



*Community* starts here.

## A Message from the Board Chair and CEO

When an organization like the YMCA can positively influence the health or life journey of an individual child, adult or senior living in our community, then not only does the individual benefit, but the whole community benefits as well.

This year, we established a new strategic plan: Focus 20/20. We consulted community stakeholders across the North and asked, "What are your community needs and how might the strengths of the YMCA be able to make a difference to that need?" As a result of this strategic planning engagement, we decided to focus on three priority areas:

- **Fostering belonging, connection and inclusion**
- **Promoting healthy living**
- **Helping children, families and seniors thrive**

This year, we have three key projects we are working on that address our three priority areas. First of all, we are in the midst of a major capital construction at Lac Des Bois Elementary School that will provide 81 new child care spaces – the first child care centre located at a Prince George school that will provide care from ages 0-12 inclusive. We provide parents a safe and quality environment for their children to be when they work outside of the home. We believe that we are making a difference through our national Playing To Learn curriculum by ensuring children enter kindergarten ready for school.

Our second key initiative involves a partnership between the District of Vanderhoof, the YMCA and Integris Credit Union. Together we are constructing a community centre in Vanderhoof that will house recreation, child care and the arts community. This project will see people engaged and connected to their community and each other: promoting inclusion and helping families and individuals be active and healthy.

Our third project focuses on youth and the importance of early intervention. We were selected as the lead agency in Prince George to provide primary health care and social services support to youth through the creation of a youth health centre, as part of a provincial initiative led by Foundry BC (formerly the BC Integrated Youth Services Initiative). Together with Northern Health, the Ministry of Children and Family Development and over ten partners, we will be constructing a multi-disciplinary centre that will provide support to youth with their mental health, substance use and holistic health needs.

In the upcoming year, we will continue to maintain our commitment to our members, the community and all of northern British Columbia to provide services to everyone to support and strengthen them individually and collectively, in their communities and throughout the region.



Amanda Alexander,  
CEO

Rob Traxler,  
Board Chair



### YMCA Board of Directors

Rob Traxler, Chair  
Pat Flack, Past Chair  
Brad Halsey, Vice Chair  
Rod Quiring, Secretary / Treasurer  
Bruce Siddall  
Bryan Mix  
Catherine Pennington  
Jennifer Dungate  
Kevin Pettersen  
Mike Stevenson  
Wayne Gray

## Youth Advisory Council

The Youth Advisory Council (YAC) was created in August 2016 to advise the Board of Directors, CEO, and Association. The goals of the Youth Advisory Council are to provide leadership and skill development to young staff, increase engagement and understanding of governance, increase awareness and education of national and global initiatives and create a formal mechanism for communication and knowledge sharing.

YAC is currently made of seven committee members from various departments within the Association: Co-Chair Stephanie Mikalishen (Philanthropy and Marketing), Co-Chair Sophie Church (Camps and Child Care), Recording Secretary Helga Holler-Busch (Camps), Britney Fedun (Recreation), Lindsay Marriott (Fitness), Robin Keahey (Skating), Samantha Pratt (Membership).

Youth Advisory Councils are common among YMCA Associations as a way to increase youth voice and empower youth leadership. The YAC key objectives are to *Inspire, Impact and Invest* in youth.

Stephanie Mikalishen represented the YMCA of Northern BC as a part of the YMCA Canada Young Ambassadors delegation at the first Youth Summit of the Americas in Bogota, Colombia in May where young leaders from Canada, the USA and Central and Latin America came together to explore social inclusion and building vibrant communities.



# This past year...



we cared for over 1,728 children.

members of the community accessed health, fitness, and recreation services 242,666 times.



we leaped into community health with being chosen to lead the implementation of Foundry, a multi-disciplinary youth health centre.

we built The Lac Des Bois Child Care Centre.



we employed over 167 YMCA employees.

we are thankful for more than 226 YMCA volunteers.





## FOSTERING BELONGING, CONNECTION AND INCLUSION

**130**

residents at  
Simon Fraser  
Lodge remained  
active and  
connected  
because of  
YMCA Staff.

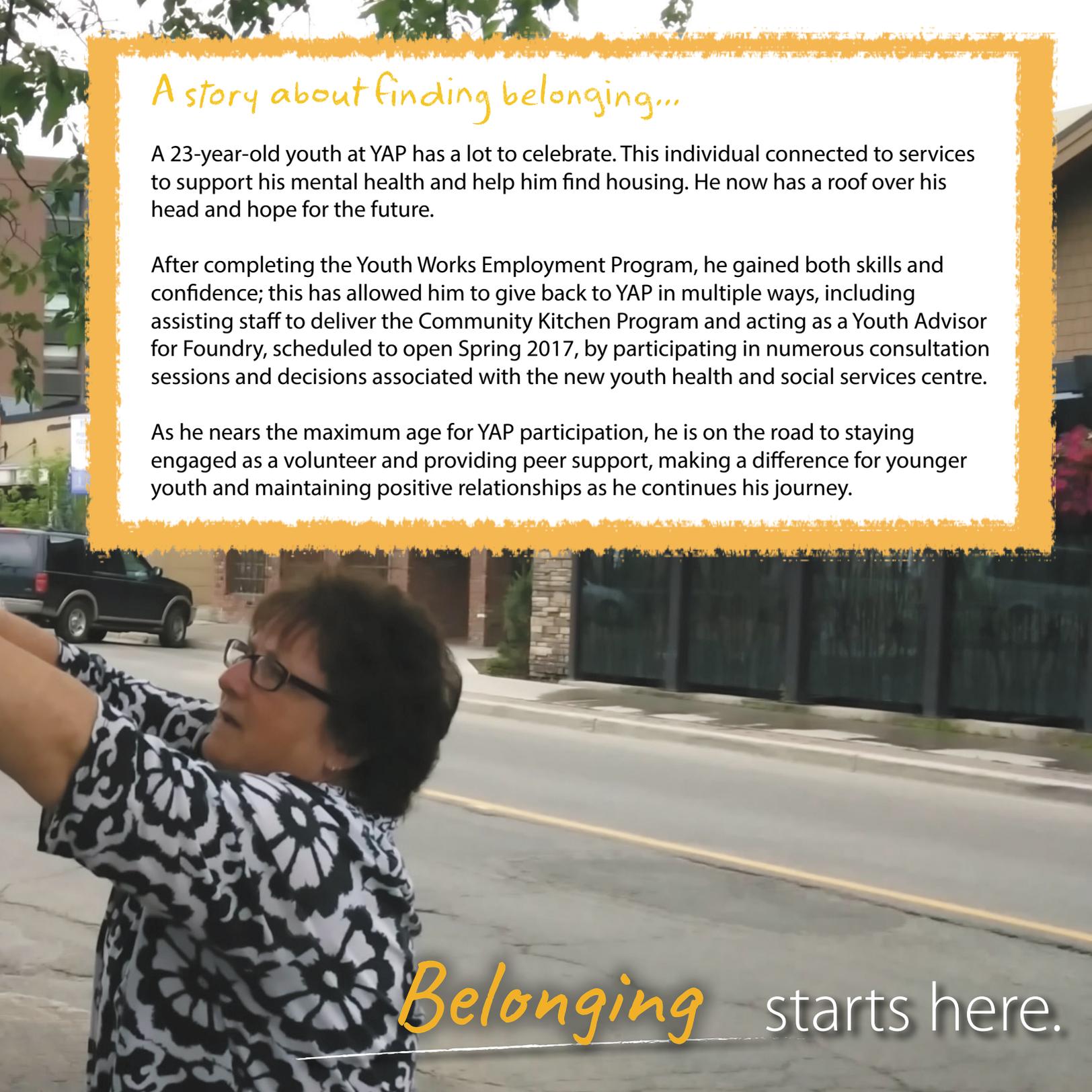
**42**

participants  
successfully  
completed the  
Youth Works  
Employment  
Program.

**463**

at-risk youth  
received  
support at  
Youth Around  
Prince, for a  
total of 7,688  
visits.





## *A story about finding belonging...*

A 23-year-old youth at YAP has a lot to celebrate. This individual connected to services to support his mental health and help him find housing. He now has a roof over his head and hope for the future.

After completing the Youth Works Employment Program, he gained both skills and confidence; this has allowed him to give back to YAP in multiple ways, including assisting staff to deliver the Community Kitchen Program and acting as a Youth Advisor for Foundry, scheduled to open Spring 2017, by participating in numerous consultation sessions and decisions associated with the new youth health and social services centre.

As he nears the maximum age for YAP participation, he is on the road to staying engaged as a volunteer and providing peer support, making a difference for younger youth and maintaining positive relationships as he continues his journey.

*Belonging* starts here.

20

local youth took part in our first ever youth exchange with Oakville, Ontario.



522

children learned how to skate.



"Hands down the best place for my kids to play. Always feel safe and well cared for."



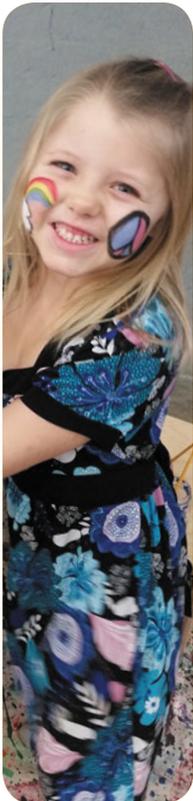
"My kids love coming to the rec room and having fun. It gives them time to themselves in a fun, positive atmosphere and it gives me a chance to actually complete a workout without interruption!"

1,647

children, youth & adults took part in Vanderhoof recreational programming like, Recreation Summer Programs, Bootcamp and Parent & Tot.



"The instructors are FANTASTIC! They make it fun, they challenge me. I feel like I really belong."





## PROMOTING HEALTHY LIVING

**3,796**

group fitness classes taught; including new classes such as Pound & Y-Barre.

**38**

community members took part in the Cardiac and Pulmonary Rehab program.

**856**

children & youth participated in registered children's programs.



Connection starts here.

## *A story about building connections...*

I signed up for this program in early December 2015, thinking that a week out of town during spring break would help ease the boredom that often accompanies those two weeks. I wasn't expecting anything spectacular, but there were so many opportunities to learn and to grow for everyone. Personally, I can guarantee that it improved me all around to be a kind person and an active member of society who is proud to give back to his community. By the end of it, we all felt like we had grown into a big family.

These two short weeks and everything leading up to it, truly humbled me as a person and made me grow in so many ways. I, just like nearly every single other person on this trip, was very sad when it came to an end. Some of us miss it so much already that we have started talking about plans to go back to Oakville.

Before the exchange, when anyone I knew asked me what I think about Prince George, the first word that would come to my mind was "boring". But since having explored it with the Oakville youth, I truly have discovered all the beauty PG has to offer. I would be more than happy to show off all of our wonderful sports facilities or green parks to anyone I know. And on a national scale, I feel like I have a much greater appreciation for the wonderful country I call home and all of the terrific people that inhabit it.

-Matyas



**348**

children took part in the  
Outdoor Education Program.



**54**

children  
received  
transportation  
subsidy  
through  
the YMCA  
Strong Kids  
Campaign.

**692**

Individuals or families borrowed  
items from the CCRR Toy and  
Educational Resource Lending  
Library.



“I love  
how they  
treat the  
kids like  
family.  
They  
genuinely  
have  
feelings  
for the  
children.”



**26**

children took part  
in our very first  
winter camp at  
Camp Kanannaq.

“The YMCA  
camp is  
always well  
organized,  
all children  
are  
included  
and feel  
like they  
belong.  
The staff  
are so  
cheery and  
interactive  
with the  
children.”





## HELPING CHILDREN, FAMILIES AND SENIORS THRIVE

**892**

children and youth took part in YMCA Camp programs.

**755**

CCRR child care referrals for families seeking quality child care.

**206**

children were cared for by dedicated YMCA staff in Vanderhoof.



## A story about fostering potential...

If it were not for the funding provided, my children would not have been able to attend camp with other kids during the summer and even the winter.

Over the years, I have watched my daughter grow and the influence that camp has had on her shows. Time after time, her camp leaders have proven to be fantastic role models that she strives to emulate. She went from being a shy, quiet and a little unsure of herself new camper, to becoming a strong and confident young lady who is becoming a role model herself. She has really grown and learned a lot about herself during her time at camp. She has learned she loves hiking and being outdoors. She loves being a leader and a role model to others and would like to work with youth in the future. Camp has given her so much to build on and continues to offer more opportunities for growth.

These activities are not generally accessible to us. I am so thankful for the funding the YMCA has provided so that my daughter could attend and be so positively impacted by Camp Kanannaq. It has meant so much to our family.

Sincerely,  
Dyana

Potential starts here.

# Volunteer of the Year



## DaVerne Wood

DaVerne joined our volunteer force upon her retirement two years ago as an Administration Volunteer. She immediately hit the ground running, working in various departments, in a large array of duties. DaVerne consistently gives more of her time than required and has assisted our Association in completing many tasks including editing policies, data entry, reference checking and much more. This past year, DaVerne has left a lasting impact as she created clear donor management documents and completed data analysis which has allowed our philanthropic work to expand exponentially throughout the Association.

She is a regular face that the whole team eagerly awaits weekly. She is a quick learner with so many valuable skills. DaVerne is impeccably organized and we appreciate her attention to detail.

DaVerne gives of her heart, talent and time for all the right reasons. She quietly comes each week and works diligently behind the scenes. She takes on any task with a smile, little direction and not nearly enough gratitude. We would like to congratulate DaVerne and thank her for her impact in our community.

# Volunteer Award Recipients



Youth Volunteer  
Kori Ostapiuk



Membership Volunteer  
June Berreth



Fitness Volunteer  
Carol Beebe



Community Health Volunteer  
Floyd Kennedy



Child Care Volunteer  
Ben Panter



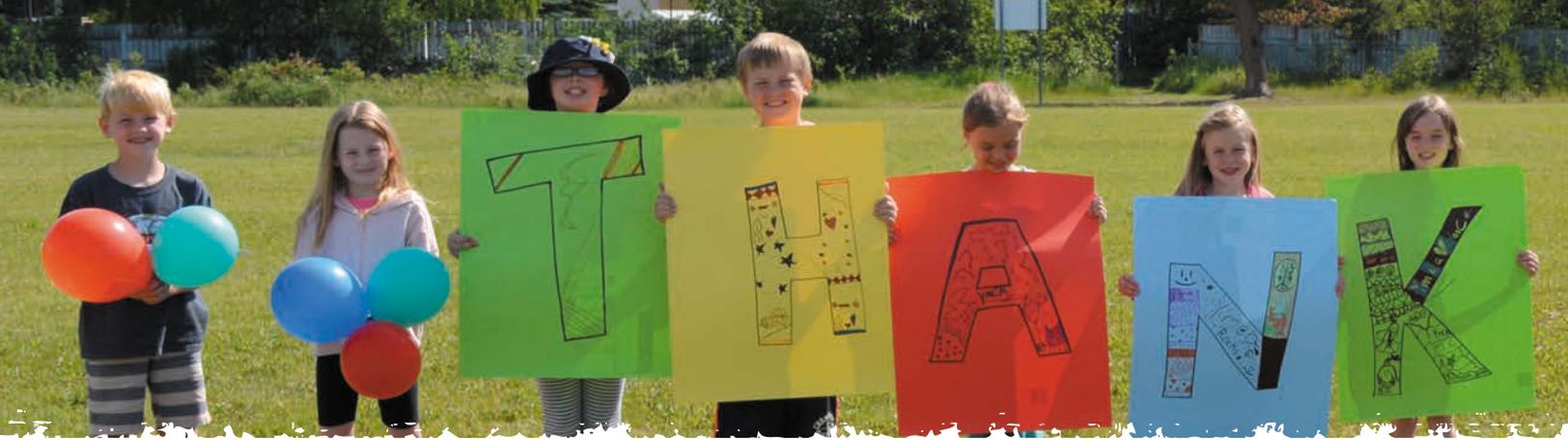
Recreation Volunteer  
Christina Ngabo



Fundraising Volunteer  
Rob Traxler



Spirit Volunteer  
Michele Dorval



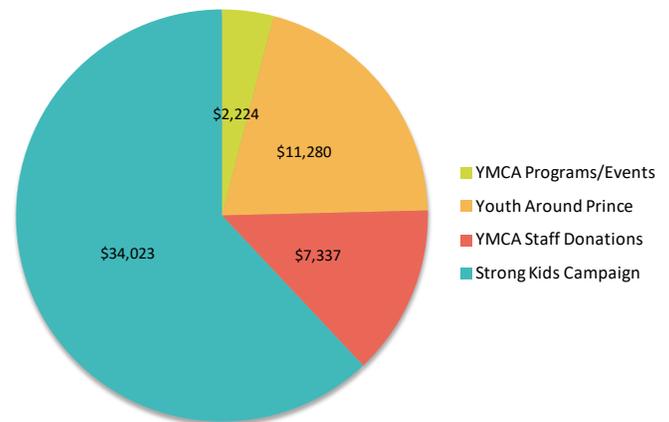
*Thank you to all of our generous community partners and donors for allowing us to help the 1 in 5 children in our community that require financial assistance to participate in YMCA Camps and Programs.*

**YMCA STRONG KIDS SURPASSED THE \$25,000 GOAL AND RAISED A RECORD \$52,600 SUPPORTING 221 CHILDREN AND YOUTH.**

**Community Partners \$5000+**

Canada Summer Jobs • Canadian Tire • Canadian Tire Jumpstart • Children First • District of Vanderhoof • Intact Insurance • Integris • Norcan Consulting • Northern Health • Province of BC • RBC Foundation • RONA • Simon Fraser Lodge • Success by Six • United Way • YMCA Canada • YMCA of Greater Toronto • YMCA of Greater Vancouver

**Donations and Support**



*Generosity* starts here.



## FINANCIAL HIGHLIGHTS

Summary of YMCA of Northern BC Financial Statement: Year end August 31<sup>st</sup>, 2016

	2016	2015	2014
<i>Operations</i>			
Revenue	5,345,184	4,968,297	4,553,874
Expenses	5,228,761	4,789,099	4,608,401
<b>Net</b>	<b>116,423</b>	<b>179,198</b>	<b>(54,527)</b>
<b>Capital Investment</b>	<b>204,919</b>	<b>139,237</b>	<b>94,560</b>
<i>Balance Sheet</i>			
Current Assets	1,729,113	1,662,248	943,282
Capital Assets	2,650,851	2,702,521	2,846,753
<b>Total Assets</b>	<b>4,379,964</b>	<b>4,364,769</b>	<b>3,790,035</b>
Current Liabilities	1,107,741	1,104,382	605,297
Long Term Debt	1,101,476	1,196,745	1,283,249
Net Assets	2,170,747	2,063,642	1,901,489
<b>Total Liabilities</b>	<b>4,379,964</b>	<b>4,364,769</b>	<b>3,790,035</b>

*2016 financial highlights were extracted from Annual Report Statements audited by DMC Chartered Professional Accountants Inc. A copy is available upon request.*



# YMCA of Northern BC

Prince George • Vanderhoof • Fort St. James

*Community* starts here.

● **YMCA of Northern BC | Fort St. James**  
1 Child Care Centre

● **YMCA of Northern BC | Vanderhoof**  
1 Child Care Centre  
1 Health, Fitness & Recreation Centre

● **YMCA of Northern BC | Camp Kanannaq**  
3 Camp Programs

● **YMCA of Northern BC | Prince George**  
9 Child Care Centres  
1 Health, Fitness & Recreation Centre  
1 Youth Employment Centre  
2 Skating Centres  
1 Youth Health Centre  
1 Child Care Resource and Referral  
1 Youth Resource Centre  
1 Complex Care Recreation Program



## YMCA of Northern BC

### Vanderhoof

186 Columbia Street E, Vanderhoof  
250-567-4524  
[www.nbcy.org/vanderhoof](http://www.nbcy.org/vanderhoof)

### Prince George

2020 Massey Drive, Prince George  
250-562-9341  
[www.nbcy.org](http://www.nbcy.org)  
Registration number: 119307197-RR0001

### Fort St. James

349 Stuart Drive West, Fort St. James  
250-996-0320  
[www.nbcy.org/fort\\_st\\_james](http://www.nbcy.org/fort_st_james)