



 The Edmonton YMCA  
**FOUNDATION**  
**2019**  
**IMPACT REPORT**

Getting is good—giving is better! People who support The Edmonton YMCA Foundation experience this joy in a special way. They know that through their current and future support, YMCA of Northern Alberta will continue to provide a safe place where people connect, belong and thrive... a legacy that lives forever.

YMCA of Northern Alberta is excited about the future. Strategic growth, improved stakeholder experiences and fresh, innovative perspectives will ensure your YMCA remains flexible while supporting children and youth, individuals and families and our international partners. Together, we are building strong kids, healthy families and thriving communities.

The Edmonton YMCA Foundation Board is responsible for ensuring the long-term growth of the Y's endowment funds. We work with donors to realize their vision for the future and encourage new endowment gifts. With support from experienced volunteers on our Investment Advisory Committee, we also oversee the prudent investment of the portfolio of funds.

We extend our sincere appreciation to all our fellow Board and Advisory Committee members, in particular Doug Cronk and Brent Buchanan, for all their work over the past year, as well as all our Heritage Club Members. Your generous support ensures the YMCA continues to serve the needs of our community.

John Lilley  
Chair of the Board  
The Edmonton YMCA Foundation

Nick Parkinson  
President and CEO  
YMCA of Northern Alberta

## ACCESS FOR ALL

### A YMCA Commitment

"I grew up at the Y," says Jordie Woodruff, sitting with his wife Jennifer in the childminding room at the Jamie Platz Family YMCA. "I played basketball after school, took swimming lessons and went to day camps. I even worked here for a couple years before moving to the US for an opportunity we couldn't pass up. As a matter of fact, my oldest son got his first membership when he was one day old."

When the couple moved back to Edmonton, things were tough. They are slowly getting back on their feet, but it will be some time before they'll be able to afford a family YMCA membership without some financial help.

"We are so grateful for the Opportunity Fund and those who support it through The Edmonton YMCA Foundation and Y Giving," says Jennifer. "With four kids, it would be impossible to enroll them all in summer day camps and swimming lessons without some help. And it makes such a big difference to them. Their confidence keeps growing, and they are so smart around water."

Jordie's pretty sure the kids listen to 'cooler' young instructors better than they listen to him. "They experience positive values every time they step through the doors and they're beginning to understand their role in making the community a better place for everyone," he says. "The sense of community that the Y creates is so important, for Jennifer and me, as well as the kids."

Their oldest boy, Carsen, has reached the highest level of swimming lessons he can for his age and can't wait to become a Leader in Training. "All the kids are so proud of their beads from summer camp and they know exactly why they got each one," says Jennifer. "They are proud to be Y members."

"The Opportunity Fund, which we know is funded through gifts made by generous donors, has made a world of difference for our whole family," says Jordie.



*The Woodruff Family*

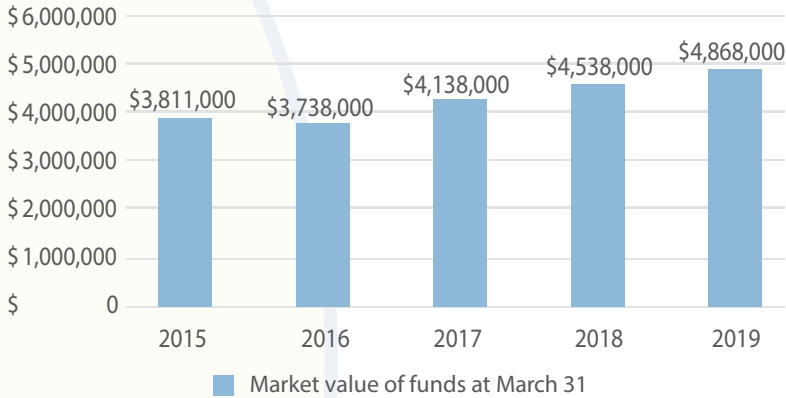
"And when we meet people in similar financial circumstances, we are so happy to be able to share the good news. We know their memberships makes a big difference for them as well."

*"We can't say thank you enough to the many donors who support the Opportunity Fund. One day, we'll be able to donate too, but in the meantime, we want people to know the huge impact their generosity has made on our family."*

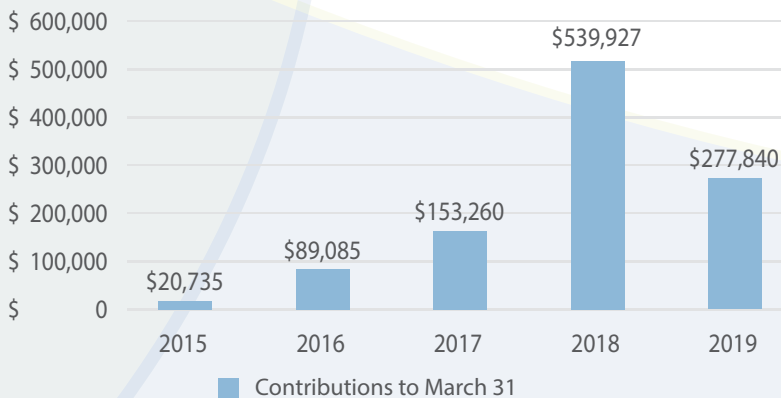
# The Edmonton YMCA Foundation Investment Assets

The Edmonton YMCA Foundation investment assets are stewarded by the Foundation Board, with support from an experienced volunteer Investment Advisory Committee.

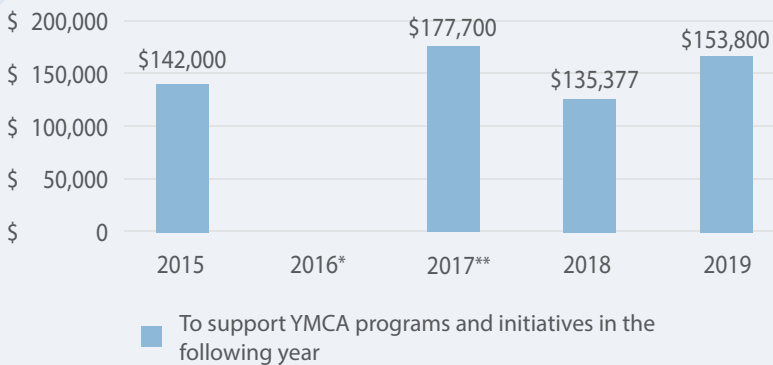
## Investment Assets



## Contributions



## Program Funding Distribution



## Return on Investment

- 1-year return on pooled investments\*: 4.72% (benchmark: 6.34%) (2018: 1.80%)
- 10-year return on investments\*: 8.06% (benchmark: 7.55%) (2018: 5.58%)
- Investment income: \$197,594 (2018: \$53,300)

For a copy of the audited financial statements, contact:  
 Leona Yez, Manager, Planned Giving  
 leona.yez@northernalberta.ymca.ca  
 780.499.3627.

*\*before custodial and management fees*

\*Disbursements were not made in 2016 in order to preserve capital as a result of low rates of return  
 \*\*Disbursements made at March 31, 2017, include \$47,000 allocated to 2017 programs and initiatives

# Endowment Fund **Impact**

Disbursements from YMCA endowment funds to support services and programs in 2020:

\$40,000

Thriving Kids

\$60,000

Healthy Individuals  
and Families

\$49,000

Strong  
Communities

\$5,000

Global  
Connections

## The Edmonton YMCA Foundation Board of Directors

Board Chair,  
John Lilley  
Rajan Bhatti  
Brent Buchanan

John Corlett  
Doug Cronk  
Tim Haak  
Bob McColl

Scot McLeod  
Tim Melton  
Kirby O'Connor  
Nick Parkinson

J.J. Tremblay  
Robert J. Turner

*Investment Advisory  
Committee: Chair, Brent  
Buchanan, Doug Cronk,  
Ron Liteplo, Nick Parkinson  
and Kent Winterfield*

**Endowment Funds** provide stable, sustainable funding for life-enriching YMCA programs and initiatives that support strong kids, healthy families and thriving communities.

### Foundation Directed Funds

Annual disbursements are determined by the Board of Directors of The Edmonton YMCA Foundation following recommendations made by YMCA management.

Bill Rees Memorial Fund	Scot McLeod Family Fund
Healthy Communities Fund	Tim Melton Family Fund
Michael Zolf Trust Fund	Wilfred Oliver (Mac) McLean Trust Fund
Robert J. Turnbull Trust Fund	William Lutsky Trust Fund

### Donor Directed Funds

Annual disbursements are designated by donors to support YMCA programs.

1907 - 2007 Centennial Trust	Matthew Peddle Memorial Fund for Children with Disabilities
Archie M. Langille Trust Fund	Patricia Ellen (Pattey) Ready Memorial Fund
Eldon and Phyllis Fowler Fund	Phyllis Amerongen Memorial Fund
International Development Fund	Rebecca Suen Fund for the Homeless
Jill Zimmerman Memorial Fund	Sam Gabriel Trust Fund
Lammerink Family Fund	Larry Pollock Youth Recreation Fund
Len Dolgoy and Catherine Miller Trust Fund	William Weir Memorial Fund
Literacy Endowment Fund	Youth and Community Endowment Fund — Jean-Louis Cloutier

### Awards and Bursaries

Al Maydonik Trust Fund	Edwin S. Cook Leadership Fund
Bennett Clarke Memorial Scholarship Fund	Grant and Irene Duncan Family Fund
Del Dilkie Leadership Award Fund	Franco and Barbara Savoia Star-Builder Scholarship Fund

### Emerging Funds

Funds are established with a cash gift and a commitment to grow the fund to a minimum \$10,000 to achieve the intent and purpose as set out by the donor.

Bull Family Fund	Herbert Family Fund
Cecil and Helen Paull Scholarship Fund	J.J. Tremblay Fund
David Nathan Kushner Memorial Fund	

## Heritage Club

### *Recognizing Heritage Club Members*

The Edmonton YMCA Foundation Heritage Club recognizes individuals who have contributed to the Y's endowment funds and/or made provisions for a gift to the Foundation through a bequest, life insurance or other future gift.

All contributions to the Foundation are endowed, meaning the principal of the gift is invested and a portion of the annual investment income supports YMCA of Northern Alberta programs and initiatives. Any remaining income is invested to help the fund continue to grow.

### *How do I make a legacy gift?*

A legacy gift enables you to dream big! During your lifetime, you make charitable gifts from the assets you have at your disposal. Legacy giving allows you to share your wealth not only with your family, but also with your community. There are several options available, the most common being a gift made through your will. Or, you can start today with a gift of cash or publicly traded securities.

We would be pleased to provide additional information to assist in your planning. For more information please contact:

Leona Yez, Manager, Planned Giving  
10211 105 ST NW, Edmonton, AB T5J 1E3  
780.499.3627 | [leona.yez@northernalberta.ymca.ca](mailto:leona.yez@northernalberta.ymca.ca)

## The Power of Endowment

Endowment giving can inspire and transform; it can make an impact for generations to come. In just 10 years, a fund that started with a gift of \$21,500 has now disbursed \$12,000 to support YMCA of Northern Alberta programs and has a current balance of close to \$30,000. Think about it—this fund will continue to grow and support the community for the next 10 years, and the next 10 after that, and again after that...

**The Edmonton YMCA Foundation** awards and bursaries, funded through donations and donor-directed endowment funds, were presented during the YMCA of Northern Alberta's Thanks for Giving event on October 24, 2018.

Bennett Clarke Memorial Bursary: *William Stalker*

Franco and Barbara Savoia Star-Builder Bursary:  
*Mannuela Habtemariam*

Del Dilkie Leadership Award: *Deanna Fisher and Wendy McCormick*

N. Allen "Al" Maydonik Leadership Award: *YMCA Child Care staff sent to Bogota, Colombia YMCA*

Ivor and Mieke Lammerink YMCA Leadership Award:  
*Kendra Young*

Edwin S. Cook Leadership Award: *Olubunmi Soyinka and Lisa van Vliet*

Grant and Irene Duncan Strong Kids Leadership Award:  
*Shelby Henley*

*"The Del Dilkie Leadership Award allowed me to complete two courses at the National Academy of Sport Medicine. I am most grateful for this opportunity to develop my skills and return that knowledge to impact our members and staff."*

– Wendy McCormick, 2018 recipient,  
Del Dilkie Leadership Award

**"Thank You!" to our 235 (2018: 226) 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\*  
Margaret Allen\*  
Charles & Lara Amerongen  
Martin\* & Angela Anderson  
Anonymous (9)  
Dianne & Mike Assaly  
Stan<sup>0</sup> & Mary<sup>0</sup> Asselstine\*  
Joan & Monty Baker  
Bob & Ruth Bentley  
Reg D.\* & Glenys Berry  
Marek & Jolanta Biel  
Rick & Debbie Boyd  
Brad & Michelle Brindza  
Janet Brown  
Ron Brown\* & Judy Harcourt  
Michael & Michele Bull  
William K. Butler\*  
Jack & Sylvia<sup>0</sup> Chetner  
Jacqueline Chiasson & Tammy Goodwin  
Asim Chin  
Roy Chobotuck<sup>0</sup>  
Murial Clarke<sup>0</sup>  
Jean-Louis & Vivian Cloutier  
Ed<sup>0</sup> & Pat<sup>0</sup> Cook  
Lorna and Louis Berlinguette  
Laurie Boadway  
John Corlett & Beverley Boudreau  
Ron & Brenda Coulombe\*  
Dean Cross & Holly Lazar-Cross  
Jean Crozier & Ron McKague<sup>0</sup>  
Sandi Darrell  
Fred Delay<sup>0</sup>  
Roger Delbaere & Lynette Husum  
Del Dilkie  
Patrick Dinneen  
Edie Dixon  
Fred<sup>0</sup> & Norah Dobing\*  
Len Dolgoy & Catherine Miller  
John & Una Doyle  
Robert L. Duke & Charlotte Robb  
Grant & Irene Duncan  
Pat Eidem  
Herb<sup>0</sup> & Jeanette Ellis  
Joan & Jim Fargey  
Robert J.<sup>0</sup> & Anna K. Fee  
Gerry & Carol Feist

George<sup>0</sup> & Louise<sup>0</sup> Ford  
Phyllis & Eldon<sup>0</sup> Fowler  
Sam Friedman<sup>0</sup>  
Janet Giles\* & Paul Fry<sup>0\*</sup>  
Jan & Tim Haak  
Susan & Brian Hall  
Colin & Betty Ann<sup>0</sup> Hatcher  
Gord & Joanne Hearn  
Jeremy & Liz Herbert  
Dr. Albert E. (Bert) Hohol<sup>0</sup>  
Ada Hole  
Larry & Kathleen Johnston\*  
Terry & Karin Johnston  
Doug Jones<sup>0</sup>  
Gary & Joanne Jones  
Heather Kennedy-Peddle & Jerry Peddle  
Allan & Sharon Kerr\*  
Terry & Charlene Kilburn\*  
Gord & June<sup>0</sup> King  
Glenna & Quinn Klaver  
Mitch Klimove  
John & Valerie Kok  
Winnie Kwok<sup>0</sup>  
David Kushner Family\*  
Philip Lachambre & Cathy MacDonald  
Ivor & Mieke Lammerink  
Archie<sup>0</sup> & Heather<sup>0</sup> Langille\*  
Joanne LaVergne  
Harvey & Rose Anne Lawton  
John Lilley & Eileen Guilfoyle\*  
Allan & Donna Little  
Aart & Judy Looye  
Audrey Luft\*  
William Lutsky<sup>0\*</sup>  
Pat MacDonald<sup>0</sup>  
Ansel<sup>0</sup> & Ruth Mark\*  
Al Maydonik<sup>0</sup> & Bette-Anne Edwards\*  
Ruth & Grant McIntyre  
Irvine & Faye McKee  
Rod & Heleen McLeod  
Scot McLeod  
Frank<sup>0</sup> & Gail McMillan\*  
Angel McVittie  
Tim Melton\*  
Ruth & Brian Menegozzo  
Greg Michetti

Bonnie Mihalchan  
Shauna Miller  
Kay Mulcaster  
Jack & Marilyn Mulkins\*  
Mary Anne Murphy<sup>0</sup>  
Mike & Bernice Myshak  
Charlie & Sue Nunn  
Esther Ondrack\*  
Peter & Sieka Pardee\*  
Nick & Jodi Parkinson  
Toddy & Anne Parkinson  
Helen<sup>0</sup> & Cecil Paull\*  
Phil & Barb Payne  
Larry & Joanne Pollock  
Helen Ready<sup>0</sup>  
Art<sup>0</sup> & Mildred<sup>0</sup> Reddon  
Bill Rees<sup>0\*</sup>  
Al Reynolds  
Dwayne & Salwa Samyia  
Franco & Barbara<sup>0</sup> Savoia  
Robert C. Schaller<sup>0</sup>  
Joleen & Allen Schmitt  
John & Jacqueline Scivoletto  
Dan<sup>0</sup> & Mary Slaght  
Courtney & Sandra Smith  
Donald R.<sup>0</sup> & Mona<sup>0</sup> Smith  
Wylie & Lesley Stafford\*  
Bill & Mary Jane Stewart\*  
George W. Strange<sup>0</sup>  
Bob Tatz  
Mary Thomas  
Jean-Jacques & Mary Anne Tremblay  
Janet & Jerry Tryhuba  
Ron Tucker<sup>0\*</sup>  
Robert J. Turnbull<sup>0</sup>  
Robert J. & Dawn Turner\*  
Eric & Aimee Van Meurs  
Allan & Elizabeth Wachowich  
Carol & Greg Wagar  
Bill<sup>0</sup> & Betty Lou Weir\*  
Wanda Wetterberg<sup>0</sup>  
Irene Wood  
Donna & Ron Worthington  
Leona & Don Yez  
Harold<sup>0</sup> & Betty Zimmerman  
Michael Zolf<sup>0</sup>

*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 [giving@northernalberta.ymca.ca](mailto:giving@northernalberta.ymca.ca) so we can correct for future recognition.*

<sup>0</sup> DECEASED | \* CHARTER MEMBERS

## YMCA's SPIRIT OF COMMUNITY

Dean Cross and his wife Holly started their unconventional journey in November 2009 when Dean decided to change the way he delivered physiotherapy services to patients with chronic health conditions.

“Chronic health conditions need to be addressed differently than acute injuries,” says Dean. “Chronic conditions are more often managed over the long-term in order to have meaningful improvements in the overall health and abilities of these patients.”

Providing rehab programs in a community fitness facility made sense to Dean because patients would overcome the psychological barrier of exercising in public, feel comfortable and welcome and hopefully continue their active lifestyle once their program was finished. The YMCA provided the most welcoming and safe environment of any facilities he visited.

“I always felt that these types of rehab services would be best provided in a community facility. Having the opportunity to work with patients at the YMCA has provided the most therapeutic environment possible,” says Dean.

A staff of six highly skilled kinesiologists work one-on-one with patients throughout their program. “Our goal is to teach our patients, many of whom have complex combinations of mental and physical health problems including PTSD, depression, anxiety and chronic pain, how to help themselves and empower them to be their own agent of change.” Dean says. “This has been very rewarding and reaffirmed to us that the community-based model is the right approach.”

10 years later, with over 1800 patients taking part in their rehabilitation programs, the On-Site Rehabilitation/YMCA partnership is as strong as ever.

“We purchase YMCA memberships for our patients, but after completing their On-Site Rehabilitation program, many patients make the choice to continue exercising independently and set up memberships of their own. They recognize the positive physical and emotional benefits of participating in a regular exercise program and often comment on the comfortable, welcoming and accepting environment at the YMCA,” Dean explains.

***“We are a proud supporter of YMCA Giving, and leaving a gift in our wills has been an easy choice when we see the impact the YMCA makes in peoples’ everyday lives. We are grateful to be involved with such a wonderful community organization! Our partnership has certainly been a win-win-win for us, our clients and the YMCA.”***

To view a video that tells more of this story, please visit [youtube.com/edmontonymca](https://youtube.com/edmontonymca) and click on *On-Site Rehabilitation - A YMCA Partnership*.



*Kinesiologist Dana Armstrong works with an On-Site Rehabilitation client at the William Lutsky Family YMCA.*

The Edmonton YMCA Foundation  
10211 105 Street  
Edmonton, AB T5J 1E3  
Ph: 780 423.7506  
Fax: 780 428.9469

Printing services provided by: **Capital**  
COLOUR  
LIMITLESS PRINT SOLUTIONS

The Edmonton YMCA Foundation  
Registered Charity # 89061 5974 RR0001