



IMPACT REPORT

2022



YMCA of
Northern Alberta
FOUNDATION



Our communities are in a time of recovery. In our YMCA's 115-year history, we've weathered world wars, great depressions and natural disasters, and have learned that times of recovery present great opportunities.

While the pandemic certainly challenged our YMCA, we believe it was a catalyst for much-needed change. We must now come to terms with complex social challenges in our communities: increasing crime, homelessness and addictions, a widespread mental health crisis and a significant rise in systemic racism, discrimination and racial injustices. While these issues have always been present, unfortunately it took a worldwide pandemic for us to see the true depth of support our communities need to stay healthy in mind, body and spirit.

And in times of need, the YMCA steps up—we don't step back.

Our YMCA has risen to meet the needs of our communities and is delivering programs and services that provide life-changing support that is needed now more than ever.

We've expanded our youth, employment and family support programs across all four regions that our YMCA serves. We've changed the way we think about health in our communities, focusing our Health and Wellness and Community Centres on providing wellness and well-being for all.

Our YMCA is still the largest provider of licensed child care in Alberta, offering services for families in more than 60 locations across the province and doing our part to keep Alberta's economy running by allowing parents to remain in the workforce. We continue to work with partners across sectors, advocating for meaningful change on critical issues such as safe and affordable housing and universally affordable child care.

The YMCA chooses to rise to the opportunities and challenges presented by the pandemic. We are so thankful for your partnership and support as we continue rebuilding our communities. With your help, we're confident that they will grow stronger and closer than ever before.



Nick Parkinson

President & CEO

YMCA of Northern Alberta



Tim Haak

Chair

YMCA of Northern Alberta Foundation

THE IMPACT OF GIVING BACK

Jean's Story



The realization that her donations to the YMCA have a direct impact on the people she interacts with on a daily basis is what makes Jean so confident in her decision to leave a bequest to the YMCA.

While Jean Crozier has lived in the Edmonton area for her whole life, she hasn't always been as involved with the YMCA as she is today. That was, at least, before she married Ron McKague in 1996. "Ron had been a tremendous Y supporter for a long time," Jean explains. She shares that, in the '50s, Ron and some of his friends were integral in setting the YMCA in Edmonton on the right track to financial viability.

Although Ron didn't join the YMCA to exercise, he still supported the Y in many other ways. "He was already a Heritage Club member when we were married," Jean says. "We donated to the Y every year. That was the way I was introduced to the YMCA."

Ron's philanthropic interest is what initially got Jean involved at the Y, but after she became a member at Jamie Platz, she found her own reasons to love the YMCA.

"I'm a swimmer," Jean says. "Everyone has to find

something they need to do to keep themselves grounded and on track. Swimming is my way of doing that. When we moved to the west end, Jamie Platz was close, so I joined in 2001." To this day, 21 years later, Jean still participates in aquafit at the Jamie Platz Family YMCA.

Obviously, Jean loves aquafit, but it's the deeper connections with other YMCA members that have made the Y such an important part of her life. Ron passed in 2002, and Jean says that the support she found in her aquafit class at the YMCA during that time made a difference in her life. "It really became one of the support groups in my life," she says. "It's mostly women in the group, and at this stage in our lives, many of us have been widowed. If someone is having challenges, there's always someone in the group, if not more than one person, who is simply there."

"People gather around and support. That's a really important part of the Y. We're all in there for the same reason—we need one another."



To this day, Jean's 8 o'clock aquafit group members are still there to support one another. "No one is excluded," Jean says with a smile. "Whoever joins is a part of the group."

Jean says that her choice to become a Heritage Club member was because of Ron's involvement. "If I hadn't met him, I wouldn't be having this conversation. Because it was Ron's wish, I'll carry on that legacy and leave something for the Y when it's time to cross over."

But, while Jean's planned gift to the YMCA was thanks to Ron, she says that she became aware of the true impact that a donation to the Y can have after a conversation with a fellow aquafit member.

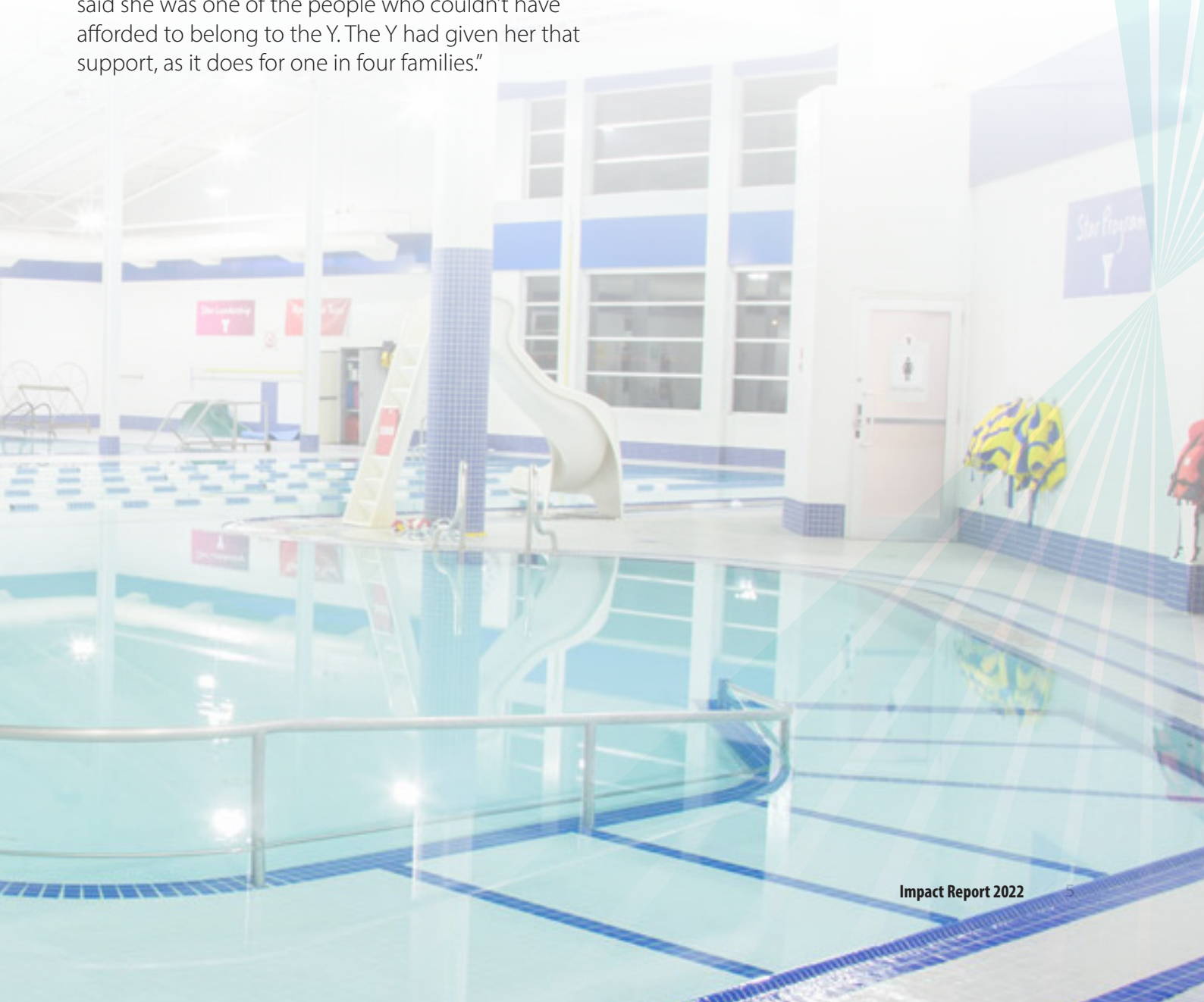
"I spoke to a woman who had been in our aquafit class for some time. We were chatting and she said she was one of the people who couldn't have afforded to belong to the Y. The Y had given her that support, as it does for one in four families."

The realization that her donations to the YMCA have a direct impact on the people she interacts with on a daily basis is what makes Jean so confident in her decision to leave a bequest to the YMCA.

"When she told me what that did for her, she explained some of the challenges going on in her life and in the lives of her husband and her children. The Y came along and was a lifesaver. That's the reason I donate to the Y."

What does Jean say to anyone who is considering joining or donating to the YMCA?

"Do it! Just do it!" She laughs. "You have the opportunity to be physically fit, but more importantly, to address mental and emotional needs. You have the opportunity to help other people. Fork over a few dollars! Do it!"



ALTERNATIVE SUSPENSION:

LOOKING BEYOND BEHAVIOURS



AN INTERVIEW WITH JANA, YOUTH SUPPORT WORKER

What is Alternative Suspension?

I always say that the reason I became a youth worker was to be who I needed when I was younger, and I definitely needed Alternative Suspension. I was suspended all the time.

Usually, when kids are suspended, they're sent home and left to their own devices to learn about their behaviour. Alternative Suspension offers a safe space that's outside of the kingdom that kids live in where the problem existed. It provides someone who can advocate with them as well as teach them to advocate for themselves.

A lot of times, the behaviour isn't the problem—the reason behind it is. We get to figure that out and help them develop the tools they need to go back and deal with it in a positive manner with their school and start fresh.

Who accesses Alternative Suspension?

We have youth with lower socioeconomic status. We have kids who are immigrants and refugees and aren't used to our customs. We have kids who are making decisions to make quick money to buy new outfits and some who need to keep the lights on. It's not one answer, it's pretty much any barrier that exists out there for anybody or existed for us as youth, exists for them as well. It's really about them struggling with how to figure out the big bad world on their own.

Recently, I had a young girl suspended for a choice she made at school. She got to Alternative Suspension and it turned out that we had barely even dealt with what happened. I provided her a safe space to disclose her story that was driving a lot of the behaviour and I was able to employ a village of wraparound support to help her deal with it and execute what she needed to do.

It was great to see her finally be able to share her story, have the confidence and the strength to do it without being scared and be able to work with the community in solving it and getting the right forms of supports and help that she needed. This help was focused to make sure she was successful in avoiding problem behaviour in the future.

How does Alternative Suspension Impact Youth?

We give youth a voice. They get to drive their own bus for the first time. They come from parents and schools who tend to tell them what they're supposed to do and where they're supposed to go. We really give them that ability to get in the driver's seat and take us where they want to go and show us, but at the same time, we get to maneuver the bus if we're going a little too far. We get to help them figure out how to do that. I think that's honestly my favourite part: the power we give to advocating.

It's great to hear a lot of the kids come back and say "you listened to me. You heard me. I was able to talk about this because I wasn't getting judged or yelled at. It wasn't just a consequence, you really wanted to hear me." I think when you really feel like someone wants to hear your story, you're more willing to work through the problems. It's amazing to see that happen at the end of the program because that's really our goal.

"I became a youth worker to be who I needed when I was younger."

- Jana



YMCA OF NORTHERN ALBERTA FOUNDATION

YMCA of Northern Alberta Foundation is governed by its members acting collectively in the manner of a Board. These dedicated members are responsible for ensuring the long-term growth of the YMCA's endowment funds by working with donors to realize their vision for the future, encouraging new endowment gifts, and with the support from our experienced Investment Advisory Committee, ensuring the prudent investment of the portfolio of funds.

We appreciate all the dedicated members of YMCA of Northern Alberta Foundation and the Investment Advisory Committee who steward the funds entrusted to our care, helping to grow the endowment through new, current and future gifts.

YMCA of Northern Alberta Foundation – Governance

Tim Haak, Chair

Rahim Adatia

Rajan Bhatti

Brent Buchanan

John Corlett*

Doug Cronk

Michael Donlevy

Robyn Eeson

Alexandria Fisher

John Lilley*

Bob McColl

Deborah McKinnon

Scot McLeod

Tim Melton

Kirby O'Connor*

Nick Parkinson

Jean-Jacques Tremblay

**Term ended prior to publication*

Investment Advisory Committee

Brent Buchanan, Chair

Doug Cronk

Ron Liteplo

Nick Parkinson

Bob McColl

Kent Winterfield





HERITAGE CLUB

The Heritage Club celebrates and recognizes individuals who have contributed to or made provisions to leave a gift for the YMCA of Northern Alberta Foundation in their will, through a gift of life insurance or some other form of future gift.

All contributions made to the Foundation are endowed, meaning the principal of the gift is invested and a portion of the annual investment income goes on to support YMCA of Northern Alberta programs and initiatives. Remaining income is re-invested to ensure the fund continues to grow.

This year, we want to extend our deepest thanks to Douglas S. Cronk and Jeremy and Willow Irwin* for remembering YMCA of Northern Alberta Foundation in their estate plans.

**Regretably, and with apologies, Jeremy and Willow Irwin were not recognized in the printed copy.*



MAKING A LEGACY GIFT?

Legacy giving makes a positive impact in your community that lasts far beyond your lifetime. The term "legacy giving" covers all kinds of structured or deferred charitable gifts such as bequests (gifts from a person's will), cash, life insurance policies or publicly traded securities. Legacy gifts benefit both YMCA of Northern Alberta and the donor, creating a legacy that will last for generations.

For questions and assistance with legacy giving, please contact:

Laura Svajlenko, Planned Giving Specialist
e: laurasvajlenko@ymcanab.ca
p: 780.499.3627



THE POWER OF ENDOWMENT

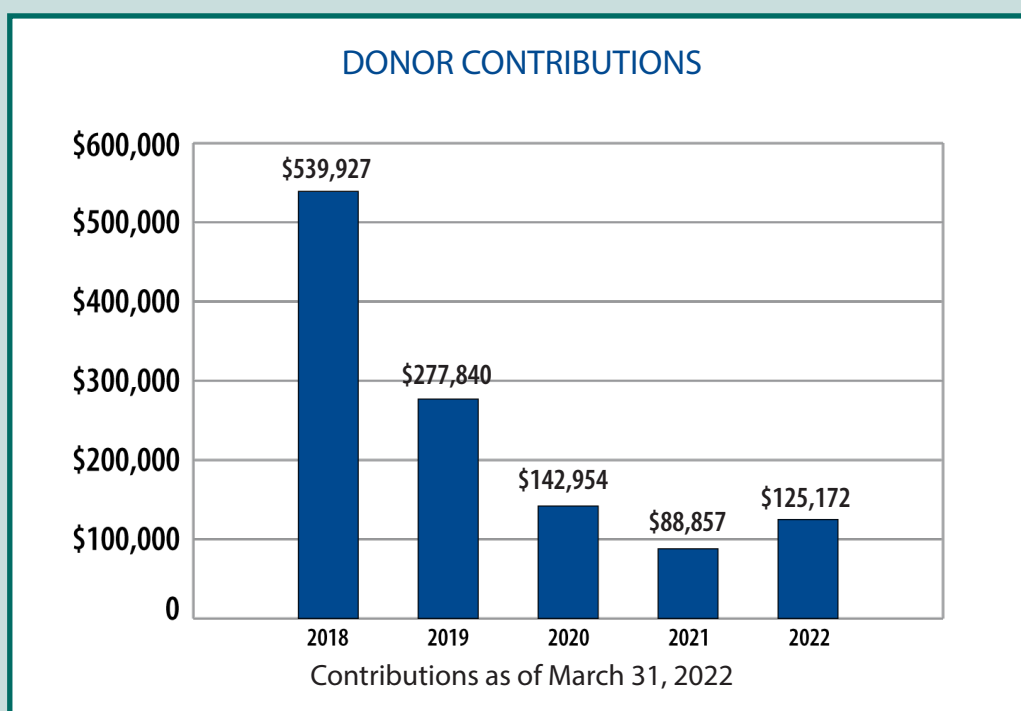
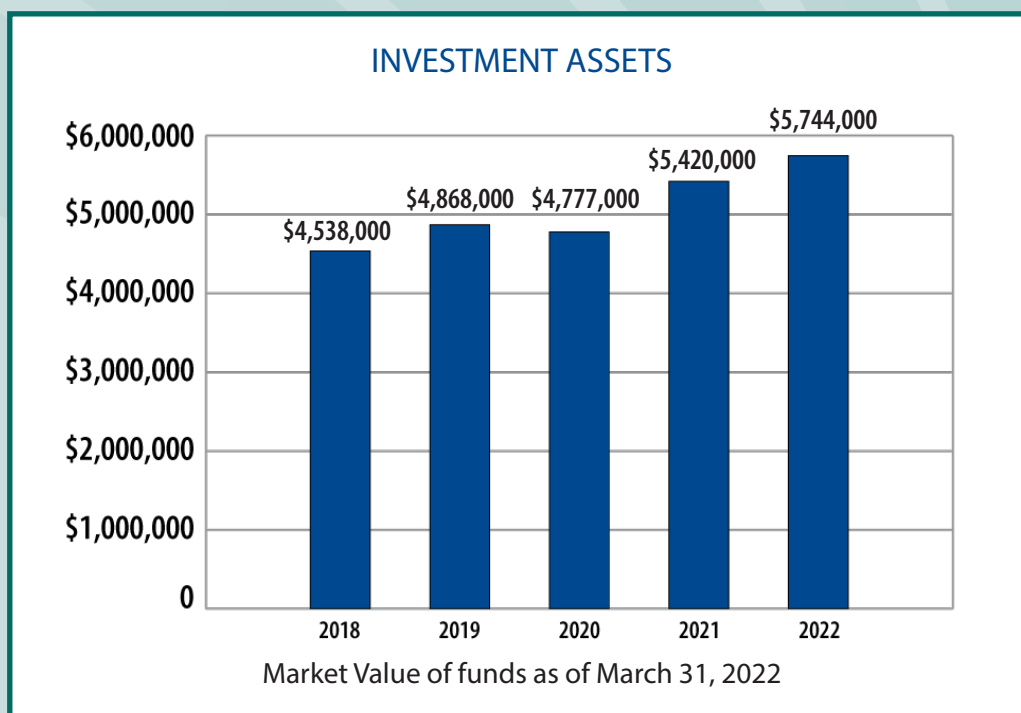
Endowment giving inspires and transforms; it makes an impact for generations to come in perpetuity. In just 13 years, a fund that started with a gift of \$21,500 has now disbursed \$16,113 to support YMCA of Northern Alberta programs and has a current balance of \$32,840.

This fund will continue to grow and support our communities over the years ahead.

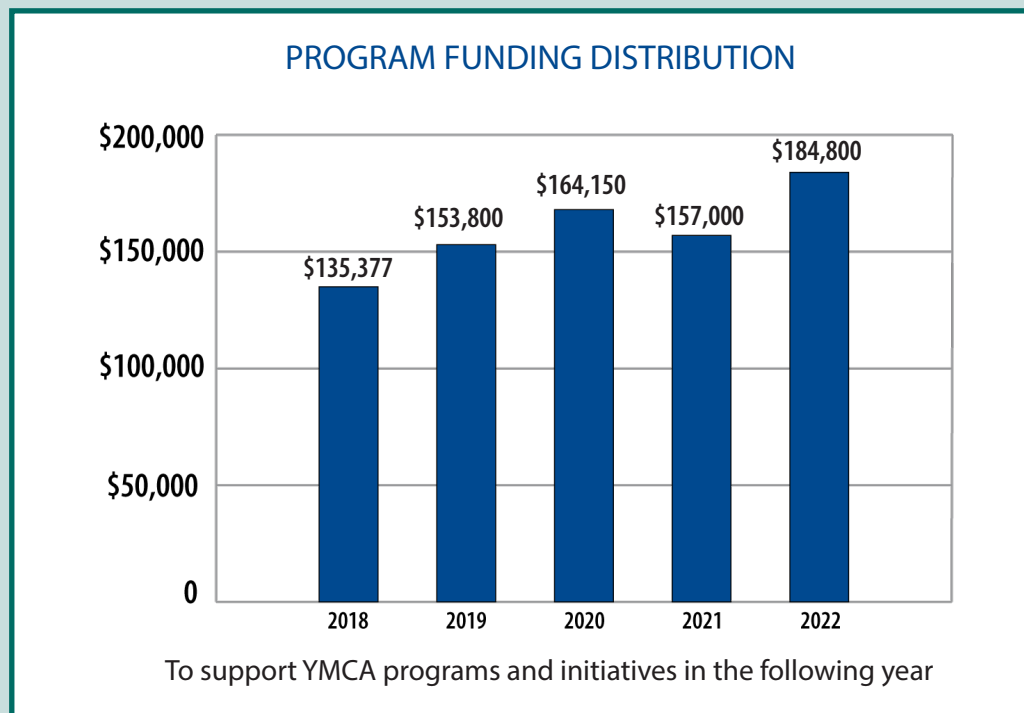


FINANCIAL HIGHLIGHTS

FOR THE YEAR ENDED MARCH 31, 2022



FOR THE YEAR ENDED MARCH 31, 2022



Return on Investment

1-year rate of return on pooled investments 8.4% (2021: 17.22%).

For a copy of the audited financial statements, contact:

The fund development team:

Laura.Svajlenko@ymcanab.ca

Or visit:

ymcanab.ca/publications

FOUNDATION GRANTS

YMCA of Northern Alberta grants offers staff and volunteers the opportunity to continue learning and growing alongside the Y, bringing their newfound or updated skills to the Y and to the broader community. It is a true win-win.

We are delighted to announce that due to fund growth over the last number of years all grants now support at a \$1,000 minimum level with a few exceeding that!

To learn more about each grant and the incredible story behind the individuals they honour, please visit: ymcanab.ca/grants

I am truly invested in the mission of the YMCA, and I feel I can further my career with this organization.

- Justine Zimmerman

Congratulations to this year's recipients

Al Maydonik Memorial Leadership Grant: **Navjot Kaur**

Bennett Clarke Memorial Grant: **Joy Love**

Bennett Clarke Memorial Grant: **Tara Neville**

Bennett Clarke Memorial Grant: **Seniha Gulluk**

Bennett Clarke Memorial Grant: **Justin Falcetta**

Del Dilkie Leadership Grant: **Madeleine Whitlow**

Edwin S. Cook Leadership Award: **Justine Zimmerman**

Franco & Barbara Savoia Star Builder Grant: **Anna Mpande**

Grant & Irene Duncan Strong Kids Leadership Grant: **Suzette Mckell**

Iain Armstrong Memorial Leadership Grant: **Kyle Dias**

Ivor & Mieke Lammerink YMCA Leadership Grant: **Nicole Whynot**

Foundation Directed Funds Annual disbursements are determined by the members who govern the YMCA of Northern Alberta Foundation following recommendations made by YMCA management.

1907-2007 Centennial Trust	Len Dolgoy & Catherine Miller Trust Fund
Archie M. Langille Trust Fund	Scot McLeod Family Fund
Bill Rees Memorial Fund	Tim Melton Family Fund
Healthy Communities Fund	William Lutsky Trust Fund and Land Trust Fund
J.J. & Mary-Anne Tremblay Family Fund	William Weir Memorial Fund

Donor Directed Funds Annual disbursements are designated by donors to support YMCA programs.

Bull Family Fund	Patricia Ellen (Pattey) Ready Memorial Fund
Eldon & Phyllis Fowler Fund	PD Fund
Herbert Family Fund	Phyllis Amerongen Memorial Fund
International Development Fund	Rebecca Suen Fund for the Homeless
Jill Zimmerman Memorial Fund	Robert J. Turnbull Trust Fund
Lammerink Family Fund	Sam Gabriel Trust Fund
Larry Pollock Youth Recreation Fund	Wilfred Oliver (Mac) McLean Trust Fund
Literacy Endowment Fund	Winnie Kwok Memorial Fund
Matthew Peddle Memorial Fund for Children with Disabilities	Youth & Community Endowment Fund Jean-Louis Cloutier
Michael Zolf Trust Fund	

2022 Grants

Al Maydonik Trust Fund	Franco & Barbara Savoia Star-Builder Scholarship Fund
Bennett Clarke Memorial Scholarship Fund	Grant & Irene Duncan Family Fund
Cecil & Helen Paull Scholarship Fund	Iain Armstrong Memorial Leadership Grant
Del Dilkie Leadership Fund	Ivor & Mieke Lammerink YMCA Leadership Grant
Edwin S. Cook Leadership Fund	

Emerging Funds Funds are established with a cash gift and a commitment to grow the fund (minimum \$10,000) to support YMCA programs based on the donor's intentions.

David Nathan Kushner Memorial Fund	Menegozzo Family Fund
Investing in Youth Fund	Schmitt Family Fund
Irwin Family Fund	Tori & Asim Chin Family Fund
John Corlett & Beverly Boudreau Fund	

THANK YOU!

Thank you to our Heritage Club members. With your support, the YMCA continues to meet the changing needs of all the regions we serve, developing stronger, healthier and more inclusive communities.

Allard Foundation Ltd*	Roger Delbaere & Lynette Husum	Mitch Klimove°	Phil & Barb Payne
Anonymous	Jeff DiBattista	John & Valerie Kok	Larry & Joanne Pollock
Margaret Allen*	Del Dilkie	David Kushner Family*	Helen Ready°
Charles & Lara Amerongen	Patrick Dinneen	Winnie Kwok°	Mildred Reddon°
Martin* & Angela Anderson	Edie Dixon	Philip Lachambre & Cathy MacDonald	Art° & Mildred° Reddon
Dianne & Mike Assaly	Fred° & Norah Dobia	Ivor & Mieke Lammerink	Bill Rees°*
Stan° & Mary° Asselstine*	Len Dolgoy & Catherine Miller	Archie° & Heather° Langille	Dwayne & Salwa Samycia
Joan & Monty Baker	John & Una° Doyle	Joanne LaVergne	Franco & Barbara° Savoia
Shirley & Tim Barry	Robert L. Duke & Charlotte Robb	Harvey & Rose Anne Lawton	Robert C. Schaller°
Ivan & Anita Beljan	Grant° & Irene° Duncan	Dean Cross & Holly Lazar-Cross	Joleen & Allen Schmitt
Carol Benoit	Al Maydonik° & Bette-Anne Edwards	John Lilley & Eileen Guilfoyle*	John & Jacqueline Scivoletto
Dave & Nish Bentley	Pat Eidem	Allan & Donna Little	Dan° & Mary Slaght
Bob & Ruth Bentley	Herb° & Jeanette Ellis	Aart & Judy Looye	Courtney & Sandra Smith
Brian Beresh	Joan & Jim° Fargey	Audrey Luft*	Donald R.° & Mona° Smith
Reg D.* & Glenys Berry	Robert J.° & Anna K. Fee	William Lutsky°*	Wylie & Lesley Stafford*
Marek & Jolanta Biel	Gerry & Carol Feist	Pat MacDonald°	Bill & Mary Jane Stewart
Kent & Jane Bittorf	Grant° & Irene° Ford	Jan & David McAmmond	George W. Strange°
Laurie Boadway	Phyllis° & Eldon° Fowler	Ruth & Grant McIntyre	Wai Y. Suen
Rick & Debbie Boyd	Janet Franklin	Irvine & Faye McKee	Bob Tatz
Brad & Michelle Brindza	Janet Giles* & Paul Fry°*	Scot McLeod	Mary Thomas
Janet Brown	Jan & Tim Haak	Rod° & Heleen McLeod	Jean-Jacque & Mary Anne Tremblay
Ron Brown* & Judy Harcourt	Susan & Brian Hall	Frank° & Gail McMillan*	Darryl Trueman°
Michael & Michelle Bull	Jim Hardy°	Angel McVittie	Janet & Jerry Tryhuba
William K. Butler*	Colin Hatcher°	Tim Melton*	Ron Tucker°*
Jack & Sylvia° Chetner	Gord & Joanne Hearn	Ruth & Brian Menegozzo	Robert J. Turnbull°
Tori & Asim Chin	Jeremy & Liz Herbert	Greg Michetti	Robert J. & Dawn Turner*
Roy Chobotuck°	Dr. Albert E. (Bert) Hohol°	Bonnie Mihalchan	Eric & Aimee Van Meurs
Muriel Clarke°	Ada Hole	Shauna Miller	Allan & Elizabeth Wachowich
John-Louis & Vivan Cloutier	Jeremy & Willow Irwin	Jack & Marilyn Mulkins*	Carol & Greg Wagar
Ed° & Pat° Cook	Larry & Kathleen Johnston*	Mary Anne Murphy°	Bill° & Betty Lou Weir*
John Corlett & Beverley Boudreau	Terry & Karin Johnson	Mike & Bernice Myshak	Wanda Wetterberg°
Ron & Brenda Coulombe*	Gary & Joanne Jones	Charlie & Sue Nunn	Irene Wood
Douglas S. Cronk	Doug Jones°	Esther Ondrack*	Donna & Ron Worthington
Dennis & Wilma Crough	Allan & Sharon Kerr*	Peter & Sieka Pardee*	Leona & Don Yez
Jean Crozier & Ron McKague°	Terry & Charlene Kilburn*	Nick & Jodi Parkinson	Michael Zolf°
Sandi Darrell	George Stanley King*	Toddy & Anne Parkinson	
Fred Delay°	Glenna & Quinn Klaver	Helen° & Cecil° Paull*	

Every effort has been made to ensure the names listed are correct. If any mistakes have been made, please accept our sincere apologies and let us know at Laura.Svajlenko@ymcanab.ca so we can correct for future recognition.

° DECEASED | * CHARTER MEMBERS

YMCA of Northern Alberta Foundation
10315 109 Street NW, Edmonton, AB, T5J 1N3
Foundation Charitable Registration # 89061 5974 RR0001



IN MEMORIAM

*In Memory of those Heritage Club
Members we have lost this
and previous years...*

*While gone from our sight, their
spirit lives on through the gifts
they dedicated to making our
community a better place for all.*





YMCA Charitable Registration: 11930 7122 RR0001

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DONATE NOW!