



YMCA-YWCA of Vancouver Island

2021 ANNUAL REPORT

Building Healthy Communities

a message from THE CHAIR & CEO

If 'pivot' was our word of the year for 2020, the terms which perhaps best capture the year following may be "waves", "variants" or "mandates". We had started 2021 hearing about the announcement of Covid-19 vaccines becoming available, and with hopeful anticipation for the eventual loosening of restrictions on our activities. People were ready for the resumption of opportunities where our communities might come together again in-person and to connect with a bigger circle of friends and family.

Alas, the weekly briefings from Dr. Bonnie Henry and Minister Adrian Dix continued through 2021. Our communities showed their resilience and the capacity to care for each other by following the new and seemingly ever-changing rules set out for us, but we also saw signs of increased vulnerability. The negative effects from prolonged periods of isolation and the socio-economic impacts on those already marginalized were profound, not to mention the toll on physical and mental health for many. People working in roles providing direct services to others, including many of our own staff and volunteers, became stretched and exhausted.

Our inspiration came from those we were able to serve, and those who stepped up to contribute more than they have before. Whether it was the kids and their young leaders heading up to Camp Thunderbird laughing through their masks on the bus, or the unique outdoor fitness classes we held in the parking lots of our facilities, or the Y-Mind participants continuing to support each other in overcoming their anxiety through regular Zoom meetings, we saw and heard the appreciation. Our hearts filled as families thanked us for the continued access to childcare during adapted morning dropoff routines at our Centres, and we looked forward to the conversations in socially distanced lineups before aquafit classes as our regulars queued up for their reserved spots. We were constrained in the number of people who could access our programs and in how we could deliver but never lost our enthusiasm for what we do and why we do it.

Government supports were essential for us again in 2021, with Federal wage and rent subsidies available for most of the year, and these increased as we faced renewed facility closures due to the Omicron wave in December. These funds did not completely offset our financial losses but helped to mitigate the significantly lower membership revenues that we experienced relative to pre-covid levels, and to address some of the additional costs from adapting our operations to meet health and safety requirements. Generous contributions from our donors made it possible to triple the number of kids attending outdoor camp in the summer of 2021,

although we would have to wait another year until 2022 for overnight programming at Camp to resume again. Pandemic related funding also made a big difference to the operation of our Pandora Youth Apartments and Y Young Moms, which allowed us to provide additional support and help ensure that the residents in these programs could survive and thrive while facing new challenges.

Uncertainty remains a primary driver in our current context. Hope and opportunity are balanced with the important needs in our communities and the limitations on our capacity and resources. We are incredibly proud of how our team here has weathered these difficult conditions and we have stayed resolute in our commitment to serve as best we can. Looking to the future, we expect more changes in our operations without compromise to our values and our purpose.

As an independent member of both the YMCA and YWCA Federations, we draw tremendous strength from these movements of which we have been a part for almost a century and a half now, and from the history and tradition of our own organization here in this region. We have been through many challenges and changes in the past, and we look forward to our future.



Barri Marlatt
Barri Marlatt
Board Chair



Derek Gent
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



Y Mind

Between the Vancouver Island Y, participating schools, and community delivery partner sites,

- ✓ 11 Y Mind groups were delivered in 2021
- ✓ Over 110 teens and young adults participated in the program in 2021

As restrictions began to lift, the Y's Mental Wellness team was excited to get back to in person programming in the fall of 2021. Since then, we have returned fully to in-person programming. The online Y Mind groups that began because of the pandemic continue to be offered by some of the Y's and by the Foundry, so the programs are available for young adults and teens across BC. Program evaluation results continue to show 100% success rates in improving participants' capacity to cope with stress and anxiety, increased mindfulness, and overall well-being.

"I have learned to use mindfulness as a tool to calm my body and mind, which allows me to fully live in the present. I have learned to unhook from re-occurring thoughts that cause anxiety and have learned that not all anxiety is bad. I have also been equipped with enough tools and resources to confidently move forward with my life and seek happiness in being present."

- Y Mind Youth Participant Fall 2021



LEARNING & LEADERSHIP



Camp Thunderbird

"As I reflect on the experiences that I have had the privilege to participate in throughout my youth in outdoor leadership programs, the impact that they have had on my personal growth as a leader and an individual has been profound. ...I took part in overnight kayaking leadership courses through the Y, and developed soft skills including conflict resolution, empathy and responsibility, and hard skills including kayaking, gear management and food preparation. Following my years as a participant, I have both volunteered as a program assistant and worked as an outdoor educator at Camp Thunderbird. The introduction from our leaders to the skills needed to work as a team to survive in the wilderness while caring for each other, have since inspired me to leave the same impact on others as they did for me. With the training required to become an assistant overnight guide, I will use the opportunity to introduce new and experienced learners to the necessary skills that create the framework for outdoor leadership."

"The impact the kayak trips I took as a child on my well-being cannot be understated, and I know many others with similar experiences. ...As a physically disabled person who is unable to hike any significant distance, kayaking is one of my only ways to truly connect to the outdoors, and I feel passionate about bringing that experience to others who also are unable to hike. Hiking is often more accessible as a way to connect to the outdoors, especially for children, but I think it is important to realize that this is not realistic for everyone, and I look forward to the opportunity to make kayaking a reality for more people."

"During my middle school years, I went to Camp Thunderbird and registered for the program which included a five-day kayak trip. I loved the kayaking so much that I registered for this program three years in a row. I enjoyed the act of paddling and relished the challenge of long days and a new destination! I was also blown away by the beautiful biodiversity and incredible organisms in the Southern Gulf Islands. But it was perhaps on my own LD Kayak out trip, where I truly fell in love with kayaking. I turned sixteen on this very trip, a glorious birthday present. I loved the rhythmic dance of paddling, excitement of new waters and destinations, and the allure of the soundings."

-Testimonials from the 2021 recipients of the Peter McGill Memorial Endowment Fund who are past campers and now amazing employees of Camp Thunderbird and the Vancouver Island Y.





NURTURING THE POTENTIAL OF YOUTH



Young Moms Program

“The Young Moms Program has given me the housing security that I never had growing up, the sense of stability that I didn’t know was lacking in my life, the opportunity to set boundaries with my family. My son over the past year of living here has thrived in the community that is created within the house. The staff helped and supported me in getting his autism diagnosis and played with him when I’m overwhelmed. I’ve been able to go back to school and get myself on a path to a career I never thought I was going to be able to do. I wouldn’t be where I am without the support of this program, and I can only hope they can continue to help other mothers who are trapped in cycles of abuse without even being aware of it.”

“I just wanted to say how amazing it was to be able to finally go to the dentist. Prior to my dental appointment I had only been in for a hygiene appointment once in the last 11 years. My mother passed away when I was young, and she had handled my dental appointments. As I got older, I wanted to take care of my teeth but the cost was something I just couldn’t afford, especially now as a single mom working part time and planning to go back to school. When I mentioned to my counsellor that my teeth were hurting, and she mentioned possible funding I couldn’t believe it. While at the appointment everyone made me feel very comfortable and educated me on how to better care for my teeth. I have extensive dental work that needs to be done as well as partially grown in wisdom teeth and if it wasn’t dealt with soon would have turned into a dental emergency. I am so thankful to get the opportunity to take care of my teeth and show my daughter how to take care of hers properly with confidence. My dental work has caused me so much stress and anxiety and I’m looking forward to being pain and anxiety free.”

- **Thank you** for the funds received from the GSC Community Impact Fund through the Victoria Foundation to help improve the oral health of the participants of the Y’s Young Moms Program.



Pandora Youth Apartments

“Managing my mental health and learning nutritional skills have made an important impact on my life, as well as kept me away from having any anxiety or depression”

Group programming at PYA was complicated by varying levels of vaccination, and the comfort level of staff and youth using a small space. The annual summer BBQ and Christmas dinner for current and past residents were both cancelled. Former youth mentioned missing the opportunity to visit at those times.

92% of PYA youth required support with medical issues. Support included: referral and support for anxiety and depression; accessing physical and mental health supports; monthly medication pick-ups & injections; routine eye exams and glasses replacement; routine dental cleanings and fillings; dental surgery for wisdom teeth extractions; hip surgery; sexual health; routine illness/flu; Covid-19 vaccinations, health checks and testing.

Of note this year regarding youth anxiety - many PYA youth residents struggled extensively with school closures at the beginning of the year, and then again with the reopening in September. Youth struggled to study on line and mostly were not successful in completing classes last June. There was only one youth high school graduation in 2021 - the lowest number of youth graduates from PYA in many years.



ENGAGEMENT & GIVING BACK



Health, Fitness & Recreation

“Boy do I miss the Y right now!!”

“We seniors in one family appreciate you not withdrawing funds. We continue to give \$50 every month to your Annual Campaign, as we believe in the work you do. We will gladly and happily return to our pool and our gym once this crisis is over. When we ride our bikes past the Y, we are brimmed with tears for our loss and yours.”

“I hope that you are keeping well and weathering this storm. I have found safe harbour in my wee apartment in Oak Bay. I miss the Y terribly - it is one of the most important “anchor points” for me in life!”

“Thank you for your excellent reopening. It’s a huge blessing to be back!”

FINANCIAL HIGHLIGHTS

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

STATEMENT OF OPERATIONS \$ ('000s)

	2021	2020
REVENUE		
Program	3,283.5	2,969.6
Government	4,422.7	3,852.8
Gaming	99.9	100.0
Fundraising	492.0	310.8
Other	178.0	59.0
Investment	194.5	216.1
TOTAL REVENUE	8,670.6	7,508.3
EXPENSES		
Wages & Benefits	4,630.3	4,839.0
Operations	603.8	592.9
Occupancy	2,942.8	2,791.8
Other	1,489.0	1,405.6
TOTAL EXPENSES	9,665.9	9,629.3
Deficiency of revenues over expenses from operations	(995.3)	(2,121.0)
Net Gain on Asset(s)	77.1	121.7
Excess (Deficiency) of revenues over expenses before Amortization Expense	(560.5)	(1,589.6)
Excess (Deficiency) of revenues over expenses after Amortization Expense	(918.2)	(1,999.3)

STATEMENT OF OPERATIONS \$ ('000s)

	2021	2020
ASSETS		
Current Assets	4,035.9	9,563.0
Capital Assets	2,955.6	3,248.5
Investments	6,371.8	1,296.7
Other	208.4	81.6
TOTAL ASSETS	13,571.7	14,189.8
LIABILITIES		
Current Liabilities	2,641.1	2,252.8
Long-Term Liabilities	643.2	731.5
TOTAL LIABILITIES	3,284.3	2,984.3
Unrestricted	679.4	1,716.7
Externally restricted	1,890.0	1,782.2
Internally restricted	7,718.0	7,706.6



CHAIR'S ROUND TABLE DONORS AND FUNDERS

THANK YOU FOR YOUR WONDERFUL SUPPORT AND GENEROSITY IN 2021!

These donors have provided financial leadership with donations of \$1000 or more, helping to ensure the Vancouver Island Y continues to fulfill its Mission.

Anonymous - 4
Adams, Alice
Ames Family Foundation
Bell Canada
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CIBC Children's Miracle Network
Canadian Tire Jumpstart
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City of Langford - Mayor's Golf Tournament
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Farmer, Terry
First West Credit Union
Francis, Eileen

Friday Boyz at Cordova Bay
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Vistaprint
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Y Walkers

SPECIAL GRANTS AND OTHER FUNDING

Anonymous - 1
Andrew D. Beckerman Fund through the Victoria Foundation
Canada Summer Jobs Program
Canadian Women's Foundation
GSC Community Impact Fund through the Victoria Foundation
Jumpstart Sport Relief Fund
Kiwans Club of Victoria
Ministry of Child & Family Development
Ministry of Health - Province of British Columbia
Peninsula Co-op
Rotary Club of Victoria-Harbourside Foundation
Second Harvest Emergency Food Security Fund
Victoria Cool Aid Society
Victoria Foundation Community Recovery Grant
Victoria Foundation Emergency Community Services

FOR A COMPLETE LIST OF 2021 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.



WHY I DONATE TO CAMP THUNDERBIRD

Some people's lives are impacted in a profoundly positive way by a life circumstance. This could be mentoring received from a teacher or coach who believed in you when you yourself did not, an experience you had while travelling, or being part of an organization of like minded individuals sharing a passion and fellowship. For me, it was summers spent at Camp Thunderbird while I was a young girl.

This experience helped me become the best adult version of myself and shaped who I am today. Beginning at age 7 through to 18, I was lucky enough to spend at least 2 weeks each summer up at camp. I embraced all of the diverse programming offered; from archery to canoeing to hikes along the pipeline and overnights at Sooke Potholes. Later I enrolled in the Counselor in Training program which challenged me in different areas such as conflict resolution and leadership, culminating in becoming a camp counselor myself. The lessons and skills I developed at Camp gave me the ability to maneuver through my adolescence and young adulthood with confidence and poise.

I am therefore, along with my husband Steve, honored to donate to Camp Thunderbird in a meaningful way, following in the footsteps of my mother, Vera Wille, who has made a lasting impact on the Y with her bequest through her Will.

The pandemic has been so challenging in so many ways to children, teens, and their families as well as the Camp Thunderbird programming and facility itself. We therefore feel it is even more important now than ever to assist the staff and leadership team that operate Camp Thunderbird, so they are able to provide the best and most fulsome camp programming possible to the families of Victoria and surrounding area.

It is our sincere wish that all campers will benefit as I have from the rich Camp Thunderbird experience which will foster the same confidence and positive growth in all aspects of their young lives.

With gratitude,
Maria Lyne

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...

Health, Fitness and Well-being (also looking at social determinants of health)

Engagement and Giving back (responsibility and reciprocity — belonging to the Y)

Leadership development and Learning (especially for youth — Y is for “young”)

Potential, Participation and People (enhancing, increasing, enabling)



NATIONAL ADVOCACY.
COMMUNITY ACTION.
UNE VOIX NATIONALE.
DES ACTIONS LOCALES.

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 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.

BOARD OF DIRECTORS, 2021

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