



2014 ANNUAL REPORT

OUR MISSION

OUR YMCA IS A LEADING CHARITY THAT WORKS IN PARTNERSHIP WITH OUR COMMUNITY TO PROMOTE A HEALTHY SPIRIT, MIND AND BODY AND THE BASIC RIGHTS AND NEEDS OF ALL.



PRESIDENT AND CEO

MESSAGE TO THE COMMUNITY

THIS PAST YEAR WAS A VIBRANT AND INSPIRED ONE FOR THE YMCA OF FREDERICTON AND WE THANK OUR VALUED MEMBERS, VOLUNTEERS, DONORS, STAFF AND COMMUNITY PARTNERS FOR THEIR COMMITMENT AND CONTRIBUTIONS TO OUR CENTER OF COMMUNITY.

NURTURING POTENTIAL At the heart of everything we do is our commitment to nurture the potential of every person the Y serves. Whether it be a child in our day care or after school programs, a middle school student in our youth leadership program, a community resident seeking employment or a newcomer family looking for community resources and connections, the Y is committed to providing safe and relevant programs and services where potential is nurtured and realized.

PLANNING THAT INSPIRES In 2014 staff and volunteers rolled up their planning sleeves to identify and move forward a range of priorities that are bringing our 2014 - 2019 strategic plan to life. At the heart of our plan is our "Healthy People for Healthy Communities" vision. Staff, volunteers and community partners are working together and are building the Y brand, increasing the Y's capacity to serve, extending the reach of the Y and increasing the Y's impact in our community.

COMMITTING TO ORGANIZATIONAL EXCELLENCE As a trusted, community-based organization that has served the Fredericton community since 1856, our commitment to organizational excellence remains unwavering. This past year a resolution was unanimously passed to pursue accreditation with the Imagine Canada Standards Program. Accreditation is awarded to non profit organizations that demonstrate excellence in five key areas of operations including board governance, financial accountability & transparency, fundraising, staff management and volunteer involvement.

A FUTURE THAT REMAINS BRIGHT In May of 2014 our membership reached an all time high with 6392 members developing in spirit, mind and body. New programs and services are being developed to meet the expanding needs of our members and our community. Existing partnerships have been strengthened and new partnerships have been established with those that share our vision and values. With your continued support, the future of your YMCA remains vibrant, healthy and inspired.

We invite you to join us on this important journey of community impact.

Lincoln Thompson

President

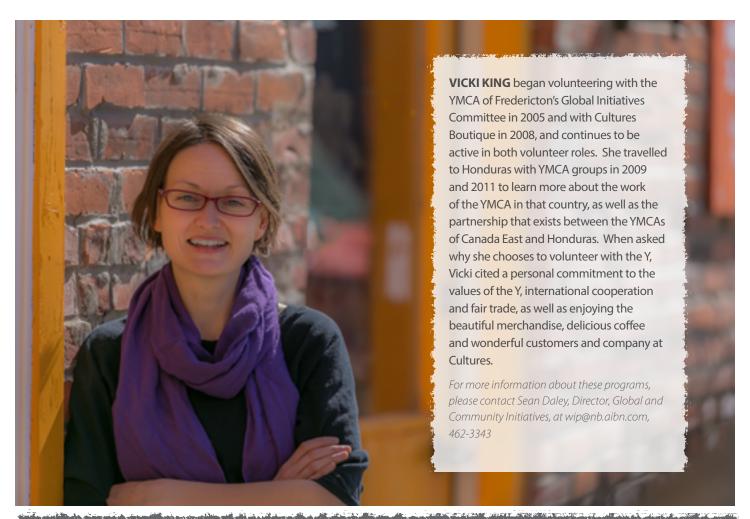
Barb Ramsay CEO

Farbara Lamoay

OUR VISION HEALTHY PEOPLE FOR HEALTHY COMMUNITIES

VOLUNTEER

VICKI KING



We cherish the strength that comes from diversity and support each other's growth and well-being. We continually evaluate our actions and policies to ensure inclusivity.

RESPECT

We recognize the potential and uniqueness of every person and ask that everyone use respect as their measure of the day.

We work cooperatively in a socially responsible manner. We value each other's contributions, rights and needs.

WE CONDUCT OURSELVES

We are honest, transparent, accountable and fiscally responsible.

SHOP ETHICALLY-CHANGE LIVES

CULTURES BOUTIQUE





One small coffee bean that was picked in the mountains of Cheyopectec in Mexico, on the Just Us Coffee Tour, that we were fortunate enough to go on. This bean (framed by wonderful Vicki King, great volunteer, awesome team member), is hanging in our office at 155 Smythe.

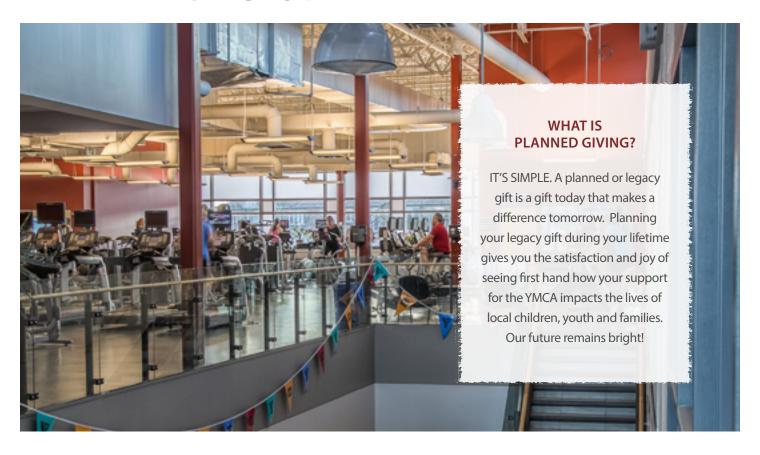
This one bean is a reminder every day of what coffee farmers, their families and villages struggle through daily to earn a fair wage and feed their families and support their communities. It's important to understand how much work they put in for each of us to have our easy cup of coffee in the morning. -Sean Daley

Director of Global and Community Initiatives





HERITAGE CLUB



HERITAGE CLUB MEMBERS WHOSE GIFTS ARE BUILDING TODAY FOR A STRONGER TOMORROW

Burton Colter Ottis Logue Murray Sargeant A. J. Sandy LeBlanc Memorial Fund Ellen MacGillivray Will Webb

HERITAGE CLUB MEMBERS

Marjorie Atkinson Ralph & Mary Jane Bartlett John Bliss & Dorothy McDade Ron* & Dora* Burgess Duncan & Fay Campbell Ron & Pat* Campbell Jim & Beth Clark John & Pam Clark John & Wilma Clark Richard & Margaret Clark

David Clark & Barb Ramsay Elaine Colter Meridee Craft Jim & Karon Croll Don Feeney & Nancy Ross Ed & Sandra Fox John Hanson Margaret & Bill Jones Robert & Joan Kenny Ramaiyer & Sita Krishnaswamy Harry* & Edith Levine Robert & Maria Matthews Sheila McLeod Lawrence & Miriam* Menzies Doug & Sheila Morgan Heather & Murray Neilson Jamie & Gisele Petrie David Saad David & Brenda Sansom

Grant* & Stella Sansom

Richard & Brenda Tingley Rebecca Watson David & Elizabeth Wilson *deceased

HERITAGE CLUB





Strong and Healthy families build beautiful minds which in turn build healthy communities and strong nations. However the complexities of modern day living has made it very challenging for families to go at it alone. That is where the YMCA comes in. It is indeed an extension of the family and the programs of the Y have benefitted the young and the old alike. It has been pivotal in our communities to nurture the health of children and teens and provide opportunities for everyone to thrive and progress irrespective of income, age or background.

So an investment in the Y is an investment in our future. That is why we donate to the Y. We feel that supporting the Y is not an option but a necessity in the turbulent times we live in.

We hope you will consider leaving a token of your legacy as an investment in the future of our community and our nation.

Dr. Ramaiyer & Sita Krishnaswamy

ENDOWMENT BOARD OF DIRECTORS

Ralph Bartlett Dan Murray

Claire Buck* Heather Neilson, President

Pam Clark Barb Ramsay, CEO

Peter Clark **Derek Rose** Ed Fox* Nancy Ross* **David Russell** Ron Harding **Bill Jones Etienne Theriault** Sandy Kitchen **Lincoln Thompson** Jason Vandertoorn, Vice Sita Krishnaswamy

President Lisa LePage

*Resigned during term Paul Martin, Treasurer

Rick Miles





FRIEND

A. E. MacDonald Insurance Glen & Sandra Abbott Anne & Bruce Allen Margaret Allen Mary Allwood Anonymous Karen Anstis **Doreen Armstrong** Marion Armstrong Steve Arnason Diana Arseneault Ian Arseneault Sharon Astle Linda Banks Roger Bannister Frasha Bastan Fred Barton Bertrum Bates Pat Beaney Michelle & Greg Beers

John & Roberta Bleumortier Harry Bolan Laurel Boone Carmel Borland

Cindy Boyce Mary Anne Boyle

Dale Bray
Pat & Lynne Brennan
Chris Brodbeck

Louise Brooks

Carolyn & Ralph Brown

Glen Brown

Frank Brooks

Michelle Brun Coughlan Elizabeth & Ken Burke

Betty Bushell
Michael Camp
Elizabeth Campbell
Brenda Carle
Angela Carver
Dale Chisholm
Robert Christie
Jane Corey
Jillian Coughlan

Sharon Cowan

Lyman Coy

Eryn Craft Celinda Crandall Barbara & George Cross Dan & Carol Crowther John L. Cullinan Karen Dean Daryl & Alice DeMerchant Christie Dennison Katherine d'Entremont Sean & Cher Daley Patricia des Champs Roseline Desroches Carole R. Dilworth Jennifer Drost Rob & Daneen Dymond Alexis Ervin Susan Facey Gilbert & Nancy Farmer John Fitzgerald Anthony Gallant

Greg Gordon Danielle Green Carol Gregory Lee Ann Hanlon Dana & Tanis Hanson Roger Harley Frank & Alice Harriott Fran Harris Robert & Mary Hawkes Anne & Gary Hawkins Kathleen Howard Robert & Nancy Howie Allison Hubbard **David Innes** Floyd Jackson Ryan Jacobson **Byron James** Michael Keays Robert Kenyon Amelia Kirkpatrick

Debbie Gill

Anne LaForest Wayne & Cathy LaRochelle Lyla & Frank Lawrence Monique LeBlanc

Allison Klemen

Lisa LePage Pamela Love Paul McAllister Gayle MacDonald Heather MacLennan-Cormier Jeff MacLeod William & Anne MacMullin Elizabeth Mancke Paul Martin Gordon Mason Sandra Maynard Tim McCullum Joan McKay Sheila McDonald Raymond McGee Mel McGuigan Rose & Carl McLeod Heather McTiernan Sadie Miller Warren Millican Roger Moore Sally Moore Jim & Beverly Morell William & Judith Morrison **Greg Morton** Patrick Murphy Albert & Margaret Murray Dan & Maggie Murray Murray Park Ltd.

Lorraine Neill

Marcie & Dave Nixon

Northside Dental

Michelle Nowlan

Frank A O'Donnell

Yvonne Ogan

Jacques Paynter

Nigel Orfei

Marc Pepin

Sandy Perley

Elaine Peters

Edward Petrie

Bonnie Phillips

Jennifer Phillips

George William Phillips

Pierre LeBlanc

Doreen & Bill Leonard

Dwayne Priest Angela Prime Kathy Pupek Heather Ramier Bernice Ramsay Alan Ravner Brenda Rayner **David Rayworth** Abby Richard Maurice Richard Stephanie Richardson Tracey Rickards River Valley Yogurt / Menchies Mark Roberts Chervl Robertson Ruth Rogers Sandra Romo Ken & Cindy Ross Judy Roy **Bridget Russell** Joan Sabean Bijoy & Seema Saha Imelda Samimi Azura Saunders Lori Schriver Betty & Maynard Shore Dayna Sinclair **Greg Sprague** Brent Staeben Krista Steeves Ron Stevens Arlene Stocek John Sturgeon Terry Teskey Al Thomas

Paula Thomas

Danielle Titus

Melissa Tucker

Ann Wagner

Kelly Trifts

Stacey Thornton

Richard & Brenda Tingley

James Pickard

Jim & Carol Picot

David & Marilyn Pond

Maurice Poirier

Patrick Wall
Brian Ward
Sheila & Owen Washburn
Shaun Waters
Debra Weyman
Hugh Whalen
Mark & Shawna White
Tiffany Wilkie
Brian Wilkins
Dianne Wilkins
Donna Wilson
Richard Wilson
David & Heather Zilbert

MEMBER Charles Ayles Christine Bourgoin Arnold Budovitch Sandra Cameron City of Fredericton Andrew Clark & Shelley Quinlan Ruth & Mitch Claybourn Dawn DeCourcey Alex Dingwall Dr. Noftall Prof Corp Kendall & Fran Dunham James & Donna Dysart Epsilon Y's Menettes Robert & Anne Forbes Peter & Lynne Fraser Jeanne Geldart Phillip & Colleen Gilks Muriel Gorman Linda & Cedrick Haines John Hanson Lisa Hanson-Ouellette Dale Horncastle John & Margaret Keddy Paul Lavoie Ron & Donna LeBlanc George & Jo-Anne Linton Heather MacDonald-Bosse Doris MacSween George & Jo-Anne McAllister

Betty McCarthy

Mary McKean

2014 Strong Kid Donors

Michele McKinley John McMullen Harriett McNeill Maureen E. Michaud Susan Montague Heather & Murray Neilson James & Elizabeth Nicholson Ken Oliver Jamie & Giselle Petrie

James Rankine Bruce & Cathy Read Elizabeth Richard Georgette Roy

S/S Tire & Auto Service Ltd. Lori Schriver

Ray Schriver Charles & Penelope Short Heather Smallman Sarah Stevenson Mark Wies

Arnie Wilkins **PATRON**

Ray & Judy Adams Tim Andrew Cecil & June Aucoin Richard & Arlene Audas Navin Bhutani Rene Blanchard Larry & Rhonda Broad Ron & Claire Buck Phillip Burton Frank Camm Mike Casey Robin Chaplin Dr. Rick Chisholm Wladyslaw Cichocki James & Rachel Claire

Tim Clark & Leslie Thomas Brian & Elaine Connell

Donald Clancy

Hugh Croll Jim & Karon Croll Joey Doucet Dalton & Mary Dickinson

Ed & Sandra Fox

Lilv Fraser Karina & Frank LeBlanc

Ron & Carol Loughrey Joyce Gagnon Ken & Mary Goggin John & Marina Gorrill Dr. Ron Harding John Hildebrand

Geoff Holloway Al & Helen Kingston William Matthews

Joan McCready McKim Mike McGee

John McMullen

Paul Munroe Susan Nind **Scott Rickets** Derek & Arlene Rose

Don Feeney & Nancy Ross Neil & Leesa Russon

Smokey Mokes Jan & Brian Thompson Mike Toole

Ed & Ann Smith

Judy & Wavell Underhill (In Memory of Evan Underhill)

Gerrit VanRaalte

Jason & Shawna Vandertoorn Wellness Yoga Retreat

SPONSOR

Marjorie Atkinson Linda & Brian Barnes Joseph Berube Louise Boudreau / A. J. Sandy LeBlanc Memorial Fund Canada Helps.org

Capital Y's Menettes in memory of Lillian

Coughey

Roy Kennedy / Fairview Dodge Jeep

Chrysler

FDCC Pharmacy Ltd. Fredericton Freewheelers Fredericton Golden Club David & Janice Hashey Holland Investments Inc. Bernie Holland

Les & Eva Hull Constance Mason Sheila McLeod Jessica McMillian George & Audrey Peppin

Gerry Poirier John & Wendy Sinclair

Gerald & Catherine Sutherland Etienne & Vickie Theriault

Anne & John Waite / Fredericton Inn

BENEFACTOR

Ralph & Mary Jane Bartlett Kelly Cain

Richard & Margaret Clark

John & Pam Clark

Connor, Clark & Lunn Private Capital

Epsilon Y's Men Club Giftfunds Canada Robert & Maria Matthews Rosemary McCain McMillin Mecca Corporation Jerry Mulder

Heather & Murray Neilson Vincent Ramsay Dan & Nancy Rearick

David & Jane Rioux David & Margot Russell Sarita Gujar The Running Room Lincoln & Donna Thompson

David & Elizabeth Wilson **CHAMPION**

John Bliss & Dr. Dorothy McDade Ron Campbell **Canadian Tire Jumpstart Charities** David Clark & Barb Ramsay Robin & Joanne Clark Fredericton Community Foundation Fredericton Direct Co-op Government of NB Margaret & Bill Jones Dr. Ramaiyer & Sita Krishnaswamy Scotiabank





Every effort is made to ensure the accuracy of our donor lists, however mistakes can occur. If your name is misspelled, incorrectly listed or omitted, please accept our apology and contact us at 506-462-3000 ext: 105. We will be happy to correct our records.

NUTURING POTENTIAL

MEET MAELLE







"The YMCA, it is where Maelle learned to speak English and it is where she first felt like she belonged."

I want to take the opportunity to thank you and your staff from the bottom of my heart for taking such great care of our special little girl. Maelle made her first real friends at the YMCA, it is where she learned to speak English and it is where she first felt like she belonged. We will forever be grateful for this experience in her life and I'm sure she'll continue to be a lifelong user of the Y. She is passionate about the YBC program and has her sights on the WNBA.

Thanks again for everything that you and your crew have done! Karina Leblanc

NURTURING POTENTIAL

MEMBER'S STORIES

RALPH BROWN

Ralph has been a YMCA of Fredericton member for over 50 years. Ralph is 87 years old and works out for 2 hours/day, 5 days/week at the YMCA. Ralph started at the YMCA when he was in his thirties when the doctor told him to change his lifestyle or die. Ralph was overweight, had a poor diet and arthritis. When Ralph joined the YMCA there was a Businessman Health Club at noon time. The members ran the programs and Ralph took the YMCA Leadership courses and the National Lifesaving Society courses so he could teach swimming lessons and fitness to his fellow members. He tells people, "If you want to exercise, become a teacher. It is mentally and physically easier." Ralph has adopted a healthy lifestyle over the years and because of the improvements he has seen with his health. Ralph has lost weight, improved his flexibility and his arthritis symptoms have improved. Last year, Ralph went to China with a tour group. The tour guide pulled him aside and said, "What am I going to do with you, you are 86 years old, how are you going to keep up with the group?" Out of a group of over 20 people, Ralph was one of 7 who was able to climb a mountain to see one of the castles on the tour. Due to the high altitude, a lot of the people on the tour had to use oxygen and some could not leave their rooms because of altitude sickness but because Ralph has been active most of his life, he had no problems. Keep up the great work Ralph!







LORRAINE MURPHY

I joined the YMCA because I love to be around people. My immediate family lives here but they have grown up now and most of my family live up North. I started exercising at the YMCA and then was in a headon car accident in 2011. I had a lot of damage from the seatbelt so my chest, ribs, internal organs were damaged and I had neck/shoulder pain. I had to sleep in a chair for 7 weeks because I could not physically lie down, even breathing was hard to do. I never became discouraged, I just did what I could each day, and as time progressed I was able to do more and more each day. When I started back at the YMCA, I could barely walk on the treadmill — now look at me! I was in another car accident Dec 2014, so again, had to take some time off but luckily it was not as serious. By listening to my body, I am getting back into exercising and feeling better. I like going to group fitness classes, Group Active and yoga and I like to use the Wellness Centre.

The YMCA is like a second family to me. It is a warm place and feels like home to me. If I had to move from Fredericton, the YMCA would be the first place I would miss.

DATA THAT INSPIRES



130 +

Coaches and referees who are health role models to basketball players



Number of group fitness classes available every week to members ensuring that "every body finds their fit at the YMCA"

1,500

esteem and sense of teamwork through YMCA basketball



158

Number of years the YMCA of Fredericton has been serving the needs of the Fredericton community





years young. The most mature member of the YMCA of Fredericton



6,392

Number of kids, teens, adults and seniors who are members of the YMCA of Fredericton developing in spirit, mind and body (March 2014)

9,951

Number of swimmers developing their skills and confidence in registered YMCA programs in 2014



34,141

Number of swimmers benefitting from the **Bird Therapeutic** Pool in 2014



DATA THAT INSPIRES





\$510,285

Contributions made by YMCA of Fredericton to the community through assisted memberships

46,958

Number of swimmers in YMCA lap pool in 2014

265

Number of children enrolled in licensed YMCA After School Programs who are receiving safe, affordable and quality after school care



10,000

Number of clients served by the YMCA's Employment Services team in the past 25 years.

Years that the YMCA of Fredericton has partnered with the YMCA of Honduras providing valuable resources and support



22

Number of years that Cultures Boutique has been offering fair trade products and educating the public about the impact of alternative trade principals



KINDERNASTICS

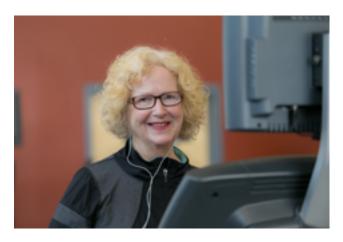
They put their complete trust in their coach to not let them fall when they are hanging upside ... Our youngest gymnasts truly are remarkable, amazing, and very special!

> -Ruth Claybourn, Director Healthy Children, Youth and Families

STATEMENT OF OPERATIONS THE FREDERICTON YMCA INC. Statement of Operations Year ended December 31, 2014, with comparative information for 2013 **OPERATING BOARD** 2014 2013 **OF DIRECTORS** Revenues: Memberships 1,937,504 1,857,660 1,644,928 1,675,823 Programs LEADERSHIP AND GOVERNANCE Provincial grants 669,780 702,618 214,930 204,115 Cultures **OFFICERS Donations** 152,445 157,053 Administration fees 98,601 92,796 Lincoln Thompson, President Membership services 33,973 43,278 Federal grants 33,891 87,161 Lisa LePage, Vice President Facility rental 23,736 24,469 Barb Ramsay, CEO United Way 22.887 27,615 Municipal grants 7,650 12.150 Deidre Green, Member at Large Fundraising 2,297 2.847 4,842,622 4,887,585 Expenses: **DIRECTORS** Salaries and benefits 2,007,055 2,006,692 737,715 **Christine Bourgoin** Administrative salaries and benefits 627,451 Administration 377,576 349,566 Kelly Cain Utilities 346,417 314,729 216,343 242,246 Rent Mathieu Caissie* 207,285 236,642 Interest on long-term debt Matt DeCourcev* 181,559 198,147 Supplies Cultures 179,160 211,223 Paul Lavoie Transportation 95,223 94,772 Advertising 55,844 37,477 Jo-Anne Linton Administration fees 42,290 40,164 Maureen Michaud Telephone 29,701 36,657 Staff and Volunteer Development 29,008 19,056 Morten Mooers Other interest and bank charges 22,405 22,485 Bad debts (recovered) 2,455 (2,657)Nigel Orfei Overseas projects 1,800 1,800 Jennifer Phillips 4,531,836 4,436,450 Jan Rowinski Excess of revenues over expenses before the undernoted 310,786 451,135 Mark Wies Other revenue (expenses): Amortization of deferred contributions related to capital *Resigned during term 409,088 417,344 assets Amortization of capital assets (812,774)(817,691) Loss on disposal of capital assets (9,272)Gain on sale of assets held for sale 1,847,865 (412,958)1.447.518 Excess (deficiency) of revenues over expenses (102, 172)1,898,653

NURTURING POTENTIAL

MEMBER'S STORIES



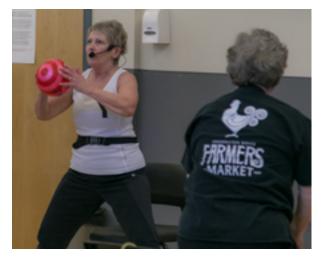
LORETTA BREWER

I joined the YMCA of Fredericton in February 2012. My daughter, who lives in Toronto, encouraged me to start at the YMCA. My goals when I first started at the YMCA were to get in shape and start a fitness program. What I found, was that not only have I lost a little weight but I have made a lot of great friends here at the YMCA. I feel very welcome when I come to the Y and I find everyone to be very helpful. I like the atmosphere here and it feels like a community just like family. I feel better since I have started coming and I look forward to coming to the YMCA and miss it when I do not come.

ALICE JONES

Alice began working out at the YMCA of Fredericton when her son bought her a membership in 2011 as a Christmas present. Alice likes to use the Wellness Centre so that she can come whenever she can. She has made lots of friends here at the YMCA and likes knowing that she is doing something for herself both physically and mentally.





MAGGIE MURRAY

My Y experience started many years ago at the YMCA of Moncton, however, I've been a member, employee and volunteer at the Fredericton Y over the last 25 years. My husband has been a member and a volunteer spin instructor for many years. My son took swimming lessons, was a junior life guard and obtained his NLS. As well, he participated in YBC and competitive basketball at the Fredericton YMCA. We have benefited from being involved in a community organization where we feel we belong. Through teaching our classes we can give back and share the vision of healthy people for healthy communities.

The YMCA of Fredericton is a place where all will feel welcome due to its great sense of community. There's a good chance there will be someone at the Y you know and it's a place where you're able to participate in a variety of programs for your mind, body and spirit





570 York Street Fredericton, NB E3B 3R2 506 462-3000 https://www.facebook.com/pages/YMCA-of-Fredericton Charitable Registration Number: 118931351RR0001 www.ymcafredericton.nb.ca