



YMCA-YWCA of Vancouver Island

2020 ANNUAL REPORT

Building Healthy Communities



a message from **THE CHAIR & CEO**

2020 was a year like no other. Facing the challenges of a global pandemic, our organization with many others in our communities had to quickly respond and adapt our operations to help keep people healthy and safe. Healthy communities are our lifeblood, so decisions were not necessarily difficult to make, but they were painful to implement with so many individuals and families affected. Among all the changes, our people and those we serve showed incredible resilience and an inspiring capacity to care for each other.

Back in March 2020, just as we were moving into a next phase of evolution in our planning, and with both of us finding sea legs in the leadership transition from 2019, we were forced to rapidly close our three main facilities and cancel all outdoor programs. During the closure period, we lost 85% of our revenues, and implemented temporary layoffs for more than 200 staff. Managing our cash immediately became a key priority.

As government supports and risk mitigation plans were put in place, we initiated re-opening at our Westhills and Downtown locations for childcare and for fitness / aquatics programs under significantly adapted protocols. Based on the generosity of donors who stepped up, we opened Camp Thunderbird for a shortened season of day camps later in the summer of 2020. Our youth mental health programming (Y-Mind) went virtual, allowing us to extend our reach, and the housing support initiatives at Y Young Moms and Pandora Youth Apartments helped the tenants adapt to even greater isolation. The pandemic affected already marginalized populations even more negatively. As an example, by some estimates the incidence of domestic and gender-based violence more than doubled.

Under constantly shifting rules, and with a remarkable ability to “pivot” (word of the year for 2020), members and staff started to slowly return to our facilities in July and membership revenue growth resumed at a fraction of the pre-pandemic levels. Those who came back were incredibly grateful to have the opportunity to visit and they reported that their health and wellness improved. While indoor physical exercise was possible again, and there was some limited social interaction with distancing in place, the Y experience under COVID-19 has been significantly different. We all look forward to the time when we can greet each other with visible smiles and eventually drop-in again at our spaces where we all feel a part of the community. The value of balancing body mind and spirit at the Y has never been more relevant.

Despite the challenges, we also found cause to celebrate and to remain hopeful in 2020. Donors on Vancouver Island were among the most generous in the country, and HeroWork organized a “radical renovation” at the Y Young Moms building that made some long-needed improvements and increased the number of housing units available. Childcare was positioned as an “essential service” in BC with new government supports, and campers made it up to Thunderbird where they achieved many of the same “breakthroughs” in terms of confidence and leadership skills we see every year. Our success in addressing youth mental health was recognized through several new grants related to providing additional support during the pandemic.

As we write this, the recent announcement of 215 children who died at the Kamloops Residential School is a stark reminder of the work that needs to be done by all of us in addressing reconciliation with Indigenous peoples and the importance of inclusion among our core values. We are optimistic for the future amidst ongoing adversity, and we are resolute that the Y will remain a relevant and essential force in community building here.



Nick Mosky
Chair, Board of Directors



Derek Gent
Chief Executive Officer



WHO WE ARE

vision

Healthy people, building strong communities

mission

Building strong communities on Vancouver Island by improving the health, fitness and well being of individuals and families. We nurture the potential of youth, promote equality and provide opportunities for giving back

values

Caring, Responsibility, Respect, Honesty, and Inclusiveness

WHAT WE DO

The Vancouver Island Y operates health, fitness & aquatics facilities, childcare centres, a summer camp and outdoor centre, housing initiatives for young mothers and for youth at risk, and a variety of programs broadly categorized under community health, youth learning and leadership or outdoor activities.



Vancouver Island



Health, Fitness & Aquatics



Pandora Youth Apartments Program



Camp Thunderbird & Y Outdoor Centre



Y Mind



Licensed Child Care



Healthy Living Programs



Young Moms Program



Power of Being a Girl



HEALTH & WELL BEING

We are so happy to see your smiling faces (even under masks) and grateful for all you do to keep us safe and healthy. You people are the best! — **handwritten card received at Westhills Y**

I am a single mom that lives with my infant daughter. During the COVID-19 pandemic I found it really hard to go out and get groceries for many reasons, the main one being I was afraid to bring my daughter out in public and potentially put her at risk of getting Covid. That is why receiving the Good Food Boxes has helped me so much.

— **participant at Y Young Moms**

Before I started this group (Y Mind) I was having very bad anxiety. I was having panic attacks multiple times a week and dwelling on things from my past as well as spending a lot of time worrying about hypothetical things in the future. Since participating I have noticed my anxiety getting less and less as weeks pass. I have been sure to do the homework and practice the skills between meetings and it really did help me. The best part was the supportive facilitators and having great conversations with a group of people similar to myself. — **Y Mind participant**



LEARNING & LEADERSHIP

At the time the pandemic hit, our Y Mind facilitators were running weeknight groups out of Downtown and Westhills Y locations. We were in week 3 (of 7) which is a time when the groups are just starting to gel and come together. When the initial restrictions happened, we were able to pivot quickly to an online platform, despite being so used to working face to face. Our staff stepped up and jumped head-first into the world of online facilitation. Much was learned in those first cycles, about delivering experiential and discussion-based content in the two-dimensional world of Zoom! We continued to hear great success stories and feedback about the program's efficacy and ability to create a sense of belonging and community. We will undoubtedly return to in-person delivery as soon as that is possible but will now also offer online versions in part to reach more people across the island who might not otherwise be able to participate. — **Y Mind Leader**

I like meal prepping and the food skills booklet because it allows me to prepare for teaching my daughter how to have a healthy relationship with food. It also allows me to understand how to eat healthier and it will set me up for success in the future. — **program participant at Y Young Moms**



NURTURING THE POTENTIAL OF YOUTH

2020 was my graduation from Victoria High School and Monica came to my outside distanced grad ceremony, and also to a picnic in the park. She borrowed a grad gown so that I could have some official looking grad pictures. I also received a grad gift from the program, which is very nice because I do not have family here to help me celebrate. I am very happy that I have had the support of this program and the staff to help me at this time! — **participant from Pandora Youth Apartments**

I am a local parent and teacher who witnessed your daycare staff while visiting the Westhills playground this morning. I wanted to write and say how incredibly impressed I was by each and every caregiver that was there today. I saw genuine care, respect and thoughtfulness towards each child, positive reinforcement, redirection with positive language, the encouragement of curiosity and brainstorming, the perfect balance of allowing independence and providing support, with acknowledgement and support of a wide range of young toddler emotions and challenges- all handled with perfection — **comment received by Y Member Services**

Thank you for the supportive environment (at Camp) that continues to provide a safe place for so many — **parent of Camp Thunderbird participant**



ENGAGEMENT & GIVING BACK

Feel free to put the money toward any type of programming that gives kids an outing. I've been thinking how nice day camp/nature walks would be for kids, to make up for all the school they have missed. Birds, landforms, geology, trees, etc. I love the idea of giving both parents and kids a break from each other, even if only for the day.

— **note received with donation**

Our most popular class continues to be aquafit. The participants line up outside, and while they are waiting for their turn to enter the building, they participate by catching up with one another, sharing stories about kids and grandkids, and bringing homemade masks and jam to share with other members and the Y staff.

— **report from Westhills Y Manager**

I feel very fortunate to be able to support the Y during this time and feel like it is really important to do so, as we are all in this together. You are such a great organization and provide worthwhile services for so many. I look forward to being able to go back and appreciate all the immense effort that the Y is making right now to make it safe.

— **Annual Campaign donor**

FINANCIAL HIGHLIGHTS

THE FOLLOWING NUMBERS ARE TAKEN FROM THE FINANCIAL STATEMENTS AUDITED BY GRANT THORNTON LLP

STATEMENT OF OPERATIONS \$ ('000s)

| | 2020 | 2019 |
|--|------------------|-----------------|
| REVENUE | | |
| Program | 2,969.6 | 10,701.3 |
| Government (Note 7) | 3,852.8 | 1,755.5 |
| Gaming | 100.0 | 99.9 |
| Fundraising | 310.8 | 295.0 |
| Other | 59.0 | 29.1 |
| Investment | 216.1 | 245.3 |
| TOTAL REVENUE | 7,508.3 | 13,126.1 |
| EXPENSES | | |
| Wages & Benefits | 4,839.0 | 7,173.2 |
| Operations | 592.9 | 1,285.6 |
| Occupancy | 2,791.8 | 2,884.5 |
| Other | 1,405.6 | 2,204.8 |
| TOTAL EXPENSES | 9629.3 | 13,548.1 |
| Deficiency of revenues over expenses from operations | (2,121.0) | (422.0) |
| Net Gain on Asset(s) | 121.7 | 119.8 |
| Excess (Deficiency) of revenues over expenses before Amortization Expense | (1,589.6) | 87.1 |
| Excess (Deficiency) of revenues over expenses after Amortization Expense | (1,999.3) | (302.2) |

STATEMENT OF FINANCIAL POSITION \$ ('000s)

| | 2020 | 2019 |
|------------------------------|-----------------|-----------------|
| ASSETS | | |
| Current Assets | 9,563.0 | 10,739.8 |
| Capital Assets | 3,248.5 | 3,506.2 |
| Investments | 1,296.7 | 1,175.1 |
| Other | 81.6 | 205.2 |
| TOTAL ASSETS | 14,189.9 | 15,626.3 |
| LIABILITIES | | |
| Current Liabilities | 2,252.8 | 1,722.3 |
| Long-Term Liabilities | 731.5 | 699.0 |
| TOTAL LIABILITIES | 2,984.3 | 2,421.3 |
| Unrestricted | 1,716.7 | 1,098.5 |
| Externally restricted | 1,782.2 | 1,642.0 |
| Internally restricted | 7,706.6 | 10,464.5 |



CHAIR'S ROUND TABLE DONORS AND FUNDERS

THANK YOU FOR YOUR WONDERFUL SUPPORT AND GENEROSITY IN 2020!

These donors have provided financial leadership with donations or funding of \$1,000 or more, helping to ensure the Vancouver Island Y continues to fulfill its Mission.

Anonymous – 8
Adams, Alice
Ames Family Foundation
Beckerman, Andrew
Bhandar, Kismet
Burnell, Alex
Carson, Peter
Cordova Bay's Friday Boyz Golf Group
Cushing, Stephen & Deborah Gill
DeMeo, Karen
Dobby, Bruce & Delight
Edgecombe, Jennie
Evening Optimist Club of Victoria
Farmer, Terry
Ferris, Luke
Gent, Derek
Gibbs, Ross & Valerie
Gorrie, Chuck
Hamilton, Don

Hunter, Patti
Home Depot Langford
Hop Wo, Calvin
Hutchison, Robert
In Memory of Shirley Main
KidSport Greater Victoria
Kuemmel, Ernie & Susan Pickard
Lamont, Peter
Langlais, Louise
Lyne, Maria & Steve
MacDonell, Joseph
Marcus, Alan
McKay, Scott & Alison
Megson FitzPatrick Insurance
Morahan, Connie
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Murray, Gordon R.
Nevins, Rikki
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Norgaard, Henning
Norgaard, Jonathan
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Provincial Employees Community Services Fund
Raymond James Canada Foundation
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Y Walkers

MAJOR FUNDERS COMMUNITY HEALTH PROGRAMS

Anonymous – 1
Ames Family Foundation
COVID-19 Emergency Federal Funding GBV Through the Canadian Women's Foundation
Coast Capital
Government of Canada's Emergency Community Support Fund and Victoria Foundation
Harris Kuipers Living Inc.
HeroWork
Investment Readiness Program Through Coast Capital Savings
Kiwanis Club of Victoria
Ministry of Health – Province of British Columbia
Ministry of Children & Family Development
Provincial Employees Community Services Fund
Rapid Relief Fund Through the Victoria Foundation
TELUS Friendly Future Foundation
Trudy & Doug Peden Foundation
Victoria Cool Aid Society
Vital Youth — St. Michael's University School Endowment Fund Through the Victoria Foundation
YWCA Canada COVID Emergency Fund

FOR A COMPLETE LIST OF 2020 DONORS AND SUPPORTERS, PLEASE VISIT
VANCOUVERISLANDY.COM

We have done our best to include all of our generous Chair's Round Table Donors and Funders.

We apologize for any errors or omissions. Please contact us at 250-386-7511 if there is an error in your acknowledgement.



THANKS TO HEROWORK FOR A RADICAL RENOVATION IN 2020!

Our Y Young Moms program was recipient of an incredible mobilization of volunteer efforts and donated materials that were deftly organized by HeroWork under very challenging pandemic conditions. A project that normally takes a few weeks was delivered over several months. We estimate that close to \$600,000 in value was contributed. This project included:

- ✓ Design and construction of two brand-new 2-bedroom basement suites. This increases our occupancy by 20% to 10 families at a time.
- ✓ Re-furbished and refreshed the 8 existing suites and added a new counselling space
- ✓ Designed and built an improved “free store” space
- ✓ Designed and constructed a new nature playground
- ✓ Re-designed front landscape and maximized parking spaces
- ✓ Repaired and upgraded a long laundry list of worn and weathered elements

This work allows us to focus our efforts and resources on supporting young single mothers and their children through safe affordable housing with expert counselling, advocacy, training and group activities delivered by our staff and volunteers.



AS PART OF GLOBAL AND PAN CANADIAN MOVEMENTS, THROUGH BOTH THE YMCA AND YWCA FEDERATIONS, OUR VANCOUVER ISLAND Y SERVES THE NEEDS OF LOCAL COMMUNITIES WITHIN OUR REGION THROUGH THE SUPPORT OF...

- H**Health, Fitness and Well-being (also looking at social determinants of health)
- E**ngagement and Giving back (responsibility and reciprocity — belonging to the Y)
- L**eadership development and Learning (especially for youth — Y is for “young”)
- P**otential, Participation and People (enhancing, increasing, enabling)



YWCA Canada YWCA Canada is a leading voice for women, girls, Two-Spirit and gender diverse people. For 150 years, we have been at the forefront of a movement: to fight gender-based violence, build affordable housing and advocate for workplace equity.

We work to advance gender equity by responding to urgent needs in communities, through national advocacy and grassroots initiatives.



YMCA Canada YMCA Canada is dedicated to the growth of all persons in spirit, mind and body, and to their sense of responsibility to each other and the global community.

Three critical resources, people, places and programs, come together at the YMCA to create a sense of belonging to a supportive network that helps our members and program participants achieve their personal development goals, be they physical, mental, social and/or emotional.

THANK YOU!

To the City of Langford, District of Metchosis, and District of Sooke for working with the Y and providing support through permissive tax exemptions to realize the vision of Healthy People, Building Strong Communities.

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