

Ripples



Community Foundation
for Kingston & Area

Report to the Community

Issue Number 26, Spring 2010

In this issue

Melo family arranges for fund in memory of their parents to be used in support of pediatric oncology clinic at hospital.



The Youth Advisory Committee (YAC) of CFKA again in action supporting youth-oriented projects.



CFKA supports new exhibition of Grant Macdonald's Kingston portraits. Show runs October 8th through 30th.



Kristen Ritchie

Living Generously

That old adage — better to give than to receive — is true.

On April 20th, I gave a talk at the CFKA's Breakfast Series where I described "helper's high" — an endorphin-like rush that occurs when we help others. I also presented a snapshot of my community, a picture I didn't have until I began researching a book on generosity six years ago. I didn't know about the 6,000 children in my community who go to

school hungry. Thank you breakfast programs! If all the hockey coaches and candy strippers and door-to-door canvassers were paid a minimum wage for their volunteer labour, the annual bill in Canada would exceed \$17 billion.

For my book, *A Year of Living Generously: Dispatches from the Front Lines of Philanthropy*, I decided to dedicate one year to volunteering.

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Poverty Costs Us All!

Last autumn, our Community Foundation's first Vital Signs® Report highlighted several issues with which we must all deal collaboratively if we wish to improve our community's vitality and build a caring, healthy, and culturally rich community in which all can participate and contribute. Vital Signs® reported that about one in five citizens and one in five of our young children live in poverty; the use of food banks and homeless shelters is rising; and increasing numbers of families and singles are on the waiting list

for subsidized housing. It seemed timely to provide more information in this issue on poverty and its related homelessness.

The numbers are troubling: the notion that 20 percent of our children live in poverty brings sadness and shock. Imagine how difficult it is for them to take advantage of learning opportunities in school, how it is almost impossible to realize their full potential, to contribute as fully functioning adults in our society. Added to their personal loss is the enormous loss to our society and

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CFKA & Vital Signs® again in 2010

Community Foundation for Kingston & Area will be publishing Vital Signs® for Kingston & Area again in 2010. We were one of 16 members of Community Foundations of Canada to produce this report in 2009, giving statistical indicators that promote understanding of the situation in many sectors of our community life. Last year's Vital Signs® made use of information from several local agencies and organizations. We believe that the report will have more depth if we invite more collaboration from other organizations in the community, and we have begun with an encouraging meeting on March 26 with representatives of the United Way, the Social Planning Council and Sustainable Kingston.

We will be consulting other organizations as well to discuss how they might participate with us in this venture.

Our initial meeting has already produced ideas about ways we could enhance the contents of Vital Signs®. We are also considering how we could conduct a more useful (but still informal) survey of citizen opinion. To see last year's Vital Signs® for Kingston & Area 2009, go to www.kingstonandareavitalsigns.ca or obtain a paper copy from the Community Foundation office. If you would be interested in volunteering to help produce Vital Signs® for Kingston & Area 2010, email foundation@cfka.org.

Dan Norman

Since 1995, CFKA has awarded 887 Community Grants totaling \$1,640,610 to 392 organizations. In addition, we have administered \$3,111,114.60 in flow-through funds.



Community Foundation for Kingston & Area

Who are we?

The Community Foundation for Kingston & Area (the CFKA or the "Foundation") is a public charitable institution supported and run by citizens of Kingston and the area.

What do we do?

The Foundation encourages individuals and organizations to establish and build permanent endowments and other funds from which worthwhile community projects are then supported.

How do we do it?

The funds from our donors are held in permanent endowments which are invested. The income earned is used to make grants to worthy causes of all kinds whose projects enhance and strengthen the quality of life in Kingston and the area.

Where do I get more information?

Contact the Foundation office at 613 546 9696, see the web site at www.cfka.org, email us at foundation@cfka.org and/or mail us (or drop in) at 165 Ontario Street, Kingston, Ontario K7L 2Y6.

Message from the President



Bernard Clark

This will be the last letter that I will publish in Ripples as the President of the Community Foundation for Kingston & Area. It has been an exciting and rewarding two years. I believe that the Foundation has made significant progress over that period.

We are very pleased that although our endowments were affected by the meltdown of the financial markets in 2008, our performance was markedly better than industry benchmarks.

We are even more pleased that our investments have recovered all, or nearly all, of the prior year's loss in 2009.

Our Endowment Fund went from \$8,358,535 at the start of 2008 to \$9,265,805 at the end of 2009. These results were achieved by a combination of careful application of conservative investment policies, diligent management of expenses and the generation of new income sources.

Other accomplishments over the two years include the following:

- Installing a significantly improved accounting system
- Reworking and significantly upgrading our brand and image
- Managing our way through some significant personnel issues and changes
- Relocating our office space
- Launching the Kingston version of Vital Signs®
- Managing to make available some funds for grants to the community in a period when many Community Foundations were not able to make any grants

The strategy has consolidated our position in Tier 2 of Community Foundations in Canada and positioned us for significant growth over the next five to 10 years. My best wishes to my successors – I feel confident you will achieve these goals; and my thanks to the board and committees for your dedication during my tenure.

Bob Pritchard

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Has It Been A Year Already?

It is hard to believe it is nearly a year since I was appointed Executive Director, allowing me the opportunity to meet many fine volunteers and community workers. The year, brought staff changes. Andria Coward, our Grants Manager, with us since 2006, left in November for a position with the Naval Reserve. Andria was well known to the community for her tireless work with the Grants Review Committee, and will be missed. Vera Kettner, who worked with the Foundation on a few past initiatives, took on the role of Grants Coordinator in

January and we welcome her back.

We also welcomed the turnaround in the financial markets in 2009. Our investment policy is conservative and protects us from “downside” risk, thanks to our Investment Committee’s overall approach. Led by Scott Miller and our investment manager, Marc LeBlanc, our funds returned approximately 14% in 2009, providing us with granting funds this year. Coupled with a \$20,000 contribution from Sunnyside Children’s Foundation, we disbursed \$36,610 in

spring grant money. We received 42 letters of intent for community projects from 38 organizations, requesting over \$1 million for a wide range of projects in Kingston and area. This issue devotes four pages to granting, our core activity.

We need your help to achieve our goal to steadily increase our endowment base, enabling us to more widely impact the community. The Canadian Association of Gift Planners states that 80% of Canadians give to charity in their lifetime and only 7% leave a gift in their will. Asked why

they have not left a gift in their will, a common reply is that “no one asked them.” So I am asking you to help us build a better community by providing for the Community Foundation in your will.

We have moved into the electronic age with our monthly community e-newsletter and a facebook page. Become a fan!! If you are not on our list and would like to receive our e-newsletter, drop me a line at vikram@cfka.org.

Vikram Varma, Executive Director

...Poverty Costs Us All!

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economy; it should not happen in a wealthy, caring country. Fortunately, several initiatives are underway to bring about change.

The Kingston Community Roundtable on Poverty Reduction is committed to reducing the number of residents who live in poverty. The United Way KFL&A published an impressive report last spring “A Community Plan on Housing and Homelessness in Kingston” (www.unitedwaykfla.ca). It stated that “...Poverty has a significant cost for governments. The federal and Ontario government are losing between \$10.4 billion to \$13.1 billion a year due to poverty... In real terms, poverty costs every household in Ontario between \$2,299 and \$2,895 every year... People who are homeless are more likely to access health care services, many of them are also more likely to spend time in correctional facilities. Studies in the U.S.A. and Canada indicate that it is less costly to spend directly on supported social housing. In Canada, it is estimated that the cost of a homeless person is about \$134,000 per person per year, more than it would cost to house a person and provide support...”

The United Way advocates a “Housing First” approach, a strategy being used increasingly in communities in North America. Our Foundation is also playing a role; in recent years, Kingston and area residents have invested generously in endowment funds with the Foundation that have enabled us to provide grants

to myriad organizations devoted to helping those most in need. In addition to early intervention/support programs for underprivileged kids like school breakfasts, literacy programs, and summer camps, examples of CFKA-funded projects more specifically targeted at supporting the homeless include:

Housing:

- Home Base Housing;

Shelter:

- Kingston Youth Shelter
- Ryandale Shelter for the Homeless;

Food:

- St. Vincent de Paul Society
- Good Times Dinner
- Loving Spoonful
- Martha’s Table
- Outreach at St. George’s
- Partners in Mission Food Bank
- Rising Heights Food Program
- Rose and Zal Fund

General Support:

- Boys’ and Girls’ Club
- KAIROS
- Kingston Community Counselling Centre
- Kingston Community Health Centres
- Pathways for Children
- Queen’s Health Outreach

For further information on any of these programs or to contribute to helping us build an increasingly caring community, please contact our office.

Florence Campbell

...Living Generously

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I chose 12 charities and put myself at their service: one month for each charity. Some were far afield: New Orleans, Costa Rica, Senegal. Some were close to home: Kingston’s St. Vincent de Paul Society drop-in; Ongwanada; a First Nations high school in Deseronto. I chronicle all this in a book that reads like a diary. Volunteering can be fun and rewarding. So can writing big cheques: ask Bill Gates.

You can do two things to make a difference: one, look poor people in the eye and chat them up when you drop

that loonie in that cup. What they crave is respect; they get none. Two, pressure politicians at every level to wake up to the plight of our city’s, our country’s, our world’s poor.

Decent housing and food should be fundamental rights in this city and not depend on luck and hit-and-miss philanthropy. We need all these oars in the water: volunteers, philanthropists, government.

Lawrence Scanlan



Children at the Boys and Girls Club.

“It’s All About the Giving Back..”



Courtesy of Melo family

Joe and Maria Melo on their 50th wedding anniversary in 2006.

As mentioned in last fall’s edition of Ripples, the CFKA was pleased to assist in setting up, and then passing on, the “Joe and Maria Melo Fund.” Established in 2006 as a way for friends and family to honour Joe and Maria on their 50th wedding anniversary that year, the Fund grew to \$10,000 by the end of 2009 when it was transferred to the University Hospital Kingston Foundation to take advantage of the 9:1 gearing that contributions to that Foundation presently enjoy. The gift will be used for the new pediatric oncology clinic, as children were a particular passion with Joe and Maria, especially their 11 grandchildren.

Joe and Maria’s story has been told elsewhere, particularly effectively by Jack Chiang in a Whig-Standard article in August 2006 on the occasion of that wedding anniversary. It recounts Joe’s arrival from the Azores in 1954 as a virtually penniless immigrant, his marriage to Maria in 1956 (by proxy, an entirely acceptable practice in those days) when she also immigrated; his setting up of his own cement company in Kingston; then his entry into the downtown food business (the old Azores Restaurant) followed by a link with Harry Rosen and Phil Koven in their Ambassador Hotel out Princess Street (Harry and Phil liked Joe’s food downtown and asked him to

look after the restaurant at their place); his buying out of the Rosens in 1973, and the steady expansion thereafter to its present size; as well as the development of the Four Points Sheraton property downtown in 2000.

Along the way Joe and Maria had four kids, three of whom, Fatima (Rebelo), Elisabeth (Sullivan) and Susan (Freitas) are active in the businesses today.

Fatima and her sisters were drawn to the Community Foundation for the anniversary fund “because it provided so much short and long term flexibility in how the funds could be used. Initially we thought, ‘Mom and Dad don’t need any more gifts.’ What can we do for the anniversary that will do some good in their name and moreover that we can add to over time?” The Community Foundation route was a natural and as it turned out, the flexibility to move the whole fund to the Hospital Foundation at the end of 2009 an unforeseen big advantage. “We decided at that point that the leverage was just too big to ignore. Mom and Dad were both gone (Maria in 2008, Joe in August of last year) and knowing their love of kids, all in all it seemed a good thing to do.

Anyway, it’s all about the giving back, and setting an example for the grandkids too.

We do want to say that throughout all this time, the Community Foundation assisted us in every possible way, and we

The “Joe and Maria Melo Fund” was established in 2006 as a way for friends and family to honour Joe and Maria on their 50th wedding anniversary.

want to thank them for all their help.” This was good to hear and suggests that the family may yet be back to the CFKA to set up other funds. After all, it still continues to be “all about the giving back”, for the next generation of the Melo family as well.

Merv Daub

Wanted: ‘Volunteer’ Volunteer Coordinator

Are you looking for an opportunity to contribute in a meaningful way to your community? Do you understand and value the role of volunteers in charitable organizations? Do you have good organizational and people skills?

If so, we want to hear from you!

We recently completed a survey of our CFKA volunteers as the first step in our volunteer engagement and development program. Our next step is to implement the recommendations arising from this survey. To achieve this, we are seeking an energetic person to take on a leadership role as a Volunteer Coordinator. This is a volunteer position. The ideal person would have volunteer and/or human resource experience. An understanding of effective strategies for recruitment,

orientation and retention of volunteers would be a definite asset.

Wondering if this would be a worthwhile experience for you? Here are testimonials from two CFKA volunteers:

“I have found volunteering to be an entirely happy and rewarding experience. Most importantly, I have made new friends. I have been stimulated intellectually. I have found ways to serve the wider community that are meaningful to me. And I have done all of this while having fun!”

“The CFKA is an organization that goes to the heart of community development in a positive and thoughtful way.”

Melanie Steers

Matchmaking Magic for Donors and Donees

LCVI School Council Chair, Debbie Villeneuve, formulated a project in the fall of 2009 to assist a group of 'at risk' Grade 10 students as they prepared for the Ontario Secondary Student Literacy Test (OSSLT), scheduled for this past April 7th.

When her project application was turned down for funding by another organization, Debbie got in touch with our executive director, Vikram Varma, who, with help from our Grants Committee, was able to match her request with the goals of donor Elisabeth Heney.

The immediate outcome is described by Debbie herself, elsewhere on this page, although her view is that the result of this pioneering effort will be measured by participants in the future, and by what she hopes will be the continuation of the project.

Mrs. Heney, a former Community Foundation board member, started her fund in support of literacy a few years ago. When the economic downturn reduced earnings in recent months, she augmented the fund by adding flow-through dollars, somewhat

serendipitously, just a little prior to Debbie's funding request.

Helping philanthropists fund projects about which they feel passionate is a key platform of Community Foundations: many donors find satisfaction through donor-designated or field of interest funds, and it takes a nominal amount to get started, sometimes as little as \$100, built on over time.

As for her personal motivation in starting her literacy fund, Elisabeth Heney states, "I have always been grateful for the windows on the world and its people that were opened to me through my love for reading and learning. I think that wherever possible the youth of today should be given the opportunity to broaden their understanding of all aspects of life through early-developed skills.

"To this end, Community Foundation granting is an invaluable way to reach those in need of literacy instruction and motivation. It is a pleasure to help out a little in this way."

Eveline Flint

Community Foundation Breakfast Series

Our Foundation Breakfast Series has provided opportunities to connect local and national leaders with members of the community in the Kingston area and to encourage engagement with social issues affecting us all. We are fortunate to live in a community of energetic, committed, socially conscious individuals, many of whom contribute time, energy and resources to enhance the quality of life of our area. We hope our speakers will continue to provide insights into challenges facing communities and options for addressing them.

We have been honored to present Senator Hugh Segal, Dr. Ray Peters, Chancellor David Dodge, General John de Chastelain, and writer Larry Scanlan to the community.

Larry Scanlan, our April 20th speaker, award winning journalist and author,

reports on his talk and recently-published book, on the front page of this issue. he selected 12 different charitable organizations, including a volunteer building project in post-Katrina New Orleans and a women's radio station in West Africa. Larry spent a month with each, confronting some uncomfortable truths about the nature of personal engagement and the societal divide that allows us to look away.

As we go to press, The Right Honorable Paul Martin, Canada's twenty-first Prime Minister, is scheduled to address our Breakfast Series on May 28th at the Holiday Inn. Mr. Martin is currently responsible for an initiative which aims at reducing Aboriginal youth drop-out rates.

He co-founded the Capital for Aboriginal Prosperity and Entrepreneurship Fund, which helps establish and grow successful

LCVI Literacy Project

"The more that you read, the more things you will know. The more you learn the more places you'll go." — Dr. Seuss, I Can Read With My Eyes Shut.

Most of us have read this book over and over again to our children. We have watched their imaginations soar with thoughts of knights, space flight, ballerinas or mermaids in their dreams. We often take for granted that all children experience the simple pleasure of reading, and will pass on the love of reading to their children. As our children enter secondary school, our assumption that they have the necessary literacy skills to become successful, productive adults and lifelong learners is not always the case. A small group of students who lack literacy skills are the focus of The LCVI Literacy Project.

A desire to help these students succeed in completing the Ontario Secondary School Literacy Test (a prerequisite

for a Secondary School Diploma), prompted me to contact the Community Foundation of Kingston & Area to enquire about funding. I was put in touch with a generous angel, Elisabeth Heney. After several discussions about the purpose and methodology of the project, and our mutual love of historical fiction, Elisabeth agreed to fund our project.

Her support enabled us to purchase reading materials, supply each student with a display board to showcase their work, and fund a Parent Information evening. Parents asked questions about the literacy test, received resource materials to help develop skills to assist their children, and learned more about how the Student Success Team is helping the students prepare for the OSSLT. Thank you, Elisabeth! I hope that your love of reading has been passed on to these students through your generosity.

Debbie Villeneuve

Did you know? Volunteering is good for your physical and mental health? Some of the proven benefits of volunteering include: expanding your social network, enhancing personal growth, lowering blood pressure, stress reduction, bolstering the immune system, and prolonging life.

— CFKA Vital Signs® 2009



Courtesy of Paul Martin

Aboriginal businesses. Mr. Martin believes that social-mission driven organizations can apply market-based strategies to achieve a social purpose.

The profit generated is used to further social and environmental goals.

To obtain tickets for future Breakfasts, please contact the CFKA office.

Diane Kelly

Spring Grant Recipients: The following projects have received grants totaling **\$36,610**

Focus on Poverty

In February, the Community Foundation for Kingston & Area called for grant applications for the spring round. This was to be an open round with special attention paid to poverty issues. Several applications responded: the Poverty Challenge for high school students, the lunch program Lunch by George, and programs for literacy.

As always, the grant review committee saw how active Kingstonians are in many areas: an exhibition of Grant MacDonald paintings; new programs for those with

developmental disabilities; and a freezer for the foodbank – an idea of students at St. Lawrence College. Once again, we are shown snapshots of active, concerned, and caring members of our community.

The Sunnyside Children's Foundation joined in the spring grant round, which included a call for projects to enhance the mental health and well-being of children and youth. It was exciting to work with the Sunnyside Foundation again, and to be able to help fund a new daycare centre,

a unique project called Kingston Youth PhotoVoice, and to support three youth attending a camp for the blind.

The grants given this spring are not large, but in all cases they will make a difference.

Around the city, we are seeing wonderful examples of collaborative granting and exciting collaborative projects.

I thank the Grants Review Committee. This group takes time from their busy lives to read, review, and make careful

decisions about every application received by CFKA.

Vera Kettmaker is our new Grants Coordinator. She started at the Community Foundation in January and instantly took on the job of organizing this round of grants. She has done a wonderful job and I thank her for everything

Marilyn Banting

Arts & Culture



Grant Macdonald Community Portraits Committee: Grant Macdonald Exhibition
Tragically Hip Community Fund

\$1,650. During the 1950s, '60s, and 70s, an artist of genius, Grant Macdonald, painted the portraits of Kingston families, their wives, husbands, and children. Many of these paintings still hang in the homes of the Kingstonians who commissioned them. The exhibition will enable the community at large to view these paintings for the first time. A DVD with more than 70 portraits will be on sale at the exhibition, and a copy will be donated to the Kingston Arts Council as a permanent record.

Did you know? The Kingston Association of Museums includes 22 museums and historic sites and three art galleries. According to a recent survey with reports from 15 sites (including all but one of the largest sites) these museums received 240,000 visits in 2008.

– CFKA Vital Signs® 2009

Education & Literacy



Kingston Literacy: RAPP for School Readiness
Whig-Standard Literacy Fund, Community Fund

\$1,600. Kingston Literacy & Skills' Reading and Parents program (RAPP) will be provided to parents in Better Beginnings for Kingston Children's school readiness program, to help promote and encourage the development of reading, especially in high-risk areas. By providing families with kits, including quality children's books, craft activities, language and reading tips and pencil and paper activities, the organizers hope to engage parents in their role as their children's first and most important teacher.

Limestone Learning Foundation: Nanny's Nook
Community Fund, Cameron and Laurie Thompson Fund

\$1,500. A comfortable reading nook will be created at Bayridge PS where a team of parent volunteers (the "Nanny's"), will read leveled reading resources to and with the primary students (140 students K-Gr. 3). This project is an extension to the very successful Bayridge take-home, parent-assisted reading program "Pawing to Read." This reading experience will help with reading self-confidence in the students.

Environment



Kingston Field Naturalists: Owl Woods Management Plan
Barton Environmental Fund, Tragically Hip Community Fund, Cameron and Laurie Thompson Fund, Chown Fund

\$2,500. Increasing human use of and impact on Owl Woods on Amherst Island, an internationally recognized Important Bird Area, is creating disturbance to roosting owls and their habitat. An experienced environmental planner will be hired to consult stakeholders and write a management plan, to address the threats to owls and their habitat. A management plan based on input and ideas from all the stakeholders and land-owners, will provide an agreed-upon direction and guidance to manage the site and find solutions to problems. The local community will benefit from sustainable contact with nature that Owl Woods can uniquely provide.

Did you know? By 2007, 99% of households in Kingston Census Metropolitan Area, had access to the recycling program. Of those households with access, 100% participated.

– CFKA Vital Signs® 2009

Health & Social Services



Outreach St. George's Kingston: Lunch By George
Tragically Hip Community Fund, Richard Moorehouse Fund

\$1,000. OSKG runs a daily morning drop-in program, opening at 9am with coffee and cookies, serving soup at 10am and a hot nutritious meal at 11am. They are often dealing with up to 50 of downtown Kingston's most disadvantaged citizens, who have nowhere to go, and few resources for good food. In the summer, the number of clients served increases considerably as other food providers close. The grant will help to pay for a summer relief coordinator as well as extra food.

Kingston Community Roundtable on Poverty Reduction: The Poverty Challenge
Community Fund

\$1,500. The Kingston Community Roundtable on Poverty Reduction's Poverty Challenge asks local high school students to test their assumptions about poverty and experience what it's like to be poor. This annual one-day event builds empathy, understanding and encourages Kingston youth to develop proactive solutions to poverty. The event was very successful again this year, and the organizers will use this grant to develop

Focus on Grants

a manual that can be shared with other communities who would like to hold their own Poverty Challenges.

Almost Home: Linen Upgrade
Tragically Hip Community Fund,
Richard Moorehouse Fund

\$1,500. Almost Home is a charitable organization that provides temporary shelter to families whose children are receiving medical treatment in Kingston area hospitals. The home has 11 family rooms varying in size from two-person rooms to rooms that can accommodate larger families of 6 or 7. For the comfort of the families and some of the patients, Almost Home provides all the linens for the duration of their stay. Their linen inventory has slowly depleted and the grant will help to replenish it. Almost Home is committed to maintaining the highest standards for their families and hospital partners.

SIFE SLC: Partners on ICE
Richard Moorehouse Fund,
Community Fund

\$2,500. SIFE SLC, a group of motivated students at St. Lawrence College, will aid in the building of a 12'x20' walk-in freezer for the Partners in Mission Foodbank (PIMF) to help them transition through an industry shift towards frozen food. As our PIMF is a hub in the Ontario food bank system, a freezer would allow PIMF to accept frozen donations from the commercial market, and redistribute them to other food banks in the network, or to distribute frozen food to Kingstonians, through PIMF's hamper program, Kingston's meal programs, or in-school meal programs like breakfast clubs. This added capacity to receive helps meet the demand of PIMF's requests.

New Leaf Link: NeLL: A Special Initiative for Special Adults
Marion Meyer Opportunity Fund

\$1,500. New Leaf Link (NeLL) offers adults with developmental disabilities opportunities for further learning, volunteering, and working within a new non-profit organization in South Frontenac Township. NeLL's community development project pairs artists, retired teachers, personal trainers, and professionals versed in adaptive technologies with disabled adults to build on individual interests and support entrepreneurial activities.

These activities in turn promote the health and wellbeing of disabled individuals while also building a sustainable environment for community inclusion. This grant will support one of NeLL's programs that provide art education in a variety of mediums that will eventually yield marketable products.

Recreation



Southern Frontenac Community Services Corporation:
Richard Moorehouse Fund

\$1,500. A Day Away Program for Seniors Southern Frontenac Community Services, with support from the South East Local Health Integration Network and the Community Foundation for Kingston & Area, is creating an enhanced day away respite program for seniors. This new program will complement the current program and provide more one-on-one, enhanced care for seniors. The current day away program for the more ambulatory seniors is relocating to the recently acquired and refurbished Harrowsmith Centre and the equipment purchased with this grant will ensure that seniors will receive appropriate and exciting new activities.

Did you know? The City of Kingston's 2009 budget for cultural activities was \$1.9 million. Of this, \$500,000 was distributed in grants to arts organizations and events through the Kingston Arts Council.
– CFKA Vital Signs® 2009

Did you know? The proportion of the population under 15 in Kingston in 2006 was 16.1% compared to 17.7% nationally and 18.2% provincially.
– CFKA Vital Signs® 2009

Youth



Kingston Family YMCA: Arbour Heights Child Care Centre
Sunnyside Children's Foundation

\$3,000. The Kingston Family YMCA is partnering with Belmont Long-term Care to operate a licensed child care centre within Belmont's new long-term care facility, Arbour Heights. The centre will provide care for ten toddlers (18 mo -2.5 yrs) and 16 preschool children (2.5-5 yrs.) The location of this centre will allow for multi-generational programming which will be a positive experience for the residents and children.

Agnes Etherington Art Centre: Art Connect Kingston
Community Fund)

\$1,280. Art Connect Kingston is an arts outreach project that will enable more children to participate in professionally-designed art education programs at the Agnes Etherington Art Centre, through subsidized class visits. Students in grades one to eight will expand their visual literacy and creativity through discussion of original works of art and an art-making project.

HIV/AIDS Regional Services: Kingston Youth PhotoVoice
Sunnyside Children's Foundation

\$5,705. Someone gives you a camera. You are asked to take photos about your experiences of being young. What kind of pictures would you take? The Youth PhotoVoice Project provides ten lesbian, gay, bisexual, transgendered and queer (LGBTQ) youth in Kingston with the opportunity to explore their lives through photography. During a series of workshops the young people receive training in basic photography and meet to discuss the meaning of the pictures they have taken. A public exhibit of their photographs highlights their artistic accomplishments and gives voice to their experiences of being an LGBTQ youth in a smaller urban centre.

Limestone Learning Foundation: The Art of Yoga
Sunnyside Children's Foundation

\$2,800. The Art of Yoga project at "Streetsmart" (the KCVI Community Education Centre – an alternative high school in downtown Kingston) will incorporate rigorous physical exercise, character development tools, artistic expression, and health education to heal, rehabilitate, and empower youth at extreme risk. Each weekly 2-hour session will begin with a strengthening yoga practice and transition into an art experience and discussion as students work with teachers trained in this approach, a yoga instructor, and community artists.

Limestone Learning Foundation: Train your Body — Train your Brain
Community Fund

\$2,800. Using personal heart-monitors purchased with this grant, Gr 6/7 students at JR Henderson PS will track their individual fitness performance and improvement on a daily basis following an exercise session first thing each morning. By following their personal progress by logging their own heart rates following physical activity over time, students are more enthusiastically engaged in the fitness activities. The activity and monitoring will take place immediately before a mathematics class and students will also be observed for improved attention and focus in learning, a positive outcome that has been observed in recent research.

Canadian National Institute for the Blind: CNIB Kids to Camp
Sunnyside Children's Foundation

\$4,275. The CNIB Lake Joseph Centre (Lake Joe) is the only camp of its kind in Ontario. Currently in its 49th year of operation, Lake Joe provides a unique blend of recreation and rehabilitation for people who are blind or partially sighted. Situated on 12.5 acres on Lake Joseph in the magnificent Muskokas, Lake Joe offers a safe, inclusive environment in which young people can develop increased self esteem, self respect, self confidence and daily living skills through participation in recreational and social activities. This grant provides this opportunity for three young people from the Kingston area.

Grant Macdonald's Kingston Portraits, 1950-1980

During the decades following World War Two, an artist of rare talent lived in Kingston. His name was Grant Macdonald, and he painted the portraits of many Kingston families, wives, husbands, sons and daughters. His work is remarkable for its humour, insight, and compassion. Many of Grant's paintings still hang in the homes of Kingstonians who commissioned them.

Grant Macdonald had previously made a name for himself painting London, Broadway, and Hollywood stars of stage and screen. When war broke out, he became an official war artist, working aboard ship with the Royal Canadian Navy.

"Grant Macdonald's paintings still hang in the homes of Kingstonians who commissioned them."

An exhibition of his theatre and movie portraits was held at the Agnes Etherington Art Centre in 2006, after a previous showing of his war paintings at the Marine Museum.



Grant Macdonald's portrait of Lou West.

But his wonderful Kingston family portraits have never been seen by the public. Thanks to the generous support of the Community Foundation, that's about to change, with a new exhibition planned for October of this year, at the Marine Museum of the Great Lakes.

Owners have greeted the idea of an exhibition with unqualified enthusiasm, and over 70 Grant Macdonald portraits have been located. The Marine Museum and the Agnes Etherington Art Centre have also become whole-heartedly involved, and the latter have offered their curatorial services in the mounting of the show, assuring a high degree of professionalism. We hope many Kingstonians will take the opportunity of viewing the exhibition during its three-week run at the Marine Museum, opening October 8th, closing October 30th.

We're reminded by Committee member, John Wilson, that donations to support this project are welcomed: cheques should be made out to Community Foundation for Kingston & Area (re Grant Macdonald Exhibition).

Vera Kettner



Grant Macdonald's portrait of Lyman Morse.

Mapping CFKA's Grant Selection Process

A group of 4th year Commerce students from Queen's University, Alexandra Pattee, Jennifer Wittig, and Megan Wallingford, began working with the CFKA this spring after meeting Vikram Varma as a guest speaker in their Social Innovation class. Working with Kiran Manjunath, Queen's MBA student, they sought to further his existing work on mapping CFKA's grant selection process by evaluating the potential for implementing evaluation measures.

The area of evaluation and the use of quantitative metrics in the operations of a granting foundation is a new and innovative area in this sector. The team performed extensive research to understand how evaluative measures are currently being implemented by leading North American Foundations.

By examining several different methods and determining common industry practices, it was clear that while there is no straightforward means of implementing evaluative measures into a Foundation's granting process, it is an important and necessary area to begin adopting.

While the social sector and organizations that the CFKA works with are dealing with inherently complex social issues, this industry-wide movement towards evaluation is a critical and inevitable progression.

The team used this knowledge to analyze the ways in which evaluative measures could be implemented into the CFKA's existing granting process. They determined that at this preliminary stage, several tools and practices are necessary to build a strong base on which to further develop processes in the future. Creating three excel-based evaluations models to accompany their analysis and recommendations, the team presented their findings at the Board of Directors Meeting in March. The members and team engaged in a well-rounded discussion about the merits and feasibility of implementing evaluative measures. Ultimately, it was agreed that while the mechanics of implementation is intricate and complex, in order to remain on the forefront of sector-level changes, the CFKA should begin examining ways in which to move towards a more evaluative granting process.



Melissa Hague speaks to the students at Holy Cross Catholic Secondary School on how her life was changed forever by a car crash at age 12.

Teens Taking Risks — the Smart Way!

Twelve hundred students at Holy Cross Catholic Secondary School attended an April 13th, one-hour multi-media presentation on smart risk-taking and injury prevention that included an interactive session with an injury survivor. Melissa Hague connected to the students with a personal account of how her life was changed forever by a car crash. A drunk driver killed her mother and left her a paraplegic at age 12. She candidly answered many questions.

The fast-paced video portion of the show featured such well-known Canadians as George Stroumboulopoulos, Justin Trudeau, and Olympic snowboarder, Maëlle Ricker, as well as moving accounts by teenage injury survivors. Attending teens were also presented with positive principles of smart risk-taking in sports, work, and on the road. As they filed out of the gym, even the hard-to-

impress 11th graders could be overheard discussing what they just had seen, a real tribute to the show's effectiveness.

"This type of presentation appeals to teens because it doesn't preach to them, but speaks to them in their own language and encourages responsible risk-taking by asking them to define their Stupid Line," said Annette Simonian, Project Coordinator with Kingston: Partners for a Safe Community, the organization that brought the SMARTRISK No Regrets Live presentation to Kingston with the help of a CFKA grant. "More youth die due to injuries than all other causes of death combined," she continued, "We are grateful for the support of the Community Foundation in our efforts to eliminate needless death and injury in local youth."

Vera Kettmaker

Easter Seals: One Day Makes A Difference

The 27th Annual Easter Seals Telethon, in support of children with physical disabilities, held Sunday, March 14th, from 10 a.m. to 4 p.m., was broadcast from the studios of CKWS Television and the K-Rock Centre by CKWS and TVCogeco.

The show featured local Easter Seals kids and families, whose inspiring stories captured the attention of viewers. Local media celebrities helped to recognize the community's generous support; there were six short hours to raise critical funds and bring greater awareness to challenges for children and youth with physical disabilities, and their families. The event was a huge success raising \$304,000! Easter Seals continues to fundraise to meet a \$6,000 shortfall in the 2010 goal.

Easter Seals Ontario provides funding for costly mobility equipment such as wheelchairs, walkers, braces, and communication devices. As children grow, and equipment must be replaced, costs can range between \$10,000 and \$40,000 a year. In 2009, 49% of families who requested financial assistance from Easter Seals Ontario, self-reported total annual household income of under \$40,000. Easter Seals owns and operates two fully accessible camp properties and is recognized as a leader in providing specialized recreation programs for kids with physical disabilities. Thank you to all those who supported this year's campaign (including Vikram Varma of the Community Foundation)! We couldn't have done it without you. For more information or to donate visit www.easterseals.org.

Megan Coughlin



Courtesy of Tong family

Remembering Bianca

We remember with fondness the contributions to our Youth Group in its formative years of Bianca Tong, who died recently in a car accident in Australia, where she entered graduate studies after receiving a degree at Queen's. She was a member of Engineers without

Borders, and had worked and traveled internationally, particularly in the Far East. Thanks to her brother, Bryant, for providing the photo — our thoughts are with Bianca's parents and all her family and friends.



SIFE student at a Fundraiser.

Partners on Ice

St. Lawrence College's Students In Free Enterprise (SIFE SLC), have extended their leadership skills to the community, assisting Partner's In Mission Food Bank (PIMF) to identify walk-in freezer needs as the food industry shifts from fresh to frozen food products.

In conjunction with Partner's In Mission, the students are seeking community resources from concrete, to condenser units, to financial donations. St. Lawrence College students have stepped up to the plate by donating spare change and canned food.

The new walk-in freezer, built alongside the current cooler unit, will allow PIMF to carry 48,000 lbs of frozen food per month, enhancing their ability to continue feeding individuals and an anticipated future-needs growth of 18% per annum. SIFE SLC is also considering off-setting energy costs; Energy System and Electrical Technology students will conduct energy audits to identify needed off-set improvements.

Adam Cyr

YAC is Back

The newest Youth Advisory Committee (YAC) is happy to make an announce: "YAC is back!" YAC is a group of young people, organized through the Community Foundation, dedicated to supporting youth-oriented projects in Kingston and area through grant-making, community leadership and fund development.

Meet Kickstart!, YAC's Latest Activity

This spring, YAC re-introduced Kickstart!, a mini-grants competition which supports elementary school

projects that build relationships between the schools and community. All Kingston area elementary school classes were invited to submit project proposals.

Looking ahead to the warm weather, this round of applicants focused on the outdoors and the environment. YAC awarded grants to three projects: Bayridge Public School's "Compost Program" and their "Three Sisters' Garden Project" and Joyceville Public School's "Acorn Tree Project." YAC will implement another Kickstart! competition in the fall; elementary classes are encouraged to begin brainstorming for the next round.

Join YAC and Make a Difference

If you or someone you know might like to help YAC with its community work, please contact the Foundation. All young people between the ages of 14 to 22 are welcome to join. Current members come from high school and college, from all parts of Canada and have many different interests and majors – but what unites us is a passion for supporting youth in our Kingston and area community. As one college member explained, "YAC provides you with a very different perspective of your community. You get to understand the unique challenges faced by the members of the community and work with them in order to benefit all. YAC is an affirmation that it only takes a few people to make a big difference."

Jennifer Strychasz



Kindergarten students at Bayridge ponder their garden project.



Bayridge students involved in the compost project.



YAC members present a cheque to Bayridge school.

The Foundations of Sustaining the Kingston Community

The Community Foundation for Kingston & Area has a vision: “A vibrant community where everyone has the opportunity to take part in building a caring, healthy and culturally rich community.” In October 2009, to better identify areas of need and determine more appropriate strategies for serving the community, the Foundation presented its Vital Signs® report on the health and vitality of the Kingston Community. Attention was directed to areas ranging from the economy and the environment, through housing and social indicators, to health and wellness, and the arts and culture. The central premise was that the Foundation is committed to enhancing the economic, social, and cultural fabric of our community.

Vital Signs® is but one of several current initiatives seeking to ensure Kingston’s future vitality. In 2010, the City’s Official Plan came into force and a central element was its vision for a sustainable Kingston looking forward to the “horizon year” of 2026. Its “primary objective is to help citizens and business owners learn more about the critical elements of sustainability thereby transforming Kingston into one of the foremost sustainable cities on the continent.” Certainly, Kingston isn’t alone in this strategy. The Organization of Economic Cooperation and Development recently urged all nations to embrace “green sustainability” and transform their cities

“into global points of innovation for green growth and sustainability.”

So what’s all this buzz about sustainability? Clearly, for many, the principal issue is ecological, with a concern for better management of resources, and, as mentioned particularly in the Kingston OP, “climate change.” But it’s more than that. Increasingly, cities, regions, and nation-states around the world are looking for a sustainable Quality of Life and Quality of Place. That is, the development of places that are sensitive to their ecological fabric, economically innovative, diverse and socially inclusive, and appreciative of past heritage and new cultural initiatives. To this end, “Sustainable Kingston: An Integrated Community Sustainable Plan” (ICSP) has identified a four-pillar approach: environmental responsibility; economic health; social equity; and cultural vitality.

Perhaps the term “pillars” gives the wrong message, implying four monolithic support structures when the real objective is equally powerful forces of synergy flowing out of the symbiotic interactions of these principles. Consider the focus of the ‘Cultural’ Pillar. Culture is a system of beliefs, values, and attitudes, cultivated to instill human practices that seek to ensure sensitivity to nature, economic priorities, and social practices. Similarly, the existential role of art, culture, and

heritage has long been to bring beauty into daily lives. But it also nurtures individual and community identity and social cohesion, and contributes to the creation of “social capital.” Where this is strong, communities exhibit high rates of volunteerism and citizen involvement as well as greater inclusion of all sectors of society in the social and cultural landscape. A community that is rich in social capital brings a wealth

The essence of the four-pillar approach is that each pillar must not stand alone; all pillars must benefit from the strength of the others; and to do this, they must be bound together by a shared vision of what it is they are supporting. Together, the four pillars should promote a community that is environmentally sustainable, economically successful, people oriented, culturally vibrant, and aware of its heritage as it moves into its future.



Four Pillars of Sustainability.

of intelligence, sensitivity, and wisdom to the values required to underpin appropriate ecological, economic, and social strategies. Such creative, vibrant, and resilient places are attractive to investors in industry, business, and tourism in the emerging “New Economy” and thus create employment opportunities, expand the tax-base, and generally add real wealth of the community.

Release of the first Vital Signs® report, as well as its stated vision and mission, demonstrates that the Community Foundation has a part to play in sustainability initiatives.

Brian Osborne

Editor’s Note: This theme was part of a presentation by Brian Osborne, Queen’s RAQonteur Series, Memorial Hall, 30 March: “Sustaining Kingston: Old Paths, New Directions.”

Kingston Community Cultural Policy Plan: An Overview

In July 2009, the City of Kingston began work on a Community Cultural Policy Plan to be used as a tool to help shape Kingston’s cultural development over the next 10 years. Crucial to its success is the need to build on the City’s many existing strengths as well as its long and lively history of activity. It was recognized that the plan must be shaped through a process of public collaboration, so that the final product reflects a shared set of needs, aspirations and values that will help Kingston thrive.

The main purpose of the Kingston Community Cultural Policy Plan (KCCPP) is to foster cultural vitality based on a set of strategic directions

and ‘big moves’ that are authentic to Kingston, that will engage the whole community as well as visitors to the area. As a framework, it will be used to set policy, guide investment, direct resources, establish partnerships and develop programming. Through the Cultural Services Department, the KCCPP will provide a map to guide the City by prioritizing short term actions as well as longer term recommendations.

Beginning in September 2009, City staff, along with a team of specialists from the Canadian Urban Institute (www.canurb.com), worked in collaboration with the community through a three-stage process of

consultation. Each stage involved a series of public workshops, focus groups and targeted meetings designed to help shape the KCCPP. Stage 1 focused on discovering what makes Kingston unique and defining the principles, strategic directions and actions needed to support cultural vitality. Stage 2 was about creating a sense of consensus around these ideas to generate support, enthusiasm and buy-in. The focus of Stage 3 was to present the KCCPP, along with an implementation plan, to excite the Kingston community and to win the support and approval of City Council. For more information on the KCCPP visit www.cityofkingston.ca/culturalmasterplan.

With the initial phase of work complete, the intention is that the City, through the Cultural Services department, will now have a plan in place that helps to support and grow the incredible range that Kingston offers from a cultural perspective. The result will be to support economic development, the integration of culture as a key element of planning and decision-making and to continue building a community where people want to live, work, play and create, and to display this to the world!

Colin Wiginton



Bernard Clark

Padre Lavery Achievement Award
Gini (Regina) Rosen, our editor, was given the Padre Lavery Achievement Award from the Kingston Branch of the Queen's University Alumni Association on May 13, 2010, for "volunteering energy, enthusiasm and financial support to Queen's University, the arts and the greater Kingston community."

Boys & Girls Club

The Boys and Girls Club recently hosted a wine-tasting and comedy night: Giggles & Grapes. This fundraiser has helped the club to substantially increase the amount invested in their endowment fund (managed by CFKA), thus yielding significant annual returns to help support their vital programs and services for hundreds of children in the region. It will enhance their ability to fulfill its mandate that all children are welcome to participate, regardless of their means. The Supper Program, for example, feeds up to 125 needy kids every night – an investment in kids now which will result in a stronger community in the future.

Update on Charities Law

Mary-Alice Thompson and Greg Fisher will present a workshop on significant changes in the law as they affect charities. The seminar will update you on the latest in changes, including: the New Canada Not-for-Profit Corporations Law; the Ontario Good Governance Act; the Charities Account Act, Charitable Gifts Act; Accumulations Act and Religious Organizations Lands Act; 2010 Federal Budget Changes to Disbursement Quotas. To be held Tuesday, June 22nd, 6:00 to 9:00 p.m., in the Wilson Room, Kingston Public Library. To register, please call CFKA.

Dan Norman Retires

After eight years of service on the CFKA Board of Directors as a member, vice-president, and past-president, Dan Norman ends his term of office. During his latest role, Dan continued to work at a new and exciting project: Vital Signs®, for which he is offering his continued support. At CFKA there are no farewells, just an ongoing commitment.

Proposed Nominees for CFKA Board:

The following people have agreed to let their names stand for election at our June AGM:

Larry Aitken:

Brigadier-General (Ret'd), former Canadian Forces Base Kingston Commander (2004-2006) including at the time of the Community Foundation's successful "Across the Causeway" concert. During his illustrious career in the military, he has been actively involved in community fund raising activities, and was awarded the United Way Leadership Award.

Tina Dacin:

Professor in Queen's School of Business, who holds the E. Marie Shantz Professor of Strategy and Organizational Behaviour, and is the Director of the Centre for Responsible Leadership. With a long academic career she has also been active in the community, having advised and given addresses to many business organizations as well as public sector organizations and non-profits.

Peter Hartel:

An active volunteer in his hometown for the past 20 years, he has been involved with many organizations including Junior Achievement, Chamber of Commerce, the Catarqui Rotary Club. He has held Board positions with Kingston General Hospital, KGH Foundation (Chair), and Hospice Kingston. He currently serves as Director of Finance for Kingston Yacht Club, and as a Trustee for The Davies Charitable Foundation.

Rod White:

As a retailer of windsurfing, sailing, canoeing and outdoor clothing, he was involved in bringing the sport of Windsurfing to Kingston in the 1970's and was instrumental in hosting the Canadian and World Windsurfer Championships in Kingston in 1982/83. Rod has served on the Chances for Children's Board at Hotel Dieu Hospital, which helps underprivileged families with financial assistance to make their homes more accessible for their physically challenged children.

Did you know? In 2006, the child poverty rate in Kingston Census Metropolitan Area, based on The Low Income Measure, was 21.0%, down from 23.0% in 2001.

– CFKA Vital Signs® 2009

Did you know? A Giving and Volunteering survey found that the average annual amount of money donated by Ontarians was \$501.

– CFKA Vital Signs® 2009







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For further information on any of the topics dealt with in this issue of *Ripples*, please call the CFKA office, 613.546.9696 or E-mail: foundation@cfka.org