



*Potential* starts here.

YMCA of Northern BC

Impact Report 2016-2017



Amanda Alexander,  
CEO

Rob Traxler,  
Board Chair



## YMCA Board of Directors

As pictured:

Bruce Siddall

Mike Stevenson

Brad Halsey, Vice Chair

Jennifer Dungate

Lindsay Van der Meer

Ashley Stoppler

Mavis Bethune

Rob Traxler, Chair

Rod Quiring, Secretary / Treasurer

Pat Flack, Past Chair

Absent:

Catherine Pennington

Nicole Cross

Wayne Gray

## A Message from the Board Chair and CEO

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

Communities in Northern BC are vibrant and healthy because children, families and seniors belong, grow, thrive and lead. We believe we can achieve this vision by:

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

This is our vision at the YMCA of Northern BC and this is how we are continuing to make this vision a reality.

We completed our major child care capital expansion project at Lac Des Bois Elementary School. This is our third multi age centre, providing 81 new child care places, and the first child care centre located at a Prince George school to provide care from ages 0-12 inclusive. Parents camping out at our Health and Fitness Centre is clear evidence that this quality service is needed.

Working in partnership with the Integris Credit Union and the District of Vanderhoof, we collectively opened a community centre in Vanderhoof that houses recreation, child care, and the arts community. At this centre, community members can access fitness and recreation, children are cared for and community members can gather together.

Our third major project focuses on youth and the importance of early intervention. We have been selected through the BC Integrated Youth Services Initiative as the lead agency to provide wrap around primary health care and social services support to youth through the creation of a youth health centre. Together with Northern Health, the Ministry for Children and Family Development and over ten partners, we will be constructing, Foundry, a multi-disciplinary centre that will provide support to youth with their mental health, substance use and holistic health needs.

We are strongly committed to achieving our vision. Healthy living, early learning, fostering belonging and connection, it starts here.

# Youth Advisory Council

The Youth Advisory Council (YAC) commenced its second year in August 2017. The Council, comprised of YMCA staff ages 15-29 years, advises the Board of Directors, the CEO, and the Association. The goals of the Council are to provide leadership and skill development opportunities to young staff and increase engagement of youth who work within the facility as well as the YMCA's young members. The Council strives to increase education on local, national, and global initiatives as well as increase communication and knowledge sharing within the Association.

The Council currently includes eight committee members from several different departments across the Association; Co-Chair, Samantha Pratt (Recreation and Programs); Co-Chair, Patricia Miles (Recreation and Programs); Recording Secretary, Robin Keahey (Childminding); International Chair, Jas Manhas (Camps); Britney Fedun (Childminding); Ali Mehrassa (Recreation and Programs); Lindsay King (Recreation and Programs); and Sydney Harnack (Fitness and Cardiac and Pulmonary Program).

During the year, the Youth Advisory Council created an internal newsletter, *Something to YAC About*, to increase communication between departments. The newsletter is composed of department updates, Y stories, upcoming events and special news. The Council hosted a teen night where youth were able to access the facility for free on a Friday evening. This upcoming year the Council plans to continue both of these initiatives. As the Association moves forward with hosting teen nights each Friday, the Council will host special events at the teen nights. The Council is working to implement programs directed towards the Grade 6 age group, the age group who are most likely to stop engaging in physical activity.

Lastly, the Council has the privilege to award the YMCA of Northern BC Peace Medallion. At a celebration of Peace Week in November 2016, the Council awarded the Peace Medallion to Guru Nanak for his generosity in giving back to the community and opening his home to feed those in need. The council made a visit to Guru Nanak's home where they volunteered along side him before presenting the award.



# This past year...



we cared for over 2,512 children.

members of the community accessed health, fitness, and recreation services 231,454 times.



built Foundry, a multi-disciplinary youth health centre.

we opened the YMCA Fort St. James Care and Early Learning Centre and the Vanderhoof Community Centre.



we employed over 170 YMCA employees.

we are thankful for more than 194 YMCA volunteers.





## FOSTERING BELONGING, CONNECTION AND INCLUSION

**130**

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

**43**

participants  
successfully  
completed the  
Youth Works  
Employment  
Program.

**424**

at-risk youth  
received  
support at  
Youth Around  
Prince, for a  
total of 7,914  
visits.



**A Path to Youth Well**

 BRITISH COLUMBIA  northern health  **FOU**  
WHERE WELL

*Youth Leadership* starts here.



## *A story about youth leadership...*

A young Indigenous woman came through the Youth Works Employment program in early 2017. It was evident by the completion of the four weeks of the classroom component of the program that this young woman had found more than the skills associated with obtaining employment. She had found her voice, connection to community, empowerment, and a pathway to her future success.

She is an inspiration and amazing role model for other youth. She went on to obtain and sustain employment, volunteer for the RCMP, and is in the process of becoming a YMCA of Northern BC volunteer.

When the new youth clinic, Foundry, requested a youth to emcee for the Grand Opening, this young lady was the first to step up and accept the challenge.

262

wildfire evacuees supported during the summer.



533

children learned how to skate.



"I have made many friends here. I love the atmosphere and the trainers!"



"The child-minding staff have been incredible with my son! I have complete peace of mind when I leave him there! They are so excited to see him and it makes my day!"



3,170

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



"I enjoy aerobics three mornings each week and find it has enriched my life physically and mentally."





## PROMOTING HEALTHY LIVING

**4,576**  
group fitness  
classes  
taught and  
launched  
Fitness on  
Demand.

**56**  
community  
members took  
part in the  
Cardiac and  
Pulmonary  
Rehab program.

**240**  
children  
& youth  
participated  
in registered  
children's  
programs.

## Jason's Story...

My name is Jason Clements and I am a young First Nations professional, a single father and, now, a competition level athlete.

Since the day my daughter was born I have been steadily working toward increasing my education, and providing her a safe, healthy upbringing. The YMCA is a huge part of our lives. I have realized along the way that I can connect to my daughter and the youth in our community through athleticism. My daughter loves to attend Y MOVE and we also play together in the REC Room. The childminding also allows me to take a little time for me, where I can work on my physical form and have a mental break. Kiara loves it because she gets to play with other children, read, and make crafts, but still she gets to "come to the gym with dad."

What I find most amazing about the YMCA is the opportunity to be a role model myself and watch my daughter grow into an inspiring role model for other youth in the community.



Disney Pixar  
**THE GOOD  
DINOSAUR**

*Healthy Living* starts here.

422

children took part in the  
Outdoor Education Program.



192

children  
received  
transportation  
subsidy  
through  
the YMCA  
Strong Kids  
Campaign.

677

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



“My son  
had so  
much  
fun! He  
loved  
every  
minute.  
All the  
outdoor  
activities  
are great.”

“My  
children  
love  
spending  
the day  
busy  
outdoors  
- building  
forts,  
canoeing,  
archery,  
and more.  
They don't  
want to go  
anywhere  
else!”



21

children took part  
in our Winter  
Camp at Camp  
Kanannaq.





## HELPING CHILDREN, FAMILIES AND SENIORS THRIVE

**991**

children and youth took part in YMCA Camp Programs.

**677**

CCRR child care referrals for families seeking quality child care.

**79**

children were cared for by dedicated YMCA staff in Vanderhoof.

## Chris's Story...

Hello lovely sponsors,

Thank you for providing the funding that allowed me to attend summer camp at Camp Kanannaq.

This is the last trip of the year and now I can say I have done it all; I climbed a mountain, and I swam on lakes across British Columbia. It is all thanks to you.

At the end of this bittersweet summer, I have made many lifelong friendships with other campers who have come and gone over the summer. The three leaders who pushed me through all six weeks were amazing. After 35 days here, it does not feel right leaving; I have grown to love and care for everyone who I have been around.

All of this is from you - the time, the money, and the effort that you put in for me so I can spend everyday at Camp. It means everything to me. The fact that I can come and have the summer of a lifetime. Thank you sponsors and leaders for everything you do. Please never stop. I cannot even imagine a summer without camp.

Sincerely,  
Chris





Connection starts here.



*Community* starts here.





## *A story about building community...*

YMCA of Northern BC opened a new facility in partnership with the Vanderhoof Community!

Vanderhoof, BC, a small community of less than 5,000 residents was once underserved in the areas of recreation and child care. In response to this need the YMCA of Northern BC began offering child care services, as well as a recreation services program which is funded through the District of Vanderhoof.

Last spring, the District of Vanderhoof, together with the YMCA of Northern BC and Integris Credit Union, opened a brand new facility – the Integris Community Centre. Integris' former premises have now been renovated into a beautiful centre that is home to YMCA Child Care and YMCA recreation programs in addition to acting as a central gathering place for many other community groups, including the local art council.

# Volunteer of the Year

## Kimberly Rorstrom-Wittig

Kimberly joined our volunteer force at the YMCA in Vanderhoof in 2015. The Vanderhoof area is fortunate to be the beneficiary of Kimberly's endless caring and selflessness. Kimberly came from Prince George, and took on our Senior's Stretch & Relax program, building it from the ground up. As with anything new, there is a level of uncertainty – but Kimberly's confidence and admirable skill for welcoming and training people of all ages, making them feel included and successful has made the program a huge success. She is nurturing, positive, and kind. Participants constantly rave about the wonderful way they feel when they leave her class and the connection they feel to her.

Kimberly is community minded and eager to be a part of any campaign or event in which we are engaged. She adds special attention to her classes that help people feel successful regardless of their restrictions. She is a positive and sincere individual who makes a true impact on those around her.

Kimberly is dependable, enthusiastic, and kind. We would be remiss to thank Kimberly and not mention her partner Walter as well, as he assures Kimberly arrives safe and sound to her classes, and is her consistent helper.

We are so grateful that we are a recipient of Kimberly's time. She is a key reason we are able to make such a difference in the community of Vanderhoof.



# Volunteer Award Recipients



Youth Volunteer  
Airah Truant



Membership Volunteer  
Charlene Harries



Fitness Volunteer  
Ken Bilski



Community Health Volunteer  
Darleen Maclean



Child Care Volunteer  
Rupinder Sandhu



Recreation Volunteer  
Danuta Holm



Fundraising Volunteer  
Mike Stevenson



Spirit Volunteer  
Nikki Boxer



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

**YMCA STRONG KIDS RAISED  
\$38,000 SUPPORTING  
154 CHILDREN & YOUTH.**

### **Community Partners \$5000+**

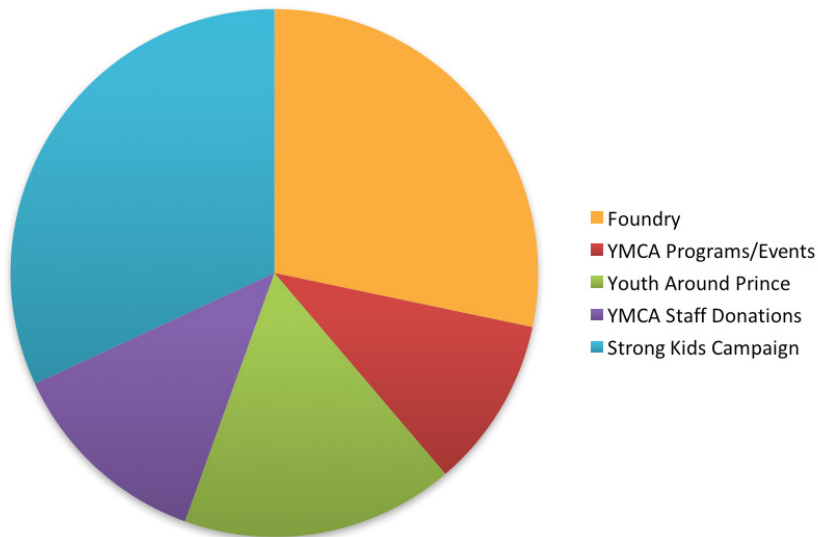
Canada Summer Jobs • Canadian Tire • Canadian Tire Jumpstart • District of Vanderhoof • Excel Painting • Home Depot Canada Foundation • Intact Insurance • Integris Community Foundation • Jim Pattison Broadcast Group • Norcan Consulting • Northern Health • Province of British Columbia • RBC Foundation • Robert L. Conconi Foundation • Simon Fraser Lodge • The Prince George Citizen • United Way • YMCA Canada • YMCA of Greater Toronto • YMCA of Greater Vancouver

*Generosity*



## \$65,000 RAISED FOR THE FOUNDRY CAPITAL AND INNOVATION FUND

### Donations and Support



On January 13<sup>th</sup>, 2017 the YMCA of Northern BC announced a Capital and Innovation Fundraising Match Campaign in partnership with the Robert L. Conconi Foundation for Foundry Prince George. The Robert L. Conconi Foundation matched all donations to Foundry Prince George – up to a total \$25,000! Foundry surpassed the \$25,000 goal and raised an astounding \$65,200!

starts here.



*A Healthy Community* starts here.

Lakeshore

## FINANCIAL HIGHLIGHTS

Summary of YMCA of Northern BC Financial Statement: Year end August 31<sup>st</sup>, 201

	2017	2016	2015
<i>Operations</i>			
Revenue	6,090,011	5,345,184	4,968,297
Expenses	6,013,275	5,228,761	4,789,099
<b>Net</b>	<b>76,736</b>	<b>116,423</b>	<b>179,198</b>
<b>Capital Investment</b>	<b>589,931</b>	<b>204,919</b>	<b>139,237</b>
<i>Balance Sheet</i>			
Current Assets	1,432,135	1,729,113	1,662,248
Capital Assets	2,895,747	2,650,851	2,702,521
<b>Total Assets</b>	<b>4,327,882</b>	<b>4,379,964</b>	<b>4,364,769</b>
Current Liabilities	1,083,772	1,107,741	1,104,382
Long Term Debt	1,074,462	1,101,476	1,196,745
Net Assets	2,169,648	2,170,747	2,063,642
<b>Total Liabilities</b>	<b>4,327,882</b>	<b>4,379,964</b>	<b>4,364,769</b>

*2017 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  
1 Camp Program

YMCA of Northern BC | Vanderhoof ●  
1 Child Care Centre  
1 Community Centre  
1 Camp Program

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  
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  
[nbc.ymca.ca/vanderhoof/](http://nbc.ymca.ca/vanderhoof/)

### Prince George

2020 Massey Drive, Prince George  
250-562-9341  
[nbc.ymca.ca](http://nbc.ymca.ca)

### Fort St. James

349 Stuart Drive West, Fort St. James  
250-996-0320  
[nbc.ymca.ca/fort-st-james/](http://nbc.ymca.ca/fort-st-james/)

Registration number: 119307197-RR0001