



YMCA-YWCA of Vancouver Island



2023
ANNUAL REPORT
Building Healthy Communities



a message from THE CHAIR & CEO

In 2023 we saw some realization of the hope that has been held during a very challenging period for our organization and for the communities we serve. Our membership has continued to expand every single month since July of 2020 when we first re-opened during the pandemic. In 2023 we recorded a financial surplus for the first time in many years and the usage at our main facilities is approaching pre-pandemic levels again. Total membership numbers and revenues are still down from what they were, but the people who have come back are accessing the Y more frequently and we're seeing the results in terms of healthy, happy, connected people in a strong community. Our thanks to all of you who belong as members at our Y and particularly to those who support financial assistance for others to participate.

Key to our success has been the commitment, generosity and shared sense of purpose with our funders, donors, partners and supporters. The City of Langford stepped up to revisit our Service Agreement here, Westhills Corporation offered forgiveness of some past rent, Concert Properties have been providing ongoing support of our Downtown Y, and the Federal & Provincial governments came together to expand \$10 per day childcare in our Centres, each making a tremendous difference. Together with the many meaningful financial contributions we received this past year, we have been able to serve essential needs at the community level.

Our staff and volunteers go above and beyond what should be possible, as they bring their passion, expertise and caring to our work to create the kind of impacts we can all feel, and that you can read about here in this report.

As part of our work in 2023, the Board of Directors came together and approved a Strategic Plan that will help guide and inform the organization as we chart our path forward. We still have many challenges to face and while perhaps less uncertain and unstable than we have been, it will be important to remain focused on key priorities for the future.

The local labour market has made it very difficult to find and keep people in key roles, and inflationary pressure has affected both our operating costs and the living expenses for people here. We were pleased to pilot our first employment services program in 2023 with the support of YWCA Vancouver, and we saw national expansion of the Y-Mind and Mind Medicine programs that we have been delivering with YMCA's here in BC for several years now. Participation in both of our Federations remains a tremendous advantage.

Seeking a new location for serving Downtown Victoria is a key pillar in our strategy, while we continue to operate from our current site for the upcoming future. We have deepened our level of engagement with the

City of Victoria in developing collaborative solutions and have a number of potential partners looking at both shorter-term and longer-term options for spaces. As we make progress and further develop our vision for a new Y, we expect to have more news to share and opportunities for input.

Housing affordability has reached crisis levels in our region, and as we seek to shore up the services and support we provide through programs like Y Young Moms and Pandora Youth Apartments, we are also participating in efforts to expand what's available. We were pleased to find new subsidized spaces for the young people who transition from our supported units to even greater independence.

Camp Thunderbird had another tremendous season in 2023, with thousands of young people able to get out into wilderness areas and experience unplugged activities that connect them to each other, to the land, and to themselves as they build confidence, knowledge and friendships. For our young staff and for campers alike, the development that occurs through our outdoor programs is life changing.

Our region is still undergoing significant change, and we are doing our best to keep pace. Collaboration with others and evolving to serve the local needs will position our Y for a sustainable and impactful future.



Barri Marlatt

Barri Marlatt
Board Chair



Derek Gent

Derek Gent
Chief Executive Officer

3-YEAR STRATEGIC FRAMEWORK

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. Inclusiveness.

Goal 1

**An Employer and
Service Provider of Choice**

SP1. Attract, develop, and retain our team of staff and volunteers to deliver our programs and services.

SP2. Develop a bold vision for the Y's downtown presence.

Goal 2

**Expanded Programs
and Facilities**

SP3. Strategically nurture existing and new relationships for collaborative opportunities.

SP4. Continually seek opportunities to offer and enhance programs and services that meet evolving community needs.

Goal 3

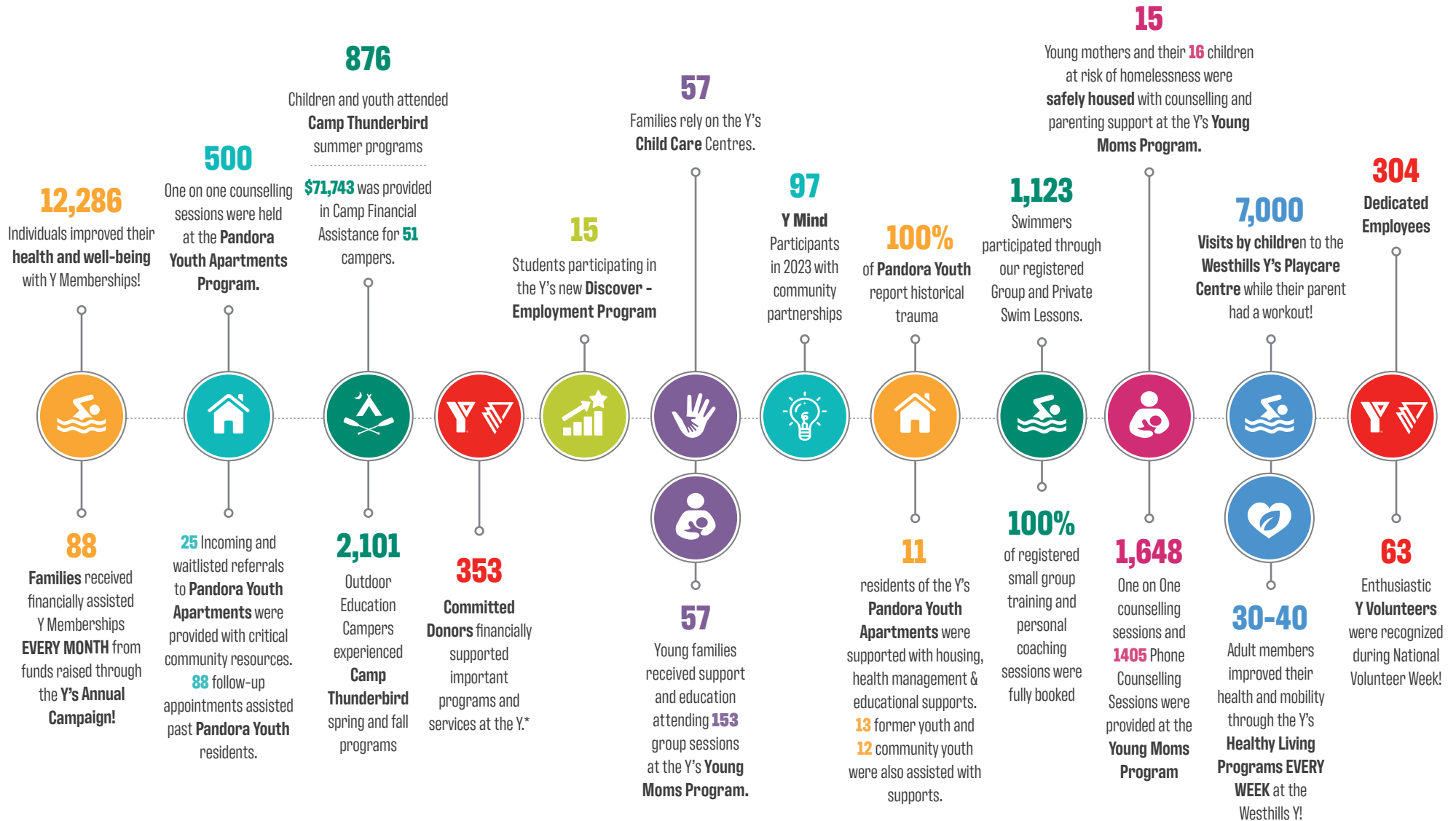
**A Financially Thriving
Charity**

SP5. Pursue top-tier fundraising and communication capacity that deepens stakeholder engagement.

SP6. Develop our multi-year sustainable business model that includes cost - benefit analysis and risk assessment on new and existing initiatives.

2023 IMPACT SNAPSHOTS

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.



*For a complete list of donors visit www.vancouverislandy.com



HEALTH & WELL BEING

Y Mind

Y Mind is now in partnership with First Nations Health Authority and Hultian Family Services to deliver Mind Medicine on the Island. Mind Medicine is the Indigenous model of Y Mind. YMCA BC is running pilot programs for a Newcomer model for new Immigrants. Our Y is supporting conversations with Vancouver Island Counselling Centre for Immigrants and Refugees (VICCIR) to potentially be a part of this pilot program.

Our Program Manager – Mental Wellness Programs completed a partnership and facilitator training at Pearson College to do a 10-session in-school Mindfulness curriculum this fall. Partnerships with Campbell River Family Services, Pacific Centre Family Services and Comox Valley Foundry were successful in forming groups this year. Together we have supported 97 people with 18 more starting in spring 2024.

"Before starting this group, I was usually feeling anxious for most of the week. I now have many strategies on how to minimize the impact that my anxiety has on my daily life. The tools/strategies I learned from participating in this group are hand tracing, body scans, mindful eating/drinking, and breathwork. The best part of the group was learning new skills on how to deal with anxiety and forming connections with the other participants. My relationship with anxiety has become more accepting and knowing that many other people also face the same or similar things as I do." Anonymous Y Mind Teen

YMCA-YWCA Healthy Living Programs

Dealing with ongoing chronic health conditions can make achieving an active life challenging. YMCA-YWCA Healthy Living Programs are community based small group training designed to help you enhance your physical and mental health. At the Westhills Y, 30-40 people participate weekly in Fit for Bones, Breathe Fit, and Stretch Fit. 20 specific members are in Healthy Living, and the rest use the program as part of their own journeys.

"I have had some serious health issues over the last few years and every single time I have been pulled back to my semblance of fit by the program Fit for Bones. I told both my doctor and my chiropractor about this program, and they agree that it has been most helpful."

"Recently I watched a young man ask my 78-year-old friend if she needed help returning a 45-pound weight to its proper resting place. She smiled and declined needing any help, and cheerfully lifted TWO 45-pound weights and put them away. The young man was flabbergasted and told her most of his friends couldn't do that. Vince says we are all way above average for our age group and I believe it, please keep Healthy Living programs going."

"I just wanted to forward a couple of very positive words to mention how great the Healthy Living class is for me! Vince works us hard in class which is so important when staying fit and it's fun! He's also very good at tweaking our exercises if we have injuries. I'm never afraid to not go just because I have a sore hip (or whatever!). This program is a huge part of my fitness and I look forward to my continued success at the Healthy Living classes."



LEARNING & LEADERSHIP

The Discover ECE Employment Program!

In partnership with YWCA Metro Vancouver, WorkBC, and Sprott Shaw College, we support Immigrant, self-identifying women to gain the skills and experience to become Early Childhood Educators. This in-demand career sector provides opportunities for employment in licensed childcare facilities, preschools, strong start programs, and other child, youth, and family-based projects.

The Discover ECE Employment Program aligns with our mission of strengthening the foundations of community, and we are proud to launch this exciting new initiative!

After 46 weeks of training and practicum, our cohort of 15 ECE students is set to complete their program in July 2024. We are already seeing employment success! 5 of the 15 students are already employed in a child care program, including 2 in our own Y Child Care Centres here. Another is employed through YMCA BC on the mainland.

One of the participants in the Discover program came through the Y's Young Moms program. She is doing a fantastic job with her coursework, and the Young Moms team have been a wonderful, continued support for her, helping her access child care and a variety of complementary services. We have also hired this participant into our Y child care programs!

Next Accelerator Project

Young Moms Program staff presented educational workshops to parents including Newcomers in the region and local agencies to train staff to raise awareness of the Canada Learning Bond program for low and modest income families. In addition to 18 presentations, staff outreach offered CLB education and money wellness information to 120 families and 20 youth.

Other learning in the program included tax clinics and individual tax support for 30 families. 100% of the moms received support developing financial literacy (e.g. budgeting, debt reduction, improving credit score, changing banks for lower account fees, or applying for free accounts, applying for a low internet cost program for low income families, applying for RESP's for their children)

"The program was hard, but it helped me work on myself and helped my son and I. It's nice there is follow up support now we are moving into subsidized housing."





NURTURING THE POTENTIAL OF YOUTH

Y Child Care Centres

Between our two locations, **Y Child Care Centres** care for 57 children. In January 2023, the Westhills YMCA-YWCA Child Care was awarded a contract to operate as a \$10 a Day ChildCareBC Program, offering families reduced-cost child care spaces regardless of their income. This agreement enables the YMCA-YWCA to provide full time child care for children aged 0-5 years for \$200 per month for full time care. On March 1, 2024, our Downtown Y Child Care facility became a part of the \$10aDay ChildCareBC program. This is a savings of approximately \$4368 per child per year to each family.

"Affordable child care can be life-changing, and with these new \$10-a-day spaces, we continue our work to make life more affordable for families with more spaces converted in the next few weeks," said Grace Lore, B.C.'s Minister of State for Child Care. "The recent child care savings and the \$10 a Day ChildCareBC program are some of the ways we are making child care more affordable and allowing parents – especially mothers – to pursue opportunities and achieve financial independence and security, which benefits families, our communities and the economy as a whole."

Pandora Youth Apartments

At **Pandora Youth Apartments**, the monthly cooking group, tenant meetings, summer BBQ, and annual Christmas dinner have finally resumed after shutdowns from the pandemic and then a much anticipated Heroworks renovation to the Cool Aid Downtown Activity Centre. Attendance and participation have steadily increased, particularly with the newest youth residents. Youth continue to struggle to return to a routine of attending classes regularly. This is in part due to mental health struggles and anxiety, and also due to the lingering mental health effects of the pandemic isolation.

Pandora continues to house a high percentage of youth who participate in school programs. 100% of 2023 residents were in school programs at different parts of the year and 63% of residents (7 of 11 youth) were employed at points during the year. Youth who struggled with school were encouraged by their supports to prioritize school over employment. Despite the struggles of the past few years, 3 Pandora Youth graduated High School.



ENGAGEMENT & GIVING BACK

Young Moms Program

Tracy Keenan-Whyte of Macdonald Realty, along with a team of volunteers and donors delivered over 100 beautiful gift boxes to the **Young Moms Program** in time for Mother's Day. The young women receiving these boxes are not only delighted with all the thoughtful items (in reusable boxes no less), but more importantly this gesture also helps them feel seen and valued in their roles as mothers. YMP provides connection and helps develop confidence for these young moms with limited resources and big responsibilities, and Tracy's dedication to this project makes an incredible difference. Every year, these boxes benefit all the moms in our program and are shared with other moms in the community.

With generous support from the BC Farmers Market Association, the **Young Moms Program** was able to provide **50** young families with weekly farmers market coupons for 16 weeks over the summer to access fresh food and support local farmers. Each family received \$432 in total through weekly coupons!

"So grateful for this program. Besides eating healthier, my son knows the farmers by name, and we have built lasting connections."

"This is the only food security program that is accessible to our family due to multiple food allergies. Thank you for offering this."

"Produce is so expensive, so this really helps, and my picky eater loves the fresh berries. It also helps me get out of the house and out into the community. So grateful for this program."

Young Moms Program Pandora Youth Apartments

With the support of the Y team, Starlight Investments made several below market rental units available to individuals and families transitioning from our housing programs. The youth who accessed these newly renovated apartments were incredibly grateful, and their spaces in our program were opened up for new participants.

Thank you **Peninsula Co-op** for funding this amazing truck for Camp Thunderbird! The camp truck is a huge asset for the preparation and operation of all the various outdoor programs at camp. It is used daily for building projects, trail maintenance, supply runs, transporting camper luggage, medical emergencies, and towing and transporting all the necessary gear for back country expeditions. This vehicle supplies the significant power and durability required to assist with the operation of Camp Thunderbird programs.



A photograph of a rustic log cabin with a corrugated metal roof, nestled in a dense forest with tall trees and sunlight filtering through the leaves. The cabin is built from horizontal logs and has a small porch area.

Dear Camp Thunderbird

My daughter is now a successful, healthy independent 27 year-old enrolled in studies at Camosun and UVic. When she was in her early teens, this seemed like a very unlikely outcome.

My kids and I had left their dad when she was 13, as he was struggling with the late stages of alcohol addiction. It was deeply traumatic for all, and my daughter decided her solution was to be anywhere other than at home. There were days when I didn't know where she was and other times when I was scared about where she was.

The one very bright spot for us was Camp Thunderbird. She has always been a physically active nature lover, and she thrived at Camp Thunderbird. The gnarlier the adventures the better.

I have a vivid memory, during the very lowest point of our struggle, with the start date of Camp Thunderbird coming up fast and I was not able to get her to come home to prepare. In desperation, I packed all her stuff and spent hours calling and sending messages to anywhere I thought she could be. I finally connected with her the morning of her start day. I kept her on speaker phone as I used the other hand to throw her stuff in the car and drive to where she said she was. She was walking along the street looking like a mess. She eventually got in the back of the car - I guess she decided she did want to go to Camp Thunderbird. We drove directly there. On the way, she asked about what I had packed for her. I managed to have checked all her boxes, but one. When it came to her peach face scrub, I had failed to include it. That led to a ridiculous joint meltdown with her shrieking that she could not go to Camp Thunderbird without her peach face scrub and me barking back at her that it was not going to happen.

Comical, if it hadn't felt so desperate.

I drove up to the camp. Unloaded her. She stomped off. And I went for a restorative walk around the beautiful camp grounds.

I had no idea if she would stay or participate, but I was grateful there was somewhere safe I could deposit her for a couple of weeks. I heard nothing for the duration of the camp.

When I returned to pick her up, I was full of trepidation about what I would find.

And there she was....calm, relaxed, happy, and peaceful looking for the first time in a very long while.

We had a positive reunion. We had a good drive home.

The effect didn't last forever. But the reprieve was such a gift for both of us at a critical moment.

She loved that camp and I owe it a lot.

A photograph of a rustic log cabin with a corrugated metal roof, nestled in a dense forest with tall trees and sunlight filtering through the leaves. The cabin is built from horizontal logs and has a small porch area.

FINANCIAL HIGHLIGHTS

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

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

	2023	2022
REVENUE		
Program	6,000.1	4,659.1
Government	3,237.8	2,674.5
Gaming	86.9	99.9
Fundraising	1,188.5	463.1
Other	585.9	515.7
Investment	299.4	138.4
TOTAL REVENUE	11,398.6	8550.7
EXPENSES		
Wages & Benefits	5,477.3	5,023.1
Operations	845.2	685.7
Occupancy	3,017.8	3,052.7
Other	1,700.9	1,315.9
TOTAL EXPENSES	11,041.2	10,077.4
Deficiency of revenues over expenses from operations	357.4	(1,526.7)
Net Gain (Loss) on Asset(s)	71.9	(212.9)
Excess (Deficiency) of revenues over expenses before Amortization Expense	715.6	(1,416.8)
Excess (Deficiency) of revenues over expenses after Amortization Expense	429.3	(1,739.6)

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

	2023	2022
ASSETS		
Current Assets	5,978.3	4,739.0
Capital Assets	2,427.7	2,650.4
Investments	2,495.1	4,699.7
Other	184.1	219.6
TOTAL ASSETS	11,085.2	12,308.7
LIABILITIES		
Current Liabilities	1,848.5	3,237.0
Long-Term Liabilities	259.6	523.8
TOTAL EXPENSES	2,108.1	3,760.8
Unrestricted	(1,892.5)	(1,737.7)
Externally restricted	2,438.9	2,109.7
Internally restricted	8,430.7	8,175.8



CHAIR'S ROUND TABLE DONORS & MAJOR FUNDERS ALL PROGRAMS

THANK YOU FOR YOUR WONDERFUL SUPPORT AND GENEROSITY IN 2023!

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 6
Ames Family Foundation
Art's Boys Golf Group
Mary Wynne Ashford
Camp Thunderbird Staff Auction
Canadian Women's Foundation
CIBC Foundation
Stephen Cushing & Deborah Gill
Karen DeMeo
Denise De Pape
Dexterra Group Inc.
Evening Optimist Club
Terry Farmer
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Valerie & Ross Gibbs
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TELUS Community Foundation
Tom Harris Fund for Families
Victoria Cool Aid Society
Victoria Foundation's Community
Grants Program
Robert Wallace
Susan Hope Walsh & Gordon Arich
Y Walkers

SPECIAL GRANTS AND OTHER FUNDING

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BC Farmers' Market Nutrition Coupon Program	Darrell Evans
Jim Blakeney	Andrea Fitzau
Christina Breker	Pam Giacomelli
Karen Burns	Heart Lake Farm
Caffe Fantastico	Calvin Hop Wo
Catherine Challenger	Melanie Hudson
Junil Choi	Tracy Keenan Whyte
Stirling Chow	Jeff Loenen
Jessie Churcher	Karen & Jack MacKinnon
Claremont Secondary Key Club	William Morehouse
Stephen Conarroe	Marcie Mycan
Joan De Turberville	Jane Neil
	Diana Randerson
	Barbara Singer
	Randy Voldeng

In Memory of Gavin Seymour Amanda & Brent Seymour

Tanti-Legge Family

In Memory of Barry Dunning / In Honor of Donna Sue Smart

In Honour of Eric and Erna Wendy & Bill Gook

In Memory of Arthur Fraser Art's Boys Golf Group

In Memory of Ken Hurn and Heather Robertson Megan Hurn

In Memory of Shirley Main / In Honour of Marsha Main Lorri Hewitt

In Honour of Christina Smith Sandra Somerville

In Honour of Mr. & Mrs. Eric Stormer Wendy & Bill Gook

Nicola Benn Endowment Fund Margaret King

Natasha Benn

Dorothy Hamilton Endowment Fund Don Hamilton

Mitch's Locker Fund Sydney Kalef

FOR A COMPLETE LIST OF 2023 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.

In Memoriam: The YMCA-YWCA of Vancouver Island appreciates and honours the unwavering dedication and financial support from **John Goudy** in helping to bring the Westhills Y & Aquatics Centre to the community of Langford. John was a visionary and a friend to the Y, and the impact of his support benefits hundreds of individuals and families every day.

Grateful For The Contributions of Y Volunteers!

This year we celebrate our two **Shirley Main Award recipients for outstanding contributions from a Y Volunteer!** *"Pauline Powell has been volunteering at the Westhills Y since 2019. She is proud to volunteer her time for her community. Pauline has a willingness to go above and beyond to support our members on their fitness journeys by teaching classes regularly and stepping up to support other staff and volunteers with their classes. What drives Pauline to offer her time to the Y is the opportunity to create a friendlier, and happier place within the community. She loves to see people come in for a workout, challenge themselves, and leave the class with a smile on their faces. We are so thankful to have Pauline on our team, and we appreciate the effort she puts in every class to better our community."*

Kerry Wadsworth: *"I was involved with the initial set-up, instructor training & delivery of 'Cycle-fit' classes in the 1990's and have stayed on as an instructor of Cycle Fit with the Y since 2000. I have delivered seminars on both Cardio-training & Walking. The "spin-off" of leading these classes & seminars easily blends in with the work that I am doing as a faculty member within the Centre for Sport & Exercise Education at Camosun College, promoting positive lifestyle management principles & a healthy lifestyle."*



Remembering Maarten de Lange Boome

Sadly, we lost our colleague and good friend Maarten de Lange Boome who passed away early in the new year.

Maarten was a kind and lovely man, and a conversationalist with an insightful take on the world. He handled every situation with grace, and was effective, fun, loving and loved.

Over the past 20 years Maarten's love of the Y combined with his passion for customer service excellence had such a wide and positive impact on members, volunteers, staff, program participants – literally everyone he connected with. His values aligned well with the Y's, and he created a community of goodwill within our organization.

Maarten is truly missed by all.

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...

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

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

LLeadership development and Learning (especially for youth — Y is for "young")

PPotential, 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 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 2023 - 2024

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