



YMCA-YWCA of Vancouver Island



2022

ANNUAL REPORT

Building Healthy Communities

a message from **THE CHAIR & CEO**

2022 was a year that saw us pushing forward from the pandemic conditions that have constrained us for so long. We strived to serve ever more people in order to outpace the reduced support available through federal wage and rent subsidy programs phased out mid-year. You may recall that 2022 started with us under closure due the Omicron variant wave, and then as we re-opened our doors and rebuilt the teams, we saw revenue grow month over month with our communities coming together again. As inspired as we have been by this realization of our vision for Healthy People Building Strong Communities, membership numbers remain well below pre-pandemic levels, reduced staffing is a constant limitation and we have been working to redefine ourselves and our relationships based on expectations for a new future.

Revenue growth from programs offset a decline in Government funding in 2022, but not enough to prevent another financial deficit. We experienced continued diminishing of our financial assets and accumulating liabilities, while working to protect our capacity for reinvestment. Despite the challenges, our spirits endure, and we know that the Y remains as important as it has ever been, while we also recognize the fiscal reality.

Led by a strong and committed Board of Directors, our senior leaders came together with the team of volunteers and staff that live the Y values every day across different program areas and services, and we delivered what we do best. We serve our members, we support those in our programs, and we offer experiences for learning, development, engagement and belonging that reflect how much we care about the well-being of each other. The inspiration available from colleagues, from participants and from those who support us, is boundless.

In 2022, our understanding of the longer-term impacts from these past few years was still emerging, particularly for young people, women, gender diverse individuals, and those already marginalized. The level of disruption and the effects of isolation and change have been dramatic, with important learning and innovation still occurring. Together with YMCAs and YWCAs across the country and around the world, we are working on the promise to build back better, to work more collaboratively, and to keep pace with the current context.

Housing support at the Y's Young Moms Program and Pandora Youth Apartments has adapted to the changing needs of the residents, especially including increased attention to mental health and access to healthy food. Addressing these needs has been made ever more challenging by the significant inflation we've seen in groceries, transportation, rental costs, and wages in 2022. Camp Thunderbird and the Y Child Care Centres have been operating near full capacity without compromising quality or unduly increasing our prices, and demand for programs like Y-Mind and our Healthy Living classes is expanding.

Population growth on the West Shore is creating renewed impetus for us to engage members from the larger, more diverse, and younger demographic here. We seek opportunities to better provide what people want and need in ways that make sense for them. Moving into 2023 we have redefined our relationship with the City of Langford and Westhills Land Corporation as community partners, and we're excited about the potential.

Victoria has also changed quite fundamentally, in terms of the mix of residents, neighborhood dynamics and the needs and behaviors of those who come Downtown for work or to access services. We are refocusing our efforts on a vision for our Downtown Y in the post pandemic future, and we are greatly appreciative of Concert Properties for their patience and support as we work on new options for space and programming.

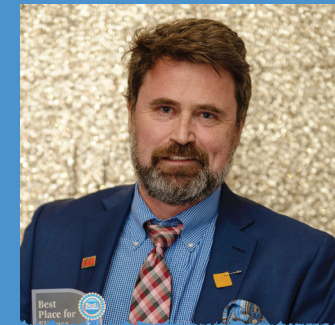
To a certain extent, we feel as though we are emerging from a period of restriction, austerity, and uncertainty. The positive stories shine through, as seen in this report, our performance is trending in the right direction, and we have tremendous hope on the horizon as new strategies emerge. Deepening municipal relationships, diversifying our offerings, and driving our relevance at the community level are keys to our success.

We thank you for your continued support and look forward to the next phases for our Vancouver Island Y.



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
-  Y Mind
-  Licensed Child Care
-  Healthy Living Programs
-  Young Moms Program
-  Pandora Youth Apartments Program
-  Camp Thunderbird & Y Outdoor Centre



HEALTH & WELL BEING

The Y's Healthy Living Programs

Are much more than physical activity! Our programs offer a safe environment with knowledgeable leaders helping individuals living with one or more chronic health conditions make the transition to a healthier active lifestyle. Each Healthy Living program will improve strength and cardiovascular endurance and provide peer-support. Tailored exercises are designed to meet changing needs, and boost self-esteem and self-awareness.

“I have osteoarthritis in several joints. My left hip failed first and I had a total hip replacement in January 2022. It was a bit of a shock to me, as it came on very fast. I had to quit a few things, but I was determined to get back to a level of fitness that would allow cycling, hiking, walking, and playing with grandchildren. I met Vince last year and he worked with me in the gym to start strengthening everything. He introduced me to the Y's Healthy Living Program. I love this program. I have met some new friends. We support one another, laugh and work on being our best selves. I'm so grateful for it.”

“I'm very pleased to be a participant in the Healthy Living class at the Westhills Y. This is a relatively new program for me, and I feel very welcome. I used to stick with the pool for exercise but really wanted and needed to introduce new exercises to my routine. It's intimidating walking into a gym where the bulk of participants are less than 1/2 your age! I was lucky to have had Vince on my orientation in the gym. He is so knowledgeable with the correct technique and always quick to correct any bad postures. I've had some health issues and injuries in the last several years so I was so excited when he told me the Healthy Living program might be a good fit. I would've felt lost without his encouragement. The assessment process put me at ease. The comfortable one on one discussion was informative and I appreciated knowing what to expect of the classes ahead of time. I knew I wasn't in over my head, and I knew I would also be challenged.”

Y Mind

42 teens and 42 youth were supported in the year. Four new partnerships were created with community agencies on the island, one of them serving Indigenous populations. We are pleased to have been rewarded a three-year contract extension with the provincial Ministry of Mental Health and Addictions, to continue offering this effective, free, mental health program. The results continue to affirm 100% increased mindfulness and overall well-being.

“The most valuable thing I have learned during my experience in the group was how significant loneliness played a role in my anxiety. To be in a space with people who feel a very similar way to me was such a relieving feeling – with the intensity of anxiety and the secluded feelings of the mind, it can be hard to remember that there are people who feel the same way. I am truly grateful for the sense of mindfulness and self-compassion this opportunity has offered me.”



LEARNING & LEADERSHIP

Licensed Child Care – A Parent's Thank You

“We wanted to take a moment to express our gratitude for the incredible work you do every day. We often find ourselves imagining the adventures our child goes on with you, exploring the wonders of Green Park, Saint Anne's Academy, and Log Park. We are so grateful for each of you and know she gets to spend her days with people who go above and beyond, creating a safe, stimulating and nurturing environment. We appreciate your patience, your dedication, and the love and care you pour into your work. As a thank you, here's a little story of how we imagine you to all spend your day together.”

“Once upon a time in downtown Victoria, nestled among the bustling streets, there stands a remarkable YMCA Child Care Centre. At the heart of this vibrant place are three extraordinary teachers who dedicate their lives to nurturing the young minds and souls that walk through the doors each day. In this corner of downtown Victoria, the YMCA Child Care stands not just as a place of care, but as a sanctuary of growth, nurtured by the hands of remarkable teachers. The children thrive under their guidance, their potential unleashed, their spirits lifted...”

Camp Thunderbird and Y Outdoor Centre – McKenzie Elementary

“I am writing with gratitude to share our Grade 5 student experiences at their recent day trip to Camp Thunderbird in Sooke. This was the first time our students had this opportunity, and it will definitely be one we try and repeat in years to come. From the initial inquiry to the events on the day, the whole program went smoothly. Our students and staff experienced a variety of developmentally appropriate activities. The opportunity for this type of outdoor learning adventure is priceless. For many of our families, the cost of these types of activities is prohibitive. The financial support we received made it so that all of our students could participate in activities that are so beneficial to their mental wellness. This is particularly important especially after the students have had limited adventures due to the impact of the pandemic.”





NURTURING THE POTENTIAL OF YOUTH



ENGAGEMENT & GIVING BACK

Pandora Youth Apartments Program – New Beginnings

She was born and lived in Congo until age 10 as the youngest of 4 siblings, single parented by their mother who passed away from cancer. One week later, war broke out in Congo and she arrived home from school to find two of her siblings had already fled, so she and her 13 year old brother also fled. They survived sleeping in the forest, eventually making their way first to Uganda, where life was very difficult. They travelled to Kenya and were smuggled in, without identification. In Nairobi, they were connected with the UN High Commissioner for Refugees. Paperwork was completed and contact was made with an aunt in Canada.

Moving to Edmonton when she was 15, she suffered in great pain in the cold climate from a previous surgery for a genetic hip condition. Doctors in Edmonton did another surgery to ease the pain and keep her hip intact. As she recovered, she taught herself how to speak English, enrolled in High School, studied, and nannied for her aunt until she was 18 and legally allowed to move.

Moving to Victoria in 2019, she was initially supported by income assistance, and eventually obtained employment to support herself. The expense of renting a basement suite on a part time income was very difficult and she struggled to make enough money to continue with her high school education.

Young Moms Program

“YMP helped me with housing first, but the counselling and parenting support helped in so many ways. My son was seriously sick a lot the first year in the program with lots of hospital visits taking most of my time even though my health has not been great either. I still was able to work with my counsellor on my goals and take lots of groups like the Rent Smart, Food Skills, legal workshops and recently learned more about the trauma of money from my childhood and unhealthy relationships in the money management group. It’s easy to feel bad about things like money, but when you understand it’s trauma and growing up in care it’s easier to talk and think about money. We have now transitioned into BC Housing, which is great, but it’s also great to still have support and still be part of programming. Right now, we are doing the new Equine Assisted Learning Program and I will come to drop in. We are also looking forward to the farmers market coupon program the Y gets for us so we can go with the other parents as a group. It’s exciting and hard to leave the program but it helps to still have the community and support. Staff helped throughout the program with maintaining my mental health during counselling and also the check ins which made a drastic change. I haven’t had one anxiety attack since leaving the program because I have learned to recognize my feelings.”



Health, Fitness & Aquatics

“I wanted to take a minute to pass on my sincere thanks to one of your lifeguards, Ben. My kids started swimming lessons this week and one of our girls is extremely shy. She struggles with new people and new situations and was hesitant to participate in our first class. Ben was amazing though. He was supportive of her feelings while also encouraging her to join in step-by-step and by the end of the 30 mins she was already comfortable with him helping her to float on her back. For context, she doesn’t really like extended family members hugging her, so this was huge! I really can’t thank Ben enough for helping our family. We’re so excited to have the girls improve their swimming skills and it’s amazing we can do this at our local Westhills Y. We’ve made a small donation as an additional thanks for Ben and for all you do as an organization in our community.”

Friday Boyz Story

The Friday Boyz can trace back their beginnings to 2007, when a few guys got together at Cordova Bay Golf Course under the guidance of Art Fraser, who was leading this fledgling flock. In time, the original guys grew from 8 to 12, and ultimately more. It started with their love of the game and went beyond chasing that long drive, or pin-tight pitch, or perfect putt. This is a story of friendship and philanthropy forged by the game of golf.

One day they were chatting as to why they were keeping the prize money they raised. Donating it to a charity was mentioned, the Y was tossed out as an option, and the decision was made. The idea of sending kids to Camp Thunderbird, helping struggling families experience the Y, or providing housing and support for youth and young families – it all struck a note with the group. And what started out as few hundred dollars donated yearly, grew into a few thousand dollars annually.

The pandemic forced the group to get creative with golf bookings and social gatherings, and the Friday Boyz dug deep with larger sums. The group’s annual donation grew from about \$3000 to over \$5000 - proof that their fellowship was matched by their generosity.

In 15 years, the Friday Boyz have raised over \$35,000 for the Y, and over the years played a few thousand rounds of golf, some good, some bad, but always with a few chuckles. It’s a testament to their love of the game of golf, fellowship, friendship, a desire to help others, and of course, a need to spread a little malarkey at their beloved 19th hole.

FINANCIAL HIGHLIGHTS

THE FOLLOWING NUMBERS ARE TAKEN FROM THE FINANCIAL STATEMENTS AUDITED BY MNP LLP

STATEMENT OF OPERATIONS \$ ('000s) for year-ending December 31

	2022	2021
REVENUE		
Program	4,659.1	3,250.9
Government	2,674.5	4,424.7
Gaming	99.9	99.9
Fundraising	463.1	491.9
Other	515.7	208.6
Investment	138.4	194.5
TOTAL REVENUE	8,550.7	8,670.5
EXPENSES		
Wages & Benefits	5,023.1	4,630.3
Operations	685.7	603.8
Occupancy	3,052.7	2,942.8
Other	1,315.9	1,489.0
TOTAL EXPENSES	10,077.4	9,665.9
Deficiency of revenues over expenses from operations	(1,526.7)	(995.3)
Net Gain (Loss) on Asset(s)	(212.9)	77.1
Excess (Deficiency) of revenues over expenses before Amortization Expense	(1,416.8)	(560.5)
Excess (Deficiency) of revenues over expenses after Amortization Expense	(1,739.6)	(918.2)

STATEMENT OF FINANCIAL POSITION \$ ('000s) for year-ending December 31

	2022	2021
ASSETS		
Current Assets	4,739.0	4,035.9
Capital Assets	2,650.4	2,955.6
Investments	4,699.7	6,371.8
Other	219.6	208.4
TOTAL ASSETS	12,308.7	13,571.7
LIABILITIES		
Current Liabilities	3,237.0	2,658.8
Long-Term Liabilities	523.8	625.5
TOTAL EXPENSES	3,760.8	3,284.3
Unrestricted	(1,737.7)	679.4
Externally restricted	2,109.7	1,890.0
Internally restricted	8,175.8	7,718.0



CHAIR'S ROUND TABLE DONORS & MAJOR FUNDERS ALL PROGRAMS

THANK YOU FOR YOUR WONDERFUL SUPPORT AND GENEROSITY IN 2022!

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 - 12

Adams, Alice

Ames Family Foundation

Barri A. Marlatt Law Corporation

Camp Thunderbird Staff Auction

Canadian Women's Foundation

Cushing, Stephen

DeMeo, Karen

Engh, Trevor

Evening Optimist Club

Farmer, Terry

Friday Boyz Golf Gang

Gent, Derek

Gibbs, Ross & Valerie

Gorrie, Charles

Government of Canada ESDC Canada, Summer Jobs Program

Hamilton, Don

Hodge, Ian

Hop Wo, Calvin

Hutchison, Robert

Juan de Fuca Community Land Trust - Fund through the Victoria Foundation

Kuemmel, Ernie & Susan Pickard

Heart Lake Farm

Kiwanis Club of Victoria

Langlais, Louise

Lyne, Steve & Maria

Marcus, Alan

McKay, Scott & Alison

Menzies, Tracy

Ministry of Child & Family Development

Ministry of Health - Province of British Columbia

Morahan, Connie

Mothersill, Anne I.

Nevins, Rikki

Pellew, Adrian

Peninsula Co-op

Provincial Employees Community Services Fund

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Roberts, Jill

Rotary Club of Victoria - Harbourside

Second Harvest Emergency Food Security Fund

Spark, Carrie

Store Street Holdings

Taylor, Bill & Barb

Victoria Cool Aid Society

Victoria Foundation's Community Grants Program

Waddell, John & Linda

Wallace, Robert

Walsh, Susan Hope

Y Walkers

SPECIAL GRANTS AND OTHER FUNDING

Ambrock, Bronwyn

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De Turberville, Joan

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Guardado, Susana

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LaFace, Brenda

Li Foa Wing, Agnes

Lowe, Richard

MacKinnon, Karen & Jack

Maverick Square Dance Group

Mellett, Rebecca

Ping Identity Corp.

McPherson, Harlene

Moore, Kiersten

Neil, Jane

Schmidt, Anna-mary

Simpson, Loredana

Victoria Kiwanis Foundation

Voldeng, Randy

Weick, Frances

Zink, Wendy

In Honour of Alice Adams' 100th Birthday

Adams / Surridge Family

In Memory of Gavin Lilli Gaston

Mitch's Locker Fund Sydney Kalef

In Honour of Sandra Hudson Steve McKinnon

In Memory of Shirley Main / In Honour of Marsha Main

Jill Roberts

In Memory of Albert Hestler Liz Sadler

Nicola Benn Endowment Fund Natasha Benn

FOR A COMPLETE LIST OF 2022 DONORS AND SUPPORTERS, PLEASE VISIT VANCOUVERISLANDY.COM

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

We apologize for any errors or omissions. Please contact us if there is an error in your acknowledgement.



Young Moms Program – Thank You to Heart Lake Farm and their Horses!

The Equine Assisted Learning Program, generously offered by Heart Lake Farm, provides the Young Moms Program participants with the opportunity to spend time in nature working with horses. In this 8-week program, the moms learn more about themselves and teamwork, problem solving, boundaries, body language and silent communication, appropriate assertiveness, and building and earning trust. They develop new ways of communicating intentions and self-expression, making choices, and committing to them while being open minded and creative. They really enjoy bonding with the horses and learning more about horse care. They see the relevance of the skill transfer for parenting, work, school, relationships, and life in general.

“Having to communicate with your partner and the horse with body language only to do tasks during the silent communication session was interesting. I thought it would be so hard, but it was quiet. Paying attention and noticing what worked and didn’t work and sensing discomfort and what size the horse and your partner’s personal bubble were and being patient. I think I noticed different things and almost listened better depending on body language.”

“The horse sometimes got too close for comfort and sometimes I had to set my boundary and be firm, just like with people, so we’re learning about relationship building and boundaries, staying calm but assertive.”

Camp Thunderbird and Y Outdoor Centre – Na’tsa’maht Event

Approximately 40 Indigenous students from SD 62 and 20 adult guests were welcomed to the Y’s Camp Thunderbird for the day. Chief Planes (T’Sou-ke) welcomed everyone to their traditional territory and thanked the School Board, the Y, and the Elders for making the day possible. The students were congratulated for their achievements and encouraged to enjoy this time on the land in celebration. This successful land-based graduation event celebrated the accomplishment of these young people and inspired them with ideas for the next chapter in their journey. This event is scheduled again with participation from all three local school districts in June 2023.

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 Metchosin, 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 2022 - 2023

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