

YMCA OF NEWFOUNDLAND AND LABRADOR

Annual Report

2022–2023



Message from Board Chair & CEO

THANK YOU for being a part of YMCA NL. Over our history since 1854 we have had several turning points, and 2022/2023 was a significant one for our organization. As we emerge from the pandemic, we have had to rapidly shift from the challenge of ensuring the survival of the organization to the new challenge of managing rapid growth in our programs across Newfoundland and Labrador. This has not always been easy, and things have not always gone exactly as planned, but our teams continue to strengthen how we meet our mission and vision.

Our strategy is to be recognized as expert problem solvers and collaborators in working toward a province of vibrant and healthy communities in all regions.

In the **Avalon Peninsula** Region we recognize the pandemic changed people's patterns and we may not return to 2019 membership levels at the Ches Penney Family YMCA. In response, we are working to grow membership and diversify operations to sustain the facility including having Employment, Enterprise, and Newcomer Services in the building. New School Age Child Care centres are opening in **Metro** and **Avalon Rural**, Day Camp has expanded, new Pre-K sites continue to be established throughout the region, and we are developing child care services for the children of health care professionals. Also, watch for the new Placentia YMCA in 2024.



Jamie Snook, Chair
Board of Directors

In the **Burin Peninsula** Region membership at the Marystown YMCA grew as part of a pilot project with the Town of Marystown. YMCA programs in Pre-K and Employment, Enterprise, and Newcomer Services also expanded throughout the region, and we offered our first ever donor-supported Summer Day Camp program.

In the **Bonavista Peninsula** Region we are focused on delivering Enterprise programs and developing the new Bonavista YMCA, as well as Pre-K child care and child care for the children of health care professionals.

In **Labrador** we continue to grow the Central Labrador YMCA and we are developing Pre-K. Our team is working to expand to Labrador West and focus, throughout the region, on made-in-Labrador solutions.

The YMCA has been part of the life in Newfoundland and Labrador through two World Wars, Commission of Government, Confederation with Canada, the cod moratorium, and now more than one pandemic. Turbulent times present challenges and opportunities, and the opportunities to serve communities across Newfoundland and Labrador make us optimistic for the future. Thank you to our members, participants, funders, donors, collaborators, staff, and volunteers.

Regards,



Jason Brown,
President and CEO

Board of Directors and Executive Staff

Chair: Jamie Snook, Ph.D

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Vice Chair-Finance:
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Chief Development Officer (CDO):
Michelle Northover, B.Ed

Vice President (VP), Partnership and Program Development:
Twyla Fradsham, BA



Summary Financial Statements

YMCA of Northeast Avalon Inc.

SUMMARY OF AUDITED FINANCIAL STATEMENTS

STATEMENT OF OPERATIONS

For the year ended 31 August, 2023

	2023	2022
Revenue	13,906,546	10,001,664
Expenses	12,618,185	8,943,793
Net Before Interest and Amortization and Loan Refinance Fees	1,288,361	1,057,871
Interest on Long Term Debt and Capital Leases	339,275	374,794
Net Before Amortization and Loan Refinance Fees	683,077	983,077
Amortization	621,547	668,573
Net Before Loan Refinance Fees	327,539	14,504
Loan Refinance Fees		1,024,038

STATEMENT OF FINANCIAL POSITION

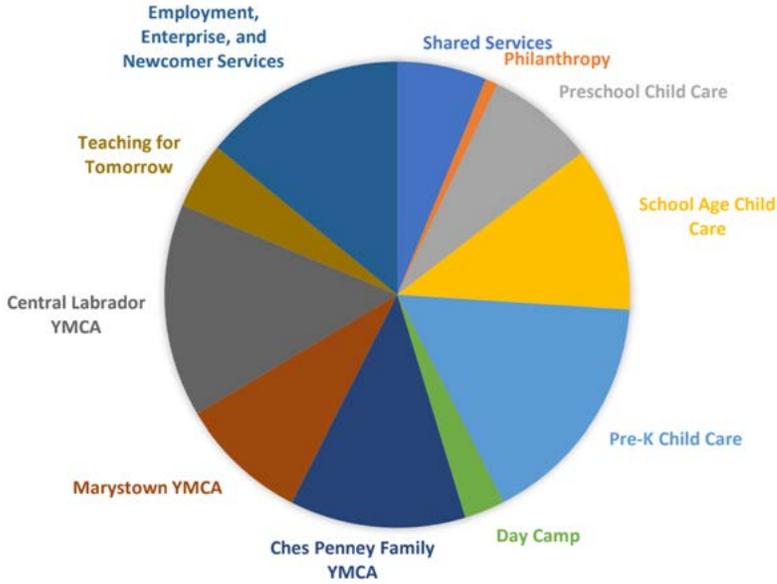
As at 31 August, 2023

	2023	2022
Assets		
Current Assets	3,218,037	2,653,037
Property, Plant, and Equipment and Intangible Assets	12,045,808	12,588,342
Total Assets	15,263,841	15,241,379
Liabilities		
Current Liabilities	2,822,948	2,568,981
Deferred Revenue - Building Capital Fund	5,037,019	5,247,019
Long Term Portion of Long Term Debt and Capital Leases	9,585,154	9,934,200
Total Liabilities	17,445,121	17,750,200
Total Fund Balances	(2,181,280)	(2,508,821)
Total Liabilities and Fund Balances	15,263,841	15,241,379

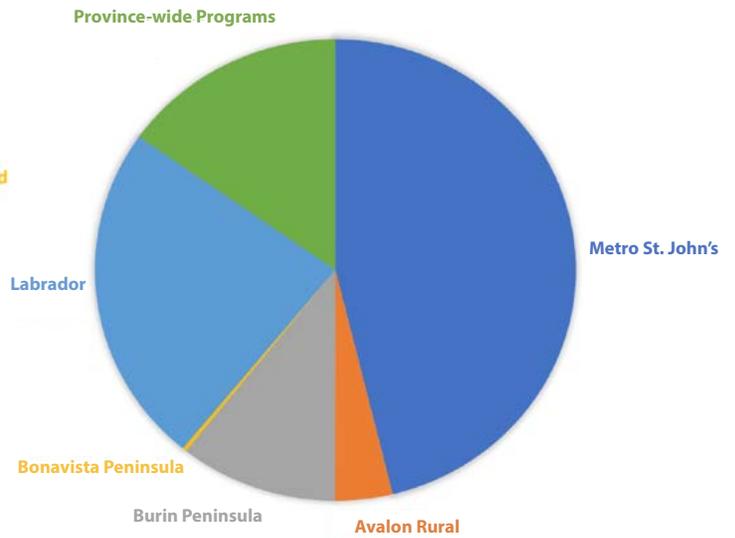
Complete audited statements are available for review
by appointment in the office of the CFO

Our Numbers

REVENUE



REVENUE BY REGION



120,937

VISITS TO CHES PENNEY FAMILY YMCA

69,582

VISITS TO CENTRAL LABRADOR YMCA

62,288

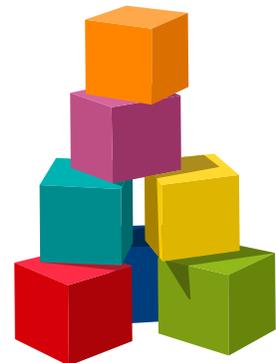
VISITS TO MARYSTOWN YMCA



28
NEW BUSINESSES STARTED



50
NEW CHILDCARE CENTRES IN DEVELOPMENT



Metro St. John's Region



EMPLOYMENT, ENTERPRISE, AND NEWCOMER SERVICES

My journey as a newcomer in Newfoundland and Labrador



In 2021 Simarjot landed in St. John's as a graduate student, finding herself thousands of miles away from her homeland. She became involved with the YMCA Create Your Own Change program – an initiative that gave international students a platform to connect and contribute to society in a unique way. She credits her involvement with the YMCA as the catalyst that gave her the drive to envision a new future.

"I was fortunate to join the YMCA Child, Youth, and Family Programs staff team at the Ches Penney Family YMCA."

-Simarjot Wadhwa

"Being part of the YMCA opened the doors for me to communicate with people, children, and my colleagues."

Working with children was a blessing that gave me an opportunity to interact with many others.

The support, generosity, and consideration that I received from the YMCA was more than I ever expected. I am honored to be a part of an organization that strives for its values and works on the principles of Equity, Diversity, and Inclusion. Had it not been for YMCA, my journey would have been very different. The YMCA nurtured me to understand society at large and to be amidst the unknown confidently. It established a sound sense of belonging within me, and I will never forget the beautiful relationships and friendships I developed.

In July 2022, I moved and began working at the YMCA in BC. My current job would have not been possible without the kind support of staff at the YMCA when I first arrived to Canada. I am thankful to them for creating a space that welcomes all newcomers amicably."



EMPLOYMENT, ENTERPRISE, AND NEWCOMER SERVICES

Business Planning Program Client



Tiffany Strong, owner of Strong Wellness Solutions became a client of the YMCA Business Planning Program when she was ready to pursue her dream of opening her own business. YMCA staff guided her through all the steps and hurdles to becoming an entrepreneur.

“The start of this business came from a daydream.”

-Tiffany Strong, owner of Strong Wellness Solutions

“The YMCA Business Planning Program Consultants helped me put my plans down on paper and helped me plan the ins and outs of my business. Each week we would meet and they worked with me around my baby’s nap schedule, my husband’s travel schedule, and my two-year-old.”

The YMCA was there to support me every step of the way to make what felt like a dream into reality. They coached me for conversations that were new to me and gave me endless resources, and support when I felt like I was in over my head.

Fast-forward a few months and I have opened my own business and have taken my passion for nursing to help my community and, with the help of the YMCA, I transformed it into a clinic with a multitude of resources. Starting a business is daunting, terrifying, empowering, and exciting. The YMCA is like a friendly, reliable neighbor who is there for whatever you need every step of the way.”



Rural Avalon Peninsula Region

HEALTH, FITNESS, AND AQUATICS – PLACENTIA YMCA (IN DEVELOPMENT) AT THE PLACENTIA REGIONAL WELLNESS CENTRE
* PRE-K CHILD CARE * SCHOOL AGE CHILD CARE * EMPLOYMENT, ENTERPRISE, AND NEWCOMER SERVICES

PRE-KINDERGARTEN CHILD CARE

Hannah Social Butterfly



Erica found it challenging to find a child care centre that could accommodate the needs of her daughter, Hannah. Erica knew that Hannah was an active child, who often struggled with regulating her emotions and would require additional supports. She also knew that Hannah was a social butterfly who loved playing with her peers. Erica decided to enrol Hannah in YMCA Pre-K at Persalvic Elementary.

“The YMCA staff welcomed Hannah with open arms. They were aware of her behaviour issues and happily discussed anything that would help her to have a good day or improve it. They have worked with me by filling out any paperwork I needed to get Hannah the supports she deserves; she has been recently diagnosed with ADHD. YMCA staff were the first ones to notice her improvements. She has completed two of the school Kinderstart sessions thus far, and she is transitioning well to school because of the YMCA Pre-K program.”

“Hannah enjoys going to YMCA Pre-K everyday. She has been thriving! She loves the staff and their presence is so warm and welcoming. I can see why Hannah loves them. I recommend this program to anyone that would listen.”

-Erica Noseworthy, YMCA Pre-K Parent

PRE-KINDERGARTEN CHILD CARE

Zane's Advancements



Born just before the pandemic, Zane, Jade's son, was diagnosed with hearing difficulties. As a result Zane's ability to communicate, learn, and socialize was impacted.

Jade enrolled Zane in the YMCA Pre-K program at Bay Roberts Primary in May. Since joining the program, Jade has noticed significant improvements.

“The YMCA staff create activities for the kids that otherwise wouldn't be done at home. They are extremely patient with our family and our need for extra attention. Zane started, only knowing a few words, (and we had just started learning ASL) and now a year later, he's speaking in three to four word phrases combined with some ASL. Zane's medical team, from pediatricians to speech therapy, are all so pleased to know Zane attends YMCA Pre-K. It has helped us in advancing his speech, communication, social skills, and the focus on getting him caught up to peers. The staff are even learning some ASL to communicate with Zane. I truly feel Zane's advancement is due to the YMCA. He loves all his peers and teachers and continues to ask to go to school even on weekends.”

“We will greatly miss the YMCA program when Kindergarten starts and look forward to enrolling his little brother as soon as he's of age!”

-Jade Collins, YMCA Pre-K Parent



Bonavista Peninsula Region

HEALTH AND FITNESS – BONAVISTA YMCA (IN DEVELOPMENT) AT THE DR. HILDA TREMBLETT WELLNESS CENTRE *
TODDLER AND PRESCHOOL CHILD CARE (IN DEVELOPMENT) * PRE-K CHILD CARE * EMPLOYMENT AND ENTERPRISE



HEALTH AND FITNESS

Tip-A-Vista Wellness Foundation and NLHS

The YMCA, Tip-A-Vista Wellness Foundation, and Newfoundland and Labrador Health Services are collaborating on a unique initiative for the Bonavista Peninsula. The project will see the Dr. Hilda Tremblett Wellness Centre renovated to include a YMCA. The goal is to help expand and offer more health and wellness programs to the region. With emphasis on overall well-being, this initiative aligns with the Provincial Government Health Accord. It will offer programs in preventative health and physical activity, along with access to onsite health care professionals.

Northpine Foundation, an investor in the initiative, has stated that, "Rural healthcare in Newfoundland and Labrador faces considerable challenges, from limited access to healthcare services to rising mental health concerns and chronic diseases like diabetes and obesity. The region's life expectancy is well below the national average, as it contends with high mortality rates for cancer, cardiac disease, and stroke. The Tip-A-Vista Wellness Foundation recognizes these challenges and is determined to make a difference."

Eliza is one of the founders of the Tip-A-Vista Wellness Foundation and is passionate about her vision for the region.

"Partnering with the YMCA will give a fresh start to all who want to have an enjoyable experience being an active participant in long term lifestyle changes. This is a first of its kind for our province, and for the YMCA. It's an exciting time, long awaited, but we will all learn together to build a solid foundation for new approaches to health care. The YMCA has a strong foundation that together we can build upon. Tip-A-Vista Wellness Foundation and many residents are looking forward to this new venture with the YMCA."

-Eliza Swyers, Tip-A-Vista Wellness Foundation



Burin Peninsula Region



PRE-KINDERGARTEN CHILD CARE

Jessica and G

When Jessica's son, G, turned two she enrolled him in a child care centre. Jessica was aware that growing up during COVID, G's development would be impacted. He was behind by seven months and was showing signs of autism. With limited child care options to choose from in her rural community, Jessica became disappointed when the centre asked him to leave.

"I was flabbergasted, I had professionals doing write ups to help me get inclusion support for my son, because they believed it was what he needed. He made friends there, and now I had to explain that he couldn't go.

When G turned four, I enrolled him in the YMCA Pre-K program at Donald C. Jamieson Academy. Although I was happy he was accepted, the thoughts of trauma came in. What happens if it's like before?

The YMCA team assured me, he was going to grow there, be the best version of himself, and that they would work with us whole heartedly to help him in his developmental milestones. Before entering Pre-K, G would hit and show aggression."

"His verbal skills were okay, but not excellent, his social and emotional development was falling behind, and he could not self-regulate himself when he was angry. I made the YMCA aware of this and they were still willing to help us."

- Jessica, YMCA Pre-K Parent

"Within a couple of weeks of attending Pre-K, the YMCA staff told me how G thrives when he gets the attention he needs, and someone understands him. I thought, "Thank god! Someone gets it." Immediately, the YMCA team worked endlessly with me to get inclusion support. G is now having days with little to no tantrums or behavioral issues. He's speaking more and having full conversations. He's still behind socially, but everyday he's engaging with his peers, playing, sharing, and showing empathy. This is because the YMCA believed in him, they took the time to bond with him, help him, and support him.

I'm so appreciative of all the hard work the YMCA does to ensure families and their children get a chance to grow, be creative, and learn. It has changed our lives. I feel confident that my son is gaining the strengths he needs for not only kindergarten, but for his future in life. YMCA Pre-K is shaping young minds for the better, and I am so glad that it came into our lives at the perfect time, just when we needed it the most."



HEALTH, FITNESS, AND AQUATICS

Aquatics Program

Bern Pike, YMCA Member and Volunteer

In 2020 Bern Pike suffered a significant injury to his arm that left him unable to continue working in Winnipeg. Upon returning home to Marystown, Bern joined the YMCA and with encouragement from the YMCA staff, started using the Aquatics Centre as part of his therapy. He then began attending a new class for those with mobility issues.

"This YMCA class and the Aquatics Centre has made my life so much better – I am able to do things I could not previously do. It has been a life-changing experience for me. The water, the staff, and the instructor have done so very much for me and so many others. I have the utmost praise for the Marystown YMCA. It is a wonderful asset to the Burin Peninsula!"

In addition to being an active member, Bern is also a volunteer on the YMCA Annual Campaign Committee for the region. He knows the positive impact the YMCA can make and wants to ensure everyone has an opportunity to participate.



PRE-KINDERGARTEN CHILD CARE

Pre-K on the Burin Peninsula



Abigail's Pre-K journey began in August of 2023. From day one she has enjoyed the program to the fullest and each day after school, when she goes home, she wants to play school and continue with her learning.

"Abigail has learned so much in the six months she has been attending this program. The difference we have seen in her is phenomenal! She has become so much more independent, which includes things such as dressing herself and putting on her own boots. The program has helped Abigail develop her social skills with her peers and program leaders. It's delightful for us to see the things she brings home that she's been working on. We find it encouraging to see how she's doing away from home and what she has been learning how to do. We are thoroughly pleased and enjoy having our daughter attend YMCA Pre-K at Donald C. Jamieson Academy."

- Kenneth Green, YMCA Pre-K Parent



Labrador Region



HEALTH, FITNESS, AND AQUATICS

Never Give Up

Paul Cooke walks through the doors of the Central Labrador YMCA almost every day. It's a place that's had a significant impact on him. A former fire fighter, Paul woke up one night with severe back pain related to an injury. The result was life-changing. The doctors told Paul that, even after his back surgery, he would likely never walk again.

After four months in rehab, Paul went back home to Happy Valley-Goose Bay. With no rehab facility in the area, Paul joined the YMCA. He was determined to get back on his feet so he continued his own rehab and strength training at the YMCA. After his wife's cancer diagnosis Paul was even more determined and committed so he could be there for her. He eventually started doing laps around the track in his wheelchair, progressed to a walker, and then to using canes.

"People at the YMCA have told me they are doing what they are doing to be active because they saw me when I first started, so that's motivation. That's a good boost knowing that I inspire someone to keep on going."

-Paul Cooke

Sadly, Paul's wife, Jean has since passed away but Paul says she was his inspiration to never give up. "She'd be telling me to keep going, don't give up," says Paul. "I kept going for her and my main goal became the 5K Trapline Marathon." A year later, Paul, along with his former colleagues from the fire department, joyfully crossed the finish line at the 5K Trapline Marathon in Happy Valley-Goose Bay.





Donors and Funders

Kindness and Gratitude Changes Lives

The important work of the YMCA of Newfoundland and Labrador is helped made possible through the kind generosity of others. Thank you to the many donors, funders, and volunteers whose support helps the YMCA provide possibility and potential for others to overcome obstacles and live healthier lives. You are part of a charity that touches thousands of lives and makes a real difference in communities throughout the Province!

FOR 2022-2023 COMMUNITY BUILDERS (\$100,000+)

Joyce Family Foundation

PARTNERS (\$25,000 - \$99,999)

Grieg Seafood Newfoundland
Horizon Maritime

LEADERS (\$5,000 - \$24,999)

Canadian Tire Jumpstart
Gordon Butler Estate
United Way of Newfoundland & Labrador

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

Murray Brown & Barbara James
Craig & Heather Rowe
Lat49 Architecture Inc.
Laurie Skinner
Newfoundland and Labrador
Hydro (Gift-in-Kind)
Sheldon Payne (Newfound
Marketing)

INDIVIDUAL DONORS (UP TO \$999)

Shohreh Afzali
Nasomi Amarajeewa
Alanis Andrew
Andrea Barnes
Brandon Blagdon
Frances Bowen
Trina Brenton
Rhiannon Broadfoot
Juanita Brown
Melissa Browne
Kathleen Burgoyne
Darlene Burke
Ted Cadigan
Leila Coates
Jay Collins
Stephanie Conway
Maddison Cook-Vaters
Lindsey Cooper
Paul Coxworthy
Lori Davis
Ahmad Deeb
Jennifer Devine
Walter Dicks
Ashlee Drake-Miller
Olivia Earle
Carla Edwards

Ada-Obi Ehigie
Marwan Elaraby
Lori Evans
Jody Evoy
Lisa Farrell
Darren Fowler
Twyla Fradsham
Gerry Friebe
Jo Anne Galarneau
Kathy Gillett
Michael Gillingham
Yvette Goodland
Natasha Hanlon-Squires
Ashlynn Hanrahan
Chrissy Harvey
Roma Hennebury
Kimberly Hodder
Gail Hopkins
Margie Howell
Danielle Hurley
Geraldine Hynes
Hannah Janes
Jinsun Jeong
Khushwant Kaur Johan
Sarah-Kay Joseph
Anna Kannenberg
Tina Kean
Cynthia Kelly
Sarah Kelly
Alexandra Keough
John Langdon
Kristie Lawlor
Ben Liadsky
Lovers at Work Office Furniture
William Lush
Julia Lyall
Allie Lynch
Caesar Mangmang
Bryan Melanson
Joshua Mercer
Edward Miller
Kate Morrissey
Cat Murphy
Christina & Colin Murphy
Michelle Northover
Jaclyn O'Keefe
Christa Pack
Parkland Corporation
Krista Payne
Lisa Sheppard & Chris Peddle
Allison Pennell
Rebecca Penton
Jordan Pike
Ryan Pitcher
Machel Rayner
Deborah Rehner
Jess Rice
Jessica Roberts
Elizabeth Rotchford
Emily Rowsell
Thea Rumbolt

Sadeea Shabnum
Barry Smith
Stephanie Smith-Hawe
Geraldine Soverano-Critch
Sherry Squires
Amanda Squires
Shilo Stagg
Todd Stanley
Olga Sullivan
Sun Life Financial
Stephanie Tibbo
Lynn Trainor
Kelley Vanderklugt
Dakota Vatcher
Janet Vivian-Walsh
Cindy Wall
Denise Walsh
Samantha Walsh
Arnold Wearn
Joanne Welsman
Ellis Whalen
Sandy White-Meelee
Benjamin Williams
Cathy Williams
Jennifer Woodford
Zoe Shih Wu

OTHER FUNDERS (PROJECTS)

Government of Canada -
Enabling Accessibility Fund
Government of Newfoundland &
Labrador - ActiveNL Fund
Government of Newfoundland &
Labrador - Child Care Capacity
Funding
Government of Newfoundland &
Labrador - CSSD Capacity Grant
Program
Government of Newfoundland &
Labrador - Grants to Youth
Organizations
Government of Newfoundland &
Labrador - Inclusion Grants
Funding Program
Government of Newfoundland &
Labrador - Multiculturalism
Grants Program
Government of Newfoundland &
Labrador - Senior's Social
Inclusion Initiative
Government of Newfoundland &
Labrador - Summer Camp
Inclusion Grant

Recreation NL

Vice-Versa FJCF

FUNDING FOR YMCA EMPLOYMENT, ENTERPRISE, AND NEWCOMER SERVICES IS PROVIDED BY:

Government of Newfoundland,
Department of Education
Government of Newfoundland,
Industry, Energy and Technology
Government of Newfoundland,
Department of Immigration,
Population, Growth and Skills
Government of Canada,
Employment and Social
Development Canada
Government of Canada, Atlantic
Canada Opportunities Agency
Government of Canada, Immi-
gration, Refugees and Citizen-
ship Canada
Government of Canada, Service
Canada
Government of Canada, Public
Health Agency of Canada

Canada

Newfoundland
Labrador
CANADA

Atlantic Canada
Opportunities
Agency
Agence de
promotion économique
du Canada atlantique

Canada

Environment Diversity, Equity, and Inclusion



Leadership in Energy and Environmental Design (LEED)

LEED helps owners and developers create high performing, resilient buildings that are better for the environment. YMCA NL has been proud to assist municipal building owners with the LEED certification process.

- Marystown YMCA - LEED Gold Certification
- Central Labrador YMCA – LEED Silver Certification
- Placentia YMCA – LEED Bronze Certification in progress

The Ches Penney Family YMCA has an energy efficient system that makes use of geo-thermal energy for heating and cooling. This capital infrastructure was partly funded by the Provincial Green Fund.

In 2019, the YMCA of Newfoundland and Labrador was selected as the **Leadership Award – Organization (Commercial)** recipient for the *takeCHARGE Luminary Awards*. The *Luminary Awards* recognize companies, organizations, communities, and individuals all across Newfoundland and

Labrador who are taking brilliant steps to save energy – and inspiring others to do the same.

International Recruitment

The Atlantic Immigration Program (AIP) is a pathway to permanent residence for skilled foreign workers and international graduates from a Canadian Institution who want to work and live in one of Canada’s four Atlantic Provinces. The program helps employers hire qualified candidates for jobs they haven’t been able to fill locally. The YMCANL is a designated employer under this program.

Building The ECE Labour Market

Supported by funding from the Government of Canada, the YMCA is coordinating the delivery of a fully funded, online Early Childhood Certificate program. Preference for the program has been given to applicants who are Indigenous or a member of a racialized group and/or who are living in rural areas of Newfoundland and Labrador. Upon successful completion of the program, participants are supported by the YMCA to secure employment at a local child care centre.





Reconciliation

The YMCA Federation in Canada's Statement of Reconciliation was unanimously approved by all YMCAs in Canada and strengthens our dedication to reconciliation with Indigenous Peoples and communities in Canada. It is reflective of the YMCA Federation's commitment to fostering a sense of belonging for all and its values of inclusiveness, accountability, and collaboration.

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, Inclusiveness



Shine On

YMCA OF NEWFOUNDLAND AND LABRADOR

ymcanl.com

info@nl.ymca.ca

CRA #108225533RR0001