



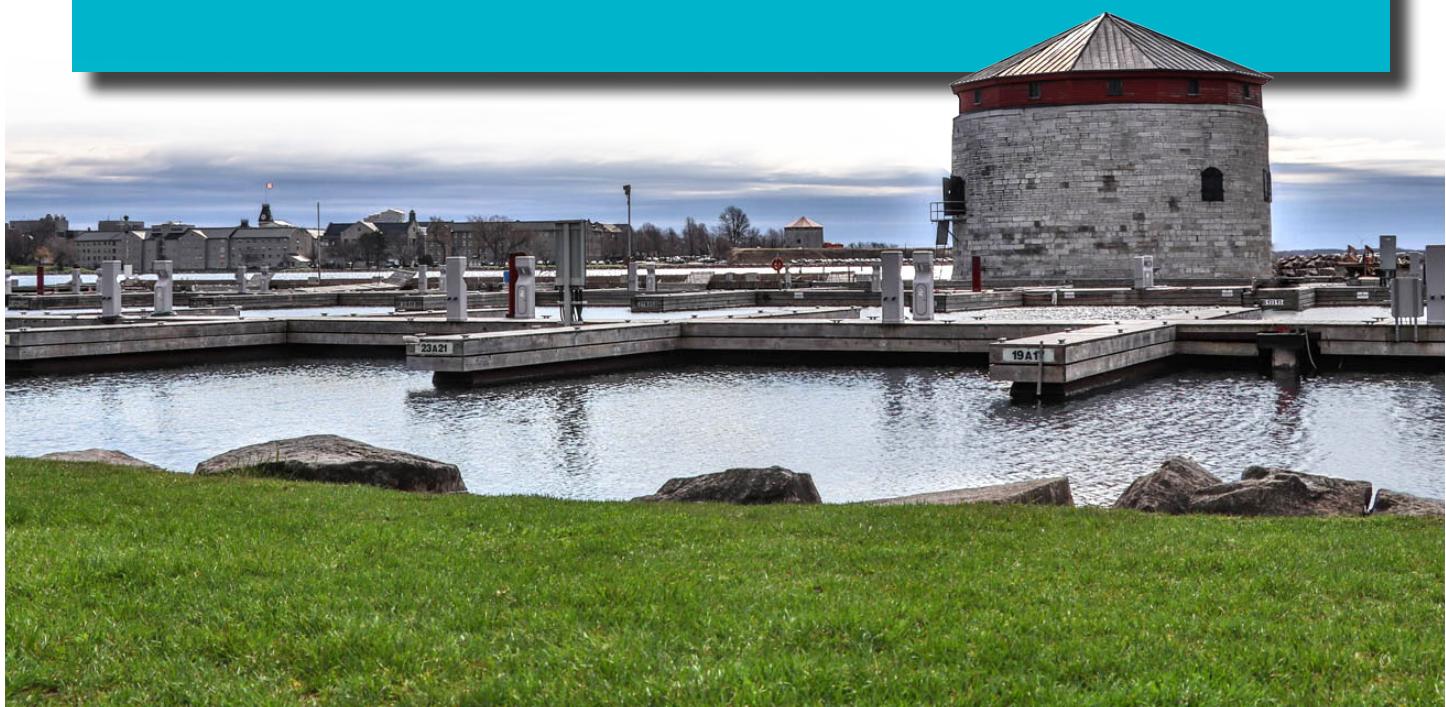
Community Foundation
for Kingston & Area

2019
Annual Report
Your generosity has a ripple effect



TABLE OF CONTENTS

2019 Highlights	2
A Message from our President and Executive Director	3
Community Grants and Recipients	4
Regina Rosen Food First Fund	6
New Endowment Funds	7
Community Insights	9
Speaker Series	10
Our Journey With ACEs	11
Operating Revenues and Expenditures	12
Meet the Community Foundation Team	13



Our 2019 HIGHLIGHTS

(January 1 – December 31)

Donations

\$1.65 million in gifts.

625 unique donors.

9 new funds established.



Investments

\$23.9 million of funds under management.

Granting

\$782,413 granted in total.

350 unique organizations received grants.

\$313,595 of the total was granted through our *Community Grants Program*.

32 local organizations supported. See opposite page.

Operations

Expenditures \$420,082

Revenues \$495,669

Cumulative Impact since 1995

For Good – \$12.5 million granted.

For Ever – \$23.9 million endowed.

For All – 355 unique organizations funded.

Thank you to each and every donor since 1995.

Together is Better: Have a question about the Community Foundation for Kingston & Area?

Contact us at info@cfka.org or 613.546.9696

A message from our PRESIDENT AND EXECUTIVE DIRECTOR

Looking back over a year of activity, accomplishments and challenges is a valuable exercise when planning for the future. In 2019, we saw the 'ripple effect' in action as we worked with local experts to raise awareness and inspire action (and a new fund!) to invest in prevention and address the negative impacts of Adverse Childhood Experiences (ACEs). Looking ahead, we look forward to continuing to work with our donors and community partners to raise awareness of important community issues, and to support local agencies deliver services, support and cultural activities to the benefit of our community.

Financially, we are strong: In 2019 we received \$1.65 million in donations and granted \$782,413 to 146 charities. Our pooled investment funds earned 12.92% and our assets under management grew to \$23.9 million. We are well on track to grow our endowment funds to \$25 million by our 25th anniversary next year, considered a lofty goal a few years ago.

We welcomed nine new funds in 2019, including the first with a focus on benefiting Indigenous peoples. Please see page 7 for more 2019 highlights and details on our new funds.

With our Speaker's Series and film screenings addressing Adverse Childhood Experiences (ACEs), we introduced nearly 500 people in our community to the detrimental impact of ACEs on young people. A call to

action at one of our Speaker Series events was the catalyst for a new fund that will invest in very early prevention – supporting the healthy development of infants to build a generation of resilient children.

In Spring 2019, we introduced a new, shorter, magazine format of our bi-annual community report *Ripples* in Kingston Life Magazine. Previously, *Ripples* was published in newsprint format and distributed in The Kingston-Whig Standard. Our audience has grown considerably with the new format. The partnership with Kingston Life is a natural fit, and we look forward to seeing future issues of *Ripples* on their pages.

We also made a concerted effort in 2019 to increase our social media presence. Our Instagram account and our Facebook page have seen a significant increase in 'likes' - many from people who were not previously aware of the Foundation. We urge you to 'follow' us and 'like' us!

All Canadian community foundations - like the agencies we support - rely on donors and volunteers for much of our community activity. We would be remiss if we did not provide a shout-out to all our donors and volunteers! You are fantastic, we need you and we thank you. Thanks as well to our hard-working and dedicated staff; together we accomplish great things!

“
Thank you to everyone who contributed to an incredibly successful year for the Foundation: our donors, board members, volunteers, and staff. It's wonderful to see what we can accomplish working together.
”

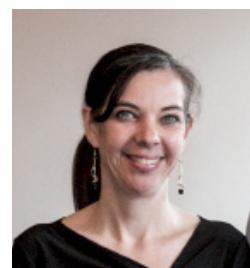
Gayle Bar
President

Gayle



Tina Bailey
Executive Director

Tina



Community Grants

GRANTS AND RECIPIENTS

The Community Grants Program provides grants each year to support projects undertaken by charitable organizations within the greater Kingston area. It is funded each year from earnings on 40 individual endowment funds established at the Foundation by generous donors. There are two granting rounds per year, with applications due Feb. 15 and Sept. 15 each year.

To date, the Foundation has funded 355 unique organizations and invested over \$3.5 million in local charities through the Community Grants Program. It is

the broadest of our granting programs with fields of interest that include Arts & Culture, Children's Mental Health, Community Development, Education

& Literacy, Environment, Health & Social Services, Heritage Preservation, Recreation, and Youth.



Congratulations to all our grant recipients!

Get project updates by subscribing to our e-newsletter or following us @CFKingstonArea.



The following Community Grants were awarded in 2019:

ARTS & CULTURE

- \$3,000 **Corporation of Loyalist Township** Summer Arts, Culture & Heritage Series
\$9,000 **H'art Centre of Smiles Inc** The Love of Dance
\$6,000 **Kingston Chapter of Autism Ontario** Creating Social Opportunities for Adults with ASD In the Community
\$5,105 **Kingston Prize Association** Faces of Canada
\$2,300 **Kingston School of Art** Improved Course Registration System
\$7,100 **Queen's University Agnes Etherington Centre** Art and Wellness Symposium

CHILDREN'S MENTAL HEALTH

- \$8,125 **Canadian Families and Corrections Network** Making Connections – Supportive Events for Children
\$6,330 **Helen Tufts Nursery School** Multi-sensory Corner
\$18,000 **OO Islamic Society of Kingston** Building Resilience in Syrian Refugee Families-Focus on Refugee Youth and Family Mental Health
\$21,850 **KFL&A Children & Youth Planning Committee** KFL&A Rural Transportation Project
\$13,000 **The Psychology Clinic at Queen's** Identifying Support Needs to Keep Kids in School

COMMUNITY DEVELOPMENT

- \$10,500 **Kingston Community Health Centre** **Kingston Immigration Partnership #SayHello Extension**
\$10,023 **Kingston Community Health Centre - Immigrant Services Kingston Area (ISKA)** Art and Play Wellness Group

EDUCATION & LITERACY

- \$3,906 **Lake Effects Robotics** Lake Effect S.T.O.R.M.
\$10,000 **Learning Disabilities Association of Kingston** Reading and Robots Rock Summer 2020
\$7,488 **Queen's University Biological Station, Elbow Lake Education Centre** Navigating the Landscape at Elbow Lake

HEALTH & SOCIAL SERVICES

- \$14,770 **Breast Cancer Action Kingston** Lymphedema Management for Breast Cancer Survivors
\$5,500 **Rural Frontenac Community Services** Share the Ride So No One Gets Left Behind
\$14,000 **Ongwanada** Accessible Community Garden
\$13,000 **Resolve Counselling Services Canada** WISP (Women's Intensive Support Program)
\$1,500 **Partners in Mission Food Bank** Walk-In Freezer Repairs
\$24,637 **The Poverty Challenge** The Poverty Challenge -Next Level
\$10,041 **South Frontenac Community Services Corporation** Home Making Services for Rural Seniors

YOUTH

- \$7,467 **Camp Outlook** Youth Leadership Program
\$8,946 **R.K.Y Camp** Commercial Kitchen Equipment
\$5,075 **Cycle Kingston** Special Event Bicycle Parking Social Enterprise
\$3,283 **Wintergreen Studios** Project Bee
\$3,650 **Land Conservancy for KFL&A** A sustainable model for an annual Passport to Nature
\$9,000 **La Salle Intermediate and Secondary School Environmental Club** Gould Lake Centre Equipment
\$23,870 **Kingston Community Health Centres - Pathways to Education** Becoming Trauma Responsive

HERITAGE PRESERVATION

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

RECREATION

- \$11,000 **YMCA of Kingston** Eco Camp

Food Security

REGINA ROSEN FOOD FIRST FUND

The Regina Rosen Food First Fund (or "RRFFF") was established by the Foundation's Board of Directors in 2012. It was named in Gini's honour in recognition of her exceptional involvement with the Foundation for decades and her passion for ensuring access to healthy food for all.

The "RRFFF" grants one \$1,000 grant each month (for a total of \$12,000 per year) to a different organization working to alleviate hunger in our community through the procurement, production, preservation, preparation, or education and skill development.

To date the Fund has granted over \$78,000 to various charities in the Kingston area.

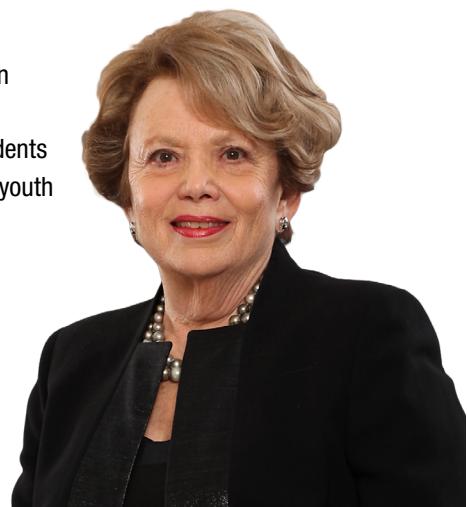


Photo by Yara Chard

The Regina Rosen Food First Fund grants \$1,000 every month to a different organization working to alleviate hunger in our community.

2019 GRANT RECIPIENTS

- Dawn House** – purchase of perishable items for shelter clients
- Diocese of Ontario Refugee Settlement** – pantry stocking for a family of 5
- Elizabeth Fry Society** – food for drop-in and community kitchen
- Limestone District School Board** – Enterprise Public School - creation of a school GROW garden
- Helen Tufts Nursery School** – baking, cooking and snack preparation with the children
- Home Base Housing** – Lily's Family Shelter - purchase of dairy products for shelter's young residents
- Home Base Housing** – One Roof Youth Service Hub – purchase of food daily lunch for homeless youth
- South Frontenac Community Services** – skill building with isolated senior food bank clients
- Martha's Table** – food supplies for weekend meal provision to clients
- The Mess Open Arts Studio** – Gill Hall renovation
- Rural Frontenac Community Services** – provision of emergency food vouchers for clients
- Queen's Music - Sistema Kingston** – healthy snacks for children in after school program
- YMCA of Kingston** – Now You're Cooking program with Grade 4 classes



Welcome to Our NEW ENDOWMENT FUNDS

The Foundation is pleased to hold over 220 named endowment funds for individuals, businesses, and charitable organizations supporting a wide range of local charities and causes. We are pleased to welcome the following new funds under our umbrella in 2019.

ERIC DEWAR NEUMAN FUND

A Community Fund that will support a range of projects and charities over the years through our Community Grants Program. As a permanent endowment fund, this fund will continue to benefit the community forever.

INFANT MENTAL HEALTH FUND : BUILDING RESILIENCY FOR A LIFETIME FUND

A Field of Interest Fund established to support projects and programs in our community that foster the development of strong infant mental health (from prenatal to 36 months).

THA'TEIONENIENAWA'KHONTIE: IN THE SPIRIT OF COOPERATION FUND

A Field of Interest Fund created in respect for traditional ways. Phonetically Pronounced: Ta-day-yoon-on-nee-yon-ah-wah'-koon-jay. The intent of the fund is to support projects led by First Nations, Métis, and Inuit Peoples to nurture the healing and wellness of the Katarokwi community and Indigenous People in the area served by the Community Foundation for Kingston & Area. The donor of the fund believes that by learning from the past, we will help build a better future.

MARGUERITE BOURGEOYS HOUSING FUND

A Donor Advised Fund in honour of Marguerite Bourgeoys. The donors who are associates and friends of the Sisters of the Congregation of Notre Dame (CND), the order of nuns founded by Marguerite Bourgeoys, believe that all people in our community should have a place to call home. This fund is meant to "support innovative ways to address housing issues and provide greater access to truly affordable housing" in Kingston and area. On April 17, 2020, the Sisters of CND will celebrate the 400th Anniversary of Marguerite's birth.



THE TACKABERRY HEATING SUPPLIES FUND

A Donor Advised Fund that will support a variety of charities as selected by the donor.

PATHWAYS TO EDUCATION KINGSTON FUND

An Agency Fund that will support the ongoing work of the Pathways to Education program in Kingston.

FLORA B. GRANT ENDOWMENT FUND

An Agency Fund in support of the Kingston Frontenac Public Library.



Chris Groeneveld-Barry Memorial Fund

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

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

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

CHRIS GROENEVELD-BARRY MEMORIAL FUND

A Donor Advised Fund in memory of Chris Groeneveld-Barry, a talented and passionate artist, writer, actor, and a true philosopher and humanitarian at heart. He was a firm believer that art should be accessible to everyone, and that the freedom of expression creative art invites should be available to all.



A full list of the Foundation's new and existing funds can be found on our website at: cfka.org

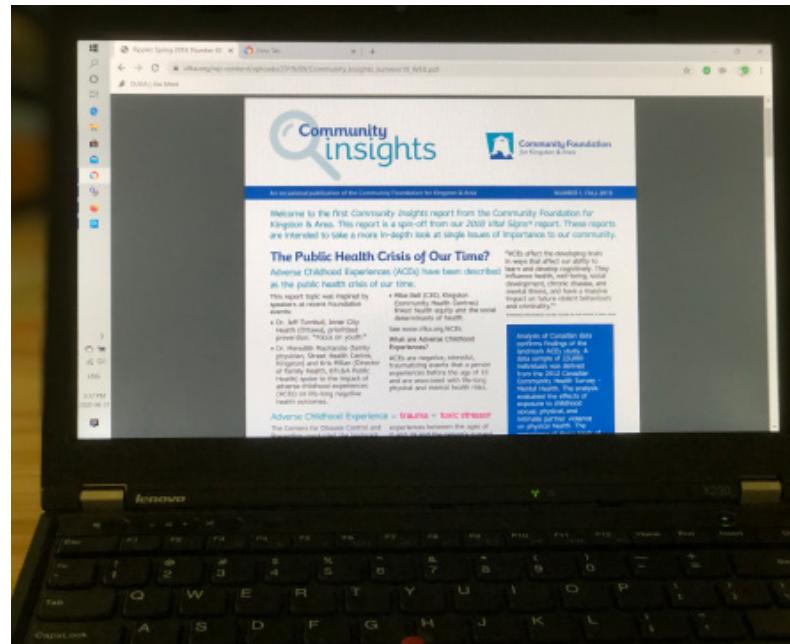
Want to learn how you can set up your own fund? It's easy! You can start with a pledge of \$2,000 per year for five years. **Visit our website or call our office at 613.546.9696** to learn more.

A new publication COMMUNITY INSIGHTS

In 2018 the Foundation published its 10th anniversary issue of *Vital Signs®*, perhaps its last. Why "last"? Locally, Sustainable Kingston is now reporting on community well-being using similar indicators; we do not need to use our limited resources to duplicate. Nationally, Community Foundations of Canada has given priority to the indicators used in the United Nations Sustainable Development Goals. More recently, Statistics Canada has made access to the data used in *Vital Signs®* accessible through its new user friendly Canadian Statistical Geospatial Explorer Hub.

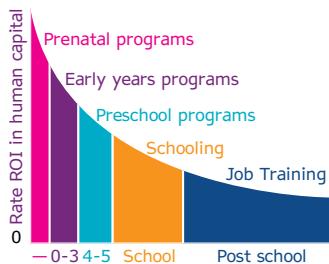
This year we launched *Community Insights* - our new community engagement tool: It takes an in-depth look at a single issue of importance to our community to mobilize focused community action.

The first issue of *Community Insights* (Fall 2019) explored Adverse Childhood Experiences (ACEs) amplifying the discussions introduced in our Speaker Series (see page 10). The focused action was on prevention: Invest in early childhood development to improve family and community resilience. The earlier the investment, the larger the return on the investment (ROI). This is demonstrated in the work by the Nobel Laureate Professor James J. Heckman as shown in the following graphic.



Heckman's Conclusion:

Early childhood development is a smart investment.
The earlier the investment,
the greater the return.



Source: <https://heckmanequation.org/top-20-resources>

Did you know you can view the *Community Insights* publication online here

<https://www.cfka.org/publications/>

Speaker Series: HOMELESSNESS TO INFANT MENTAL HEALTH

"If I could think of a vaccine, healthy attachment would be it." – Dr. Meredith MacKenzie

Speaker Series: Homelessness to Infant Mental Health

We invited Ottawa physician, Dr. Jeff Turnbull, to speak (January 23) to the issue of a community's collective responsibility to address health (in)equity and homelessness. **The take-away:** Invest in youth

to prevent them from taking the path to homelessness. Mike Bell, Kingston Community Health Centres, responded by introducing the Adverse Childhood Experiences (ACEs) research.

Dr. Turnbull's call to action motivated the Foundation to invite Dr. Meredith MacKenzie (family physician, Street Health Centre, Kingston) and Kris

Millan (Director of Family Health, KFL&A Public Health), to present (May 13) *ACES Aren't Wild Cards: Investing in Community Resilience to Prevent and Mitigate the Effects of Adverse Childhood Experiences*.

The Foundation facilitated several public screenings of the documentary

Resilience: The Biology of Stress and the Science of Hope.

Adverse Childhood Experiences (ACEs)

Abuse	Neglect	Household Dysfunction	
 Physical	 Physical	 Mental Illness	 Substance Abuse
 Emotional	 Emotional	 Incarcerated Relative	 Divorce
 Sexual		 Mother Treated Violently	

SOURCE: ROBERT WOOD JOHNSON FOUNDATION

Promise in Prevention: Planting Seeds for Lifelong Wellness



Photo by Yara Chard

We ended the year, but not necessarily our ACEs journey, demonstrating that prevention starts in infancy. Dr. Chaya Kulkarni, Director of Infant Mental Health Promotion (The Hospital for Sick Children, Toronto) made a compelling case for addressing

infant mental health (October 28).

The result: A new endowment fund, *Infant Mental Health: Building Resiliency for a Lifetime*, thanks to the generosity of Kevin Montroy.

All Speaker Series presentations are available here

<https://www.cfka.org/speaker-series/>

Our Journey with ACEs

FROM AWARENESS TO ACTION

In our Speaker Series and new *Community Insights* publication we have characterized Adverse Childhood Experiences (ACEs) as "the public health crisis of our time". ACEs are stressful, traumatizing events that a person experiences before the age of 18.

These toxic stressors are linked to predictable life-long negative physical and mental health outcomes: If they are predictable, they are preventable.

Because of our commitment to community well-being, the Foundation has made a concerted effort to understand and raise awareness of the impact of ACEs and their prevention.

What have we learned? Infant mental health is crucial to the development of resilient children and adults. Focus on youth to prevent the start of street living and addiction. Invest in family and community resilience to prevent the occurrence of or, if necessary, to mitigate the effects of ACEs.

Seeing and hearing the desire and readiness in our community to prevent ACEs and their negative outcomes, in 2019 we hosted three community screenings of the documentary Resilience: The Biology of Stress & the Science of Hope.

It is a powerful demonstration of how we can put the science around ACEs into action to build resiliency in our children, youth, and families.

Additionally, we facilitated screenings for several other organizations. Collectively, this powerful film has now been seen by well over 500 people, with each screening prompting request for more. We will continue to host and/or facilitate screenings in the future as long as there continues to be a demand.



A tangible outcome of this awareness raising was a call to action by a CFKA supporter at one of our events that led to the creation of a fund to help infants in our community.

Thanks to the generosity of a donor, the Foundation now holds a new endowment fund *Infant Mental Health: Building Resiliency for a Lifetime* to foster the development of strong infant mental health (from prenatal to 36 months). See New Funds, page 7.

2019 Community Engagement

Community Builder Award

Jimmy Hassan received the second annual Community Builder Award on May 28: "I'm incredibly honored to be receiving the Community Builder Award in recognition of the importance of creating true change and awareness around the need for diversity in our community."



For more information about ACEs visit: <https://cfka.org/aces/>

For more about our Community Builder Award visit: <https://cfka.org/community-builder-award/>

Operating REVENUES & EXPENDITURES

For full details, see our Audited Financial Statements at

[http://www.cfka.org/annual-reports-financials/.](http://www.cfka.org/annual-reports-financials/)

*Investment Income includes funds transferred between the Operating Endowment Funds and the Operating fund in accordance with our Spending Policy.

** In 2018 the Foundation relocated its office from 165 to 275 Ontario Street.

	2019	2018
Revenue	\$	\$
Donations (to operations)	78,491	78,145
Other Fundraising Events	7,250	4,174
Investment Income*	72,425	56,893
Administration Fees	320,647	290,075
Miscellaneous	14,356	4,683
<i>Vital Signs®</i>	2,500	8,500
Total Revenue:	495,669	442,470
Expenditures		
Administration and Investment Fee	291	284
Bank and Credit Card Fees	3,159	2,685
Fundraising Events	8,378	5,166
Grant Project Expenditures	801	2,455
Information Technology	19,754	27,238
Insurance	8,034	6,158
Life Insurance Premiums	36,475	36,475
Marketing	3,161	4,804
Meetings and Promotions	8,660	2,415
Membership Fees	6,634	5,567
Miscellaneous	15	300
Office Move**	-	47,386
Office	16,338	19,045
Professional Fees	12,434	10,990
Publications and Printing	7,064	7,735
Rent	49,230	46,447
Wages, Benefits and Consulting Fees	234,651	220,779
<i>Vital Signs®</i>	5,003	12,259
Total Expenditures:	420,082	458,188
Net Income	75,587	(15,718)
Net Income (Excluding Office Move)	75,587	31,668

Meet the COMMUNITY FOUNDATION TEAM

Our small staff team works with a dedicated Board of Directors and over 70 volunteers who contribute their time, leadership and expertise to make all the work of the Foundation possible. For board member biographies and a full list of our volunteers visit www.cfka.org/people.

BOARD MEMBERS

Gayle Barr, President
Robert Wood, Vice-President
Chris Chard, Past President
Jonathan Warren, Treasurer
George Wright, Secretary
Sue Bates
Julie Burch
Peter Finnegan
Ian Gemmill
Kalen Ingram
Richard Kizell
George Thomson

Our thanks to outgoing board members who ended their terms in 2019: Michael Bell & Bryce Parisotto.

STAFF

Tina Bailey, Executive Director
Andrew Oosterman, Finance & Operations Coordinator
Penny Scott, Grants Coordinator

LEGAL COUNSEL

Mary-Alice Thompson, TEP
Cunningham, Swan, Carty, Little & Bonham LLP

INVESTMENT ADVISOR

Marc LeBlanc, MBA, CIM, FCSI, Portfolio Manager,
First Vice President, CIBC Wood Gundy

HONORARY LIFE MEMBERS

Florence Campbell	Eveline Flint
Michael Davies	Virginia Gordon
Greg Fisher	Michael Bell



Photo by KAYMEDIA



Community Foundation
for Kingston & Area

CONNECT WITH US!

The Community Foundation for Kingston & Area strengthens our community by connecting the generosity of donors with the energy and ideas of people and charities addressing local community needs.

DONATE

VOLUNTEER

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Get updates and event invitations directly to your in-box.
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CALL, WRITE, OR STOP BY

info@cfka.org

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