

Annual Report 2023-2024

September 1, 2023 – August 31, 2024



2023-2024 YMCA-YWCA of Winnipeg Board of Directors

At YMCA-YWCA of Winnipeg, we continue to ignite potential in people of all ages, helping them grow, lead, and give back to their communities. Over the past year, we've embraced new opportunities and welcomed countless individuals through our doors, each with their own unique story. Whether through youth programs, community outreach, or health and wellness initiatives, we are proud to have been part of so many transformative journeys this year. Together, we build a stronger Winnipeg.



Kaitlan Buchko (Chair)
Lawyer, Tapper Cuddy LLP



Jeff Cochrane (Past-Chair)
Managing Partner, Lazer Grant LLP



Luke Campbell (Vice-Chair)
Head of Alternative Investments, BCV Asset Management Inc.



Dennis Batacan
Director of Technology, Manitoba Liquor and Lotteries



Virginia Dueck Nuytten
Senior Manager, Deloitte Canada



Winona Embuldeniya
Community Member



Kevin Freedman
Owner/Consultant, The Governance Guru



Tyler Gompf
CEO, Global Drain Technologies



Greg Hasiuk
Partner and Practice Leader, Number TEN Architectural Group



David Klein
Economic Advisor, Fisheries and Oceans Canada



Angela Wittmann
Certified Financial Planner, IG Wealth Management

Message from our CEO + Board Chair

What an incredible milestone year it has been for YMCA-YWCA of Winnipeg!

This year, we were proud to celebrate an extraordinary milestone—145 years of service to the Winnipeg community. Since our humble beginnings in 1879, YMCA-YWCA of Winnipeg has evolved to become Manitoba's longest-serving charitable organization, always adapting to meet the needs of the times. From our early roots in providing a simple reading room, we have grown into an organization with an unmatched history in physical health, community spaces, and the largest child care provider in the province. Y Winnipeg offers camping and wilderness experiences, and we are a key provider of mental health and newcomer services, among many others. Throughout all of this, our mission has remained clear: to empower individuals to reach their full potential through connection, belonging, and active participation in fostering a healthy self and community.

A key highlight of this past year was our organization's decision to officially change our legal name from **Young Men's & Young Women's Christian Association of Winnipeg** to simply **YMCA-YWCA of Winnipeg**. The letters themselves may not have changed, but they no longer serve as an acronym of any kind. This name change reflects our longstanding commitment to diversity, equity, and inclusion, ensuring that our identity aligns with the vibrant, diverse communities we support daily. We have always welcomed people of all backgrounds, but this change formally acknowledges our dedication to being a place where everyone feels they belong.

As part of our celebration of the past 145 years, we are looking to the future as we launched our **2024-2027 Strategic Plan**. This bold vision challenges us to ignite potential, nurture belonging, and elevate diversity through every aspect of our work. Central to this plan is our commitment to youth leadership, community impact, and a \$15 million Heart of the City capital redevelopment project for our Downtown YMCA-YWCA, a Hub that has served Winnipeg for over 111 years. This ambitious initiative will ensure that we remain the heartbeat of this city for generations to come.

As we reflect on our long and impactful history, we are reminded of the resilience that has carried us through major global events. Our strength comes from the enduring support of our members, donors, and partners, whose commitment to our mission makes all things possible. Together, we will continue to build a stronger, more inclusive future for all Winnipeggers.

Thank you for being part of our journey.



Cordella Friesen
President & CEO



Kaitlan Buchko
Chair, Board of Directors

Highlighting our Impact



**4 Health, Fitness
& Aquatics Centres**



39,271
Members
Served

1,095,253
Total Visits



4,209
Financially
Supported
Memberships

\$771,056
in Financial
Assistance



5,270
Kids in
Recreation
Programs



3,530
Kids in
Day
Camps



15,533
Kids in
Swim
Lessons



1,750
Kids
Attended
Camp Stephens



141
Donor
Sponsored
Campers



SENIORS



\$2 Million
in Membership
Support for Seniors
Over the Last 10 Years



**Adult Day
Program
Site**



CHILD CARE

39
Child Care
Centres



1,922
Child Care
Spaces
Provided



Manitoba's
Largest
Child Care
Provider



MENTAL HEALTH



242
Adults in
Mental Health
Programming



140
Youth
in Y Mind
Programs



93
Trained in
Mental Health
First Aid



NEWCOMER PROGRAMS



193
Participants in
English Language
Classes

Childcare Available
While Parents Attend



173
Youth in
Newcomer
Wellness
Program

Made
Possible
By:

\$2,170,013
in Grants
Received

\$225,172
in Donor
Support

A New Era: Introducing Our 2024-2027 Strategic Plan

In January 2024, YMCA-YWCA of Winnipeg launched its 2024-2027 Strategic Plan, charting a bold path forward in our commitment to empower individuals and create lasting impact. This plan reflects our belief that fostering connection and belonging is essential to building healthy lives and stronger communities.

"As an organization, we've always evolved to meet the needs of the people we serve," said Cordella Friesen, President & CEO. "This plan continues that tradition, ensuring we remain a vibrant, inclusive resource that inspires change and equity for generations to come."

The 2024-2027 Strategic Plan is anchored by three key commitments:

1. Ignite Potential and Nurture Belonging:

Focused on developing youth leadership, creating transformative programs, and elevating diversity and equity in all our spaces.

2. Be Unforgettable:

Building strategic partnerships, sharing our impact stories, and becoming a leading destination for philanthropy.

3. Lead the Way to Equitable Access to High-Quality Child Care:

Expanding access to quality child care and addressing the needs of underserved communities.

"This is about creating meaningful, lasting change," Cordella explained. "Whether through innovative programs for youth or leadership in child care, everything we do centres on equity, innovation, and belonging. We're excited to embrace the future while honouring our legacy of service."

Guided by feedback from over 99 participants, including members, staff, and partners, the plan reflects the voices of those we serve. This collaborative approach ensures we address real challenges while building a sustainable future.

Our 2024-2027 Strategic Plan is a call to action. It builds on our 145 years of impact, positioning us to continue empowering individuals and inspiring progress. We're ready to take the next step in shaping a brighter, more inclusive tomorrow.

View the full 2024-2027 Strategic Plan at:

<https://www.ywinnipeg.ca/vision>



The Foundation of our 2024-2027 Strategic Plan

Every day, in each of our program sites, the sparks of community are ignited. Our centres are hubs for interaction, connection, and personal growth – the building blocks for healthy and vibrant communities.

Our Vision

To be the heartbeat of our community.

Our vision serves as a powerful compass guiding us toward a transformative role within the communities we serve. Just as a heartbeat sustains life, our members and families see us as a vital force that sustains their well-being and connection with community.

This vision captures our commitment to not just exist within the community but to pulse with energy, connection, and a shared sense of purpose. It reflects our place at the core of community life, serving as the convenor that connects people of all ages, backgrounds, and abilities.

Our Mission

We empower individuals to reach their full potential through connection, belonging, and active participation in fostering a healthy self and community.

Our mission embodies our dedication to holistic community well-being. At its core, our mission reflects a commitment to empowerment, recognizing that every individual holds untapped potential that can be ignited through meaningful connections and a profound sense of belonging.

Our mission's emphasis on active participation underscores our belief in the transformative power of engagement. We envision a community where individuals don't merely exist but actively contribute to a collective vitality, playing an integral role in fostering both personal and community well-being.

We know that healthy individuals contribute to healthy communities. Therefore our mission is to be a catalyst for positive change, where connections, belonging, and active participation converge to create a vibrant and diverse tapestry of community life.



Findlay McLandress, Manager of Downtown Aquatics



Alicia's Journey: Finding a Calling at the Y

Alicia, a newcomer from Ecuador, started her journey with YMCA-YWCA of Winnipeg with a background in banking. "Back in Ecuador, I worked at a bank, but my passion for swimming was always in the back of my mind," Alicia explains.

Her transition to Canada was marked by her role as a lifeguard at the Y. "The Y gave me my first real job in Canada, and it was an incredible opportunity to start fresh. I learned so much about safety and connecting with people," she recalls.

Making Waves in Aquatics

For over 90 years, the YMCA has been a leader in aquatic education, offering Canada's first national aquatics program. Our commitment to water safety is reflected in our extensive swim lessons, catering to all ages, from infants to adults. Last year alone, **13,500 individuals learned to swim** at Y Winnipeg, supported by our dedicated team of 120 lifeguards and swim instructors.

We also provide certification courses for aspiring lifeguards and swim instructors, with **284 advanced lifesaving courses** offered. These initiatives not only enhance community safety but also open new career opportunities.

A notable example of our impact is the "Swim to Survive" program, launched by Fidel Pacay in partnership with YMCA-YWCA of Winnipeg and Peaceful Village. Pacay, originally from Guatemala, experienced a pivotal moment when he realized the joy he was missing out on by not knowing how to swim. Determined to change this, he learned to swim as an adult at a YMCA in BC and went on to complete a triathlon.

After moving to Manitoba, Pacay leveraged his experience with The MAYA Project to create the "Swim to Survive" program. This initiative is designed to teach essential swimming skills and water safety to newcomers and youth.

The program, which began at Gordon Bell High School with 35 participants, has made a significant impact. As Pacay notes, "For many, it was their first formal swimming experience. It's about building resilience and fostering a sense of belonging in the community."

Findlay McLandress, Manager of Downtown Aquatics, highlights the importance of community partnerships: "The Y is large and always has a lot going on, but working with people like Fidel and organizations like Peaceful Village really helps us connect with the community in a more personal way."

Pacay plans to expand the program, aiming to include more participants and younger children. His goal is to overcome barriers to access and make recreational opportunities more inclusive.

The "Swim to Survive" program illustrates how our aquatic initiatives extend beyond traditional lessons, contributing to safety, confidence, and community engagement.

Her dedication soon led her to become a swim instructor, a role she cherishes deeply. "Becoming a swim instructor was like a dream come true. I loved sharing my passion for swimming and helping others gain confidence in the water," Alicia says.

With Y Winnipeg's support, Alicia transformed her passion into a thriving career. "The Y provided me with the training and mentorship I needed to turn my passion into a profession. They didn't just offer me a job; they helped me build a meaningful career."

Today, Alicia is living her dream, thanks to the opportunities provided by Y Winnipeg. "I'm so grateful for the Y's support. It's where I found my true calling and a place where I can continue to grow."

Heart of the City: A New Era for Downtown

In 2024, we embarked on one of our most ambitious projects to date—transforming the Downtown Y into a vibrant Community Hub through the Heart of the City Campaign. Spearheaded by two passionate co-chairs, radio host and community champion Ace Burpee and long-time Y volunteer and philanthropist Kristie Pearson, this **\$15 million campaign** will breathe new life into our historic Vaughan Street facility.

For Ace, the Y has always been more than just a building. Growing up, he spent countless hours at the Downtown Y and, today, that deep personal connection fuels his determination to ensure the Y continues to be a welcoming space for future generations. Kristie, whose own journey with the Y began when she worked as a personal trainer in the '90s, is equally committed to making this vision a reality. Together, they have assembled a cabinet of outstanding community leaders to drive the campaign forward, including Mark Chipman, Ruth Asper, Gary Doer, Dr. Joss Reimer, and more.

"The Heart of the City Campaign is crucial for the downtown community, and this incredible cabinet team that has offered to support us shows we're part of something truly special," says Cordella Friesen, President & CEO of YMCA-YWCA of Winnipeg.

Pearson adds, "The downtown community needs the Downtown Y, and we know this is a project Winnipeggers will want to support."

Ace echoes the sentiment, emphasizing the Y's historic importance and its role in the community: "There are so many great things in the works for Downtown Winnipeg, and the Y will be at the heart of everything as it always has been."

Once completed, the revitalized Downtown Y will expand services for child care, mental health support, newcomers, and youth, and include new features such as an indoor splash pad, community classrooms, and improved accessibility. This redevelopment will ensure the Downtown Y remains a cornerstone of the community, continuing its 111-year tradition of fostering connections and supporting the people of Winnipeg.

With construction slated to begin in 2025, the Heart of the City Campaign represents not only an investment in the Y but in the future of downtown Winnipeg. This transformation will strengthen the Y's role as a dynamic, inclusive Community Hub, ready to serve for generations to come.



Campaign Co-chairs Ace Burpee and Kristie Pearson

COMMUNITY HUBS



Community Classrooms and Expansion of Newcomer and Mental Health Services



Indoor Splashpad



Universal Changerooms



Pickleball Passion: Building Community at the Y

At 78, Murray has found more than just sport at the Downtown Y—he's found a community. After discovering pickleball during winter stays in Arizona, Murray brought the game to the Y, introducing it to a growing group of seniors and younger players alike. With 30 to 35 active participants, the sport is now a staple for members at the Y, fostering connection, fun, and a way to stay active.

"Pickleball is competitive, but it's really about the camaraderie," says Murray. After 18 years as a member, he continues to share his passion for pickleball, helping others stay healthy and engaged in a welcoming environment.

Building What Matters: Transforming the South Y

As part of our commitment to creating inclusive, modern spaces for our community, we're proud to announce the completion of significant interior renovations at the South Y. This strategic investment, part of our Building What Matters initiative, ensures the South Y remains a vibrant Community Hub that serves Winnipeg's growing population.

Built in 1954, the South Y includes an 80-space licensed child care centre, aquatics centre, fitness facilities, and community classrooms. The renovation project, which will be completed in 2025, focuses on creating spaces that promote connection, health, and well-being for people of all ages and abilities.

Key completed updates include the new Indoor Family Play Centre and Wellness Studio, providing families and individuals with engaging spaces to play, recharge, and connect. Ongoing enhancements, like an expanded fitness centre and new outdoor play areas for child care, will further enrich the experiences for everyone who uses our facilities.

We've also prioritized accessibility and sustainability, with improved pathways, universal washrooms, and environmentally conscious design choices. This renewal project ensures that the Y will continue to serve as a place where people come together to grow stronger, healthier, and more connected well into the future.



Revamped Lounge Area with Seating for Aquatic Viewing



COMMUNITY HUBS

Expanded Fitness Centre



Indoor Family Play Centre



Wellness Studio Space

Expanding Access to Quality Child Care

As Manitoba's largest child care provider, Y Winnipeg is committed to expanding access to quality, affordable child care for families across the province. With over a century of experience supporting children's growth and development, we continue to evolve to meet the needs of families in our community.

Expanding Access to More Families

We've made significant strides in expanding affordable child care, adding 300 new licensed spaces across new and existing centres. In addition, we've extended support to families during school holidays, offering summer and winter break child care at 15 additional centres.

Enhancing Quality Through Investment

Through a \$2 million investment since April, 2022, we've upgraded facilities, equipment, and staff professional development. Over 5,700 hours of training, with an emphasis on inclusion and accessibility, ensure our staff are equipped to nurture and support children of all abilities.

Creating Inspiring Spaces for Children

This year, we unveiled a new outdoor play space at the South Child Care Centre, with plans for a similar addition at our West Portage location. We've also refreshed many of our centres, with Creative Play (Downtown) undergoing a major transformation. These investments create enriching environments that inspire learning, play, and growth.



Staff Training



New Outdoor Play Space at the South Child Care Centre



CHILD CARE CENTRES



"Sending my daughter to this child care has been amazing because of the experiences they provide. It supports their cognitive, social, and emotional development. For me, the Y is more than just child care; it's like an extended family."

– Avigail de Vera



Manuel Bravo, parent of Recreational Opportunities for Children program participant

Finding Community in Canada

Providing Opportunities for Newcomer Families

Manuel Bravo and his family moved to Canada from Nicaragua almost two years ago. They were new to the country and unsure where to turn for support. "When we arrived, I reached out to the YMCA's Recreation Opportunities for Children program to see if they offered discounts for low-income families," Manuel recalls. "They responded quickly and were very helpful."

YMCA-YWCA of Winnipeg didn't just provide financial assistance; it also helped Manuel's family adjust to their new surroundings. "I didn't know much about the YMCA at first, but I soon learned it's a great community resource," Manuel says. "It offers programs for all ages and has been perfect for our family."

Manuel's children found valuable opportunities at Y Winnipeg. "The instructors were wonderful and made sure my kids were in the right programs. It helped them feel comfortable and make new friends," he notes. "We've also connected with other families, which has been great."

Manuel encourages other newcomers to use the YMCA's resources. "My advice is to reach out to the YMCA. They offer many programs and supports to help you and your family settle in. It's a nonprofit with options that can really benefit you."

For Manuel and his family, Y Winnipeg has been essential in helping them find their footing in Canada and build a new life.

Supporting Mental Health

Y Winnipeg Emerges as National Top Performer in Y Mind Program

In 2024, YMCA-YWCA of Winnipeg was recognized as the top performer in Canada's Y Mind program, an initiative aimed at helping youth aged 13 to 30 manage anxiety. With **21 program cycles completed** and **232 participants served**, Y Winnipeg exceeded national engagement targets and demonstrated exceptional impact.

Rebecca Trudeau, Manager of Mental Health Programs at YMCA-YWCA of Winnipeg, says, "Our success with Y Mind highlights how important it is to have mental health resources for young people. We've seen how this program helps youth manage anxiety and improve their lives. We're dedicated to growing this program and finding the funding needed to keep offering these crucial resources."

Participants in Y Mind reported lower anxiety, better mindfulness, and stronger coping skills by the end of the program. Many also felt their mental health was better than when they started, showing the program's lasting impact.



"I don't think I'd be at the happy, calm place that I am right now. I wouldn't have the support, I wouldn't have healthy friendships that I have made while I'm here."

— Jackie, Y Winnipeg Mental Health Program Participant

Supporting Youth Potential

Open Y Provides Additional Youth Access

This year, YMCA-YWCA of Winnipeg, in collaboration with the City of Winnipeg, proudly launched the Open Y Youth Community Access Program at all our Community Hubs. Designed to address the needs of Winnipeg's youth, Open Y provides a safe and welcoming space for individuals aged 13-17 to engage in recreational and developmental activities.

The Open Y program allows youth to access the Y without membership or fees during designated hours. The program launched in July and August at the Downtown Y with the facility open Monday through Friday evenings and continued throughout the year with various hours at all Hub locations. This initiative offers a range of activities including sports programs such as basketball and soccer, community family fun nights, and various drop-in programs. In addition, participants can engage in our Youth Leadership Development Program, which is designed to cultivate future leaders.

A key component of the Open Y initiative is the provision of **320 fully sponsored youth memberships** through our Strong Kids program. These memberships are distributed to youth through partnerships with local community organizations.

Our aim with Open Y is not only to provide access but also to ensure that this access translates into meaningful opportunities for personal growth and community engagement. By offering structured programs and leadership development, we are committed to nurturing the potential of our city's young people and contributing to a brighter future for Winnipeg.



Expanding Youth Leadership Development

In 2024, Y Winnipeg enhanced its commitment to youth development even further with the expansion of our Youth Leadership Development Program. Now available at all four of our Community Hubs, this initiative is dedicated to empowering young individuals across Winnipeg with essential leadership skills and opportunities for personal growth.

The Youth Leadership Development Program runs every Friday from 5:00 pm to 7:00 pm and is free for youth aged 13-17. This program is designed to equip participants with valuable skills through engaging workshops and activities. Topics covered include personal development, effective communication, global citizenship and philanthropy, all aimed at building confidence and preparing young people to make a positive impact in their communities.

Cordella Friesen, President & CEO of YMCA-YWCA of Winnipeg, highlights the importance of this expansion: "By extending the Youth Leadership Program to all our Community Hubs, we are reinforcing our commitment to fostering the next generation of leaders. This program is not just about teaching skills—it's about nurturing the potential within each young person and helping them become active, positive contributors to our city."

The program will run from September 20, 2024, to June 20, 2025, with ongoing enrollment, allowing youth to join at any time. Through this initiative, we continue to invest in the future of Winnipeg's youth, providing them with the tools and opportunities they need to succeed.

Scholarships: Empowering the Next Generation

YMCA-YWCA of Winnipeg is committed to empowering the next generation through our scholarship program, which supports the educational and personal development of our dedicated staff and volunteers. Last year, we proudly awarded \$750 scholarships to ten outstanding youth, helping them pursue their academic and career goals.

Among our 2023 recipients, Jessica Thompson, a gymnastics instructor, is using the scholarship to advance education in child development, continuing a passion for supporting children's growth. Similarly, Georgia Crymble, a lifeguard, is pursuing a Bachelor of Education to further a commitment to lifelong water safety and teaching.

We celebrate these achievements and look forward to announcing new scholarships for the 2024-2025 year at our Annual General Meeting. Through these scholarships, we remain dedicated to helping youth reach their full potential and make a lasting impact on their communities.



2024 Scholarship Award Recipients:

- Cecilia Cormier
- Georgia Crymble
- Krupa Mashru
- Sharif McCurdy
- Mhao Palevino
- Deneese Perey
- Rebecca Powell
- Stefan Schaible-Schur
- Jessica Thompson
- Isabella Vechina

Congratulations to all recipients! We are inspired by their dedication and look forward to seeing the impact they will continue to make.

Strong Kids: Empowering Futures, One Child at a Time

YMCA-YWCA of Winnipeg's Strong Kids Campaign continues to make a profound impact on our community. Through generous donations, we provide essential programs and opportunities for children like Hunter.

Hunter, a 12-year-old soccer enthusiast, has thrived thanks to the support from our Strong Kids Campaign. With his mother Charlene, a single parent working hard to make ends meet, Hunter has accessed a range of activities—from swim lessons to soccer, painting, and special events like the Halloween Howl. The Y has not only taught Hunter life-saving swimming skills but has also provided him with a safe and engaging environment.

Charlene shares, "The Y has given my son the life-saving skill of swimming and peace of mind. It's more than basketball or soccer; it's about learning to be part of a team and growing as a person."

Thanks to the Strong Kids Campaign, Hunter also enjoyed the independence and confidence gained from attending Camp Stephens, our overnight camp in Lake of the Woods. Charlene is grateful for the support that has allowed Hunter to participate and grow, and she thanks all the donors who make such opportunities possible.

The Strong Kids Campaign is pivotal in ensuring every child has the chance to learn, grow, and thrive. For more inspiring stories and to support our mission, visit www.ywinnipeg.ca/strong-kids.

Sponsored memberships include access to life-changing programs!



Recreational
Programs &
Active Play



Health, Fitness
& Sport
Activities



Swim
Lessons &
Water Safety



Youth
Drop-in
Programs



Y Mind: Youth
Mental Wellness
Program



Youth
Leadership
Program

"Being at the Y has given Hunter more than just sports and activities; it's provided him with a sense of belonging and the chance to learn important life skills. It's not just about playing basketball or soccer; it's about building confidence, learning to be part of a team, and growing as a person. I'm incredibly grateful for the opportunities the Y has provided, which would not have been possible without the generous support of donors."

– Charlene



Committed to Opportunity, Diversity + Equity

At YMCA-YWCA of Winnipeg, our commitment to Opportunity, Diversity, and Equity drives our efforts to ignite potential and foster inclusivity in the community. Over time the Y has transitioned from a focus on health, fitness, and aquatics to offering comprehensive Community Hubs and we remain dedicated to expanding opportunities and fostering a more inclusive, supportive environment for all.

We emphasize the importance of belonging. The Y serves a diverse demographic, including Indigenous people, single parents, and newcomers, ensuring that all individuals feel celebrated and supported, regardless of their background. The Y is more than just a facility; it's a vibrant Community Hub where everyone is welcomed and supported.

We are committed to equity. In line with our commitment to equity, all full-time employees at the Y receive a living wage, which strengthens the economic stability and well-being of our staff, many of whom come from newcomer or lower socio-economic backgrounds.

We foster social health. Social health enhances connections across generations and creates safe spaces for youth. These efforts integrate young people into the community through mentorship and support, contributing to a more cohesive environment.

We strive to have a lasting, positive impact on the community. For example, our swimming program recently enabled a newcomer to gain essential life skills, demonstrating the life-enhancing benefits of our offerings.

Through all our various programs and facilities, we actively contribute to the development and support of our community. Our \$15 million Heart of the City capital campaign aims to redevelop the Downtown Y, expanding classroom space for newcomer and mental health programs, while also improving accessibility in a heritage building. This project reinforces our commitment to addressing the evolving needs of the community.



I ♥ The Y!

*Y Winnipeg Staff Participating
in the 2024 Pride Parade*

Camp Stephens: A Place of Acceptance + Growth

For Marek, Camp Stephens became more than just a summer camp—it became a place where he could be himself and feel accepted. Once a social and active kid, Marek began to withdraw from the things he loved, struggling with feelings of self-doubt and depression. But after attending Camp Stephens for the first time in 2022, he had been counting down the days until his return.

"I was so excited to come back to camp this year. I was looking forward to seeing friends I had made last year, curious about which counsellors would be back, and optimistic about the new session. I was looking forward to going back to a place where my worries would lessen, and I could be myself and be accepted for it," Marek shares.

What made Camp Stephens stand out for Marek was the people. "Everyone is so kind and welcoming, and it feels like a place where everyone accepts each other. I felt that I could be open about my depression, with campers and staff, and not feel like I was being judged for struggling."

A pivotal moment for Marek at camp came during a rock-climbing activity. Halfway up the wall, he wanted to quit. "I asked my counsellor who was my belay to bring me back down. I let go of the rock, prepared to come down but he held me in place. I realized he wasn't going to bring me down, so I started to climb again. When I got to the top of the wall, I had so much pride in knowing I did something I didn't think I could. When my feet touched the ground, I thanked my counsellor for not giving up on me and not letting me give up on myself."

Now back home, Marek reflects on his camp experience with gratitude. "There are lots of positive moments to look back on now that I'm back in school. It gives me motivation and something to look forward to next year. Challenges I overcame at camp fuel me when times are hard."

For Marek and his family, Camp Stephens provided a much-needed sense of peace. His mom, Erin, shares, "While Marek and his brother Greyson were both at camp, we had a sense of calm knowing he was somewhere safe and somewhere that he was happy. Based on the experience he had the previous year, we knew he'd be surrounded by positive and encouraging people, enjoying lots of physical activity and soaking in the healing power of the great outdoors."

Camp Stephens continues to offer kids like Marek a place to feel accepted, overcome challenges, and create memories that last a lifetime.



The Stepping Stone Project

For over 130 years, Camp Stephens has been a place where youth create lasting memories, forge lifelong friendships, and experience transformative personal growth. In 2024, the Camp Stephens Stepping Stone Project was launched to ensure that future generations can continue to experience the magic that has shaped so many lives.

The Stepping Stone Project involves a comprehensive review of Camp Stephens that will result in a Master Plan designed to guide the camp's development and infrastructure improvements for years to come. This Master Plan will reflect the input of current and former campers, staff, and stakeholders, as well as an in-depth assessment of the camp's islands, buildings, and other assets.

The project is being carried out in three phases:

- **Campfire Consultations:** Engaging with the camp community to gather feedback and insights that informed the future vision of Camp Stephens.
- **Island Exploration:** Conducting a detailed assessment of the camp's existing infrastructure, environmental impact, and accessibility needs.
- **Master Planning:** Using the findings from the previous phases, the Master Plan Advisory Committee developed a strategic roadmap for the camp's future, which has since been approved by YMCA-YWCA of Winnipeg Board of Directors.

This Master Plan will guide the preservation and enhancement of Camp Stephens, ensuring it continues to offer exceptional experiences to future generations.

The Stepping Stone Project has been supported by the expertise and dedication of the Advisory Committee, whose members contributed valuable insights and guidance throughout the process.

Co-Chairs: Dave Wright, Cordella Friesen

Members: John Karras, Sara MacArthur, Megan Parsons, Kevin Hunter, Amber Legal, Brittany Girard



Thank you to our Donors

Heritage Club

Marlene Beaudet
Donalda Bergquist
Gary & Betty Black
Alan & Jane Burpee
Russ & Cate Campkin
Rene & Lise Dupuis
Nicola Farmer
Cordella Friesen & Carlos Andrade
Cec Hanec
Angela & Rick Hildebrand
Punch & Cathy Jackson
Wayne & Jackie Johnson
Marilyn Kapitany
Peter Laurel & Valerie Slater
Peter J. Macdonald
Sandy McCloy
Faye Parks Micay
Margaret Paterson
Kent Paterson & Laurie Guest
Wes Peters & Pamela Wright
Grant Platts & Claire Maxwell
Ruth C. Raven
Beverly Sawicki
Lesia Szwaluk
Glen T. Scott
Lynn Scott
Bill Simundson & Dennis Bishop
Brent & Kathy Thomas
Linda Venus
David Wright
David & Susan Young
Jo & Ted Wright

Organizations

Audi Winnipeg
BA Robinson Co. Ltd
Beaver Bus Lines
Big Sky Enterprises and Services Inc.
Curtis Carpets
The Douglas Family Foundation
Dycom International Inc.
Flow Art and Expressive Arts Therapy
Forks Trading Company
ft3 Architecture Landscape Interior Design
GFL Environmental
Carolyn Garlich & Peter Miller Fund
Government of Canada
Green Buoy Enterprises
Investors Group Financial Services Inc
Jewish Foundation of Manitoba
Johnston Group
Lovers atWork Office Furniture
Manitoba Chamber of Commerce
McFadden Benefits
MNP LLP
Northbridge Financial
Number Ten Architectural Group
Oasis Originals
Payworks Inc.
PEC Vision Ltd./Prairie Eye Care
Peter Gilgan Foundation
Province of Manitoba
Quality Classrooms

Quintex Services Ltd
Royal Mechanical Solutions
Staffmax Staffing Solutions
Summit Search Group
Super Auto Centres
The Wawanesa Mutual Insurance Company
Thompson Dorfman Sweatman
Transcona Roofing
True North Real Estate Development
Two Rivers Brewing
United Way of Winnipeg

2023-2024 Donors

Michelle Aarts
Allison Abra
Kidan Abraha
Valencia Acuna-Hatton
Eric Adams
Kathy Adams
Mark Adams
Nathan Adegbite
Colleen Alecci
Laurie Allen
Basma Aloud
Dave Amey
Solomon Amoah
Andrew Amsden
Cory Anderson
Jonathan Ansel
Dave Argle
Adam Arlukiewicz
Sandra Arrigo
Karim Atallah
Charlotte Atere
Marilyn Atkinson
Joshua Austria
Alazare Awegachew
Buffy Babb
Jocelyne Badiou
Joseph Baetsen
Rochelle Bailey
Wendy Bailey
Nadine Balkaran
Jerry Baltesson
Lynley Baranyk
Melinda Barawid
Jim Barter
Dennis Batacaan
Gary Batchelor
Judy Battershill
Catherine Baxter
Barbara Bayer
Bianca Beaudet
Jeannette Beaudry
David Bedard
Bilel Benkhalti
Joe Bergen
Jacques Bergeron
Eric Berglund
Faith Best
Ian Bettany
Gurjit Bhangu
Bikram Bhujel
Lorraine Binne
Glennis Bird

Donna Bishop-Malapad & Junel Malapad
Denis Bisson
Robyn Blackburn
Erika Blackie
Reese Blancard
Christian Blancard
Neshaun Bobmanuel
Bonnie Bodnarchuk
Emilie Boille-Bissonnette
Alvin Bolok
JBT Bonnelame
Mindy Boomer
Mark Borger
Maria Botincan
Steve Boulton
Diane Boyle
Heather Bradshaw
Rajpreet Brar
David Bravi
Teresita Bravi
Kyle Brawdy
Mara Brenan
William Brian Boyd
Patricia Britton
Allyson Brown
Mike Brown
Wayne Brown
Roger Brunet
Mark Bryantan
Kaitlan Buchko
Jessica Buhler
Paul Burdz
Brennan Burfoot
Alan & Jane Burpee
Catherine Byard
Lucy Cabel
Pete & Pat Chackowsky
Kerry Cadieux
Lorraine Cairns
Jeffs Caitlin
Thomas Calder
Kenzie Caldwell
Joe Caligiuri
Anita L. Campbell
Luke Campbell
Jordan Campos
Ian Cape
Jill Cardey
Adam Carriere
Brenda Carriere
James Carson
Chris Carter
Chris Carther-Krone
Treyton Case
Richard Chabluk
Nathan Chan
Gordon Chandler
Michael Chheang
Leyanis Chinea
Chris Chipman
Cathy Christie
Rhian Christie
Michael Clancy
Anthony Clarke
Tom Clasper
Adam Closs
Nicole Closs
Ray Cloutier
Shane Cluff
Patricia Clunie

Brad Coates
Jeff Cochrane & Christy Mackenzie
Simon Cole
Dianne Comeau
Maurice Comeau
Lindsay Cook
Mike Cork
Amon Corrin
Andrea Coulling
Michele Coutts
Scott Creran
Roan Crow
Debra Curtis
Greg Dale
Quoc Dam
Stephen Damery
Tailyann Dang
Donna Danyluk
Elliot Dasilva
Larry Davidson
Nathalie Davy
Glen Dawkins
Gabriela De Matos
Josh De Jesus
Julio De La Torre
Jackie De Pape
Hornick
Carole Deally
Cindy DeCruyenaere
William DeGagne
Franca DeGrazia
Diane Desrochers
Van Desrochers
Austin Dietz
Chris Dillstone
Jesse Diogo
Stacey Dittmann
Duong Doan
Jo-Anne Doerksen
Chris Dooley
Claire Dorge
Chris Dorosz
Dawn Dott
Michael Douglas
Ruth Driedger
Danika Druwe
Deborah Dryden
Anne Dubouloz-Lodge
Brenda Ducharme
Virginia Dueck
Alana Duncan
Yen Duong
Josie Duthoit
Brian Dyck
James & Rebecca Ehnes
Anas Elburdiny
Winona Embuldeniya
Samantha Emerson
Kyle Emond
Jennifer Enns
Maria Enriquez
Noah Erenberg
Janice Erickson
Landis Esposito
Tom Ethans
Brenda Evans
Cynthia EYESHEMITAN
Brad Favel
Debra Fenton
Nicole Fenton
Juan Fernandez
Surefire Fitness

Annette Fontaine
Jeffery Fontaine
Gilmore
Cynthia Foreman
Robert Franklin
Doug Fraser
Meredith Fraser
Julie Frechette
Maddox
Frederickson
Kevin Freedman
Cordella Friesen & Carlos Andrade
Neta Friesen
Audrey Froebe
Robert Froese
Kevin Frost
Cheryl Ganes
Carolyn Garlich
Robert Garner
Jackie Garrett
Aron Gebreziabihier
Jayden Gerbrandt
Megan Gerl
Glenn Gerrie
Chad Gillert
Brittany Girard
Josh Girman
Freya Gjurić
Breanne Gobeil
Michelle Gobeil
Dante Gomez
Maximus Gomon
Tyler & Becky Gompf
Noam Gonick
Gary Goodman
Jim Gosman
Mark Goulden
Murray Grafton
Joy Graham
Pam Gramiak
Tomas Grant
Darrell Green
Kathy Green
Robert Dan Greenwood
John Grivell
Nicole Groner
Kathleen Grover
Sheila Grover
Laurie Guest
Janine Guinn
Cody Gustafson
Logan Gustafson
Kristen Guy
Antonio Guzzo
Gordon Holloway
Gerard Habeck
Mary Haimes
Negar Hakimjavadi
Nathan (Arnold) Hall
Jenna Hamonic
Marianna Hamsey
Cec Hanec
Dylan Harack
Paul Harack
Tom Hardern
Russell Harkness
Pat & Jack Harper
Robert Harper
Verna Harris
John Hartle
Doug Harvey & Jan Shute

Greg Hasiuk
Lazarus Hastings
Bruce Hatcher
James Hatcher
Barbara Hawt
Adam Haukey
Leslie Haynes
Linda Hebb
Jong Hee Jung
Maximilian Hegel
Douglas Henderson
Julian Henderson-Peters
Kevin Hepp
Brad Hewlett
Judy Hildahl
Angela Hildebrand
Jane Hilderman
Diane Hinkson
Kim Hirose
Nick Hobbs
Ashlee Hodge
Doris Holland
Alex Holliday
Glen Horst
Randolph Howorth
Samantha Hudon
William Hule
Kelly Hunnie
Kevin Hunter & Meera Rew
My Huong Ma
Fateh Hussaini
Dycom International
Garth Irwin
Punch & Cathy Jackson
Scott Jackson
Andrew Jagodnik
Bonnie Janczuk
Barb Janes
Jessica Jaques
Aldelton Jarrett
Vien Javier
Betty Jean Walker
Anna Johnson
Gene Johnson
Suzy Johnson
Terry Johnston
Edna Johnstone
Lindsey Jones
Moria Jones
Claudette Jubinville
George Junkin
Krystal Kachur
Mark Kagan
Foday Kamara
Marilyn Kapitany
John Karras
Aseri Katonibau
Maira Kaulback
Carla Kehler
Colleen Kennedy
Doris Kenny-Lodewyks
Lemma Ketema
Atiya Khawar
James King
Tiger King
David Klein
Mark Koley
Nancy Kolotylo
Lina Korkh
Jake Kosior
Marina Koslock

Margaret Kostyk	Fatumo Mahamud	Robert O'Kell	Juliane Schaible	Frank Thoren
Dorothy Kotler	Jordyn Mailey	Anthony Okotcha	George Schamber	Meire Anne Thorarinson
Kendra Kotowski	Jen Maizer	Patrick Olutunmogun	Justin Schatz	Janet Timmerman
Cynthia Kowal	Lisa Malbranck	Lori Orton	Frank Schembri	Sharon Toews
Lorraine Kozera	Abigail Mann	Kanyu Owar	Rebecca Schindle	Antonio Toppi
Victor Kruchak	Thomas Manseau	Nana Owusu	Charlie Scholtz	Maurice Toutant
Mike Krykewich	Darlene Marsh	Patricia Ozechowsky	Leslie Schroeder-Gurel	Donna Townley
Kevin Krystik	Maureen Marshall	Ilana Ozery	Robert Scott	Derek Trager
Aurora Kuegle	Noah Martin	Beverly Pageau	Gail Screation	Lisa Trager
Megan Kumar	Tracey Martin	Jeff Palamar	Rob Sedgwick	Mike Trotman
Stefan Kupca	Ashleigh Maryk	Larry Palmquist	Evelyna Sefa	Marcel Trudeau
Dominic La Fleur	Kevin Masse	Steven Papadimitriou	Stevie Seleby	Raymond Twanow
Andrea Labossiere	Lucille Massicotte	Francis Parisien	Fatiha Senhaji	Chiko Ume
Gilles Labossiere	Tania Mastin	Margaret Paterson	Deb Sereacki	Linda Venus
Rick Labossiere	Joe Mateychuk	Patricia Patterson	Norman Shaw	Pamela Vernaus
Carol Ladd	Aurelio Matienzo	Krista Payette	Leona Shewchuk	Evelyn Verry
Caryn LaFleche	Diamon Matwick	Johnathan Pedden	Alex Shmelov	Daniel Verville
Emilie Lagace-Wiens	Jennifer Mauro	Lauren Penner	Sylvia Shore	Nicolas Villacis
Joyce Lamb	Michelle McConomy	Hope Petersen	Kathryn Sibley	Alexis Vlassie
Nancy Lane	Paul McCrea	Jeremy Peters-Fransen	Audrey Siemens	Oksana Vovchenko
Garry Lang	Sharif McCurdy	Chelsea Petrie	Jason Siemens	Wendy Waggoner
Bridgette Larmee	Jean McDonald	Fred Petrie	Joanne Simmons	Sara Wallegghem
Dave Laroche	Tanya McDougall	Greg Pilgrim	Nigel Simms	Deborah Warnick
First Last	Doug McEwen	Amy Pilloud	William Simundson & Dennis Bishop	Jo-Ann Waskul
Colin Ledger	Ryan McGee	John Pisker	Robert Sinding	Ian Waters
Ian Ledger	Dave McGregor	Grant Platts	Ranjodh Singh	Bob Watson
Amber Legal	Bruce McIntosh	Thomas Poels	Sandra Skwarek	Sandy Watson
Daxton Legal	Ann McKenzie	Blaine Poff	Valerie Slater	Randy Waylett
Trudi Legary	Finlay McLandress	Dwight Powell	Connie Smith	Mary Weber
Joselito Lelay	Cian McMahan	Bartley Preston	Ursula Smythe	Wayne Weight
Lu-Ann Lelieveld	Sharon McPhee	Jenna Prins	Teresa Sosa	Adam Welsh
Cecilio Lemus	Sheila Mcrae	Doris Prive West	Bill Speers	William Weske
Adele Letain	Jerry Meagher	Cole Procup	Byron Spriggs	Cheyenne Weyman
Daniel Levin	Len Meakin	Joan Prodanuk	Rashid Ssenteza	Leigh Whalen
Kunyao Li	Harold Melnyk	Keith Putt	Cam Stacey	Leonard Wheeler
Alicia Lickee	Hubert Mesman	Marc Ragot	Sara Stasiuk	Margaret Whitehead
Jennifer Lidstone	Helen Miller	Kimberly Rees-Procup	Nancy Steckler	Emily Wiebe
Alexander Lima	Lisa Miller	Alida Remillard	Andrew Steiman	Gisela Wiechern
Daria Lobas	Brent Milne	Dana Rennick	Allison C. Stephen	Debbie Williams
Pamela Lockman	Konnor Mitchell	Owen Rerick	Sally Stephens	Ernie Wilson
Hildegard Loewen	Ross Mitchell	Muhammad Reza Zabanfahm	Jovi Stepnuk	Gary Wirth
Mary Ann Loewen	Anita Molinari	Kate Rich	Reine Stevens	Angela Wittmann
Keith Lofvendhal	Margaret Molokwu	Robert Richards	Brent Stevenson	Barry Wolfe
Irene London	Cathy Mondor	Nina Richardson	Dana Stevenson	Kari Rachel Wolfenson
Sandra Loreth	Pattie Moore	Richard Riel	Tyler Stewart	Marjorie Wood
Natasha Lott-Friesen	Andrew Moreau	Norman Rivard	Brent Stokotelnly	Joe Woolley
Simon Lucy	Jennifer Morin	Bonnie Rivers	Mark Struck	Dave Wright
Jessica Luna-Aguilar	Catherine Morrison	Shane Robb	Harold Studholme	Michael Wright
Erwin Lutz	Gillian Morrison	Sharon Robert	Jenny Stuesser	Stephen Wright
Frances Macdonald	Adeline Morrisett	Inez Jade Roberts	Daniel Sushko	Caitlin Wsiaki
Ana Manzano	Declan Murray	Andrew Robertson	Roger Sutherland	Qingyan Wu
Sara MacArthur	Constance Murray	Heather Robertson	Nimfa Tabucal	Hoanh Xieu Xau
Georgia MacDonald	Sara Murray	Ariana Rolley	Bruce Talbot	Annette Y.
Kathleen MacDonald	Sheryl Muzyk	Jill Rowe	Ken & Peggy Talbot	Keming Yao
Peter MacDonald	Adam Nachtigall	Carmen Roy	Jennifer Tam	Derek Yarnell
Di Anne MacDougall	Anna Nault	Rupa Roy	Philip Tan	NuNu Yemane
Norman MacEachern	Lorna Nazar	Jeannine Rozzi	Ruth Taronno	Amy Young
Jacquie Machovec	Brent Neill	Dana Rungay	Sara Tawold	Doris Young
Tyler Machutcheon	Michael Nesbitt	Debbie Russell	Alice Taylor	Ken Young
Justin MacIver	Laura Ng	Petra Russell	T. Tenbergen	Catherine Zahradnik
Carol MacKay	Tieman Nguyen	Michael Sabourin	Asmerom Tesfazgi	Stephanie Zapata
Craig Mackenzie	Tyler Nguyen	Sandra Sadiua	Charles Tetrault	Dawn Zawadski
Lisa Mackenzie	Taylor Nicholas	Dilshan Saggu	Abel Tewelde	Hongji Zhang
Margaret MacKenzie	Rod Nickel	Tanusak Sajan	Brooke Thiessen	Weisheng Zhou
William MacQuarrie	Jim Nilson	C. Sale	Catherine Thiessen	Yuchan Zhou
	Casie Nishi	Marc Sanche	Kim Thoen	Natalija Zmavc
	Corinna Nolan	Franco Savoia	Cindy Thompson	Joanne Zuk
	Virginia Nuytten		Margaret-Rose Thompson	
	Ronnie O'Brien		Gail Thomson	
	Marissa Obtera		Lorne Thomson	
	Tyler O'Donnell			
	Kevin Ofime			
	Olamide Ojewale			



Congratulations Marilyn Kapitany

Marilyn Kapitany, a dedicated volunteer, received the **YMCA Fellowship of Honour** for her outstanding leadership and service. This prestigious award recognizes her remarkable contributions to the Y's mission and her lasting impact on the community. Congratulations, Marilyn, and thank you for your dedication and inspiring service!



In Memory of Harold Studholme

Harold (Hal) Studholme, a cherished Y community member for over 70 years, passed away on March 31, 2024, at 85. His legacy includes his role as staff, his love for Camp Stephens, and his Fellowship of Honour award. Hal's leadership, humour, and generosity impacted many lives. His memory lives on in the hearts of his family, friends, and all those he inspired through his commitment to community.

Financial Highlights As of August 31, 2024

	2024	2023
ASSETS		
Cash	6,986,373	5,769,017
Accounts Receivable	1,046,503	1,879,987
Prepaid Expenses and Deposits	526,007	443,039
	8,558,883	8,092,043
Cash restricted for capital development	2,548,972	2,552,828
Capital assets	11,683,448	12,070,548
Total Assets	22,791,303	22,715,419
LIABILITIES		
Current		
Accounts payable and accrued liabilities	3,328,683	1,981,472
Deferred revenue	3,372,888	5,033,178
Current portion of long term debt	28,000	112,000
	6,729,571	7,126,650
Deferred building and equipment capital contributions	1,787,873	1,294,011
Deferred contributions related to capital assets	1,562,363	1,844,816
Long term debt	-	28,000
Total Liabilities	10,079,807	10,293,477
NET ASSETS	12,711,496	12,421,942
Total Liabilities and Net Assets	22,791,303	22,715,419
REVENUE		
Program and Membership Fees	16,935,883	11,611,269
Government Receipts	14,129,969	12,883,000
United Way	490,486	480,205
Amortization of Deferred Capital Contributions	282,453	292,618
Donations and Fundraising	313,893	399,850
Other Revenues	694,672	434,965
Total Revenue	32,847,356	26,101,907
EXPENSES		
Salaries & Benefits	21,537,346	19,396,305
Occupancy Costs	3,861,602	3,139,885
Supplies & Services	3,829,384	2,622,540
Amortization of Capital Assets	1,881,430	1,707,247
Bank Charges & Interest	387,314	300,435
Administrative Costs	634,251	535,002
National Allocations	426,475	369,604
Total Expenses	32,557,802	28,071,018
EXCESS (DEFECIENCY) OF REVENUE OVER EXPENSES	289,554	(1,969,111)

**Ignite Potential.
Donate Now.**

ywinnipeg.ca/donate

Find and follow us on:



Accredited
IMAGINE CANADA



PROUD PARTNER OF
United Way
For a Better Winnipeg

ywinnipeg.ca