment would not be possible without our hundreds of volunteers and their generosity. In 2007/2008, the every day acts of volunteers helped inspire hope and build better communities throughout the Northeast Avalon.

Advisory Committee - St. John's Y

Margaret Earle Nirosha March Robyn Nelson Nancy Ollerhead Lisa Sheppard

Advisory Committee - Mount Pearl Y Deborah Capps

Sharon Leonard Sean McKenna Justin Meyers Steve Meyers Nancy Noseworthy

Advisory Committee - Children's Services

Elizabeth Currie-White Sharon King Sheilagh O'Leary

Advisory Committee - Employment & Enterprise Services

Nena Abundo Robin Bartlett Sherri Fogwill John Harnett Nicole Scaplen Terri Walsh

Loan Review Committee-Canadian Youth Business Foundation

Marlene Bayers Darren Chislett Brent Decker Bill Donovan Paul Dunne Neil Gall Jennifer Langdon Rob McLennan Dave Shortall

Nominating Committee

Janis Byrne Gerry Carew -(*Chair, Past Board Chair*) Lloyd Osmond

Finance & Audit Committee

Paul Goulart Craig Rowe Sharon Sparkes -(Chair, Treasurer) Lisa Warren

YMCAs of Newfoundland & 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 Project Committee

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

Y Strong Families Campaign Cabinet Jean Bruneau

Su Clevle Laurie Clouston Eileen Collingwood Fred Constantine David Elliott Scott Giannou Paul Goulart Sharon Horan (Chair) Jerry Kirkland Dave Mercer Craig Rowe Will Small Sharon Sparkes Jason Whiteway Eileen Young (Honourary Campaign Chair) Vic Young (Honourary Campaign Chair)

Y Strong Families Communications Committee

Maria Afonso Gerry Carew Laurie Clouston (*Co-Chair*) Scott Giannou (*Co-Chair*) Craig Rowe

Y Strong Families Building Committee

Greg Dickie Jerry Kirkland *(Chair)* Gary Reardon Craig Rowe Sharon Sparkes



The charity where donors belong

Annual Campaign Donors

- YMCA Strong Kids Campaign

\$ 5000 - \$10,000+

Estate of Gordon Butler Canadian Tire Foundation for Families Government of Newfoundland and Labrador

- Department of Human Resources, Labour, & Employment Newfoundland & Labrador Credit Union Newfoundland & Labrador Credit Union Charitable Foundation United Way of Avalon

Up to \$4999

Anonymous Gifts Scott Andrews Austin Anthony Sarah Bassler Shelley Baker Gillianne Beaulieu Wallace Benoit Sunil Bhalla

Jason Brown, Deborah Wearn & Family Juanita Brown Jessica Browne Karen Browne Jean & Angus Bruneau Anne Budgell Danielle Butt Crystal Burton Christina Chatman Michelle Coady Beverly Colbert Denise Collins Denise Cornick Isabelle Critchell Natalie Davis Davis Family

Jody Evoy Anne Fagan FGA Consulting Engineers Chris Flynn Valerie & Sheldon Flynn

Maureen & Gerald Dwyer

& Family

John French & Kelly Burke Devon Fry Bernadette Gentry Gloria Green Jane Green The Hapgood Family Elva Harris Tracy Harris Mary Hodder David Hood Ranjini Hoover Kevin Hutchings Investors Group Shaun Jackman Premila Jeyasurya Janet King Sharon King Wanda King Ann Kinsella Tom Manuel Dr.Falah B. Maroun Kate McNicholas Dave & Regina Mercer Keith & Harriett Mercer Ivan Mesher Judy & Doug Moody Karen Moore Catherine Moores Thomas Munn Newfoundland Personnel Incorporation Carol-Lynn Nolan Harry North & Paula O'Keefe Debbie Northover Michelle Northover Valerie Northover Frank & Jean Noseworthy

Fortis Properties Corporation

Jennifer Oates Dr. Kamal Ohson & Family Leanne O'Leary Valerie & David Parmenter Ed Parsons Jennifer Lynn Payne Krista Payne Andy Pratt Richard Reaney Kirk Regular

Mary Rideout Marie Ridgeley Anna Ross The Running Room

- Resolution Run Doug & Betty Shea Charlene Sheppard Lisa Sheppard Violet Smallwood David Smith Susan Smith

Olga A.V. Sullivan Kimberley Summers Sun Life Financial Robert G. Thomas

Sherry Thompson Ronalda Walsh Derek Walters Wells Fargo Financial

Bailey Region Wells Fargo Financial Redwood Place Elizabeth Currie-White

& Ian White Randy White Cathy Williams

Gus Yetman CIBC World Markets Children's Foundation

even more donors giving to our Y so that children could attend camp, youth could become leaders, families could become healthier, and the gift of a new Y facility for the Northeast Avalon could move closer to reality. No one is ever turned away for inability to pay at the Y and we will continue to rely on our communities for support.. This past year activities like the NLCU Rod Benson Memorial Golf Tournament and the generosity of organizations and donors helped raise the funds needed for the Y Financial Assistance program to continue to engage those most in need.

At the Y generosity is a principle not a figure. 2007/2008 saw

One gift can change everything - thank you for making yours in 2007/2008!

Clear Risk Inc.

Adrian Collins

Jaime Collins & Family

Sue & Andy Crichton

Peter & Jean Densmore

Eileen Collingwood

Isabelle Critchell

Tom Clift

Heritage Club - Planned Gifts

Jason Brown & Deborah Wearn Karen & Steve Browne Michelle Northover

Capital Campaign Pledges & Gifts

Major Donors

Jean & Angus Bruneau Elinor Gill Ratcliffe City of St. John's Government of Canada Government of Newfoundland and Labrador

Inner Family Anonymous Gifts

Scott Andrews Shelley Baker Wallace Benoit Gillianne Beaulieu Michelle Boutcher Spencer & Monica Bridger Jason Brown, Deborah Wearn & Family John & Patricia Brown Iuanita Brown

Iessica Browne Karen Browne Lori Budden Anne Budgell Danielle Butt Crystal Burton Ianis Byrne Gerry Carew, Kellie Rodgers & Family Su Cleyle & Donald Duffie

Laurie Clouston & Family

Doody Family Genevieve Doyle Heather & David Elliott **Jody Evoy** Chris Flynn Valerie & Sheldon Flynn & Family Scott & Judy Giannou & Family Paul Goulart & Genevieve Bulgin The Hapgood Family Elva Harris Tracy Harris Max & Yvonne Hart Ranjini Hoover Sharon Horan Brian & Marie Hurley Shaun Jackman Janet King Wanda King Evan Kipnis & Family Kirkland Balsom

Atlantic Realty Advisors Nirosha March Dave & Regina Mercer Judy & Doug Moody Karen Moore Carol-Lynn Nolan Harry North & Paula O'Keefe Debbie Northover

Michelle Northover Valerie Northover Jennifer Oates Jeanette & Lloyd Osmond Valerie & David Parmenter Jennifer Lynn Payne Krista Pavne Heather Peters

& Sean Macneill Marty Reynolds Marie Ridgelev Craig & Heather Rowe Eve Roberts Ed Rodgers

Anna Ross

Charlene Sheppard Will Small Violet Smallwood David Smith Susan Smith Sharon & Grant Sparkes Jennifer Stagg Olga A.V. Sullivan

Kimberley Summers Robert G. Thomas Sherry Thompson Lisa & Don Warren

Iessica Webb Jason Whiteway, Rindala Maroun & Family

Cathy Williams Jean Wilson

StatoilHydro Canada

Gifts In Memory

Harry North Joan Northover

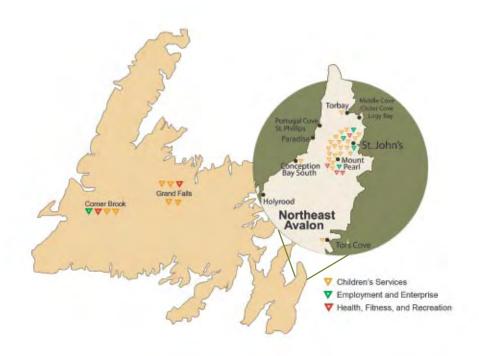
Ronald Day

Gary Doyle

Genevieve Doyle

Darryl Edwards





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 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 and Newtown 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



Our Mission

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

the charity where everyone belongs

Our Vision

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

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

Our Values

Caring – Honesty – Respect Responsibility – Inclusiveness - Health

Summary of 2007/2008 Audited Financial Statements

Consolidated Statement of Operations For the Period Ending 31 August, 2008

Revenue		2008	2007
Membership and Program Revenue			3,097,451
Other Revenue Including Investment	Other Revenue Including Investment Gains		104,533
Charitable Gifts - Annual Campaign			65,112
Total		3,328,533	3,267,096
Land		450,000	-
	Total Revenue Including Land	3,778,533	-
Expenses			
Program and Administration Expense	s	708,663	734,115
Occupancy Costs		256,884	260,838
Salaries and Benefits		2,038,557	2,109,013
Total		3,004,104	3,103,966
Surplus/(Deficit) Before Project Costs		774,429	163,130
New Building Project Expenses - non-capital		161,183	30,465
Surplus/(Deficit) After Project Costs		613,246	132,665
Depreciation Expense - non-cash		114,865	104,609
Surplus/(Deficit) After Depreciation		498,381	28,056
Financial Assistance Provided		120,076	82,746
Surplus/(Deficit)		378,305	-54,690
Consolidated Statement of Financial Position For the Period Ending 31 August, 2008			
Assets		2008	2007
Current Assets and Restricted Cash		406,976	390,196
Unrestricted Investment Fund		43,837	77,320
Restricted Child and Youth Endowment Fund		31,205	31,205
Restricted New Building Fund		201,500	51,500
Long Term/Fixed Assets		1,207,588	757,797
	Total Assets	1,891,106	1,308,018
Liabilities			
Current Liabilities		817,436	751,623
Deferred Revenue - New Building Ca	pital	336,507	51,500
Long Term Debt/Equipment Leases	•	82,631	199,436
	Total Liabilities	1,236,574	1,002,559
Fund Balances			
Unappropriated Surplus		654,532	305,459
•	Total Liabilities and Fund Balances	1,891,106	1,308,018

^{*}complete audited statements are available for review by appointment in the office of the CFO

