



2023/2024

Annual Report



2023/2024 Board of Directors

Kevin MacEachern, Chair
Omar Tag El Din, Vice Chair
Evan Baillie, Treasurer
Amrinder Singh
Christine MacDonald
Emily MacLennan
Jackson Tighe
Jill Perry
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YMCA of Cape Breton Senior Leadership Team

Sabrina Vatcher,
Chief Executive Officer

Heather Somerton,
Director of Finance & Admin

Anita Vosman-O'Rourke,
Director of Member Relations,
and Health Fitness & Aquatics

Jeff MacNeil,
Manager of Fund Development

Nicole MacDonald,
Senior Manager, Childcare

Valerie Dolhanty,
Executive Director, Employment
Services

Tanya Wilneff,
Director of People and Culture



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2023 Lifetime Membership Award

In May 2023, Y members, volunteers and staff had the pleasure of celebrating a YMCA Lifetime Membership Award presented to Debbie MacInnis. Debbie who has over 60 years of Y experiences, shared her many memories and appreciation to the Y's volunteers and staff. Debbie shared, "We all appreciate the joy of having a great time in a safe place. I can't begin to name all of you who have improved my life, inspired me and introduced me to so many wonderful friends." Congratulations Debbie for your lifelong dedication and promotion of physical activity.



Pictured are Sabrina Vatcher, YMCA of CB CEO (left) and Debbie MacInnis (right).

Message from CEO and Board Chair

As we reflect on 2023/2024, we are so proud of the roles we have played in creating thriving communities where everyone can shine and feel they belong.

The work we do at our YMCA is strengthened by you - our community partners, volunteers, donors, members, and staff across Cape Breton and Guysborough. Because of you, our Y continues to be a leader in meeting the critical needs of childcare, after-school and youth programming; recreation and health and wellness programs; as well as employment services.

Through the launch of our 2023-2026 strategic plan in April 2023, we now have a stakeholder-informed plan, to move our YMCA forward and to deliver our mission of connecting and igniting the potential in people, helping them grow and give back to our communities.

In this annual report, we are excited to highlight our community impact over the past year. You will see many examples of how we have been able to CONNECT, THRIVE, and focus on our PEOPLE in the first year of our strategic plan.

Since 1886, our YMCA of Cape Breton has strengthened the foundations of community. Thank you for helping us deliver on our promise each day to ignite the spark in others, and for keeping us looking forward to the future. Here's to another 138 years of serving our community!

Sincerely,



Kevin MacEachern
Chair, Board of Directors
YMCA of Cape Breton



Sabrina Vatcher
Chief Executive Officer
YMCA of Cape Breton



Pictured from left to right, Theresa Rowe and Veronica Merryfield.

Peace Week November 2023

From November 19th to 25th, 2023, during YMCA Peace Week, our YMCA, along with YMCAs across Canada, celebrated the presence of peace in our communities and took time to reflect on the peace building work that happens all year both inside and outside the YMCA.

A highlight of Peace Week is presenting YMCA Peace Medals to those who, without any special resources, demonstrate a commitment to peace through individual contributions made within their local, national, or global community. Congratulations to Theresa Rowe and Veronica Merryfield, recipients of our YMCAs Peace Medals in 2023! Visit www.capebretonymca.ca to learn more about Theresa and Veronica's contributions to our community and their well deserved peace medals.

Creating
Community
Impact in
**Cape
Breton**

THANK YOU

to all of our volunteers, staff, members, board of directors, donors and partners who contributed to another successful year at our YMCA of Cape Breton – we couldn't have done it without YOU!

Our
**COMMUNITY
IMPACT**
in 2023/2024



Launch of 2023-2026 YMCA of Cape Breton Strategic Plan

After six-months of community consultation and collaboration between our community partners, staff, and volunteer board of directors, our YMCA of Cape Breton was proud to launch our new long-term strategic plan. Through this incredible work, we created a vision statement for our Association, introduced a new mission statement for our work, continued to align our areas of priority with our steadfast values, and identified three pillars in which to focus our work over the next three years which include to CONNECT, THRIVE and focus on our PEOPLE.

Over the next few pages of this annual report, we will share our long-term strategic plan with you, as well as share stories and photos demonstrating our achievements in the first year of our strategic plan (April 1, 2023, to March 31, 2024).

Our Strategic Objectives

Strategic Priority #1: CONNECT

- Build and strengthen partnerships and connections
- Share our story
- Offer programming and services that cater to a wide range of individuals
- Be a center of service in emergency response

Strategic Priority #2: THRIVE

- Strengthen path to financial sustainability
- Advance our philanthropic culture
- Continue to provide high quality programs and services
- Help build strong communities

Strategic Priority #3: PEOPLE

- Become the employer of choice in Cape Breton
- Build an engaged and connected organization
- Support a holistic approach to individuals' well-being
- Served by a staff and board that reflects the communities we served

Our Vision:

Thriving communities where everyone can shine and feel they belong.

Our Mission:

Connect and ignite the potential in people, helping them grow and give back to our communities.

Our Values:

Honesty – Responsibility
– Inclusiveness – Caring -
Respect

For more details about our YMCA's 2023-2026 strategic plan, please visit our website at www.capebreton.ymca.ca

Strategic Priority #1: **CONNECT**

Through our 2023-2026 strategic plan, we will foster strong relationships to expand our YMCA's reach and impact in order to serve the needs of Cape Breton communities. Here are just a few examples of how our YMCA made an impact in the priority area of CONNECT:



Guysborough Early Learning Centre: Thanks to investments made by the province of Nova Scotia, our YMCA expanded our reach across the causeway and opened a new 26-space Early Learning Centre in the Chedabucto Education Centre in March.

Ribbon cutting at our new YMCA childcare centre in Guysborough. Photo credit: Helen Murphy Guysborough Journal.



YMCA Community Programming Centre:

In the spring, we re-imagined the use of spaces in our facility to make room for a new community programming centre. This vibrant space has allowed us to offer new health, wellness and mental health programs, to host 45 children at day camps, to host larger gatherings and so much more.

Seniors Expo 2023 lunch and learn in our new community programming centre.



Port Hawkesbury YMCA Hub: In fall, we moved into our new NS Works space in Port Hawkesbury. Our office has evolved into a hub of YMCA activity providing welcoming and safe spaces for our employment clients, as well as having our colleagues from Y Reach join our space as a co-tenant to deliver immigration and settlement services.

Rickey Lanting, Y Reach Coordinator, and Debbie Martell, Employer Engagement Specialist.

Seniors Crockpot and Wellness Series: Thanks to a New Horizons for Seniors Program grant, our YMCA delivered four "Crockpot and Wellness" series at our Membertou and Charlotte Street sites. This program was the perfect combination of physical activity, nutrition, and connection. Participants kicked off each session with a group fitness workout, followed by a lunch and learn featuring a new recipe each week which they got to taste and then take home.

Our first "Crockpot and Wellness" series at the Membertou YMCA.



Strategic Priority #2: THRIVE

Through our 2023-2026 strategic plan, we will take strategic steps to ensure the long-term viability of our YMCA and make a meaningful impact in the communities we serve. Here are just a few examples of how our YMCA made an impact in the priority area of THRIVE:



Green Lighting Retrofit at Frank Rudderham Family YMCA:

To reduce our carbon footprint we retrofitted all lighting and lighting fixtures to energy efficient LED throughout our building. Special thanks to Nova Scotia's Department of Communities, Culture, Tourism and Heritage and their Recreation Facility Development Grant, as well as Efficiency Nova Scotia who made this work possible.

Historical Growth in Membership Financial Assistance Program:

Our YMCA helped build strong communities by sustaining critical access to health and wellness for individuals who faced financial barriers. This past year, we successfully removed barriers for 1,271 community members thanks to the generosity of the Medavie Foundation, the United Way of Cape Breton and donors to our YMCA. The demand for financial assistance has grown substantially, and we have risen to meet this need in our community.

Caption: Left to right: Sabrina Vatcher YCB CEO, Lynne McCarron United Way of CB CEO, and Anita Vosman O'Rourke, YCB Director of Member Relations.

Supporting New Business Owners to Thrive:

Through the high-quality services delivered by our NS Works Centres, we not only support individuals with employment needs, but we also support employers to attract talent and access programs. A shining example is how we extended our support to newcomers Rita Umoren and Elsie Ifon of Rimeks Bags and Brands, not only by providing professional HR consultations but also assisted the co-owners in recruiting crucial initial staff for the startup phase of their enterprise. Rita and Elise share, "NS Works staff have made a great impact in the start-up and continuous growth of our business. Their encouragement and support are continuing to enhance our business, and giving us assurances that entrepreneurs like us, can thrive".

Elsie and Rita from Rimeks Bags and Brands.



Strategic Priority #3: PEOPLE

Through our 2023-2026 strategic plan, we will create a culture that prioritizes the needs of people, promotes a holistic approach to well-being, and fosters an engaged and connected organization. Here are just a few examples of how our YMCA made an impact in the priority area of PEOPLE:



Bev Celebrates 30 Years!: Congratulations to YMCA employee Bev MacKinnon who reached a significant milestone in May 2023, when she reached 30-years of service to our Association. Bev has held many positions with our Y, and currently serves as our HR/Benefits Coordinator. On behalf of our YMCA family, thank you Bev for your passion and dedication in serving our community.

Inclusive Leadership Training with Bradley Sheppard:

Our YMCA Board and leadership team were delighted to invite Bradley Sheppard from Sheppard Training Inc. to our annual retreat in January. Bradley facilitated a day-long session on inclusive leadership, unconscious bias and the many dimensions of diversity, equity and inclusion. Bradley's impactful facilitation skills brought us through a day of thoughtful conversation, reflections and discussions on moving our mission forward.

YMCA Board and senior management team with Bradley Sheppard of Sheppard Training Inc.



Bright Future for Cameron: Cameron Pearson joined our EDGE program in summer 2023. He has been a hard worker throughout the program and carried that determination into his work placement with a local arena. After his work placement with our EDGE program, he teamed up with our YESS program as a participant. "The EDGE program has taught me everything I needed to get out into the workplace. EDGE has been one of the best decisions I have made and I made a lot of new friends along the way!" shares Cameron.



Vital Award Winner – Nicole MacDonald: Congratulations to our YMCA's Senior Manager of Childcare, Nicole MacDonald, who received a Next Gen Cape Breton Unama'ki Vital Award for her outstanding leadership at our YMCA in the areas of childcare and child safeguarding as well as her passion as and Early Childhood Educator.

Thank you to our YMCA Volunteers



Congratulations to YMCA of Cape Breton volunteer Eileen Bruleigh, winner of the Wellness Champion Award presented by Town House Citizens Service League's inaugural Influencers Awards on November 10, 2023. Sabrina Vatcher, CEO of the YMCA of CB, was honored to present the award to Eileen for her 40+ years of volunteer service to our YMCA!

This award is presented to an older adult who embodies a healthy active lifestyle and encourages others to engage in healthy living through sport, recreation, or mental health initiatives.

Pictured left to right: Sabrina Vatcher, CEO, and Eileen Bruleigh, Volunteer at the Influencers Awards.



Over 100 volunteers gave their time and talent to our YMCA last year to advance the mission of our Association and they ignited the potential of thousands of individuals in our community. From delivering group fitness and aquatics classes, to helping out with our annual kids expo, summer camp and special events, to giving countless hours to helping govern and steward our work. THANK YOU!!!

2023/2024 Financial Statements

YMCA of Cape Breton

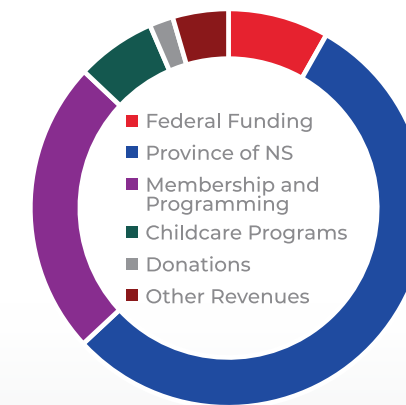
Statement of Financial Position

YEAR ENDED MARCH 31ST, 2024 (AUDITED)	2024	2023
ASSETS		
Current Assets	\$3,899,135	\$ 3,049,956
Capital and Other Assets	\$11,033,563	\$ 10,124,423
	\$ 14,932,698	\$ 13,174,379
LIABILITIES		
Current Liabilities	\$ 2,790,577	\$ 2,194,123
Long term debt	\$ 1,061,593	\$ 1,093,690
Deferred contributions	\$ 8,791,107	\$ 8,002,738
	\$ 12,643,277	\$ 11,290,551
EQUITY		
Investment in capital asset	\$1,148,210	\$ 997,385
Unrestricted	\$1,141,211	\$ 886,443
	\$ 2,289,421	\$ 1,883,828
	\$ 14,932,698	\$ 13,174,379

Statement of Operations

YEAR ENDED MARCH 31ST, 2024 (AUDITED)	2024	2023
Total Revenue	\$ 9,991,566	\$ 8,835,218
Total Expenses	\$ 9,542,874	\$ 8,283,971
Excess Of Revenue Over Expenses Before Amortization/ Depreciation	\$ 448,692	\$ 551,247
Amortization Of Deferred Contributions Related To Capital Assets	\$ 404,280	\$ 335,419
Amortization Of Capital Assets	-\$ 447,379	-\$ 378,960
Excess Of Revenue Over Expenses	\$ 405,593	\$ 507,706

2023 REVENUE BREAKDOWN



REVENUE	2024	2023
Federal Funding	\$820,899	\$795,677
Province of NS	\$5,481,880	\$5,081,870
Membership and Programming	\$2,392,371	\$1,946,296
Childcare Programs	\$648,478	\$583,067
Donations	\$193,437	\$430,044
Other Revenues	\$454,501	\$116,918
Total Revenue	\$9,991,566	\$8,953,872

A SPECIAL THANK YOU once again to our YMCA of Cape Breton Finance and Admin staff team who go above and beyond to support the work of all divisions and enable all of us to Shine On! Heather, Jill, Danette, Trina and Bev – thank you!



YMCAs in Your Community

MEMBERSHIP WELLNESS CENTRES:

SYDNEY: 399 Charlotte Street
MEMBERTOU: 95 Maillard Street

NS WORKS SITES:

GLACE BAY: 106 Reserve Street
INVERNESS: 15790 Central Avenue
NEW WATERFORD: 479 Heelan Street
PORT HAWKESBURY: 298 Reeves Street
ST. PETER'S: 10036 Grenville Street
SYDNEY: 399 Charlotte Street
SYDNEY: 341 Welton Street

EDGE:

SYDNEY: 37 Nepean Street

AFTER-SCHOOL PROGRAMS:

GLACE BAY
Glace Bay Elementary, 135 Brookside Street
INVERNESS
Inverness Education Centre Academy,
59 Veterans Memorial Court
PORT HAWKESBURY
Tamarac Education Centre, 57 Tamarac Drive
SYDNEY
Brookland Elementary, 153 Cottage Road
WHITNEY PIER
Harbourside Elementary, 15 Church Street

EARLY LEARNING CENTRE:

SYDNEY: 399 Charlotte Street
GUYSBOROUGH: 27 Green Street