

TOGETHER WE THRIVE

**COMMUNITY IMPACT
REPORT 2022**



Community Foundation
for Kingston & Area



EMPOWERING COMMUNITIES. TRANSFORMING LIVES.

Over the past year, thanks to established funds created by individuals, families, and corporate donors we were able to grant a record-breaking **\$1,782,215** in support to **162 organizations** in Kingston and the surrounding area.

This granting was made through our Community Grants Program and also through the various Donor Designated Funds, Donor Advised Funds, and Flow-Through Funds.

Our heartfelt thanks to the 508 donors who supported their community through the Community Foundation for Kingston and Area last year.

“Growing up, I was afraid to be a parent because of the struggles I witnessed my parents go through... If my mother had attended a program similar to this one, my whole childhood could have been different and I may not have feared to start a family of my own. This program, along with the teacher and attendees, have given me confidence as a mother.”

Program Attendee,
Kingston Community Health Centre:
Serve and Return

WORKING TOWARDS A BRIGHTER FUTURE

If the pandemic taught us anything, it is that we're more resilient together. Stronger. More creative. More adaptive. Greater in generosity. More committed. Ever ready to reach for the next challenge.

We care for our neighbours, we count on character, and we develop in concert, as a community, where we all have a part to play.

For our part, the Community Foundation for Kingston & Area brings a patient, strategic focus on the long term, helping partners with resources connect with agencies and individuals making a difference on the ground. In 2022, we were blessed to see so much progress thanks to our donors and volunteers, who supported community initiatives in all sectors and manner of endeavour.

Last year the Foundation began its own transformation as we prepare our team and organization to support the ambitious goals we have set for ourselves as a community. On the following pages, we are proud to share stories from our partners — stories of hope, of impact, and of coming together to help people. I hope you will find inspiration in them and a growing confidence that we can transform our many challenges into beautiful opportunities to thrive.



Rob Wood (*he/him*)
Chair, Board of Directors

THRIVING WOMEN IN SPORT

Over half a century ago, the Kingston Red Barons took the Ontario hockey scene by storm. The first community-based all female local hockey team in Kingston, they rose to fame and success in the 1970s with their tenacity, determination, and winning talent. But it wasn't all smooth sailing in the male-dominated sport.

“We just wanted to play hockey”

Annabelle Twiddy, team co-founder.



The Kingston Red Barons, 1971-72

“It may sound cliché, but it was simpler to ask forgiveness than to ask permission, so we just went ahead and did it.” says team co-founder Annabelle Twiddy.

Now, 50 years after creating their trailblazing team, the Red Barons are helping to support the next generation of women hockey players in Kingston through a special award called the **Kingston Red Barons Legacy Fund**, established at the CFKA to support high school girls in hockey.

Through their own financial contributions and donations made by family, friends, and members of the hockey community, the Legacy Fund was officially established in 2022. Now, every year in March, a cash award will be made to the Kingston Area Secondary Schools Athletic Association girls' hockey champions to help them defray further expenses as they move on in the competition.

The first-ever recipients of the fund were the Holy Cross Crusaders



from Holy Cross Catholic Secondary School. This award gave the team much-needed funding to participate in the 2022 Ontario Federation of School Athletic Association's girls' hockey championships.

The impact of the Red Barons' support extends well beyond the rink. By providing opportunities for young women to excel in hockey, they are helping to instill confidence, leadership skills, and a community that will last a lifetime.

“Creating the Red Barons was the right thing to do in the 1960s, and setting up this fund is the right thing to do now,” says Annabelle, “Everyone who wants to play hockey should be able to do so, and we hope this fund is helping to make that happen.”



Katherine “Cookie” Cartwright (L) and Annabelle Twiddy (R) officially establish the Kingston Red Barons Legacy Fund at CFKA.

THRIVING CHILDREN & OLDER ADULTS

In 2021, The Sisters of Providence of St. Vincent de Paul made a \$5 million gift to CFKA which aims to address Adverse Childhood Experiences (ACEs), build resiliency generally in our community, and combat social isolation among older adults, particularly heightened by the challenges of COVID-19. Their generosity is already having tremendous impact.

Building on the dedication and achievements of a core group convened by CFKA in 2019 to tackle ACEs and promote protective factors, a new structure was introduced in 2022 with the establishment of the ACEs & Resilience Coalition of KFL&A (ARC), including a steering committee and the hiring of an ARC project manager. Efforts to reduce social isolation among older adults have also begun, marking the start of an important journey.

The ARC continued to support education and awareness building activities in the community, with working groups coordinating advocacy efforts and promoting a coordinated approach to trauma-informed care in KFL&A. Through this work, the ARC brings together passionate individuals from various regions to raise awareness about positive and adverse childhood experiences and advocate for change.

Thanks to the Sisters of Providence of St. Vincent de Paul, we are making a profound difference in the lives of the youngest and oldest residents in KFL&A.

COMMUNITY GRANTS PROGRAM

YOU'RE HELPING KINGSTON THRIVE

Thanks to your generosity, the Community Foundation was able to grant...

\$1,022,036 to
83 projects at
58 unique organizations.

This record-breaking support has directly impacted...

260,474
individuals,
including
126,498
youth!



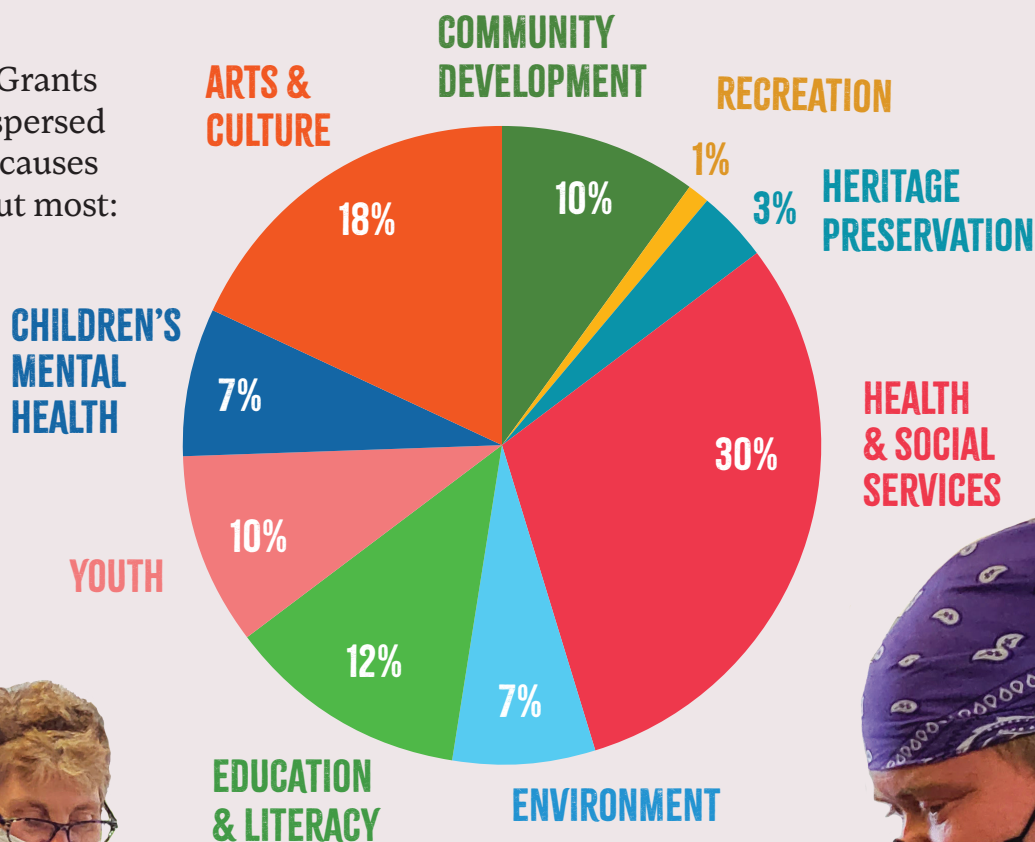
“I have always struggled to control my emotions. Before, I was always getting mad at everything and anything. I have learned to be positive; I think it’s my strength now.”

11 year-old Boost for Kids member.

BGC SOUTH EAST’S MENTAL HEALTH BOOST FOR KIDS PROGRAM

is helping youth access the mental health support they need to thrive in their world.

Here's how
Community Grants
funding is dispersed
amongst the causes
you care about most:



MARTHA'S TABLE

is providing a caring place for
people to access nutritious meals
and find community support.

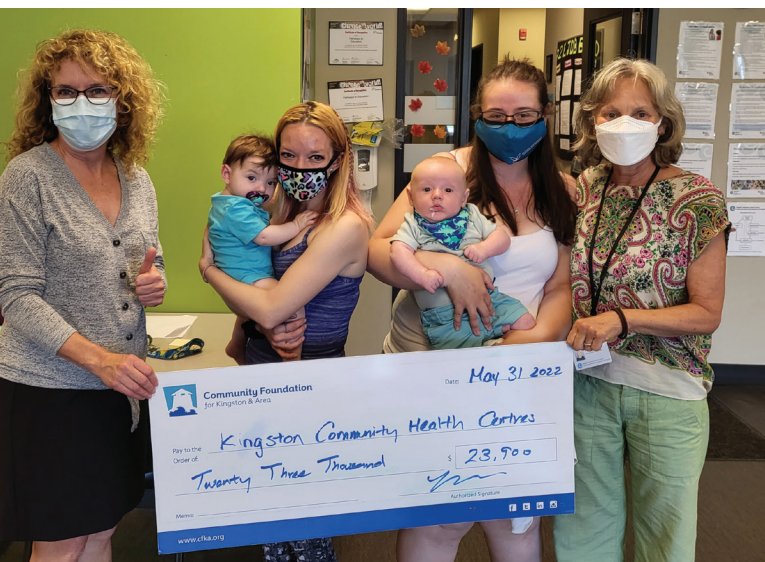
CREATING POSITIVE CHANGE FOR KINGSTON AND AREA

Here are just a few stories from some of the organizations you helped to support through the Community Grants program last year:

THRIVING CHILDREN & YOUTH

Kingston Community Health Centres: Serve and Return Program (Spring '22)

Research shows that for parents who have experienced childhood trauma, connecting to their children may be challenging. Serve and Return (S&R) is a prevention and intervention-based parenting program designed to nurture secure parent-child relationships through hands-on touch.




With grant support from CFKA and using evidence-based curriculum from the International Association of Infant Massage (IAIM), S&R teaches parents how to mitigate the effects of trauma and build strong and loving bonds with their children. •

THRIVING FOOD ACCESS

Loving Spoonful: Community Harvest Garden, Central Kingston (Spring '22) and Community Harvest Kingston (Fall '22)

Did you know that one in nine households in the Kingston region is living with food insecurity? And the rising cost of food is only exacerbating the challenge of eating healthy, particularly for people with low or fixed incomes. Loving Spoonful is helping to change that.

Connecting people with good food through innovative, collaborative programs and outreach such as community gardens and community harvest markets, Loving Spoonful is building a strong local food network and enriching social inclusion. Many diverse community members come together to learn and grow in the gardens, building relationships, knowledge and skills while reducing social isolation. •

A photograph of three children standing in front of a red brick wall. The child on the left is a girl with long brown hair, wearing a yellow long-sleeved shirt, a green patterned headband, and a green apron over a white shirt with black polka dots. She is making a peace sign with her right hand. The child in the middle is a girl with long dark hair, wearing a red apron with the text 'Loving Spoonful' and a spoon graphic, over a white shirt with black polka dots. She is also making a peace sign with her right hand. The child on the right is a boy with short brown hair, wearing a black t-shirt with the text 'Loving Spoonful' and a spoon graphic, and a blue patterned headband. He is giving two thumbs up. A glass jar with yellow liquid is visible on a surface in the bottom left corner.

“Before this garden, I was so lonely.
Now I come here every day and I get
to be with the plants and all of these
friends and I am so much happier.”

Community Member and Volunteer
at Loving Spoonful

THRIVING ARTS & CULTURE

The Mess Open Arts Studio: Safe and Efficient Operations (Spring '22)

The Mess is an open arts studio that provides opportunities to create art and build relationships. Many of the artists that create in this space are people struggling with issues of mental and physical health, addictions, loneliness, and poverty. Anyone with an interest in art is invited to come, connect, and create.

With grant support, The Mess was able to increase facilitators and storage materials, as well as buy art supplies and food for those in need, reinforcing a sense of safety, belonging, and inclusion in their community. •

THRIVING EMPOWERMENT

Well Suited: Suiting and Agency Sustainability (Fall '22)

Established in 2020, Well Suited Kingston promotes the economic independence of men and gender-diverse individuals in need. By providing suitable attire, career development tools and essential life skills, Well Suited helps people enter the workforce, stay employed and become role models for their families and communities.



“My pictures are inspired by books, children’s books, and tv shows.”

Matt Warren has been coming to The Mess Open Arts Studio for 10 years



Matt McKeown, a Well Suited client who sought out the organization during his job

search and to secure a suitable wardrobe once he was hired for a new role, says he is forever grateful for the charity.

“I was greeted by such amazing staff, super helpful and I could tell they truly cared about not just fitting me with an outfit that would set me up for success, but about what I was doing and who I am,” says Matt. “Well Suited has helped me out so much with getting me on my way to success.”

Now, Matt is paying it forward by volunteering with Well Suited!

To date, Well Suited has helped over 400 people like Matt in the Kingston, Frontenac, Lennox & Addington communities! •

THRIVING INDIGENOUS KNOWLEDGE & COMMUNITIES

QUILLS: Communicating Indigenous Land-Based Learning and STEM to a broad audience (Spring ‘22); Elbow Lake Program (Fall ‘22)

QUILLS (Queen’s University Indigenous Land-Based Learning STEM) is a new educational program that, working with local Knowledge Keepers, brings Indigenous knowledge to the forefront, marrying this expertise to western science within the Ontario curriculum.



Spring Community Granting allowed for the purchase of video and audio equipment to capture, edit, and publicly distribute land-based experiences recorded at the Elbow Lake Environmental Education Centre and elsewhere on Queen’s University Biological Station lands.

A fall Community Grant provided honoraria for Indigenous Knowledge Keepers for professional development workshops; subsidized transportation costs for school groups; and supported hiring a part-time educator to assist with in-person programming. •

THRIVING LEGACIES

Over 25 years ago, a group of visionary individuals came together in Kingston with a shared goal: to create a lasting impact on their community.

With Michael Davies, Eveline Flint, Reg Shadbolt, and Wally Viner among the founding members, the Martello Tower Society was born from this collective vision. The predecessor to the Community Foundation for Kingston & Area, the Society set out to establish a platform to empower donors through philanthropy and connect them to the causes that matter to them the most.

While Ms. Flint and Mr. Davies sadly passed away in 2022, their legacy has deeply shaped the Foundation of today.

Ms. Flint's tireless commitment to her community inspired much growth and transformation within the Society, including its eventual incorporation and



Eveline Flint
(1938 - 2022)



Michael R.L. Davies
C.M., O. Ont
(1936-2022)

name change to the Community Foundation for Kingston & Area. She later served on the founding Board of the Foundation for 7 years and was involved in every aspect of our work, volunteering on many committees. Michael Davies was a leader in the creation of the Community Foundation for Kingston & Area, for which he served as the first President and Past President.

Today, the Foundation stands tall as a testament to its founders' unwavering dedication — a beacon of hope, opportunity, and transformation. Through strategic grantmaking, scholarships, and partnerships, the Foundation continues to provide vital support to organizations that foster a thriving and inclusive community.

Together, we carry the torch of Eveline Flint and Michael Davies as we build on their inspiring legacy of compassion, empowerment, and lasting impact.



TOGETHER WE THRIVE

Your Community Foundation exists because community members want to solve problems and address urgent and emerging community needs in Kingston & Area. They understand that we can only make our region flourish by combining their passions and financial resources to fund projects and organizations throughout our community for all to benefit. They understand that together we thrive.

We exist because fundamental injustices in society persist and CFKA is a powerful vehicle through which those inequities can be tackled locally. We exist because so many of our donors are seeking to fund what matters so deeply to them.

The breadth and reach of our donors' commitment to make a direct impact on community health, resilience, and vibrancy is realized every single day at hundreds of organizations across our region, and even well beyond KFL&A.

Our donors make a real difference through their giving. By funding our grantmaking to our dedicated community partners, we affect immediate and lasting change and better the lives of tens of thousands of our community members.

I'm enormously grateful for the generous volunteer and philanthropic support of the Community Foundation.

We will continue to engage, inform, and inspire you about more opportunities to make an impact and to be part of our mission to strengthen our community for all who live here.



Stacy G Kelly (he/him)
Executive Director



THANK YOU TO OUR EXTRAORDINARY VOLUNTEER LEADERS

Our 2022-23 Board of Directors



Gayle Barr



Chris Chard



Cara Chesney



Ian Gemmill



Peter Finnegan



Willa Henry



Monica LaBarge



Kris Millan



Donna Segal



Roger Wilson



Rob Wood



George Wright



Alison Young

Our Honorary Life Members

Michael Bell
Florence Campbell
Greg Fisher
Virginia Gordon

Our 2022-23 Grants Committee

Wessam Ayad
Sue Bates
Lucinda Bray
Judith Brown
Moirra Browne
Gary Campeau
Elspeth Christie
Dale Dilamarter
Paul Elsley
Jane Errington
Meenakash Ghadial
Fran Harkness
Steve Knechtel
Julia Laidlaw
Vivien Ludwin
Paul Mackenzie
Ghislaine Marcotte
Juliet Milsome
Patricia Orser
Martha Reid
Maurice Smith
Dave Wyatt
Cherrilyn Yalin

2022 FINANCIAL HIGHLIGHTS

Summarized Statement of Financial Position

as of December 31, 2022

	2022	2021
Assets		
Cash	\$ 2,904,422	\$ 3,114,245
Investments	28,440,099	30,704,681
Other Assets	54,249	31,769
	31,398,770	33,850,695
Liabilities		
Accounts Payable	34,580	21,062
Deferred Revenue	55,000	-
Trust Fund Liability	150,730	167,065
	240,310	188,127
Fund Balances		
Endowments	22,904,692	25,093,009
Spend Down & Flow-Through	7,635,410	8,051,598
Operating	618,358	517,961
	31,158,460	33,662,568
	\$ 31,398,770	\$ 33,850,695

Summarized Statement of Revenues, Expenditures and Fund Balances

as of December 31, 2022

	2022	2021
Revenue		
Gifts	\$ 1,666,168	\$ 6,336,805
Investment Income (Loss)	(1,623,977)	3,460,519
Administration Fee	404,987	387,162
Other Revenue	10,777	21,414
	457,955	10,205,900
Expenditures		
Grants	1,782,215	1,051,668
Operating Expenses	488,825	422,677
Sisters Community Impact Fund	16,011	18,397
Other Expenditures	675,012	454,028
	2,962,063	1,946,770
(Deficiency) Excess of Revenue over Expenditures	(2,504,108)	8,259,130
Fund Balances		
Beginning of Year	33,662,568	25,403,438
End of Year	\$ 31,158,460	\$ 33,662,568

Portfolio Performance

Although 2022 was a disappointing year in the financial markets, our portfolio performed relatively well, owing to reduced interest rate sensitivity on our substantial GIC holdings.

Investments in the main pooled fund at CIBC Wood Gundy had an annualized net return of -5.80% for the 2022 calendar year, an annualized five-year net return of 4.82%, and an annualized ten-year net return of 6.39%, as of December 31, 2022.

At the end of 2022, our assets under administration totaled \$31,158,460 including \$24,858,217 in our main pooled fund and \$6,300,243 in other funds held by the Foundation.

Chris Chard
MBA, CFP, CLU, FCSI
Chair, Investment Committee

THANK YOU FOR HELPING TO CREATE THRIVING COMMUNITIES!

Let's keep in touch!

Visit us online at cfka.org

 @CFKingstonArea

 @cfkingstonarea

 Community Foundation
for Kingston & Area

Community Foundation for Kingston & Area

275 Ontario Street, Suite #100

Kingston, ON K7K 2X5

Phone: 613.546.9696

Email: info@cfka.org

Charitable Registration No:

89143 2395 RR0001

Situated on the traditional territories of
the Anishinaabe, Haudenosaunee, and
Huron-Wendat.



Community Foundation
for Kingston & Area

