



# Ripples



## Your generosity has a ripple effect

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### It takes a village ...

*Each one of us can have a role to play in creating safe places for children, youth, and families.*

The recent fatal stabbing in our community emphasizes the importance of the Foundation's recent exploration of Adverse Childhood Experiences (ACEs).

The impact of exposure to ACEs on behaviour and physical and mental health can be profound and lifelong. (See our *Community Insights* report, *The Public Health Crisis of Our Time?* at [cfka.org/ACEs](http://cfka.org/ACEs))

Through our exploration I have met some incredibly passionate professionals. They are eager to take the knowledge we have of ACEs to change the way our community supports children, youth, and families to achieve better life-time outcomes. These champions for change need our support.



There are no easy fixes. It will need the synergies of connection, exploration, and mutual support of each other's work: systemic change is hard.

In the first of two Foundation-sponsored screenings in October, we brought community leaders together to view the documentary *Resilience: The Biology of Stress and the Science of Hope*. It shows how we can put the science informing ACEs into action to build resiliency in our children, youth, and families.

I was thrilled by the response and the eagerness of the many organizations to arrange viewings for their staff and stakeholders.

Community momentum is building around this issue. Let's work together to make some changes:

**"It is easier to build strong children than to repair broken men."**  
(Frederick Douglass, 1855)

**TINA BAILEY, EXECUTIVE DIRECTOR**

# We Make Grants!

Since 1995 our Community Grants Program has invested over \$3 million in 346+ local charities. All local charities are eligible to apply to the Community Foundation for Kingston & Area for project grant support. The Foundation accepts applications twice yearly.

**Spring Grants 2019:** 18 grants totaling \$162,539 were awarded to local charities directly benefiting over 6,500 people, 73% being youth.

## ARTS & CULTURE

- \$5,105 The Kingston Prize Association:** Faces of Canada
- \$9,000 H'art Centre of Smiles Inc:** The Love of Dance
- \$3,000 Loyalist Township:** Summer Arts, Culture & Heritage Series

## CHILDREN'S MENTAL HEALTH

- \$6,331 Helen Tufts Nursery School:** Multi-sensory Corner
- \$18,000 Islamic Society of Kingston:** Building Resilience in Syrian Refugee Families

## COMMUNITY DEVELOPMENT

- \$10,500 Kingston Immigration Partnership (Kingston Community Health Centre):** #SayHello Campaign

## EDUCATION & LITERACY

- \$9,000 Queen's University Biological Station:** Navigating the Landscape at Elbow Lake
- \$14,870 Lake Effects Robotics:** Science and Technology Opportunities in Robotics Mentoring

## ENVIRONMENT

- \$5,075 Cycle Kingston:** Special Event Bicycle Parking Social Enterprise
- \$3,283 Wintergreen Studios:** Project Bee

## HEALTH & SOCIAL SERVICES

- \$14,000 Ongwanada:** Accessible Community Garden
- \$14,770 Breast Cancer Action Kingston:** Lymphedema Management for Breast Cancer Survivors
- \$10,041 South Frontenac Community Services:** Home Making Services for Rural Seniors
- \$5,500 Rural Frontenac Community Services:** Share the Ride So No One Gets Left Behind
- \$8,946 RKY Camp:** Commercial Kitchen Equipment

## HERITAGE PRESERVATION

- \$6,650 Clarendon & Miller Community Archives:** Unravelling History One Tombstone at a Time

## YOUTH

- \$11,000 YMCA of Kingston:** Eco Camp
- \$7,468 Camp Outlook:** Youth Leadership Program



"A common theme we saw in this round of applications were projects that aim to create a sense of belonging in our community. We know that providing opportunities for engagement, inclusion, and participation are some of the strategies to decrease social isolation. This is particularly true for some of our neighbours, especially youth, newcomers, seniors, and those with disabilities."

— Tina Bailey, Executive Director.

**Together is Better: Apply for a grant.** Application deadlines: 15 February and 15 September.  
[www.cfka.org/community-grants-program](http://www.cfka.org/community-grants-program)

# Faces of the Foundation

At the June Annual General Meeting Gayle Barr and Rob Wood stepped up to the positions of President and Vice-President of the Foundation and we welcomed Sue Bates to the Board.



I am excited by this opportunity to serve our communities through the work of the Community Foundation for Kingston & Area, which will celebrate its 25th anniversary in 2020.

The Foundation's first grant in 1996 supported a project called *Parents about Drugs*. Almost 25 years on, the Foundation has focused on ACEs, a contemporary public health crisis that is marked by significant levels of harmful and costly alcohol and drug use. There is evidently still work to be done!

What will our communities' future needs be? We look forward to hearing from you to help us identify those needs. For the coming year my priorities — always a work in progress — will include:

- enhancing diversity, equity, and inclusion in our work;
- evaluating the impact of our grants; and
- evolving from an operational to a governance Board.

The Foundation could not do what it does without the work of our grantees and volunteers and support of donors. While I've met many of you, I look forward to meeting more of you in the coming months to learn about how to advance our communities' collective wellbeing with your projects, time, and treasure.

**GAYLE BARR, PRESIDENT**

## Coming Up ...

### FALL GRANTS CELEBRATION

**Date:** Monday, December 16, 2019

**Time:** 4:30 – 6:30 pm

**Location:** KFL&A Public Health Auditorium

221 Portsmouth Ave, Kingston

**All are welcome!**

### 16th ANNUAL ZAL & ROSE BREAKFASTS

**Date:** Tuesday, Dec. 10, 2019

**Location:** Chez Piggy

**Phone:** 613.549.7673

OR

**Date:** Wednesday, Dec. 11, 2019

**Location:** Pan Chancho

**Phone:** 613.544.7790

**For reservations, please contact your restaurant of choice.**

CFKA's Zal & Rose School Breakfast Fund supports the Food Sharing Project which provides nutritious meals and snacks for school children.

## Did you know that the Foundation has more than 80 volunteers?

Watch here for **Faces of the Foundation** — volunteers, Board members, and more. Visit [www.cfka.org/people](http://www.cfka.org/people) for the Foundation's people.

### ROB WOOD



Rob brings to the Foundation's work extensive strategy development with a wide range of public and non-profit organizations.

In 2016 he was inducted into Kingston's Business Hall of Fame for his mentorship and community leadership.

### SUE BATES



Her Kingston roots and extensive volunteer work, both internationally and locally, will serve the Foundation well.

Sue joined the Community Grants Committee after completing her term as President of Queen's University Alumni Association. She works with a local financial planning firm.

### STARK FAMILY FUND GRANTS

**On June 17, the Community Foundation, which holds the Stark Family Fund, granted \$34,325 to 7 local charities in Prince Edward County.**

For additional information visit [www.cfka.org/2019-stark-family-fund-grant-recipients](http://www.cfka.org/2019-stark-family-fund-grant-recipients)

**Together is Better:** Never miss a CFKA event!

Sign up for advance notice at [www.cfka.org/e-newsletter-waves](http://www.cfka.org/e-newsletter-waves)

## Our (Your!) Funds at Work

Our Spring 2019 grants were made from the income of many of our funds. Each fund, large or small, helps to strengthen our community, one grant at a time. The following funds support children, youth, and families — the village at work!

### Our COMMUNITY Funds

#### SUNNYSIDE CHILDREN'S Fund

The SMART & CARING Community Fund

The AUDREY AND PETER SCHOLE'S Memorial Fund

DAVID MIDDLETON NORTH END Development Fund

WOODBURY ENTERPRISES WE CARE Charitable Youth Fund

ONTARIO ENDOWMENT FOR CHILDREN AND YOUTH  
in Recreation Fund

GETTING STARTED: SUPPORTING EARLY CHILDHOOD  
DEVELOPMENT Fund

GORDON F. TOMPKINS FUNERAL HOME CHILDREN'S  
Endowment Fund

LARRY GIBSON Community Fund

YOUNG ADULTS MENTAL HEALTH Fund

ALCAN Endowment Fund

**You Could Have a Fund Here Too!!**

Contact us at 613.546.9696 or [info@cfka.org](mailto:info@cfka.org)

### GIVE NOW — It's the Giving Season

A year-end donation of any amount to THE COMMUNITY FUND helps the Foundation improve community wellbeing. Give at [www.cfka.org/give/](http://www.cfka.org/give/)

**A SMART GIVING TIP:** Do you hold securities that have gained in value? Consider a charitable gift.

You benefit from a HUGE tax advantage:

- You avoid paying income tax on the capital gains.
- Receive a charitable donation receipt for the full market value.

The process is easy:

- There is a simple form to fill out to transfer securities electronically.
- DO NOT sell them yourself, they must be gifted in-kind.

Call 613.546.9696 or visit [cfka.org/ways-to-give](http://cfka.org/ways-to-give) to learn more.

### New Funds Established Recently

The Bronskill Group Fund  Flora B. Grant Endowment Fund   
The Henry Fund  The Parker Family Fund  Pathways to Education Kingston Fund (agency fund)

**YOUR  
COMMUNITY  
MAKES YOU**

**AND YOU  
MAKE YOUR  
COMMUNITY**

**THROUGH  
YOUR COMMUNITY  
FOUNDATION**

**BRINGING PEOPLE  
AND CAUSES  
TOGETHER**

**TO CREATE  
SMART & CARING  
COMMUNITIES**



**Community Foundation**  
for Kingston & Area

Charitable Registration Number 89143 2395 RR001

## Community Foundation for Kingston & Area

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Situated on traditional Anishinaabe and Haudenosaunee Territory