



## South Palmerston Community Centre – Success!



Exercise Class at the South Palmerston Community Centre

The residents of the village of Snow Road, in the Township of North Frontenac, received a much needed 'boost' when the South Palmerston Community Centre Association received a grant of \$3500, from the Community Foundation for Kingston & Area in the spring of 2014.

In August of 2013, the residents of Snow Road and beyond, led by a strong cadre of twenty volunteers, initiated a refurbishing of the Community Centre. This involved pulling up the forty year old carpet, painting walls and ceiling, weather stripping and repairing the original windows, and power washing the siding. Our residents, recognising the wonderful resource and commitment that was shown, began to plan events that would increase and expand on community involvement.

This resulted in a search for some external funding which would enhance our ability to provide a variety of functions, and our application was made to CFKA. We were delighted to

receive confirmation of the application's acceptance and pleased to receive funding. The CFKA-funded project has been successfully completed and has stimulated and strengthened community engagement. Our project involved purchasing and installing high-tech audio/visual equipment to help stimulate community social interaction and to support local fitness programs.

Most of the project work was done by community volunteers. As proposed on our grant application, we also purchased four, eight ft. folding tables to replace older wooden tables.



Previously, there had only been two-three community events held at our Hall per year, a lovely one hundred and ten year old school house. But with renewed enthusiasm and community involvement, we now have over twenty events per month – Seniors' Fitness classes, Moms & Tots, Genealogy, Keenagers, Line dancing, Beginners' Bridge, monthly Pot Luck suppers, Friday Morning Coffee, online Yoga sessions and Movie Nights. Our volunteer Firefighters have also expressed interest in using the AV equipment for their training sessions.

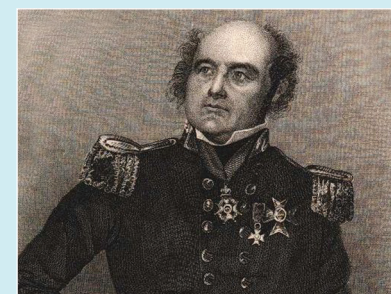
On behalf of the South Palmerston Community Centre Association and residents of the Snow Road area, we would once again like to thank CFKA for its invaluable contribution to our community.

*Sheila Kittle, Treasurer,  
South Palmerston Community  
Centre Association*

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Since 1995 CFKA has distributed over **\$8,000,000**



# Message from the President



Garrett Elliott

2014 marks the 100<sup>th</sup> birthday of Community Foundations in North America, and if the excitement and activity here over the last few months are any indication, the movement will be evolving and growing for many years to come!

Since our last issue of *Ripples*, I'm pleased to tell you that our funds under management passed the \$15 million mark. Which matters, because larger funds mean more and larger grants that we can put to work in the community.

As I write this, we are in the process of evaluating over sixty applications for our Fall Community Grants round, which will see over \$100,000 distributed to new community projects on December 11, 2014. We hope you can join us at the ceremony.

Other exciting news was the October release of our 6<sup>th</sup> annual *Vital Signs*<sup>®</sup> report that you will read about in this issue. What started as a stand-alone "report card" has now become an integral part of what we do at the Foundation, how we plan, and how we connect with our community partners. In this year's report we learned more about our 2013 survey results from the Canadian Index of Wellbeing and the rewards of being actively involved in our community, with a particular focus on democratic engagement and our youth. I hope you all exercised your right to vote in October and that you're taking us up on our "Acts of Community" challenge!

Which brings me to one of the most exciting areas we're working on – our response to the Governor General's challenge to become a nation of Smart & Caring Communities. In our response for Kingston & Area, we're building a new community fund – a "birthday gift" for Canada's 150<sup>th</sup> in 2017.

The fund will be a dedicated, flexible resource for our communities, with granting targeted to priority needs. This is where our *Vital Signs* work and our community partners come in, guiding the selection of our focus areas.

"In our response for Kingston & Area, we're building a new community fund - a 'birthday gift' for Canada's 150<sup>th</sup> in 2017. The fund will be a dedicated, flexible resource for our communities, with granting targeted to priority needs."

And keep an eye out for our exciting Smart & Caring "launch" activities in 2015, including a "rocking" fundraiser party in the spring!

A big thank you to our many volunteers, staff, generous donors and the charities that together make all of our activities possible. We couldn't do it without you!

Geoff Sandiford

## CFKA SPEAKER SERIES SPONSOR



### 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.

### Where do I get more information?

Contact the Foundation office at 613.546.9696, see the web site at [www.cfka.org](http://www.cfka.org), or email us at [foundation@cfka.org](mailto:foundation@cfka.org).

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# Improving Your Wellbeing – and the Community's as Well



Bryan Smale, Kieran Moore and George Thomson at the *Vital Signs®* Launch

In case you have not noticed, CFKA launched *Vital Signs®* October 7, 2014 its 6<sup>th</sup> such annual report on the health and wellbeing of our communities. Over 100 interested citizens and candidates in the recent municipal election participated in the launch at Marriott Kingston Residence Inn. With this year's report on our communities' *Vital Signs* we wanted to humanize the traditional statistical content by telling some stories and try to give the report some "legs" during the rest of the year. We concentrated on trying to find ways to turn the report's findings into actions to improve community vitality and individual and collective wellbeing.

Our focus on the Canadian Index of Wellbeing (CIW) domains of Democratic Engagement and Community Vitality derived from the 2013 survey the CIW undertook in our region.

We wanted to use the timely opportunity of the municipal election to encourage citizens to increase voter turnout. We discovered research that tied the trend of decreasing voter participation to the very

low participation of youth in the electoral process. We engaged with the *Youth 2 Kingston (Y2K)* group with the purpose of encouraging greater civic engagement.

*"It was evident from the audience's participation that the connection between civic engagement and community wellbeing – a higher quality of life for the individuals in our communities – was well understood."*

As I write this, there is a Youth Forum on civic engagement taking place, a positive action encouraged by youth's collaboration with the Foundation's *Vital Signs* project.

Dr. Bryan Smale, the leader of the CIW project at the University of Waterloo, was our keynote speaker at the launch. He explained that "Those individuals in the community who are highly engaged are participating in unions, service clubs, or volunteering."

We discovered that in our region the number of individuals volunteering is substantially lower than the national rate. This finding provoked a focus on volunteering in the Community Vitality CIW domain, finding stories of successful volunteers in our communities to inspire others to initiate new volunteer efforts.

The launch program included a lively panel comprised of Dr. Smale, Dr. Kieran Moore, KFL&A Public Health, and George Thomson, a Foundation director. They successfully linked wellbeing, health, and democratic engagement, and stimulated lots of interesting and penetrating questions from the audience.

It was evident from the audience's participation that the connection between civic engagement and

community wellbeing – a higher quality of life for the individuals in our communities – was well understood. Our challenge is to make this understanding broadly known. Perhaps our Acts of Community initiative included in *Vital Signs* 2014 will do that.

A most immediate act of democratic engagement was, of course, the opportunity to cast a vote in the October 27 municipal elections. In keeping with that theme, CFKA partnered with Imagine Kingston to invite Alison Loat, Executive Director, Samara Canada, to speak at a breakfast event at the Donald Gordon Centre on October 10.

Samara Canada is a non-partisan charitable organization with a mission to improve Canada's political culture. Ms. Loat's presentation demonstrated a strong resonance with the findings published in the democratic and youth engagement sections in *Vital Signs*.

*Michael Bell*



## Your Passion, Your Legacy – Our Job



The late Heeyun and Robert Brandon were recently memorialized by family with a CFKA donor advised fund

The Community Foundation is pleased to have received a number of bequests recently, often the largest gift an individual makes to a charity. And we are working with others who have named the Foundation in their will, ensuring

we meet their long term goals. Those who are thoughtfully considering estate charitable directions may be surprised to learn just how nicely their gifts to their community can be tailored to correspond to a particular giving focus. We are here to help!

Housing and the special needs of those with disabilities, and helping immigrant women and children through education opportunities, were the focus of two recent bequests:

### Vocational insights

An anonymous donor, who had made donations over the past ten years, generally after receiving *Ripples*, directed that her bequest be used to support “housing for persons with disability or who are homeless and for special needs of persons with disabilities.” During her lifetime, the donor had worked with and saw the needs in our community of many with disabilities.

Through her legacy, a permanent endowment fund, she continues to reach out in support of those whose wellbeing was a lifelong concern. Grants will be allocated through our Community Grants program.

### Honouring family

The *Heeyun and Robert Brandon Memorial Fund* was created by Joanne Kwan, in honour of her late sister and brother-in-law, with funds received after her sister’s passing, and is shaped to reflect their lifetime experiences. Her sister was a “strong, hardworking woman, who always rose to the challenge” and who was “always generous to her family to help them establish roots and be successful.”

After arriving in Canada from Korea, her sister began working as a secretary in Montreal, sending half her pay home to support her family. A six-month computer training course allowed her to pursue a career in government, where she met her husband, Robert.

“Those who are thoughtfully considering estate charitable directions may be surprised to learn just how nicely their gifts to their community can be tailored to correspond to a particular giving focus.”

Despite growing up in poverty after immigrating to Canada with his parents at age two, Robert realized his dream of getting into university. His engineering studies at the University of British Columbia led to a successful career. Robert was a kind man, described as “an uncle to every kid.” Joanne and her two daughters Christine & Deanna Choi will continue the ‘good works’ of Heeyun and Robert through this donor advised memorial fund.

Tina Bailey

## Want to Leave a Legacy?

Leave A Legacy™ [www.leavealegacyseo.ca](http://www.leavealegacyseo.ca) is a national public awareness program designed to encourage people to leave a gift through their will or any other gift planning instrument to a charity or non-profit organization of their choice. They offer a variety of resources on-line to help you learn about some of the options.

Talk to your professional advisor. There are a number of options available for making a charitable gift, and each will have different benefits. A professional advisor can help you decide which option(s) will work best for you and your family.

There are numerous ways you can leave your legacy. These include the following:

1. Bequests
2. Gift of Securities (gifting appreciated stocks is very tax advantageous!)
3. Life Insurance/RRSPs or RRIFs
4. Annuities
5. Charitable Remainder Trusts
6. Residual Interest
7. Real Estate
8. Endowment



A *Vital Signs®* outcome! Board member, George Thomson, participating in the Y2K Forum on Civic Engagement, October 22-24, 2014 at the new Boys and Girls Club West End Hub

## Community Partners Program

The Foundation recently launched a new Community Partners program for local businesses. Similar to our Giving Circle for individuals, Community Partners provide the Foundation with critical operational funding to support programs such as our community granting and production of our annual *Vital Signs®* report.

Watch for our “Community Partner” decal being displayed by local businesses to show their support of the Community Foundation.

Thank you to our first Community Partners: Bearance’s Grocery, KB Homes, and Upper Canada Commercial Insurance Group Inc. We look forward to welcoming more shortly.

Tina Bailey



**LEAVE A LEGACY™**

*Make a Difference in the Lives that Follow*



Donors: We gratefully acknowledge the contributions and commitments of all our donors and thank them for their continued support.

We are pleased to publish the names of those donors who have contributed over \$100 between October 1, 2013 through September 30, 2014.

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\*deceased



## Introduction to Grants

The presentation of cheques at the culmination of a Community Grants Program granting round is always an enjoyable occasion for grantees, donors, friends and members of the CFKA Board of Directors and Grants Committee.

The grants ceremony on May 15, 2014 was no exception, bringing together more than one hundred people at the H'art Centre. Cheques totaling \$104,400 were presented to 28 community organizations, drawing on more than twenty specific funds as well as the general Community Fund. As you can see following, grants funded projects as diverse as the purchase of child-size furniture for children at the Kingston School of Art; Yellow Bike Action

Repair and Maintenance Workshops at the Wally Elmer Centre; Healing Hearts, a children's grief program for use in elementary schools developed by Bereaved Families of Ontario and completion of protective fencing around the nesting grounds of endangered grassland species by the Kingston Field Naturalists.

We made a number of changes to the traditional format this year, not only to attract more members of the community to share in the event, but to make the occasion as enjoyable and informative as possible for everyone involved. Judging from the enthusiastic feedback we received, the new and improved format was a success!

Scheduling the event at the end of the workday resulted in a higher turnout than in previous years and allowed ample time at the conclusion of the proceedings for informal networking. Refreshments were a welcome addition to the festivities.

Another exciting new element was the use of social media to spread the word. For the first time ever, a volunteer from Ontario Interpretive Services provided translation using American Sign Language. The Frontenac Cyber Falcons offered an ongoing demonstration of the newest FIRST (For Inspiration and Recognition of Science and Technology) robot, built with funding support from a Community Grants Program grant.

Grantees were given additional time to share their passion for their projects and to give a shoutout for needed space, equipment, materials, project partners or volunteers to carry out the project.

Planning is now underway for the Fall 2014 cheque presentation ceremony, to be held on Thursday December 11, at 4 pm at the new KCHC facility on Weller Avenue. Come and see for yourself how partnerships between CFKA, generous donors and local organizations enhance the quality of life in our community through projects that are both innovative and responsive to community need.

**Linda Lysne,**  
Chair, Grants Committee

### Spring 2014 Grant Recipients: The following 28 projects have received grants totaling \$104,400.

#### Arts & Culture



##### **Domino Theatre Inc., Day Long Retreat for Domino Theatre Board:**

Larry Gibson Community Fund

**\$800.** Domino Theatre is run entirely by volunteers, up to two hundred each year, and provides a full seven play fall-spring season. The grant will pay for an outside consultant to facilitate a day-long retreat of the Domino Theatre board of directors to help it articulate a strategic plan.

##### **Kingston WritersFest, Planet Earth: A Better Future:**

Ellen Shepherd Community Fund, The Tragically Hip Community Fund, McArthur Connidis Arts Fund

**\$3,000.** Planet Earth: A Better Future, part of Kingston WritersFest 2014, brings together innovative thinkers and writers who have travelled the world to present stories of communities and individuals tackling issues of climate change, food supply, and wilderness preservation. The project features solo presentations by investigative journalist Sarah Elton and Inuit activist Sheila Watt-Cloutier, and a panel discussion on the Wild Within

& Without, with canoist/traveller James Raffan, Saskatchewan naturalist Trevor Herriot, and renegade botanist Diana Beresford-Kroeger and master classes on Writing Nature and Action for Environmental Change 101.

##### **Theatre Kingston, The Convict Lover - play adaptation workshop:**

Edward Ratcliffe Fund

**\$2,000.** Using Marilyn Simonds' well-loved historical novel, *The Convict Lover*, renowned Canadian playwright and Kingstonian, Judith Thompson will script a play about Kingston and its relationship to its prisons. Over a series of months, she will work with artists, both local and national, to refine the script, with an eye towards a world premiere in Kingston in May 2015.

##### **H'art School of Smiles Inc., The BOX Dance Floor:**

The Tragically Hip Community Fund

**\$2,322.** Launched in 2012 and winner of the 2012 City of Kingston Access Award, the BOX is H'art Centre's 3,500 sq/ft fully-accessible and versatile performing arts hub and presentation space. The space optimizes accessibility and its programs encourage community collaboration, audience development and public engagement. The BOX has quickly become the go-to venue for many groups drawn by these capacities, including many professional arts groups, diverse community groups and affordable

theatre for youth. H'art now adds a professional quality dance surface to enhance the existing facilities for the local dance community.

##### **Modern Fuel Artist-Run Centre, Square Pegs VII: Public Film and Video in Market Square:**

Edward Ratcliffe Fund

**\$2,000.** Square Pegs is an annual event now in its seventh year, and in 2014 it will be expanded to three main activities. Square Pegs VII: Public Film and Video in Market Square will be comprised of an eleven day video production residency for one emerging professional artist and one youth under twenty years of age; a screening, artists' talk and workshop by visiting artist Yam Lau; and a public screening of film and video in Market Square. Lau's most recent works combine video and computer-generated animation to re-create familiar domestic spaces and activities in varied dimensionalities and perspectives. Square Pegs VII: Public Film and Video in Market Square will address in multiple ways how we connect, engage and live with others in, and beyond our communities.

##### **MusicMates, Purchase of Soundbeam5 Control Unit:**

Sunnyside Children's Fund

**\$4,537.** MusicMates is a not for profit organization in Kingston dedicated to creating social opportunities

through the use of music. Through specialized musical programming, our goal is to facilitate the development of social skills for individuals with special needs, such as intellectual and developmental delays, chronic medical conditions, psychological trauma and social anxieties. In order to create fully accessible social programs for our participants, we require the use of the Soundbeam5. This touch-free virtual device uses sensor technology to translate body movement into music and sound allowing individuals with limited mobility to fully and freely participate in all our group and individual programs.

#### Children's Mental Health



##### **Bereaved Families of Ontario - Kingston Region, Healing Hearts:**

Sunnyside Children's Fund

**\$10,000.** Healing Hearts is an age-appropriate children's grief program with a grade-school curriculum for children in their schools and communities. The goal is to improve the grief process for children (and their families) and provide them with a safe, mutual-support atmosphere wherein they can begin to



understand their loss and realize they are not alone in their suffering. We will enlist youth peers to help enhance our school programs and further develop a dedicated children's website page sponsored by CFKA. We will be a resource for teachers, parents and other adults that have children affected by grief.

#### **Kingston Youth Strategy (Y2K) Collective, Kingston Youth Strategy, Health and Wellness Table:**

Sunnyside Children's Fund,  
Marion and John Dunn Fund,  
Young Adults Mental Health Fund

**\$3,000.** The Kingston Youth Strategy Collective engaged forty Kingston organizations, the City of Kingston and seven hundred youths from across all areas of Kingston to develop a Kingston Youth Strategy, which was unanimously adopted by City Council in September 2013. The Health and Wellness Community Action Table of the Kingston Youth Strategy (Y2K) has undertaken to engage youth and organizations to collectively implement recommendations in the Kingston Youth Strategy. These recommendations will help improve the health of Kingston youth, especially in the area of mental health.

*Did you know? Almost half of respondents (46%) report participating in unpaid volunteer work in the previous 12 months (±14%).*

– CFKA Vital Signs® 2013

#### **Kingston Community Health Centres - Street Health Centre, Youth Program - Street Health Centre:**

David Middleton North End Development Fund, Sunnyside Children's Fund

**\$3,300.** Kingston Community Health Centres - Kingston Youth Space and Kingston New Mentality will offer a Community Awareness Day for young people and their families to learn about youth services in our community, with a focus on mental health and substance use. This will be a youth-led day with many free activities for all age groups, a BBQ, and music.

## Community Development



#### **South Palmerston Community Centre Association, North Frontenac Township, Community Centre Revitalization:**

Ruth & Stu Barton Community Fund

**\$3,500.** The South Palmerston Community Centre is a charitable organization based in Snow Road Station which is responsible for operating the village's community centre, which is a one hundred and fifteen year old one-room school house with a long heritage history. The centre, used as a social meeting place and community hall, serves as an important venue for residents of Snow Road and surrounding communities. Our goal is to encourage and maintain high levels of social interaction and fitness among residents. The project will add a wall-mounted HDTV system and WiFi access to support seniors' exercise programs. Additional tables and chairs will support an increasing number of social activities, including monthly potluck dinners, card/games nights, bridge lessons, craft workshops, genealogy group meetings, and others.

#### **Kingston Pride, Kingston PRIDE 25<sup>th</sup> Anniversary Festival:**

Community Fund

**\$2,500.** Kingston Pride, a grassroots organization that works to promote awareness and inclusion of the LGBTTIQQ2SA\* community, will be hosting its 25<sup>th</sup> Pride celebration from May 30 to June 15, 2014. The festival exists to inspire, educate, commemorate and celebrate our diverse community. It includes a wide range of activities: a Pride parade, social gatherings, dances, sporting events, educational workshops, speaker events, film showings, theatrical performances, art exhibitions, and more.

*\*Lesbian, Gay, Bisexual, Transsexual, Transgender, Intersex, Queer, Questioning, 2 Spirited, Allies*

#### **Marine Museum of the Great Lakes at Kingston, New Age of Sail Outdoor Exhibition:**

Douglas Branton Fell Memorial Fund,  
Cameron & Laurie Thompson Fund

**\$3,000.** On the weekend of July 26, 2014, the Marine Museum presented an Outdoor Exhibition showing the evolution of sailing craft from early wooden sailing canoes to modern carbon fiber high-performance speedsters. Dry land simulators were available for all ages to experience the wind and understand the basics of sailing. Exhibits demonstrated, with actual materials and systems, the technological advances through the last fifty years. Exhibit experts discussed how changes improved designs and building techniques, taking the science from wooden boats with cotton sails to hydrofoils with plastic sails, capable of speeds of 50 to 60 km/h.

#### **Yellow Bike Action, Bike Repair and Maintenance Workshops for Families & Youth at the Wally Elmer Youth Centre:**

Cameron & Laurie Thompson Fund

**\$3,000.** With the gracious support of CRNC and CFKA, Yellow Bike Action will be offering free bike repair, maintenance, and training workshops for families and youth at the Wally Elmer Youth Centre. Previous repair workshops have established a real need for this program. The workshops will be held Thursday and Friday afternoons at 4-7 pm weekly, from the beginning of June to the end of October.

## Education & Literacy



#### **KCHC - Pathways to Education Kingston, T.A.S.K. (Technology Assisting Student's Knowledge):**

Elisabeth Heney Fund for Literacy,  
Marion Meyer Opportunity Fund,  
The Kingston Whig-Standard Literacy Endowment Fund

**\$4,000.** Pathways to Education offers volunteer-driven tutoring four nights a week in all core and elective subjects

to youth within the Rideau Heights and Inner Harbour neighborhoods. T.A.S.K. will provide our students of various learning styles and abilities with equal opportunities to take control of their own learning and develop the skills necessary to succeed in high school and beyond. Our goal is to engage our students who struggle with literacy through the use of Apple iPads and the accompanying educational software.

#### **Kingston Literacy & Skills, Digital Inclusion for Kingston Adults:**

The Kingston Whig-Standard Literacy Endowment Fund, Cameron & Laurie Thompson Fund, David Middleton North End Development Fund

**\$5,000.** Most adult computer courses in Kingston are offered either on a fee-for-service basis, for seniors only, or are challenging for entry-level users. With the cancellation of two long-running local school board courses, low or no-cost computer training opportunities are now limited in the Kingston area. KL&S will develop and provide a thirty-hour introductory computer course (three times) to help technological novices gain the skills they need to function easily in our digital society.

#### **Frontenac Cyber Falcons, Cyber Falcons: Return of the Robot:**

Marion Meyer Opportunity Fund

**\$2,500.** The Cyber Falcons are a high school robotics team for students in grades nine through twelve at Frontenac Secondary School who strive to facilitate a collaborative environment with each other and their volunteer adult mentors from local industry and Queen's University. At the beginning of each year, the team has six weeks in which to build a robot that fulfills a new design challenge issued by the FIRST (For Inspiration and Recognition of Science and Technology) Robotics Competition, and teams around the world compete to find the best solution. Being on the Cyber Falcons team means cooperating to encourage, strengthen and foster further interest in science, literacy, communication, mathematics, volunteering, leadership, and engineering. One hundred per cent of graduating team members have gone on to post-secondary education so far.



## Environment

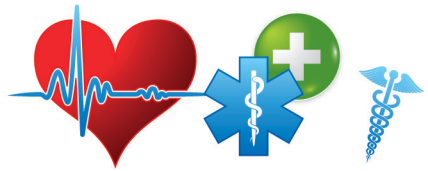


### **Kingston Field Naturalists, Fencing of Martin Edwards Reserve:**

Environmental Legacy Fund,  
Ruth & Stu Barton Environmental Fund

**\$2,500.** The Martin Edwards Reserve (MER) at the eastern end of Amherst Island was acquired by the KFN in 1986 to protect the nesting grounds of several endangered grassland bird species. Over the years, with help from CFKA, we have developed a management plan which involves cattle grazing of the property to maintain the grassland habitat. Upgrading the fencing on the eastern portion will ensure that the grassland habitat of the MER remains an educational and recreational destination.

## Health and Social Services



### **Limestone Hands, Chatter Hands:**

Community Fund

**\$2,500.** Chatter Hands connects fluent signers with beginner-intermediate and intermediate signers to acquire more, practice, and maintain American Sign Language skills in a natural social environment. It also provides a space for Deaf children to use their natural language modality, American Sign Language, with Deaf adults who are fluent in the language for maximum language acquisition benefit. Individuals will have an opportunity to learn more about this visual-gestural language and gain a better understanding about a unique linguistic minority group, Deaf Culture.

***Did you know?** Across all age groups, most would check up on their neighbours if there was an emergency or disaster.*

*– CFKA Vital Signs® 2013*

### **Frontenac Community Mental Health and Addiction Services, Drug Treatment Court:**

Ruth & Stu Barton Community Fund,  
Richard Moorehouse Fund, Larry Gibson Community Fund

**\$15,700.** Beginning in April 2014, adults in Frontenac County who have been charged with a non-violent offence as a result of their drug addiction will have an alternative to incarceration. Intensive treatment services, case management, and judicial supervision will be offered through the Kingston Drug Treatment Court and Frontenac Community Mental Health and Addiction Services. The grant supports clients through funding assistance in therapeutic activities; reducing barriers related to transportation; providing small items to assist in re-establishing oneself in the community; and in providing small incentives for the reward and recognition program related to harm reduction and abstinence from drug use.

### **Alzheimer Society of Kingston, Music for Memories:**

Larry Gibson Community Fund

**\$1,400.** The Alzheimer Society for KFL&A is introducing a music program to engage both those diagnosed and their caregivers. The introduction of music has been shown to have many benefits for those diagnosed with Alzheimer's disease or a related dementia by reducing anxiety, depression and agitation as well as other responsive behaviours associated with dementia. Music programs provide a music-playing device and individualised playlist, which enables them the opportunity to express themselves in both verbal and non-verbal ways.

### **Good Times Diner, Queen's Good Times Diner Soup Kitchen:**

Larry Gibson Community Fund

**\$1,000.** The Good Times Diner is an organization that addresses the immediate dietary needs of those within the Kingston community who are unable to afford a balanced and healthy meal. It is completely student run, and not only improves the quality of life of its patrons, but benefit the students as well as it provides the opportunity for students to give back to the community while simultaneously encouraging leadership.

### **Home Base Housing, ID Bank:**

Larry Gibson Community Fund,  
Ross & Suzanne Kilpatrick Fund,  
Ronald & Mildred Grant Family Fund

**\$3,090.** The ID Bank, located at the Housing Help Centre, provides essential services to individuals who have lost or never obtained mandatory identification. Staff members assist throughout the application process to ensure that the information is accurate and legible and the Centre provides an address to receive the documentation in the event that the client is without a mailing address. Clients can then secure financial, health, housing and related services to improve their lives.

### **Loving Spoonful, Preserve Reserves:**

Ruth & Stu Barton Community Fund,  
Phil Quattrocchi Memorial Fund

**\$2,500.** Preserve Reserves brings together environmental sustainability, disappearing food skills, and community building. At least forty volunteers will meet weekly at the kitchens of KCHC and St. Vincent de Paul (project partners) to preserve at least 2,500 lbs of fresh, local produce for shelters and meal programs that serve those in need. Volunteers will gain canning and freezing skills, stock the shelves of the social service agencies and build a caring community around food while contributing to a healthy cause.

## Heritage Preservation



### **Fairfield-Gutzeit Society, Onward and Upward:**

Community Fund,  
Loyalist Parkway Fund

**\$4,000.** The Onward and Upward Project will restore, repair, and enhance the public appeal, accessibility, and utility of the beautiful, historically important Fairfield-Gutzeit Society heritage properties along Loyalist Parkway. The improvements will increase the sustainability of the Society, improving and expanding its ability to raise money in both summer and winter activities, and

restoring the appearance of the grounds and buildings to a point where volunteer labour can efficiently maintain them. The project will enhance civic pride in local heritage facilitating recruitment and retention of volunteers - a critical necessity for the Society.

***Did you know?** 83% of Kingston residents reported composting kitchen and/or yard waste, which is the third highest rate in the country.*

*– CFKA Vital Signs® 2013*

### **Preserve our Wrecks Kingston, As Great Bulk as Any on the Ocean: Recording the Remains of the HMS St. Lawrence:**

Douglas Branton Fell Memorial Fund,  
Chown Fund

**\$2,000.** One of the largest warships of the Napoleonic Era, the HMS St. Lawrence played a crucial role in turning back the advancing Americans toward the end of the War of 1812. Its remains are submerged in shallow waters near Morton's Wharf in downtown Kingston. This project involves sending a team of divers to photograph the remains using 360-degree photography technology and creating the definitive record of this impressive piece of Canadiana. The photography will be used to, among other things, create a photomosaic display for a subsequent exhibition at the Marine Museum of the Great Lakes.


### **Barriefield Village Association, Barriefield Bicentennial Book Project:**

Anne & Bill Patterson Community Fund,  
Ruth & Stu Barton Community Fund,  
Chown Fund

**\$3,500.** The 200<sup>th</sup> anniversary of the establishment of Barriefield Village will be celebrated with the publication of a book telling the multi-faceted story of the village. It contains articles about Barriefield's colourful people (e.g. Dollar Bill), buildings (from St. Mark's Church to various taverns), and activities (from boat-building to bootlegging). Thus far, no book has been produced which focuses on the history of Barriefield, the first village in Ontario to be designated a Heritage Conservation District.



### Youth



**YMCA of Kingston, Y Friendz:**  
Ontario Endowment for Children & Youth in Recreation Fund,  
The Terry Harris Endowment Fund

**\$10,000.** Y Friendz is a new partnership between the YMCA of Kingston and the Salvation Army designed to reach out and promote social acceptance and inclusion for families with an incarcerated family member.

The YMCA will offer free PD Day and March Break Camp activities to these families to help improve the social and health related outcomes for inmates' families. The loss of a parent to incarceration can result in trauma, disruptions and chaos that few children experience without serious consequences. The Y Friendz program is a chance to work collaboratively to better meet the needs of the families left behind.

**Kingston Partners for a Safe Community, Sustainability of Kingston P.A.R.T.Y. Program at KGH:**  
Marion & John Dunn Fund,  
Gordon F. Tompkins Funeral Home  
Children's Endowment Fund

**\$1,750.** The Prevent Alcohol and Risk-related Trauma in Youth (P.A.R.T.Y.) program is an injury prevention program for youth aged 14-18 that takes place in a hospital setting. This program provides useful, relevant information about injury that will enable the participants to recognize potential injury-producing situations and to make informed prevention-oriented choices. To completely involve the students, they are "walked along" the common course of injury and treatment of someone involved in a car crash using a variety of teaching techniques, including lectures, videos, simulated trauma resuscitations, tours of the Intensive Care Unit, the Emergency Department, rehabilitation wards, and interaction with injury survivors.

Donors and grantees are invited to a ceremony on December 11, 2014, 4 pm at Kingston Community Health Centre, 263 Weller Avenue. Cheques are presented and grantees offer a thumbnail sketch of the project to be carried out with this funding.

## Music is a Good Friend



Paige Riddell using the SoundBeam

MusicMates is excited to be experiencing the freedom the SoundBeam has brought to their organization. The unit was introduced to MusicMates September 11, 2014 at an Open House event at the Playtrium Kingston. Visitors were thrilled to be able to walk, wheel, and move

through the invisible beams, and press switches, to fill the Playtrium room with tremendous sounds! The SoundBeam continues to be used both by MusicMates in their music programming both in their music rooms and in their portable program throughout the community.

The SoundBeam5 is a device which uses sensor technology to sense movement and translate it into music and sound. The SoundBeam5 also comes with switches; small pedal-like boxes that are extremely sensitive to touch. Each switch triggers sounds and instruments which are controlled in a master control box. The control box contains hundreds of sounds sets and sound effects.

*"This full accessibility instrument is proving to be entertaining, therapeutic and stimulating."*

These include all orchestral instruments, rock band instruments, sound effects, animals sounds, story sounds effects and much more. By making even the smallest movement, even just the movement of a finger, our clients are able to produce a fantastic array of sounds individually and in a group. This full accessibility instrument is proving to be entertaining, therapeutic and stimulating.

The SoundBeam has enabled MusicMates to expand and broaden their programming. This means that individuals who are profoundly impaired, extremely limited in movement, impaired in learning, and have impaired cognitive function, can become extremely expressive in music.

The unit is not, however, confined to those with limited movement. People of all ages and abilities can enjoy the unit.

One of the most interesting discoveries in the use of the SoundBeam by MusicMates has been the use of the unit for social skills development for children on the Autism spectrum. By using the sound effects programmed into the SoundBeam, MusicMates staff have been able to capture the intense interest of participants and actively engage them in social skills training. One of the skills currently being practiced in sessions includes turn taking: participants are engaged in a social story using the SoundBeam switches.

During this facilitated social story, participants press their switch when their designated word is spoken. Participants eagerly anticipate their word in order to press their switch in order to hear the sound effect. Participants are often successful in taking their turn and listening to the story.

MusicMates is working to expand the SoundBeam unit to include vibrating and light technology for the hard of hearing. The SoundBeam5 stimulates learning, provides inclusivity, increases social interaction and can be a tremendous therapeutic tool. MusicMates is extremely grateful to the Community Foundation for their generosity and support!

*Shera Lumsden,  
Executive Director, MusicMates*



## Kingston Drug Treatment Court

An innovative Kingston-based program aimed at helping clients beat drug addiction has received a \$15,700 grant from the Community Foundation for Kingston & Area that will support its ongoing operation.

The Kingston Drug Treatment Court, launched in June of this year, helps clients end their drug dependencies. The program, modeled after a similar court in Ottawa, was launched by Frontenac Community Mental Health and Addiction Services, in partnership with justice services and other community partners, to provide treatment-based services.

Tamara Ciccirella, addictions counsellor with the agency, says the program's primary goal is to offer treatment options to individuals who have committed Criminal Code offences to support their addictions. "Its goal is to help them achieve and maintain abstinence from drug use and it also provides an opportunity for them to participate in intensive treatment-based activities," she says.

"It's based on clients' honesty about their drug use and is intended to help them address their addiction through intensive treatment rather than spending time in

jail with limited access to programming," Ciccirella added. "The program provides a very different atmosphere from your typical courtroom experience."

Clients appear before a judge and explain their progress in avoiding drug use. The client's progress is then discussed with judicial partners and treatment providers. Participants are addressed directly by the judge, who offers verbal praise for their progress. Coffee cards are provided for success, along with attendance for treatment and social incentives. Sanctions may also be provided for non-adherence to treatment plans, as determined by treatment providers and the justice system.

Six clients are now participating in the Kingston Drug Treatment Court, which is growing and its successes are recognized among participants. "We are very pleased to have been awarded the Community Foundation Grant this year. It will go a long way to helping keep the program going," Ciccirella said. "And we are very excited to continue to serve the Kingston community in this new and dynamic way."

**Stacey Dowling, Client Services Manager, Frontenac Community Mental Health and Addiction Services**



Melanie Darling and Judge Alan LeTourneau discuss the Drug Treatment Court

Garrett Elliott

## The Franklin Discovery: the Kingston Connection



Jonathan Moore

On May 19, 1845, Captain John Franklin, an experienced Arctic explorer, left England in command of HMS *Erebus* and HMS *Terror* on a voyage to

discover a Northwest Passage to the British colonies in the Pacific. Franklin's expedition became icebound in the vicinity of King William Island and the loss of Franklin and his men prompted decades of expeditions and research into their fate. But what is the Canadian connection with this exercise in nineteenth century imperial geopolitics? And what is the Kingston connection?

The Canadian connection is clear for Prime Minister Harper. On August 23, 2012 on his 7<sup>th</sup> annual Northern Tour, he endorsed a project to search for the Franklin Expedition. His argument was that its discovery will "unlock the rich history of Canada's Northwest Passage – a history that unites us all as Canadians." On September 9 of this year, the announcement of the discovery of HMS *Erebus* prompted this reaction

from the Prime Minister: "This is truly a historic moment for Canada. Franklin's ships are an important part of Canadian history given that his expeditions, which took place nearly 200 years ago, laid the foundations of Canada's Arctic sovereignty."

So what's the Kingston connection? The Community Foundation has awarded a grant to the local organization, Preserve our Wrecks Kingston (POW), for their project, Recording the Remains of the HMS *St. Lawrence*. This particular project aims at investigating and preserving the remains of the 192 foot-long and 112-cannon HMS *St. Lawrence* which was built in Kingston in 1814, asserted the dominance of Great Britain on the lakes, and was a crucial contribution to turning back the Americans. As the POW proposal put it, HMS *St. Lawrence* is considered

to be "an extremely noteworthy piece of Canadian history" and "[t]he project will strengthen Kingston's reputation as one of the cradles of Canadian history."

This is where Kingston's connection with Franklin comes in. HMS *St. Lawrence* was first photo-surveyed in the mid-1990s under the direction of one, Jonathan Moore, who also contributed to the recording of more War of 1812 vessels in 2005 and 2006. Jonathan Moore is now a senior underwater archeologist at Parks Canada and much involved in the recent discovery of the lost Franklin exhibition.

So, perhaps we should have Jonathan invite Prime Minister Harper for a personal viewing of Kingston's contribution to Canadian identity. At least we can guarantee the waters will be warmer!

**Brian Osborne**



## Generosity at Home and Afar

The Community Foundation's Speaker Series continues to profile individuals in our community who have done more than their part to make this world a better place. On September 18, 2014, the focus of the Speaker Series presentation was on the theme of Generosity, at Home and Afar.

Generosity at Home, that is, here in the Kingston area, is exemplified by the success of the Boys and Girls Club. Harold Parsons, the executive director of the Boys and Girls Club, told the audience about the astounding strides this organization has made since it was created in 1999. Over the past fifteen years, the Club, located at the former Robert Meek School, has provided a safe place for our children and youth to go after school. There they receive homework assistance, play games, get involved in healthy activities, learn leadership skills and are mentored by role models. Thanks to the generosity of people in the Kingston community, the Boys and Girls Club has expanded to a west end facility where children aged four through eighteen will receive the same after school opportunities. The success of this organization is a true testament to the way generosity can improve the lives of people in our community.

We next heard from Heather Haynes, a well known Kingston artist and philanthropist. Heather has become involved with a group of children

in Moshi, Tanzania who are struggling with poverty, and the resulting lack of opportunity, while striving to make the most of their lives. Through Heather's tireless efforts and unflagging generosity, a children's shelter and workshop have been built there.

Drs Jennifer Carpenter and Karen Yeates, faculty members in the School of Medicine at Queen's University, shared their experiences helping women and children in east Africa. These two Kingston doctors, giving generously of their time, co-founded, and now spend many months a year overseeing, the activities of the Pamoja Tunaweza Women's Centre in Moshi, Tanzania. The Centre is a primary health clinic in an area where there are no medical facilities which also performs community outreach and health teaching. We heard wonderful stories about the difference this Centre has made to the lives of women and children in this area.

On November 21, 2014 the Speaker Series will turn its attention to music in our community. We are honoured to have two marvellous musicians, Gord Sinclair of the Tragically Hip and Evan Mitchell, the innovative new conductor of the Kingston Symphony, speak to us about their hopes for the local and national music scene. We hope you will join us to hear what they have to say and to share your thoughts with them.

*Diane Kelly*



Dr. Karen Yeates and Dr. Jennifer Carpenter at the Speaker Series



Anonymous

## Changing Young Lives!

Each day, as they have for over 21 years, the Boys and Girls Club of Kingston welcomes young people into a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life. The programs and services provided by the Boys and Girls Club play a vital role in realizing the potential in every child. Quality programming during critical after-school hours is uniquely positioned to increase children's physical activity, social development, and educational skills. These programs not only break the isolation that has been associated with poor mental health outcomes, but also support academic success and skills development for children and youth aged four through eighteen.

More recently, the Boys and Girls Club of Kingston has launched a new West End Hub-model located in the Frontenac Mall. It enhances opportunities for young people, while continuing to serve areas of Kingston that are in need of after-school programming. With increased support from community partnerships, we can provide transportation to children from eight area schools. We have already reached over 170 children at this venue.

Upon their arrival, members at the West End Hub enjoy extended programs in a state of the art facility that includes a 25m swimming pool and splash area, full gymnasium, indoor sports courts, dance studio, boxing ring and fitness area, arts and crafts room, large common rooms

used for program and education centres, a dedicated youth space, and a brand new kitchen.

As highlighted at the recent CFKA Speaker Series, Kingston BGC and Tanzania BGC started a Pen Pal program from our members to theirs. Our members drew pictures, asked questions, and told stories about their everyday lives in Canada and their experiences at their clubs. We sent physical activity kits and program activity guides for the staff and volunteers at the Tanzania club. They responded to our letters and artwork with pictures and drawings of their own, including a piece of artwork that we proudly display in one of our busiest program spaces. This summer, our club worked with Suzy Lamont to learn about photography. The goal of this program was not only to teach our members about photography skills, but also to showcase the neighbourhood, our club, our members, and nature to share in an upcoming art show, and ultimately with the Tanzania club.

The Boys and Girls Club is sincerely grateful for its committed partners and individuals who invest so generously in the hopes, dreams, and futures of our young people. Together, we are changing young lives and, with the dedicated support of donors, volunteers, and staff, over 3,000 children and families will have brighter futures.

*Harold Parsons,  
Executive Director,  
The Boys and Girls Club of Kingston*





### Save the Date

Mark Saturday May 2, 2015 on your calendar and get out your blue suede dancing shoes! Jailhouse Rock will celebrate our 20<sup>th</sup> anniversary and be the public launch of our new Smart & Caring Community Fund. Tickets for this rockin' and rollin' event to be held at the new Isabel Bader Centre for Performing Arts are \$250 and will be available soon.

### Kingston's Knight!



A. Britton Smith

Congratulations to Brit Smith on being awarded the rank of Knight of the French National Order of the Legion of Honour this past spring. Mr. Smith, a Kingston property developer, former city alderman and philanthropist, was a Major and Artillery Officer with the Royal Hamilton Light Artillery when he was wounded in the Battle of Normandy during World War II.

### In Memoriam



John Wilson

We are saddened that CFKA has lost both a past and present board member. John Wilson, who served on the Board of CFKA from 2003 to 2011 died on Canada Day. John was active not only on the board but as a member of many committees including Resource Development, Planning and Programs.

Peter Hartel, a sitting Board Member, died suddenly on October 9, 2014. Peter was a very active community member, athlete, musician and artist and a member of the Resource Development Committee of CFKA. Both John and Peter will be missed greatly.



Peter Hartel

### Farewell and Welcome

Farewell to the following retiring board members: Florence Campbell (Past President), Peter Gibson (Treasurer), Lynn Harding (Chair, Personnel), Diane Kelly (Chair, Donor Engagement), Scott Miller (Chair, Investment) and Derek Shelly (Food First Fund). Thank you all for your years of service and commitment to CFKA. Welcome to new board members Jonathan Warren, Marc LeBlanc and Kelly Wiley. Jonathan is a Tax Partner operating out of the Kingston offices of KPMG, Marc is an Investment Advisor at CIBC Wood Gundy and Kelly is the Director of Marketing and Communications at St. Lawrence College.

### New Youth Leadership Fund

Recently, a tribute dinner was held to celebrate the more than forty years of political service of Kingston & the Islands MPP, John Gerretsen. Donations and proceeds from this event have been used to create the John Gerretsen Youth Leadership Fund at the Community Foundation. The fund will support promising youth to attend leadership development programs – a great way to inspire and support our future community leaders!

### Thank You

To Phillip Brown and Brown's Dining Solutions. Phillip has donated \$7,500 from the sales of his novel, *Critical Care*, and Brown's Dining Solutions has created a flow-through fund to facilitate community giving. CFKA appreciates greatly their generosity and support.

### Congratulations

To Florence Campbell, appointed Honorary Life Member by the CFKA Board of Directors. Florence took on countless tasks during her 10 years on the board, including the presidency. Her strong leadership of our *Vital Signs*® program was cited by nominators.

### Are YOU Getting in on the Act?

Take our "Acts of Community Challenge" from *Vital Signs* 2014 and share your acts by tweeting at #CFKActs. Data shows highly civically engaged residents enjoy a higher quality of life in all wellbeing domains. CFKA is therefore challenging everyone to perform more acts of community, to improve their and their community's wellbeing.

## 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 needed most ☐ Community Grants ☐ The \_\_\_\_\_ Fund

Name \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Payment ☐ Cheque enclosed or ☐ ☐ Card Number \_\_\_\_\_ Expires \_\_\_\_\_

Name (public acknowledgement) \_\_\_\_\_ ☐ I request anonymity Signature \_\_\_\_\_

### Please contact me about

☐ Including the Foundation in my estate planning ☐ The latest tax incentives from Canada Revenue Agency on charitable giving  
☐ Setting up a Fund ☐ I have included CFKA in my will

A charitable receipt will be issued for your donation under **Charitable Registration Number 89143 2395 RR001**.

Spring 2014



**Community Foundation**  
for Kingston & Area

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