



## Our Speaker Series Update



Bernard Clark

Enthusiastic response to Speaker Series on hunger in the community.

This has been an outstanding year for the Community Foundation's Speaker Series. As always, our goal is to bring members of the community together to listen to and interact with individuals who can shed light on issues of concern within Kingston and area.

On January 16, 2013, a panel challenged the audience to think about whether innovation was possible in Kingston. The panel, moderated by Ken Wong, and entitled *Innovation: Can it Thrive in Kingston*, featured Peng-Sang Cau, President and CEO, Transformix Engineering Inc.; Chandar Datta, Founder and CEO, Cancoil Thermal Corp.; Brad Ross, New Venture Coach and Investor; and, Douglas Watt, Director of Research, Conference Board of Canada. The answer to the question posed was a qualified "yes."

The Conference Board has pointed to Canada's declining global competitiveness ranking. Doug Watt noted that Kingston is in an advantageous position because it is home to three exceptional post-secondary institutions. It should be able to leverage the connections and opportunities between the academy and business to innovate. Peng Sang-Cau, relating the success of Transformix Engineering, emphasized the importance of effective teams and processes when bringing ideas to commercial fruition. Innovators and entrepreneurs working in a small centre like Kingston face challenges establishing effective matches. Brad Ross, who also underlined the importance of teamwork, advocated the concept of "lean methodology," of creating more value with fewer resources. He encouraged us to think of making Kingston the "Lean Capital of Canada."

And Chandar Datta reminded us that God was the greatest innovator of all. There were many business representatives in the audience and the post-presentation questions were thought provoking.

On March 4, 2013, we invited a panel of involved citizens to tackle the challenging subject of *Hunger – Can We Bring Food Security To Our Community?* Did you know that Kingston's *Partner's in Mission*, for example, prepared 10,845 hampers of food last year: that is 1 million dollars' worth of food!

This presentation was an opportunity to publically launch the *Regina Rosen Food First Fund*, which aims to support food distribution agencies in Kingston and the surrounding area. More about that on page 4!

Diane Kelly

### In this issue



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Since 1995, the Community Foundation for Kingston and Area (CFKA) has awarded 940 Community Grants totalling \$2,368,817, distributed \$1,174,908 from other endowment funds and \$3,425,367 from flow-through funds.





## A Smooth Transition



Neger Kaye

New Executive Director Tina Bailey (2nd from right) with Greg Fisher, Vikram Varma, and CFKA board member Anne Butler at meetings.

It seems like only yesterday that I stepped into the Foundation's offices. Peter Tobias, who had been the Foundation's legal counsel when it first started, told me that they were looking for volunteers to help with *Vital Signs*.<sup>®</sup> I met with past President Dan Norman and helped out with the first *Vital Signs*.

In June 2009, I took over from Glenn Stresman as the Executive Director of CFKA. As the Executive Director for five years, Glenn was at the helm during the financial crisis of 2008 and along with the board shepherded the Foundation not only through that difficult time but also through a period of growth and change which included a new name and logo, a new website, and a new management information system. Those were big shoes indeed to fill.

The changes Glenn and the board initiated have borne fruit for the Foundation and have helped position it for growth in many ways. The Foundation Information Management System (FIMS), a system used by many foundations in Canada and the US, will help us manage and track the many funds that we have been entrusted with and give us the capability to manage many more as it grows in the next few years.

One of my mandates was to raise the profile of the Foundation. I would like to think that during my tenure as

Executive Director, I have had some success with this. Our logo, designed by Brian Dodo and Jen Cameron, which features the Martello Tower, pays tribute to the Foundation's beginnings as the Martello Tower Society and Kingston's historic landmarks. The logo has gained visibility and is now better recognized in Kingston. We have broadened our reach by joining the social media age and now have a Facebook and LinkedIn presence, as well as a twitter account (@CFKKingstonArea). In 2010 we realized we had more news to share than could fit in our semi-annual issues of *Ripples* and with the help of John Suart, a volunteer at the Foundation, we launched *Waves*, an electronic newsletter to provide monthly updates to the Kingston Community. Our donors did, however, warn us never to replace *Ripples*, which many look forward to receiving each spring and fall. The Speaker Series, a natural complement to *Vital Signs*, which we have published for four years now, helps foster discussions on important issues facing our community.

Of the many memories I take with me, most of them involve the people I have met and had the privilege to work with. All of the Foundation's many initiatives, such as *Vital Signs*, *Under the Big Top* (one of the community's most successful

fund raisers) and the Community Grants would not have happened without the dedication of the board and volunteers. A few years ago I took the United Way's Seeing is Believing tour and was immediately struck by the passion of the Executive Directors of the many organizations that serve our community and I have been inspired by their commitment as well. I have also had the pleasure to meet many donors who believe in their community and have started funds

to help support some of the initiatives that make Kingston a better place.

The past four years have been a truly rewarding experience and I would like to thank the board for the opportunity to lead the Foundation to its next stage. The next few years will be an exciting time for this organization, and I leave feeling that it will continue to be well served by the trusted hands of the board and those of the new Executive Director.

Vikram Varma

## Tina Bailey – New Executive Director

Tina obtained her Bachelor of Science (Environmental) degree from the University of Guelph, and her Master of Public Administration and Master of Business Administration degrees from Queen's. She has a variety of experience in the not-for-profit and charity sectors, and over 10 years' experience at Queen's, most recently as Associate Director of Queen's School of Business Centre for Responsible Leadership.

Tina has engaged in a variety of volunteer activities since her youth, including fundraising to save an old growth forest in her hometown of Arnprior, Ontario.

She currently serves as a board member of the Land Conservancy for Kingston, Frontenac, Lennox & Addington and as a Trustee with Awesome Kingston. An animal and nature lover, Tina enjoys spending time outside and can often be seen around Kingston taking long walks with her dog.

"I am excited to be assuming this role, and look forward to working with the CFKA community – its board members, volunteers and donors who are passionate about furthering the Foundation's mission to strengthen our community." Tina can be reached at [tina@cfka.org](mailto:tina@cfka.org).

# The Regina Rosen Food First Fund

The newly established Food First Fund (FFF) has struck a chord with Kingstonians. This is unfortunately due to the pressing need for basic food security in our communities. Our intention is to endow one half of all donations and to distribute the other half outright. \$1,000 will be granted monthly to a variety of registered food distribution agencies in Kingston, given on a needs basis without a formal grant application, as determined by the committee. Grants that have a multiplicative effect are desired but funds can be used as recipients see fit.

Membership is easy – we ask for a donation of \$2,400 – \$1,200 to be endowed, and \$1,200 to go towards the \$12,000 we will distribute each year.

Currently endowed: \$52,703; pledged: \$18,000; and \$8,200 has been distributed to the following organizations: Partners in Mission Food Bank; Salvation Army for Christmas Food Baskets; Outreach

St. George's for Personal Needs Support for Clients; St. Vincent de Paul Society for Perishable Food Items; Loving Spoonful for a Community Awareness Campaign; Boys and Girls Club for their Evening Meal Program; Southern Frontenac Food Program; and In from the Cold.

Four of these grants were given in honour of, and chosen by, panel members of our very successful *Speaker Series Lunch: Can we Create Food Security in Kingston?* Following is a précis of what each of them shared with the audience of 120 interested guests.

**Elaine Powers:** "Food nourishes our bodies, nourishes our souls, our relationships, and our communities. What we eat is a sign of membership, social status and spiritual worth. I would like to advocate radical kindness, a kindness that will move us to action, to alleviate the suffering of others, and then to find the source of their suffering so we can eliminate it."

**Sandy Singers:** "Hunger or food insecurity is a symptom of poverty, and as the numbers of those living at or below the poverty line continue to increase,

food banks, hot-meal programs, and shelters are compelled to play a vital role in emergency relief. Emergency food relief will never be a solution to poverty, but it is imperative for our communities to support these efforts until those solutions are found."

**Zoe Yanovsky:** "Food is our passion, our livelihood, and very often the way we are able to contribute to the community. Our biggest effort is the Rose and Zal Breakfast, which supports the Food Sharing Project by way of an endowment fund through CFKA. We cook and serve breakfast at Chez Piggy and Pan Chancho. In return, our guests are invited to leave a donation to support a program that feeds an astonishing number of 4,400 children in over 75 schools daily. We know that hungry kids can't learn."

**Susan Belyea:** "Communities across North America are recognizing the importance of food security and are developing creative strategies – not just to ensure access to food, but to use food to engage people in their own food security. Kingstonians are talking about a Community Food Centre – a space where people can come together to enjoy

a free meal, volunteer, cook together, garden and connect to vital community resources. We can use the power of food to build community."

As an FFF fundraiser we will be sponsoring the premier showing of a hot new American documentary opening across North America – *A Place at the Table*. Part of our role at CFKA is amplifying the efforts of food distribution agencies by the power of aggregation. Hence our goal is not only to raise money, but to raise awareness of the need. Tickets for this June 9th showing at the Screening Room will be \$100 each (applicable tax receipt). With the generous support of Wendy Huot, 144 seats will be available for this exclusive evening, followed by a weekend of regular showings.

We also invite you to become a member of the "Food First Club." Membership is easy – we ask for a donation of \$2,400 – \$1,200 to be endowed, and \$1,200 to go towards the \$12,000 we will distribute each year. But any amount, less or more, is most welcome. For further details please contact CFKA.

Gini Rosen

## Toward Community Wholeness



New Food First Fund club members Carol Lynne and Norman Rice.

The Regina Rosen Food First Fund Speaker Series luncheon event on March 4 brought together the service providers in our community and Community Foundation supporters. The speaker's panel generated vigorous discussion about guaranteeing a safe and nutritious food supply for those in need (see **Speaker Series** and **Regina Rosen Food First Fund** above).

It also provided an opportunity for donors to join the Food First Fund Club. The announcement of the Food First Fund Club at the luncheon piqued the interest of Carol Lynne and Norman Rice. Norman is a retired Queen's University professor. He and his wife, Carol Lynne, are active members of the Crossroads United Church. Through a Crossroads' initiative, the Rices' volunteer in the Salvation Army's "Bread of Life" meal program at the Weller Street location.

As Carol Lynne told me, when the notion of the Club was introduced, "We looked at each other and said, 'We can do that.'"

"We are pleased and grateful to be able to help organizations like the Community Foundation that are working toward community wholeness."

We are delighted to welcome Carol Lynne and Norman as members of the Club. Sharing our vision, the Rices "are pleased and grateful to be able to help organizations like the Community Foundation that are working toward community wholeness." Thank you Carol Lynne and Norman for your leadership!

Michael Bell





## Students, Hamper Recipients Benefit with Cookbooks from Food Cents Program

Students in Free Enterprise (SIFE), St. Lawrence College (SLC), was recently renamed *Enactus SLC*, reflecting our commitment to entrepreneurial action, where we learn in the service of our community, as we focus on projects and initiatives that improve environmental sustainability, financial literacy, and hunger issues.

I am proud to be part of *Enactus SLC's* latest initiative, which builds upon our work with *Partner's In Mission Food Bank* and *Food Cents*, a program developed with culinary professor, Chef Thomas Elia. The goal is to help both food bank clients and students stretch dollars and cook healthy meals.

As a graduate of the SLC Culinary Management program and a current Business Marketing student, this project is a great chance to help the community while putting my skills to good use. With help from SLC faculty and students we are in the final stages of creating two cookbooks which focus on easy, healthy, low cost meals. The first cookbook will help students manage the allotted \$7.49

a day for meals from the Ontario Student Assistance Program (OSAP). Recipes were developed as a project by culinary students under the supervision of Chef Thomas Elia.

The second cookbook was created to assist food bank recipients make the most of their hampers, with recipes developed by fellow SLC Business Human Resources student Jodi Kipping, and Red Seal chef, Eveline Kipping.

A test run of the cookbooks is expected in May. We will tackle distribution of the cookbooks online/hardcopy in the Fall and plan to create *YouTube* videos showing students making the recipes.

For more information about *Food Cents / Cookbooks* and our initiatives please follow us on twitter: @enactusslc, Facebook: Enactus St. Lawrence College Kingston, [www.enactusslc.ca](http://www.enactusslc.ca); or contact our faculty advisor, Pam Bovey Armstrong, at [parmstrong@sl.on.ca](mailto:parmstrong@sl.on.ca), who will direct your inquiry.

**Megan Healey**  
Business Marketing Student,  
St. Lawrence College

## A Sunday Pot Roast Recipe

This will take a little time, but it is worth it. It is a great dish to make when you are at home for any reason. You can share this meal with friends and study buddies if feeling generous, or charge them \$5 bucks each for a fantastic meal... and you stay on budget!

### Ingredients

- 1 – 1 kg piece boneless blade, chuck or round eye beef roast
- 10 only garlic cloves, whole and peeled
- 15 ml each dried rosemary, dried thyme, black pepper
- 10 ml each ground fennel seeds, onion powder
- 45 ml tomato paste or ketchup
- 2 only onions, quartered; 3 stalks celery, washed, dried and whole
- 1 litre no sodium beef stock; 250 ml red wine, beer or ginger ale

### Directions

1. Preheat oven to 350° F.
2. Combine all of the spices with the tomato paste or ketchup and rub all over the roast. Place into a large Dutch oven or roasting pan ON TOP of the whole celery stalks.
3. Roast in the oven, uncovered for 45 minutes. Remove from oven and add the garlic cloves, onions, stock and either red wine, beer or ginger ale. Cover Dutch oven or roasting pan and place back into the oven. Turn heat down to 300° F. Let the roast cook for 2 hours.

### Garnishes for Pot Roast

- 3 only Yukon Gold potatoes, peeled and quartered;
  - 1 head fennel, topped and quartered; 4 only large carrots, peeled and quartered
  - 1 only small rutabaga (turnip) peeled and cut into 3" chunks
  - 2 only red, orange or yellow peppers, seeded and quartered
4. After the roast has been cooking, covered for 2 hours, add all of the vegetables around the roast. Place back into the oven, covered, and cook for an additional 75 minutes.
  5. Remove the roast and vegetables to a warm serving dish and cover with aluminum foil. Pour the juices from the pan into a pot.
  6. Place the pot on the stove and bring the juices to a boil. In a small bowl combine 20 ml of cornstarch or flour and 125 ml of water or red wine. Add this to the pot slowly, stirring with a whisk. Reduce heat to medium and let the mixture thicken. Season with salt and pepper and you now have gravy.
  7. Slice pot roast; serve with veggies and gravy for a hearty and delicious "family" dinner!

### Substitutions

The beef pot roast can be substituted with a boneless pork shoulder roast or loin, boneless leg of lamb or a whole chicken. Cooking times will change slightly as follows: Boneless pork shoulder roast and the boneless lamb leg roast – Secondary cooking after the initial roasting time is reduced to 1.5 hours and reduced again to 60 minutes after the vegetables have been added.

Loin of pork and whole chicken – Secondary cooking time after the initial roasting time is reduced to 1 hour and reduced again to 60 minutes after the vegetables have been added.

Leftovers can be turned into: Hot beef sandwiches with a side salad; Cut down and remade/cooked as a stew; Veggies and gravy can be reheated and served over rice, noodles or couscous with a side salad.

## Student Initiative to Put More and Healthier Food on Tables

A CFKA grant of seed funds to Students in Free Enterprise (St. Lawrence College), now *Enactus SLC*, a few years ago, helped with the eventual installation of the walk-in freezer at *Partners in Mission Food Bank*, an organization that supports the well-used College food bank.

According to Pam Bovey Armstrong, faculty advisor, students appreciate and need access to the food bank while they pursue their education.

“3000 lbs of frozen food cycled through annually two years ago has climbed to over 26,000 lbs in a six-month period.”

A *Partners in Mission Food Bank* board director, Pam advises that the approximately 3000 lbs of frozen food

cycled through annually two years ago has climbed to over 26,000 lbs in a six-month period. A large, refrigerated truck allows efficient pick-up of pallets of food from industrial suppliers. Critically, the quality of food has risen by the inclusion of more protein and vegetables.

Through the *Regina Rosen Food First Fund*, CFKA is actively confronting food insecurity in our community,

and is pleased to bring to our readers a feature by Business Marketing Student, Megan Healey, on page 5.

We invite everyone to try the recipe supplied by Megan (a first for *Ripples* – we have never published a recipe before!) and to purchase the cookbooks when they become available – an initiative for all those book clubs out there?

*Eveline Flint*

## Other Flashes from the Funds Front!



Thinking seriously about innovation in Kingston.

Faithful *Ripples* readers will know that the CFKA is constantly at work helping to design vehicles that tailor donor interests to their desired recipient communities. There is no better illustration of this than the announcement recently of three new funds directed at youth but with the added focus, in two cases at least, on technology and innovation as well. All three have been developed by local entrepreneurs with a real interest in seeing the Kingston and area community develop and thrive.

Brad French, owner of Alliance Wireless Communications, has started a fund called the *Youth Diversion Sustainability Fund*. It grew out of his time on the board of the Youth Diversion Program, an organization dedicated to helping at-risk youth stay in school. It is a mentor-based program which helps diffuse difficult school-related situations which may otherwise result in serious disciplinary sanctions such as expulsion and the like. This program has operating expenses and the object of Brad's fund

is to help support these program expenses especially in light of any possible government cutbacks in the future.

The interest of Chrystal Wilson and the team from jNetrix Systems in setting up the *Kingston Youth Science and Technology Fund* grew out of the discussion at the CFKA's Speaker Series recently on innovation in Kingston and whether it could thrive here. One of the conclusions there was that an important

factor affecting innovation was the ability to engage youth in science and tech. Chrystal was in the CFKA office the next day to help get started on exactly that! While not precisely sure yet on how this will be accomplished, whether, for example, through support for things like science fairs, or the Hack Lab, there is little doubt that the fund will make an important contribution to a real need, especially here in the Kingston area.

Finally, Donna and Don Woodbury, owners of Wireless Express here in Kingston, have started the *Wireless Express We Care Fund* at CFKA. They are both actively involved in getting employees and customers from all their stores throughout Ontario to contribute to the fund. One novel aspect to this fund is that employees may choose to use an optional payroll deduction to make their contributions, a first for CFKA. As well, individual stores will be able to influence where the funds are directed, giving them, very real buy-in at the local level.

It goes without saying that the CFKA is grateful to Brad, Chrystal and her team, and the Woodburys for their generosity, and for their interest in the Kingston community. Not only are they doing business here in the area but they are also manifestly socially responsible citizens in other respects as well. If the reader would like to pursue setting up his/her own fund, which does not necessarily have to be large when getting started, please see the coupon on the back of this issue, or contact the office directly.

*Merv Daub*



## Grants: An Introduction

“To give away money is an easy matter and in any man’s power. But to decide to whom to give it, and how much, and when, and for what purpose and how is neither in every man’s power – nor an easy matter. Hence it is that such excellence is rare, praiseworthy and noble.” – Aristotle

What more fitting introduction to the fall 2012 granting round than to acknowledge the members of the Grant Committee who exemplify that excellence? Their commitment is especially noteworthy because each granting round is unique in terms of the number, nature and dollar amount of the requests. The composition of the review teams varies as well from round to round.

The fall 2012 granting round started out with 58 Letters of Intent. As usual, however, the total amount of money requested far exceeded the amount of money available to grant. The Board of Directors approved a total of 42 grants. This round also marked the addition of a new field of interest, that of children’s mental health, through the transfer of

trusteeship of the Sunnyside endowment to CFKA last summer. We were able to fund three excellent projects in the area of children’s mental health:

**Pathways for Children and Youth: New Mentality Group** (\$3,800 from the Sunnyside Children’s Fund). New Mentality is a group comprised of youth who have been affected directly or indirectly by a mental illness and who want to be involved in raising awareness about the impact of the stigma of mental illness. New Mentality is an integral part of Pathway’s youth engagement initiative, with youth meeting weekly to plan and execute projects, including public presentations and events. Participants in the group gain knowledge, leadership, public speaking and planning skills.

**Pathways for Children and Youth: StreetWrap for Youth Program** (\$10,000 from the Sunnyside Children’s Fund). StreetWrap offers practical support, concrete information, personal coaching and solution-focused care. StreetWrap provides an effective model for engaging young people who are isolated and marginalized in our community due to mental health issues, homelessness, poverty and the absence of caring adults in their lives. These are some of the most vulnerable citizens that many services wish to serve but are unable to within the construct of their existing mandates and structure. StreetWrap offers professionals and non-professionals a unique opportunity to work with each other and youth.

**Kingston Community Health Centres: Multicultural Afterschool Program** (\$11,639 from the Sunnyside Children’s Fund). This program offers immigrant children support in adjusting to a new culture, language, friends and school environment through weekly programming specifically for immigrant children ages 8-12. For more information about this exciting and innovative project, please see the article below.

We look forward to continuing to support agencies in our community to enhance programs and services related to children’s mental health.

*Linda Lysne*

## Help Settling Down in a New Country

Every year, more than 50,000 children arrive in Canada with their parents, in search of a better life. Most children who move to a different country experience extraordinary intensity and stress while trying to adapt to an unfamiliar and sometimes hostile environment.

“Marwa can’t wait to come here every Monday. She has made new friends here and she can improve her English in an encouraging and fun approach.”

Marwa Abdussalam came to Kingston with her family in 2012 and participates in the Multicultural After School Group every Monday at the Calvin Park Library Branch. She shared her story with Meilan Fan from ISKA (Immigrant Services Kingston & Area), who facilitates the program. The 11-year-old said, “I feel very lonely at school in Canada because I don’t have a friend and nobody talks to me.

I miss my friends back home so much. I was a top student at my school in Libya, but I can’t understand the homework here and I wish the teachers could help me. I am both happy and sad to be in Canada. I am happy because my father can go to Queen’s, I am sad because my life has completely changed.”

With concerns for children like Marwa in mind, ISKA, which is part of Kingston Community Health Centres, partnered with the local library to create this group in September 2011. Now in its second year, this program plays an important role in assisting newcomer children and youth to positively integrate into their new environment in Canada. Newcomer children aged 8-12 from about 15 different countries participate in the weekly after-school program to express who they are, share their stories, and to make new friends while learning about life in Canada – without having to worry about someone teasing them for their accent.



Who says it’s not fun here?

They can get support in school readiness preparation, language skills development, homework and study skills help.

Furthermore, the program helps children find a sense of belonging that can go beyond a new school and mastering a new language.

Otman Abdussalam is very grateful for the support provided for his daughter, “Marwa can’t wait to come here every Monday. She has made new friends here and she can improve her English in an encouraging and fun approach.”

*Meilan Fan  
Immigrant Services Kingston & Area Staff*

## Arts & Culture



### **Kingston Potters' Guild, Gas Kiln Reconnection at Renovated Tett Centre:**

Ruth and Stu Barton Community Fund, The Tragically Hip Community Fund

**\$3,000.** The Kingston Potters' Guild will hire the professionals required to disconnect, install and approve the set up of its gas kiln at their new location at the renovated Tett Centre for Creativity and Learning. This core equipment is necessary for the Guild to be a fully operational potters' studio, to be a part of the revitalized Tett, to grow membership and to contribute artistically to the community.

### **Theatre Kingston, The Winter Wonderettes – Production Management:**

The Tragically Hip Community Fund, Ruth and Stu Barton Community Fund

**\$3,500.** Theatre Kingston hired one of Ontario's most experienced and talented Production Managers as consultant/mentor to the technical team of *The Winter Wonderettes* to support its transition from the Baby Grand Theatre to the Regina Rosen Auditorium at the Grand Theatre. This transition will be the springboard for the company to become a significant cultural entity in Kingston and to play itself the role of mentor.

### **Modern Fuel Artist-Run Centre, Vapours New Music Series 2013:**

The Tragically Hip Community Fund, Edward Ratcliffe Fund

**\$1,500.** Vapours is a series of experimental music concerts, presented by Modern Fuel in partnership with CFRC and the Kingston Symphony Association. This unique concert series promotes experimental and improvised music in Kingston: regional sound artists and musicians are matched with high-calibre national artists and encouraged to improvise and create new work together.

### **252 H'art School of Smiles Inc., H'art School – Box Studio Assistive Sound System:**

Assante Financial Management – Fenlon Division Fund, Young Adults Mental Health Fund

**\$1,474.** H'art School opened The Box, a performing arts studio and presentation space, in September 2012. It welcomes a wide range of community users and artists to “mix ability” with H'art School students. This grant helped to purchase the audio equipment to make The Box fully-accessible and to ensure high sound quality for performances by people with intellectual, physical or mental health challenges.

### **Kingston Theatre Organ Society (KTOS), Bringing the Kingston Theatre Organ to North Kingston:**

Mrs. Rupert Davies Fund, Ruth and Stu Barton Community Fund

**\$950.** The Kingston Theatre Organ Society provides the artists, facility and people to pursue a new outreach into North Kingston. Residents were able to hear international performers play the KTOS Kimball organ, the largest theatre pipe organ in Canada. The outreach was presented in North Kingston schools and services, including an opportunity for amateur musicians to play the organ.

### **The Kingston Melos Society, Baroque Idol Performance:**

Edward Ratcliffe Fund

**\$1,000.** In November 2012, Melos held a competition for young singers, “Baroque Idol”. From applicants' recorded performances, eight were selected to compete live before an audience. A three-judge panel selected the winner, who sang with the Melos Chamber Orchestra in February 2013. The grant enabled the orchestra to spend the extra time that a less experienced artist requires to present a satisfying performance.

### **Melos Music Society Inc., Dylan Hayden return:**

Edward Ratcliffe Fund

**\$1,000.** After a popular success with Melos last spring, this project brought tenor Dylan Hayden, a Queen's graduate, back from Toronto for a return

engagement with the Melos Choir and Chamber Orchestra. For a young singer, the value of performing with professional musicians cannot be exaggerated.

### **Domino Theatre Inc., Opening Reception for Theatre Ontario Festival:**

Ruth and Stu Barton Community Fund

**\$750.** The Theatre Ontario Festival is a celebration of the best in community theatre across the province. It is a showcase of outstanding productions chosen from regional festivals and provides an educational experience for the local arts community, featuring adjudications, workshops, networking, and play readings by Canadian writers. The festival will open with a gala reception funded by this grant.

## Children & Youth



### **Canadian National Institute for the Blind – Kingston Satellite Office, CNIB Kingston SCORE 2013 Pilot Program:**

Larry Gibson Community Fund, Assante Financial Management – Fenlon Division Fund

**\$5,000.** More than 23,000 children in Canada live with blindness or partial sight, and most of them are the only students in their classroom experiencing that particular challenge. A variety of social and practical opportunities will be provided for local children who are blind and partially sighted to interact with peers, to push their limits and accomplish things they never before thought possible.

### **The Joe Chithalen Memorial Musical Instrument Lending Library, I Can Be Great Musical Workshops:**

The Ballytobin Foundation Flow-Through Fund, Ontario Endowment for Children and Youth in Recreation Fund, Anonymous Rescue Donor\*

**\$3,500.** This collaborative project focuses on 8-11 year olds learning ukulele and 12-16 year olds learning guitar. It will introduce children in North Kingston

to the experience of playing a musical instrument, to enjoy the experience and to come away with a feeling of accomplishment.

### **Boys and Girls Club of Kingston and Area, After School Connections Transportation Program:**

(third installment of a 5-year grant) Alcan Endowment Fund

**\$4,000.** Each day, 60-80 children participating in After-School Connections will receive transportation from designated schools to the Robert Meek Community Youth Centre. This bus service will pick up members from three designated at-risk neighbourhoods and deliver them to Robert Meek Clubhouse in time for Hot Supper and Evening Programs. Afterwards, members will be returned to their point of origin.

### **Polson Park Public School Advisory Council, Growing Our Future Yard Vision Campaign:**

Ross and Suzanne Kilpatrick Fund, Ontario Endowment for Children and Youth in Recreation Fund, Gordon F. Tompkins Funeral Home Children's Endowment Fund, Community Fund

**\$3,000.** At Polson Park PS, the much needed school yard improvements will include replacement of two aging play structures with new accessible climbers, adding a Sun Shelter for quiet play, an outdoor classroom area, and other improvements to the yard. The project will bring together students and the community, and result in a new, accessible and active school yard that will continue to be a hub of the community.

### **Kingston Canadian Film Festival, The 2013 Animation Workshops:**

The Tragically Hip Community Fund, Anonymous Rescue Donor\*

**\$2,500.** The 2013 KCFF Animation Workshops provide a unique opportunity for Kingston youth to get first hand experience in the art of animation through instruction with local animator Katherine Schultz. The four free workshops held at Pathways to Education, the Boys and Girls Club, H'art Studio and The Wally Elmer Neighborhood Centre will encourage the development of arts within the community, while showcasing a local film produced by a professional animator.



### **Kingston Community Health Centres – Better Beginnings for Kingston Children, Yoga for Toddlers and Preschoolers:**

Larry Gibson Community Fund, Russell and Susan Park Memorial Fund

**\$2,500.** The innovative YogaKids program offers more than just poses: it blends traditional yoga and its benefits with new theories of multiple learning styles in a comprehensive, imaginative, and playful approach to education. Children will learn about different animals as they do their yoga poses, a creative activity and story time.

### **Kingston Family YMCA, Building Brains and Bodies:**

Larry Gibson Community Fund

**\$2,000.** The YMCA of Kingston is creating a unique partnership with Pathways to Education and Youth Diversion by offering a physical activity component to their clients. The added element of increased physical activity, healthy living and inclusion will increase success rates for Pathways to Education and Youth Diversion and create long-term societal value.

### **Canadian Diabetes Association – Kingston, Campership for Local Children with Diabetes:**

Ontario Endowment for Children and Youth in Recreation Fund

**\$2,400.** Camp Banting of the Canadian Diabetes Association gives local children and youth living with type 1 diabetes an authentic, safe camp experience where they learn to self-manage the disease.

## Children's Mental Health



### **Kingston Community Health Centres, Multicultural Afterschool Program:**

Sunnyside Children's Fund

**\$11,639.** The Multicultural Afterschool Program provides weekly programming specifically for immigrant children ages 8-12. It includes educational

games, sharing stories and experiences, and language and homework help.

The program aims to create a "space of belonging" for immigrant children who face the stresses of a new environment and "being different" at their schools.

### **Pathways for Children and Youth, KFL&A Wraparound Program: StreetWrap for Youth:**

Sunnyside Children's Fund

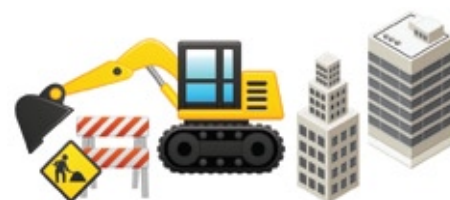
**\$10,000.** StreetWrap provides an effective model for engaging young people who are isolated and marginalized due to mental health issues, homelessness, poverty and the absence of caring adults in their lives. StreetWrap offers professionals and non-professionals a unique arrangement to work with each other and youth. It is practical support, concrete information, personal coaching and solution-focused care.

### **Pathways for Children and Youth, The New Mentality Group:**

Sunnyside Children's Fund

**\$3,800.** The New Mentality is a group of youth who have been affected directly, or indirectly, by a mental illness and who want to be involved in raising awareness about the impact of the stigma related to mental illness. The youth meet weekly to plan and execute projects, including public presentations and events.

## Community Development



### **Mulberry School, Depave Paradise – Building Community:**

Sheila and Don Bayne\*, Ruth and Stu Barton Community Fund Community Fund

**\$4,566.** Through its Depave Paradise project, Mulberry Waldorf School removed the asphalt and converted over 350 square meters of parking lot in the north end to green space. This beautiful new space will be made more community-friendly through better lighting, gates that restrict vehicle traffic but allow pedestrian traffic, and a new basketball net.

### **K3C Community Counselling Centres, Approaching Conflict Effectively:**

David Middleton North End Development Fund, Ruth and Stu Barton Community Fund

**\$4,000.** "Approaching Conflict Effectively" is a free 8 week course offered by K3C ResolveKingston. In 3 hours per week, participants from North Kingston will receive the theory behind conflict management and opportunities for discussion and role-plays to help them learn new skills for dealing with difficult people, having hard conversations, and communicating constructively.

### **236 Queen's University – Queen's Conference on Philanthropy 2013:**

Ruth and Stu Barton Community Fund

**\$1,500.** Occurring between January 25th and 27th 2013, QCOP's fifth annual conference was themed "Spark your fire, ignite change." QCOP 2013's mission is to motivate young leaders to embrace and use their individual passions and skills to actively pursue positive societal change. From inspirational keynote speeches to a new Philanthropy Networking Session with charities and non-profit organizations, delegates were presented various insights on philanthropy as well as opportunities to volunteer in Kingston.

### **Wolfe Island Boat Club, WIBC Weather Station:**

Ronald and Mildred Grant Family Fund, Ruth and Stu Barton Family Fund

**\$419.** WIBC is seeking to establish and operate a local weather station for Wolfe Island that will report local weather conditions in real-time to publicly accessible internet sites such as the Weather Underground. Interested members of the public will be able to obtain the relevant weather data through the internet.

### **Wolfe Island Boat Club, WIBC Community Meeting Space**

Gordon Barr Ltd. Fund, Ruth and Stu Barton Community Fund

**\$639.** Through membership fees of the WIBC, a clubhouse has been secured to support club activities. To more effectively utilize space and to benefit the community, it is proposed to convert the space into a low-cost to no-fee community meeting space.

## Education & Literacy



### **Kingston Literacy & Skills, Mission "One More Day":**

Alcan Endowment Fund, Kingston Whig-Standard Literacy Endowment Fund

**\$3,775.** KL&S will provide additional Literacy and Basic Skills instruction to North Kingston students. This is in direct response to requests from residents, who are motivated to help themselves by: improving their skills, increasing the potential for better employment opportunities, becoming eligible to attend further education, or improving their personal situation through increased independence.

### **Museum of Health Care at Kingston, Electrifying Medicine Education Program:**

Community Fund, Frank and Sarah Good Memorial Fund

**\$2,525.** This project will develop a curriculum-linked education program for elementary and secondary school students on the topic of electricity and its medical uses. The program, held at the Museum of Health Care, presents the science of current and static electricity and x-rays, and explores some of their historic medical applications.

### **Brigantine Incorporated, Gimme Shelter:**

Marion Meyer Opportunity Fund, Ruth and Stu Barton Community Fund

**\$3,379.** The Gimme Shelter Project will construct and install a wooden deckhouse on our region's tall ship St. Lawrence II. This project provides teenagers from all walks of life and regional cultural communities the opportunity to develop their woodworking skills under the supervision of an expert wooden ship builder and traditional sailor.

**\*Be a Rescue Donor** who makes a deserving project possible. CFKA receives more requests for help than there are available funds. Contact the CFKA Executive Director at 613.546.9696.

**Limestone Learning Foundation, School Garden Soil Enhancement Project**

Ruth and Stu Barton Community Fund

**\$900.** Over the past 5 years, six school gardens have helped build community and have been used as a teaching resource in many different ways. This grant will help to teach the students at all six schools about healthy soil, but more importantly to replenish the nutrient level so the gardens can continue to be used to produce high quality vegetables and can continue to be used as a teaching resource.

**Health & Social Services**



**Almost Home, Family Bedroom Updates:**

Larry Gibson Community Fund, Assante Financial Management – Fenlon Division Fund

**\$4,000.** Almost Home provides temporary accommodation to families whose children are receiving medical treatment in Kingston area hospitals. It comes as no surprise that after 20 years and 3,500 families served, Almost Home is in need of renovations. It plans to renovate five family rooms, including purchasing commercial grade bedroom furniture, painting, accessorizing, new window coverings and lighting.

**Home Base Housing, Community Kitchen – Life Skills for Youth:**

Alcan Endowment Fund, Ruth and Stu Barton Community Fund

**\$3,579.** The Community Kitchen project will teach practical life skills to marginalized youth living in Home Base Housing’s Youth Services program. Once a week youth will participate in menu planning for affordable, nutritious meals based on cost and healthy food choices. Developing menu-specific shopping lists and collectively participating in the cooking/cleaning process will further the youth’s skills in a social environment among peers and staff.

**Martha’s Table Community Program Inc., Martha’s Table Telephone System Upgrade:**

Janice Ley\*, Albert Fell\*, Larry Gibson Community Fund

**\$3,360.** Martha’s Table sought funds for a new and more modern telephone system. Time saving features such as “auto attendant” and a multiple voice mail system will assist staff in managing large volumes of calls on a daily basis. Clients will have the opportunity to make toll free number calls from the drop-in centre.

**Community Living Kingston, Inclusion at its Best – A Training Curriculum:**

Larry Gibson Community Fund, Richard Moorehouse Fund

**\$3,380.** With this grant, Community Living Kingston will develop a resource/tool kit and in-service curriculum to help teach organizations about best practices toward full inclusion of people with disabilities. The kit and curriculum will be available to families, clubs, businesses, recreation programs, summer camps and other community groups. The training material will be varied in order to address all age and interest groups.

**Gilda’s Club Southeastern Ontario, Gilda’s Kitchen – Healthy Cooking for People Touched by Cancer:**

Larry Gibson Estate\*

**\$3,200.** Gilda’s Cooking Program will teach cancer patients and their caregivers about the importance of good nutrition before, during and after cancer treatments. This program can help cancer patients feel better, improve strength and energy, decrease risk of infection and manage side effects. Participants learn what to eat, what to avoid and how to prepare nutritious food in a way that is palatable when they don’t feel like eating.

**Home Base Housing, Client Outcome Tracking System – Data for Decisions:**

Larry Gibson Community Fund

**\$2,350.** This project is Phase 2 of a project that was supported by CFKA in 2010. Phase 1 focused on the initial design of the Client Outcome Tracking data base and early implementation. Phase 2 will allow for improved fact-based decision making by the leadership of the organization to ensure resources

are deployed in the most effective manner to persons who are homeless or at risk of becoming homeless.

**Winter Warmth, Winter Warmth:**

Ellen Shepherd Community Fund, Ruth and Stu Barton Community Fund, Eddie Bak Memorial Fund

**\$2,000.** Winter Warmth raises money to purchase clothing, footwear and other necessities for Kingston and area children and youth. Social and youth workers from local schools in Kingston contact Winter Warmth with the details of the request, and the items are purchased by Winter Warmth and distributed to the child or youth.

**South Frontenac Community Services Corporation, Health Van for Seniors:**

Larry Gibson Estate\*

**\$1,500.** SFCSC provides local van rides for seniors in South Frontenac 5 days a week, to and from daily Adult Day Programs and weekly Diners Clubs. This grant will pay for 4 winter tires and rims, supporting the safe travel of passengers throughout the winter months.

**Wolfe Island Medical Centre, Purchase Automated External Defibrillator (AED):**

Sheila and Don Bayne\*

**\$1,934.** With this grant, an automated external defibrillator (AED) will be placed at the Clinic, to give those in cardiac arrest the best possible chance of survival. An AED is a portable device that automatically diagnoses the potentially life threatening cardiac arrhythmias and is able to treat them.

**Dawn House Women’s Shelter, Board and Staff Development:**

Marion Meyer Opportunity Fund

**\$735.** Through United Way Leadership Development workshops, Dawn House board and staff will acquire the skills and knowledge needed to become more effective and provide the leadership required to stabilize and grow our services.

**Queen’s Health Outreach, The Kingston Project:**

Neil Currie Davis Fund, Ruth and Stu Barton Community Fund

**\$500.** QHO Kingston operates health education programs in Kingston throughout the school year. Our Peer

Educators are equipped to teach topics such as substance abuse, anti-smoking, sexual health, mental health, nutrition and fitness, anti-bullying, and self-esteem.

**Heritage Preservation**



**Sir John A. Macdonald Bicentennial Commission, Sir John A. Macdonald Birthday Celebration 2013 – Forum Component:**

Douglas Branton Fell Memorial Fund, Anonymous Rescue Donor\*, Chown Fund, Ruth and Stu Barton Community Fund

**\$3,500.** A January 10, 2013 public forum at the Grand Theatre brought together academics, journalists, artists and parliamentarians in an entertaining context to consider the life and achievements of Sir John A. Macdonald as part of the lead-up to his 200th birthday in 2015.

**Recreation**



**Able Sail Kingston, Advancing the Agenda for Able Sailing in Kingston:**

Larry Gibson Community Fund, McNevin Family Fund, Ruth and Stu Barton Community Fund, Phil Quattrochi Memorial Fund

**\$4,000.** Able Sail Kingston is an accessible, adapted sailing program for individuals with significant physical disabilities. The grant will pay for new sails and will assist with the maintenance and renewal of older equipment.

**Kingston Impact Basketball Club, Kingston Impact Bursary Fund:**

Ontario Endowment for Children and Youth in Recreation Fund

**\$3,500.** The club has been operating a bursary program since its inception so that no player of talent is excluded due to their family’s financial hardship. This grant will help to provide 7 bursaries.



## Health Van for Seniors

Canadian winters. Less than stellar driving conditions. Snow and ice that comes and seems to never go away. Seniors who need to be transported to and from programs that provide them with care, meals and socialization as well as respite for their caregivers. Seniors, who want to live in their own homes or cannot afford retirement residences.

With thanks to a grant from the Community Foundation of Kingston & Area, Southern Frontenac Community Services (SFCSC) was able to purchase and install winter tires that have enabled us to transport up to 5 seniors a day to and from programs with our Agency, safely and with confidence.

SFCSC has a mandate to facilitate and provide health support services and social support programs. It is our goal to enable seniors to live as healthy as possible and for as long as possible in their own homes. We offer a wide range of seniors' services, from Foot Care to Home Help and from Respite to Hospice Services.

SFCSC also operates an Adult Day Program. This program brings together seniors from rural Kingston and South Frontenac to the Grace Centre in Sydenham five days a week. Our seniors receive healthy snacks, socialization, exercises to help them maintain balance



Beth Clancy

Lending a helping hand.

and mobility, a hot lunch and activities, such as crafts, current events or outings. Their caregivers then have one or more days where they can go to work, get household chores done or just catch up on their own needs.

The SFCSC Health Van is driven by screened and qualified volunteers and ensures that programs and services for seniors remain accessible and affordable.

It is with thanks to our partners such as the South East Local Health Integration Network and the Community Foundation that we can support almost 700 seniors each year.

**David Townsend**  
Executive Director,  
Southern Frontenac Community Services

## Mission: One More Day

Attending school seems like such a simple thing to wish for in today's society.

However, there are many people right here in Kingston that, for a variety of reasons, did not complete their education the first time around. Now, as parents with kids to feed, and many challenges, they yearn to attend school and better their lives and those of their families.

In a North Kingston community church, this group of extraordinary people is taking charge of their lives, preparing for their future and receiving the education they require to make their dreams come true. They are attending Kingston Literacy & Skills (KL&S) classes two half days per week, but felt that another half

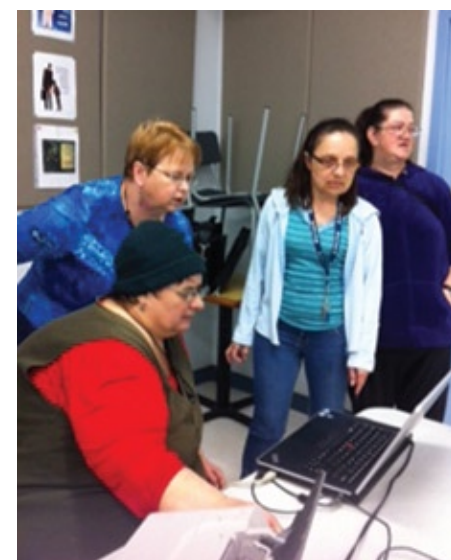
day each week would help them reach their goals sooner. These determined folks took matters into their own hands and launched "Mission: One More Day," a campaign to raise enough funds for a third day of class. KL&S and the Salvation Army wholeheartedly support them in their quest to raise the funds. They are not asking for a hand out, but rather a hand-up.

KL&S provides learners with individualized upgrading programmes using professional instructors and dedicated volunteers. Students focus on math, language and computer literacy training, suited to their specific learning goals and plans.

Participants start where they need to, and work at their own pace in a comfortable, supportive environment. Classes are free and take place in their local neighbourhood, at the Salvation Army Rideau Heights Community Church.

The group raised over \$1,000 by holding bake and craft sales, but they needed more to sustain the extra day longer. A well-timed grant from the Community Foundation for Kingston & Area provided critical funds for *Mission: One More Day*, one more lesson learned, one more day for these students to develop the skills they need to live their dreams sooner.

**Cheryl Bird**  
Marketing Director, Kingston Literacy & Skills



Deb Wood

One more lesson learned.

### Farewell and Thanks!

As many of you may know, Vikram Varma is leaving CFKA for a position in the private sector. His contribution to our organization as Executive Director and CFKA champion has been invaluable. We will all feel the loss of a good friend, but wish him the best of luck in his new position.

### Welcome to the Team

CFKA is delighted to welcome Negar Kaye to the position of Administration Manager. Negar comes to us with a wealth of knowledge from many years of work in the world of business. She was born in Iran, has been in Canada for over three decades and is the proud mother of two grown children. Drop in, say hi and welcome her on board.

### Good-bye

Valerie Sauve, who was our office bookkeeper for the past year, has recently left the office. We thank her for her contribution to the daily running of CFKA and wish her well in her new endeavours.

### CFKA Royalty

Sincere congratulations to our founding President, Michael Davies, on his recent award, the Order of Ontario. Michael was invested by Ontario Lieutenant Governor David Only on February 6th at Queen's Park. The Davies' family contributions to the Kingston community, both personally as well as through the Davies Foundation, have been a source of support for so many local organizations and initiatives.

### More CFKA Royalty

Our very active board member, Marilyn Banting, was recently awarded the Queen's Diamond Jubilee Medal for outstanding community engagement. Congratulations Marilyn.

### Those Shoes are Made for Walking

Thanks to the Kingston Road Runners Association (KRRRA) for adding a 5K Walk in support of the CFKA to the annual Limestone Running Weekend, April 27-28, 2013.

### Come One, Come All!

The CFKA Annual General Meeting will be held this year on Wednesday, June 12th at 3pm at the KFL&A Public Health at 221 Portsmouth Avenue (between King and Johnson). We hope to see you there.

### In the Know

For everything you need to know about CFKA, please visit our website at [www.cfka.org](http://www.cfka.org) and subscribe to our e-letter *Waves* with the latest news and to be completely in the know, like us on Facebook – Community Foundation for Kingston & Area.

### In Memoriam

Our sincere condolences to Past-President Gini Rosen and her children on the loss of their beloved husband and father, Irving. CFKA has been incredibly fortunate over the years to have had his generous support "behind the scenes" in so many ways. He will be missed.

### Poverty Reduction

The City of Kingston, United Way and Kingston Community Health Centres have been working with community stakeholders over the past year to develop an action plan for poverty reduction in Kingston. A Community Forum on Poverty Reduction will be held June 3rd at Portsmouth Olympic Harbour. For more information e-mail: [program@unitedwaykfla.ca](mailto:program@unitedwaykfla.ca)

### Fall Speaker Series

Our next Speaker Series will address the topic of immigration to Kingston. We are working with Kingston Immigration Partnership to bring you an exciting and informative panel discussion in September.



## Food First Fund Event

**The Screening Room**  
Sunday June 9, 2013 at 6:30 pm

A Kingston Premiere showing of

**A Place at the Table**

Tickets \$100 (applicable charitable receipt). Available at the CFKA office 613.546.9696, online at <http://goo.gl/4HFq5> or at The Screening Room.

Thanks to Wendy Huot and The Screening Room, Kingston's independent cinema.

## Canadian Index of Well Being

Spearheaded by a partnership between Community Foundations of Canada and the Canadian Index of Well Being at the University of Waterloo, KFL&A Public Health, CFKA and the Canadian Index of Well Being are partners in a national pilot program to measure how our citizens are *really* doing. A survey was mailed in April to a random sample of 10,000 citizens.

We are interested in how people feel and what they think about their quality of life. We want to find out if our overall quality of life is getting better or worse? Watch for the results of the survey in our annual *Vital Signs*® report in October. Information will also be on the websites of KFL&A Public Health and CFKA.

*Florence Campbell*

## A Smart & Caring Community

In an earlier issue of *Ripples*, we introduced you to the Governor-General's challenge for Canada to become a country of "Smart & Caring Communities," and the role that Community Foundations will play in that journey. Since then, our *Vital Signs* report has brought about a number of exciting conversations, including those of our recent Speaker Series luncheons. And, we continue to meet with philanthropic leaders in the community to seek their advice on how to embrace the Governor-General's challenge.

Consensus is building in three key areas:

- The value and importance of listening to the evidence and guidance provided by tools such as *Vital Signs*.

- The importance of the role that CFKA plays by providing a resilient resource, much the same as municipal infrastructure does.
- The ability to respond to needs in a flexible way, whether it be through immediate project funding, investments, access to resources or capital loans.

We are encouraged by the momentum and invite you to join us in the dialogue. We plan to continue to evolve the Smart & Caring offerings we bring to our donors and grantees, building toward the completion of an exciting report to the Governor-General in 2017.

*Geoff Sandiford*



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