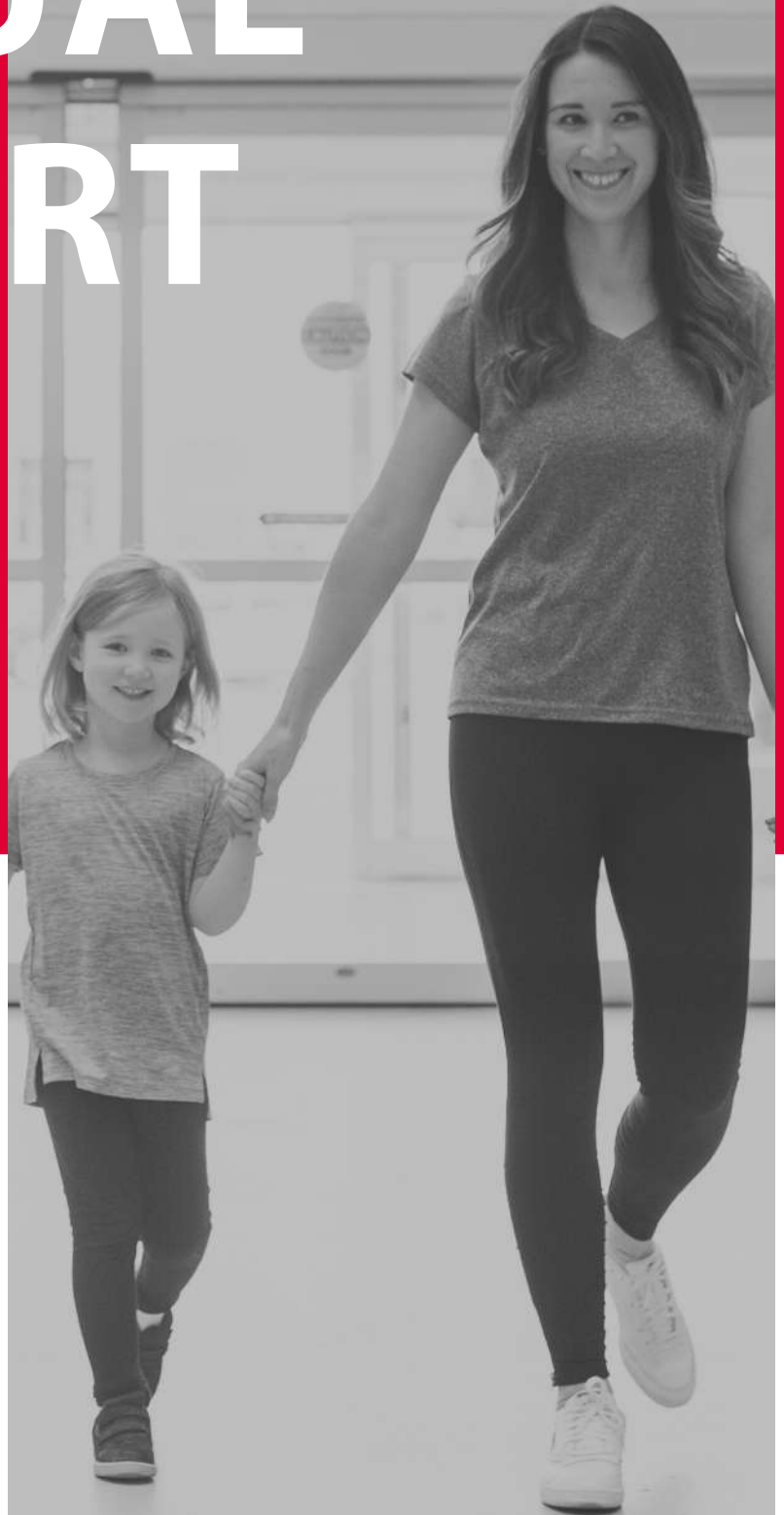




YMCA
Northumberland

ANNUAL REPORT 2021

**BUILDING
A NEW
FUTURE**



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(ending December 2021)

Dr. Beth Selby
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Joel Scott
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YMCA Northumberland Land Acknowledgement

"We respectfully acknowledge that YMCA Northumberland is located on the Mississauga territory and is the traditional territory of the Mississauga.

Spencer Selhi
Director

YMCA Northumberland respectfully acknowledges that the Mississauga Nations are the stewards and caretakers of these lands and waters in perpetuity and that they continue to maintain this responsibility to ensure their health and integrity for generations to come. This territory is covered by the 1923 Williams Treaties."

Dr. Jessica Fraser-Thomas
Director

*This statement aligns with the land acknowledgement developed by Alderville First Nation and includes the acknowledgement of the 1923 Williams Treaties.

Paul VandeGraaf
Director

Message from Board Chair and CEO

“THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS.”

ELEANOR ROOSEVELT



For over 150 years, YMCA Northumberland has been focused on building strong communities and in 2021, despite the uncertainty of the global pandemic, our commitment to that goal did not waiver. Ensuring all of our locations continued to provide the highest quality programs and services our members expect was our #1 priority and we want to begin this year’s annual report by congratulating everyone who was involved in helping us reach that goal.

Here, you will find many of our accomplishments from the past year, from the completion of our Three Year Strategic Plan to being bestowed the honour of receiving not one, not two, but three Ontario Trillium Foundation grants. Of course, we couldn’t list all of YMCA Northumberland’s achievements in this summary, but we want everyone to know how extremely proud we are of each member, employee, volunteer, sponsor, partner and guest. We are eternally grateful for everyone’s hard work and dedication.

We hope you enjoy reading some of last year’s highlights, including...

Stepping Up

This year, our staff and volunteers remained resilient and steadfast in providing our services and programs to the community, including emergency child care; access to shower facilities during closures to individuals who are homeless; utilization of spaces to community groups providing critical support; and virtual programming through the YMCAHome.ca and our YMCA Northumberland YouTube channel and social media platforms that provide a variety of activities for all ages to remain engaged and involved and summer programming including the re-introduction of summer day camp in Brighton.



Sustainability

The Board and senior staff’s primary focus continued to be the sustainability of the organization. YMCA Northumberland was able to access Federal and Provincial financial support through 2021, including wage and rent subsidy programs.

Community Engagement

The Y team continued to work with all municipalities and Alderville First Nation to deliver programs seasonally and year round by engaging our communities through summer day camps, outdoor aquatic activities and our outdoor fitness programs.



Extending our Reach

Our successful partnership with The Municipality of Trent Hills to build the new Recreation and Wellness Centre in Campbellford pressed on despite the pandemic. On April 29th, we were thrilled to share the news that the Community, Culture and Recreation infrastructure funding stream of the Investing in Canada Infrastructure Program (ICIP) awarded the project a sizable grant. We look forward to the opening of the modern facility (featuring an ice pad, as well as a fitness and aquatics centre) in the near future.

Knowing the challenges that our youth have encountered throughout the pandemic; the lack of socialization, online learning and lack of physical activity, we anticipated interim support would be required to help them reintegrate into school and society post pandemic. We submitted an application to the YMCA of Quebec, that administers the Alternative Suspension Program through a social impact bond. Our application was approved in 2021 and we currently have a formalized partnership with the Peterborough Victoria, Northumberland, Clarington Catholic School Board, and are in the final stages of approval with the Kawartha Pine Ridge District School Board. The program provides short term suspensions to students and includes workshops, mentoring, participation in YMCA programs with a future goal of engaging the students in the YMCA on some level.

Funding Opportunities

It goes without saying that we were absolutely thrilled to be awarded three Ontario Trillium Funding grants, supported by the Province of Ontario, for a total of \$761,000. This money will support YMCA Northumberland in the recovery period of COVID-19, with upgraded adult changerooms, operational support and additional capital investments to ensure the main campus on Elgin Street in Cobourg continues to operate at a high level of efficiency/health and safety.

Partnerships

We would be remiss if we didn't repeat our gratitude to our amazing staff who didn't simply show up but stepped up through the pandemic to ensure our members, child care families and communities continued to be served. Every single member of our YMCA family went above the call of duty, and we couldn't be more proud.

Additionally, our volunteers, donors, partners, staff, champions, and YMCA Member Associations fall under this umbrella. You are at the core of all of our vital work in building the communities we are so fortunate to call home and we sincerely thank you.

Building a New Future - Together

Looking ahead, as we move from surviving to thriving with the ongoing support of our communities, which has helped us remain relevant for 152 years, we will continue to strengthen and build the new future for our YMCA.



EUNICE KIRKPATRICK
CHIEF EXECUTIVE OFFICER
YMCA NORTHUMBERLAND



WILLIAM MACDONALD
BOARD CHAIR
YMCA NORTHUMBERLAND

Financial Statements

This financial information has been taken from the audited statements reported on by BDO Canada LLP. Complete financial statements are available at ymcanrt.org

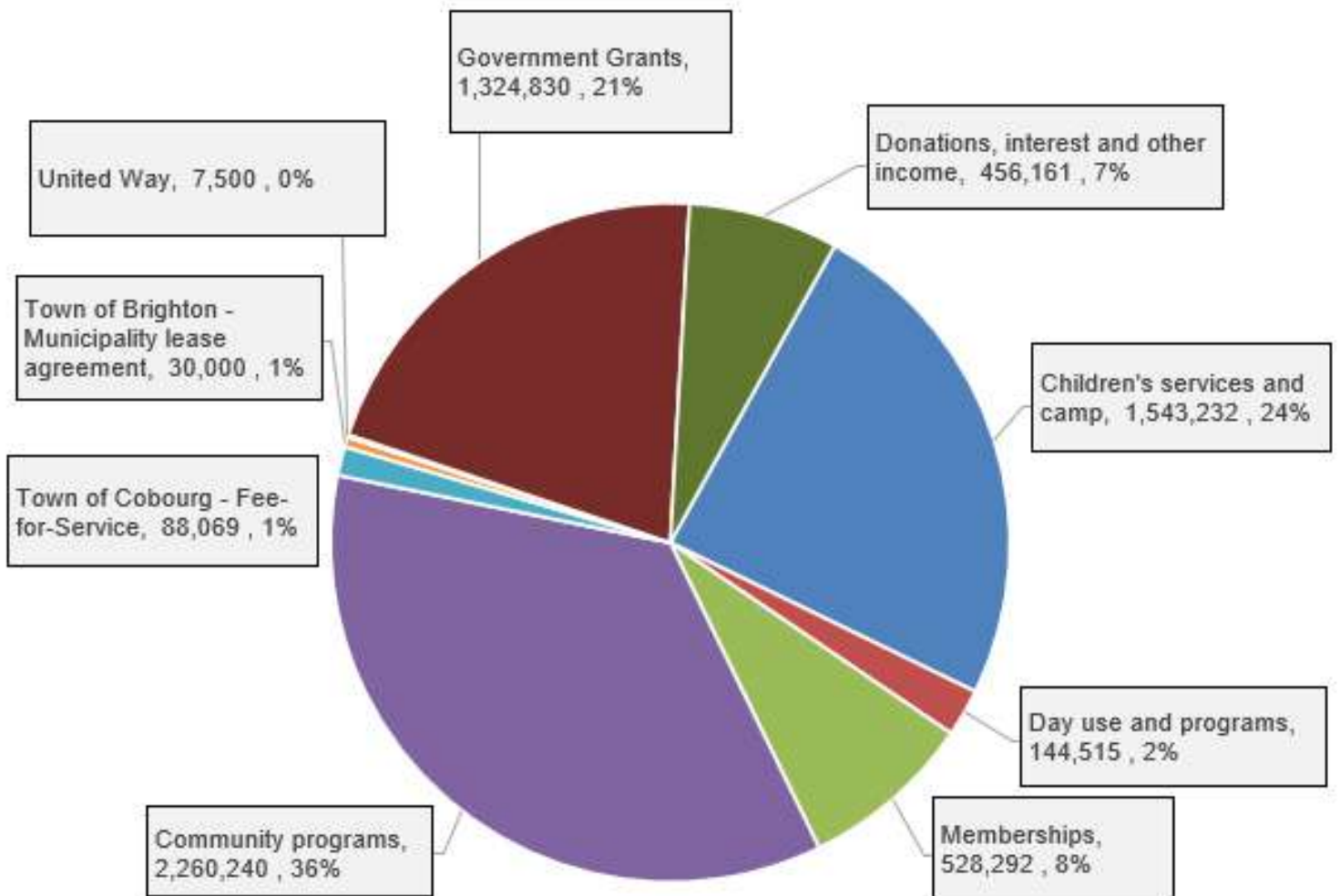
Statement of Operations for the year ended December 31, 2021

REVENUES	2021	2020
Child services and camp	\$1,543,232	\$ 964,640
Day use and programs	\$144,515	\$161,652
Memberships	\$528,292	\$699,361
Community programs	\$2,280,240	\$1,389,150
Town of Cobourg - Fee-for-Service	\$88,069	\$72,426
Town of Brighton - Municipality lease agreement	\$30,000	\$30,000
Government Grants - CEWS, TWSE, CERS	\$1,324,830	\$1,007,876
United Way	\$7,500	\$20,000
Donations, interest and other income	\$456,161	\$454,704
	\$6,382,839	\$4,799,809
EXPENSES		
Wages and benefits	\$3,923,907	\$3,188,894
Plant and facilities	\$432,036	\$378,369
General administration	\$465,486	\$458,685
Supplies	\$219,659	\$201,966
Advertising and promotion	\$25,924	\$45,684
Association dues and fees	\$77,698	\$47,909
Total expenditures before amortization	\$5,144,710	\$4,321,547
Gross Contribution before amortization expense	\$1,238,129	\$478,262
Amortization of capital assets	\$395,078	\$398,084
Net Contribution	\$843,051	\$80,178

Statement of Financial Position as at December 31, 2021

ASSETS	2021	2020
Current		
Cash	\$1,392,230	\$642,694
Investments	\$423,347	\$620,240
Accounts receivable	\$448,713	\$378,048
Prepaid expenses	\$108,289	\$95,248
	\$2,372,579	\$1,736,230
Capital Assets (net book value)	\$4,241,214	\$4,511,414
	6,613,793	\$6,247,644
LIABILITIES		
Current		
Accounts payable	\$ 287,419	\$ 441,394
Unearned revenue	\$745,340	\$840,053
Current portion of capital leases	\$44,777	\$71,645
	\$ 1,077,536	\$ 1,353,092
Long Term		
Capital Lease Obligation	\$ 20,615	\$ 66,165
Deferred contributions - land	\$312,000	\$312,000
Deferred capital contributions	\$1,519,090	\$1,674,888
	\$1,851,705	\$2,053,051
Total Liabilities	\$2,929,241	\$3,406,143
NET ASSETS		
Surplus and Reserves		
Fund balance beginning of year	\$2,841,501	\$2,761,323
Restricted Capital Contribution	-	-
Excess of revenues over expenses	\$843,051	\$80,178
	\$3,684,552	\$2,841,501
	\$6,613,793	\$6,247,644

Sources of Revenue



Building a New Future

As we head into 2022, everyone is feeling the positive changes heading our way. Some tangible things to look forward to include:

Allocating Funds from the Ontario Trillium Foundation Grants

YMCA Northumberland was thrilled to learn that we were awarded three Ontario Trillium Foundation Grants. Applications were submitted last October and we were honoured to learn we were approved to receive \$761,600 in funding. Our plan is to invest:

- \$500,000 towards building improvements that include new HVAC systems, heating and dehumidification units to improve air circulation, creating a safer environment for everyone
- \$111,600 towards operating costs, such as staffing and equipment, allowing the YMCA to continue to deliver experiences and programs for our community
- \$150,000 to support rebuilding female and male change rooms in order to create a safer, healthier and more pleasant environment

Swim To Survive – Sponsored By Cameco

YMCA Northumberland and Cameco have once again partnered to run Lifesaving Society's Swim to Survive program in our local communities to teach water safety, swimming techniques and lifesaving water skills to as many Grade 3 students in Northumberland County as possible.

This program will provide Grade 3 students in Northumberland County with the life skills to prevent drowning through theoretical and practical lessons; help reduce the overall number of drownings experienced each year; and increase awareness about the importance of teaching water safety skills.

Unfortunately, the pause during the pandemic meant that there were three years (including this one) of grade three students who have not had this life saving opportunity. Our goal this year is to provide the program to 500 students currently in grades three, four and five.

Already in the Works:

- Reopening the hot tub and steam rooms at the Cobourg location
- Planning for the delivery of all seasonal aquatic and camp programs including lifeguarding at Victoria Beach in Cobourg after a two year hiatus due to COVID-19
- Looking forward to delivering in person programs at all EarlyON Sites versus virtual delivery during the pandemic
- Launch of a new, updated, more modern and user friendly website



My family is happy to see so many smiling faces with the return of regular programs and activities - both in Brighton and in Cobourg. Our Y is more important than ever, and will be instrumental in helping to rebuild the communities of Northumberland following two years of lost social and emotional connection.

--Spencer Selhi, YMCA Northumberland Board of Directors

The Implementation of the National YMCA Outdoor Play Project

YMCA Northumberland was proud to announce that our facility was selected from YMCAs across Ontario to participate in the newest phase of a National YMCA Outdoor Play Project: YMCA Learning and Teaching Hubs. YMCA Northumberland's Cobourg Child Care Centre will be at the forefront of outdoor innovation for Early Learning Professionals in Ontario who will receive enhanced support and training in outdoor play.

YMCA Learning and Teaching Hubs support community integration of theory to practice in outdoor pedagogy. The selected centres showed great enthusiasm and passion for outdoor pedagogy. This designation will enhance training in outdoor play including research methodologies, Early Childhood Education (ECE) student knowledge, and community partnerships to create long-lasting change for children in Ontario.

We are excited to have received this designation and be able to offer this teaching and programming through our facility.



"These past two years have been incredibly difficult for so many individuals, organizations, and institutions. But these times have also brought out the best within society. Our Y has not only survived but it has thrived in supporting the people, the families and the critical relationships of Northumberland county - strengthening the heartbeat of our community."

**Jessica Fraser-Thomas,
YMCA Northumberland
Board of Directors**



The Development of the Campbellford Recreation and Wellness Centre in Partnership with YMCA Northumberland

In April, MPP Piccini and MP Lawrence made an important announcement: The Municipality of Trent Hills is set to receive over \$7.5M from the Community, Culture and Recreation infrastructure funding stream of the Investing in Canada Infrastructure Program (ICIP). The grant is to be specifically invested in the construction of the Campbellford Recreation and Wellness, operated jointly by YMCA Northumberland and the Municipality of Trent Hills. It was welcome news after years of planning and community support for a new facility, which has been in the works for over a decade. The Recreation and Wellness Centre will feature an ice pad and aquatics centre with both a lane pool and smaller therapy pool as well as a complete fitness centre. This new recreation facility will replace the existing Campbellford Arena and provide year round aquatics and fitness programming for the community.





The Ongoing Implementation of the Three Year Strategic Plan 2021-2024

In November 2019, YMCA Northumberland's Board of Directors launched a strategic planning process with the intention of creating a multi-year plan to guide our Association's work.

The scope of the project laid out a process to identify strategic priorities and engage deeply with YMCA Northumberland's internal and external stakeholders. In order to effectively draw stakeholder input, ensure confidentiality of responses, and encourage all opinions and views, the board engaged the services of a third-party consultant to facilitate the process.

The planning process took place initially between December 2019 and March 2020. The process was paused due to the COVID-19 pandemic, but later resumed in March 2021. We are now pleased to announce it has been completed.

The directions are bold, future-oriented, and will allow us to adapt and respond as circumstances change over the coming years. The four strategic directions offer a framework for the development of annual work plans with measurable goals and objectives. These annual plans will serve to operationalize the directions.

As we work towards these goals, we remain committed to ongoing engagement with the community, transparency, and to sharing our results along the way.

These strategic directions will help the organization focus on the areas where effort and improvement can make the most difference to the community; thus, ensuring that YMCA Northumberland will continue as a vital contributor to the County – now and in the future.

Between 2021-2024 YMCA Northumberland has and will continue to prioritize the following four strategic directions:

- A Thriving Organization
- Strong Programs & Services
- A Vibrant Organizational Culture
- Resilient Partnerships & Relationships



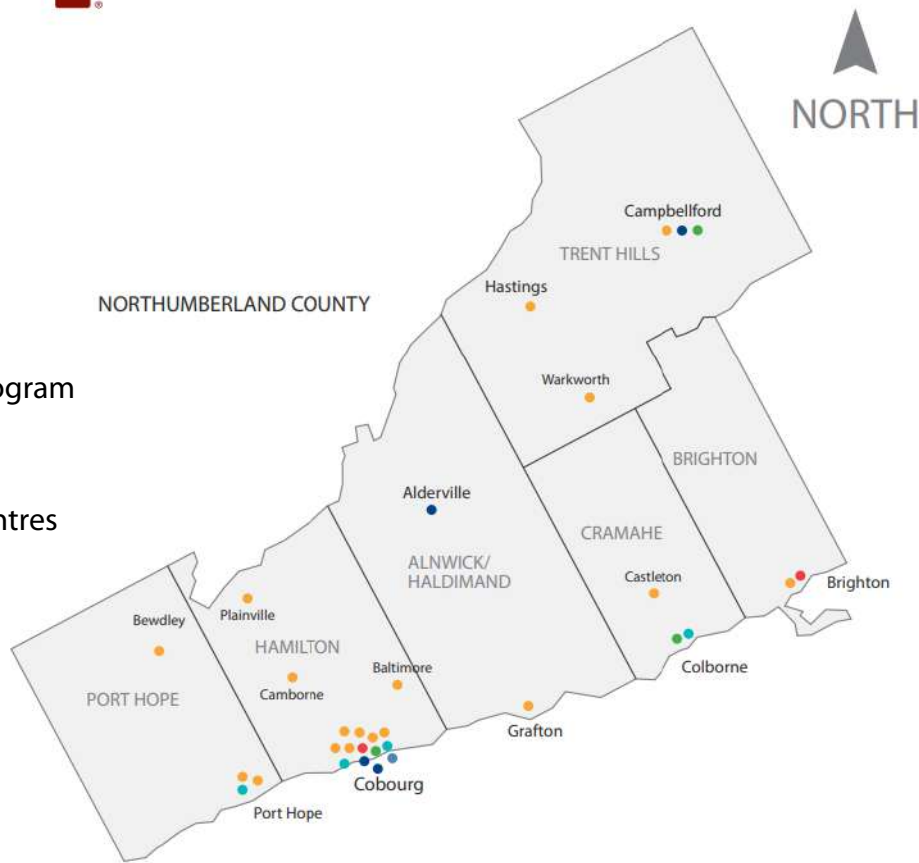
More to Come

- Introduction of the Canada-Wide Early Learning and Child Care System (CWELCC)
- Continue exploring partnership strategies for a new state of the art facility in Cobourg to accommodate future growth
- Continue discussions with the Municipality of Brighton on the Multi-Use Recreational Task Force Committee for future planning
- Introduction of a new donation platform called SimplyK. This platform will offer efficiencies in receiving and processing donations and tax receipts.
- Implementation of a new Membership Incentive program
- The return of in-person events and fundraising initiatives

About YMCA Northumberland



YMCA Northumberland
Locations



Services

- Aquatics
- Community Outreach
- Day Camps
- EarlyON
- Financial Assistance Program
- Global Initiatives
- Health & Fitness
- Licensed Child Care Centres
- Waterfront

Locations

- Alderville
- Baltimore
- Brighton
- Campbellcroft
- Cobourg
- Camborne
- Campbellford
- Castleton
- Colborne
- Grafton
- Hastings
- Plainville
- Port Hope
- Roseneath
- Warkworth

YMCA Northumberland is a charitable organization led by staff and volunteers who are dedicated to serving others and promoting growth of spirit, mind, and body in all people.

One of the leading charities in Northumberland County, the YMCA has a long history of building strong kids, strong families, and strong communities. For over 150 years, YMCA Northumberland has been delivering innovative programming and vital services that target the specific needs of the local communities we serve. YMCA Northumberland strives to respond to issues, trends, and opportunities with programs and services that will have a positive impact and promote health and wellbeing, while remaining accessible to all.

YMCA Northumberland is one of 39 Member Associations across the country that constitute the Canadian YMCA Federation. Together, we share a common mandate to build healthy communities across Canada through the power of belonging.

The Future is Now

**What do you get when you sign your child up for swimming lessons?
A lot more than you could ever imagine.**

Jody Watt is no stranger to the YMCA. Growing up in Sault Ste. Marie, like many, his parents signed him up for swimming lessons. That evolved into a love of fitness and he became a volunteer fitness instructor. In 1995, Jody moved to Vancouver and was quickly offered a spot at the YMCA. Fortunately for him, a man named James signed up for one of his classes, and the rest, as they say, is history. (They have been married for 22 years.)



“Then we had a little stint in Ottawa where I found a place within the YMCA- YWCA of the National Capital Region,” Jody says. “And then we returned to Vancouver and I went back to my job at the YMCA.”

James Ward, a lawyer with the federal government, was transferred to Toronto in 2017 and the couple decided they wanted a little hobby farm rather than live downtown. “So here we are in Northumberland County,” Jody says.

He quickly connected with the local Y through friends and continued his volunteer work, this time as a Cyclefit instructor (a new passion of his). However, he also found himself involved in a new project: Spearheading the process to have YMCA Northumberland receive Imagine Canada’s Standards program coveted accreditation, which they obtained in October 2018. It was a major accomplishment for the organization, and the timing

couldn’t have been more serendipitous. “We knew our son was going to be born on September 25th, 2018 so I had to submit the completed application before that.” A deadline he admits he almost didn’t make.



Enter their son, Little James, and the YMCA took on a whole new meaning for the family of three. “This is where things get fun,” Jody says. “After James was born, I would take him to the playcentre at the Cobourg Y while I taught my spin classes. As the first experience of leaving our child, there wasn’t a better place for us.”



As time passed, so did everyone’s apprehension. At the end of last year, once the Covid restrictions had eased, Jody enrolled James, then three, in swimming lessons. James was assigned to a teacher named Malcolm, and the connection was immediate. “Malcolm’s ability to engage the children—even the children who are scared—was amazing,” Jody says, emphasizing Malcolm’s innate ability to gauge a child’s level of “enthusiasm.” “He was so great. I couldn’t have had a better first experience for James doing a structured activity.”

For as long as he can remember, Malcolm Jack, 18, has been going to the Y. The Cobourg location is literally a family institution for him: His aunt, mother and father all worked in the aquatics department there at some point in their lives. “I was a crazy kid, like, bouncing off the walls,” he says with a subtle smile. “And my parents thought, ‘This guy needs to get some energy out!’ So they signed me up for swimming lessons and the swim team.”

That was the springboard that launched his journey through all of the YMCA swim program levels, right up to the National Lifeguarding certification, which he achieved in 2021. “I felt like the pool, with my instructors and team, was a safe place. I could go to the Y for exercise and to see my friends, and it was



just a great environment for me to be in. I always looked forward to going.” Little did he know how he would pay it forward.

“If you have grown up in the Y or once you have children, it just makes for such a wonderful sense of community,” says Jody, who plans to return to volunteer teaching in the Fall. “And I can’t say enough about how wonderful Malcolm is with all the children. For a high school kid, his emotional intelligence is very impressive. It’s not something you are taught in school. I think it comes from a strong family dynamic and a good sense of self. He has really set the bar high!”

“I don’t know if I deserve all of that praise, but it’s awesome coming from them,” Malcolm says. “Little James is such a sweet kid and he is really fun to teach because he always tries his best. You can just tell, he’s a really kind kid, even at such a young age.”

And then Malcolm says something that shows he is beyond his years: “I think connecting with people is one of the joys of life. It’s just one of the best things ever and the Y gave me a place to do that.”

There is little doubt his young students, including Little James, will echo those words someday.

The Future is Bright

Meet the hardest working woman who doesn't work at the Brighton YMCA.

If you are a member of Our Brighton YMCA's Facebook group, you may think you know who Tricia is. She's the witty voice behind the daily social media posts, updating you on schedule changes, suggesting healthy recipes and sending gentle and often laugh-out-loud reminders as to why you should be heading to the Y gym today.

So when you meet Tricia Boehme, you may be a little surprised to learn that she isn't a backpack carrying, pony-tailed youth having a good time at her part time job. Instead, she's a retired bank manager, former international dragon boat competitor and coach and a list of other qualifications and titles too long to mention here.

"Our Facebook group originally started with the intention of saving our Y when we were at risk of losing our space," Tricia says, explaining how Facebook became not just a major means of communication for the YMCA Northumberland branch in Brighton, but also as a way for members to connect. "Local members would post about how important the Y was to them and why. Eventually we went to an open meeting at the Town Council and people told their Y stories." Thankfully, the Brighton Y is alive and well. And while she likely wouldn't take any credit, she certainly deserves some.





"I'm just a member, I don't work for the Y," she says, sitting comfortably in the small administration office in the Brighton location on Main Street. "But I do a lot of volunteering."

Her habit of being understated isn't well hidden. In addition to running the social media, Tricia acts as a Y liaison with local charities like Brighton's Christmas Hampers Program, and has taught a variety of fitness programs, including Muscle Fit and Interval Training.

"I joined the Brighton Y in December of 2003, when they first opened their doors," she says. She moved to the area from Toronto when her husband accepted a job in Trenton, and she is glad they did. "I love this small community. My kids grew up here. Now, I have grandkids here. And my parents moved out here about 20 years ago when they retired."

In 2006, Tricia developed debilitating arthritis but she still kept coming to the Y despite not being able to continue to workout at the level she was accustomed to. "I had to stop running due to my health," she says. "So I took up dragon boat racing locally and my team did dry land training at the Y." She quickly fell in love with the sport and became a coach. Every two years, her new passion took her to championship festivals all over the world. Her regular workouts with her team seamlessly led to her role as a Y volunteer, first as an instructor. "I never had any interest in classes. None whatsoever," she admits. "I was always training and focused on certain programs for racing. I always watched the classes but never had any interest in taking one. But I have since developed a different outlook."

"I love this small community. My kids grew up here. Now, I have grandkids here. And my parents moved out here about 20 years ago when they retired."

She says once she took a class, she immediately recognized the benefits of group fitness. "It's like having a personal trainer: you get accountability, motivation, instruction and camaraderie. I've seen friendships develop here just from people meeting in classes."

Almost daily, you can find Tricia at the gym teaching a class, helping the front desk, giving new members tours of the facility, using the same sense of humour she brings to Our Brighton Y's Facebook page to create a fun and upbeat atmosphere for all. But there is one area where she takes a more serious approach: Recruiting others to join her. "I would love to see our Brighton YMCA build an army of volunteers with a variety of skills that support our vision of health and growth for life. A YMCA for all," she says. "They say many hands make for light work but many hands would make for a greater contribution to our community as well."

The Future is Family

Cindy Marshall gives the term 'child care' a whole new meaning.

August 14, 2021, YMCA Northumberland Facebook post:

“YMCA Northumberland enhanced educator and EarlyON staff Cindy Marshall receives a High Five Community Recognition Award from Five Counties Children’s Centre for her work as an important community partner who fosters and demonstrates a shared commitment to inclusion, education and respect for our children and youth.”

“That was very special for me,” Cindy says, misty-eyed with a tremor in her voice, recalling when she first heard that she had won the award and attempting to explain her emotions. “Kennedy makes my heart glow. She makes people happy. I look forward to every day with her. So to be doing something that I really enjoy, and to see the progress Kennedy has made—literally leaps and bounds—since I started working with her, and then to be recognized by Five Counties, an organization I think so highly of because of my own personal history with it, it was ... honouring.”

Kennedy is a two-and-a-half year old with exceptionalities who attends Terry Fox YMCA Child Care and uses the Enhanced Staffing Program. A year ago, Cindy, who works for the Y’s EarlyON Child and Family Centres as well as Terry Fox YMCA’s Enhanced staffing program, began doing one-on-one support with a girl named Kennedy. “Kennedy has spina bifida,” Cindy says. “She uses a walker. She requires some support with toileting, and she is the sweetest little girl on the face of the planet.”

Cindy has been with YMCA Northumberland for over 16 years (if you don’t count the time she spent teaching gymnastics at the Cobourg facility when she was in high school), and she is no stranger to loving a child who requires extra support. Her daughter, Sarah, was born in 1997, and was quickly diagnosed with megacystis-microcolon intestinal-hypoperistalsis syndrome (MMIHS), a disease as frightening as it sounds. (Today, Sarah is a Loyalist College graduate with a degree and passion for hospitality and events management in addition to her role as sister to 13 year old Austin.)

“I love my job at the Y’s EarlyON program,” Cindy says, clarifying that unlike child care, EarlyON is a parent/child drop-in program, not drop-off. “So I was hesitant when Terry Fox asked me to take on the Enhanced Staffing role in child care, but I also know that if someone had been in the position to do that for Sarah....



I thought it was really important that I offer that to a family that was in the same position I once was." Thankfully, she was able to incorporate her work in child care with Kennedy into her EarlyON schedule, in part because Terry Fox's Child Care Program is provided by YMCA Northumberland.

"I get the best of both worlds: At EarlyON, I get to offer all of the things we offer at child care, but with the parents present. And I feel like I bring value to the families I work with," she says. "EarlyON has looked very different for the last two years because we have been doing a virtual curriculum and some outdoor sessions but the focus is still on building relationships with families. We are almost back to what a typical day looked like before we were hit by Covid."

But then she pauses and corrects herself: "Actually, a typical day in the EarlyON program doesn't exist. It's a drop-in program so you don't know who's coming in, what age the children will be, how involved in the program the parent wants to be. You have to plan your curriculum in advance but be prepared to quickly modify it and adapt depending on who shows up. For example, you could plan activities for a room full of toddlers, only to have 6 month old babies come in."



"It's a really unique program that we run," Cindy continues. "We offer ideas and teach parents things they can do with their child at home, like carpet time so we teach songs and poems and rhymes. We teach families things they can do with their children, like reading stories, doing arts and crafts. It's a joy watching them do it together."

When asked how she sees YMCA Northumberland, she points out that she sees it for more than just child care. "When I think about the Y, I think about family, and the support," she says. "Sarah worked here when she was in high school. Austin has his shoe tag and goes up to the fitness room and goes to youth nights. And I am so comfortable dropping him off. I would say, 'Now remember, everyone at the Y knows who Mom is.' But from that perspective, as a parent, I knew there were eyes on him, and if he needed someone or something, somebody was there."

She puts her Y Staff hat back on and says: "The support between the staff—from colleagues to the executive team to the volunteers, the support that I have had...." Cindy says, misting up again. "Sarah got really sick during Covid, near the beginning of the pandemic, and was admitted into Northumberland Hills Hospital. She spent over a week there. And my bosses, they didn't even blink when I needed to put all of my focus on her. They checked in with me, offered to help, they even got me a gift basket."

"The fact that I know I am supported by everyone who works at the Y, that everyone has my back, that when people ask, "How is your family?" they really mean it. It's like a warm hug. It makes me want to work harder and continue to be proud to be part of the YMCA family."

For more information about EarlyON and the YMCA Child Care Centres, visit <https://ymcanrt.org/earlyon/> and <https://ymcanrt.org/child-care/>.

The Future is Surprising

At every turn, this octogenarian embraces the path ahead of him with thoughtfulness and a sense of adventure. Thankfully, he's a good teacher.

Alec Dewdney is full of surprises. For one, he is considered one of the toughest yoga instructors at YMCA Northumberland, despite being a volunteer. "I remember I got a phone call on a Wednesday morning," he says. "I was at home and a desperate voice on the end of the line said, 'Alec, can you be here for 1pm to teach a yoga class?'"



Being the trooper he is, he accepted. "I was wearing my red volunteer shirt and someone said, 'Oh! Are you taking the class today?'" Alec smiled and said, "No, I'm teaching it!"

During the class, he heard an awful lot of grunting and groaning and when it was over, he was approached by one of the high school students. "He said, 'Do you treat the Chair Yoga participants as badly as you treat us?'"

Alec, now 81, laughs as he recalls that story. "I don't teach full yoga anymore," he says. "At my age, it just gets a little harder. My major role here, except for a very selfish one—meaning me doing my own workouts—is conducting the Chair Yoga program on Friday afternoons."

But don't think for a minute that he takes it easy on those participants, either. "Participants are seated but it's a lot of mobility," he says. "After a class, I've had people say to me, 'I can really feel that already!' So they can feel the physical benefit right away."

And there is an additional benefit to his class, too. "Friday afternoons, at times, is a bit of a free for all. I think they also come for the social nature," he says. "They're a super bunch. They are very outspoken and we have a lot of laughs."

Initially, Alec started working out at YMCA Northumberland because his wife, Sue, was diagnosed with Multiple Sclerosis. "She was struggling. She couldn't walk on dry land so I thought, well, maybe she could walk in water," he says. "The pool here has a chair lift, and I used to bring Sue here once a week and get her into the water. But it reached a point where she couldn't do that either. So, I thought, well, I still have a membership. So I went

upstairs and started working out in the fitness room while Sue visited with people in the lobby. The people here are so friendly. Friends would come over and chat with her. She was that kind of person. People were just drawn to her. She loved seeing everyone, and they loved seeing her.”

He pauses for a moment and says, “I know that being physically fit myself helped extend Sue’s life because I was able to take her places. She was stimulated.”



What started out as a hobby quickly became a new career. “I figured I wasn’t using the equipment properly so I hired one of the trainers to teach me,” he says. “And that person encouraged me to get certified as a personal trainer. So I did.”

That led to teaching private clients in the area, and volunteering at the Community Care Centre in Castleton. “I taught Chair Yoga and the Cobourg YMCA was where our sessions were held.” Eventually, the Y asked him to teach a class for them, but that wasn’t the only new path that opened up for Alec. “I started competing in bodybuilding,” he says, enjoying the slight shockwaves the statement makes once it registers.

“You could say it was a bit of a mistake,” he explains. “My trainer was talking to me about a competition that he had just finished and he said, ‘They have a category for old guys like you. Why don’t you try it?’ I thought, ‘Gee, thanks a lot!’”



But curiosity got the better of him and he went home and googled the name of the organization hosting the event. There was a button that said, Click to Register. So he clicked it.

For the next 12 years, Alec travelled the world attending at least two competitions a year. One earned him the title of Super GrandMaster Champion for being best on stage in his age category.

“When Covid hit, there were online competitions but I wasn’t interested. Training was hard because of the pandemic,” he says,

alluding to the closure of many fitness facilities including YMCA Northumberland. “And my age category was 50+ so I was competing against men almost 30 years younger than me. Add in the fact that I looked like a California raisin after I would get my spray tan, and I quit.”

So now, he focuses on his regular workouts and his Friday afternoon gig as a volunteer Chair Yoga instructor. When asked how he sees himself continuing to help build the future of YMCA Northumberland, he stops for a moment and quietly says, “For me, I don’t think of it so much as building the future, but rather maintaining—my fitness level, that is. I don’t want to end up needing to be cared for.”

And that’s no surprise to anyone.

A Summary of the Recent Past

- 2017-Eunice Kirkpatrick, a long term YMCA Northumberland employee, is named CEO; the first female CEO in 148 years.
- YMCA Northumberland partnered with Northumberland County and the Northumberland Best Start Committee to ensure that the Government of Ontario's redesign of the Ontario Early Years program to EarlyON was seamless for the participants who visit the centres.
- In November 2017, YMCA Northumberland celebrated its 14th year at the Brighton YMCA satellite location, serving over 900 members and accommodating an additional 2000 visitors through the array of programs and services offered to the community.
- After completion of an in-depth analysis in 2017, the Town and the Y decided that building and operating a Y Centre at the CCC is not feasible for either party at this time.
- 2018 -- Our growing Child Care Program continues to evolve, introducing another play-based curriculum that adds to the YMCA Playing to Learn™ curriculum that was implemented in 2006: YMCA A Place to Connect™ which allows children registered in before and after school care to shape the program by providing opportunities for choice and leadership with a focus on strengths and the development of skills and relationships.
- YMCA Northumberland was proud to achieve the prestigious accreditation from the Imagine Canada's Standards Program in October 2018. The Standards Program awards accreditation to charities and nonprofits that demonstrate compliance in five fundamental areas: board governance; financial accountability and transparency; fundraising; staff management; and volunteer involvement.
- YMCA Northumberland Day Camp celebrated 30 years as an Ontario Camps Association accredited camp, helping kids achieve goals, build self-esteem, meet new friends and have fun outdoors. This camp accreditation gives parents the peace of mind that a rigorous set of standards ensuring safety and quality programming will be upheld. In addition, the safety of children in our care is a priority of the YMCA; there is continual annual investment in our YMCA Child Safety and Protection Plan.

"I love the way our Y breaks down the barriers for our community to become involved in participating in a safe, friendly and healthy atmosphere. Our Y provides great programs that our community greatly needs."
Dan Bulger, YMCA Northumberland Past Board Chair



- 2019 -- Our Board continued to move forward with the strategic work of the Association, with the completion of a design-build by the architectural firm MJMA for a new Health, Fitness and Aquatic Centre at the Cobourg site. Around the time of completion of this work the Provincial and Federal Governments announced the Investment in Canada's Infrastructure program which would provide upwards of 67% of the cost for a new facility. We moved forward with an application for a 62,000 square foot facility to be built on the existing site with the provision of facilities that would accommodate program and service needs for the future growth of our community for the next 20-30 years.
- YMCA Northumberland engaged in a Funds Feasibility Study to test the market on how much we could fundraise to support the balance of funds required for a new build.
- Our Board and staff engaged Laridae and began working on the development of a new Strategic Plan, with focus groups held in each of the communities we serve throughout Northumberland County.
- 2020 -- In mid March, within a period of 48 hours our operation completely closed down due to government-mandated COVID-19 restrictions. Our top priority became continued relevance in the face of rapidly changing community needs and responsible stewardship for our association and its assets, both physical and human.
- The closure of all YMCA Northumberland facilities in March of 2020 was a devastating and never before seen development. Not being able to deliver programs and services or connect with people in the traditional ways felt like overwhelming adversity for our YMCA, but that was quickly resolved. Even when our doors were closed, our work would continue, and our dedication to delivering on our mission would never falter. 'Pivot' became the new behavioural norm as we worked to adapt our programs, services, priorities, and delivery methods. Using technology, creative solutions and a tremendous amount of adaptability and commitment, our team worked to create meaningful and impactful opportunities to serve our communities.
- Emergency Child Care was offered to ensure essential workers had a safe and enriching program for their children while they went out to serve. Programs were adapted to virtual delivery to ensure continued engagement, connection and commitment to health was possible for our participants. Consultation and collaboration with other organizations led to identification of gaps in community services, and opportunities to serve our communities in new ways, such as addressing food security, being part of a solution to serve individuals who are homeless, and above all else, demonstrating kindness, commitment to service leadership and compassion in any way possible.
- Our YMCA doors reopened May 18th, and we welcomed back our members with new guidelines and practices that focused on our commitment to keeping people safe, while still maintaining the essential human elements that make YMCA programs successful. Important lessons were learned about what is really at the heart of our YMCA when you strip away facilities, lesson plans and equipment, and we are forever grateful for the people who are at the heart of what we do.

"YMCA Northumberland is the heart of the community. For many, the Y is a home away from home where everyone is welcome. It is a place to meet others, to grow and to experience all the Y has to offer."
Greg Kay, YMCA
Northumberland Past
Board Chair

Update:

ACJ-YMCA Nicaragua Global Initiatives

YMCA Northumberland, YMCA Central East Ontario and YMCA Eastern Ontario continue to celebrate a long-standing partnership with the ACJ-YMCA Nicaragua. Led by the YMCA USA, together we support and fund a variety of programs and initiatives for local communities in Nicaragua.



The ACJ-YMCA Nicaragua Association is a movement of and for young people, having its main strength in volunteering, striving for gender equity and the importance of eradicating

domestic violence and violence against women. ACJ-YMCA Nicaragua offers programming that promotes a culture of peace.

Our partnership currently supports the following initiatives:

- Skills For Employment
- Prevention Of Gender Violence
- Local Development projects that address topics such as Climate Change Sensitive Agriculture + Maternal and Child Health
- Cocoa Sustainability
- Increased Food Security



In 2021, a few Acahualinca YMCA Youth Centre highlights that the Canadian YMCA coalition financially supports included:

- Women in the community participated in spaces for reflection and support networks that help them improve their coexistence in the family.
- La Hora del Café Women’s Groups held a total of 14 online and in-person meetings. Topics of discussion included:

- Communication
- Self-esteem
- Self-control
- Interpersonal relations
- Willingness to change
- Nutritious food processing
- Family care and protection in times of pandemic
- Principles of the family economy
- Family dynamics



- Twelve youth volunteers were trained through group work methodologies, in communication, self-control, self-esteem, interpersonal relationships, willingness to change, children discipline, stress management, methodologies to teach/learn Spanish grammar and mathematics, how to support children with learning disabilities
- Four youth volunteers participated in 6 video-editing workshops
- Children from 15 households received homework tutoring and reflected on the importance of improving interpersonal relationships at home
- Twenty children received support twice a week in their school work from the YMCA Acahualinca Youth Centre volunteers and participated in playful and reflective activities for peaceful co-existence at home
- Thirty-one girls and boys received after school tutoring three times a week and participated in recreational activities once a week
- One table tennis tournament and monthly recreational afternoons were organized with the children and teens visiting the centre, where the youth volunteers used the activities to provide participants with talks and guidance on good treatment and peaceful co-existence.



If you are interested in learning more about YMCA Northumberland's partnership with AJC YMCA Nicaragua, please visit our website:
<https://ymcanrt.org/ymca-global-initiatives/>

Community Business Partners Program

At the YMCA, we know that by working with others, we can extend our reach and provide vital programs and services to even more people in our communities. Through partnerships with other community organizations, businesses, and individuals, we are finding new and innovative ways of meeting the needs of the communities we serve. YMCAs across the country collaborate with hundreds of partner organizations each year on initiatives that have allowed us to expand into new program areas, support under-served populations and address critical health and wellness issues. Through the Community Business Partners Program, we join forces with like-minded individuals and organizations with a keen interest in Building Strong Kids, Strong Families, and Strong Communities. These partnerships make it possible to share our expertise, knowledge, and resources with each other, and ultimately achieve more than we could alone.



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Spagnolo, Kris
Spagnolo, Skylar
Spalding, George
Spragge, Jan
Staples, Tammie
Stevenson, Ken
Stirling, Mark
Stubbings, Ken
Stubbings, Lynn
Sullivan, Danielle
Switzer, Alex
Tackaberry, Steve
Tait, Morris
Tambeau, Maureen
Taylor, Rosemary
Taylor, Sarah
Tedford, Mark
Thomas, Deb
Thomas, Phil
Thompson, Chelsea

Thompson, Dave
Thompson, Deborah
Thompson, Mathew
Tierney, Aidan
Tinney, Chelsea
Toope, Christopher
Toope, Karen
Tottenham, Ashley
Tryfonova, Anastasia
Turner-Johansson, Marina
Valles, Eldie
Van der Meulen, Claudia
Van der Meulen, Elliott
VandeGraaf, Cathy
VandeGraaf, Paul
VandenHazel, Vivian
Verbeem, Michelle
Vlajkov, Mima
Vosburgh, Elizabeth
Vosburgh, Sarah
Wallace, Andrew
Waller, Sydney
Walsh, Rick
Walters, Gabe
Wang, Eric
Wang, Katrina
Warren, Anne
Wastle, Petrina
Weatherup, Ashley
Webb, Trinity
Weeks, Jennifer
Wells, Julie
West, Brad
West, Tracy
Whitehead, Allyn
Whitehead, Brenda
Whitelaw, Jannine
Widaatalla, Bardi
Willcocks, Tammra
Williams, Cathy
Wingham-Smith, Lauren
Winn, Bev
Wontorra, Harold
Wontorra, Tim
Woodcock, Melissa
Wright, Claudia
Zoe Butchart
Zufelt, Cory
Zylka, Ed
Zylka, Joan

"The impact of the YMCA in our community weaves well beyond the bricks and mortar that one sees. The true impact our YMCA has can be witnessed on the positive and life changing impacts on our youth, our young families and our seniors. The YMCA is a cornerstone of community safety and well being! We are very fortunate to have the YMCA in our community."
Chief of Police Paul VandeGraaf,
YMCA Northumberland Board of Directors

Staff

(*also volunteers)

Aarlev, Mette
Adamson, Danielle
*Andrews, Carrie
*Annis, Madeleine
Anthony, Michael
Atkinson, Jessie
*Auger, Jessica
Azzopardi, Elsie
Bailey, Steve
Bain, Kristina
Baldwin, Kamryn
Baskey, Jaclyn
Bastianelli, Cairo
Beale, Andrew
Beatty, Amanda
Beaumont, Heather
Beaver, Mackenzie
*Bergeron, Fox
Beyer, Elicia
Bilodeau, Carlie
Birks, Madison
Bisson-Lainesse, Justin
*Boehme, Tricia
Boniface, Kirsten
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Bowles, Kirsty
Bowman, Susan
Boyd-Smith, Crystal
Brook, Hannah
Brookes, Taylor
Brown, David
Brown, Heather
Bryan, Alysha
Burtenshaw, Samantha
*Burtis, Cassondra
*Caffin, Lynne
Callahan, Kristy
Callahan, Laura
Carew, Tara
Carr, Diana
Carruthers, Madison
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Cerna, Abby
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Chapple, Kelly
Chilvers, Courtney
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Chodoriwsky, Mike
Citro, Max
Clark, Autumn

Clark, Christine
Clark, Karly
Clark, Kathie
Clark, Sean
Clarke, Katelyn
Clarke, Leanne
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Cole, Jackson
Collins, Tia-Lynn
Collinson, Matthew
Cook, Judy
*Cope, Harry
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*Crawford, Eden
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Crocker, Sarah
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Curtis, Cassandra
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Dafoe, Tracey
Daugavietis, Gundega
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Doherty, Matthew
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Doris, Tim
Douglas, Lynsi
Duxbury, Holly
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Evans, Taylor
Everding, Aleah
Everist, Keira
*Ewart, Karine
Eyesan, Ayo
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Fernandes, Jennifer
Fertile, Mary
Forbes, Chantal
Ford, Frances
Forgues, Kayla
Forster, Monique
Foster, Brooke

*Forsyth, Shawna
Franco, Alcera
Fyfe, Samantha Paige
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*Gear, Anne
Gillespie, Charlotte
Gilliam, Shae
Gilligan, Colleen
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Henderson, Kyle
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Johnston-Ward, Emma
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Kellar, Garver
*Kellar, Nicole
*Kelly, Samantha P.
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*Khashif, Rehab
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*Kirkpatrick, Eunice
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Kovacs, Matthew
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*Lauder, Kim
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*MacAusland, Cal
MacAusland, Hannah
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MacDonald, Justin
MacInnes, Kayla
Mack, Naomi
Madeira, Michelle
Mahaffy, Linda
Mahy, Airica
Majdell, Brodie
Maloney, Angela
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*Marshall, Cynthia L.
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Mascarin, Matteo
Mather, Haydn
*McCracken, Samantha
McKenzie, Melissa
McKinnon, Taylor
McMahon, Mackenzie
*Mejorado, Eric
*Melito, Raffaella
Milburn, Laura
Miller, Catherine
Miller, Stephanie
Miller, Stephanie L.
Milne, Miranda
Misner, Melissa
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*Mooney, Robin
Moorcroft, Lauren
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Mosole, Teresa
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*Murray, Bowen
*Murray, Leslie K.
*Nott, Krista
*Olczak, Jessica
Olsen, Cynthia

*O'Neil, Shirley
O'Neill, Genevieve
Ormonde, Jo
O'Rourke, John
*Ouderkirk, Brittany
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Parr, Benjamin
*Patel, Parth
*Payne, Blake
Penney, Caitlin
Pike, Brittney
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Pyke, Kayla
Pyke, Samantha
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Richards, Leslie
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*Robinson, Kelly
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Ross, Rachel
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Savage, Emily
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Shaw, Mackenzie
Shaw, Netasha
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Sheridan Surnoski, Taylor
Shirzad, Ariana
Simpson, Colin
Simpson, Mya
Sinclair, Brianna
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Smith, Emily
*Spagnolo, Michelle
Spiegler, Leanne
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Stewart, Sydney
*Strong, Tim

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Sutherland Bellemare,
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Tait, Shannon
Taylor, Angela
Taylor, Deanna
*Taylor, Kasie L.
*Tedford, Cathy
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Thompson, Erin
Thompson, Haydn
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Voutier, Donna
Waldack, Jay
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Walsh, Christina
Walsh, Sydney
Wang, Katrina
Watt, Melissa
Weaver, Maggie
West, Aidan
Wiebe, Nicole
Wigmore-Williams, Whitney
Williams, Emily
Williams, Kim
Wilson, Alicia
Wilson, Diana
Wilson, Katelyn
Wilson, Stephen
Woodruff, Rachel
Wright, Samantha
Yutronkie, Morgan

Building a New Future

YMCA Northumberland is honored to have served our communities for over 150 years and looks forward to building a new future.

Social Media

LinkedIn: YMCA Northumberland (Canada)

<https://www.linkedin.com/company/ymca-northumberland>

Facebook: @ymca.northumberland

Instagram: @ymcanorthumberland

Twitter: @ymca.nrt

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About YMCA Canada

The YMCA is a powerful association of people joined together by a shared passion to foster a sense of belonging for all. In an age of complex social challenges, the YMCA is steadfastly dedicated to building healthy communities by inviting and encouraging Canadians to join in, to give back, and to gain the connections, skills, and confidence they need to thrive.

YMCA Canada is a charity and the national office of the Canadian YMCA Federation, providing support to 39 YMCA Member Associations. For more than a century we've been at the heart of communities across the country, serving evolving needs and providing vital community services.

For more information please visit ymca.ca.



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Building healthy
communities