

# Ripples

Report to the Community



Community Foundation  
for Kingston & Area

Issue Number 33, Spring 2014



Craig Bakay

These hearty pirates “lay a foundation for a future healthy life style”

## CFKA to Help Donors Meet Charitable Goals

Did you know that you can use the Community Foundation to help you make your charitable donations to a range of charities in both the long and short term? And that one such vehicle we offer is a fund that works like a ‘bank account’ that you can use to make distributions to the charities of your choice over a period of time? (A great option if you have appreciated securities.) Read on to learn more...

It can be difficult to explain what we as a Community Foundation do, because we do so many things. In one way, it is simple: as the first part of our mission statement says, “**We and our donors strengthen our community.**” But, explaining exactly *what* and *how* we do this can be a challenge as there are so many different vehicles that we can use to help you achieve your philanthropic goals.

Talking with us about your goals and individual situations can often identify unique ways that we as a community

foundation can help. For example, recently, a donor spoke to me about a situation she faced that troubled her. She wanted to donate some appreciated US stocks she held but, due to their significant value, she did not want to donate all the proceeds to any one organization, nor distribute all the funds at once.

She was surprised and happy to learn that we offered an easy and tax advantageous solution. She gifted all of the stocks to the Community Foundation, for which she received *one* charitable receipt for the full value of the donation. We then sold the shares and used the proceeds to establish a “flow through” fund for her. These funds will be held at the Foundation and available for distribution in the amounts and timing at her discretion. She may choose to direct funds to any of the numerous funds held at the Foundation, or have us send funds to any charities of her choice. The only requirement is that all funds *must* be directed to *registered* charities.

Gifting appreciated securities (e.g. stocks, bonds, mutual funds) is a great way to avoid paying capital gains and allow you to make a larger charitable gift without increasing the bottom line to you. The process is simple: you simply instruct your investment advisor that you wish to gift the securities. They are then transferred electronically to the Community Foundation. You receive a charitable receipt for the fair market value of the securities when they are received.

### A Few Things to Note About Gifting Securities:

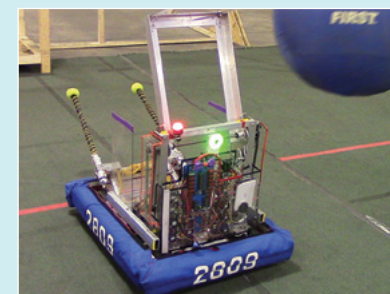
- The securities must be gifted to the charity *before* they are sold. There are simple forms we can provide you to give to your broker to facilitate the transfer.
- You will receive a tax receipt for the value of the securities when they are received by us.

con't on page 4

## In this issue



The Stark Family Fund  
reaches 10th  
Anniversary milestone  
...page 5



Two of Kingston's FIRST  
Robotics Teams get Grants  
...page 10



Speaker Series Lunches  
welcome Senator Segal,  
and fine young athletes  
...page 11

Since 1995 CFKA has distributed over **\$7,558,836**

# Message from the President



Recent CFKA activities and results provide me with a great deal of pride as I update you in this issue of *Ripples*. First, let's talk about what happened in 2013. Assets under administration increased to approximately \$14.6 million at December 31, 2013 from approximately \$12.7 million at December 31, 2012 – an increase of almost 15%. This resulted from a combination of new donations and excellent investment returns. It was a very good year!

However, as we have discussed previously, the size of our assets under administration is not the most important measure – but it does have a significant impact on the amount we have available for granting.

In 2013, our grants totaled \$441,634: this means that since inception in 1995, CFKA has now distributed grants totaling more than \$7.5 Million! You can read more about some of our recent grants on page 6. The funds we have available for granting purposes are based on our three year average rate of return; this increased by over 25% in 2013. As a result, the Community Grants that we distributed in May 2014 totalled just over \$104,000 as compared to approximately \$63,000 in the spring of 2013. What a tremendous achievement! Please check our website at [www.cfka.org](http://www.cfka.org) to access the full details of the Community Grants that were distributed in May.

Our Community Grants represent only a portion of the funds we distribute throughout our Community. That is based on the fact that our Community Grants are generated from the income from our donor-directed (specified field of interest funds) and our unrestricted funds. This represents less than 50% of the funds we have under administration. The income is not enough to meet community demands.

As we have reported in previous issues of *Ripples*, His Excellency, The Right Honourable David Johnston, Governor General of Canada, issued a challenge to community foundations to build a “smart & caring nation” as Canada approaches its 150th birthday in 2017. We will meet the Governor General’s challenge by creating a Smart & Caring Community Fund to enable us to respond more effectively to community priorities.

These grants will complement our traditional Community Grants. You can read about plans for our Smart & Caring initiative on page 4.

I am approaching the end of my two-year term as President of CFKA. It has been an eventful, challenging and inspiring two years. I am in awe of this community and the incredible number of volunteers and donors that work with so many organizations to help build a more caring, healthy and culturally rich community.

On behalf of our Board of Directors, I would like to take this opportunity to thank all of our volunteers, donors, corporate and individual sponsors and everyone who has participated in our activities and events. Without you, none of this would be possible.

As a final note, I would be remiss if I did not give a special thanks to our staff. I have received an enormous amount of support during the last two years. In addition, over the last 12 months, we have had a complete turnover of staff at the Foundation. Without the passion, talent, drive and dedication of our

I am in awe of this community and the incredible number of volunteers and donors that work with so many organizations to help build a more caring, healthy and culturally rich community.

staff, both current and former, I don’t know how we could have achieved the results highlighted throughout this, and previous, issues of *Ripples*.

Thank you Tina, John, Vera and Genevieve. You are all extraordinary people and our community is better because of you.

Greg Fisher

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# “An Evening With...” Supports Food First Fund



Suzy Lamont

Guest speakers former Prime Minister Brian Mulroney and Senator Hugh Segal share a laugh

The Regina Rosen Food First Fund (RR FFF) got a huge boost from Kingston’s premier annual fundraiser: “An Evening With...” organised by Kingston B’nai Brith Lodge 1191. B’nai Brith has been supporting Kingston charities for over 60 years, having contributed almost \$2M to the local community.



Adam Koven

The newest iteration of this event not only raises large amounts of charitable funds but features a renowned guest speaker and the presentation of the Raymond Kizell Award for Outstanding

Leadership and Charitable Contribution. The Hon. Brian Mulroney was this year’s speaker, and the leadership honouree was Hugh Segal. Political followers know that Segal was a key member of Mulroney’s Cabinet, making it a scintillating evening.

Adam Koven, lead chair and auctioneer extraordinaire, along with a small but dynamic committee, are the driving forces behind the event which raised \$75,000. An additional \$100,000 raised from Koven’s signature “flash auction” were designated for food security: Loving Spoonful; the KCHC Community Kitchen project; CFKA Food First endowment and the Food First flow-through fund, each received \$25, 000.

Koven explains, “B’nai Brith believes strongly in assisting those in the Kingston community with the greatest needs. Our 2013 presenting sponsors Bernie and Michael Robinson of Robinson Solutions alerted us to the various food sharing projects, including their own community garden project already underway. They hope that combined efforts of individuals coupled with business resources will grow new relationships for a common cause.

We feel fortunate that such responsible and effective organizations like Loving Spoonful, KCHC and the Community Foundation for Kingston & Area allowed us to aid financially in their food security projects. When philanthropic groups align themselves with agencies that provide quality and fiscally responsible programs our charitable dollars are stewarded to their most productive use.”

The goal of the RR FFF is to endow 50% of all funds raised, and to flow through the other 50% to provide \$1,000 monthly grants to different community food security organizations engaged in *procurement, production, preservation and/or preparation* of food.

B’nai Brith’s effort was extraordinary, but anyone can donate to this endeavour or become a member of the Food First Club; i.e., a person or couple who support the fund with a minimum contribution of \$2,400 supporting one year of endowment and flow-through. Check the Foundation website for more information.

Gini Rosen

**Never claimed a charitable donation? Haven’t made a gift since 2007? Here’s a chance to get an extra 25% tax credit on donations!**

The government has introduced a temporary “first-time donor’s super credit” for the first \$1,000 donated by individuals who have never claimed a tax credit for charitable donations. The super credit supplements the usual value of the charitable donation tax credit by 25%. The supplement applies to gifts of money up to \$1,000 donated in one tax year between March 20, 2013 and the end of 2017. It can be shared with a spouse or common-law partner as long as the combined total doesn’t exceed \$1,000.

You’re considered a first-time donor if neither you nor your spouse or common-law partner have claimed and been allowed a charitable donation tax credit for any year after 2007. The credit can only be claimed once in the tax years 2013 to 2017. You can link to details about this tax credit and a short video which explains it at [www.cfka.org/articles/first-time-donor-super-tax-credit](http://www.cfka.org/articles/first-time-donor-super-tax-credit).

## Smart & Caring Communities



Garrett Elliott

Geoff Sandiford

The Governor General's call to build **Smart & Caring Communities** across Canada has challenged us to think differently about how we do what we do, to reframe our view of philanthropy, where giving is seen as investing; and grants are seen as investments for maximum impact in solutions that are evidence-based and sustainable. In Kingston & Area, our plan is starting to

take shape. The heart of our response will be a **new Smart & Caring Community Fund** that will enable us to respond effectively, dynamically and creatively to community priorities, priorities that we recognize will change over time.

The fund will be used to make grants to local charitable organizations working on innovative projects that align with identified needs. Guided by research from our annual *Vital Signs*® reports, our grants committee, and conversations with community partners, we have identified three focus areas that will set our direction in the near term:

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

We continue to be encouraged by the feedback and support we've been getting for our plans. Stay tuned for more details.

Geoff Sandiford

SMART & CARING  
COMMUNITIES



## ...Donors Meet Charitable Goals

can't from page 1

- There is often a gain or loss on the sale of the securities due to this short trading delay; this is reflected in actual proceeds available for distribution, but not the amount you are receipted for.
- The net proceeds from the sale (proceeds less fees) are available for distribution.
- There is no fee charged for gifts directed to any fund held at the Foundation, but a small administration fee is charged for "flow through" funds that are directed to other organizations.

I encourage you to contact me at [tina@cfka.org](mailto:tina@cfka.org) or 613.546.9696 if you would like to explore how the Community Foundation may be able to assist you in achieving your philanthropic goals.

Tina Bailey



Garrett Elliott

## Vital Signs® 2014

The 2013 *Vital Signs* reported, that as members of our communities, **we are satisfied but ... we have work to do!** Work on the 2014 report has started, guided by Michael Bell, Florence Campbell, George Thomson, and George Wright, who has volunteered to be the project manager (see *Making Waves*, p. 12).

We have determined that there is promise in working again with data obtained from the Canadian Index of Wellbeing (CIW) survey that served as the foundation for *Vital Signs* 2013.

We see two broad themes for our work this year, themes that are linked to one another: **citizen engagement** and the area's **declining population profile**. Our objective this year is to gain an in-depth understanding of those linkages through further analysis of the CIW data.



Bernard Clark

Florence Campbell at the launching of Vital Signs 2013

First, citizen engagement: declining voter participation in the democratic process is of paramount concern, especially at the

municipal level, and sharply so in 2014, an election year. We see the need to find new and effective ways to engage youth, in particular, in the political process.

Our second theme is our community's declining population profile. An aging population, combined with very small numbers of newcomers, will result in the decline in the regional labour force as reported in *Vital Signs* 2013. Action is required to offset this projected decline. Growth is required to drive the area's economy. How will our communities achieve this? We hope that the deeper data analysis will provide some direction for our leaders.

There is evidence that the strongest drivers of successful community attachment are social offerings, openness to diversity, and physical aesthetics. We also assume that a greater attachment

Our vision: A vibrant community where everyone has the opportunity to take part in building a caring, healthy, and culturally-rich community.

produces a greater level of citizen engagement (political and otherwise).

Watch for the October 7 launch of *Vital Signs* 2014!

*Our vision: A vibrant community where everyone has the opportunity to take part in building a caring, healthy, and culturally-rich community.*

Michael Bell



# Stark Family Celebrates A Decade of Giving Back to “The County”



Anonymous

Stark Family Fund grant recipients for 2008 in front of the Stark family home in Bloomfield

Imagine, if you can, the day in 2002 that the CFKA board was informed that it would be entrusted with a \$1.3 million bequest, “a special family legacy for a beloved community,” from a well-known Prince Edward County family. Ruth Stark, the last surviving member of the family, was one of five sisters (the others were Ival, Sylvia, Keitha, and Leata), who lived their entire lives in the village of Bloomfield and area. In the absence of heirs, the family decided to establish a fund from the accumulated estates of the sisters and spouses (Keitha and Leata married locally) to support the needs of the local community.

A few phrases from the will set an agenda for the future: relief of poverty, relief of distress and suffering, excellence in education, scholarships for post-

secondary education, transportation for needy and elderly residents ... to and from medical appointments, promotion and the encouragement of the arts and graces of life ... public concerts ... public library ... education museum.

The first grants from the fund were made in 2004, and over the subsequent ten years the local advisory committee, guided by Linda and Tim Beatty, recommended to the CFKA 131 grants for a total of \$574,373, including twelve grants totalling \$55,589 that were presented June 5<sup>th</sup> at the Wellington Branch of County of Prince Edward Library.

The variety of the grants awarded this year reflects both the interests of the Stark family and the contemporary needs of the communities in Prince Edward County:

- information technology (Trenton Memorial Hospital Foundation)
- telemetry unit upgrade (Prince Edward County Memorial Hospital Foundation)

- summer educational programming (Quinte Educational Museum and Archives) marine first aid training (Wellington Auxiliary Rescue Association) summer camp for four Prince Edward County children with Type 1 diabetes (Canadian Diabetes Association)
- escorted transportation for seniors (The Prince Edward County Community Care for Seniors Association)
- Festival Players Young Company production and tour for the 2014 season (Festival Players of Prince Edward County)
- horizontal baby changing stations in four library branches (County of Prince Edward Library)
- development of a program of complementary therapy (Hospice Prince Edward)
- Perpetual Dartfish ProSuite – training video-feedback software (Prince Edward County Skating Club)

- art course materials (Bloomfield Centre for Creativity)
- post-secondary education scholarships (Rotary Club of Picton).

Tim Beatty, co-chair of the volunteer advisory committee that selects the grants each year, speaks fondly of “The Sisters” whom he had known his whole life: “They led ordinary, hardworking lives and they loved their community. Knowing that they are supporting projects that provide care for the elderly, benefit children and young people, and assist those less fortunate would make them very proud.” Follow this link for a short video about the Stark family: [www.cfka.org/articles/stark-family-vignette](http://www.cfka.org/articles/stark-family-vignette).

By using the vehicle of the Community Foundation of Kingston & Area, the Stark family has been enabled to continue their strong sense of civic responsibility, sustaining “worthy projects and causes in their beloved community” for decades to come.

Michael Bell







Lynda Lysne

## New Approach to Grants

Applying for a grant is never easy, as anyone who has filled out a grant application can attest. The Community Grants Program is no exception, with its twice-yearly two-stage process comprised of a Letter of Intent (LOI) followed by a full application. It is a time-consuming process for applicants as well as for members of the Grants Committee who go through their own parallel two-stage review process of the completed forms, culminating in a comprehensive report and recommendations to the Board of Directors.

Mindful of the hours spent by applicants and by reviewers, we have revised the application materials in hopes that they will simplify and streamline the process for everyone involved. A subcommittee has worked diligently over the winter months to come up with forms that ask the right questions so that organizations can tell us what we need to know in order to make informed decisions about the proposals submitted. Eligibility criteria remain unchanged.

There has been much discussion about what questions to ask and why, what language to use and how to make the forms as user-friendly as possible for both applicants and reviewers. We believe that the end result is a “new and improved” two-part set of application materials. The revised forms will be introduced in time for the fall 2014 granting round, along with an application guide and checklist for use by both applicants and reviewers.

Linda Lysne

## Arts and Culture



### Queen's University - Agnes Etherington Art Centre, I Hope Humanity: Art and the Environment:

Edward Ratcliffe Fund, Community Fund

**\$3,390.** This program involves a series of affordable, professionally-led art workshops and classes for families, adults, and youth that channels our complex feelings about today's ecological challenges into creative activity. Using an exhibition of Canadian contemporary artists environmentally-inspired work, participants will develop their own personal creativity and environmental awareness.

### Kingston School of Art, The Goldilocks Project: Child-sized Furniture for Art School:

Larry Gibson Community Fund, Eddie Bak Memorial Fund

**\$1,500.** The KSOA wants to provide the best possible art experiences for children taking classes at the school. Our furniture prevents us from doing that. It is adult-sized, and an odd assortment collected over the years. Having furniture sized for children will make it easier for them to work on their art, and interact more easily.

### H'art School of Smiles Inc., The Box - Leadership Workshops:

Community Fund, McNevin Family Fund

**\$2,000.** H'art Centre will deliver Leadership Workshops to 350 volunteers, community organizations and post-secondary students. It will mix their experiences with the creative expertise of professional artists to collaboratively provide inspiration, confidence and skills so as to encourage those with disabilities to study, practice, enjoy and produce works in the arts

## Children's Mental Health



### Canadian Families and Corrections Network, 'Telling the Children: Building on Child-Parent Relationships' Brochure:

Sunnyside Children's Fund, The Terry Harris Endowment Fund

**\$2,000.** With eight prisons in our area, many children living here have a parent or relative incarcerated. These 'silent' victims of crime receive little attention in terms of services but still must deal with the impacts created by this situation. CFCN will create a brochure that gives caregivers advice on how to explain what has happened and how better to understand incarceration.

### Kingston Community Health Centres - Better Beginnings for Kingston Children, Bounce Back and Thrive: Resiliency Parenting Program:

Sunnyside Children's Fund

**\$6,000.** Bounce Back and Thrive is a ten week parenting program which works with parents to develop their resiliency skills and abilities. Parents will be introduced to thinking skills that strengthen their capacity for lifelong resilience. These will include: emotional regulation; impulse control; empathy; casual analysis; self-efficacy; optimism and reaching out.

### Canadian Mental Health Association - Kingston Branch, Friends for Life Program:

Sunnyside Children's Fund

**\$8,046.** FRIENDS for Life is a ten-week program designed to help children and teenagers cope with feelings of fear, worry, and depression. It builds resilience and self-esteem and teaches cognitive and emotional skills in a simple, well-structured format. These tools promote emotional resilience and will stay with these youths for life.

*Did you know? Studies show that when people live in proximity to parks, open spaces, and other arts and recreation facilities, they report higher rates of participation in social, leisure, cultural and physical activities.*

– CFKA Vital Signs® 2013

## Children & Youth



### Winter Warmth, Winter Warmth:

\*Dr. Samuel Robinson Charitable Foundation

**\$5,000.** Winter Warmth raises money to purchase clothing, footwear and other necessities for Kingston and area children. Social workers from local schools contact Winter Warmth with specific requests based on a child's gender, age and size. Winter Warmth makes the purchases and the items are distributed to the child by the workers.

### Northern Frontenac Community Services Corporation, The Rural Youth Boost Project:

Ontario Endowment for Children and Youth in Recreation Fund, Larry Gibson Community Fund, Ruth and Stu Barton Community Fund

**\$5,000.** The project will provide 90 minutes of physical activities for youth based on recommendations from the Cool Moves Program developed by the Boys & Girls Club of Canada. In partnership with the Food Sharing Project, we will also offer healthy snacks to all and a monthly cooking class as well. Takeaways include a book of recipes and ideas for active living.

**Did you know?** 9% of Kingstonians walk or cycle to work in the downtown core and surrounding area, placing the city second in Canada, tied with Halifax, and behind only Victoria.

– CFKA Vital Signs® 2013

### **Kingston Community Health Centres - Better Beginnings for Kingston Children, Yoga School Readiness and Staff Training:**

Ontario Endowment for Children and Youth in Recreation Fund, Getting Started: Supporting Early Childhood Development

**\$2,255.** The School Readiness Program will hold a weekly 45 minute yoga class with a literacy component for 36 children in the North Kingston community aged 2.8-4 years. Our staff will train as children's Yoga Instructors to build sustainability so that we can continue to offer it as part of the regular curriculum.

### **Queen's University - Four Directions Aboriginal Student Centre, Aboriginal Youth Leadership Program:**

Assante Financial Management - Fenlon Division Fund

**\$4,000.** The program will bring together Aboriginal youth from the Kingston community with Queen's University students (both Aboriginal and non-Aboriginal) in a mentoring program focused on academic and cultural enrichment. By encouraging, supporting and empowering Aboriginal youth, we aim to improve the quality of life in our community.

### **The Easter Seals Society - Kingston Regional Office, Easter Seals Ontario Recreational Choices Funding Program:**

Ontario Endowment for Children and Youth in Recreation Fund, Marion and John Dunn Fund

**\$4,000.** This Easter Seals program enables children and youth with physical disabilities aged 5-18 to experience recreational programs and activities where they live. The Recreational Choices Funding program assists families by providing funding for a recreational experience for the child which the family may not otherwise be able to afford.

### **Big Brothers Big Sisters Kingston, Frontenac, Lennox & Addington, Go Girls! and Game On!:**

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

**\$3,500.** Go Girls! and Game On! are group mentoring programs for girls and boys between the ages of 12-14 in the rural parts of our area. The program consists of 7 mentoring sessions of 1.5-2 hours each, held over a 7-10 week period, loosely structured around four themes: physical activity, healthy eating, self-esteem, and communication skills.

### **Canadian Diabetes Association - South East Ontario Regional Leadership Centre - Kingston, Diabetes Camp for Kingston Area Children:**

Ontario Endowment for Children and Youth in Recreation Fund, Bill and Gladys Kelly Community Fund

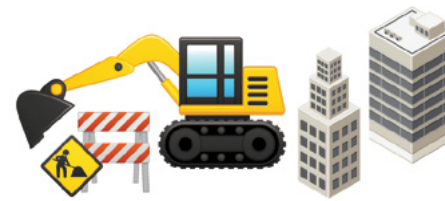
**\$3,200.** Diabetes is a chronic disease affecting over 9 million Canadians. Each summer at Diabetes Camp, children with the disease are empowered to self-manage diabetes through active outdoor activities such as swimming, hiking, camp fires and canoeing. The grant will subsidize the camp fees for four local children.

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

Alcan Endowment Fund

**\$4,000.** Children receive transportation from three designated at-risk neighbourhood schools to the Robert Meek Community Youth Centre in time for Hot Supper and Evening Programs. Afterwards, members are returned to their point of origin. This is the fourth annual installment of a multi-year grant approved in Fall 2010.

## Community Development



### **Kingston Employment and Youth Services, "Diversity Works - A Symposium for Internationally-Educated Professionals and Employers":**

Community Fund

**\$1,000.** In November 2013 the Diversity Works Symposium brought together over 100 people, new immigrants, local businesses, and community organizations alike, to share knowledge, build contacts, and promote the importance of internationally-educated professionals to our local economy. The event offered insights to all participants and created opportunities for them to find solutions to their individual challenges.

**Did you know?** In 2010, Statistics Canada reported a volunteer rate of 38% in the Kingston-Pembroke region which includes all of KFL&A. The rate in Ontario and Canada was 47%.

– CFKA Vital Signs® 2013

### **Kingston Community Health Centres, Kingston Immigration Partnership Business Connectors:**

Assante Financial Management-Fenlon Division Endowment Fund, Assante Financial Management - Fenlon Division Fund, Opportunities Kingston Fund

**\$2,150.** This KIP project will create networking opportunities for immigrant entrepreneurs. Active and aspiring entrepreneurs will be able to meet with business leaders from the Chamber of Commerce and local ethno-cultural communities. It is an extension of the monthly KIP Business Network meetings which provide support to Kingston's immigrant small business owners.

## Education & Literacy



### **Museum of Health Care at Kingston, Vaccines & Immunizations Pt. 2 - Online Exhibit:**

Marion Meyer Opportunity Fund, Larry Gibson Community Fund

**\$4,000.** This is a bilingual, online exhibition that explains the impact of infectious diseases throughout Canadian history. It also traces attempts to prevent epidemics with a particular focus on Canadian innovations in vaccine development, and invites people to reflect on the current debate over immunization. Online curriculum-linked interactive activities for a variety of grade levels are also provided.

### **St. Lawrence Parks Commission, Adopt-A-School Program:**

Ruth and Stu Barton Community Fund

**\$4,000.** This program will support schools in underserved neighborhoods in Kingston by providing students the opportunity to come to Fort Henry and experience a day in the life of a Garrison Soldier, to sit in a class as a student of the 1800s, and to engage in various other activities as well. The grant will provide for bussing, insurance, staff and student program fees.

### **Boys and Girls Club of Kingston and Area, Eco Adventures:**

Alcan Endowment Fund

**\$4,390.** Four to twelve-year old members of the Boys and Girls Club of Kingston & Area will have an opportunity to participate in curriculum based environmental education programs run by the Cataraqui Region Conservation Authority. They will participate in weekly 2 hour sessions where they experience the great outdoors through songs, stories, puppets, hiking and exploration. It is our hope that these children who struggle to learn in a school setting will feel liberated through their outdoor learning.



### Spelling Bee of Canada, Kingston Chapter, Outreach for Kingston Region Spelling Bee:

The Kingston Whig-Standard Literacy Endowment Fund

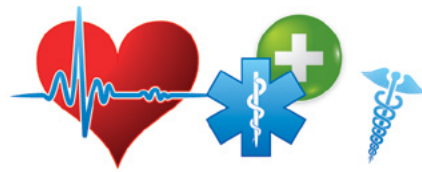
**\$950.** The Kingston Region Spelling Bee organizes a local competition in April each year for students aged 6 to 14. Trophies and cash prizes are awarded to the top three spellers in each of three age categories with the first-place winner in each category proceeding to the provincial competition in Toronto. Kingston Region spellers have taken several prizes provincially in recent years. This grant helps support our activities.

### First Robotics Team 2809, K-Botics, FIRST Robotics Regional Competition:

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

**\$2,500.** K-Botics is KCVI's FIRST Robotics club which each year builds a robot to compete in FIRST Robotics competitions (see [www.usfirst.org](http://www.usfirst.org)). This 'real-world' challenge inspires students to pursue careers in Science, Engineering and Mathematics. They also learn about business principles, including marketing, fundraising, etc. K-Botics recently won the most prestigious award in FIRST, the one presented to the team that provides a role model for all other teams in the FIRST community.

## Health & Social Services



Donors and grantees are invited to a ceremony at which cheques are presented and grantees offer a thumbnail sketch of the project to be carried out with this funding. That ceremony feels like a reward for a job well done.

### Outreach St. George's Kingston, Fresh Winter Vegetables:

Ruth and Stu Barton Community Fund, Neil Currie Davis Fund

**\$1,500.** Lunch By George offers a free, hot lunch every weekday to about 45-50 people. As this may be the only meal our clients eat each day, we want to make it as nutritious as possible. Vegetables are an important part of nutrition but are costly, especially in winter, and may need some preparation. With CFKA help, the FWV project will be able to provide fresh vegetables as part of our daily lunch from November through April.

### Martha's Table Community Program Inc., Organize our Kitchen, Work Space and Share Our Space:

Community Fund, Ronald & Mildred Grant Family Fund

**\$1,400.** Martha's Table plans to re-organize an area of their kitchen to save time and better utilize existing space. The number of meals needed continues to rise so proper use of time and space is very important. This will allow us to continue serving the community and increase volunteer satisfaction and retention.

### Queen's University - Ban Righ Centre, The Ban Righ Centre - Supporting Nourishment for Success - food safety grant:

Community Fund

**\$3,704.** The Ban Righ Centre provides free soup for mature women students. CFKA support will assist the Centre with the purchase a commercial dishwasher that will enable it to remain compliant with KFLA food safety standards without the need for chemicals to sanitize dishes.

### Almost Home, New Towels and Washcloths:

Community Fund, Frank & Sarah Good Memorial Fund

**\$1,368.** Almost Home is dedicated to offering a comfortable home away from home for families with sick children.

On occasion our linens are stained due to the nature of the medical issues our families face. To maintain our level of service, every few years Almost Home needs to refill its inventory by purchasing new linen. This grant will help us do that.

## Heritage Preservation



### Kingston Historical Society, Kingston During the Great War:

Community Fund

**\$2,000.** Kingston During the Great War is a 40 page booklet with a driving guide to 25 places in the city associated with the Great War (1914-18). It includes material from that time to illustrate what Kingston was like then and invites you to visit as many of the places, such as the Fort Henry Internment Camp, for example, as you can.

***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*

# Call for Proposals – Community Grants



Letters of Intent invited by September 9<sup>th</sup> or February 9<sup>th</sup> each year.

The Community Foundation for Kingston & Area (CFKA) invites Letters of Intent (LOIs) for innovative projects that strengthen and enhance the quality of life within our communities.

The Foundation's Community Grants program has two grant rounds per year; Fall and Spring. Letters of Intent will be accepted until **4:30 pm on September 9** and **February 9** each year. (In years in which a submission deadline falls on a weekend, the actual deadline will move to the first working day following these dates.)

The Foundation welcomes applications for projects in all of its fields of interest: **Arts and Culture, Children's Mental Health, Community Development, Education and Literacy, Environment, Health and Social Services, Heritage Preservation, Recreation, Children & Youth.**

In addition, we will also grant from several funds with a geographic or thematic focus.

Please visit [www.cfka.org/community-grants](http://www.cfka.org/community-grants) for full details, or contact our Grants Coordinator at [grants@cfka.org](mailto:grants@cfka.org), or 613.546.9696.



## Aboriginal Youth Leadership

In January 2014, the Aboriginal Youth Leadership Program (AYLP) was piloted out of Four Directions Aboriginal Student Centre at Queen's University as part of an outreach program in the Kingston community. The AYLP has been generously sponsored through the Community Foundation for Kingston & Area (CFKA); Aboriginal Access to Engineering and the FDASC (Queen's University). Through the AYLP, we aim to motivate Aboriginal youth to embrace healthy lifestyles; increase self-esteem and confidence; and promote a strengthened sense of belonging for Aboriginal youth in Kingston. Through our program, we hope to engage youth in culturally relevant programming and activities that promote healthier lifestyle choices, which they will then model for other Aboriginal youth in the community through the leadership skills and self-confidence they develop through their engagement in the AYLP activity sessions.

While the AYLP is a new initiative, the program has successfully engaged a steady group of participants from Grades 8-12. Participants attend programming every Thursday from 3 p.m. to 5:30 p.m. Workshops thus far have included

discussions on traditional leadership roles and contemporary everyday usages; visions of participant's future goals; and a healthy eating and nutrition guide workshop in which the participants worked with Queen's Health Outreach to create an easy dinner.

Additional sessions have included a visit from director Kandice Maracle and a film screening of "The Creator's Game: The Fight for Sovereignty and the Quest for Gold"; a lacrosse session hosted by volunteers from the Queen's men's and women's lacrosse teams; a tour of St. Lawrence College, and a visit to the Canadian Museum of History in Gatineau, Quebec. Each week, participants have an opportunity to work on homework with access to a mentor, engage with positive Aboriginal and non-Aboriginal role models, and eat healthy snacks.

The AYLP organizers, volunteers, and participants appreciate the support from the CFKA and look forward to working with you again in future.

**Ashley Maracle**  
Aboriginal Community Outreach Liaison,  
Four Directions Aboriginal Student Centre  
at Queen's University



Craig Bakay

## Giving a BOOST to Rural Youth

When the rural youth in the afterschool program at Northern Frontenac Community Services prepare for their pirate battle, they have no idea that they are mitigating the current trend of sedentary activity patterns in youth. When they are creating their own individual salad wraps and bringing

Thanks to a grant from CFKA and the support of our community partners, we are well into our program. There are five outreach, afterschool sites at northern schools that host the youth on a weekly basis. The youth are busy tasting and evaluating healthy recipes to produce an on-line cookbook, participating in

The youth are busy tasting and evaluating healthy recipes to produce an on-line cookbook, participating in active games and trying out their hand at new sports activities they have not been exposed to in the past.

home the recipe to their families, they have no idea that they are reducing their risk of obesity. And when these kids hop into the volunteer driver's car and get a ride home at the end of the program, they don't know that this ride reduces the barrier of social isolation.

All they know is how much fun they are having with their friends! The goal of the Rural Youth BOOST Project is to provide access to no/low cost programs for at risk, rural youth that combine physical activity and healthy food choices.

active games and trying out their hand at new sports activities they have not been exposed to in the past. This opportunity is giving a boost to the youth in our community to be exposed to the type of activities that lay a foundation for a future healthy life style.

**Maribeth Scott**  
Youth Program Manager,  
Northern Frontenac Community Services





Anonymous

## Kingston's Robots Score!

Two of Kingston's FIRST Robotics teams received grants from CFKA to participate in regional competitions this spring: KCVI's "K-Botics" team and the Cyber Falcons of Frontenac Secondary School. FIRST ([www.usfirst.org](http://www.usfirst.org)) is an international competition in which teams of high school students build robots weighing about 120lb (54kg) to compete in a team robotic sport. This year, robots had to move and throw large exercise balls to score ground-level or high goals. Bonus points were earned by passing the ball between allied robots, and throwing the ball over a truss and catching it.

To learn how to build such complex robots, the students take part in workshops and seminars during the fall, focusing on technical skills, communication, teamwork and leadership. In January, the teams shift into high gear: they have only six weeks to design a robot to meet the new challenge, to get parts manufactured, and to completely assemble, wire, install the mechanical and pneumatic systems as well as program the robot. The robots are then sealed until the competitions. Both robotics teams entered two regional competitions this year. The 72 students of the K-Botics team made it

to the semi-finals in Windsor and to the quarter finals in Rochester, and won a special judges' award for an outstanding all-round team. The 21 students of the Cyber Falcons were semi-finalists in North Bay and placed second in Oshawa, winning Silver medals! But, more importantly, these regional "co-opertitions" offered a very unique learning opportunity for all team members.

The energy, drive and enthusiasm of all students at the regionals is remarkable, and students often help members of competing

teams with last-minute trouble-shooting. In the same spirit, both teams volunteer in the community, mentor Lego robotics teams for younger students and make presentations at schools and community events. No wonder that students report that it is one of the most challenging and rewarding things they have done in high school. Kudos to both teams!

**Vera Kettner**

*Based on reports by Kevin Wood  
(K-Botics mentor) & Michael Bird  
(Cyber Falcons mentor)*

## En-Route to Joining Graduation Nation

Last autumn, three different CFKA funds helped transport 40 local students On the Road to Success, via a \$4,687 grant made in the spring to Kingston Community Health Centre's Pathways to Education program.

The focus was on providing Grade 11 students who had little exposure to post-secondary education and the world of work (some had never been outside of Kingston) an opportunity to experience campus life and explore programs of study through one-day trips to colleges and universities in Toronto, Ottawa and their own hometown. While the immediate consequences of the grant were the eye-opening, hospitable and event-packed visits to campuses at home and beyond, making new friends was a big added bonus.

Joining the group from Immigrant Services for Kingston & Area, were a number of youth new to Canada, who not only witnessed the diversity within the different cities visited, but also formed linkages with local students.

Participants were exposed to a variety of possible learning opportunities, from an entrepreneurial program through the Digital Media Zone (a former Google facility) at Ryerson University, to policing and broadcasting with Algonquin College. They sat in on live sessions, and had the opportunity to speak directly to the teachers.

Innovative approaches to orienting the students to campus life included a non-traditional tour of Queen's University in scavenger-hunt format to locate

popular student campus destinations; at St. Lawrence College, a student panel addressed the topic, "What I know now that I wish I knew then." From the program's perspective, valuable connections with post-secondary staff will help transition students to the various post-secondary schools.

### Reversing Statistics & How to Help

Pathways to Education addresses systemic barriers to education in vulnerable neighbourhoods, where more than 50% of students do not graduate from high school.

The ground-breaking results have seen drop-out rates reduced by as much as 70% and the rate of entering college or university increase by up to 300%.

Supports for youth include tutoring, mentoring and financial assistance. CFKA donor funds supporting this project were the David Middleton North End Development Fund, Marion and John Dunn Fund, Russell and Susan Park Memorial Fund. Consequences for the donors? They have touched the lives of young Kingstonians in a profound and meaningful way.

You can help fund programs like this by donating to a Community Foundation field of interest fund. Please call us for more information at 613.546.9696.

**Eveline Flint**



## Winter Warmth is Now a Program for All Seasons

With \$8 left in their bank account at one point, volunteers at the 25-year old *Winter Warmth* clothing program for local school children must have feared they would be unable to meet the needs of the many Kingston kids whose families have no clothing budget. But, somehow, they have always found a way to supply much-needed clothing, at the request of social workers, since their beginnings 25 years ago. This year *Winter Warmth* was awarded a \$5,000 grant from CFKA, generously contributed by the Dr. Samuel Robinson Charitable Foundation via CFKA's *Rescue Donors* initiative. Chairperson Michelle Gibson heads up the registered charity, established in 1989

by Ministry of Health and Long-Term Care employees. As she put it, "that was the grant that got us through – it was such a long winter." She adds, "the money has all been spent." With an original goal of ensuring children had warm clothing during winter months, the volunteer committee now spends as much on socks, underwear, jeans, shirts and shoes as they do on coats and boots, accepting requests year-round from social and youth workers.

Children are not identified by name – the request sheets simply specify gender, age, size and the items needed. One such sheet described a girl who suddenly

became homeless: "she has NOTHING" – toothbrush, toothpaste, underwear and other items were all supplied. While being clothed and protected from the elements is critical, other more complex goals are met, for example, when kids are able to take part in sports with the supply of shorts and running shoes. Having proper clothing also allows children to participate in co-op opportunities to obtain needed school credits, which can lead to improved job opportunities.

Being properly dressed increases self-esteem and lessens chances of being bullied and teased. Michelle describes a little boy whose shoes were ripped and

two sizes too small who made a trip to the office to show the secretary his new shoes. With a big grin, he told her "the kids in my class say I'm styling now."

The short term consequences of *Winter Warmth* grants from CFKA for three years running are the building blocks for the longer-term healthy development of area children. If you would like to be part of the solution to the year-round clothing needs of local children, you can contribute to a field of interest fund with the Community Foundation. Give us a call at 613.546.9696.

Eveline Flint

## Speaker Series

Some of you will recall that Senator Hugh Segal was one of the very first participants in our Speaker Series when he spoke to a large crowd at the Donald Gordon Centre about poverty in Canada. I note that since that date, through the caring generosity of some of our donors, several endowments have been created at CFKA to help ameliorate the hardships created by living in poverty.

We were fortunate to have Senator Segal back as our guest on April 11, 2014, just as he was preparing to step down from his position as a senator representing Kingston-Frontenac-Leeds and start a new career as Master of Massey College. His presentation, *Eight Years, Eight Months in the Senate: Lessons Learned*, entertained a very enthusiastic crowd with wonderful stories about his appointment, his work in the Senate, the people with whom he has worked, his approach to legislative decision-making and the importance of bi-partisan committee work.

Brian Osborne then managed the "question period" on topics ranging from Justin Trudeau's proposal to make the Senate more independent and accountable, to how we can encourage talented Canadians to consider a career in public life.

On May 29, the focus of the Speaker Series shifted to our community's young athletes. Kingston has produced a disproportionate number of superb young athletes for a community its size – think Will Crothers,



Anonymous

Rob Gibson, Jayna Hefford and Simon Whitfield, young Kingstonians who have competed successfully at the international level.

We put together a panel of individuals who know the challenges facing parents and coaches who want to build the capacity of certain sporting activities in our community and provide their young athletes with every opportunity to succeed, both locally and in the wider arena.

Brad Brennan, a provincial rowing champion and coach of the KCVI rowing team spoke of the commitment of the young rowers who brave freezing weather and very early mornings to master the sport and the financial challenges facing

both the Kingston Rowing Club and the rowers who seek to advance to the next level of competition.

Paddy Boyd, the Director of Sail Canada, impressed upon the audience the fact that there are a number of superb young sailors in Kingston who have national and international aspirations who rely not only on the support of provincial and national sailing organizations, but on the support of the local community.

He introduced Ali ten Hove, a 16 year old Kingston high school student and Olympic sailing hopeful who told the audience about what it means to devote your energy to being the best you can be in your chosen sport and how essential it

was to have good coaching and access to good equipment. She was an inspiration to us all.

Wayne Russell, the treasurer of the Canadian Olympic Committee, spoke about how the investment by a community in its young athletes redounds to the benefit of the community. Our successful young athletes provide wonderful role models for our children, stimulate interest in sporting activities and, last but not least, enhance the reputation of a community. Kingston is known for its universities and its college, for its historic roots and beautiful location, but it can also point with pride to its fine athletes.

Diane Kelly

**Hello and Welcome to**

Genevieve Cairns, CFKA's new Administrative Assistant. Gen, who was born and raised in Kingston, graduated from Trent University and returned to Kingston where she and her husband are raising their two children.

Lesley Rudy, our new Grants Coordinator. Lesley has worked and volunteered in the Kingston not for profit sector for over 6 years and is excited for the opportunity to continue serving our community in her new role. Drop in the office and say "Hi!" to the newest members of our team.

**George Wright: Welcome to Vital Signs®**

George recently retired as Executive Management Consultant with CGI Group Inc. but spent 11 years with Alcan in Kingston. He and his family moved to Kingston in 1977. George has volunteered his skills as an experienced project manager to bring the 2014 *Vital Signs* to completion.

**Babies in the CFKA family**

Brian Dodo and Jen Cameron welcomed a baby girl in January. Her name is Munyaka which implies 'precious' in Shona. John Paterson, CFKA's Finance & Operations Coordinator, and his wife Joanne welcomed little Arthur John Alan Paterson in May. Babies and families are doing well.

**Welcome Back**

The *Ripples* editorial board is delighted to welcome back our "Rippler" extraordinaire Brian Osborne. Let the good times roll and faulty punctuationers beware!

**Congrats to Gini Rosen**

Henceforward to be known as Dr. Binba. She has been honoured with an LL.D from Queen's University at the June 6<sup>th</sup> Convocation in recognition of her work at the university and in the community.



**Happy to Have Been a Part of**

The Enactus SLC team at St. Lawrence College has been working on hunger related projects. CFKA helped them to finance the building of a walk-in freezer for The Food Bank. After just one year of a successful operation, they have been named the 2014 Campbell's® Help Hunger Disappear® Challenge National Champions.

**New Community Partners Program**

The Foundation has recently launched this new program as a way for local businesses to show their support for the Foundation. Similar to our Giving Circle for individuals, Community Partners provide the Foundation with critical operational support, which in turn benefits a wide range of local charities.

We are pleased to welcome *Upper Canada Commercial Insurance Group Inc.* as our first new partner under this program. Interested in learning more? Contact Tina at [tina@cfka.org](mailto:tina@cfka.org) or 613.546.9696.

**Farewell and Thank You to**

Vera Kettmaker. Vera has been an invaluable part of CFKA in several roles since 2005. As Grants Coordinator since 2010, her work covered the entire scope of granting. For all the grantees Vera was the face of the Foundation. She will be missed by volunteers, staff and the CFKA community especially our many grant recipients.

**In Memoriam: Henry Meyer**

Henry was an active volunteer with dozens of charitable and not-for-profit entities, including CFKA. He famously said: "a great board requires three types of individuals: Visionaries to establish the mission; Door Openers to engage the resources; and, Workers to do the leg work." He could and would be any one of those at any given time. In his final year, he was overcome with sadness as he no longer was able to do the volunteer work that was so near to his heart. He had left his mark on so many individuals and organizations. For the fleeting time we shared with Henry, let us all be grateful.



**CFKA SPEAKER SERIES SPONSOR**



**Who are we?**

The Community Foundation for Kingston & Area (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).



**Community Foundation**  
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[www.cfka.org](http://www.cfka.org)

**Yes, I want to support our Community Foundation for Kingston & Area**

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

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**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

For further information on any of the topics dealt with in this issue of *Ripples*, please call the CFKA office, 613.546.9696 or e-mail [foundation@cfka.org](mailto:foundation@cfka.org).