

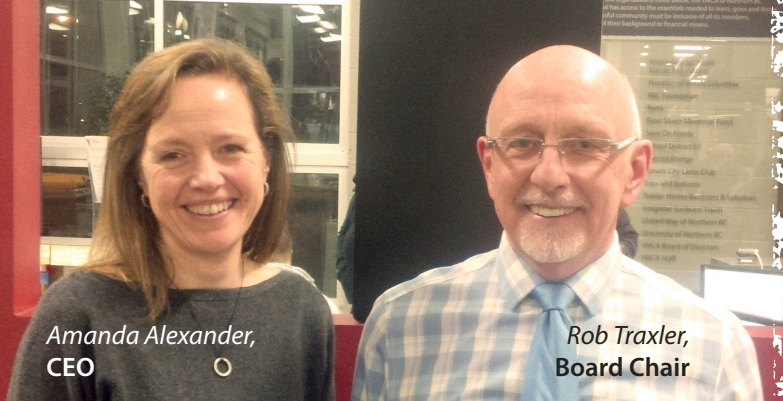


YMCA of
Northern BC

Building healthy communities

YMCA
Healthy
Kids Day
Y 1174

2014-2015 Impact Report



Amanda Alexander,
CEO

Rob Traxler,
Board Chair

YMCA Board of Directors

Rob Traxler, Chair

Brad Halsey, Vice Chair

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Bryan Mix

Wayne Gray

Message from the Chair and CEO

At the YMCA, we are often known as a remarkable fitness facility where we strengthen the body, mind and spirit. But we are also so much MORE!

First and foremost, we are a charity that has operated in Northern BC for more than 50 years, working to build healthy communities through targeted support to children, families, and seniors.

Today, we have an extensive network of partnerships throughout Northern BC. We provide childcare at nine different locations, recreation services to seniors living in long term care, day camps and leadership opportunities for children and youth, and we support at risk youth accessing valuable and needed services. We believe our programs make a difference because we support children's growth and development, we help children get ready for kindergarten, we provide a safe and welcoming place for community members to connect, get healthy, and find balance, while also preventing chronic illness.

We believe that everyone has a place at the Y. That's why we are committed to our annual strong kid's fundraiser which ensures that one in every five children that come to the YMCA is provided financial assistance.

We are making an impact on our community in small and big ways. We thank you all for helping us to create a community where everyone feels connected.





VOLUNTEERS

215

volunteers donate their time and talents to the YMCA to help build healthy communities

CAMP

355

children attended Camp Kannanq where they had fun while being connected to nature

YOUTH PROGRAMS

1009

children and youth took part in recreational programs where they learned physical literacy skills and built self confidence

EMPLOYEES

134

YMCA employees help children, families and seniors belong, grow, thrive and lead

FITNESS CLASSES

4472

fitness classes offered annually to help the community reach their fitness and health goals



Dear YMCA,

I am so happy that you guys picked grade 6 students to get a membership! Some things I like to do at the YMCA are going on the treadmills, going onto the equipment and going to the gymnasium. One of my favourite things to do in the whole building is the play structures! It is really fun to go play tag on it and to just play around. The reason why I like going to the YMCA is because you get to work out but do it in a fun way.

Morgan,
YMCA Grade 6 Member



OFFICIAL COMMUNITY PARTNER

STRONG GIRLS

The YMCA of Northern BC submitted a successful grant application for the Strong Girls, Strong World mentorship program.

Launching Fall 2015

CLARA HUGHES EVENT

1200+ students across Northern BC heard Clara encourage individuals that they are not alone in their struggles, that physical activity is medicine while inspiring youth to follow their dreams.

YMCA Grade 6 Initiative Launched

114 Grade 6 students took part in this new initiative in partnership with the 2015 Canada Winter Games. This legacy program is providing grade 6 students with free YMCA Memberships and giving them the opportunity to reach their full potential: to live healthier, happier lives today, and grow into productive adults in the future.



Nanguz is a friendly red fox, who has lived in Northern BC all of his life. He lives in a den on the edge of the forest near the Fraser River. Nanguz's name comes from the Dakelh/Carrier word for fox. The YMCA logo can be found on Nanguz's paw. Nanguz embodies the spirit of fun, fair play and integrity, and he loves cheering on all athletes who are doing their best. He'll give you a "Y High-Five" when he sees you trying your hardest and helping others achieve their goals.

Nanguz is the Official Mascot of the 2015 Canada Winter Games. The YMCA of Northern BC was the Official Community Partner of the Mascot program.





CHILD PROTECTION

The YMCA of Northern BC scored over **90%** in the last Child Protection Peer Review, one of the highest in the country

CHILD CARE

1339

children were registered and cared for throughout the year by dedicated YMCA employees

VANDERHOOF

We opened preschool and before and after school care in the community of Vanderhoof

Adley's Story,

As a first time mom, thinking about the first day of child care kept me up at night. No matter how much I wanted to deny it, that first day would come, I would have to drop my little girl off at the centre, with people she barely knew, and walk away.

Now a few months into our new way of life, my husband and I cannot believe how much she has grown since starting with the YMCA child care program. She is now independent, excited to explore new things, and absolutely loving the other children. She has evolved from a shy hip baby into an outgoing investigative toddler. We are amazed by how wonderful the YMCA program has been for her and how much she is learning every day.

*Adley's Mom,
YMCA Child Care Parent*

OUTDOOR ED

11 school groups took part in the new Outdoor Ed program where they explored interpretive hiking, orienteering, pond studies, active games and an interactive campfire

TRANSPORTATION

More than **50** local children received transportation subsidy through the Strong Kids Campaign to attend YMCA Child Care programs

SIMON FRASER LODGE

The YMCA of Northern BC helped over 130 residents at Simon Fraser Lodge keep active and connected

YAP

487

at risk youth were supported at Youth Around Prince (YAP)

MEGATHON

In February we hosted our very first MEGATHON raising over **\$2000**

Dear Donor,

Thank you so much for your donation towards this trip. I have had so much fun here. My name is Kierra and I went to the Carp Lake (leadership) trip. On the first day, we mostly went canoeing, and to the island we stayed at. Canoeing was my absolute favourite part of my trip. I've never been canoeing before, and your donation has helped me canoe for the first time. We have so many cool crafts and awesome equipment that you helped us get. I made a water bottle holder with string, and a leather bracelet, and more for crafts. We were provided with awesome tents, which was so nice because I didn't have to bring my own. All in all, I have had so much fun on this trip that I never would have had without your kind donation. Thank you so darn much.

*From Kierra,
Aurora Leadership Participant*

STRONG KIDS

In 2015 our annual Strong Kids Campaign grew by **48%** helping more than **63** kids take part in camp programs

AURORA LEADERSHIP

35 13-15 year olds attended the Aurora Leadership Program; a unique outdoor recreation experience built on the YMCA values of caring, honesty, respect and responsibility

BONDAR CHALLENGE

2 of our campers were awarded for their amazing photography that was entered into the 2015 Summer Camp Bondar Challenge

MEND

5 families got fit and healthy together with the MEND program

SKATING

The YMCA was awarded the City Skating Contract and taught more than **350** children skating and hockey skills





ADULT RECREATION

.....
245 adults took part in adult recreation programs including dance lessons, pickleball, badminton, basketball and volleyball

CANADA WINTER GAMES

.....
240 Canada Winter Games families, visitors and athletes from across the country took part in our special two week membership

VANDERHOOF

.....
The YMCA of Northern BC Vanderhoof saw **1309** drop ins for recreational programs such as Seniors Stretch, Parent & Tot and Soccer Tots

Hal's Story

I have a client named Hal. In 2012, he was a survivor of a traumatic car accident back and has severe brain damage. He has such an amazing spirit and is so determined. I have been working with Hal for four months now and he has surpassed all the goals we have set for him so far.

When he first started coming to the Y, he was in a wheelchair. At home he could maneuver around the house with help from his family or his walker; he was able to walk a few steps each time. His left arm was fairly immobile since the accident and we have been working on the range of motion in his shoulder to get that arm moving as it should. With each passing week, we see a little bit of progress and his spirit is never shaken.

Last week we had reached a big goal. Hal walked the track at Masich Stadium for 1 hour. Not even 4 months ago, Hal wasn't even able to walk five steps on his own or even with his walker. After he had finished the walk at Masich, I saw a different side in him. He was so happy and so confident and I was so proud to have been a part of that!

MEMBERS

.....
5,288 Members from all ages, abilities and backgrounds, connected to the YMCA for our programs and facilities to grow in spirit mind and body

We still have a lot of progress to make, but what he has already done has surpassed my expectations already. I feel so blessed to be a part of such a transformation and for knowing such an amazing person like Hal.

*Kim,
YMCA Fitness Leader*

Nicole Laferrier: Volunteer of the Year

Nicole constantly volunteers above and beyond her regular classes – lending a hand when the holidays approach or if we need a last minute substitute. She is always taking the initiative to learn new types of fitness and cross promote other YMCA programs within the community. Whether it be our children, youth or adult programs, Nicole is always representing the YMCA to the best of her abilities.

The core value that Nicole embodies the most would have to be Caring: she is personable; she really gets to know the participants and always makes sure to follow their progress while on their fitness journey.

Selen Alpay: Spirit Volunteer

Words cannot say how fortunate we are to have Selen on our team. He is a very humble man, he sees a need and he is there. His kindness goes above and beyond. Selen has built many friendships and he keeps them close, he just doesn't do something and removes himself, he stays connected with what is meaningful to him. Selen always keeps in touch with what matters. And we love his sense of humour. We cannot thank Selen enough, every day we are grateful to have him with us a volunteer and as a friend. His core value would be Responsibility.

Bruce Siddall: Fundraising Volunteer

Aside from being a fitness volunteer, Bruce is a dedicated board member that is always willing to step up and participate. As a board member, Bruce has supported our association growth in philanthropy by getting out and asking for donations, showing up to fundraising events (flipping burgers and pancakes, providing traffic control, and hosting cycle fit classes for strong kids) and participating on our fundraising/ philanthropy committee. Bruce is never afraid to share his sales skills with the Y and ultimately, is successful at this task as he effectively models one of the core Y values; he truly cares about the Y.

Helga Holler Busch: Youth Volunteer

Helga has volunteered as a Counselor-in-Training at Camp Kanannaq for the past two camping seasons. As a former Aurora camper, she is passionate about camping and making a difference in the lives of our campers. In addition to her time at camp, Helga volunteers at YMCA events such as National Child Day, Healthy Kids Day and the Healthier You Expo. Helga is a leader of excellence; she always takes the time and care to assist others and makes camp a better place for staff and campers.

Suzanne Mink: Fitness Volunteer

Suzanne has been with the YMCA for a long time, she really makes the effort to form and foster meaningful relationships with those that she mentors. She is dependable and fun, all while motivating people in a very authentic and supportive way. Suzanne has an amazing and distinctive sense of humour; it keeps her participants, staff and mentees engaged and enjoying their time spent at the YMCA.

The core value that Suzanne embodies the most would have to be Honesty: she is upfront and direct, clearly displaying what a role model and mentor should strive to be.

Rob Wood: Membership Volunteer

Rob Wood started volunteering in Membership Services just over a year ago. Rob fit in from the very beginning. He engages with all members and staff and is friendly and helpful. He is always aware of what needs to be done at the desk and in the facility. He is a team player. Rob is aware of his surroundings and he strives to make everyone's experience at the Y a positive one. As a teacher, he knows many students and former students and engages with everyone with a caring, respectful manner.

Ben Panter: Child Care Volunteer

He has been volunteering on the bus whenever he is available; he is willing to jump into anything and everything with enthusiasm and excitement. The children look forward to seeing Ben on the bus and talking about their exciting adventures since last seeing him.

Core Value- He absolutely embodies all of the YMCA core values, if I have to pick one I would pick CARING – he ensures everyday that all this children are carefully transported to their respective child care centers.

Rita Bouchard: Recreation Volunteer

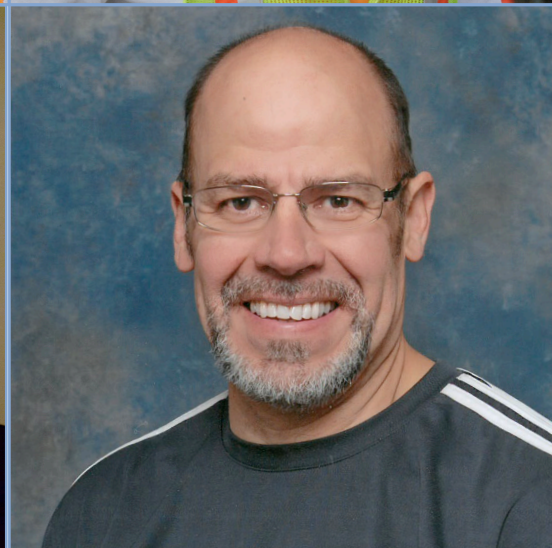
Rita's YMCA core value would definitely be Caring.

Rita makes a special effort to connect with all children in the space and impact them in some way during her shift. She will always be found in the middle of the large group of children who are engrossed in the story she is reading or activity that she is facilitating. She genuinely cares for each child she encounters, for their experience at the YMCA and their development. Children cry out in joy when she enters the room. She truly is an amazing influence on the children that access our space.

Lorene Bell: Association Services

Lorene has been a very dedicated volunteer since the YMCA started providing recreation services with Simon Fraser Lodge in 2004. Lorene is versatile, likes change and she is very caring and compassionate with each and every person she comes into contact with. Lorene comes on outings, assists with in-house programs as well as gets seniors to appointments that no one can help them get too.

Her core value would be Caring.



1 in 5 children receive financial assistance
to participate in YMCA programs.

TOGETHER WE ARE MAKING A DIFFERENCE IN THE LIVES OF FAMILIES AND CHILDREN IN NORTHERN BC.

Aisling Moberg • Alberta Alec • Amanda Alexander • Amanda Elliot • Amarjit Garcha • Amelia Christensen • Angela Leniewicz • Anita Bedard • Arlene Byron • Art Dunn • Audrey Walker • Bailey Ofner • Barbara Fairservice • Becky Stuve • Beth Summers • Bev Lake • Bill Cook • Bill Warner • Bob D'Auray • Bobbi Stevens • Brad Halsey • Bradley Bonner • Brenda Ziebarth • Brian Skakun • Brian & Colleen Grinde • Brian & Laurie Delany • Brooke Simpson • Bruce Siddall • Bryan James • Candace Spyker • Cecelia Osmond • Charlene Harris • Cheryl Green • Cheryl Sparks • Cheryl Wallace • Chris Kinch • Christine Zammit • Colin & Isobel Blair • Colleen Bush • Colleen McComb • Connie Vincent • Corrine Hemeryck • Craig MacPherson • Dan Weatherly • David Stevenson • Deanna Carter • Deryl Truman • Don Mark Wesner • Donna Butcher • Donna Munt • Donna Rowe • Donna Stelmock • Doris Williamson • Doug & Kay Robertson • Eileen Kostian • Elan Ingham • Elaine MacPherson • Elizabeth Corderio • Elsie Jantz • Emery Cawsey • Erica Schroeder • F. Smith • Flack Family • Florence Smith • Florentina Hermosilla • Franca Petrucci • Gale Little • Gail Mason • Genesa Rampling • Geoff Hughes • Greg MacKay • Iles Kuepper • Ivan NG • Ivor Marriott • J. Vandermeer • Janet Lee Fry • Jean Hibbert • Jed Zimmerman • Jeff & Dawn Thoriabet • Jennifer Dungate • Jennifer Nelson • Jo-Ann Anchikoski • John Bennet • Judy Killam • Kait Green • Karin Smale • Kathy Penner • Katlyn Green • Keenan Siddall • Ken Schmitz • Kerry Solmonson • Keven Braet • Kevin Creamore • Kim James • Kristen Webster • Kristi Hooper • L. Rocha • Laura Brough • Lauren Featherstone • Len Harris • Linda Baldwin • Lindsay Marriott • Lisa Binns • Lisa Cutting • Lisa Pullman • Liz Rocha • Lorna Grant • Lynette Mikalishen • Lynn Anderson • Madelyn Mogensen • Marcina Bismilla • Marg Hurley • Margaret Plewes • Maria Morden • Mark Wessner • Mary Bertulli • Meagan Poruchny • Meg Imrich • Melody Weiers • Michael Gray • Michael Stevenson • Michael Uy • Natasha Malone • Nathan Warren • Nicholas Mikalishen • Nicole Neufeld • Nicole Federucci • Nives Pastro • Noeda Blanchard • Norm Schmitz • Opal Gamble • Owen Corcoran • Patricia Callan • Patricia Davidson • Penny Stewart • Priscilla Fortier • R & C Jansen • Ray King • Rena Kaplan • Renee Trepanier • Rennie & Cheryl Wutke • Rob Traxler • Roger Plouffe • Rosaleen Scoullar • Ruby Thom • Rupert Mann • Shannon Johnson • Shari Unrich • Sharon Pepper • Shawni Hayhurst • Sherry Thesen • Simone Kwast • Stephanie Kihn • Stephanie Mikalishen • Susan Barton-Tait • Susan Harman • Swaran Parmar • Sydney Siemens • T. Bilotta • Tanya Bilotta • Tara Bush • Tara Legault • Ted Boulter • Tom Wamsteeker • Trica Knox • Trixie Bartlett • Valarie Sinclair • Valerie Collins • Vanessa Epton • Vic & Phyllis Thoriabet • Vivienne Wilson • Walter Chen • Wayne Gray • Willis Vincent • Zandra Ross



THANK YOU TO OUR COMMUNITY PARTNERS AND DONORS

Aimhi • Alzheimer's Society • BC Community Response Network • CGEU Area II • Better at Home • Canada Summer Jobs • Canada Winter Games (2015) • Canadian Tire • Capital Building Supplies • Child Care Resource and Referral • Child Development Centre • Childhood Obesity Foundation • Chinook Scaffolding • City of Prince George • College of New Caledonia • Commonwealth Financial • Costco Wholesale • Cotton Wood Landscaping • Credit Canada Debt Solutions • Dean Mason & Sons • District of Vanderhoof • Eaglenest Community & Aboriginal Services • Earls Kitchen & Pub • Fortis BC • Garrett McComb Memorial Fund • Girl Guides of Canada • Hummus Brothers Tapas Bar • Immigrant and Multicultural Services Society of PG • Intact Foundation • Jim Pattison Broadcast Group • Jumpstart • Knights of Columbus #8927 • Larry's Heavy Hauling • Ministry of Children and Family • Morguard • MRC Contracting • Nechako Rotary Club • Nexen Inc. • Nisga'a Valley Aboriginal • North Cariboo Senior Soccer League • Northern Development Initiative Trust • Northern Health • Imagine Grants • Northern Interior • Children First Initiative • Northland Hyundai • Papyrus Printing • Pat Piche Construction • PG Youth Soccer Association • Photofax Systems • Prince George Chamber of Commerce • Prince George Citizen • Prince George Community Foundation • Prince George Council of Seniors • Province of British Columbia • Raise a Reader Fund • RBC Foundation • Rona • Rotary Club of Prince George • Royal Bank • Ryan Shiels Memorial Fund • Save on Foods • Schmitz & deGrace • School District 57 • Simon Fraser Lodge • Snaring River Holdings • Spectra Energy • Spirit of the North Foundation • Splash Media Group • Spruce City Lions Club • Spruce City Union • Stride & Glide Prince George • Telus • The Coast Inn of the North • Tire Stewardship BC • Traxler Haines Barristers & Solicitors • Truesport • United Way of Northern BC • University of Northern BC • Vancouver Foundation • Vanderhoof & District Co-op • Vanderhoof Success by 6 • Warm Hearts Foundation • XL Projects • Y Physiotherapy • YMCA Canada • YMCA of Greater Vancouver

FINANCIAL HIGHLIGHTS

Summary of YMCA of Northern BC Financial Statement: Year end August 31

	2015	2014
<i>Operations</i>		
Revenue	4,977,923	4,553,874
Expenses	4,801,604	4,608,401
Net	176,319	(54,527)
Capital Investment	139,237	94,560
<i>Balance Sheet</i>		
Current Assets	1,662,248	943,282
Capital Assets	2,702,521	2,846,753
Total Assets	4,364,769	3,790,035
Current Liabilities	1,104,382	605,297
Long Term Debt	1,196,745	1,283,249
Net Assets	2,063,642	1,901,489
Total Liabilities	4,364,769	3,790,035

2015 financials highlights were extracted from Annual Report Statements audited by Dean Mason & Co. Chartered Accountants. A copy is available upon request.

IMAGINE CANADA ACCREDITATION

The YMCA of Northern BC was successfully accredited under Imagine Canada's National Standards Program. With this achievement, we were the 5th YMCA out of 50 YMCAs across Canada to join a growing community of 150 organizations dedicated to operational excellence in the areas of board governance, financial accountability and transparency, fundraising, staff management; and volunteer involvement. The standards program accreditation is a rigorous, peer-reviewed process that is meant to build public trust and confidence in the charitable sector.

YOUTH WORKS

The YMCA of Northern BC submitted a successful proposal to launch a program called Youth Works. The program is designed to complement and leverage existing employment services locally. The program will provide a long-term solution for eligible youth who are looking for career focused employment at no cost to participants. The program will launch in January 2016.

LAC DES BOIS FAMILY DEVELOPMENT CENTRE

As part of the Major Child Care Capital program, the provincial government is investing \$500,000 under the BC Early Years Strategy to create 81 new licensed child-care spaces for families in Prince George. The YMCA of Northern BC has been the successful candidate for this funding. Construction has started and the new child care location is expected to be completed in the Spring 2016.

Mission

The YMCA of Northern BC is a charity dedicated to strengthening the foundations of community.

Vision

Communities in Northern BC are vibrant and healthy because children, families and seniors belong, grow, thrive and lead.

Join us, we are here for good!

DONATE

Give others hope and health when they need it most.

JOIN

Belong and stay active at our community centre.

VOLUNTEER

Mentor others and share your time, treasure and talents.



**YMCA of
Northern BC**

YMCA of Northern BC
2020 Massey Drive
Prince George, BC, V2L 4V7
250-562-9341 • www.nbcy.org
Registration number: 119307197-RR0001