



Connecting to what Matters

**YMCA of Oakville
2014 Community
Impact Report**

Today when most of us talk about being connected, it's anything but personal.

There's no doubt that our world is becoming increasingly fast-paced and complex. That growing up today is harder for our kids than it was for us. And that technology is impacting our ability to form personal and genuine relationships. And sadly, when times are tough, it can seem like we're more alone than ever.

Yet close, personal connections - with the people around us, our families, our friends, and with our community, are what enriches our lives the most. It's what we lean on when we face challenges and it's what makes our triumphs more fulfilling. It's what nourishes our souls, inspires us to reach higher, gives us the power to be resilient and shapes us into becoming the person, and the community, we want to be.

That's why it warms me to know that at the heart of our community are people like you. People who work hand in hand with us to nurture and develop connections that are deeply personal. At your YMCA, Emma, John, Ciara and Carol can look forward to a better future, where they are connected to a stronger community, and where together we are taking faster strides toward building a healthier Oakville.

There are so many lives that you have had a hand in changing this year, and I offer you my personal and sincere thanks.

As I look to the future, I encourage you to look up from your digital screens, take a closer look at your YMCA, join with us, deepen your involvement and connect to what matters most.

A handwritten signature in black ink that reads "Alexe Somers". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Alexe Somers
Board Chair



What matters most?

When we asked these individuals and families what the most meaningful part of their YMCA experience was, they didn't tell us about our facilities, our equipment or the number of classes we offered. To them, it was the personal connections that you've had a hand in creating that mattered most.

A photograph of a woman with glasses smiling and hugging a child from behind. The word "Support" is overlaid in large, bold, blue letters across the center of the image.

Support

I made it my mission to reach out to her.

On the first day of the trip last summer, I noticed her. Emma was standing at the back of the group. Very hesitant and very distant. Her body language alone set her apart. I knew immediately it was Emma. In the pre-camp phone call, her mom had told me what to expect. Her dad had recently passed away and Emma was having a tough time at home and school.

I made it my mission to reach out to her. Whenever Basile, the other camp counselor, and I split the campers into groups, I made sure I was with Emma. I went out of my way to talk to her and encourage her. Although I didn't know her that well yet, I already identified with her. When I was younger, I was also having a hard time and had gone on a similar trip. I saw so much of myself in Emma.

Emma was so hard on herself. I could tell by the way she talked and her attitude. But underneath, I knew she was hurting. And the day I saw the scars on her wrists I knew just how much. I took a chance, pulled her aside and talked to her about it. I shared my own experience. And I told her it was okay, that she had people she could count on to help her. Together we talked about some ways she could deal with her feelings.

After that day, I noticed small changes. Emma smiled a little more. She was opening up and asking for more tasks to do on the trip. At the beginning of the trip, she was very critical of herself. By the end, whenever she was negative, the other campers called her out on it. Everyone was supporting her, and I think she began to believe in herself a little bit more.

- Marion

Support

You are there when they need you most.

It's hard to find a way out of the wilderness on your own. You can change the trajectory of a teen's life by funding a Wilderness Leadership Development trip.

A photograph of two men in a gym setting, overlaid with a semi-transparent yellow filter. The man on the left has short blonde hair and is smiling. The man on the right has a beard, is wearing a black baseball cap with 'YMCA' in yellow, and is also smiling. Both are wearing black t-shirts; the man on the right has a yellow 'Y' logo on his chest. They are both flexing their biceps. The word 'Health' is written in a large, white, sans-serif font across the center of the image, with the letters partially obscuring the men's faces and chests.

Health

Fighting for my life was easier with other people by my side.

It's one of those things that people often say, "You can turn a corner, and suddenly get hit by a bus." That's kind of what happened to me. One day I was fine, and the next, someone's telling me I have a rare life-threatening disease.

In March 2013, I got remarried and life seemed perfect. With my new wife, Giselle by my side, our blended family of four was picture perfect. We loved spending time being active at places like the Y. Our sons took swimming and Taekwondo while Giselle and I took classes. I was a runner, participating in every race I could.

It was just a year after we got married that a series of unexplained flu-like symptoms culminated in a frightening diagnosis – one that changed our life forever. I had an autoimmune disease that attacked different parts of my body. The day we got the news, Giselle and I were preparing to leave for our one-year anniversary trip. Instead, I started fighting for my life. My treatment was a series of weekly injections that cost several thousands of dollars each, but were not covered by OHIP or my insurance. We did it anyway, paying for it ourselves. I had four injections in that first month. Then the side effects started. My weight fluctuated, I gained 40 pounds, developed high blood pressure and insomnia. It hurt to do a lot of things. The battle for my health was a strain on my family physically, financially and emotionally, especially on Giselle.

To fight this disease, I knew I had to be strong, so we turned to the Y. I was hesitant because we were struggling financially, but the YMCA helped us with financial assistance. I was so relieved and thankful.

Kevin, just one of the wellness coaches that helped me, was so compassionate and caring. He helped me create a routine that would be easy on my body, build strength and reduce stress. If something needed to be adjusted, he helped modify my plan. And when I developed osteoporosis, another medication side effect, we changed my routine again.

There is no cure for what I have. Even though I am in remission, I need to keep fighting and managing my disease. It's hard on me, Giselle and my kids, but I know that with the support of places like the Y, I can focus on being strong. And to me, that matters more than anything else.

- John

Health

You inspire strength and determination.

When life throws unexpected challenges our way, your gift to the YMCA Strong Kids campaign provides the support and encouragement to help people find hope and health.



Belonging

For the first time, I felt like I fit in.

When I first came to TAG, there were days I didn't want to walk through the door. My parents really wanted me to join because I'm home schooled and I don't get to be around other kids very much.

It was really hard at TAG in the beginning, especially during circle time. I felt shy and scared. When it was my turn to speak, I was afraid. I was sure the other girls would judge me or not like me. I wanted to hide. What I soon discovered was that other girls in the group were also struggling with issues – just like me. They had things they were anxious and scared about too. And they were interested in what I had to say. For the first time in my life, I felt like I fit in.

A few years ago I started to struggle with anxiety. If it weren't for TAG, I'm not sure where I would be. My TAG friends and teachers like Rosemary helped me figure out ways I could overcome my anxiety, like deep breathing, positive thoughts and focusing on the good stuff. I still struggle with it, but now I have friends who help me through it.

TAG has also given me amazing opportunities. I started in TAG when I was 10. Now I'm in the TAG Leaders program and learning how to be a positive role model to the younger TAG girls. I'm more confident and I want to help other girls be more confident too.

Recently I had another amazing opportunity. I had the chance to make a speech to a group of people during the Candlelight Walk for Peace.

I actually got up and talked to people I didn't even know. I never would have been able to do that before, but now I'm more comfortable with putting myself out there.

TAG has changed my life. No matter what else happens, I know that I'll always have a place to belong and people who believe in me.

- Ciara

Belonging

You find a place for everyone.

*Not fitting in can be painful and lonely.
Your support of the Together As Girls
(TAG) programs gives girls a place to
belong where they can embrace
what makes them unique.*



Family

We're part of a stronger family.

When my family and I moved to Oakville in 2006, I immediately sought out the Y. We were members at the Cambridge Y and I knew the benefits it could offer, especially for home school families like ours.

To my surprise, the Y here had an even better home school program for families. I signed up right away and found a support network and a social circle for both myself and my kids. It was a great way for my daughter, Kayla and my son, Michael to meet other kids who were also home schooled – as well as those who weren't.

My new home school group gave us the kind of support I was seeking -- and more. I became friends with many of the moms in the group and we often met outside of class. Some of the moms even organized social gatherings like swimming in the summertime and coffee chats. We have all built friendships. It has been one of the greatest things in our life. For my kids, the benefits have also been transforming. For Kayla, she found a place to make friends, something she couldn't get being home schooled. She had the chance to interact and form relationships with other kids. The Y was her place to connect. She has learned to be confident and it's the opportunity to be around younger and older kids that has helped her to blossom.

When Michael was younger, he had trouble managing some of his emotions. But thanks to many of the program leaders here, he has learned how to be part of a team and to become a leader in his own way. Today, he works part-time as a swim instructor and I couldn't be more proud of him. Both of my kids have built healthy relationships at

the Y and they both think it's a great place to be. They have formed relationships with program leaders like Quentin who take the time to talk to them, know what they're interested in and help build their self-esteem.

Today, if you walk through the doors of the Y on any given day, you'll see me upstairs in the wellness centre (I've started my weight loss journey!), Michael teaching aquatics or Kayla inspiring younger kids in Game On. I'm not sure where we would all be without the Y. You walk in here and you know everyone. It's a community and a place we all love.

- Carol

Family

You create a sense of family.

*It takes a village to raise a child.
Your generous donations do more
than build a strong community,
they builds a community
that's a strong family.*

In 2014, we've worked hard to focus on the role that the YMCA can play to connect

and build closer relationships between individuals, families and our community because we know that these connections help us all become Better. Stronger. Faster.

When I spend time walking the halls of the Peter Gilgan Family YMCA or visiting our child care programs, the personal and powerful impact of our work can be seen in many unspoken ways.

Like in the strength and determination of a man fighting to regain his health, or a child venturing out on his own and a mother making friends in a new country. Young people finding the courage and the confidence to stand up and become leaders. Bonds of friendship and family becoming stronger. And a caring community filled with so much kindness that makes us feel right at home.

And I owe it all to you.

You've worked hand-in-hand with us to write personal and moving YMCA stories. You have helped us reach out to more people across our community and the personal experiences and connections you have helped us create are changing lives. Each year thousands of people take part in YMCA programs, but it's what they take away from these programs – the things that will stay with them for the rest of their lives that matter most.

And for that I can't say thank you enough.

A handwritten signature in black ink, appearing to read 'Kyle Barber', with a long horizontal flourish extending to the right.

Kyle Barber
President and CEO

Financial highlights

(as of December 31, 2014)

	2014	2013
Statement of Financial Position		
Current Assets	\$3,074,888	\$1,646,634
Capital Assets	8,608,025	8,972,213
Total Assets	\$11,682,913	\$10,618,847
Current Liabilities	\$815,249	\$498,360
Deferred Capital Donations and Grants	4,595,340	4,922,514
Net Assets	6,272,324	5,197,973
Total Liabilities & Net Assets	\$11,682,913	\$10,618,847
Statement of Revenue and Expenses		
Revenue		
Programs & Services	\$16,482,388	\$14,906,614
Donations, Grants & Fundraising	396,148	362,742
Amortization of Capital Donations and Grants	366,174	365,369
Total Revenue	\$17,244,710	\$15,634,725
Expenses		
Programs, Services, Administration & Amortization of Capital Assets	\$16,170,359	\$14,503,693
Interest on Long-Term Debt	0	10,244
Total Expenses	\$16,170,359	\$14,513,937
Excess of Revenue over Expenditures	\$1,074,351	\$1,120,788

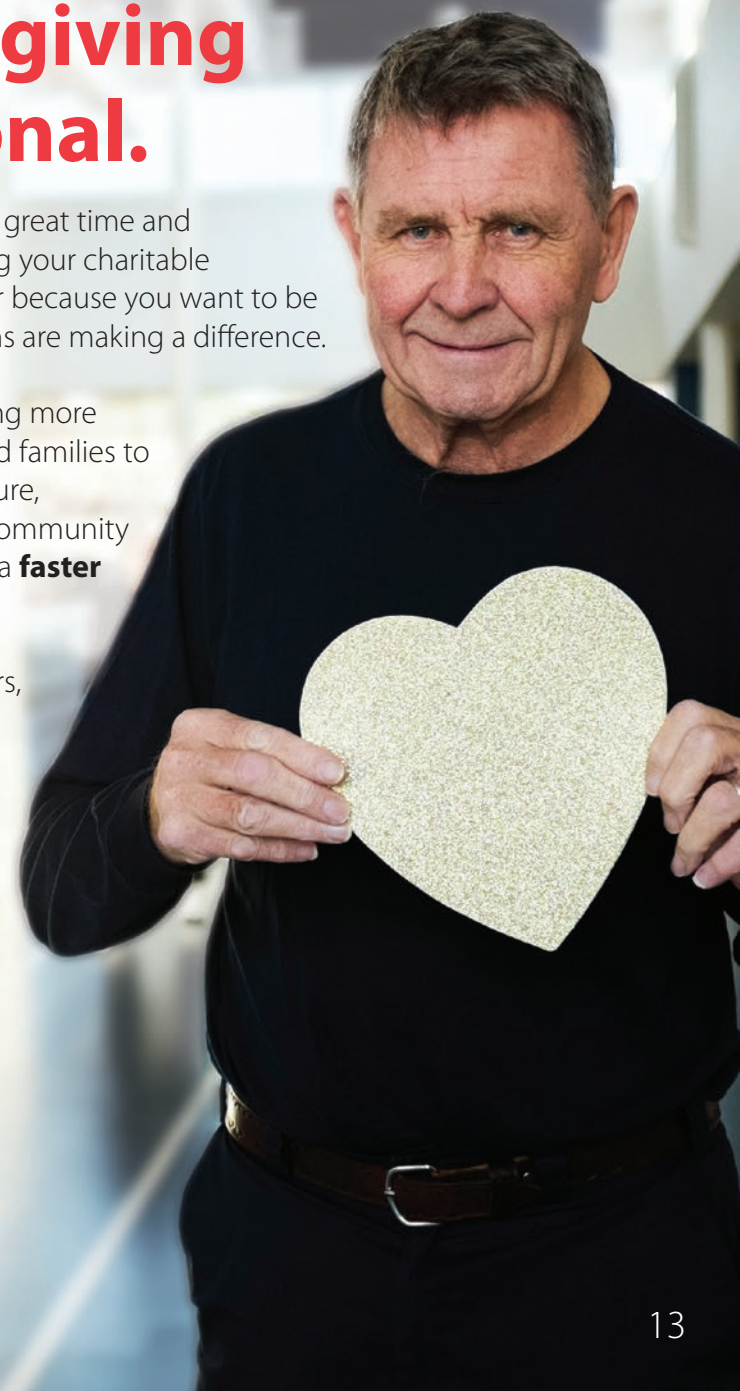
The summarized financial information is extracted from Annual Financial Statements audited by BDO Canada LLP, Licensed Public Accountants. A copy of the complete financial statements is available online at www.ymcaofOakville.org. Requests for a copy can be made by email to info@oakville.ymca.ca, or by phone 905-845-3417 or by written request to YMCA of Oakville, 410 Rebecca Street, Oakville, Ontario L6K 1K7.

We know that for you giving is personal.

We know that you take great time and consideration in making your charitable contributions each year because you want to be sure that your donations are making a difference.

Your gifts are connecting more individuals, children and families to a hope for a **better** future, to a **stronger**, caring community and helping them find a **faster** path to a healthy life.

From our hearts to yours, thank you.





Better


A Better future thanks to donors who support our work

8 teens who would never otherwise get the chance, explored the Wilderness and discovered a belief in themselves.

37 kids whose families facing crisis, financial challenges or loss were encouraged to learn and develop thanks to affordable child care.

232 kids in need went to summer camp where they made new friends, and gained confidence and leadership skills that will stay with them the rest of their lives.

1,597 people found a path to hope and health with a YMCA membership thanks to your generous support.



Stronger

A Stronger community through YMCA programs

3,349 children were helped to reach their full potential in toddler, preschool child care and before and after school programs.

4,377 kids had the summer of their lives at camp.

9,985 people developed stronger ties to each other and the community through free outreach programs.

11,859 people pursued a healthy lifestyle through membership in the YMCA.

A young woman with brown hair tied back, wearing a red zip-up jacket with a white YMCA logo on the left chest, is smiling at the camera. She is standing in a brightly lit indoor space, likely a community center or gym, with blurred figures and equipment in the background.

Faster

***Faster* strides
to a healthier
Oakville**
because our
community cares.

10 generous sponsors helped celebrate and promote social justice through the YMCA Community Breakfast for Peace.

150 people paid it forward with Be Kind Bells.

1,625 young people were impacted by Kirk Smalley's story and pledged to be the change that puts an end to bullying.

1,900 thoughtful donors and volunteers shared their Hearts of Gold.

Giving back

Our caring Canadian

Bonnie Jackson is an extraordinary volunteer. Over the last 37 years, her remarkable volunteer contributions have made an enduring impact on the lives of children, youth and families. Earlier this year, YMCA of Oakville volunteer Bonnie Jackson was presented with the Governor General's Caring Canadian Award honouring her 37 years of volunteer service in our community.

"As I volunteer, I have had defining moments in my life that have come about because of the roles I choose to play – the roles that help make a difference in the lives of others. These roles I play not only help others, but in the process these roles enrich my life and make me who I am today."

- Bonnie Jackson



323 volunteers shared their gift of time, talents and compassion to connect people in our community.

9,664 hours contributed by volunteers.

2014 Volunteer Award Recipients

Renata Kotwinski
Liam Smith
Peter Urwin
Haileigh Walsh

Board of Directors

Cindy Chiu
Gail Cosman*
Chris Jackson
Kelly Jennings
Peter Kolisnyk

Neil Lester
Maryem Mubareka*
Karen Scicluna
Michael Shaen
Jarvis Sheridan

Alexandra Somers
Grace Soyao*
Richard Stahl
Kirsten Wells
Janet Wilkinson

*Resigned during term.

A photograph of a man and a young girl smiling, with a man's hands applying cream to a child's hand. The image is overlaid with a teal tint. The word "Caring" is written in a large, bold, yellow font with a gradient, centered over the image.

Caring

The people we've met have been incredible.

My son, Ivan always tells me to drive faster so that he can see Jack, a volunteer in the Little English Language Learners (LELL) program. I laugh each time, telling him I can't drive any faster. He has named LELL "Jack's Program," and would come here every day if he could. Ivan is only three-and-a-half years old, but LELL has already impacted him in ways that will last a lifetime.

When I first came to the program about a year ago, I was looking for things to do with Ivan. As a newcomer, I wanted to connect with others and learn about my community. Ivan was very shy and sometimes hard to handle, and I wanted him to build independence, socialize with other kids and improve his English skills too.

What we found at LELL was so much more. Every week, I get to learn about different topics like child development and how to deal with behaviour challenges, eating healthy and where to find resources in the community. I get to ask questions and talk to other moms.

As for Ivan, I don't think I have seen anything that he looks forward to more. Ivan and Jack made an immediate connection. Before, he never wanted to leave my side. Now, when we walk through that door, his face is beaming and his smile spreads from ear to ear. My little boy is happy, especially once he spots Jack in the room.

Ivan has grown so much and it's thanks to volunteers like Jack that he is more independent. There are so many things for Ivan to do here.

He now plays games on his own and is happy to go to the art table by himself. His English is improving and he's making other little friends too!

I am also making friends here. About six or seven of us also go to other parenting courses together, like Nobody's Perfect Parenting or to Wiggles and Giggles at the Y. The program is such a great support to me. It has made such a difference in our lives.

- Payal, Ivan's Mom

Caring

You care for others.

Caring communities are built on togetherness. You can support our Beyond these Walls campaign and help us reach out to provide YMCA programs for newcomers.

A woman with long dark hair is smiling in the background. In the foreground, a hand is raised in a peace sign gesture. The word "Love" is written in a large, bold, black font, with the hand's fingers acting as the letters 'l' and 'o'.

Love

I AM SOMEONE

I am somebody.

When I was in grade six, I was bullied and felt like I was in a very dark place. I was 11 at the time, the same age as Kirk's son, Ty when he took his own life. Hearing Kirk's words that day at the assembly, I related to what Ty had gone through and the pain he felt, because I have felt it too.

The feeling in the room during the assembly was complete awe. Students were shocked by what Kirk had to say. It was not what they were expecting. The term anti-bullying has become almost cliché, but Kirk's presentation that day changed that. He connected with people and made them listen.

Personally, I was so inspired by his message. I struggle with anxiety and panic attacks and the stories of those kids resonated with me.

Kirk spoke the cold hard truth. At times hard it was hard to take in, but it moved and it changed people that day. I know it did. He brought people together and made them feel like they are not alone. I know he definitely did that for me. There have been times in my life when I have felt alone, but Kirk made me feel like there is a way out, that there are other ways to get help.

As he walked through the audience that day, he gave out the "I am somebody" bracelets. I still have mine. If ever I'm feeling down, I look at it and remember what he said to us that day, and it always makes me feel better."

- Hazel

YMCA Peace Week speaker Kirk Smalley from Stand for the Silent challenged 1,625 students to take a stand against bullying by taking The Pledge.



From this day forward I promise to respect those around me as well as respect myself. I am somebody and can make a difference. I can make another feel loved. I can be the helping hand that leads another back to the path of hope and aspiration. I will not stand silent as others try to spread hatred through my community. Instead, I pledge to lift up these victims and show them that their life matters. I will be the change because, I am somebody.



Love

You help share the love.

Inspired young people have the passion and conviction to change the world. As a YMCA Community Breakfast for Peace sponsor you can empower high school students in our community.

My life has changed, because you cared.



As I look over the names of the donors and supporters on these pages I am overwhelmed by your generosity and so grateful for your compassion. Each donation made to the YMCA last year helped connect someone like me, who needed your help, to a caring community.

I know that for the most part, you're not aware of just who your gifts are impacting. That's because the YMCA works hard to help preserve the anonymity and dignity of families like mine – struggling families whose only desire is to give our kids the opportunities that others have, and who don't want to burden them with the knowledge that times are tough.

Knowing that there are people out there who are willing to support me and my family means more than you could ever know. Thank you for being there for us when we needed you most.

- Tanya



\$15,000+

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 of our donors.*

*A complete list of donors can be found
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 lists and we apologize for any error
 or omission.*

*We invite you to contact us at
 905-845-5597, ext. 401 to correct
 our records.*

The YMCA of Oakville is proud to
 work alongside many outstanding
 charitable foundations and granting
 agencies. We are grateful for their
 thoughtful generosity and to the
 individuals who have invested in our
 charitable programs.

A.W.B. Charitable Foundation
 Canadian Tire Jumpstart Charities
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 The May Court Club of Oakville
 Peter Gilgan Foundation
 Rosen Family Foundation



Oakville Community Foundation:

- The Adrian and Mary Coote Family Trust
- The Amarna Fund
- The Henderson Family Trust
- The Jackson Family Fund
- The Kenny Family Foundation Fund



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Imagine

Imagine a community where there's more of what matters most.
More support, more health, more belonging, more caring and more love.

Together we can strengthen community.
Join us. Give back. Connect.



**YMCA of
Oakville**

MISSION

The YMCA of Oakville is a charity that strengthens community in spirit, mind and body.

VISION

The YMCA of Oakville will be at the forefront of positive change in the health and well-being of our community.

YMCA OF OAKVILLE

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ymcaofOakville.org

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