



**YOU** are **the Y**

**BUILDING  TRADITION**

**YMCA · YWCA**  
ANNUAL REPORT  
**2004**



A United Way Funded Agency

### **Camps Branch**

3550 Portage Avenue

### **Preschool Childcare**

5 Fermor Avenue

3550 Portage Avenue

301 Vaughan Street

### **Community Outreach**

301 Vaughan Street

### **Self Employment Program**

604-428 Portage Avenue

### **Youth Employment**

301 Vaughan Street

### **Finance and Administration**

3550 Portage Avenue

### **Fine Option & Community Service**

301 Vaughan Street

454 Kimberly Avenue

227 Provencher Blvd

### **Health Fitness Recreation**

Downtown Branch | [301 Vaughan Street](#)

Elmwood Kildonan Branch |

[454 Kimberly Avenue](#)

South Branch | [5 Fermor Avenue](#)

West Portage Branch | [3550 Portage Avenue](#)

### **International Branch**

301 Vaughan Street

### **Learning & Leisure Centre**

B103-290 Vaughan Street

### **Fort Garry After School Program**

Vincent Massey Collegiate

### **South Special Needs**

South Y | [5 Fermor Avenue](#)

### **Y Women**

Age & Opportunity

### **School Age Child Care Centres**

Bairdmore | [700 Bairdmore Blvd](#)

Bonaventure | [516 A Stanley Street](#)

Chancellor | [1520 Chancellor Drive](#)

Crane | [888 Crane Avenue](#)

Downtown | [301 Vaughan Street](#)

Ecole Crane | [888 Crane Avenue](#)

Ecole Guyot | [400 Willowlake Crescent](#)

Ecole Julie Riel | [361 Ashworth Street](#)

Ecole Varrennes | [22 Varennes Avenue](#)

Frontenac | [866 Autumnwood Drive](#)

Garden City | [725 Kingsbury Avenue](#)

George McDowell | [366 Paddington Road](#)

Island Lakes | [445 Island Shore Blvd](#)

Kimberly Kids | [211 Kimberly Avenue](#)

Rockwood Kidspace | [350 Rockwood Street](#)

St. Andrews | [St. Andrews, MB.](#)

St. George | [151 St. George Road](#)

St. Joseph The Worker | [505 Brewster Street](#)

Samuel Burland | [192 Burland Avenue](#)

Shamrock | [831 Beaverhill Blvd](#)

Skipper's Scholars | [505 Sharron Bay](#)

South Y | [5 Fermor Avenue](#)

West St. Paul | [3740 Main Street](#)

Whyte Ridge | [400 Scurfield Blvd](#)

Whyte Ridge Kids | [400 Scurfield Blvd](#)

Wolseley | [511 Clifton Street](#)

### **Y Neighbours**

Alumni | [YMCA-YWCA Downtown Branch](#)

Charleswood | [West Park Seventh Day Adventist Church](#)

Dakota | [Morrow Street Gospel](#)

Fort Richmond | [Waverley Fellowship Baptist Church](#)

Henderson | [North Kildonan United Church](#)

Kilcona | [Rowandale Baptist Church](#)

Lindenwoods/Whyte Ridge | [St. Peter Anglican Church](#)

Parkwest | [Gloria Dei Lutheran Church](#)

Polo Park | [Bethel Baptist Church](#)

River Heights | [St. Peter Anglican Church](#)

St. James | [Maranatha Church](#)

St. Norbert | [Trinity United Church](#)

St. Vital | [Morrow Street Gospel](#)

Southdate | [Bethel Community Church](#)

Springfield | [Oakbank United Church](#)

Transcona | [Blessed Sacrament Parish](#)

West Kildonan | [Christian Life Assembly](#)



**YOU** are the **Y**  
**BUILDING**  **TRADITION**



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# Message from the Chair and CEO

At the YMCA-YWCA of Winnipeg we believe that every person and every life is unique. At the same time, we are deeply aware of how similar we are and that some needs are common to all.

We share a need to look after our children and make sure they have the opportunity to reach their full potential. Regardless of age, we need to care for ourselves and optimize our sense of health and well-being. And perhaps, most of all, we need to belong.

These core beliefs are at the heart of everything we do at the Y and, as a result, we've watched people grow and thrive.

We see it when a child's face lights up after spelling his name for the first time or hear it from a teenager who has experienced the thrill of canoeing down a river, and we feel it when someone revels in the sheer sense of well-being that comes from staying active.

This is what the YMCA-YWCA is all about ... people. And it's why we're so committed to continuing to develop and grow our facilities and our programs through our \$10.2 million capital campaign.

In achieving this goal, we will be able to accommodate more people, introduce them to new and improved amenities and provide greater convenience and access. Demand is strong and we are determined to reach this goal.

As a charitable organization, we depend on philanthropy, membership fees and the efforts of volunteers to fulfill our mission. We also rely on the generosity of people like you.

If you share our belief that a community is only as strong as its people, please consider making a donation to support this campaign. Your dollars will do more than assist in building enhanced facilities and opportunities. Your investment will transform lives.

Please lend your support to the campaign and, if you have not done so already, join the 24,000 members who belong at the Y. ***We are the YMCA-YWCA and we are a place for everyone.***

  
MARILYN KAPITANY *Chair*

  
DAVE YOUNG *CEO*





# Building **Y** Tradition

The YMCA-YWCA of Winnipeg is at an exciting point in its history of fostering the growth and development of people and communities in spirit, mind and body.

Increased demand for the services we provide has prompted a new cycle of growth and our current capital campaign is helping to move our plans for upgrades and expansion from the drawing board to reality.

Today, more than 24,000 members pursue health and wellness at our facilities. Over 3,000 youth discover the learning experiences that Camp Stephens, the longest running resident camp in Canada, offers and approximately 1,000 people seek out our employment training and women's programs. In addition, the Y continues to be Manitoba's largest childcare provider.

Because the Y offers such a broad scope of services, we touch many people throughout their lives. The boys and girls in our childcare

centres grow to be the youth at our camps and ultimately the adult members in our fitness facilities and programs. We now see second and third generations of Y members walking through our doors. And we gladly welcome many of those members as volunteers who help to drive our programs and fulfill our mission.

It is a cycle of personal growth that has continued for the past 125 years. Moreover it is a solid foundation for the success and development of our community.

For an organization that is committed to building strong kids, strong families and strong communities, we believe that the YMCA-YWCA of Winnipeg's services are needed and valued now more than ever. The tradition continues.



# Health Fitness Recreation

Five mornings a week, a group of women gather to start their day. All ages, all shapes, all fitness levels, they arrive at the Y one-by-one and stake a claim on a weight machine. The routine begins. And so does the banter.

They are known as the South Y Ladies. But their nicknames for each other – “Cookie”, “Princess”, “Heat Queen” and others are probably more indicative of their sense of humour and easy familiarity.

It’s a close group, borne through their years of membership at the Y and their one to two hour workouts.

Marielle Lacroix, a Y member for 23 years relies on a combination of weights and cardio to keep herself healthy and likes the support the group offers. Says Marielle, “We all work out together and spot each other. The Y is close to home, everyone’s friendly plus the price is affordable.”

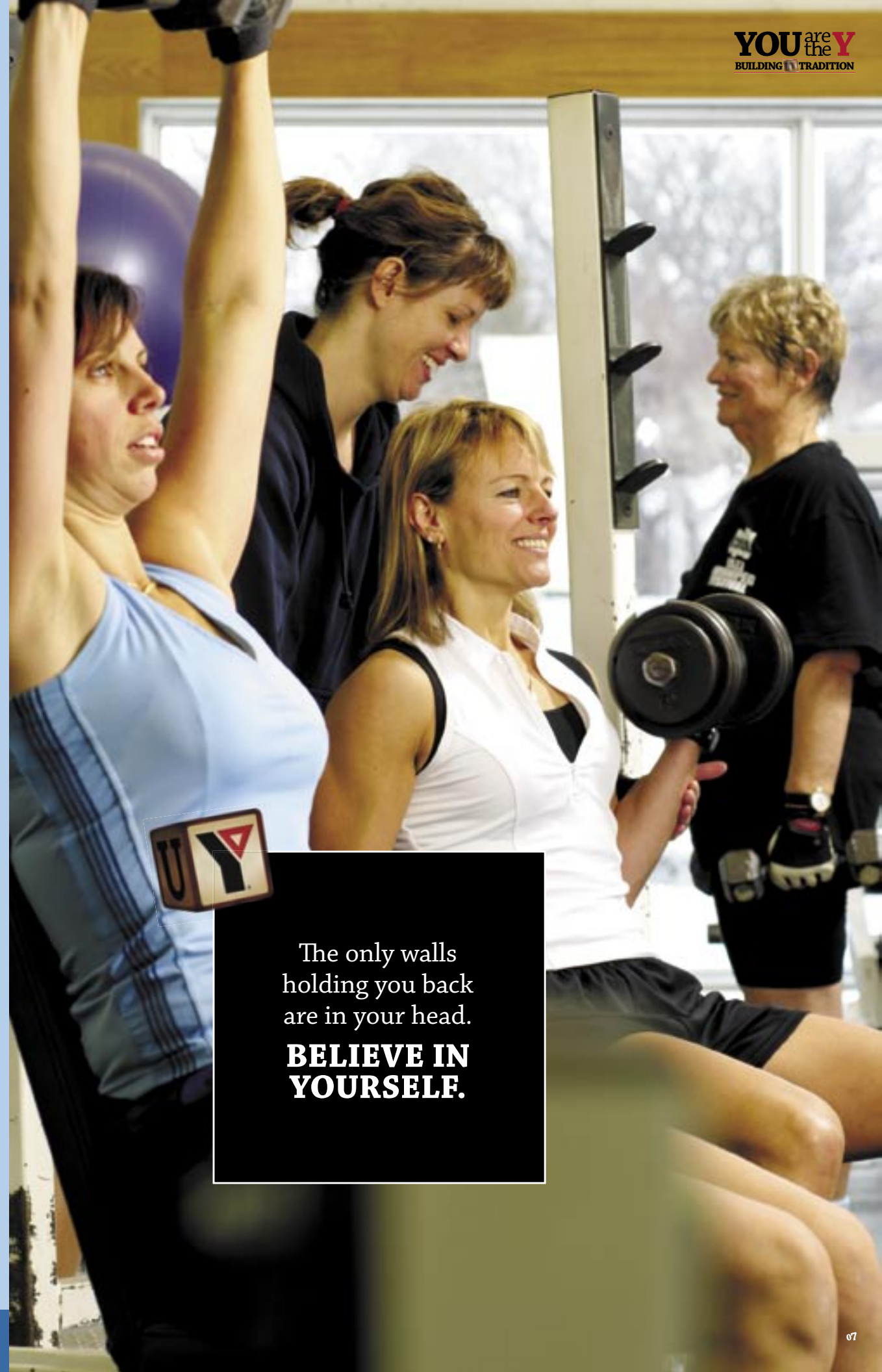
Transplanted from Brandon, Dana Martin is a Y member who enjoys a career as a fitness motivator. Her skills and enthusiasm are a welcome part of the group and she appreciates the Y approach to fitness. Says Dana, “The Y is really good at keeping up with what members

want and need. When we identified some equipment we’d like to add, they brought it in for us. But more importantly, the Y is about family – the people here are great.”

Cathy Cortvriendt, a mother of two young children, is another member of the informal group and finds her workouts at the Y give her some much-needed personal time. “I bring my youngest child to babysitting here while I workout – it’s a change of pace for both of us. Plus after my second child was born I wanted to lose some of the weight I had gained. Over the last few years I’ve lost 50 pounds.”

Losing weight and staying fit was also part of Lisa MacIntyre’s plan when she became a member four years ago. “When I started the cardio and strength training, I lost weight quickly and got to know more people. I loved it! Our group even gets together once a month outside of the gym to help motivate one another and just have a good time.”

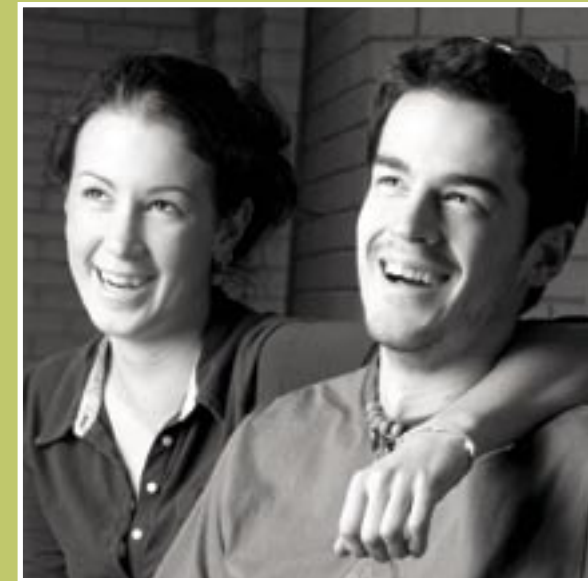
Adds Lisa, “When you’re at the Y you’re here to workout and have fun. Nobody cares what you look like or whether you’re skinny or overweight – we’re all in it together!”



The only walls holding you back are in your head.  
**BELIEVE IN YOURSELF.**



Camp will help you grow as an individual, and it can impact your life. Giving back to the next generation provides you with a great sense of **ACCOMPLISHMENT.**



## Camp

For brother and sister Ryan and Chelsea Smith, their initial experience as campers at the Y's Camp Stephens several years ago, has had a far-reaching impact in their lives that continues today.

Ryan, now a second year student at the University of Winnipeg, first signed up for a canoe trip the summer after grade nine. Ryan remembers, "I thought it was for young kids, but it wasn't. I had a great time and they asked me to come back as a Counsellor-In-Training the next summer."

Since then, Ryan has participated in a six-week canoe trip and expanded his leadership skills by taking on the role of Counsellor and Section Coordinator at the camp. As he prepares to return to Camp Stephens this summer, it's easy to understand his enthusiasm. Says Ryan, "The Y is about the people. I made really close friends over the years and I go to University with some of them now. Through Camp I got a chance to find out how satisfying it is to work with kids. Because of that, I want to get into education."

Over the years, younger sister Chelsea, now in grade nine, watched her brother Ryan enjoy new friendships and experiences at the Y and decided to check it out for herself.

For two years, Chelsea went to camp, but says it was going on a canoe trip during her third summer that really got her hooked.

"You're with the other campers 24/7 and it just seems that's how you develop really good friendships. Since then I've started going camping more and more and love being in the fresh air."

Following in her brother's footsteps, Chelsea has now become a Counsellor-in-Training and eagerly applies her newly acquired knowledge on-the-job. Chelsea notes, "I take what I've learned and put it to use making Camp fun for the kids. I've found that enthusiasm counts for a lot. One of the best things is when a camper comes back and says it was awesome."

Both Chelsea and Ryan recognize the sense of accomplishment that their participation in the Y's Camp Stephens has given them. Says Chelsea, "For me it's been about meeting new people, having new experiences and mostly it's just been a lot of fun. I feel like I come back from Camp and have a greater purpose of where I want to go."



## Childcare

The room is crayon-colour bright with sun streaming in through the glassed walls. Young children are busily working on a craft and the glitter and glue that's part of the project sparkles as much on their fingers as it does on the paper. Pride in their creations is evident as they present their artwork to the oohs and aahs of parents arriving later in the day to take them home.

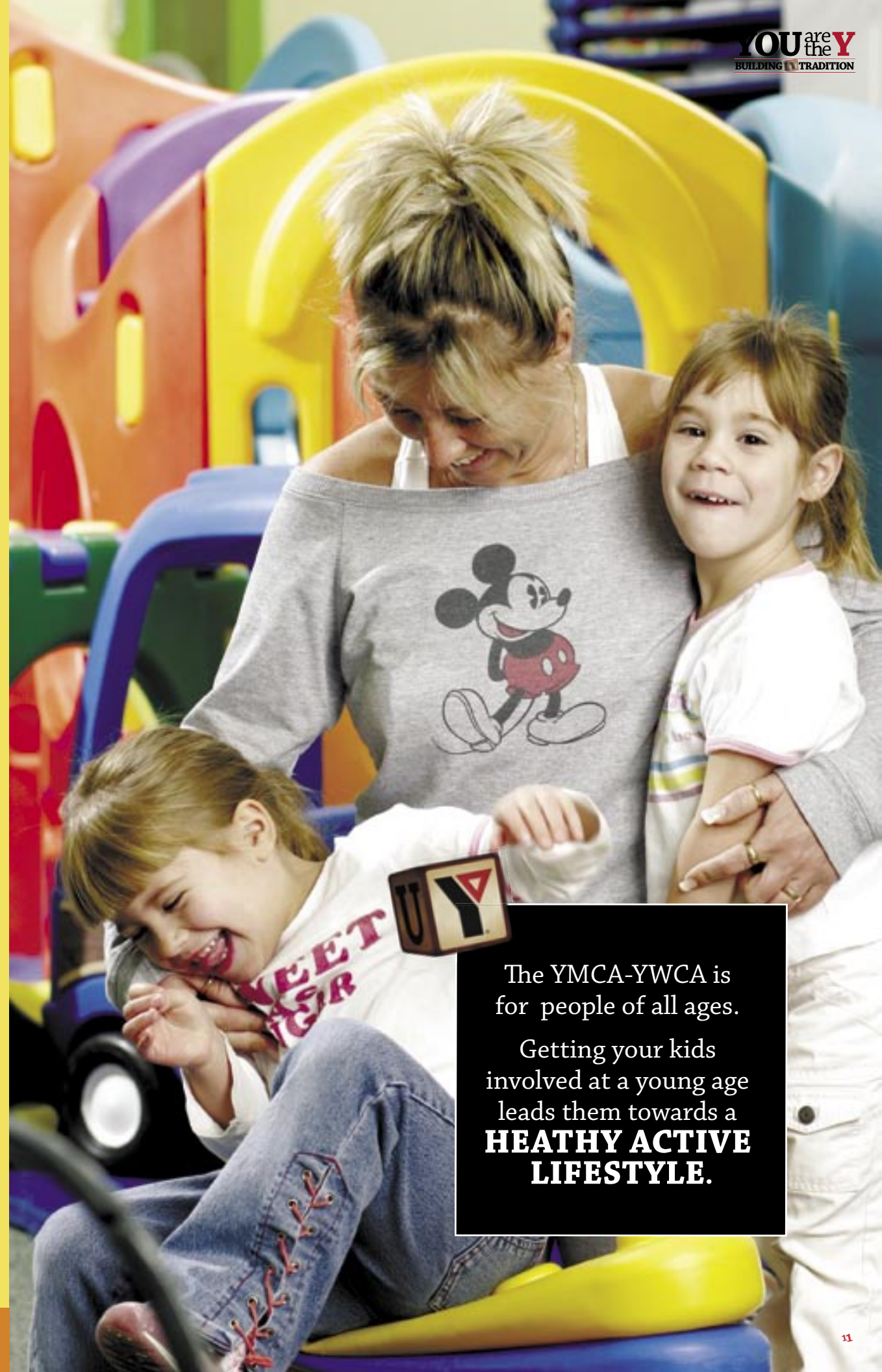
For Charlotte Schevect, mother of four-year old twins Sierra and Cheyenne, it's a sight she never takes for granted. Says Charlotte, "I can walk in anytime and the kids are always happy and the teachers look like they're having a good time too."

When she first began trying to find childcare after moving to the area two years ago, Charlotte searched the neighbourhood. "I just didn't feel comfortable with some of the other facilities, but as a newly single parent who was going back to school, I didn't have the option of staying home with them as I'd done with my older daughter. But when I walked into the Y, I felt welcome and knew this was the right place."

Since then her appreciation for the Y childcare centre and its staff has continued to grow. "My kids are surrounded by people who care about them and they are thriving. They love music time and creative time, but their favourite activities are swimming in the pool and going to the gym."

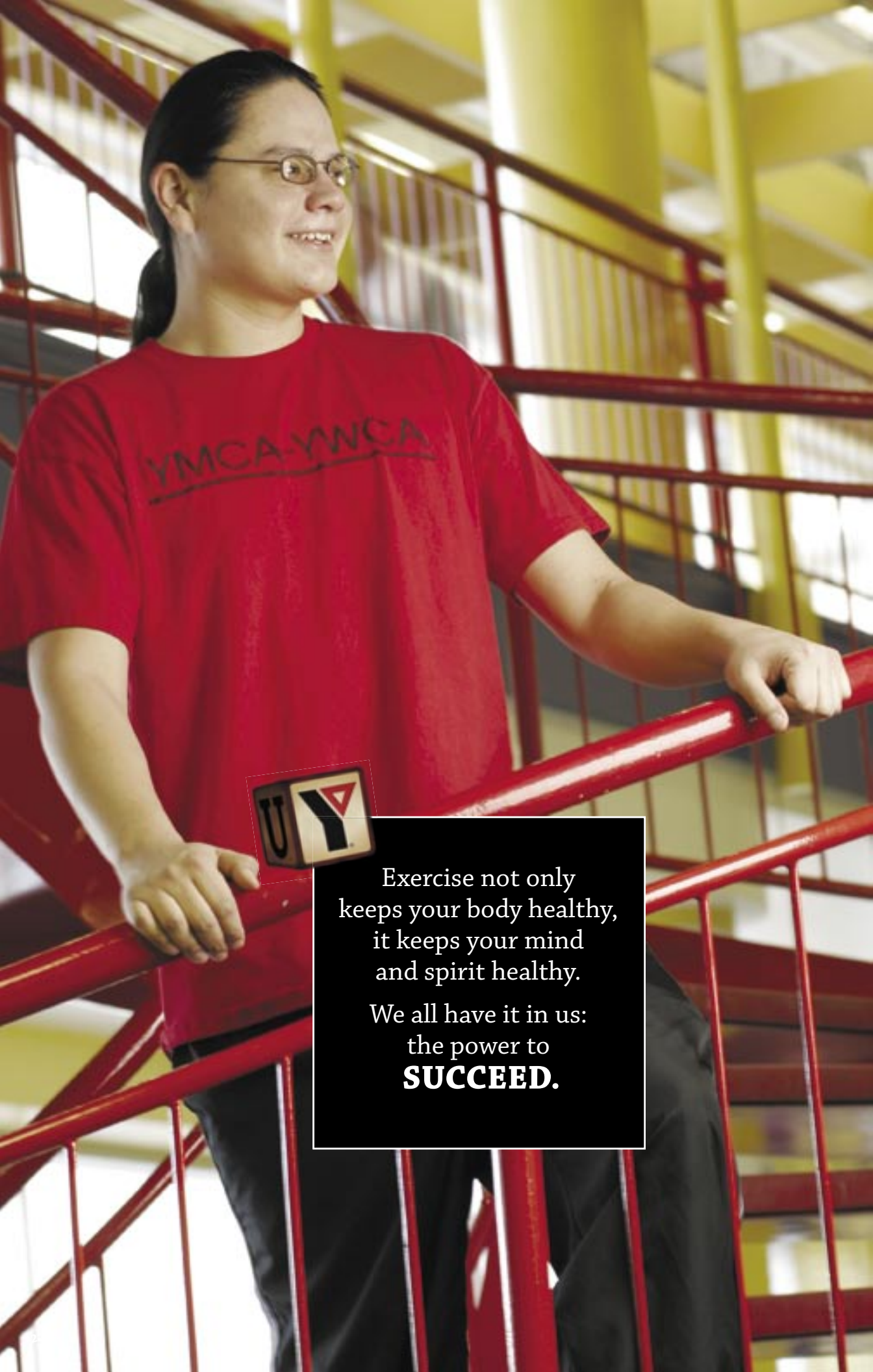
Equally important to Charlotte are the relationships she's developed with the staff. Notes Charlotte, "I've come to know the teachers individually and they let me know how the girls are doing and what they've learned during the day, so I stay connected. The staff also has a terrific sense of humour and both the kids and parents respond to that."

The best endorsement comes from Sierra and Cheyenne. Says Charlotte, "My girls always want to go to the Y. There's never been a day when they haven't wanted to go to daycare and that's more important than anything."



The YMCA-YWCA is for people of all ages.

Getting your kids involved at a young age leads them towards a **HEALTHY ACTIVE LIFESTYLE.**



Exercise not only keeps your body healthy, it keeps your mind and spirit healthy. We all have it in us: the power to **SUCCEED.**



# Employment Services

In search of job opportunities, 24 year-old Preston Pashe left his home and all that was familiar to journey to Winnipeg.

His relocation from the Dakota Tipi Reserve to the big city was challenging. Says Preston, "Moving to the city was a big adjustment. I didn't know where to start."

Fortunately he found an ad in the newspaper promoting the YMCA's Youth Now program and decided to follow up. The four-week program, designed to provide employability skills to youth ages 18 to 24 who are receiving social assistance, seemed to be an ideal fit.

"The Y taught me about myself and my goals, how to do a good job and how to write a resume. They also have jobs posted through the program and helped us to set up interviews," adds Preston.

Out of the jobs available, Preston quickly identified one that caught his interest – working at the YMCA-YWCA downtown fitness centre. He went through a competition and was one of two people hired to assist members and rack the weights.

Despite his training, the first few weeks on-the-job proved to be another learning experience. Remembers Preston,

"I was really nervous to start working at the fitness centre because it seemed like a really busy place. I felt kind of uncomfortable but getting to know the members and the staff has made it easier. It's a positive atmosphere and the people are great."

Now as a seasoned member of the YMCA-YWCA team, Preston continues to practice what he's learned. Says Preston, "I always try to come in 15 or 30 minutes early for my shift – just to show them that I'm trying my hardest and that I really love this job."

With a steady income, Preston is getting his own apartment and benefiting from the fitness opportunities associated with working at the Y. "I'm getting into shape, teaching a bit of gymnastics and taking tae kwon do classes at the Y," notes Preston.

His newly found confidence in his abilities have translated into setting other goals for himself. Preston adds, "I'm hoping to go back to school and get my grade 12. I want to keep working at the Y and someday to open an Aboriginal Dance School."



# Did You Know

**More than 560 people make the Y a better place and feel good about themselves by volunteering in our facilities;**



**Health Canada stats indicate that 2 out of 3 Canadians aren't active enough to maintain or improve their health... Not so for the over 49,000 Y members who took advantage of our health, fitness, recreation facilities and programs to enhance their well-being.**



**Over 3,000 kids had an awesome time singing, climbing, swimming, sailing, canoeing and making new friends at Camp Stephens on beautiful Lake of the Woods.**



**50 young people took on a new role as counsellor, leader and friend at our day camps for kids aged five to twelve.**



**465 moms met other mothers and gathered for support, friendship and learning while their kids were supervised at play through the Y Neighbours program.**



**85% of the 71 people who started a business this year with the help of the Y's Self-Employment Program are still operating today.**

# More Than What You See

Most people are familiar with the YMCA-YWCA as a community facility that offers childcare, fitness facilities and camp. Look a little closer and you'll see that the Y offers a broad range of programs aimed at finding work, conquering life's challenges and developing connections.

The Y's Self Employment Program offers unemployed people the opportunity to create employment for themselves by starting their own business. Through training, counselling and support, participants have a greater potential for achieving success. Other programs such as the popular Youth Now Program assists 18-24 year olds who are on social assistance in learning new skills and securing jobs.

Our women's programs are responsible for bringing more than 850 women together every year. Whether it's mothers getting together while their children play or a group of women retreating for a weekend of discovery and relaxation, the Y is a place for learning and for making new friendships.

We also reach into our neighbourhoods with our Fine Option Program which gives a person who has been fined the opportunity

to perform unpaid community work and with our Community Service Order program aimed at assisting in the delivery of court-ordered community work for people aged 12 and older.

While most of our work is centered here at home, our International Programs provide opportunities for Winnipeggers to develop a sense of responsibility to each other and the global community through overseas partnerships and community development projects.

Amid our work and play, we take time to celebrate. In May 2005 we will host the 29<sup>th</sup> Women of Distinction Awards in honour of women who are making a difference in our community.

And, through it all we are supported by more than 560 volunteers who donate their time and talent to leading fitness classes, guiding new members and reading to pre-schoolers in our child care centres. They grow while helping others and we couldn't do all that we do without them.

# YMCA-YWCA of Winnipeg Financial Summary

As of August 31, 2004

<b>ASSETS</b>	<b>2004</b>	<b>2003</b>
Current Assets	\$ 862,645	\$ 2,091,071
Capital Campaign Pledges Receivable	223,350	
Capital Assets	9,613,156	7,566,441
	<b>\$ 10,699,151</b>	<b>\$ 9,657,512</b>
<b>LIABILITIES</b>		
Current Liabilities	1,573,989	1,028,409
Deferred Revenue	361,578	230,993
Deferred Contributions Related to Capital Assets	4,562,393	4,878,728
Long Term Debt	1,583,103	1,744,980
	<b>\$ 8,081,063</b>	<b>\$ 7,883,110</b>
<b>NET ASSETS</b>		
	<b>2,618,088</b>	<b>1,774,402</b>
	<b>\$ 10,699,151</b>	<b>\$ 9,657,512</b>
<b>REVENUE</b>		
Program and Membership Fees	7,756,531	6,773,961
Government Receipts	2,409,557	2,261,459
United Way	501,085	516,048
Other Revenues	1,007,107	775,512
	<b>\$ 11,674,280</b>	<b>\$ 10,326,980</b>
<b>EXPENSES</b>		
Salaries & Benefits	5,848,618	5,300,391
Occupancy Costs	1,890,995	1,681,348
Supplies & Services	1,298,840	1,130,603
Amortization of Capital Assets	994,933	902,826
Bank Charges & Interest	173,985	190,616
Administrative Costs	355,079	262,509
National Allocations	147,666	134,900
Allowance for Bad Debts	96,020	61,743
International Projects	24,458	14,869
	<b>\$ 10,830,594</b>	<b>\$ 9,679,805</b>
<b>EXCESS OF REVENUE OVER EXPENSES</b>	<b>\$ 843,686</b>	<b>\$ 647,175</b>

## Board of Directors 2004

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Business Owner

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President and Chief Executive Officer  
Manitoba Hydro

**Judith Chambers**  
Senior Manager Global Solutions  
RBC Investments

**Ronald T. Chan**  
Account Manager  
CJOB/Power 97

**Malcolm Crooks, P. Eng.**  
Global Refrigeration & Mechanical  
and Winnipeg Home Services

**Steve Dennis**  
General Manager  
Cam Clark Ford

**Barb Lillie, CA**  
Director, Internal Audit  
Government of Manitoba

**Marilyn Kapitany**  
Assistant Deputy Minister  
Western Economic Diversification Canada

**Dal McCloy**  
PM Group

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Indian and Northern Affairs Canada

**Linda Venus**  
Provincial Director of Cancer Control  
and Program Planning  
CancerCare Manitoba

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Associate Consultant  
Investors Group Financial Services