



Community Foundation
for Kingston & Area

Ripples

Your community makes you
and you make your community!

Issue Number 39, Spring 2017

Our Gift to Our Community for Canada's 150th Birthday from the Board and Staff of the Foundation



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A Win, Win, Win, Win...

80,000 new dollars for Kingston charities to mark 150 years of Confederation.

Once again the Community Foundation for Kingston & Area has made the connection. The result: new money to local charities for exciting and innovative projects that will mark the 150th anniversary of Canada's Confederation. By accessing the Community Foundations of Canada's Community Fund for Canada's 150th and obtaining a matching contribution from the City of Kingston, CFKA has been able to bring new resources into our community, Canada's first capital. Our successful applicants' projects will "foster a greater sense of belonging, support meaningful reconciliation and leave a lasting legacy now and for future generations."



Canada

The Community Fund for Canada's 150th is a collaborative effort seeded by the Government of Canada and extraordinary leaders from coast to coast to coast, and matched and delivered locally by the Community Foundation for Kingston & Area in partnership with the City of Kingston.

Cantabile Choirs of Kingston, Cantabile Celebrates Canada **JUNE 27, 7:30 PM**

\$2,000. The Cantabile Choirs will host Quebecois folk group, Le Bon Débarras, at Sydenham Street United Church: *Good Cheer*.
cantabilechoirs.ca/concerts

Friends of Kingston Inner Harbour, Celebration of the Arts **AUGUST, 2017**

\$3,930. A participatory event, the Celebration of the Arts will be the grand finale for Kingston's ON THE WALL street art festival.

Wheelchair Rally on the New K&P Trail
\$245. A wheelchair rally will celebrate the opening of the new accessible K&P Trail to Kingston's downtown.
www.friendsofinnerharbour.com

Kingston Artists' Association, From Here and Beyond

\$10,000. "From Here and Beyond: Stories of Katarokwi/Kingston" will further reconciliation efforts and celebrate the Haudenosaunee and Anishinaabe as the First Peoples' on the land where Kingston, Canada's first capital, is located.

Kingston Canadian Film Festival, ENCORE

\$6,480. Five Canadian films celebrating National Film Day (completed).

Kingston Community Health Centres, Celebrate Canada's 150th by Bringing the Past to Life **JULY 26 & AUGUST 30, 2:30 – 5:30 PM**

\$4,725. Community Harvest Market with historical costumes, music, food, and activities at St. Matthews United Church.
www.communityharvestkingston.com

Kingston Symphony Association, Before the Downbeat **OCTOBER 22, 2:30 PM**

\$7,000. The Kingston Symphony's *Before the Downbeat* program will provide opportunities for youth to discover classical music written by Canadian composers as performed in Canadian Seasons at The Isabel - Canadian Seasons.

Kingston WritersFest, Canada's 150 Best Books

\$10,680. Kingston WritersFest will invite all Canadians to participate in a national online survey to nominate Canada's best 150 books, and ultimately, Canada's 10 best books.
www.kingstonwritersfest.ca/150

Loving Spoonful, Cook, Camera, Action **MAY – DECEMBER, 2017**

\$11,880. Indigenous and non-Indigenous youth will practice reconciliation through sharing food, learning food skills, and filmmaking to celebrate Canada's 150th.
www.lovingspoonful.org/community-kitchen

Military Communications and Electronics Museum, Canada Day 150 Concert **JULY 1, 2:00 PM**

\$4,800. To provide an air conditioned, safe venue for concert goers who cannot participate in an outdoor venue activity with a focus on military-related music from the last 150 years. Held at the Military Communications and Electronics Museum Canada.
www.c-and-e-museum.org

Museum of Healthcare at Kingston, Quarantine Tent **JULY 1, 10 AM – 6 PM**

\$3,260. "The Quarantine Tent" will come to Kingston for Canada Day to

explain the evolution of the practice of immunization since the time of Confederation in City Park.
www.museumofhealthcare.ca

St. Mark's Lutheran Church, Faith Communities Celebrate 150 Years

\$3,000. The Faith Communities of Kingston and Area will celebrate their collective historic impact on the social fabric of Kingston and Area in the fields of education, health care, and social programming.

YMCA, Youth Expression of Canada at 150

\$12,000. Youth from all cultural backgrounds will be invited to submit an art project (visual, dance, spoken word, multi-media, etc.) to express "Why I value and appreciate Canada" followed by a group dialogue about Canada's future. Deadlines and events TBA.
www.kingston.ymca.ca

FOLLOW CITY OF KINGSTON

JUNE 29- JULY 2

For an up-to-date calendar of Canada 150 events.
www.cityofkingston.ca/explore/sesquicentennial/events

Downtown Events

www.downtownkingston.ca

Since 1995, the Foundation has granted over \$ 10 million, including more than \$2 million to over 320 local charities through our Community Grants program

Grants

Projects Funded through the Community Grant Program Fall 2016

Arts & Culture

Cantabile Choirs, Projectors for Rehearsal Room \$3,293 New equipment will allow for projection of scores, reading exercises and video clips to assist choristers in learning fundamentals, developing ear and literacy, and improving sight-reading and score study.

Fairmount Home, History of Expression \$7,400 An integrated arts program to honour Canada's 150th, residents will make hand drums, learn about aboriginal culture, engage in storytelling, theatre games, mime and props, learn seated dances and join in song.

Kingston School of Art, Community Studio \$2,698 Provides a shared space for artists during non-class times to pursue creative interests, interact and learn from each other, and form community, facilitated through the provision of storage facilities.

Melos Music Society, Baroque Idol Expanded \$3,485 Local singers perform for audience and judges, competing for cash prizes. New this year: "Baroque Masters" for adults 40+. A workshop is offered to finalists to receive coaching by Early Music specialists.

Modern Fuel Artist-Run Centre \$5,976 Digital Mapping and the Politics of Place engages the arts community and public through workshops, talks and walking tours that explore intersecting issues of race, geography and marginalization.

Children's Mental Health

Youth Diversion, Addiction Literacy Program \$25,328 Introducing students in grades 6, 7 and 8 to addictions literacy, this six week early intervention program focuses on building resiliency and increasing understanding of the impacts of drugs and alcohol.

Community Development

H'art Centre of Smiles, Seeing The Music \$4,000 H'art Centre supports a choir of up to 30 youth, adults and seniors who are blind or partially sighted, under professional guidance. Twice-weekly rehearsals culminate in 3 performances.

Music Mates Inc., Dalcroze Music for DSAK \$4,890 Dalcroze Eurythmics has the unique ability to access innate tendencies of individuals with special needs by building on their abilities in a natural, non-threatening setting, developing coordination through musical experiences.

Education & Literacy

K3C Counselling Centres, Youth Financial Literacy \$15,353 Offering youth ages 15-24 free budgeting and money management workshops, including living within means, managing student loan debt, credit cards, and planning for larger purchases.

Spelling Bee of Canada (Kingston Chapter) \$1,197 A local competition for students aged 6 to 14 with trophies and cash prizes. Students will meet other enthusiasts, participate in mock spelling bees, learn tips and tricks, and develop confidence in public speaking.

Environment

Cycle Kingston, Inc., Signs for Safe Cycling Circuits \$3,172 Cycle Kingston will design and produce small, portable banners to identify stations of its Safe Cycling Circuits, show participants how to proceed through the course, and emphasize the skills being learned.

...con't on page 5

From the President



It is hard to believe that this is the last opportunity I will have as President to address you from this privileged position; the time has passed quickly.

During my time on the Board of the Foundation friends, and associates have often said to me that "you must have to have a lot of money" to be involved with the Foundation. It seems to be a common misperception. Like many of the charities we support with grants, the Board relies upon its member's time and talent, and as much treasure as is within their means.

It is wonderful to benefit from large generous donations and bequests, but, for example, the \$1000 a Giving Circle member contributes is enormously important to the Foundation, too. That can be achieved with a monthly sustaining donation of \$84, probably less than dinner for two at a local restaurant, or a year's daily Starbucks lattes.

The Foundation's *Smart & Caring Community Fund* initiative marks the 150th anniversary of Canada's Confederation in 2017. The project is designed to provide 150 community builders an opportunity to make a gift which will make a "forever" difference to our communities. **Be one of the 150!** You will find the details elsewhere on page 4.

What else is in the future for the Foundation? Look for the next *Vital Signs*[®] community report Tuesday, October 3: this year it will focus on the seniors in our communities and how they are adjusting and coping with advancing age, changed economic circumstances, and the inevitable. You will also see some evidence of the Foundation undergoing a review of its Strategic Plan. Watch for opportunities to share your input to help your community foundation establish its future direction.

It has been my privilege and pleasure to serve the Foundation in this role. I thank my colleagues on the Board for their efforts to strengthen community well-being.

Michael Bell

The Foundation Supports Truth & Reconciliation



Talking Circle Participants Connecting.

As a major focus of Canada's Sesquicentennial, Community Foundations of Canada and member foundations across the country are working with Indigenous organizations and philanthropic partners to create meaningful relationships between Indigenous and non-Indigenous groups, and to support and undertake recommendations made by the Truth and Reconciliation Commission. The Foundation is doing its part, and is proud to have a history of granting in this area.

As reported in the Foundation's *Vital Signs*[®] publication of September 2015, a Kingston Cultural Services study found that the Indigenous population in the Kingston area is estimated at over 7,000 and that this population, especially the youth component, is the fastest growing group in Kingston.

Last year, the Foundation awarded several Community Grants to projects addressing Indigenous issues, including: Kingston Indigenous Language Nest, a grassroots community group of Indigenous families; Queen's Four Directions Aboriginal Student Centre; and the Museum of Health Care.

Soon after the Truth and Reconciliation Commission released its final report (December 2015), the Foundation

presented a panel on *Truth and Reconciliation in Our Area* as part of its Speaker Series. 125 attendees heard from three panelists about the reconciliation process from an Indigenous perspective. This spring 2016 event was designed to introduce local initiatives to act upon the Commission's findings.

In January 2017, the Foundation hosted the first of ten planned Talking Circles being organized by the City of Kingston. The Talking Circles are intended to provide participants with an awareness of Indigenous cultures and beliefs, history of Indigenous peoples' movements prior to European settlement and encouraging the development of mutual awareness, understanding and appreciation among all participants. This Talking Circle was designed with input from the local Indigenous community and had nearly 40 participants from diverse backgrounds.

The Community Foundation for Kingston & Area is pleased to be able to participate in and provide funding on behalf of our donors for these important events, projects and programs focusing on local Indigenous communities and on the Truth and Reconciliation process, and we look forward to continuing our support in future.

Kim Philipps

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All About Us!

I am honoured to speak to you today at this Speaker Series. It is unique because we are presenting a snapshot of the Foundation’s history, our impact on the community and our future.

Twenty five years ago, some Kingstonians had a vision. Arising out of a “Dare to Dream” conference aimed at discovering ways to best serve our community, several dedicated citizens formed the Martello Tower Society, which ultimately became the Community Foundation for Kingston & Area. Among those forward-thinking people were our co-founders, Eveline Flint and Michael Davies, who were introduced to the concept by the Lord Mayor of London, England.

As you already know, in the simplest of terms the Foundation raises money from generous donors, invests it conscientiously, and grants the earnings to worthy not-for-profit groups – who do good work. But that’s just the bare bones.

One of our many parallel missions is to encourage and to be a catalyst for philanthropy. Generally, philanthropy is thought of as a synonym for donating money. But it is much broader than that. The dictionary of Canadian English includes these two additional definitions. 1) Philanthropy is a love of mankind shown by practical kindness and helpfulness. 2) Philanthropy is the effort or inclination to increase human well-being. Ideas expanded way beyond dollars.

“ ‘They say that time changes things; but actually you have to change them yourself.’ As the Foundation continues to grow we are extremely grateful to those who have so generously given their time, support and money to impact ‘change for the better.’ ”

The founding members of CFKA dared to “dream the dream” that has become us. How did they, and all those who followed them, do it? And a question we rarely ask is: what were they thinking?

My role here today is to re-tell a bit of our history; to take a more in-depth look at the work we do and the subsequent impact we have had on our community. But I am not going to give usual talk outlining a bunch of “impressive” numbers and “meaningful” statistics and “amazing” stories. Although they certainly exist in abundance, you can find all of that information in the 20th Anniversary Edition of *Ripples* which we invite you to read for reference. Instead, please join me on a philosophical journey.

I recently saw David Brooks of the *New York Times* interviewed on PBS’ Charlie Rose. That day his message was: “Ideas drive behaviour.” A society, a community, or an organization is formed by the way it thinks. Brooks talked about the way Social Capital creates a spirit of hope and optimism in society. Those two words touched my heart as it brought back fond memories of one of our most illustrious board members, the late Henry Meyer. He frequently reminded us that the Foundation not only deals in financial capital, but more importantly, in social capital. Because Social Capital best addresses what ails society: isolation, separation, division and gaps.

Brooks then went on to say if ideas drive behaviour – today’s society chose the wrong philosophers. So, he offered an alternate set of philosophers whose core principles reflect a more enlightened society. Those names share more deeply the core principles of the Foundation and offer insight into why we do what we do.



GRAND ENTRANCE: With Kingston, Ontario, Mayor Gary Bennett aboard, actor Dan Aykroyd makes a surprise visit as he roars his Harley-Davidson down the aisle in City Hall Thursday in Kingston. The meeting launched the Community Foundation of Greater Kingston in 1996.

Brooks began: The current society chose John Stuart Mill who believed we live and should live as individuals, with individual concerns. Then Brooks said we should have chosen, Martin Buber, who in his book *I and Thou* speaks about relationships: humans as “communitarians.” I just love that word. Although I never heard it before I immediately realised that everybody who works for/ or with/ or is a beneficiary of/ the Community Foundation is a “communitarian.” It is not a religion like Unitarians, or an organization like Rotarians, it is a philosophy to live by. If you are not already one, I invite everyone to become a “communitarian.”

Then Brooks said: society chose Jeremy Bentham, the founder of modern Utilitarianism. Bentham proposed that for humankind “it is the greatest happiness of the greatest number that is the measure of right and wrong.” When we should have followed Victor Frankel, who in his book *Man’s Search for Meaning* says: “What motivates us is to *do* good and lead a meaningful life.”

Lastly, Brooks said Society chose René Descartes, who, by saying “I think therefore I am” declared that humans are primarily cognitive, rational creatures. When we should have chosen St. Augustine – who believed we are emotional and loving creatures.

Back to Bentham for a moment and seeking “happiness.” People are always asking: Am I happy? How do I get happiness? People perform a whole variety of things – including trying to buy it - that focus on their own needs. But it always leads to failure and disappointment: because it is not the right question. The right question is how do I find meaning in my life? How do I connect and contribute to things beyond myself? That’s how we understand and create clarity in our lives and everyone else’s.

So, what were our founders thinking? I believe they thought about the ideas of Buber, Frankel and St. Augustine when they launched this venture.

I recently heard a lecture about the ancient Sumerian tale, The Epic of Gilgamesh, which is considered the first recorded piece of great literature. The speaker questioned what was it about? Although it is a very,

long and complicated story, at its core it is about a young man, Gilgamesh, who asks “How do I live - knowing I will die?” At the end of the epic, the hero realises that not only is it the sufficient answer, but the only one: to seek meaning in his life.

And what we do together at the Foundation is meaningful. *Together* is the operative word. It is a collaborative effort in every way. Everybody can participate and everybody is needed. Donations range from \$25 to \$1 million and everything in between. Money comes from industry, commerce and individuals, and we attract support daily. The attraction is that we never forget that we are in the heartfelt business of *giving away money*. Martin Luther said: “The heart of the giver makes the gift dear and precious.”

I leave you with one more quote before I end. Andy Warhol said, “They say that time changes things; but actually you have to change them yourself.” As the Foundation continues to grow we are extremely grateful to those who have so generously given their time, support and money to impact “change for the better.” Addressing the issues and needs, and equally the innovative ideas and the dreams of our community is big work indeed.

All of us who support the Foundation feel that we have been given a gift: the gift is the opportunity to create that positive change.

Everyone: staff, committee members, Board of Directors, the donors who make it possible, and in particular the grant recipients who use our grants to do the real work. All of us are part of this great dynamic enterprise of positive change. That’s where we started; that’s what we do; that’s who we are.

Gini Rosen

Community Foundations Have Endless Possibilities



Marco Pagani, CEO of Community Foundation of Ottawa (CFO) for the past three years has set and met highly ambitious targets, raising both the organization’s assets and brand profile to new heights.

Community development and city-building initiatives excite him the most. “CFO is migrating towards a City Builder and Thought Leader. An excellent example is the work being done around Social Enterprise Development with the city’s charitable sector.

The 1,800 charities in our sector are led primarily by big hearted and in many cases big brained individuals. This is the sector that is ultimately accountable for “moving the needle” on our city’s biggest issues. These include poverty, homelessness, food insecurity, etc.

The issue in our city is that for the most part, our sector leaders and their staff and volunteers are in perpetual “firefighting mode”. This, in my opinion, leads to an over-dependence on grant money, and in general these grant dollars are shrinking not growing.

In order to “break this cycle”, there is a need for a paradigm shift, and one such solution is the development of Social Enterprises in the sector where earned revenue becomes another source of funds.

In order to facilitate this, we have designed a Social Enterprise Platform that resides at our city’s new Innovation Centre. This incubation space for social innovation delivers solutions in a variety of areas like micro-financing and business case development.

The result should be a much more sustainable sector that will indeed “move the needle” in our biggest issue areas.”

Tina Bailey

Gini Rosen and Marco Pagani spoke at the March 27 Speaker Series: Building **Smart & Caring** Communities with a Strong Foundation.



150 Smart & Caring Donors — Are You Ready to Become One?

A unique opportunity to mark Canada’s 150th anniversary of Confederation and make our community **Smart & Caring** for now and years to come.



The Challenge...

The Governor General of Canada challenged community foundations across Canada to make our nation’s communities **Smart & Caring**. This historic moment challenges us to set our sights higher!

Our Response...

A new type of fund – one designed to get more money, more quickly, to projects and programs where it is needed most. A bold legacy gift to our community in honour of Canada’s 150th.

To date, the Community Foundation has funded 320 local charities and hundreds and hundreds of projects in Kingston and area through our Community Grants program.

With your support, we will be able to do more!

**Caring is what we do.
Smart is how we do it.**

By Investing In...

- **Getting Started.** Giving children, youth and newcomers a strong start to life in our communities.
- **Food Security.** Ensuring everyone has access to healthy food to fuel their bodies and minds; providing education for food choices and preparation.
- **Community Engagement.** Inspiring everyone to be active participants in our communities, enriching our society.



Our *Smart & Caring Community Fund* is a nimble, flexible and responsive fund, so you can see the impact in our community quickly.

Why...

Getting Started Happens.

“Without the support of the Foundation, this project wouldn’t happen - plain and simple.”
– Shawn Quigley, Executive Director of Youth Diversion Program

...after receiving a \$25,328 grant for a new Addiction Literacy Program for students in grades 6, 7 and 8 in anticipation of the legalization of marijuana in Canada. “This funding is crucial for us to be able to deliver early intervention and prevention programs. It is what we all want, but it tends to be the last thing funded.” The Community Foundation for Kingston & Area makes **Getting Started** Happen.

Flexible funding allows us to respond quickly to emerging community needs – Community Engagement

When Kingston was rallying to prepare for the arrival of numerous Syrian refugees, a new need emerged to coordinate the activities of the many groups aiding their settlement. The Community Foundation was a “first” funder; it provided a \$5,000 grant to hire a coordinator to support the newly created “Refugee Service Providers Network,” a network that continues to fulfill a community need.

Meeting the Need for Food Security

Over 20,000 people live in poverty in the City of Kingston. With a Foundation grant, Loving Spoonful piloted a “gleaning” project where volunteers harvested the residue crops of local farms. The result? Over 8,000 pounds of fresh produce delivered to 25 local meal programs and shelters – that’s equal to 8,000 healthy meals!

Our Goal is 150 Donors at \$ 10,000 each = \$ 1,500,000

Show your passion for your community... be one of the 150 **Smart & Caring** donors to pledge \$ 10,000. Together let’s create a \$1.5 million fund – a significant, collective legacy birthday gift to our community – Canada’s first capital. With your support, we will be able to do more! This is your opportunity!

Your Part...

Here are some ways you can become a **Smart & Caring** Donor: pick the *smart* option for you.

- One time gift of \$10,000.
- Annual pledge of \$2,000 for each of 5 years.
- Monthly pledge of \$150 for 5 years and a bit (66 months).

Take advantage of the tax benefits of donating appreciated securities.

For more information, please contact our office directly at 613.546.9696 or by e-mail info@cfka.org.

We invite you to be **Smart & Caring!**

Collective Action is Powerful...

Are you a business owner? Challenge your team to match your donation collectively.

If you are an employee, challenge your employer to match the employee contributions.

Do you organize an annual golf tournament for charity? Consider making your cause the *Smart & Caring Community Fund*.

Are you a membership organization? 100 members times \$100 = \$10,000.

The possibilities are limited only by your imagination.

Pick up the challenge.



To recognize your generosity, you will be listed permanently as a contributor to the **Smart & Caring Community Fund**.



Smart & Caring Community Fund Pledge Card

☐ **YES! I would like to be a **Smart & Caring** Donor with my pledge of \$10,000.**

Name: _____ Address: _____ Postal Code: _____
Phone: _____ E-mail: _____ ☐ Yes, I would like to receive e-mail updates from the Foundation

I would like to make My Gift through a

☐ One time gift of \$10,000 ☐ Annual pledge of \$2,000 per year for 5 years
☐ Monthly gift of \$150/month ☐ Other

Method of Donation

☐ Cheque (Made payable to Community Foundation for Kingston & Area)
☐ Credit Card ☐ Visa ☐ MasterCard ☐ Card Number: _____ Expiry: _____
☐ Gift of Appreciated Securities (maximum tax advantage) Signature: _____

Recognition

As one of our 150 we will be pleased to recognize you as a founding contributor to our **Smart & Caring Community Fund** — creating a permanent legacy of your commitment to our community.

☐ I would like my/our names to appear as _____ ☐ I would prefer to make my gift anonymously

A charitable receipt will be issued for your donation under Charitable Registration Number 89143 2395 RR0001. Thank you for your support!
For further information on the *Smart & Caring Community Fund*, please call the Foundation office at 613.546.9696 or e-mail info@cfka.org

Community Grants at Work



A Big Step Forward: South Frontenac Community Services Corporation (SFCSC) Community Grant December 2015: \$21,702

The first impression of The Grace Centre in Sydenham is that it is a warm and welcoming place, filled with smiles, hugs and laughter. It is also a place where residents of South Frontenac can access an ever-growing array of programs and services.

SFCSC has taken a big step forward by consolidating all those programs and services at a single site, The Grace Centre in Sydenham, (formerly Grace United Church). This was made possible by the purchase, relocation and retrofitting of two school portable classrooms partly funded by the Community Foundation for Kingston & Area. Not only will residents be able to access services in one place, but SFCSC expects to realize more than \$20,000 in operating cost savings since they no longer operate a second site just down Sydenham’s Main Street.

Andy Mills, Fund Development and Administration Manager, is excited about the completion of this ambitious project in December 2016 and already looking ahead to the next step forward, the building of a permanent addition to the Centre. Andy acknowledges “this project involved a steep learning curve, for example, obtaining all necessary building permits and determining engineering requirements early in the process. Those lessons learned will be valuable in planning for future expansion in the next 2-5 years.” At its official grand opening on February 14, 2017, visitors had the opportunity to see how SFCSC connects residents with its programs and services as well as facilitates referrals to other community agencies. The expanded and redesigned Food Bank is now located in one of the two portables, conveniently adjacent to the garden, enabling the Centre to serve up to 50 families (80 individuals) each month. There are also plans to build a root cellar as part of the Food Bank to maximize food storage.

Seniors programming includes an Adult Day Service, Hot Meals on Wheels, a travelling Diners Club that offers health testing by paramedics and entertainment in addition to a meal, foot care, hospice and bereavement volunteers, brokered home support workers and transportation services.

The Homelessness Prevention Program for North, South and Central Frontenac now has its main office at The Grace Centre site, although staff travel to Sharbot Lake regularly. Their approach focuses on crisis management, prevention and diversion strategies which are appropriate for a rural setting. At any given time, the two staff may be actively working with 4-5 clients and may have 15-20 clients on homelessness diversion strategies.

Linda Lysne

Fourteen Projects Supported by the Stark Family Fund in 2016

The Stark Family Fund, established in 2003 by a \$1.3 million bequest, supports a broad spectrum of projects in Prince Edward County (PEC). Requests are reviewed by a volunteer committee of PEC residents.

County Clippers - Junior Jammers Basketball Adapters \$1,998. To purchase new adjustable nets for our K – 3 “little hoop stars”.

County of Prince Edward - Museums of PEC deVries Taxidermy Collection Project \$7,500. To fund a museum-quality exhibition of the collection.

County of Prince Edward Public Library - Prince Edward County Makerspaces \$1,500. To fund *makerspaces* with a teen focus in Picton and Wellington.

Festival Players of Prince Edward County - Made in the County 10th Anniversary Season \$2,500. To produce three new original works about PEC.

Food to Share - Educational Component \$1,600. To develop an educational program to help reduce food insecurity in PEC.

Food to Share - Operationalizing Food to Share \$1,600. To develop business plans and practices to facilitate future efficient and effective operations.

Prince Edward County Community Care for Seniors Association - Helping Seniors Stay Active \$3,000. To purchase equipment and supplies for foot care and Tai Chi programming.

A Lasting Legacy

“Think globally, act locally.” Kingstonians Kathleen Pratt and her husband Roman Moretti have imbued this slogan with a wonderful new meaning. Intent on doing their part to make the world a better place by being proactive at the local level, the couple have opted to support a local charity in their wills. The Community Foundation of Kingston & Area (CFKA) will administer their bequests. This is something more and more philanthropic-minded Kingstonians are doing.

“This legacy is part of the process of advance planning that we’ve engaged in,” says Kathleen. “We’ve drawn inspiration from the message that’s being put forward by Yvonne Heath, a nurse, author, and motivational speaker who has written a book called Love Your Life to Death.”

Heath, a resident of Huntsville, ON, champions the idea of empowering people to live life to the fullest. She also works to foster a community culture in which people feel comfortable talking about grief, death, and dying long before they ever have to face any of these eventualities. It’s evident that Kathleen and Roman subscribe to Heath’s message.

While both are still just in their forties, they’re fully engaged in life, in the community, and in planning for the future. Kathleen, a native Kingstonian, is a graduate of Frontenac Secondary School.

Prince Edward County Memorial Hospital Foundation \$25,000. To purchase priority replacement endoscopy and pharmacy equipment.

Prince Edward Point Bird Observatory - Migration Monitoring Educator \$1,850. To fund a portable classroom for migration monitoring education.

The Quinte Children’s Foundation \$6,000. To fund Playing for Keeps and our Reach for Success Bursary programs in PEC.

Reaching for Rainbows - RFR Food, Fun and Families \$2,172. To fund an after-school program which provides a safe place for 30 girls in Grades 1 – 4 to learn relationship, conflict resolution, problem solving and decision making skills.

Recreation Outreach Centre - GUY TIME Program \$7,500. GUY TIME supports the personal, social and emotional development of boys in Grades 7 and 8.

Rotary Club of Picton - Awards and Bursaries to Prince Edward Collegiate Grads \$5,750. Five \$1,000 Stark Family Fund Awards and three \$250 Stark Fund Bursaries to deserving graduates.

Wellington United Church - Commercial Dishwasher Replacement \$3,000. To upgrade a MOH inspected kitchen facility for use by community groups.



Several years after earning Bachelor degrees in psychology and social work at the University of Western Ontario in London, she moved to Ottawa. That’s where she met Roman and completed her Masters degree in social work at Carleton University. Roman, a native of the northwestern Ontario town of Sioux Lookout, earned a degree in Pharmacy at the University of Manitoba. In Kathleen, he knew he’d found his soulmate. The couple married in 2004 and relocated to Kingston in 2006. Both Kathleen and Roman are committed to doing all they can to help improve life in the Limestone City. “We both believe there is more dignity in giving people a hand up rather than a handout,” says Roman. Leaving a charitable bequest to CFKA to administer is an ideal way for Kathleen and Roman to ensure the good they do will outlive them. They hope others will do likewise.

“We’re delighted that these bequests will be our legacy,” says Kathleen. “But, of course, we hope, we’re both hoping we’ll be here for another 35 or 40 years,” she adds with a laugh.

Ken Cuthbertson

More Grants

Health & Social Services

Diocese of Ontario Refugee Support \$8,670 The Kingston Refugee Oral Health Initiative funds dental work not covered by existing sources of support to enable a healthy start to life in Kingston.

Elizabeth Fry Kingston, Bail Advocacy \$10,678 A strengths-based program for females on bail, aimed at recognizing self-worth, lessening stigma, and developing pro-social plans, achieved through intensive one-on-one assistance and a 4-session program.

Loving Spoonful, Innovative Fresh Food Delivery \$11,918 Loving Spoonful is building a new supply chain to provide deeply discounted meat, sourced from local farms, to agencies serving people in need.

Southern Frontenac Community Services, Café Start-Up \$8,110 Southern Frontenac Community Services will operate the Good Graces Café located at Grace Hall in Sydenham, a social enterprise pilot project to create a safe space for seniors to socialize with others.

Southern Frontenac Community Service, Grace Centre Outdoor Expansion \$7,826 Expanded property is being developed to include a larger garden producing fresh vegetables for the food bank and meals on wheels programs, and an accessible pathway for seniors.

Tetra Society, Kingston – Assistive Device Initiative \$3,000 Enhancing the lives of people with significant physical disabilities by providing custom-made assistive devices designed and built by skilled, caring, local volunteers.

Heritage Preservation

Museum of Health Care, Exercise in Strategic Thinking \$3,890 The Museum will undergo a strategic planning process to refocus its operations to better meet community needs and its mission to preserve and share the history of health care in Canada.

Youth

Easter Seals Ontario, Send A Kid To Camp \$7,500 Summer camps offer a wide range of exciting, fully accessible activities and programs for children and youth with physical disabilities, led by a team of specially trained staff.

Four Directions Aboriginal Centre - Indigenous Youth Council \$16,879 Fostering positive outcomes relating to civic engagement for Indigenous youth, establishing an Indigenous Youth Council that will provide tools to become effective leaders and mentors for other youth.

Kingston Community Health Centres, Youth Diversity Conference \$3,049 “Dare to Stand Out,” a conference organized by the Centre’s Multicultural Youth Group, provides an opportunity for high school students to learn more about human diversity and social inclusion.

K3C Counselling Centres, Caring Dads \$20,575 A 15 week group program designed to improve the quality of men’s parenting, focussing on their role in creating healthy and safe relationships with their children and on child-centred parenting skills.

Northern Frontenac Community Services, From Gaming to Games \$5,560 A 16 week program to engage youth in fun, physical activities while providing messages to discourage development of habits leading to process addiction problems and poor physical activity habits.

Winter Warmth Program 2016-17 \$5,000 Provides clothing and footwear for children in need, supporting their physical and emotional well-being, helping children be warm and dry, and able to participate in school classes, activities, and sports.

Making Waves

Congratulations
Board Member, Brad French, for being added to the Youth Diversion Program’s “Foundations for Success” wall for his strategic advice and fundraising leadership, including the establishment of the Sustainability Fund.

Thank you Mr. Blaser for this New Fund



Viana Milne Photography

Hans W. Blaser watched the progress of Loving Spoonful for several years before deciding to invest in them. To help secure stability, he chose CFKA in hopes that his and other gifts would help the organization become self-sustaining.

We’re Proud to Say
CFKA signed on to Philanthropic Community’s Declaration of Action in support of Truth and Reconciliation (see also page 2). The Declaration is a call to action moving forward in an atmosphere of understanding, dignity, and respect towards the shared goal of reconciliation. For more information visit www.cfka.org.

Special Thanks
Kincore Holdings Ltd. for the generous donation of elegant and functional new-to-us office furniture, and to Capitol Movers and Storage for moving and setting it all up.

National Philanthropic Awards
Terry & Dawn Harris were nominated as finalists for their work on the CFKA Fund; Geoff Sandiford won posthumously for his vision and dedication on CFKA’s **Smart & Caring** project.

Speaker Series News
FEBRUARY 20th saw a sold-out session on “*Building a Better Income Security System for Canada*.” The participation confirms solid local support for this big idea.

MARCH 27th was our Special Speaker event “*All About Us*.” See page 3 for a report on this event.

MAY 8th Commemorating Mental Health Week: “*Why Together is Better for Child and Youth Mental Health*.”

The Foundation is thrilled that Tulips & Maple and the Residence Inn by Marriott have renewed their support as our Speaker Series sponsors. Watch for more great events & great food thanks to their support.

Our Volunteer Appreciation Event
Hosted over 90 active volunteers. No wonder we love them!

Community Grants - Streamlined Application
Effective September 2017, there will be a streamlined application for Community Grants, replacing the current two-stage Letter of Intent and Full Application. Details will be posted on our website by June 2017.

Remembering Marion Meyer
Long-time Foundation champion Marion Meyer passed away in April, 2017 at 92. She and late husband Henry – a valued CFKA Board member – generously donated the *Marion Meyer Opportunity Fund* in support of education and literacy. Look for an in-depth article about these amazing community-minded people in our Fall edition of *Ripples*.

K-Town Tri Legacy Fund Off and Running in Our Community



Peter Stokes

Established in 1984, the Kingston Triathlon, affectionately known as the K-Town Tri, ran for 30 years until Multi Sport Canada purchased the event in 2013. A dedicated committee of 10-15 volunteers, many of whom were involved since day one, “were tired of how much time the event took,” says Marc LeBlanc, one of the key organizers. Marc was quick to point out that it was not a one person operation; he was one of many. To honour this special event, proceeds from the sale have been used to seed the K-Town Tri Legacy Fund which will be administered by CFKA.

Marc, whose passion for the K-Town Tri is contagious, recounted some of his memories of the early days. “The race had a special cachet – it was one of the first of its type.” Some eager participants rode three-speed bicycles, hard to imagine now that high tech versions of the same can sell for more than the price of a car!

Both he and operational organizer Joe Putos never stopped volunteering because they “truly did love it.” Marc recalls that Joe would run with athletes if he was concerned about the way they were running in order to help them through the race.

All the hard work was worthwhile every year at two unique moments on race day, remembers Marc. First, when the foghorn sounded and the swimmers were off and then, at the end of the race, when the runners returned, he and Joe would be there for every participant with congratulatory hugs. Moments like these made them want to volunteer year after year.

Marc is thrilled that this new fund is a *Smart & Caring Community Fund* and is excited to watch it grow. For more information and to contribute to the K-Town Tri Legacy Fund, please contact the Foundation office.

Jan Dinsdale MacDonald

2016: Year in Review

Last year was another great year for the Foundation. Highlights include:

Donations Received

- \$809,238 in gifts from our generous donors
- 4 new funds created

Money Granted Out

- \$784,498 total granted out
- Our Community Grants program supported 52 local projects totalling \$364,022
- Special grants to support arriving refugees:
 - » \$5K to facilitate the coordination of local refugee settlement efforts
 - » \$20K to the Community Refugee Relief Fund
 - » \$3K through Food First Fund to stock pantries of three arriving families

Investments

- 7.54% investment return
- Assets under management grew to \$17,048,956

Events Hosted

- Over 380 people attended our Speaker Series held on topics of:
- Refugees, Truth & Reconciliation, and BIG – Basic Income Guarantee (BIG)
 - Annual *Vital Signs*® Community Report Launch
 - Community Grants Celebrations

New Funds Established

- Bob & Margaret Fund
- The Kinsman Fund in Support of Camp Outlook
- Regina (Gini) Rosen Fund
- Robert W. Sutton & Ethel Mary Sutton Endowment Fund

Miss Some of Our Events? Check Online

Highlights of our Community Grants Celebrations can be seen on our YouTube channel at <http://bit.ly/2ooQW9C>. COGECO TV aired several of our Speaker Series; highlights can be seen on K-Town source

Don’t Miss Out!

Want to make sure you receive invitations to upcoming Foundation events? Sign up to our e-newsletter at <http://bit.ly/2oZm8wq>

THANK YOU to All of You!

All of this is made possible thanks to our many generous donors and incredible volunteers. THANK YOU to all of you!
Full details can be found in our annual report on our website at www.cfka.org/annual-reports-financials



Your community makes you
and you make your community!

Contact Us

165 Ontario Street, Suite #6, Kingston, Ontario, K7L 2Y6
613.546.9696 info@cfka.org www.cfka.org



YES! I want to Support our Community Foundation for Kingston & Area

Through a

☐ One-time gift of \$ _____ A monthly gift of \$ _____ from _____ until _____

Apply my gift to

☐ Where it is needed most ☐ Smart & Caring Community Fund ☐ The _____ Fund

Name: _____ Address: _____ Postal Code: _____

Phone: _____ E-mail: _____ ☐ Please add me to your e-mail distribution list

Name for Public Acknowledgement: _____ OR ☐ I wish to remain anonymous

Method of Payment: ☐ Cheque Payable to Community Foundation for Kingston & Area ☐ Visa ☐ MasterCard

Card Number: _____ Expiration Date: _____ Signature: _____

Please Contact Me About:

- ☐ Setting up a Fund
- ☐ Making a donation of appreciated securities
- ☐ Including the Foundation in my estate planning
- ☐ I have included the Foundation in my will

A charitable receipt will be issued for your donation under Charitable Registration Number 89143 2395 RR0001. Thank you for your support!

Who We Are

The Community Foundation for Kingston & Area is a public charitable organization supported and run by citizens of Kingston and the area.

What 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.

Get Involved

Volunteer
Attend an event
Join a committee
Start an endowment fund & donate
#youmakeyourcommunity

Learn More

Learn more about Foundation activities and upcoming events by signing up for our monthly e-newsletter *Waves* at cfka.org or calling 613.546.9696