OUR MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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ANNUAL CAMPAIGN PARTNERS

We are pleased to honor and celebrate the generosity and commitment of our Annual Campaign Partners; special donors who have made extraordinary gifts to support the Y’s strategic initiatives. Their commitment to partner with the Y to strengthen the mental health of area teens and improve the well being of the community is remarkable. Thank you to these donors for their dedication to youth development, healthy living and social responsibility.
DEAR FRIENDS

We are blessed to live in a wonderful, caring community. Yes, La Crosse and the Coulee Region are very special places. At the Y, our members and donors care deeply for this community, our friends and our neighbors. What makes the Y unique is that we have been an important part of our community for 134 years, and as our community has grown and evolved, we have evolved right along with it. Today, the Y is more relevant, effective and important to this community than at any point in our history.

Through the generous support of hundreds of donors, we were able to renovate and add 70,000 square feet of new space at our Ys. These new spaces better position our Y to meet the needs of our community and to improve the health of our community. We also entered into a significant collaborative partnership with Gundersen Health System with the opening of the new Healthy Living Center. Programming in the Healthy Living Center launched in 2016 and we’re energized and inspired by the early success.

In 2016 we also had the honor and privilege to honor two families who have had a profound impact on the Y. The naming of our two facilities was our way of honoring two families, the Dahls and the Housers, whose generosity made possible the Ys that we enjoy every day. In fact, without the Dahl’s collective 100 years of service to our Y or their extraordinary generosity as Y donors, the Y as we know it in our community would not exist. They have been behind the Y in the best of times and through the challenging times and we cannot thank them enough for their commitment, generosity and thoughtfulness. In the case of the Houser family, again, the Y in Onalaska would not be what it is today without their extraordinary generosity.

These are just some of the things that make us proud to be a part of this truly special organization. We encourage you to read the stories in this annual report and celebrate our collective successes. Together, we are empowering our community for good.

Yours in service,
MEMBER PROFILES

The Member Profile series highlights nominated individuals that achieve great successes, overcome challenges, and provide inspiration to other members, participants, volunteers, and staff.

This year we would like to highlight the compelling stories of Sydney Fitzpatrick, Rob Schroder and Leah Misch whose lives were all impacted by their YMCA experiences.

Sydney Fitzpatrick is your average teenager. A freshman in high school, she enjoys bike riding, swimming, camping with her family, eating mac and cheese, and squabbling with her younger brother, Jacob. She’s a determined and very positive young woman who just happens to have cerebral palsy.

Because of her cerebral palsy, Sydney uses a motorized wheelchair to get around. That hasn’t stopped her from trying new things and going on adventures. Sydney’s regular workouts consist of swimming on Sundays and using gym equipment too. But her favorite day of the week is Monday when she works out with personal trainer, Mitch Cook. The pair have bonded and worked together so well, they sport matching shirts that read “Sydney + Mitch = Mitch Mondays.”
Each week, Mitch coaches Sydney to walk a little bit further on her own than the week before. She has to walk between a series of gates stationed at various intervals apart, turn around, and stop without falling down. Through her work at the YMCA, Sydney has made a lot of new friends, and finds the Y trainers and members more outgoing and willing to ask questions about her life.

If Sydney didn’t have the YMCA, her week would look very different. “She’d be bored,” her mom laughs. Through the YMCA, Sydney has gone downhill skiing in winter and jumped from the La Crescent pool’s high dive in the summer. She hopes in the future she can work at the YMCA, or a place like it, and help others to push themselves toward their goals too.
Meeting Rob Schroeder, a healthy, fit, and funny guy, you wouldn’t imagine his troubled past. When he hit rock bottom, he had nowhere to turn but the YMCA. He became a Y member after being released from jail and mandated to the La Crosse County Drug Court. “I was an addict at an early age,” he says. “As I got older, my addiction became progressively worse. I was constantly in and out of jail.”

The Y gave him a chance to make more positive connections and choices. “The court program helped save my life,” he says. “Over 13 months, I transformed in a way I didn’t think possible.” Running became his ticket to freedom from addictions and a healthier lifestyle. When he left jail, he was out of shape, due to poor eating habits and lack of exercise. “Running was the positive trade, the replacement for my addiction,” he says. “Going to the Y, being accountable to the court, and continuing my running were instrumental to my recovery.” The Y’s Financial Assistance program made his membership possible, and through the Y’s Annual Campaign, aid is available for everyone, in all situations.

Today at age 35 Rob has been clean for over six years. He shares his success story to help, inspire, and motivate others. He’s a drug court ambassador and recovery activist. In his third year of sobriety, he even completed the Boston Marathon.

Rob knows to remain drug-free requires regular maintenance, like keeping a car engine running smoothly. This means continuing to train for various athletic events and going to the Y, where he enjoys biking, group cycling, and swimming. “I’ve always felt welcome at the Y. I’ve never heard anything negative here from staff or members,” Rob says. “Everyone who is here wants to be here.”
Overcoming incredible odds, discovering renewed health & life mission

Thirty minutes of daily exercise began the transformation of Leah Misch, an active YMCA member. “I remember feeling scared and overwhelmed when I first started making changes, and it was hard,” Leah says. “Focusing on each small step and keeping a positive attitude helped make the mountain easier to climb.” Seven years ago, she embarked on her weight loss journey. To keep motivated, Leah started a “bucket list” that included running a 5K. “I knew it wasn’t going to be easy, and it was going to take serious mental and physical work,” she says.

In 2010, Leah ran her first 5K, praying just to finish. One year later, after breaking her back in a motorcycle accident, she ran the 5K again, placing third in her age category. A year after that, Leah placed first in that 5K. The next day she completed her first half marathon, and started riding her Indian Scout motorcycle again! She’s now completed eight full marathons and a Half Ironman.

She counted on the Y to help her achieve success. “I really appreciate the Y’s financial assistance I received after my accident that allowed me to be physically active and maintain a healthy lifestyle.” It took three years to lose 90 pounds.

Following the cycling crash, a year later she was injured in a car accident. “Swimming in the Y’s pool and going to yoga class helped me to regain my strength,” she says. “Yoga taught me how to stay calm during times I wanted to give up.” Of all of her challenges, leaving an abusive relationship “was the hardest thing I ever had to do,” Leah says. Many people have taken notice of Leah’s courage to change. She’s invited to speak at various venues to motivate others with her “You Go Girl!” attitude.
As humans, passion can motivate us, delight us and even humble us. We experience those emotions first-hand every day in the eyes, smiles and sometimes tears of those we serve. From the recipients of kindness to the givers of abundance, the passion that inspires them is the bond we all share. We are blessed by the contributions of time and resources as well as the partnerships, collaborations and other acts of good will that make a difference in the heart of our community.
YMCA FAMILY OF THE YEAR AWARD

Presented annually to a family who has had an impact on the community through their involvement at the YMCA.

THE FORD FAMILY has had a significant and sustained impact on the Y. Denny has served on the Y Board of Directors for eight years and during that time has chaired the Facilities Committee, been instrumental in a $12 million dollar improvement project at both Y’s, served as Y Board President, chaired the strategic planning committee and served on the capital campaign steering committee. Lauri has volunteered as a LIVESTRONG coach and as a Reach and Rise Mentor. Nicole continues to impact hundreds of children in our Child Watch and School Age departments. Chelsea volunteers as a Reach and Rise mentor and her husband Adam is an active and involved Y member. Obviously, the Fords are all advocates for the Y and our work and impact in the community. We are pleased to recognize their family for their dedication and commitment to the Y.

NANCY QUINLISK SOCIAL RESPONSIBILITY AWARD

Named for Nancy Quinlisk, longtime Y Board Member and Trustee, the driving force behind the establishment of activities and programs at the Y that promote social responsibility.

TERESA PETERS is recognized for her devotion and support for the Ys pre-school programs. For nearly 25 years, Teresa provided leadership in developing and implementing a variety of impactful pre-school programs and activities for young children in our community.

In nominating Teresa, Jodi Iverson and Kathy Koehne shared the following: “Teresa has brought much joy and sweetness to the lives of thousands of children at the Y for many years. Most of them are now grown and still fondly remember their earliest days with Teresa. Teresa was the first teacher for many children and initiated their path of learning with a positive step. Her positive presence has truly been a gift to the Y.”
The team at COULEE REGION ECOSCAPES played a major role in the development of our community’s first Food Forest, helping to inspire and educate the community while serving as technical experts on the project. In nominating Coulee Region Ecocapes for this award, Jill Miller, our Pioneering Healthier Communities Coordinator, noted that Jarad, Judd and Jeremy have volunteered a great deal of time serving several community committees which advance this type of work behind the scenes.

They have dedicated many hours to mentoring Jill and others on the committee, plus making sure the heart and soul of the food forest is a priority. From the Ys perspective, the development of the Food Forest has been one of the best initiatives we have had the privilege to be a part of. We’re proud that the Y had the opportunity to work with Coulee Region Ecocapes to make this food forest a reality. We recognize the importance of partnering and collaborating with experts in order to improve the health and well-being of our community.
Named for Ken and Harry Dahl, the driving forces behind the establishment of youth development programs at the Y. This award honors those who provide time, talent, or financial resources in order to advance and strengthen youth development work at the Y.

Recognized for her commitment to the Y’s dance program, ALICE DAFOE has served on the Y Dance Parent Committee for over 5 years. She is an enthusiastic supporter of the dance program and the opportunities it provided her two daughters. Although both girls have graduated from high school and college, Alice continues to volunteer. She attends the monthly Parent Committee meetings, plans and runs the dress rehearsals, and works backstage at every Y Dance Recital. She assists in planning show orders and troubleshooting at the event.

Alice has an eye for detail, makes sure costume changes happen in a timely manner, and runs a tight ship. Alice brings a thoughtful perspective and an understanding of the Y culture to our dance program. She knows the impact our program has and wants to be sure it continues for future generations. We are beyond grateful for all she does for the dance program.

HONORING
Alice DaFoe

TED GRIFFIN YMCA VOLUNTEER OF THE YEAR AWARD

Named for Ted Griffin, the YMCA Director from 1941–70. This award is presented annually to the Y’s top volunteer, someone who has committed themselves to improving the lives of children and adults in our community through time, talent and financial resources in order to advance the mission of the La Crosse Area Family YMCA.

SEAN DWYER has had a significant impact on the Y during his eight years on the YMCA Board of Directors. He has served in a variety of capacities including member of the Board Leadership and Governance Committee, member of our Pioneering Healthier Communities Steering Committee and annual campaign volunteer. Sean has provided strong and steady leadership to our organization as a Y advocate, donor and sponsor of many Y events. In his role as News Director for WXOW TV 19, Sean has played a significant role in creating, growing and nurturing the strong collaborative relationship that exists between the Y and TV 19. He should be very proud of the many ways he has contributed to the success of the Y in recent years. Sean has our deepest thanks. It’s a pleasure to recognize him for his many contributions.

HONORING
Sean Dwyer
40% of the 46,846 households in La Crosse County struggle to afford basic needs (health care, food & transportation).

1 in 4 of our 23,500 members get financial help for Y memberships & programs to make it affordable.

When he hit rock bottom, Rob had nowhere to turn but the Y where he developed healthy habits like running. “I was an addict at an early age. The Y helped me make positive changes.”

Donations to the Y’s Annual Campaign fund our Financial Assistance program, making Rob’s membership possible.

2016 MEMBERSHIP NUMBERS BY CATEGORY

<table>
<thead>
<tr>
<th>Category</th>
<th>Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Ages (0-5)</td>
<td>2,794</td>
</tr>
<tr>
<td>Youth (Ages 6-11)</td>
<td>4,871</td>
</tr>
<tr>
<td>Teen Wellness (Ages 12-17)</td>
<td>3,483</td>
</tr>
<tr>
<td>Young Adults (Ages 18-29)</td>
<td>6,507</td>
</tr>
<tr>
<td>Adults (Ages 29-55)</td>
<td>8,757</td>
</tr>
<tr>
<td>Adults (Age 55-64)</td>
<td>2,177</td>
</tr>
<tr>
<td>Senior Adults (Age 65+)</td>
<td>2,847</td>
</tr>
<tr>
<td>Total:</td>
<td>31,436</td>
</tr>
</tbody>
</table>

FINANCIAL POSITION

YMCA operations are based on a mix of earned revenue from membership and program fees and contributed revenue from individuals, corporations and foundations.

**BALANCE SHEET**

<table>
<thead>
<tr>
<th>Category</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current assets</td>
<td>$1,562,944</td>
<td>$2,356,363</td>
</tr>
<tr>
<td>Investments</td>
<td>1,274,544</td>
<td>1,563,138</td>
</tr>
<tr>
<td>Property &amp; other assets</td>
<td>25,274,777</td>
<td>20,666,638</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td>$28,112,266</td>
<td>$24,586,139</td>
</tr>
<tr>
<td>Current liabilities</td>
<td>$784,288</td>
<td>$3,180,610</td>
</tr>
<tr>
<td>Other liabilities</td>
<td>8,388,291</td>
<td>2,037,460</td>
</tr>
<tr>
<td><strong>Total Liabilities</strong></td>
<td>$9,172,579</td>
<td>$5,218,070</td>
</tr>
<tr>
<td><strong>Net Assets</strong></td>
<td>$18,939,687</td>
<td>$19,368,069</td>
</tr>
<tr>
<td><strong>Total liabilities and net assets</strong></td>
<td>$28,112,266</td>
<td>$24,586,139</td>
</tr>
</tbody>
</table>

**REVENUES & PUBLIC SUPPORT**

<table>
<thead>
<tr>
<th>Category</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Campaign, donations, fundraising &amp; grants</td>
<td>$946,793</td>
<td>$784,437</td>
</tr>
<tr>
<td>Expansion campaign donations</td>
<td>1,263,172</td>
<td>3,329,538</td>
</tr>
<tr>
<td>Membership fees</td>
<td>3,845,666</td>
<td>3,687,139</td>
</tr>
<tr>
<td>Program fees</td>
<td>4,366,603</td>
<td>4,060,893</td>
</tr>
<tr>
<td>Investment performance</td>
<td>70,750</td>
<td>(37,015)</td>
</tr>
<tr>
<td>All other</td>
<td>188,608</td>
<td>115,871</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td>$10,681,591</td>
<td>$11,940,863</td>
</tr>
</tbody>
</table>
500+ volunteers gave back to the community by helping to build the food forest.

We depend on the generosity of our community, to ensure that every individual regardless of age, income or background, has access to the essentials needed to learn, grow and thrive.

2016 ANNUAL CAMPAIGN – $831,000

We depend on the generosity of our community, to ensure that every individual regardless of age, income or background, has access to the essentials needed to learn, grow and thrive.

<table>
<thead>
<tr>
<th>Campaign Dollars</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership Financial Assistance</td>
<td>47%</td>
</tr>
<tr>
<td>Child Care</td>
<td>7%</td>
</tr>
<tr>
<td>Youth Development Program</td>
<td>14%</td>
</tr>
<tr>
<td>Chronic Disease Prevention</td>
<td>6%</td>
</tr>
<tr>
<td>Teen Mental Health &amp; Inclusion</td>
<td>26%</td>
</tr>
</tbody>
</table>

$1.2 million was awarded in direct financial assistance to children and families.

Over 700 teens made 7,000 visits to the Community Teen Center.

500+ volunteers gave back to the community by helping to build the food forest.

Board of Directors

Paul Bagniefski
Mid-City Steel

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Mark Carrk
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Mathy Construction

Steve Christiansen
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Mark Davy
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Jay Ellingson
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Barb Saathoff
Board Leadership & Governance Committee Chair
Mayo Clinic Health System

Pat Stephens
Community Volunteer

Jim Warren
Community Volunteer

Caitlin Wilson
Marine Credit Union
The La Crosse Area Family YMCA is extremely grateful for these individuals and organizations who donated gifts of $1,000 or more to our 2016 Annual Campaign.

1,100+ adults gave back as program, event and policy volunteers.

1,615 elementary school students received quality after-school care.
### Winter Walk Run Series

**Presenting Sponsor**
Subway

**Event Sponsor**
Klauke Financial  
River Trail Cycles  
UMR

**Gold Sponsor**
L.B. White Company

**Silver Sponsor**
Trent Ping, Gerrard-Hoeschler

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Moka  
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**Presenting Media Sponsor**
Classic Rock 100.1  
Magic 105  
Today’s Talk 1490  
WXOW News 19

### Sugar Glow Away

**Presenting Sponsor**
Great River Orthodontics

**Gold Sponsor**
Klauke Financial

**Presenting Media Sponsor**
KQEG TV  
Mix 96.1

### Got Energy Triathlon

**Presenting Sponsor**
Touchstone Energy Cooperatives

**Gold Sponsor**
Century Foods International  
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**Bronze Sponsor**
Gundersen Health Systems - Sports Medicine  
Gundersen Health System – Emergency  
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Fowler & Hammer  
Organic Valley  
Subway

**Presenting Media Sponsor**
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Today’s Talk 1490  
WKBT News 8

### Kids Tri

**Presenting Sponsor**
Dahl Automotive

**Gold Sponsor**
Dairyland Power Cooperative  
Flanagan Financial  
River Trail Cycles

**Bronze Sponsor**
Bluff Busters Tri Team  
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**Presenting Media Sponsor**
Magic 105  
Today’s Talk 1490

### Rock n’ the Docks

**Presenting**
American Marine  
Huck Finns On The Water  
The Remainders  
SkipperLiner Acquisitions  
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Dahl Automotive  
La Crosse Sign Co  
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S & S Distributing

**Presenting Media Sponsor**
La Crosse Radio Group

**Supporting Media**
Mix 96.1  
Mid-West Family Broadcasting  
WKBT News 8

### Healthy Kids Day

**Presenting Sponsor**
Schneider Heating & Air Conditioning

**Presenting Media Sponsor**
KQEG TV  
Mix 96.1

### Maple Leaf Walk Run

**Presenting Sponsor**
Toyota of La Crosse

**Event Sponsor**
Bronston Chiropractic  
Century Foods International  
Cowgill Dental  
Festival Foods

**Silver Sponsor**
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**Bronze Sponsor**
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Gundersen Health System Health Plan  
MOKA  
Schumacher-Kish Funeral Homes

**In-Kind Sponsor**
Tri State Ambulance

**Presenting Media Sponsor**
Magic 105  
WKBT News 8

### Inspiration Event

**Presenting Sponsor**
The Waterfront Restaurant & Tavern

**Hope Sponsor**
BMO Harris Bank  
WXOW News 19

**Inspiration Sponsor**
Dave & Barb Erickson  
Mayo Clinic Health System  
Merchants Bank  
Warren & Denise Loveland  
River Architects

**Determination Sponsor**
Altra Federal Credit Union  
The Aquinas Foundation  
The Aquinas Music Association  
The Aquinas Parents Association  
Brian & Barb Benson  
Cleary-Kumm Foundation  
Dahl Automotive  
Digicopy  
Fowler & Hammer  
Onalaska High School  
Robertson Ryan & Associates  
Wells Fargo

**Table Sponsor**
Larry & Elaine Bodin  
Cowgill Dental  
Gundersen Healthy System  
Jim & Phyliss Warren

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Your support helps us enhance our impact in the community.
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Aleesha Christiansen
DAHL Y Member Engagement Director
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Patrick Long
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School Age Director
Casey Paletta
School Age Director
Nate Torres
School Age Administrator
Steven Torres
Early Childhood Administrator
Eli Wortman
School Age Director

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Heidi Kuennen
DAHL Y Wellness Director
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Christopher Matt
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Martina Mellang
Community & Prevention Program Coordinator
Jill Miller
Pioneering Healthy Communities Coordinator
Amy Venner
HOUSER Y Fitness Director
Lee Walraven
Director of Healthy Living

LA CROSSE AREA
FAMILY YMCA

Dahl Family YMCA • 608-782-9622
1140 Main Street La Crosse WI 54601

R.W. Houser Family YMCA • 608-782-9622
400 Mason Street Onalaska WI 54650

www.laxymca.org