



BUILDING HEALTHY COMMUNITIES

2020-2021 Community Impact Report



A Message from our CEO

The YMCA of Northern BC builds healthy communities. Despite the challenges resulting from the pandemic, this year has proven that, as a YMCA we continue to meet community needs. We know that in a pandemic, community needs don't go away. In fact, these needs have only become more urgent.











Our licensed child care operations have continued to grow, most significantly with the opening of the Anne Roberts Young Care and Early Learning Centre, in Fort St. John. Expansion of child care spaces ensures that parents, caregivers, and families can live and work in our valuable northern communities knowing that their children receive high-quality care, in a safe, nurturing, and engaging environment. We are thankful for our committed professional educators and child care staff team, who consistently prioritize the needs of the children and families in their care. While our health, fitness, and aquatics teams continued to respond to evolving public health requirements, they still found time to open a new, much-needed chronic disease management program, supporting patients at the Prince George Family Y who are managing hip and knee mobility issues. Furthermore, at the Vanderhoof Aquatic Centre, we offered the largest number of swim lessons to date. In community health, we are anticipating very shortly the opening of a new suite of services at our new Foundry Quebec St. Extension site while Simon Fraser Lodge added a wonderful piece of technology called a Tovertafel. This

interactive sensory table promotes health and wellness for long-term care residents.

We are so proud of our staff and volunteers who **challenged themselves to stay focused on our future**, executing high-quality work during the pandemic, **providing a safe haven** for our members and participants, while **supporting our community members towards their health and wellness goals**. And we are very grateful to our dedicated donors and volunteers who supported our YMCA through their continued **generous gifts of time and financial contributions**. Our administrative team continued to master remote work and adapted all our systems and processes to ensure the viability, security, and continuity of our many business operations.

We managed a lot of the risks during this pandemic; mitigating practical challenges of finance, health and safety. The adversities of COVID-19 have **strengthened our resolve and demonstrated our unwavering commitment to building a healthier community**. We encourage you to read on and see for yourself all of the ways our YMCA has **met community needs** while **operating responsibly** through a global pandemic. Building healthy communities is our mission at the YMCA. **A global pandemic doesn't stop this work, it reminds us how ever important this work is.**

YMCA Board of Directors

-  **Bruce Siddal** | Director
-  **Catherine Pennington** | Vice Chair
-  **Dennis Stavrou** | Director
-  **Derek Baker** | Director
-  **Mavis Bethune** | Director
-  **Pat Flack** | Chair
-  **Ricki Beudet** | Director
-  **Rob Traxler** | Director
-  **Rod Quiring** | Treasurer
-  **Sagar Saxena** | Director



Our Mission

The YMCA of Northern BC is a charity dedicated to strengthening the foundations of our community through promoting healthy living, fostering belonging, connection, and inclusion, and helping children, families, and seniors thrive!

Our Values

Caring, Honesty, Respect, Responsibility, and Inclusivity

Youth Advisory Council

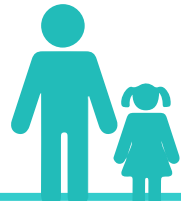
The YMCA of Northern BC Youth Advisory Council is a group of YMCA staff, ages 15-29, who work with the YMCA Board of Directors to inspire, make an impact, and invest in youth.

We had the exciting opportunity to support a delegate to participate in the 2021 YMCA Young Ambassadors Program. This program is focused on building up a generation of YMCA leaders who have the skills needed to lead thriving organizations and be positive forces for change in their communities. Participants developed leadership competencies that promote resiliency and equip them to contribute to the reset and reimagining of the Canadian YMCA post-pandemic.

"At a time when I felt disconnected and so many opportunities had been missed because of COVID-19, the YMCA Young Ambassadors Program provided me with a connection point. I have gained confidence in my value to the Y, rebuilt resiliency, and have strengthened my connection and purpose within our collective mission. With the support of the program, I had the space to evaluate my positioning and goals and make a significant career change." -Lauren Marutt, 2021 YMCA Young Ambassador

The Youth Advisory Council was honoured to put forward Aidan Bryden as a recipient for the Ted Rogers Scholarship in 2021. As past YMCA Youth Volunteer award winner, Camp Kanannaq Counsellor, and PGFY staff member, Aidan has demonstrated our Y values of kindness, caring, respect, honesty, responsibility, and inclusivity. Through this partnership with the Ted Rogers Foundation, we are happy to support Aidan as he studies social work.

Impact Snapshot



We cared for 1,628 children in our child care centres.

4,156 community members accessed health, fitness, and aquatic services through YMCA memberships.



We launched Housing Support Outreach out of Foundry and YAP, which had 289 visits from youth seeking support.

YMCA Camp Kanannaq adapted programming to deliver services to 555 campers amidst pandemic restrictions.



We employed 393 individuals.

We received support from more than 185 YMCA volunteers.



We opened the YMCA Anne Roberts Young Care and Learning Centre, expanding the reach of quality child care services in the north.



Providing a safe haven

552

new youth and 31 family members accessed services at Foundry, for a total of 7,997 visits.

We know that in a pandemic, **community needs don't go away**. That is why we are expanding services to youth with a new suite of services at our new Foundry Quebec St. Extension site, while Simon Fraser Lodge brought in the newest technology available, a Tovertafel; an interactive sensory table that promotes health and wellness for long-term care residents.

182

Simon Fraser Lodge residents stayed active, connected, and safe during the pandemic.

13

youth engaged in community service projects through YMCA Community Action Network group sessions.

34

seniors successfully completed the Choose to Move program, learning new ways to live a healthy active life.

72

participants successfully completed Y Mind programs, so they can better cope with stress and anxiety.

71

young people took part in Youth Works Employment.

350

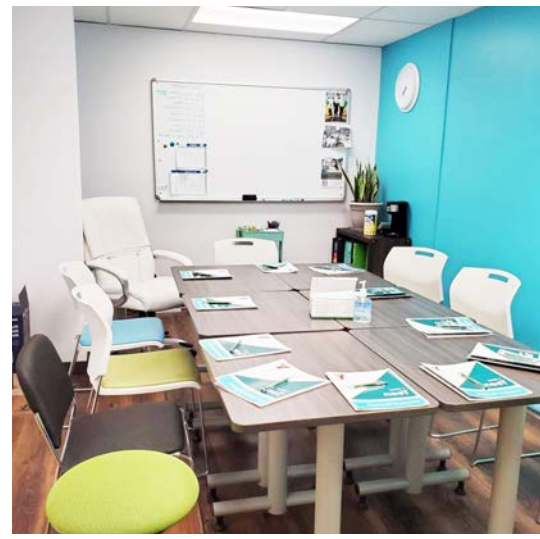
at-risk youth received support at Youth Around Prince, for a total of 3,403 visits.



"I never thought I'd be not emotionally turbulent, but here I am"
- Foundry Participant



"It's so good that your department can engage with the residents in a recreational way--they need that and you're excellent at providing this service."
-Simon Fraser Lodge family member



"Coming to this program has improved my mental health immensely."
- Y Mind Participant



Tammy's Story

"Growing up in the North is not always an easy thing. Growing up in the North as a young Indigenous woman is even harder," Tammy says. She was the victim of abuse at a young age, landing her in the care of the Ministry of Children and Family Development. She spent most of her childhood moving around the foster care system.

"Any blood relatives I had were dealing with their own demons and using substances to cope. I learned those habits young and became quick to use those same coping methods.

I have been homeless and dealt with addiction issues most of my life. I have done things to get by that I am not proud of, but I did have one place to go where the staff made me feel safe. Going to Youth Around Prince allowed me to see that there was a different path that I could take instead of the one I had been shown at a young age. I went to treatment, got my own place, and graduated high school with the YMCA's help."

Staff helped her to apply for financial assistance at the Prince George Family Y as well. She used the subsidized membership to earn the Physical Education credits she needed to graduate high school. "I am grateful for the YMCA's and YAP's support and would recommend them to anyone looking for a different path."

Focused
on our future

1,628 children were cared for
in our child care communities: Chetwynd, Fort
St. James, Fort St. John, Prince George, and
Vanderhoof.

Expansion of child care spaces ensures that parents, caregivers, and families can live and work in our valuable northern communities knowing that their children **receive high-quality care** focused on the promotion of early learning.

200

families and individuals borrowed items
from the CCRR Toy and Resource Lending
Library.

1,130

children took part in YMCA Licensed
Summer Club programs.

791

CCRR child care referrals were
made for families seeking
quality child care.

52

free virtual circle times &
programs were hosted by CCRR
to support all parents, families,
and caregivers.

22

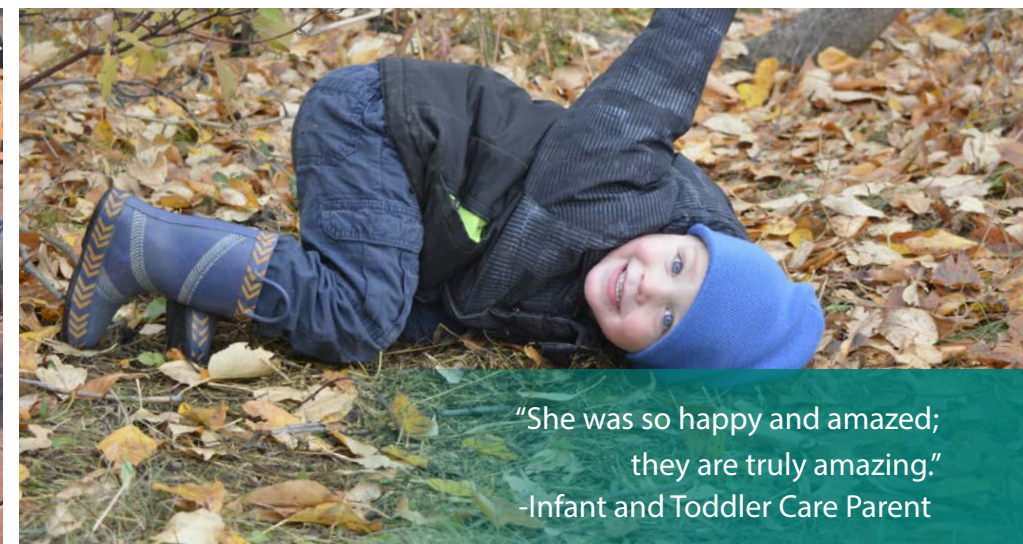
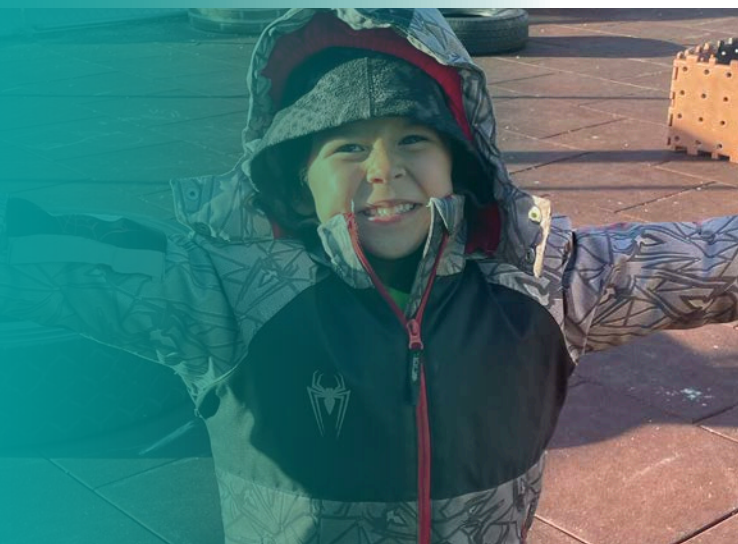
workshops and trainings were
held by our dedicated YMCA
staff.



"She said her summer is now
amazing so thanks so much for
fitting her in."
- Licensed Summer Club Parent



"It is great seeing our kids happy
every day and happy to be back
every single day."
- 3-5 Year Group Care Parent



"She was so happy and amazed;
they are truly amazing."
- Infant and Toddler Care Parent

Briella's Story

As a YMCA staff member, Curtis is so appreciative of the child care spot he was able to secure for his daughter in the same building he works in. Not only does this provide him with a convenient morning commute filled with quality time with Briella, it also gives him comfort, knowing the high-quality care she is receiving. "The best part of my day is picking up my daughter," he says. "I walk down from my office, where earlier that day, I received a Weemarkable update on my phone, showing me what amazing strides she made in development that day. I walk past the breakroom, where on my lunch break, her educators talked to me honestly about how things are going with her, and made sure that I am doing okay. I walk past the other child care room, where other excited kids are getting on their jackets and boots."

"When I knock on her door, the educators get my daughter's attention, so that I get to see the best sight in the world - a face of pure joy, sprinting to the door, screaming, 'MY DADDY'S HERE!'"

"Her educators walk me through what she did and learned that day while we put her jacket and boots on, with a special consideration on great points of development she's made and things to work on. We wave goodbye, and she continues waving to everyone all the way to the truck. We then drive home, singing the new songs she learned that day, and talking about what she wants to do tomorrow when she arrives. I look forward to these moments every day."

Supporting our community members 1 in 5

children and families receive financial assistance
to participate in YMCA memberships and programs.

We believe that **health is a right, not a privilege**. Our health, fitness, and aquatics teams continued to respond to evolving public health requirements, while still finding time to open a new much-needed chronic disease management program, and delivering the largest number of swim lessons to date.

18,818

visits were enjoyed at the Vanderhoof Aquatic Centre.

4,156

members benefited from health and fitness services at the Prince George Family Y.

91

community members completed the Cardiac and Pulmonary Rehabilitation Program.

162

children took part in swim lessons at the Vanderhoof Aquatic Centre.

129

children, youth, and adults took part in Vanderhoof recreational programming.

376

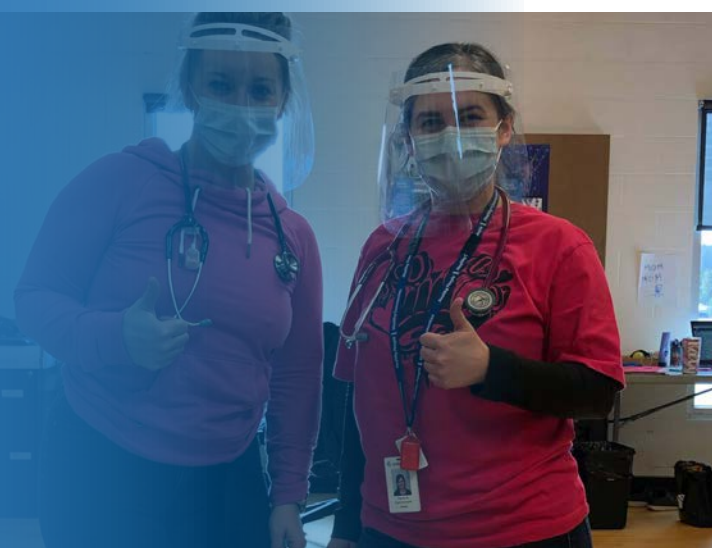
community members took part in Aquafit classes at the Vanderhoof Aquatic Centre.



"I come for the Aquafit classes. It is my only form of exercise and I really enjoy the social interaction I get with the other participants and the friendly staff!"
- Vanderhoof Aquatic Centre Member



"The staff were both knowledgeable and supportive throughout my journey. I believe this program allows for a smoother transition and encourage others to take part in it."
- Hip and Knee Program Participant



"My favourite thing about the Y is that there is honestly a place for every 'body'. You will feel so supported in your journey."
- Prince George Family Y Member



Larry's Story

"I was diagnosed with coronary artery disease in July of 2019. After that diagnosis, I, like most people, searched the Internet to learn what I could do to mitigate the risk of a heart attack. I walked faithfully for over an hour, every day for two years and changed my diet.

Since being accepted into the Cardiac Rehabilitation Program, I found out that what I had been doing for the last two years had very little cardiac benefit. How disappointing that was to hear."

Through the guidance of YMCA staff, Larry has learned an exercise routine that has the maximum heart health benefits for his condition.

"I now know how to safely and effectively do cardio exercise thanks to the team at the centre. I now know where my optimal heart rate needs to be for an effective and safe workout and how my body feels when I am at that safe exercise zone. I have been shown how to safely and effectively use the exercise equipment. I also feel confident that I can continue with the program on my own after I have been discharged.

The program staff have further educated me on diet and nutrition, risk management, sleep, stress management, as well as many other cardiac topics through the education portion of the program.

This program truly is a life saver for all of us cardiac patients. One of the many reasons is due to the dedicated, knowledgeable, and friendly staff facilitating the Cardiac Rehabilitation Program."

Generous Gifts of time and financial contributions \$81,767

was raised locally, so everyone can continue to access
YMCA memberships and programs.

Our YMCA Strong Kids Campaign helps to provide **children and families in our community** access to **invaluable programs and services** regardless of their income. The adversities of COVID-19 have only **strengthened our resolve and our commitment** to building a healthier community.

\$157,615

in subsidy was provided to community members
accessing our health, fitness, and aquatics facilities.

185

volunteers dedicated their time
to help deliver our mission to the
community.

125

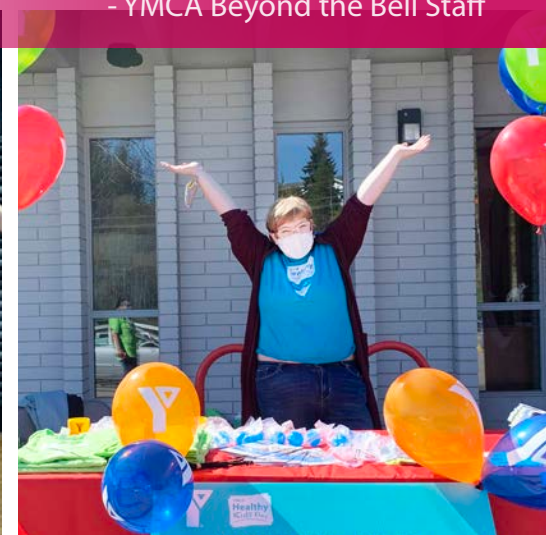
individuals gave donations to the Strong
Kids Campaign so that children, families,
and seniors in our community can thrive .



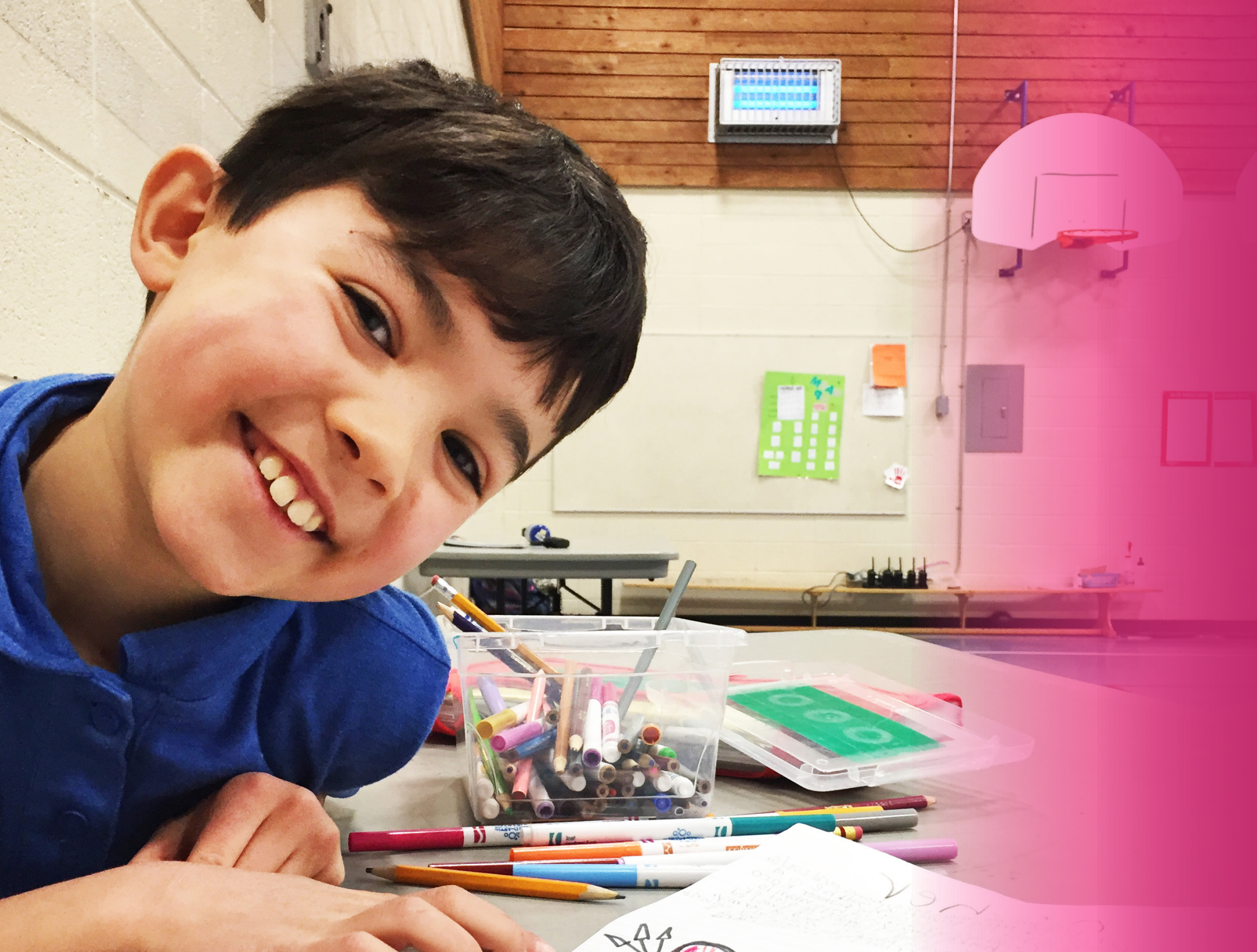
Through reading together, he grew a new appreciation for storytelling. His creative writing flourished and every story he concocted was a wild and humorous tale."
- YMCA Beyond the Bell Staff



"Donors made this possible and without them none of us would have met each other."
- Aurora Leadership Participant



"It is great for my children to have some structure even while off school. Plus, I can't do the same things with them that they can do at camp."
- Campership Recipient



Tyson's Story

"A fond memory of working at YMCA Beyond the Bell was watching one long-term participant come back each year and grow into a caring, responsible individual. During our time together, I witnessed the struggles and successes of this resilient kid with a lively attitude. We would play tag and active academic games that he loved to ignite his interest in schooling. Every day he would sneak up to tap my shoulder and yell, 'TAG!', then scurry away so I could chase after him. He was full of energy and always willing to help, so I would look for opportunities to give him tasks to help the leaders and his fellow participants."

Over the years, Kora watched Tyson grow and eventually step into more of a leadership role with the younger participants.

"With his personability, responsibility, and experience with the program, he has transformed into a mentor. He always tried to incorporate the Y values into his actions. If he saw another participant was having a rough day, he would take the time to sit and talk with them, and he would always ensure that everyone was included in our games. From being a reading buddy, to helping new participants learn the routine, and ensuring everyone felt included, he has grown into a wonderful little leader.

This program has been a remarkable experience that is only enriched by the phenomenal participants and staff that make it so."

Building a healthier community 1 in 4

campers attend our summer camp programs with financial assistance from our YMCA Strong Kids Campaign.

In between the arts, crafts, games, and activities, something special happens: **friendships blossom, self-confidence emerges, and independence grows.** That is why we worked so hard to make camp a reality in spite of the need for so many changes during the COVID-19 pandemic; because through it all, children and youth **build resilience to help them face new challenges.**

130

children received subsidy to attend YMCA Camp Kanannaq through our YMCA Strong Kids Campaign.

265

students participated in Outdoor Education.

6

youth took part in the YMCA Borealis Counselor-in-Training program.

555

children and youth took part in YMCA camp programs.

27

children and youth with special needs were able to build their confidence and resilience at YMCA Camp Kanannaq through funding from the BC Ministry of Children and Family Development.



"My children were so excited every day and had so much fun this summer."
- YMCA Camp Kanannaq Parent



"Thank you for making camp happen this summer."
-YMCA Camp Kanannaq Parent



"The staff are so wonderful, kind, and make sure to create an inclusive environment."
-YMCA Camp Kanannaq Parent

Sam's Story



As the current Manager of YMCA Camp Programs, Sam has had the pleasure of watching young people grow and thrive from their camp experiences for several years. "Camp is such integral part of our community that local families really value," she explains. "The expansive wilderness in our own backyard is one of the best resources we have. Our campers learn to embrace and respect that connection to nature, while developing valuable leadership and technical skills, resiliency, and building positive relationships."

The pandemic has posed a particular challenge to camp; many changes had to be made to our regular programs in order to have them operate in some capacity. Sam was grateful to have the Aurora Leadership Program running again this year after pausing it in 2020. "The youth were so grateful for the opportunity to engage with peers and explore the outdoors. At the end of each session, we have the campers write letters to the donors who make this program possible. It is so rewarding to read their sentiments. One wrote 'This year I learned to shoot arrows, help lead knot tying, and go on a great four-day canoe out-trip at Murtle Lake. What I'm saying is, not just thank you for your donations, but thank you for the friends I've made, thank you for the fun I've had, and thank you for two weeks I'll remember for the rest of my life.'"

"Another camper expressed how valuable the experience of local exploration was for them. 'The trip to Mount Robson was an amazing inspiration for me. This experience made me love and care even more about nature. People talk about going on a vacation to places like Mexico, Hawaii, California, and the Caribbean. I think that people don't realize what a beautiful and amazing country we have. Your donation to this camp helped me realize this.'"

Volunteer of the Year



James Gutteridge

James works in our recreation and youth programs at the Prince George Family Y. He is well liked by all the staff and is great at connecting with and engaging children. As a very helpful and happy individual, he is always willing to go the extra mile to do what needs to be done. We are so grateful for his contributions as he is such a joy to have on the team.

Volunteer Award Recipients



Youth Volunteer
Megan Rowe



Fitness Volunteer
Sara Heppner



Membership Volunteer
Dean Straathof



Community Health Volunteer
Donna Eckert



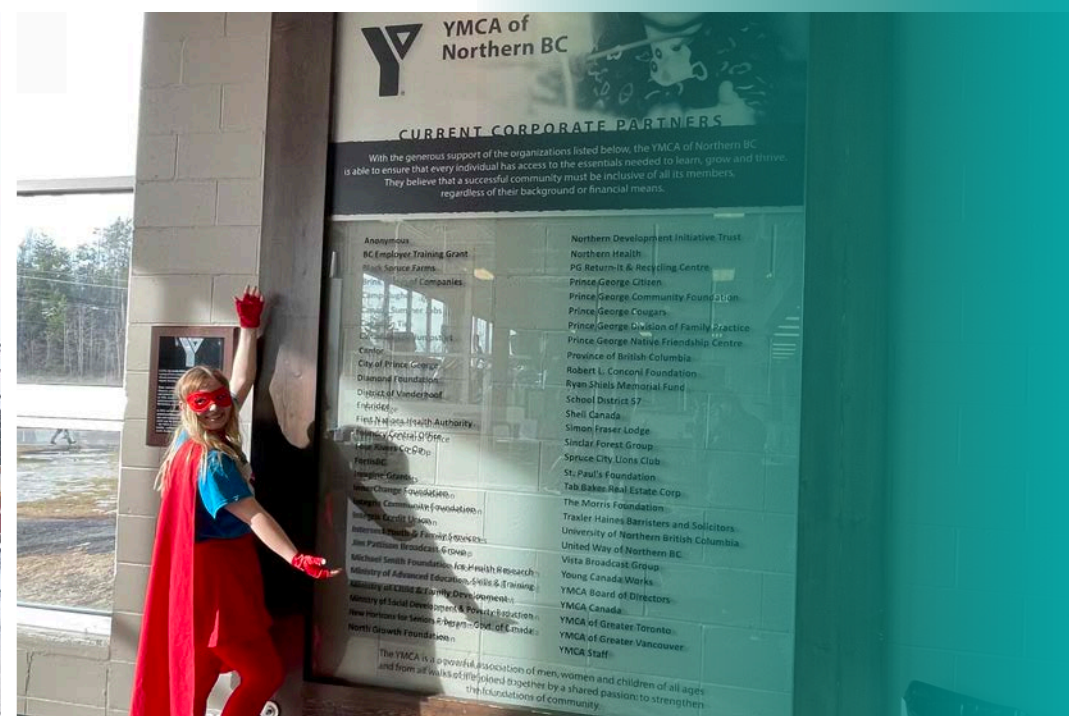
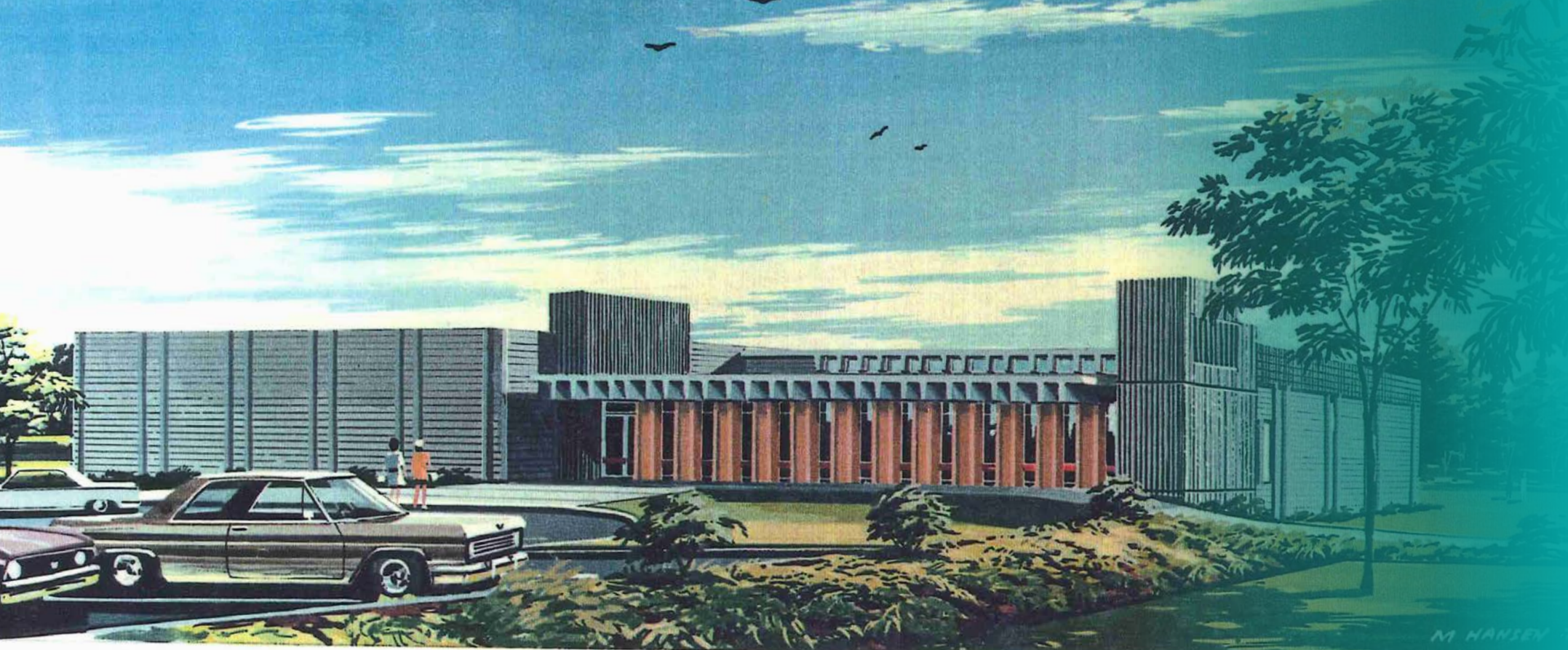
Childminding Volunteer
Victoria Blecker

The YMCA Legacy of Walter Chen

Those that frequent the Prince George Family Y would recognize the familiar and always cheerful face of Walter Chen. Walter was born in Shanghai, China and since moving to Prince George, could be found working out at the Y almost every day. Walter was welcoming, kind, and like so many of our members, a valued member of our community. He was so well known at the Prince George Family Y that certain pieces of equipment, including his favourite locker, were affectionally seen as 'Walter's'!

What you might not know is that Walter was a member of the YW-YMCA's Board of Directors who, almost 50 years ago, raised over \$800,000 in a very successful capital campaign that resulted in the **building of our Prince George Family Y** facility on Massey Drive. Walter not only was a fundraiser for the campaign, but he also generously gave to the campaign. He was indeed a driving force behind the Y's creation in Prince George.

Walter passed away October 2021 at the age of 95; he will be remembered in many of our hearts, with gratitude for his role in building our YMCA and with fond memories of his smiling happy face while doing what he loved, working out.





2020 Peace Medallion

In November 2020, the Youth Advisory Council awarded the YMCA Peace Medallion. This award recognizes an individual or group's commitment to participation, empathy, advocacy, community, and empowerment. **We were privileged to award the Peace Medallion to three deserving individuals: Melanie Hanson, Dave Horton, and Bailey Grose.** All of this year's recipients supported our community during the pandemic with their own individually unique initiatives.

Melanie's solution to celebrate her daughter's birthday in a COVID-friendly manner led to the creation of her Facebook page and a team of volunteers who organized over 500 celebratory car parades for children, families, seniors, and essential workers.

Dave used his temporary lay-off due to restrictions to volunteer his time to host free "pandemic-friendly" events throughout the year, including the insanely popular and successful Halloween Candy Cruise - serving an estimated 22,000 drive-thru trick-or-treaters.

Bailey's grassroots movement "Hearts of PG" started as an activity for her children. During a time of closures, community members were encouraged to put hearts in their windows; an activity that went on to inspire the #AWorldofHearts movement across the globe, reminding our community that we were not alone.

Thank you to all of our generous community partners and donors for allowing us to make a significant impact and help build a stronger, healthier community.

- Our **YMCA Strong Kids Campaign** raised **\$81,767** to support local families.
- **\$16,700** supported educating **young people** in Ethiopia on HIV prevention.
- **745 individuals** were able to **live healthier lives** through subsidized memberships.
- We raised over **\$11,000** at our **annual YMCA MEGATHON fundraiser**.
- **More than \$15,000 in camperships** were provided, so **local children** could **become leaders at camp**.

FINANCIAL HIGHLIGHTS

Summary of YMCA of Northern BC

Financial Statement: Year end August 31st, 2021

	2021	2020	2019
Operations			
Revenue	11,247,818	9,146,363	9,220,265
Expenses	10,533,021	8,932,991	9,207,329
Net Operations	714,797	213,372	12,936
Capital Investment	356,290	544,026	205,474
Balance Sheet			
Current Assets	3,224,537	2,249,087	2,378,363
Capital Assets	2,742,130	2,717,644	2,680,903
Total Assets	5,966,637	4,966,731	5,059,266
Current Liabilities	2,099,176	1,729,226	1,976,709
Long Term Debt	757,595	846,756	905,846
Net Assets	3,109,866	2,390,749	2,176,711
Total Liabilities	5,966,637	4,966,731	5,059,266

2021 Financial Highlights were extracted from Annual Report Statements audited by DMC Chartered Professional Accountants Inc. A copy is available upon request.

THANK YOU.

COMMUNITY PARTNERS \$5000+

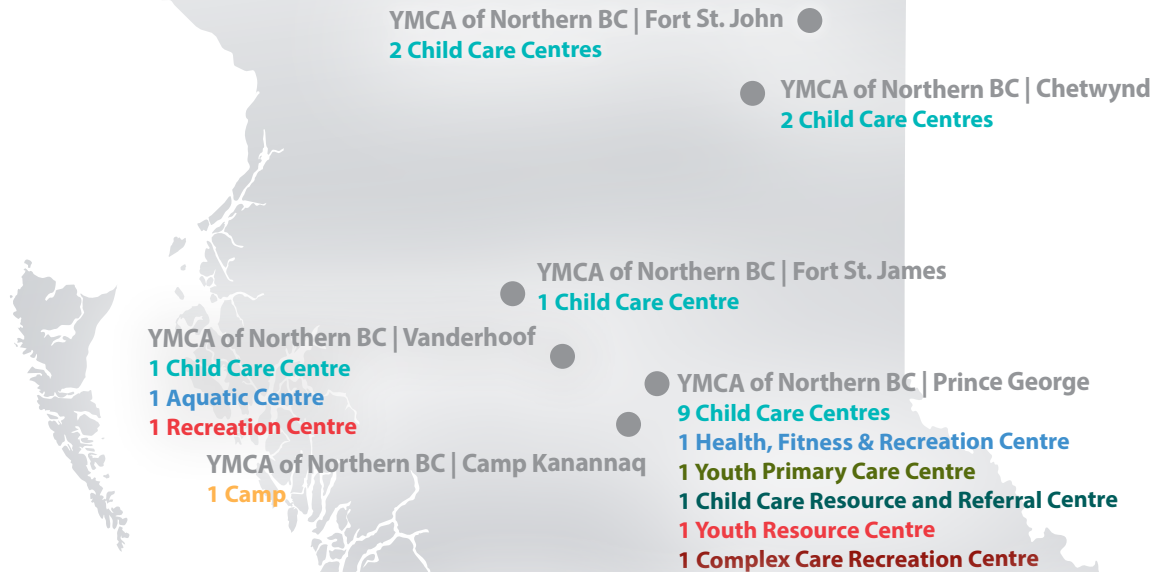
BC Employer Training Grant • Canada Summer Jobs • Canadian Tire • Canadian Tire Jumpstart • City of Prince George • Dale G. Harrison & Lo Elliott Orthodontics Inc • District of Vanderhoof • Enbridge • First Nations Health Authority • Foundry Central Office • Government of Canada • Graham Boeckh Foundation • Integris Community Foundation • Integris Credit Union • Intersect Youth and Family Services • Jim Pattison Broadcast Group • Michael Smith Foundation for Health Research • Ministry of Advanced Education and Skills Training • Ministry of Children and Family Development • Ministry of Mental Health and Addiction • Ministry of Social Development and Poverty Reduction • New Horizons for Seniors Program • Northern Health • Prince George Community Foundation • Prince George Division of Family Practice • Prince George Native Friendship Centre • Prince George Nechako Aboriginal Employment and Training Association • Province of British Columbia • School District 57 • School District 59 • School District 60 • Simon Fraser Lodge • St. Paul's Foundation • United Way of Northern BC • Vista Broadcast Group • YMCA Canada • YMCA of Greater Toronto • YMCA of Greater Vancouver



**GIVE. JOIN.
VOLUNTEER.**



Registration number:
119307197-RR0001



YMCA of Northern BC

We acknowledge, with much gratitude, that our work takes place on land **steeped in rich Indigenous history** and the **unceded traditional territories** of the **Lheidli T'enneh First Nations, Saik'uz First Nations, Nak'azdli Whut'en First Nations**, and the **traditional territories of the Treaty 8 First Nations**. We recognize and respect Indigenous People as **traditional stewards of this land** and the **enduring relationship that exists** between Indigenous Peoples and their traditional territories.

Chetwynd

4916 52nd SW • Chetwynd
250-788-2400

Fort St. John

11504-105 Ave • Fort St. John
236-365-6627

Prince George

2020 Massey Drive • Prince George
250-562-9341

Fort St. James

349 Stuart Drive W • Fort St. James
250-996-0320

Vanderhoof

186 Columbia Street E • Vanderhoof
250-567-4524

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