

2016

ANNUAL REPORT

BETTER TOGETHER



vivo
for Healthier Generations





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2016 WAS ABOUT BEING BETTER TOGETHER

As Vivo, we launched a movement called Generation Healthy, also known as Gen H, to set our sights on delivering our charitable mission for raising healthier generations in Calgary and beyond.

What did we discover really matters? Well, that we can't do this alone. That to make a remarkable social change on a local, national and global scale - we must work with bright minds, big hearts, and clever hands. And when we do, it's better.

2016 was a year of supporting Calgary communities like Haysboro to measure and generate empirical evidence to advocate for new types of outdoor environments where citizens thrive. Things look a little different now in these communities. Kids are outside playing more often in these neighbourhoods full of active and connected families.

Vivo fostered a connection between two different generations and was the impetus for what has now become a long-term grandparent program. SPRY in the Hills senior members are mentoring young students attending our Healthy Living School, sharing their gifts across generations and enriching the lives of everyone involved.

It was a year of empowering youth to make a difference. We recognized and supported students to advocate for change in their school and community. We honoured students like Notre Dame graduate Natalia Bonczek with our Gen H Scholarship to encourage youth in realizing their full potential, and we thank them for showing us the way.

The downturn in last year's economy called for more caring for north-central Calgarians. Together with Northern Hills Community Association and local partners, we supported neighbourhood events and community projects providing everyone with a healthy start.

CYNTHIA WATSON, CHIEF EVOLUTION OFFICER

We collaborated with our friends at DIL Walk on a Public Service Announcement educating our diverse community on the importance of fitness and well-being. We also partnered with the Royal Canadian Mounted Police to welcome over 120 Syrian refugees to create an opportunity for the Syrians to learn how to skate.

Partners like Mount Royal University helped Vivo generate valuable data. We use that evidence to build capacity for student development and test solutions in our Vivo living lab, right in the heart of the community where big things are happening.

We learned that kids like Luke Carr benefit from our research and innovation that work through intentional programs such as 4 in 1 Physical Literacy. With this evidence, we're scaling up beyond North Calgary for city-wide impact with our partners like the City of Calgary.

In 2016, we said goodbye to our beloved founding CEO Sue Scott. We also looked at long-term sustainability through corporate culture evolution, built strong relationships to help us become a charitable organization with longevity and a catalyst for social change.

Sparking meaningful, healthy impact in the lives of all Canadians is no small feat. It's a generational goal that requires engagement from our customers, community, government, public and private sector partners. We hope you'll join us, and that you find inspiration in the stories showcased in our Annual Report of the type of change made possible by working with one another.

Here's to doing things differently, not settling for the status quo, advocating for innovation through evidence, evolving local solutions and building strength in numbers, hearts, and minds - as we aspire toward better together in 2017 and beyond.

FRANK MULLER, PRESIDENT, BOARD OF DIRECTORS





“Non-static playscapes encourage messiness, exploration, and discovery. They enable social interaction, promote learning, foster creativity and perhaps, most importantly teach children to think.” – Sonja Sahlen and Meg Kendall

COMMUNITIES LEADING THE WAY

In collaborating with the Haysboro Community Association, Vivo provided empirical evidence for transforming typical playgrounds into intentional environments that make a measurable difference. We worked together to build common ground, where a community is active, connects, co-creates, and convenes with nature.

Through our partnership with Mount Royal University, Haysboro is one of 12 parks and green spaces where Vivo measured recreational and social activities. We studied park usage, who was coming out to play, light to vigorous physical activity levels, the activities taking place, along with the overall level of social connectivity and found not much was happening in the park.

Equipped with this data, Sonja Sahlen and Meg Kendall of the Haysboro Community Association wanted to make a larger impact, striking out in leading their own Playground Committee for co-creation with their community.

They advocated to the City for a new and different natural outdoor space, encouraging more connection, generational, physical, creative and imaginative play.

The City of Calgary greenlighted the natural outdoor play space as a pilot project, and the vision evolved resulting in the creation of a Free PlayBook outlining the natural design to share with other communities and sectors.

The new natural areas incorporates stimulating spaces fostering free and active play, building resilience and social interaction through pathways, obstacle courses, embedded slides, fallen logs and boulders.

The overhaul included the planting of 140 new native species of flora, educating the community on easy to adopt permaculture methods for their own backyard garden and becoming a place where children learn about nature through exploring their environment.

So, if you shift an environment can it shift behaviors?
In a word: yes.

A remarkable 83% increase in Haysboro's park usage over a year with major improvements in light to vigorous physical activity levels showcased how much community members of all ages are playing more.

Together, Vivo and Haysboro started a Play Symposium series, inviting parks and recreation, government and community organizations to share our models and learnings for revitalizing community design.

Sonya Sahlen sums up the rewarding aspects of the Play Symposium project. “We see them creating and cooperating in imaginative, active forms of play and are so happy to share our findings with others for bigger and better impact – everybody wins.”



Above: Kids from Haysboro enjoying the newly designed rope ladder in the park.

Opposite Page: Sonja Sahlen and Meg Kendall of the Haysboro Community Association.



SHARED LEARNING ACROSS GENERATIONS



Above: Teacher Barb English with students from Ranchlands Elementary School.

Opposite Page: SPRY members engaged with students using games as a learning opportunity.



Looking out for one another plays an important role in raising healthier generations. It takes a village and Vivo is a proud catalyst by shifting viewpoints and increasing shared learning.

Gen H fosters cross generational interaction through Grandparent programs like SPRY in the Hills. Ranchlands Elementary School special needs students struck up a new friendship with SPRY members while participating in our Healthy Living School (HLS).

Through this partnership, we witnessed a remarkable shift in perspectives where two generations came together in sharing wisdom and energy through play.

SPRY in the Hills is a program designed for seniors to maintain active and social lifestyles empowering brain and body health.

The Healthy Living School at Vivo encourages children to seek out learning opportunities and develop inquiry and critical thinking skills. Students explore healthy living through journaling, activities and expert presentations over a week-long stay at the facility.

The two groups connected as a part of the students' learning around proper behaviours when meeting a stranger for the first time, practicing their introductions and handshakes.

As the nervous students bravely rounded the corner to the meeting room they were welcomed by the seniors waving them over, saying hello and introducing themselves. The children lit up.

“Within seconds it was like this group was made up of old friends that had known each other for years. Sitting together, playing board games, laughing, telling jokes. It was incredible to see these relationships blossom.”
– Sara Anderson, HLS Coordinator

Both groups learned a lot from each other. SPRY members left the event inspired to be of more service to their community and participate in future sessions of HLS among other Vivo initiatives. They discovered a value within themselves and an important role to play with younger generations benefiting from their time, experience and kindness.

The children walked away with invigorated confidence in their abilities, making it much easier to meet and interact with new people. They were able to share and practice their HLS learnings and hone valuable new social skills at home and school.

The kids weren't ready to say goodbye. They wanted to continue this new relationship and crafted Valentines to send to the SPRY members accompanied by bingo cards showcasing facts about themselves sparking a new pen pal correspondence.



“Our new friendship with the Ranchlands Elementary kids really is evidence that the best gift you can give a child is time.”

– Jay, Coordinator SPRY in the Hills at Vivo



“I hope for an increase in individuals that take an interest in living healthy because this actively improves quality of life. Exercise is especially important for oxygen flow and battling depression.” – Gen H Scholarship Award winner Natalia Bonczek

HONOURING GEN H YOUTH LEADERSHIP

Last year, Vivo partnered with Notre Dame High School in creating an annual academic scholarship to honor healthy students. Our goals aligned in planting the initial seeds of wellness, vitality and community stewardship to foster lifelong active citizens who have the courage to advocate for change.

Students leave the school equipped with the competence they need to achieve and maintain a healthy world around them. The first winner, Natalia Bonczek, exemplified the award criteria of a student who exhibits characteristics of courage, curiosity and impact through leadership in their community.

“Natalia was a great representative of both our Physical Education and our Athletics program. She was a wonderful role model, and passed along her love of being active to her peers, participating in six sports throughout her three years of high school.” – Notre Dame Faculty

A regular at Vivo, Natalia worked out almost every day. When an injury forced an early end to her last season of rugby, Natalia never gave up. She remained an integral part of her team by joining the coaching staff where she helped train and motivate other players.

“Believe it or not, she became even more motivated than she already was to promote life-long physical activity to her peers. She shows everyone what it means to be truly healthy.” – Notre Dame Faculty

As just 1 of 3 girls in her sports performance class, Natalia showcased her resilience and commitment to fitness. We commend role model athletes like her in paving the way for other girls to be their strongest and brightest on an equal playing field for all.

As a result, students at Notre Dame are starting to play more active roles in the classroom, recreation centers and out in the community, inspiring one another to take small measurable steps toward progress, not perfection.

Natalia sees the Gen H Scholarship as a source of motivation for Notre Dame students to live healthier and for athletes to demonstrate their dedication and leadership in impacting others. She is now walking the talk in her new college campus life confidently.



Above: Randy Skimmings, Vivo Manager, Facility Services

Opposite Page: Natalia Bonczek receiving the first Gen H Scholarship

Special thanks to our Partner:



CARING FOR COMMUNITY



Above: Play Ambassadors program, funded by the Lawson Foundation, working in the community.

Opposite Page Clockwise: Vivo employees with donations for the Holiday Gift Giving Event, Syrian kids learning to skate, Coventry Garden Food Bank plots.

Special thanks to our partners:



Working together with the Northern Hills Community Association and other generous neighborhood partnerships, Vivo launched a diverse range of collaborative initiatives to support families and encourage neighbours to connect and care for others during challenging economic times.

Our community outreach with NHCA and Family Connections Parent Link Centre included a holiday giving event in December, providing 40 families in need with gifts for one another. One of the greatest outcomes of the event was watching the children experience and enjoy the bigger gift of giving. They were thrilled not only to receive presents but at the opportunity to choose a gift for their parents.

In May, we opened our facility doors free of charge to help support affected residents of Fort McMurray impacted by the largest wildfire evacuation in Alberta’s history. Emergency nurse Lindsay, who lost her home to the fires and was temporarily separated from her family found solace in the community as a fitness enthusiast. She combatted stress and established mental wellness by making regular exercise visits to Vivo.

“I was blown away by how kind and welcoming everyone was. It was one of the most terrifying things that I have experienced, but I also saw a community and province come together with the utmost strength and resilience.”
– Lindsay Dwornik

At Vivo, we recognize taking the first steps to a healthier life can be challenging, especially as a newcomer to Canada. Vivo regular Vasana Mallawasekara and her children were struggling to make friends and feel comfortable in unfamiliar surroundings. Then they discovered Vivo’s Play Ambassador program, funded by the Lawson Foundation’s Outdoor Play Strategy in a park close to their home. The Play Ambassador’s helped lay the groundwork in becoming friends with neighbours and playing more outside at their park.

As part of our Neighbor Day, Vivo and NHCA hosted a big backyard outdoor movie event, featuring a public serve announcement created with DIL Walk filmed at Vivo highlighting the need for women, especially from diverse cultures to prioritize fitness, nutrition and healthy living as an integral part of everyday life.

We partnered with the RCMP, KidSport, Calgary Police Service, Calgary Catholic Immigrant Society and Muslim Council of Calgary in hosting a Newcomer Ice Skating day. The Syrian refugees shared stories of their homeland and what they like to do to keep healthy. The parents were so keen to know more about what they could try in Canada and connect more with their community. We were proud to lace up the skates for over 70 families who ended up teaching us about being fearless to trying something new.

We’ve been supporting better community health through local garden food bank initiatives by providing all our neighbors with a nutritious, fresh start. Vivo staff and its’ Healthy Living School participants took part in the gardening of the Coventry Garden Food Bank plots. This community garden helped grow and give back over 1,900 lbs of produce for families in the neighborhood through our Good Food Box initiative.



“None of this could have happened if we didn’t do it together. The symbiotic relationship between the local community organizations, volunteers and businesses makes it all possible.”
– Moraig McCabe NHCA



“One month I could be doing yoga, while another month I’m climbing up walls, and the next swimming!” – 4 in 1 student Luke Carr

INNOVATING THROUGH PHYSICAL LITERACY & PLAY

Meet Luke Carr, a grade six student and self-proclaimed couch potato who loves gaming. Traditional team sports weren’t his style with all the competitive win or lose mentality, he often felt left behind and discouraged in joining at all.

Then Luke’s Mom Julee found out about Vivo’s 4 in 1 Physical Literacy program in their neighborhood and signed him up. Suddenly Luke was swimming, skating, dancing, climbing, enjoying gym-time and even trying yoga.

Ever since participating in 4 in 1 activities, Luke describes himself as much happier. His newfound self-esteem and skills are a springboard to try different things like taking his bike out to ride with neighbourhood kids and using his yoga breathing exercises as a relaxation tool when life gets to be too overwhelming.

In a typical one-hour recreation program, children spend on average 61% of their time standing, sitting, or lying down. In one year, Vivo has flipped that stat on its head – resulting in a 60% increase in engagement, yielding 18% more movement and an 8% increase in motor proficiency compared to traditional recreational programming.

The 4 in 1 program is part of a 7-year longitudinal study of 60 families now in its second year. It provides intentional curriculum over a 16-week period to increase confidence and competence in fundamental movement skills and well-being.

Through special engagement workshops, we empower entire families with healthy living learning on the importance of physical activity every day, covering diverse topics such as bullying, nutrition and social connectedness.

As part of its’ charitable mission, Vivo is creating local solutions to national health challenges by being a living lab in the heart of the community working to prototype, test and measure solutions in an ambitious effort to develop a new model for happier, healthier, connected and intentionally designed communities.

Through our research and innovation arm, we have developed a shared measurements system spanning physical activity, sedentary behavior, fundamental movement skills, attitudes and systematic observation for diverse programs and environments.

Our collective impact relationship with Mount Royal University and the City of Calgary helps us generate evidence, build capacity for student development and scales up our work for city-wide impact to get Calgarians more active, more often everywhere.



Above: 4 in 1 participant, Luke enjoying the climbing wall

Opposite page: Luke and a new friend at swimming lessons.

Special thanks to our supporters:



REPORT OF THE INDEPENDENT AUDITORS ON THE SUMMARY FINANCIAL STATEMENTS



TO THE MEMBERS OF NOSE CREEK SPORTS AND RECREATION ASSOCIATION

The accompanying summary financial statements of Nose Creek Sports and Recreation Association, which comprise the summary statement of financial position as at December 31, 2016 and the summary statements of operations and changes in net assets and cash flows for the year then ended are derived from the audited financial statements, prepared in accordance with Canadian accounting standards for not-for-profit organizations, of Nose Creek Sports and Recreation Association as at and for the year ended December 31, 2016.

We expressed an unmodified audit opinion on those financial statements in our report dated April 5, 2017.

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations applied in the preparation of the audited financial statements of Nose Creek Sports and Recreation Association. Reading the summary financial statements, therefore, is not a substitute for reading the audited financial statements of Nose Creek Sports and Recreation Association.

MANAGEMENT’S RESPONSIBILITY FOR THE SUMMARY FINANCIAL STATEMENTS

Management is responsible for the preparation of the summary financial statements in accordance with the basis described in the Statement of Management Responsibility.

AUDITORS’ RESPONSIBILITY

Our responsibility is to express an opinion on the summary financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard 810, “Engagements to Report on Summary Financial Statements.”

OPINION

In our opinion, the summary financial statements derived from the audited financial statements of Nose Creek Sports and Recreation Association as at and for the year ended December 31, 2016 are a fair summary of those financial statements, in accordance with the basis described in the Statement of Management Responsibility.

KPMG LLP

KPMG LLP
Chartered Accountants
April 5, 2017
Calgary, Canada

SUMMARY STATEMENT OF FINANCIAL POSITION

As at December 31 (in thousands)

ASSETS	2016	2015
Current assets	\$ 10,592	\$ 10,732
Capital assets	1,274	1,318
	<u>\$ 11,866</u>	<u>\$ 12,050</u>
Liabilities		
Current liabilities	\$ 1,404	\$ 1,390
	<u>\$ 1,404</u>	<u>\$ 1,390</u>
Net Assets		
Unrestricted	\$ 95	\$ 118
Restricted	9,093	9,224
Invested in capital assets	1,274	1,318
	<u>\$ 10,462</u>	<u>\$ 10,660</u>
	<u>\$ 11,866</u>	<u>\$ 12,050</u>

SUMMARY STATEMENT OF CASH FLOWS

Year ended December 31 (in thousands)

CASH FLOWS PROVIDED BY (USED IN)	2016	2015
Operating activities	\$ 54	\$ (676)
Investing activities	204	1,026
Increase (decrease) in cash and cash equivalents	258	350
Cash and cash equivalents, beginning of year	1,408	1,058
Cash and cash equivalents, end of year	<u>\$ 1,666</u>	<u>\$ 1,408</u>
Unrestricted cash	\$ 796	\$ 1,138
Restricted cash	870	270
	<u>\$ 1,666</u>	<u>\$ 1,408</u>

SUMMARY STATEMENT OF OPERATIONS AND FUND BALANCES

Year ended December 31 (in thousands)

REVENUE	2016	2015
Admissions	\$ 4,311	\$ 4,708
Programs and services	2,123	2,222
Facility rentals	1,313	1,286
Sponsorships	1	26
Interest and other	597	833
Tenant lease	253	233
Grants and donations	606	1,221
	<u>\$ 9,204</u>	<u>\$ 10,529</u>
EXPENSE		
Salaries and benefits	\$ 5,591	\$ 5,906
Building operations	1,320	1,315
Administration and general	713	856
Programs and services supplies	265	128
Project costs	99	481
Marketing	103	278
Renovation costs	466	582
Capital maintenance expense	432	179
Loss on disposal of capital assets	76	113
Amortization	264	278
	<u>\$ 9,329</u>	<u>\$ 10,116</u>
Excess (deficiency) of revenue over expense, before other income (losses)	\$ (125)	\$ 413
Change in unrealized gain (loss) on investments	(73)	273
Excess (deficiency) of revenue over expense	<u>\$ (198)</u>	<u>\$ 686</u>
CHANGE IN NET ASSETS		
Balance of net assets, beginning of year	10,660	9,974
Balance of net assets, end of year	<u>\$ 10,462</u>	<u>\$ 10,660</u>

STATEMENT OF MANAGEMENT RESPONSIBILITY

Management is responsible for preparing the accompanying summary financial statements. The basis of presentation adopted is not in conformity with Canadian accounting standards for not-for-profit organizations in that the financial statements do not contain all the disclosures required. The basis of presentation is considered by management to be the most appropriate for the broad communication of financial information to Nose Creek Sports and Recreation Association constituents but readers are cautioned that these statements may not be appropriate for their specific purposes. Complete financial statements have been prepared and will be provided upon request.



THANK YOU FOR SUPPORTING GEN H!

Vivo would like to thank the following sponsors, donors, partners and individuals for their generous support in raising healthier generations in Calgary and beyond. Your support continues to bring Gen H to life. You've chosen to be part of a new generation of all ages that is shifting thinking and inspiring action for us all to live healthier, active lives!



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