



**YMCA-YWCA of Winnipeg
2021 Annual Report
September 1, 2020 - August 31, 2021**

A MESSAGE FROM OUR LEADERSHIP

YMCA-YWCA of Winnipeg's preferred future state is rooted in impactful service to the community and anchored in helping children, youth and families thrive. The community we want is healthy, connected, and resilient.

To describe the past two years as 'challenging' would be an understatement in the extreme. Ever-changing public health orders and guidance, the emergence of variants of concern, and a series of full and partial lockdowns all have caused stress and strain and impaired our ability to build toward our vision. Having said that, even in a time of constantly changing operating conditions, this preferred state continues to guide us, and finds expression both in our current operations and our plans for the future.

Throughout the pandemic and associated restrictions, people have been challenged to maintain health and foster connections, but the resilience of our staff members, volunteers, members and participants has continued to shine through and we as an organization and collective of individuals have done our best to step up to help our community get through the current public health crisis.

We are honoured that so many have chosen the support of the people and programs at the Y to help guide them along the way and, as you read through this annual report, you'll learn how we've positively impacted our members. Whether through a deepened and strengthened relationship with their community, a chance to learn something new or providing a safe and familiar place in turbulent times, the Y remained a cornerstone in members' lives.

As the pandemic continues to impact the mental, emotional and physical health of our community members, we are aware that the Y is needed now more than ever. Times are difficult for many and we are fortunate to be in a place to offer much-needed help in getting lives back on track and opening doors for our members that may have previously been closed to them. We are rewarded by knowing that our efforts are changing lives for the better. We'd like to thank each of you for your continued support of the work we do. While things may not be completely back to business as usual, we are hopeful that we can continue to rise to the challenges we face and be stronger and more connected for it.



Edward Acuna
Chair, Board of Directors



Kent Paterson
President & CEO

The YMCA-YWCA of Winnipeg is a charity that has been serving the Winnipeg community since 1879. We are committed to nurturing the potential of children, teens and young adults, promoting healthy living and fostering social responsibility.

Our Vision

Winnipeg will be a vibrant and healthy community where people thrive.

Our Purpose

We foster belonging in the community. We help children and families be healthy. We support youth in realizing their potential.

We create opportunities for people to be connected.

We collaborate and advocate to amplify impact in the community.

We are on a journey with our community members, listening and learning in our pursuit of making a difference in people's lives.

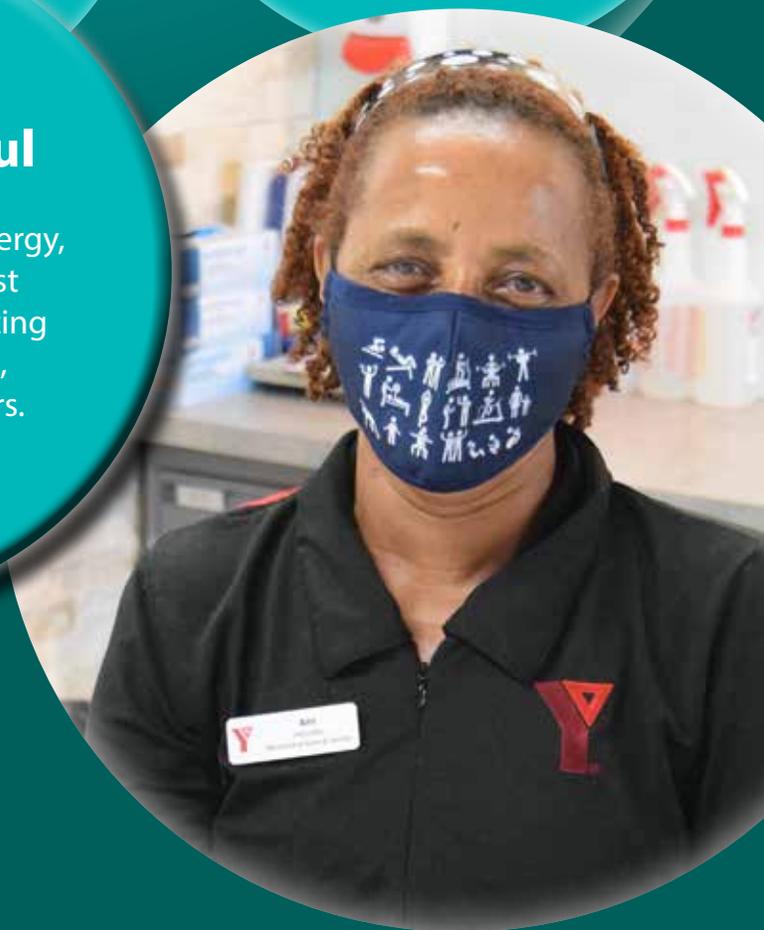
We are Grateful

The Y is propelled by the energy, compassion and steadfast determination of our amazing staff, volunteers, donors, participants and members.

Members of the Board

Edward Acuna (Chair)
Jeff Cochrane (Vice Chair)
Daniel Sherbo (Past Chair)
Mark Struck
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Kevin Freedman
Cordella Friesen
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Lucas Campbell



Health, Fitness and Aquatics – Pursuing Health in Mind, Body and Spirit

Whether it's an early morning Cardio Blast session, an afternoon Aqua Zumba class or an evening game of squash, our members rely on our HFA programming for fun, fitness and community. When mandated shutdowns interrupted our in-branch programming, Y Winnipeg staff moved to offer members the option of streaming workout sessions, helping to keep our community active, healthy and engaged while staying safe in their homes. Building healthy communities has always been a priority and, especially during these challenging times, we remain focused on our efforts to be an all-encompassing resource for our members as they work towards better health.

Digital Fitness & Fun – Virtual Y

We were honoured when members invited us into their living rooms for digital Health & Fitness program delivery during covid shutdowns.

We Delivered

- 67** FREE virtual fitness classes
- 25** health and wellness blogs
- 5** family-friendly fitness games
- 2** month-long fitness challenges

to keep our community engaged in physical activity at home during lockdown.

564

people registered for our Undo 2020 Virtual Challenge

5500

number of times our virtual programming was accessed



//

So grateful for all the work you did to put this together. Thank you! //

– S. Boothroyd

//

The fact you even did this (virtual delivery) completely gobsmacked me so I'm delirious with your efforts!!! //

– C. Kowal

Making Connections – EGYM

Introduced at the South (March 2020) and West Portage (February 2021) Health, Fitness and Aquatics branches, the EGYM full-body strength-training smart machines have gained a loyal following. Users rave about the personalized, interactive and automated experience that's delivered through a simple swipe of their RFID bracelet. Whether it's rehabbing from an injury or pushing themselves to new physical limits, Y Winnipeg members are finding that EGYM is helping them achieve their goals along with the support, motivation and encouragement of the Y Winnipeg fitness centre staff. Our members find EGYM to be an awesome way to connect with other members, forming fun social connections while doing their strength circuit.

// After undergoing chemotherapy, I was looking to get back into activity. I like the way EGYM guides you through. I've been doing it for a couple of months and my strength has already increased! //
– P. Fieldhouse

// I look forward to each day using EGYM. I don't want to miss a day because I feel so much better when I am finished the circuit. Thanks to the Y for bringing this innovation to Winnipeg. //
– V. Van Den Berghe

// We are addicted to EGYM! It motivates us to do more and do better. We have met and made some great friends in the EGYM corner. //
– M & H Krause



The Heart of Camp Stephens – It's About the Connection

Summers at Camp Stephens are usually spent enjoying canoe trips, swimming, learning new skills and building lifelong friendships at Lake of the Woods, Ontario, and the surrounding wilderness. These past two summers were a little different, however, as staff members and volunteers spent weeks during shutdown fixing, repairing and rebuilding in anticipation of a full return to summer programming scheduled for summer 2022.

While Camp didn't operate at capacity in 2021, we still managed to send out modified versions of our renowned 6-week leadership canoe trip. Participants had the opportunity to connect with nature, each other and, maybe most importantly, themselves. One of our participants, Juan Pablo Garcia, was the grateful recipient of financial assistance from the Dave McGimpsey Campership Fund that allowed him to participate in the Camp Stephens trail program.

“ Because of the financial help I received, I was exposed to a lifestyle and experiences I may not have had. I did so much growing and reflecting. Those four weeks at Camp make up for the 11 months in the city. Just being there was special. I owe so much to Camp and the Y. ”

– J.P. Garcia



Juan Pablo Garcia

Dave McGimpsey started at Camp Stephens as an adolescent. Over the years that followed, Dave was a Stephens camper, a member of staff and a tripper. Dave felt that it was at Camp Stephens that he developed the values, maturity and confidence that served him well for the rest of his life. Dave McGimpsey had a curiosity and passion for life. After his time at Stephens, he moved into the field of education where he was known as an energetic and highly respected teacher, friend and colleague.

Dave McGimpsey died in 2012. A Campership Fund was established in Dave's memory. In recognition of the importance of Camp Stephens and canoe-tripping in Dave McGimpsey's life, and with the support of this Campership Fund, the YMCA-YWCA of Winnipeg created the Dave McGimpsey Campership Award which is presented annually to a young person with prior experience at Camp Stephens who wishes to participate in the Leadership Development Program or six-week canoe trip and who exemplifies the YMCA-YWCA's core program values (caring, equality, inclusiveness, respect, health, honesty and responsibility).



Endowment Support - Giving Forever

Every year, the work of the YMCA-YWCA of Winnipeg is supported by the proceeds of endowment funds established to provide regular income streams on an enduring basis. In 2020-21, the Association received support from the following endowment funds established at the Winnipeg and Vancouver Foundations:

Camp Stephens Campership Fund
Dave McGimpsey Campership Fund
Faye Parks-Micay Fund
Frederick H. Master Fund
In memory of Eric and Shirley Fache Fund
James A. and Muriel S. Richardson Trust

John Rickards Clements Memorial Fund
Keith Lord Sport Foundation Fund
Les Shelton Fund
Mrs. Elizabeth R. Finlay Fund
Thomas C. Greenman Fund
YM-YWCA Endowment Fund

Helping to Develop our Future – Childcare Program

As we continue to navigate our way through this pandemic, we maintain our focus on providing quality childcare to the families in our community. Knowing that their children are being cared for in a safe and nurturing environment offers parents and guardians peace of mind during these especially challenging times.

As Manitoba's largest provider of quality childcare service and operating in 38 centres around the city, we are proud to provide an essential service that is a cornerstone to a prosperous and functioning economy.

Our Footprint

38 Childcare Centres
1,593 Childcare spaces provided



// I feel good dropping my kids off. The staff managed to preserve this warm, friendly, structured place, which is no small feat in the middle of a pandemic. We feel very much like family. My kids love it. We love it. //

**– R & J Sharkey
(parents)**



Keeping Connections Alive – Adult Day Program

One of the most critical, emerging issues facing seniors today is keeping them socially connected and active. When lockdowns prevented our Adult Day Program participants from attending vital activities or going on outings, Y staff rose to the challenge and brought programming right to their doors – literally.

Y staff conducted “doorstep visits” to the participants’ homes in an effort to help increase social engagement and provide a morale boost while maintaining any physical distancing guidelines

Program participants were called weekly and engaged in a 40-minute conversation with Y staff, sometimes playing bingo over the phone to help keep their minds active and introduce some fun activity into their routines

40
Participants
served

Recreation booklets were sent to participants’ homes, encouraging them to remain active by stretching, walking or participating in other appropriate physical activity



Achieving a New Direction – Self-Employment Training Program

32

New businesses
launched

Participants of the Self-Employment Training Program were introduced to a new way forward, developing self-confidence and self-reliance by virtually attending courses, working with a business coach, and developing a business plan. 32 participants saw their entrepreneurial dreams realized by successfully launching their businesses.



C. Mackie

“ I lost my job and was staring at the prospect of selling my house and cashing in savings. I got into this program and can’t say enough about it. It’s taken me in a direction that gives me way more than a paycheck. There was a lot of neat learning that I wasn’t expecting and the education I received was way more richer because of my classmates’ questions (to the instructors). The training and support make me feel I have the confidence to go forward. ”

– C. Mackie

Overcoming Obstacles – Newcomer Youth Wellness Program

The Newcomer Youth Wellness program offered an opportunity for participants to socialize and connect with others, helping them to feel more at ease in relating to the world around them. With a special emphasis on mental health, the program focused on overall health and wellbeing and offered tools to cope with stress, isolation and other life areas. The program met in-person once a week at various locations throughout the city and adapted successfully to a remote delivery system when local health restrictions were enacted. The program gave participants the chance to meet others who are dealing with similar stressors and situations unique to being a newcomer (like the immigration process) in a supportive environment.

“ I like it (the Newcomer Youth Wellness Program) because, for me, it’s very nice to trust and talk about everything and be ourselves. ”

– B. Abigail



Learning & Leisure – Mental Health Services

With a focus on mental, physical and emotional health, the Learning & Leisure program provided support and learning opportunities for adults living with mental illness. Program participants engaged in skill development sessions, one-on-one coaching, leisure activities and group gatherings which gave them the tools they needed to help better handle stress, change and anxiety. Members demonstrated resilience throughout the pandemic, staying committed to their goals and participating in the program through Microsoft Teams, Facebook and other virtual deliver platforms as needed.

// What I came away with the most strongly is the feeling of community. I felt like an equal in this group. I felt supported in ways I never have felt before. The importance of my own self-care and putting myself first in healthy ways really came through for me during this course. //

– Liz V.

Speaking to Success – English as a Second Language

Offering a friendly environment to learn and improve English language skills, the English as a Second Language program gives newcomers to Canada a greater chance of successfully settling into the community and making helpful connections along the way. When city-wide mandated shutdowns forced the course to online delivery, program teachers were eager to help and went above and beyond to make delivery accessible at home. Online classes proved very popular and were in high demand.

// I love it! I love the practice and the teachers, especially how teachers explain new words to me. I improved my English, made friends and I'm learning about culture. //

– J. Martes



YMCA-YWCA of Winnipeg

Financial Highlights as of August 31, 2021

	2021	2020
ASSETS		
Cash	3,003,058	299,831
Accounts receivable	1,249,677	1,699,379
Prepaid expenses and deposits	461,679	115,908
	4,714,414	2,115,118
Cash restricted for capital development	2,444,518	1,972,007
Capital assets	13,750,909	15,382,092
Total assets	20,909,841	19,469,217
LIABILITIES		
Current		
Accounts payable and accrued liabilities	1,601,866	1,733,895
Deferred revenue	676,578	656,632
Current portion of long term debt	112,000	102,667
	2,390,444	2,493,194
Deferred building and equipment capital contributions	41,870	12,505
Deferred contributions related to capital assets	2,213,454	2,560,442
Long term debt	252,000	364,000
Total liabilities	4,897,768	5,430,141
NET ASSETS	16,012,073	14,039,076
Total Liabilities and Net Assets	20,909,841	19,469,217
REVENUE		
Program and membership fees	6,172,445	10,271,850
Government receipts	13,731,256	8,951,386
United Way	481,420	482,940
Amortization of deferred capital contributions	572,422	285,207
Donations and fundraising	130,580	175,386
Other revenues	91,621	182,791
Total Revenue	21,179,744	20,349,560
EXPENSES		
Salaries and benefits	13,833,757	14,129,114
Occupancy costs	2,253,640	2,353,223
Supplies & services	1,111,163	1,714,612
Amortization of capital assets	1,525,445	1,548,808
Bank charges & interest	166,751	304,653
Administrative costs	267,885	248,983
National allocations	156,810	380,603
Total Expenses	19,315,451	20,679,996
Excess (Deficiency) of revenue over expenses before other items	1,864,293	(330,436)
OTHER ITEMS		
Gain on disposal of capital assets	108,704	
Excess (Deficiency) of Revenue over expenses	1,972,997	(330,436)

Note: Copies of the audited financial statements are available on request.

With Gratitude to our Supporters

INDIVIDUALS

Abbott, Brad	Fraser Family	Mackie, Craig	Robinson, Ross
Abra, Douglas & Glennis	Freedman, Kevin	MacQuarrie, William	Rodd, Celia
Abra, Robert	Garrett, Jacqueline	Malbranck, Lisa	Schindle, Rebecca
Acuna, Edward	Garrett, Tom	Maxwell, Claire	Schopohl, Shauna
Adams, Eric	Genest, Raymond	Mazur, Robert	Scott, Don
Allan, David	Girman, Eleanor	McCloy, Dal	Scramstad, Rachel
Bauer, Lindsey	Griffin, Senan	McGimpsey, Margaret	Shaw, Norman
Bignell, Guy	Hall, Ashleigh	McGregor, Dave	Sherbo, Daniel
Bishop, Patricia	Hamilton, Janice	Meacham, Doug	Shymanski, Stan
Bishop-Malapad, Donna	Hedden, Patricia	Mimouni, Abd Alhamid	Simundson, William
Blanchard, Greg	Hildebrand, Angela	Morrison, Gillian	Spear, Ted
Borzowski, David	Ingebrigston, Karen	Morrison, Robert	Spencer, Alice
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Burkett, Kira	Kapitany, Marilyn	Nowak, Maureen	Tanner, Monica
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Clark, Greg M	Kowal, Cynthia	Paterson, Kent & Laurie Guest	Trites, Cheryl
Cook, Jane	Krause, Marion	Penner, Elfrida	Vallenilla, Sara
Davis, Carla	Krotz, Sarah	Perez, Doreen	Venus, Linda
Didyk, Janine	Law, Tara	Picken, Kelly	Wang, Yan
Dillistone, Chris	Ledger, Ian	Picken, Robert	Whidden, Rachel
Dyke, Rhos	Ledger, Wendy & Colin	Platts, Grant	Wielgosz, Joseph
Favel, Diana	MacDonald, Christie	Poholko, Shauna	Wittmann, Angie
Fetterly, Kathy	Macdonald, Peter	Richards, Robert	Wolfe, Micheal
Foster, Janet	MacIntosh, Lynda & Laurie	Robinson, Brett	Wright, Jo
Fraser, Duncan	MacKenzie, Linnae	Robinson, Leigh	Zborowsky, Stephen
	MacKenzie, Lisa	Robinson, Neil & Cathy	Zysko, Dr. Edwin

ORGANIZATIONS

BDC - Business Development Bank of Canada
Canadian Tire Jump Start
Granite Equities Ltd
Investors Group Financial Services Inc
Johnston Group Inc
Jonathan M. Woolley Law Corporation
Lares Candle Co.
Lovers atWork Office Furniture
MMP Architects Inc.
Number Ten Architectural Group
TD Bank Financial Group
The Manitoba 150 Host Committee INC
The Vancouver Foundation
The Winnipeg Foundation
The United Way of Winnipeg

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Donalda Bergquist	Kent Paterson & Laurie Guest
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Angela & Rick Hildebrand	Lynn Scott
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Peter Laurel & Valerie Slater	Linda Venus
Peter J. Macdonald	David Wright
Dal & Sandy McCloy	David & Susan Young
Faye Parks Micay	



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We strive for accuracy when acknowledging our many committed donors. However, if your name appears incorrectly or was accidentally omitted, please accept our apologies. Direct inquires to Leslie Haynes at leslie.haynes@ymanitoba.ca

