



### From our Executive Director

Dear Readers,

I continue to be thrilled by the positive response we are receiving from our screenings of *Resilience*, following on the heels of the release of our [Community Insights report](#) on Adverse Childhood Experiences (ACEs). Almost daily I am responding to requests for screenings and facilitating connections between people wanting to learn more.

There is a palpable interest growing in our community to raise awareness of the impact of ACEs and take this knowledge and translate it into concrete actions. (See how we are responding to this in the article below).

And clearly there is a need.

I am humbled and honoured that the family of Chris Groeneveld-Barry chose to work with us to establish a legacy fund for this wonderful young man who was tragically killed during the stabbing in downtown Kingston on September 12. In conversations with the family, we talked about the likely role of ACEs in this horrible outcome, and the need for systems change to try to prevent such tragedies in the future. (Please read about the creation *Chris Groeneveld-Barry Memorial Fund* below; and consider a donation to his legacy fund as a sign of community support for his family.)

Systemic change is hard. But through our recent work I am reminded of the often quoted "*An ounce of prevention is a pound of cure*" (Benjamin Franklin, likely also told to us by many of our grandmothers!).

At our upcoming November 15 Speaker Series, we are shifting our conversation even further downstream to look at how we can invest in prevention in the very early years (prenatal to six), and how changing our practices in the first few years of life can help mitigate adverse childhood experiences and lead to lasting positive outcomes. Please consider joining us as we wrap up our Speaker Series for the year. Details and registration below.

Lots of content in this month's issue. I hope you enjoy. As always, your questions and comments are welcome. You can connect with me directly at [tina@cfka.org](mailto:tina@cfka.org) or by calling 613.546.9696.

With best wishes,

*Tina*

Tina Bailey  
Executive Director

## New Legacy Fund



### Chris Groeneveld-Barry Memorial Fund

**"I am seeking, I am striving, I am in it with all my heart".** This quote from Vincent van Gogh sums up how Christopher Groeneveld-Barry lived his life.

Chris was a talented and passionate artist, writer, actor, and a true philosopher and humanitarian at heart. A graduate of the Film and Media Studies Program from Humber College and of the Social Service Worker Program from Fleming College, Chris used his passion for people and art for the benefit of the community.

He was a firm believer that art should be accessible to everyone and to that end he volunteered his time and artistic talents with many local charities including The Mess Studio, Canadian Mental Health Association, and the Domino Theatre.

Those closest to him describe how using his creative side allowed him to learn more about himself as well as the community around him.

To honour his legacy, the family created the **Chris Groeneveld-Barry Memorial Fund** at the Community Foundation. This fund will support local arts organizations, selected by the family, that promote the principles of social inclusion and community engagement.

His mother shares why this focus was selected: "Chris believed in the magic of people coming together, in community, to create without judgement. Chris loved the idea that Art could build Community for those, who, like the arts, were often misunderstood."

Chris believed in people and the transformative power of the arts, and that the freedom of expression creative art invites should be available to all. His fund will help local charities continue to provide the barrier free access he believed in so deeply.

Donations of any size can be made to the ***Chris Groeneveld-Barry Memorial Fund***. The family will be notified of your gift (name only, not amount) and any message sent with it.

Chris adored, and was adored by, his family and his community. This memorial fund is one small way that the legacy of this beautiful, passionate, young man will continue.

[Donate Now to Chris' Memorial Fund](#)

## Momentum is Building...



### Shared Understanding

ACEs  
Resilience  
Narratives of the Community



### State of Readiness

Provider Capacity/Capability  
System Capacity/Capability  
Policy Supports



### Cross-Sector Partners

How to Connect  
Resource Distribution  
Community and Political Partnerships  
Collaboration



### Community

Organizational Linkages  
Citizen Leadership  
Social Supports  
Attachment to Place

## Update on our Journey with ACEs:

In the last issue of *Waves*, we provided an update on the Foundation's journey of exploration of Adverse Childhood Experiences (ACEs) over the past year. If you missed it, you can [read it here](#).

We ended the article with a call to action to continue to take the journey with us from awareness to action. And WOW! - did you ever respond!

- **265 people** attended our free screenings of the film *Resilience: The Biology of Stress & the Science of Hope*.
  - Two events have been held to date, and we are getting requests for more!
- **20 organizations** have requested partnering with us for screenings with their organization.
  - Of note, Loyalist Collegiate & Vocational Institute had a screening and discussion at their last professional development day (and other schools are

exploring doing the same) and all staff of the City of Kingston's Housing and Social Services Department will be having a screening at their upcoming staff training day.

- **24 organizations** have identified a keen interest in being involved in future community discussions on moving to action on ACEs.
- The library reports a **waitlist of some 20 people** to sign out a copy of the film (so they are responding with organizing a public screening of their own - see below).
- A small working group has met to explore steps to build on the momentum.

***Missed it and want to attend a screening?***

- The Isabel Turner Branch of the Kingston Frontenac Public Library is hosting a screening and discussion on November 26 from 6:30 - 8:00 pm. [Click here for details and to register.](#)
- We are looking at hosting another public screening. You can [click here](#) to express your interest in attending. We are tentatively looking at another event at Queen's in February.

If you haven't seen the trailer for this powerful documentary, you can watch it here:  
[kpjrfilms.co/resilience](http://kpjrfilms.co/resilience)

Want even more detail on activities in this space? [Click to read more....](#)

## Speaker Series



## **Promise in Prevention: Planting the seeds for lifelong wellness**

### **Speaker Series Luncheon**

**Featuring:** Dr. Chaya Kulkarni, Director of Infant Mental Health Promotion at The Hospital for Sick Children in Toronto.

Changing practices in the early years can lead to long lasting positive outcomes for children.

We know that positive relationships are the best medicine for preventing vulnerability and risk. We can effectively prevent mental health issues and support mental health wellness by focusing on mitigating adverse childhood experiences in the first year of life. Planting the seeds for early mental health leads to a generation of resilient people.

This discussion with Dr. Chaya Kulkarni will highlight emerging research findings and prevention practice for supporting mental health and wellness starting at the beginning of life.

An overview of work being done locally by the Prenatal to Six Committee will be provided, including results of a collaborative workshop held in consultation with Dr. Kulkarni to identify areas to further develop in our community.

**When:** Friday, November 15, 2019

**Time:** 11:45 am - 1:30 pm

**Cost:** \$50 (includes lunch and partial charitable donation receipt)

**Where:** Residence Inn by Marriott Kingston Water's Edge, 7 Earl Street, Kingston, Ontario

**Register here** by November 12, 2019

## Hot off the Press!



**Latest issue of *Ripples* has arrived and will be mailed later this week**

*Ripples* is the Community Foundation's semi-annual report to the community. As a public charitable Foundation, we feel a responsibility to communicate to the public, so this publication is designed to give donors and community members insights into the Foundation's activities, programs and grants - and the lasting impact of their individual and collective generosity.

*Ripples* is mailed to donors and is included as an insert in *Kingston Life* magazine. Copies are also available for pick up from the Foundation's office, and electronic copies available on our website at [www.cfka.org/ripples](http://www.cfka.org/ripples).

To our wonderful donors: **Have you moved recently?** If so, please be sure to update your address with us by calling 613.546.9696 or emailing [info@cfka.org](mailto:info@cfka.org). This ensures you will get your copy in a timely manner and helps us reduce our costs of returned mailings.

Our wonderful volunteer *Ripples* mailing team will be in tomorrow and Friday to get the publication ready to hit your mailboxes early next week!

## A Very Special Announcement



### **Michael Bell named Honorary Life Member**

It is with great pleasure that we announce the appointment of Michael Bell as an Honorary Life Member (HLM) of the Community Foundation for Kingston & Area.

Honorary Life Membership is a designation which the Board of Directors of the Foundation bestows periodically, to recognize individuals who have demonstrated outstanding service and commitment to the Foundation - surpassing what is expected of a volunteer. Throughout his time with the Foundation, Michael has exemplified this commitment.

Michael's involvement with the Foundation began in 2011 when he volunteered to join both the Board and the Grants Committee. Once on the Board, he quickly took on leadership roles including Secretary, Vice-President, and serving for an extended period as President/ Chair of the Board (November 2014 - June 2017), a role he stepped into early due to the untimely passing of Geoff Sandiford.

Aside from his many board contributions, Michael is well known for his leadership in recent years of our various printed publications: *Vital Signs®*, *Ripples*, and *Community Insights*. Not only has he spent hundreds of hours perfecting these publications - both in content and design - but in the past year he oversaw their strategic transition from newspaper to magazine format, and the evolution of the *Vital Signs* reports we have been doing for ten years to a shorter, single-issue publication called *Community Insights*.

Michael has been a guide and mentor to both staff and fellow Board and Committee members. He has always been willing to jump in and lend a hand when needed; indeed, he stepped up many times over the years to take on roles essential to the successful operation of the Foundation.

Michael's service on the Board ended at the Foundation's AGM this June (2019), after his serving the maximum term of eight years.

"Given Michael's significant contributions to the Foundation over his many years, his induction as an Honorary Life Member is truly welcomed and deserved" says the Foundation's Board Chair, Gayle Barr.

Honorary Life Members continue to provide guidance, knowledge and expertise to both current and future Boards. He joins the esteemed ranks of fellow HLMs: Florence Campbell, Michael Davies, Greg Fisher, Eveline Flint, and Virginia Gordon.

## Community Grants News

### Welcome New Members

The Community Grants Committee is pleased to welcome four new volunteer members, all of whom have chosen to jump right in and review the incoming Fall 2019 applications. Many thanks to **Jane Errington, Patricia Orser, Paul Elsley and Lucinda Bray** for your time and expertise!

### Join us when we announce the successful recipients

#### Fall 2019 Community Grants Celebration:

Monday, December 16, 2019  
4:30 - 6:30 pm  
KFL&A Public Health Unit Auditorium

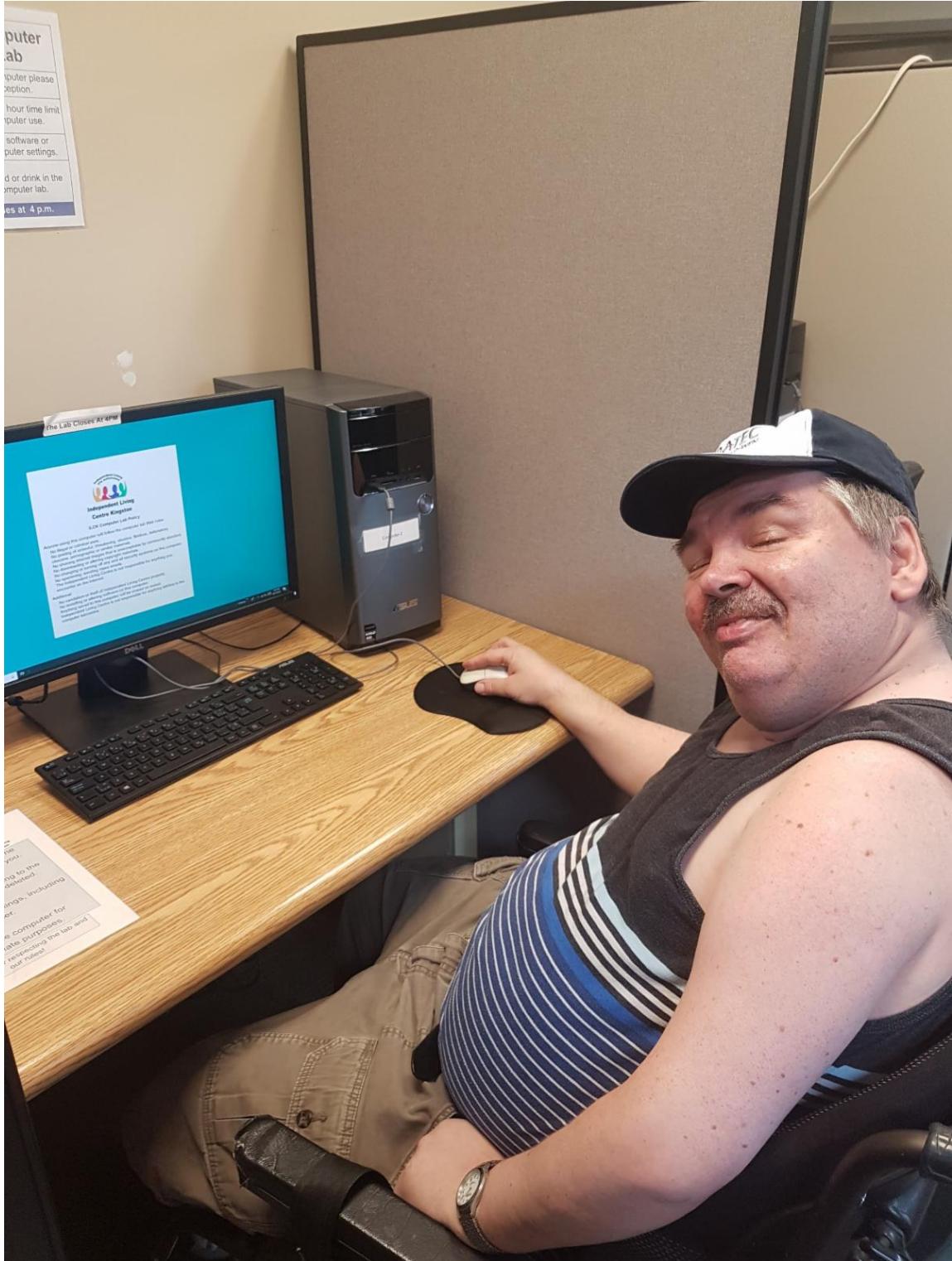
221 Portsmouth Ave, Kingston, ON K7M 1V5

All are welcome! It's a wonderful opportunity to meet the successful applicants, hear about their projects and network with a great group of community minded people.

For Free Registration, [click here](#).

## Project Update

**Independent Living Centre Kingston:  
Access to Technology, One to One Support Program**



The Independent Living Centre Kingston (ILCK) has a computer lab that provides free computer/internet access to a variety of clientele in the north end of Kingston. They serve a diverse clientele and all their computers have software to support individuals that may be blind, deaf, or have a learning disability.

Having access to a computer and internet is becoming more and more crucial as many government programs rely more heavily on providing information online including submitting applications for needs such as food and housing. But providing the hardware and software is only one element in ensuring equitable access to services. Skill building and

confidence in using the adaptive technologies to support those clients with special needs is also key.

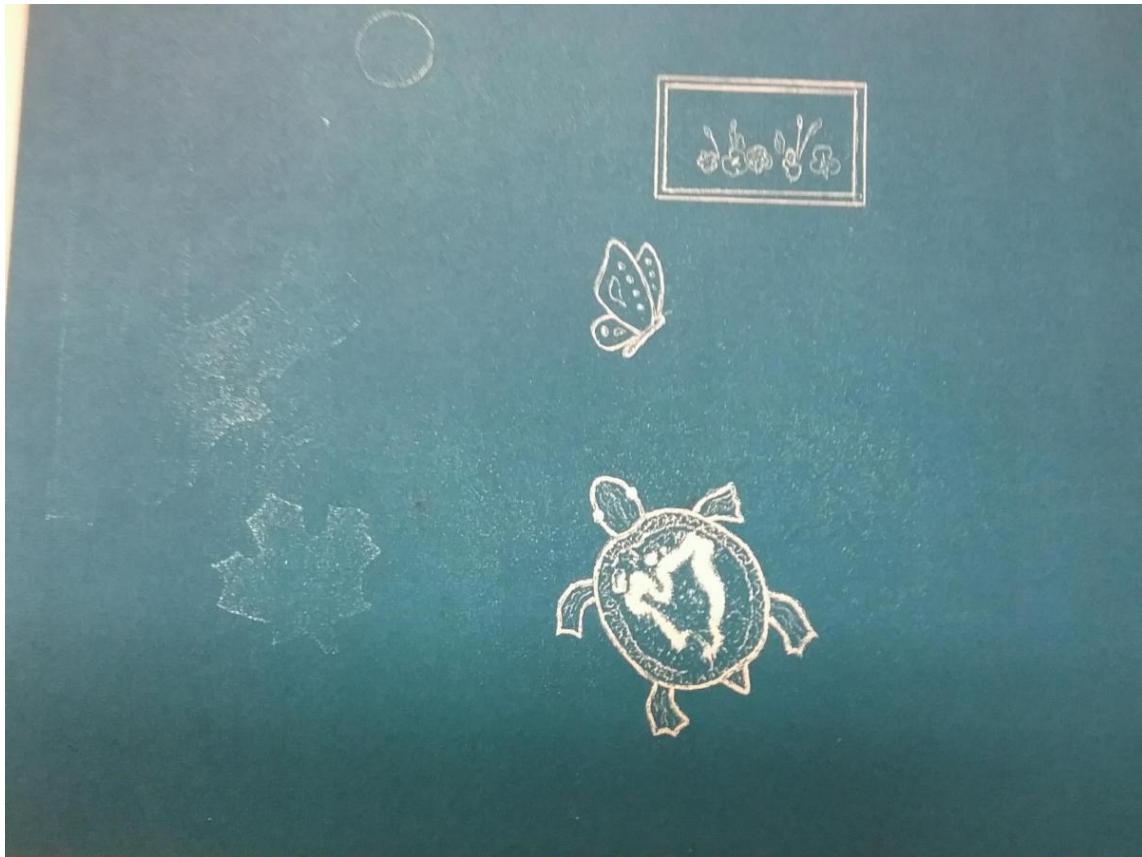
Their \$16,920 grant from the Spring 2018 round of the Foundation's Community Grants program allowed them to provide on-site staff support. One-to-one support assistance provided an opportunity to individuals who may be unaware of how to use a computer due to an obstacle from a disability. The anticipated project outcomes would allow stronger opportunities for work, personal relationships, and living conditions.

Along with staff and volunteers, the ILCK saw a huge increase in referrals by their many community partners to this program and almost doubled the number of participants for which they had planned.

*Wonderful projects like this are made possible thanks to the many donors to our Community Fund. You can support other great projects in our community by donating to our [Community Fund now](#).*

*Join us December 16 as we announce the latest Community Grants recipients. [Register here.](#)*

## Save the Date



**Nan's Legacy Continues!**

**Thursday December 5, 5:00 - 8:00 pm**

Mark your calendar now for a fun gala evening at the Window Art Gallery, Kingston School of Art, 647 Princess St. featuring the art of well-known Kingston artist, Nan Yeomans.

The evening is co-sponsored by KSOA and the Estate of Nan Yeomans and *net proceeds will be added to the Nan Yeomans Fund at the Community Foundation for Kingston & Area*, which provides an annual bursary to support aspiring young artists in our midst.

For more information on the Fund which supports the Nan Yeomans Grant for Artistic Development go to: [www.cfka.org/nan-yeomans-grant-for-artistic-development](http://www.cfka.org/nan-yeomans-grant-for-artistic-development)

Event details will be available soon from Kingston School of Art: [www.ksao.info](http://www.ksao.info)

STAY CONNECTED:



Community Foundation for Kingston & Area | 613.546.9696 | [www.cfka.org](http://www.cfka.org)

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