

ANNUAL REPORT 2015



Walking Forward Together

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Vision, Mission, Values

Our Vision

We envision a Muskoka in which all women and girls are thriving in a safe community of possibility.

Our Mission

YWCA Muskoka champions positive change for women and girls.

Our Values

We value a healthy feminine model of leadership which includes:

- Collaboration
- Dignity
- Transparency
- Inclusiveness and diversity
- Sustainability
- The celebration of women and their achievements

Our Strategic Priorities

- Prevent violence against women and girls;
- Reduce the impact of poverty;
- Advocate on issues that affect women and girls;
- Provide leadership on issues that affect older women; and
- Enhance our organizational capacity.

All of this is done while building bridges of connection with women throughout Muskoka.

Message from Board Chair & Executive Director



Hannah Lin,
Executive Director



Pamela Steel,
President

Taking time to look back at a whole year provides a meaningful opportunity for reflection, particularly when we are so busy in the day-to-day planning and delivery of programs and activities, focused on outcomes, and looking ahead to where we want to be.

The year started with both of us attending the Young Women's National Leadership Summit led by YWCA Canada and co-hosted by YWCA Muskoka. We each spoke about leadership and mentorship and had the great privilege to witness 120 young women from across the country, already so capable in their power, as they connected, shared ideas, and inspired one another to keep moving toward their dreams for a better world.

Many of YWCA Muskoka's programs and projects are funded for just a year, maybe two or three. We saw the end of the three year

YW4Work project and a series of "Women and Money" workshops. We turned our attention to new grant opportunities, brought back the luncheons to engage more regularly with our membership, and by April we were welcoming a new staff member to launch the Young Women's Entrepreneurship program which has led to new webinar capacity, microgrants and engaging volunteers from the business community as mentors with young women.

The YWEncore program brought together 12 survivors of breast cancer in Bracebridge and a series of workshops for senior women ran in the early spring.

We were also thrilled to secure new funding from Ontario Trillium Foundation in May for the collaborative project that is developing a Circles™ Muskoka chapter to strengthen relationships throughout Muskoka communities and reduce the impacts of poverty.

By August we had the green light to start a new young women's social action group in Muskoka through the Strong Girls Strong World Project of YWCA Canada, YMCA

Canada and Plan Canada funded by Status of Women Canada. This group has identified issues important to them and had workshops and presenters on community mapping, healthy relationships and being an ally to aboriginal youth.

Clearly we would not be able to do this work without the support of our funders and donors. We are deeply moved by the willingness demonstrated by the men who participated in the first Muskoka Walk a Mile in Her Shoes®. We continue to be inspired by Beth Ward who plants potent seeds - the YWalk for Women and Girls connected all our communities. Together we will change the face of gender based violence. We also want to acknowledge how grateful we are for third party events - the Brian Schaal Memorial Golf Tournament in its 16th year and the YWCA's new relationships with Muskoka Yoga Fest and the Huntsville Girls Getaway Weekend. From the bottom of our hearts, we thank you. You keep us all moving in the right direction!

We also want to thank all of our YWCA Muskoka members and the amazing women and girls who allow us into their lives as they participate in our programs. You inspire us.

2015 Highlights

53 women completed the **BUSINESS OF LIFE** and **WOMEN IN BUSINESS** 10-week courses in Gravenhurst, Bracebridge and Huntsville.

205 girls took part in school-based programs, including **GIRLZ UNPLUGGED** (elementary), **GIRLZ CHOICE** (high school), and the **YWGRO** mentorship program.

16 incredible Muskoka women were nominated for the 14th annual **WOMEN OF DISTINCTION AWARDS**.

20 people gained skills and tools to survive and flourish through the 15-week **GETTING AHEAD** programs in Gravenhurst and Huntsville.

12 high school students joined the **STRONG GIRLS, STRONG WORLD** advocacy group.

62 girls took part in the **GIRLZ UNPLUGGED SUMMER & GIRLSPACE LEADERSHIP** programs in Bracebridge, Huntsville and Dwight.

Beth Ward walked **175 KM** from Port Severn to Dwight as part of the **YWALK4WOMEN&GIRLS**.

YWCA Muskoka resumed its popular monthly **LUNCHEON SERIES** featuring guest speakers on various topics. **78** people attended the September, October and November events.

110 community members and service providers attended the **BRIDGES OUT OF POVERTY** workshop to learn concrete tools and strategies to break the cycle of poverty.

83 **SENIOR WOMEN** came together for lunch, workshops and social activities in 7 communities throughout Muskoka.

13 aspiring businesswomen participated in the new **YOUNG WOMEN'S ENTREPRENEUR PROGRAM**. 3 graduates received microgrants of **\$2,500** each to help launch their businesses.

33 boys in 3 high schools and two elementary schools took part in the **QUEST** school-based program.

99 women participated in the **WOMEN & MONEY**, **YW4WORK** and **ENTERPRISING WOMEN** workshops throughout Muskoka.

72 men donned high heels and walked through downtown Bracebridge in the first annual **WALK A MILE IN HER SHOES®** Fundraiser.

YWCA Muskoka Programs & Services

Adult Programs

Business of Life

10 week program supporting women in transition

December 6th Fund

Interest-free loans for women leaving situations of domestic violence

Enterprising Women

Workshops for women business owners

Getting Ahead In A Just Gettin' By World

Developing skills & networks to support transition out of poverty

Women In Business

10 week course on entrepreneurial skills

Women & Money

Workshops on financial issues unique to women

Y's Senior Women

Workshops for senior women in rural communities

Young Women's Entrepreneur Program

Entrepreneurship training, microgrants and mentoring for women aged 18 - 29

YW4Work

Women's community economic development project

ywcaencore

Gentle exercise program for cancer survivors

Youth Programs

Girlz Choice

10 week life skills program for girls in grades 9 & 10

Girlz Unplugged

12 week confidence-building program for girls in grades 4 - 8

Girlz Unplugged Summer

Week-long summer day programs for girls aged 9 - 11

Girlsplace Summer

Week-long leadership day program for girls aged 12 - 16

Quest

School-based life skills program for boys in grades 5 - 10

Strong Girls, Strong World

A social action group for girls aged 15 - 19

Youth & Parent Workshops

3 workshops at Moose Deer Point First Nation

YWGRO

After school group mentorship program for girls & young women

“Before Girlz Unplugged I used to look in the mirror and see an ugly, dumb and messed up face. I saw my flaws and only that. Now when I see myself, I see myself as beautiful, smart and creative.”

- Youth Program Participant

Special Events

Young Women's National Leadership Summit

In January YWCA Muskoka co-hosted the "Think Big! Lead Now!" Young Women's Leadership Summit with YWCA Canada at Geneva Park in Orillia. 120 young women from across Canada attended the weekend event, including three from YWCA Muskoka.

The event featured keynote speakers, breakout sessions and skill-building workshops, including one presented by ED Hannah Lin and Youth Programs Coordinator Stacey Schat on event planning.

A highlight of the weekend was the Saturday evening open stage where attendees shared their talents: music, dance, spoken word, throat singing, and poetry. Participants came away inspired and energized.



Women In Film Festival

The 5th Annual Women In Film Festival was held in Huntsville on March 8th, International Women's Day. Three short films shown included Muskoka Girl, a video created by Girlspace Summer participants, Me & My Moulton, an Oscar-nominated animated short, and Throat Song, a powerful, award-winning film set in Nunavut.

The feature film, Kissed By Lightning, tells the story of a Mohawk painter on a literal and spiritual journey. Director Shelley Niro attended the screening and participated in an audience question-and-answer session moderated by Karen Burns.

The Festival is co-produced by YWCA Muskoka, Spinning Reels and Reel Alternatives.



Shelly Niro & Karen Burns

The Good Body

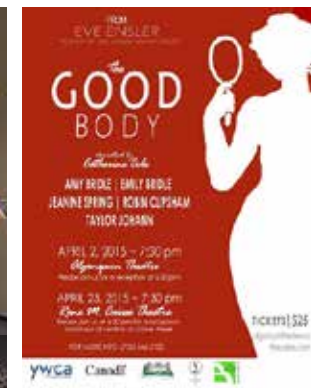
A co-production of YWCA Muskoka and Muskoka Parry Sound Sexual Assault Services, The Good Body was performed as a fundraiser on two evenings: April 2nd in Huntsville and April 23rd in Bracebridge.

A play written by Eve Ensler, author of the Vagina Monologues, The Good Body is a humorous and poignant look at women's ongoing struggle with body image as they age.

Directed by Catherine Cole, the play showcased the talents of five local actors including Jeanine Spring, Robin Clipsham, Taylor Johann, Amy Bridle and Emily Bridle. The shows were very well attended, with over 450 people in the combined audience in both towns.



Hannah Lin & Lauren Power



Walk A Mile In Her Shoes®



Walk A Mile In Her Shoes® is an international event that raises awareness about the causes and effects of gender based violence.

On May 24, 2015, 72 men put on red high-heeled shoes and walked

through downtown Bracebridge as part of YWCA Muskoka's first annual Walk A Mile® event. They were cheered on by 22 volunteers and numerous friends and family members.

Through sponsorships, pledges and donations, over \$15,700 was raised for YWCA Muskoka. All funds raised directly supported YWCA Muskoka's Turning Points programs for women and violence prevention programs for girls aged 12 to 16.



Pre-walk yoga warmup



"Best Dressed"

Y Walk for Women & Girls

From August 9 - 14, 2015, former YWCA Muskoka Executive Director Beth Ward walked over 175 km through all 6 Muskoka municipalities. In addition to raising money to support YWCA's programs, Beth's goal was to raise awareness about the issues faced by women and girls in Muskoka.



Beth was supported along the way by other volunteer walkers who joined her for parts of her journey. Through generous pledges and donations, the YWalk event raised over \$16,000 which helped to fund the Girlz Choice program this school year.



YWalk supporters in Wahta

“I will always try to remember I have not walked in my client’s shoes as a result of this workshop. There were tons of aha moments – these were powerful.”

- Bridges Workshop Participant

In 2015, YWCA Muskoka entered into a collaborative partnership with Bracebridge United Church (Out of the Cold), Gravenhurst Women’s Centre, Muskoka Community Church and the Table Soup Kitchen Foundation. The partnership has established a Circles™ Muskoka chapter. Circles™ is an intentional approach designed to inspire and equip communities to eradicate poverty by building relationships across socio-economic lines.

As part of this project, funded by the Ontario Trillium Foundation, partners have formed an extended community advisory group, delivered three “Getting Ahead in a Just Gettin’ By World” programs in three Muskoka communities and a Bridges Out of Poverty workshop that trained 110 people in preparation for the launch of pilot Circles group in Huntsville in 2016.



Getting Ahead, Gravenhurst



Liz Angell & MPP Norm Miller at the Trillium funding announcement



Trainer Gayle Montgomery leads the Bridges workshop

Awards

Women of Distinction

The annual Women of Distinction awards honour women whose outstanding achievements contribute to the well-being and future of Muskoka. Peers, friends and family nominated 16 women. Peers, friends and family nominated 16 women and attended the Gala event which featured Brenda Andress, Commissioner of the National Women's Hockey League as keynote speaker.

2015 Recipients:

Jenny Spring	Young Woman of Distinction
Amy Bridle	Arts, Culture & Creative Energy
Katy McGregor	Business Innovation & Entrepreneurship
Lynn De Caro	Community Development & Social Activism
Laura Heming	Health, Sports & Wellness
Sheryl Manolakos	Mentorship
Audrey Forth	Lifetime Achievement



L - R: Jenny Spring, Laura Heming, Katy McGregor, Sheryl Manolakos, Audrey Forth, Lynn De Caro, Amy Bridle

High School Awards



L - R: Trent Willett, BMLSS Principal; Miranda Britton, YWCA Board Member; Cassandra Reid, Award Recipient

YWCA Muskoka distributed a \$500 cash award to four Grade 12 students who participated in a Girlz Choice, Girlz Unplugged or Girlspace program and who demonstrate resilience, determination and vision. The awards were presented to one graduate from each high school in Muskoka.

2015 Recipients:

Kate Chambers	St. Dominic Catholic Secondary School
Phoebe Hancock	Huntsville High School
Alexandra Parry	Gravenhurst High School
Cassandra Reid	Bracebridge & Muskoka Lakes Secondary School

Financials

December 6th Fund

In 2014, YWCA Muskoka provided 15 interest-free loans to women leaving situations of domestic violence.

In 2015, 5 recipients were repaying their loans, which is helping to replenish the fund. Two new loans were given to women in need this year.

(Deficiency) excess of revenue over expenses for year: (\$24,780)

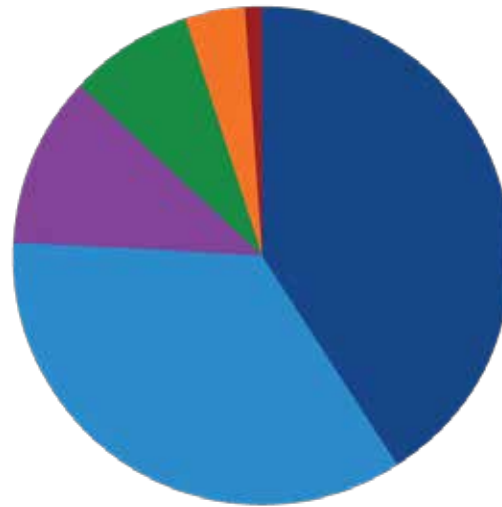
Charts are approximate, percentages are rounded, figures are exact.

Auditors: Lesley A. Burns Professional Corporation

Detailed financial statements are available upon request.

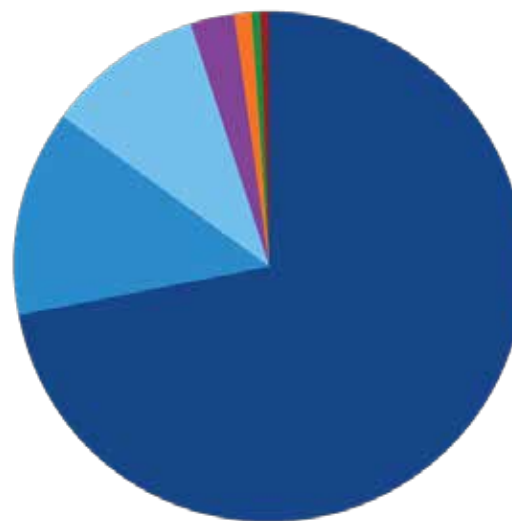
Charitable Business # 89075 4021 RR0001

Revenue



Government Grants	41%	\$ 204,398
Foundations, Service Clubs, Partners	35%	\$ 175,388
Special Events	11%	\$ 52,293
Fund Development	8%	\$ 39,778
Program Fees	4%	\$ 18,924
Membership & Other	1%	\$ 5,224
Total Revenue		\$ 496,005

Expenses



Programs	72%	\$ 371,528
Operating	13%	\$ 68,154
Admin Payroll	10%	\$ 53,448
Special Events	3%	\$ 14,534
YWCA Affiliation Fees	1%	\$ 6,020
Fund Development	0.5%	\$ 2,920
Amortization	0.5%	\$ 1,109
Total Expenses		\$ 520,785

Donors

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In-Kind Donors, Community Partners

In-Kind Donors

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The Algonquin Theatre	DnDesigns	Johnston's Cranberry Marsh	Muskoka Massage & Laser	Snap Fitness
Anna Crawford	DoTerra Essential Oils - Angela Beasley	Bruce & Shaun Kruger	Muskoka Party Rentals	Spirit of Silver
Auburn Gallery	Farmer's Daughter	Lake of Bays Brewery	Muskoka Roastery	Soul Sista's
Badger Paddles	FitStyle Creative	Laura Sheridan	My Organizer in Muskoka	Pamela Steel
Baggy Pants	FITT Gym	Lilibird	My Special Toolbox	Sue's Nailz
Bliss	Fountain Tire	Little Black Bow	Nautilus North	The Corner Cabinet
Blooming Muskoka	Front Row Seats	MacDonald Law Professional Corporation	Northwoods Gym	The Creative Cook
Blue Marlin Seafood Market	Full Paw'tential Dog Grooming	Marks Work Wearhouse	Nytasha Kelly Photography	The Gnarled Stump
Sylvia Bouchard	Gem & Dia Jewellers	Mason Leonard	Old Station Restaurant	The Great Vine
Broadbent Studio	Gord Durnan	Massage U Muskoka	P.D. Murphy Jewellers	Tiggs - Bracebridge
Buckley & Associates	Grandview Mark O'Meara	Maureen Haines	Alexandra Parry	Total Body Care Day Spa
Camp Muskoka	Gravenhurst Chiropractic	McDonald's Bracebridge	Peaks & Rafters	Julie Veitch
Canadian Tired	Gypsy Market Mews	Metroland Media	Quality Inn Bracebridge	Waves of Healing
Career Discovery	Hannah Lin Designs	Miranda Britton	Red Canoe Gallery	Winding Fences Farm
Centennial Animal Hospital	Home Furniture	Motivations Fitness	RE/Max Paul and Lea Kane	Zen Muskoka Yoga
Christina Hunter	Hudson Hair Salon	Muskoka Bay Clothing	Rocky Island Tire	YWCA Sudbury
CupcAyla	Inn on the Bay	Muskoka Dance Connection	Ron Brent	
Daniel Gallant - Studio Sail la Vie			Patricia Sheppard	

Community Partners

Baysville Public Library	Habitat for Humanity of Muskoka	Muskoka Small Business Centre	Town of Huntsville
Baysville Senior Centre	Huntsville Art Society	Nipissing University Muskoka Campus	Township of Georgian Bay
Bracebridge Chamber of Commerce	Huntsville-Lake of Bays Chamber of Commerce	Oxtongue Community Centre	Township of Lake of Bays
Bracebridge United Church	James Street Retirement Residence	Reel Alternatives Huntsville	Township of Muskoka Lakes
Business Entrepreneurship Resource Centre	Moose Deer Point First Nation	Ryde Community Cooperative	Trillium Lakelands District School Board
District of Muskoka Community Services	Muskoka Community Church	Spinning Reels Bracebridge	Trinity United Church Gravenhurst
Dorset Recreation Centre	Muskoka Community Futures	Simcoe Muskoka Catholic District School Board	Trinity United Church Huntsville
Dwight Public Library	Muskoka Community Network	St. Andrew's Presbyterian Church	Wahta First Nation
Gravenhurst Chamber of Commerce	Muskoka Parry Sound Sexual Assault Services	Table Soup Kitchen	Wellness Hub Huntsville
Gravenhurst Women's Centre	Muskoka Pride	Town of Bracebridge	YMCA Employment Resource Centre, Huntsville
		Town of Gravenhurst	



Ahimsa Yoga Festival Donation

Funders, Sponsors, Planning Tables

Funders

Bala Cranberry Festival
Brian Schaal Memorial Golf Tournament
Canadian Women's Foundation
CIBC Community Investment
District of Muskoka
Government of Ontario - Ministry of Economic Development,
Employment and Infrastructure, Strategic Community
Entrepreneurship Project
Government of Ontario - Summer Experience Program
HRDC Canada Summer Jobs
Lowden Fund at Muskoka Community Foundation
Muskoka Community Futures
Kenny Family Foundation at the Oakville Community
Foundation
Ontario Seniors Community Grant Program
Ontario Trillium Foundation
Ontario Women's Directorate
RBC Foundation
Rotary Club of Bracebridge
Rotary Club of Gravenhurst
Rotary Club of Huntsville
Shoppers Drug Mart Life Foundation
Status of Women Canada
TD - Prosper Canada
Town of Bracebridge
Township of Lake of Bays

Sponsors

CIBC Community Investment
Fenner Dunlop
Hunter's Bay Radio
Huntsville BIA
MacDonald Law Professional Corporation
Muskoka Chrysler
Muskoka Community Futures
Old Station Restaurant
Port Carling Lions Club
RBC Bracebridge
RBC Huntsville
TV Cogeco
Suzanne Martineau - My Muskoka Real Estate Team
REMAX

Planning Tables

Financial Assistance Planning Group
Girls Action Foundation - Rural Girls Advisory Group
Homelessness Planning Table
Muskoka Best Start Network
Muskoka Employment, Education and Training Group
Poverty Reduction of Muskoka Planning Table
Seniors Planning Table
TIP Community of Practice
TLDSB Community Partners



Volunteers

Carrie Adams
 Nancy Alcock
 Tara Alexander
 Monica Anderson
 Cath M Armstrong
 Jasmine Arney
 Jerica Bailey
 Diane Baranik
 Sheila Bath
 Barbara Karen Beatty
 Kym Bice
 Nicole Binsted
 Julie Bissonette
 Linda Kristin Blix
 Ashley Boone
 Amy Bridle
 Emily Bridle
 Miranda Britton
 Rachel Broadbent
 Robin Brushey
 Kareen Burns
 Linda Burrell
 Diane Cain
 Emily Cain
 Judy Campbell
 Melissa Candelaria
 Dana Clark
 Robin Clipsham
 Catherine Cole
 Dave Connell
 Carol Corriveau
 Christine Cousins
 Trisha Cowie
 Amber Cuthbert
 Marilyn De Lang
 Sidney Demers
 Gayle Dempsey

Rae Anne Dion
 Charleen Douglas
 Jessica Drake
 Kim Dubeau
 Karla Dudley
 Maria Duncalf-Barber
 Kelli Ebbs
 Heather Elliot
 Kim Fairhall
 Lucy Farcnik
 Tiffany Farkas
 Judy Fazackerley
 Nicole Fraser
 Ellen Frood
 Taylor Fry
 Margaret Gallant
 Jennifer Garrow Sneyd
 Stuart Gilbert
 Andrea Gillespie
 Faith Glynn
 Jackie Grantors
 Melanie Haki
 Susan Haller
 Virginia Hastings
 Heather Hay
 Pauline Hedmann
 Casey Heeney
 Jaden Hollingshead
 Jennifer Hoyle
 Jane Hunt
 Alison Irons
 Jan Jacklin
 Angela Jackson
 Taylor Johann
 Joann Jordan
 Lea Kane
 Beth Kelly

Cheryl Kelley
 Ginny Kernohan
 Lily Kersoik
 Tara Kinden
 Jennifer Kingshott
 Tasha Knight
 Amy Knobelsdorf
 Anna Kruger
 Linda Lacroix
 Christine Larkin
 Christine Lees
 Hannah Lin
 Marjorie MacDonald
 Virginia Malone
 Mike Malone
 Marnie Martin
 Jill Matthews
 April McClung
 Jeremy McClung
 Katy McGregor
 Laura McQuillan
 Tracey Mellersh
 Shelley Mierle

Courtney Minty
 Col Mitchell
 Emily Montgomery
 Jen Morgan Anderson
 Theresa Morley
 Jessica Nawrocki
 Kirsten Nicolson
 Ruth Nishikawa
 Natalie Northmore
 Sandra Northmore
 Jewel Nurse-Hutchins
 Cassie Pacini
 Cheryl Parlett
 Jean Polak
 Kate Quinlan
 Birgit Reprich
 Jessie-Lynn Rheubottom
 Brenda Rhodes
 Lisa Rogers
 Sandra Rosewarne
 Sara Ross
 Betsy Rothwell
 Tanya Rowan

Jolanda Schat-Bosman
 Angela Schell
 Madrie Secord
 Patricia Sheppard
 Elizabeth (Betz) Siegfried
 Kari Singer
 Kim Small
 Amy Smith
 Sarah Jean Smith
 Dave Sprague
 Jeannine Spring
 Jenny Spring
 Amy Stannell
 Pamela Steel
 Amy Stewart
 Darla Stipanovich
 Liz Stokes Weber
 Aileen Taylor
 Kyla Taylor
 Mary-Shirley Thompson
 Anna Torrefranca
 Gundy Upans
 Lorraine van Luit

Athena Vethanayagam
 Charly Wagar
 Beth Ward
 Shelley Westgarth
 Fiona Westner-Ramsay
 Patricia Wilkinson
 Suzanne Witt-Foley
 Kim York
 Deanna Zurek
 Melinda Zytaruk



Walk a Mile volunteers



Women of Distinction Organizing Committee

Board & Staff

Board of Directors

Pamela Steel - President
Sarah Jean Smith - Vice President
Samantha Britton - Secretary
Miranda Britton - Treasurer
Jerica Bailey
Trisha Cowie
Andrea Gillespie
Virginia Hastings
Laura McQuillan
Tracey Mellersh
Shelley Mierle
Tara Naylor
Michaele Robertson
Madrie Secord
Amy Stewart
Hannah Lin - Executive Director

Staff Members

Liz Angell
Connie Black
Jiana Cutting
Sue Fortin
Pauline Hedman
Marcy Hill
Lynda Hutt
Cindy Kaupp
Patrick Kernohan
Hannah Lin
Susan Lovell
Jen Morgan Anderson
Kirsten Nicolson
Samantha Pollington
Stacey Schat
Annie Scott

Silvia Smith
Jade Wilton-Watson

Interns:

Linda Burrell
Tiffany Farkas



Celebrating Staff Milestones:

10 Year Employees

*Marcy Hill
Lynda Hutt
Hannah Lin*

5 Year Employees

Stacey Schat



*“Love recognizes no barriers.
It jumps hurdles, penetrates walls
to arrive at its destination
full of hope”*

- Maya Angelou



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