

SPUR

The Calgary Foundation / Summer 2013



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ways to improve
our food supply

Leave It to
Beavers

Reintroducing an
iconic species

Sporting
Chance

Doc Seaman's
record-breaking legacy

Made by Momma
Allyson Palaschuk
and the value of
helping families



So many stories that inspire us

HAVE YOU EVER met someone who impressed you so much it changed your life? This inaugural issue of *Spur*, the new magazine of The Calgary Foundation, is chock full of people like that.

From Allyson Palaschuk and Rebecca Ghelfi, who put tireless hours into helping moms and families, to Dale Ens, who is just simply one of the coolest guys we know, the people and projects you'll read about here are inspiring, to say the least.

I know, because they inspire me and all of us at The Calgary Foundation. Supporting worthy projects, groups and people who make the community a better place is what we're all about.

I'm proud of the record of work The Calgary Foundation has done since its inception in 1955. When the founders, who included Grant MacEwan, Con Ashby and Doug Hawkes, conceived of the organization, they hoped it could be a catalyst for improving the quality of life in our city. The Foundation has tried to do exactly that as it has grown. We've touched just about every segment of community life in our city and

area, from the arts, education and social services to health and the environment. Our long history and deep Calgarian roots have helped the Foundation stay in touch with the changing needs of our modern, dynamic city.

Another example covered in this issue is the Arts Incubator project, where we were part of a collaborative, community-based initiative that will make a huge difference for arts groups — and see a gorgeous heritage school building get a new lease on life.

We continue to invite conversations from the community, to discuss bold, innovative ways to move forward. Thanks to the generosity of people like the late Doc Seaman, about whom you can also read in these pages, we are truly able to help transform the Calgary and area community.

I hope you enjoy this first issue of *Spur*. Look for another edition in October. Meanwhile, we'd love to hear from you; our e-mail address is info@thecalgaryfoundation.org, or give us a call at 403-802-7700.

“Our long history and deep Calgarian roots have helped the Foundation stay in touch with the changing needs of our modern, dynamic city.”



Eva Friesen
President & CEO,
The Calgary Foundation

SPUR

The Calgary Foundation / Summer 2013

Publisher:

The Calgary Foundation in partnership with RedPoint Media & Marketing Solutions
Editor: Kerry Longpré

Associate Editor: Taylor Barrie
Managing Editor: Miles Durrie
President: Pete Graves

Creative Director: Anders Knudsen
Art Director: David Willicome

Photographers:

Jared Sych, Erin Burns
Account Manager: Priitha Kalar
Project Manager: Kelly Trinh

Production Manager:

Mike Matovich
Printing: McAra Printing
Contributing writers: Cara Casey, Mike Fisher, Leisa Vescarelli, Sean P Young

The Calgary Foundation Board of Directors:

Catherine (Kay) Best
Corporate Director and Community Volunteer

Ali A. Bhojani
Independent Businessman & Investor

Ian Bourne
Corporate Director, Ballard Power Systems

Sunny Delaney-Clark
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Ross Kobayashi
Community Volunteer

Greg Lohnes
Executive Vice-President, Operations & Major Projects, TransCanada Corp.

Patti Pon
Director, Resource Development, Calgary Arts Development

Donald Thurston
President, Selkirk Portfolio Management Inc.

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THE CALGARY FOUNDATION
FOR CALGARY FOREVER

700, 999 8th St. S.W.
Calgary, AB T2R 1J5
Ph: 403-802-7700
thecalgaryfoundation.org



100, 1900 11th St. S.E.
Calgary, AB T2G 3G2
Ph: 403-240-9055

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There's plenty going on in our vital city.

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Five Ws about The Calgary Foundation.

Grassroots Granting

A project doesn't have to be big in size — or budget — to make a major impact.

By Leisa Vescarelli

THE NEIGHBOURHOOD

GRANTS program was established just before the millennium turned. It's since given rise to community gardens and countless neighbourhood projects. Accompanied by the Stepping Stones program, established in 2006 in partnership with First Calgary Financial, these grassroots grants give small-scale, citizen-led projects the means to succeed, enriching individual, neighbourhood and community life.

THOSE WHO SPEARHEADED

the Colonel Walker School Centennial Project wanted more than just a party; they wanted to create a legacy. Supported by a \$5,000 Neighbour Grant, they revamped an on-site museum showcasing the school's storied history, and created a retrospective DVD. And they didn't forgo the party — nearly 350 people turned out for an evening of skits, music, video clips and memories old and new.

A 2012 NEIGHBOUR GRANT

helped a veritable army of school and community volunteers create a

garden to cultivate not just plants, but cross-curriculum learning opportunities. The uniquely designed Haysboro School Dream Catcher Garden is a living laboratory for students to explore topics related to science, art and even math, while inspiring them to think about where food comes from and what sustainability means.

A STEPPING STONES GRANT

helped a new school with a diverse multicultural population and a large number of ESL students put on the first ever Our Lady of

the Evergreens Multicultural Night. Some 500 parents and students turned out for this year's event, which featured performances and food from the Colombian, Peruvian, Irish, Cuban and First Nations communities.

MORE INFORMATION:

thecalgaryfoundation.org/grants-awards. ■

'SORCe'
of new
connections

OPENING JUNE 18, the Safe Communities Opportunity and Resource Centre, or SORCe, is a new grassroots hub connecting people with **services, supports and solutions.** Located right on the City Hall LRT platform, SORCe is ready to help. Visit sorce.ca



Photo by Sonja Sahlen

Landmark of Generosity

The gift Doc Seaman left to The Calgary Foundation may be extraordinary, but it's the fitting final act in a life characterized by generosity and love of community.

By Mike Fisher

DARYL K. (DOC) SEAMAN

spent a lifetime creating opportunities for others — and he continues to do so four years after his death, with a record-breaking gift of \$117 million to The Calgary Foundation.

Doc was an Alberta business and sports legend, a philanthropic leader and a true believer in the

community foundation endowment model. His unprecedented gift is consistent with his reputation as a compassionate straight shooter who led by example.

"The incredible generosity of Doc Seaman means we'll have more unrestricted dollars to grant — more than \$4 million per year,

every year," says Eva Friesen, The Calgary Foundation's president and CEO. "In the next 100 years, Doc's gift will grant \$1.8 billion. That is an amazing benefit to our community."

Born in Rouleau, Sask., Doc grew up during the Great Depression. When his father, Byron, launched a road-building business, Doc worked on the crew. He became known as a gifted athlete, playing junior baseball and hockey among the province's elite players. He flew 82 combat missions as a Second World War pilot, and later was co-founder (with his brothers, Byron Jr. and Don) of oil and gas company Bow Valley Industries.

Doc was instrumental in bringing the Flames hockey franchise to Calgary, as well as the 1988 Winter Olympics, and he used his wealth and wisdom to quietly strengthen the province's amateur sport and health care sectors. His generosity will continue to be felt across Alberta, and particularly in the city where he spent most of his life.

Says Friesen: "The Calgary Foundation will use this increased grant-making capacity to support all areas of the charitable sector, large and small, including grassroots organizations. We're working with charitable partners to identify opportunities that will have the greatest impact, and we welcome conversations with charities to identify transformational projects." ■

Calgary's Vital Signs

Survey gave Calgary a B+ for 2012

20%

of respondents said they felt uncomfortable or out of place because of their religion, ethnicity, skin colour, culture, race, language, accent, gender or sexual orientation.

ONLY
1 1/2

of Calgarians volunteer
Alberta rate: 54.7%
National rate: 47%

COMMUNITIES ARE GROWING THEIR OWN FOOD

132

There were 132 public and private community gardens in 2012.

We know we're good. But can we be great in 2013?

MAKE YOUR VOICE HEARD.

Come join us by signing up to take the 2013 survey at thecalgaryfoundation.org.
Survey closes July 10, 2013.

25%

Calgary's housing was among Canada's most affordable, about 25% below the national average as a proportion of household income.

731

Micro-loans

The Immigrant Access Fund disbursed \$3.1 million through 737 micro-loans, 2005 to 2012.

CRIME RATE

36%
BELOW

Our violent crime rate was 36% below the national average.

FOOD BANK USAGE INCREASED
70% from 2006 to 2011

PHYSICALLY ACTIVE CALGARIANS
59.1%

17M

There were 17 million items checked out from the Calgary Public Library.

Younger benefactors hold the future of philanthropy in their hands, and are rising to the challenge.

By Leisa Vescarelli



GRATEFUL HEART FOUNDATION

SYLVIA WRIGHT HAD always yearned to give back to the community, but she had also always believed that only people with very deep pockets were involved in creating charities. It wasn't until she discovered The Calgary Foundation that she found the confidence to take action. "As soon as I got past the limiting beliefs that were holding me back, things started to happen," she says.

Wright's lifelong love of animals along with her deep respect for the elderly — inspired by her grandparents — led her in 2007 to start the Grateful Heart Foundation, dedicated to helping both. "These are two groups who are often overlooked and need someone to advocate on their behalf. It's a voice for the voiceless," Wright says.

Encouraging donations of any size on her website and running an active Facebook page make Wright an example of a new kind of donor, one who seeks simply to inspire her peers to give a little or a lot and help make a difference.

Every year, the Grateful Heart Foundation allocates half of its funds to registered charities that enhance the lives of elderly Canadians; the remaining 50 per cent goes to charities dedicated to animal welfare. thegratefulheartfoundation.com



SPARK OF HOPE FUND

THOUGH NOT YET 30, Rahim Jiwani and a group of like-minded friends have given some very mature consideration to some of life's age-old issues: Why do the rich get richer while the poor get even poorer? How can impoverished people better their lives when they're born into nearly hopeless circumstances?

The answers are complex, but Jiwani believes one thing: "Before people can change their lives, they have to be able to see a spark of hope — this is all about giving people that spark that lets them see a better future in their minds," he says.

Created in December 2012, the Spark of Hope Fund is only in its infancy, and Jiwani intends to channel funds into projects such as the Aga Khan Foundation and Light Up The World Foundation that empower people through education, health, housing and infrastructure.

endowmentofhope@gmail.com ■

For



Art's Sake

King Edward School will take on a new life as the creative hub and nerve centre for Calgary arts groups.

By Leisa Vescarelli

LIFE IN THE arts is often romanticized as a free-spirited existence with time to ponder life's mysteries. Fact, however, is rarely so romantic. Today's arts groups contend with a challenging real estate environment and limited opportunities for collaboration.

Enter cSPACE Projects, a partnership between Calgary Arts Development and The Calgary Foundation. The alliance was formed as a social enterprise to help turn the historic King Edward School, at 1720 30th Ave. S.W. in the community of South Calgary, into an incubator and hub for the arts — a first for our city.

"It's the right time to do this in Calgary," says Reid Henry, CEO of cSPACE. "We have the need, the talent, the critical mass, the support and the community interest to propel this project forward. Calgary is ready for it."





The plan is for a \$31 million mixed-use facility; a gathering space for arts groups that will promote social innovation and community development. The centre will include a range of offices and collaboration spaces. Long-term plans include on-site housing.

"Over the past five or six years, The Calgary Foundation and Calgary Arts Development have realized there's a huge challenge for small non-profits and emerging artists coming out of post-secondary training, then hitting a wall," Henry says.

The distinctive King Edward School project will help the arts community meet that challenge and allow the building to continue serving the neighbourhood where it has stood for more than 100 years.

"It's truly an exercise in city-building," says Henry. "It's a bold project that requires bold partnerships to achieve our fundraising goal of \$10 million. We're passionate about the power of a place with strong heritage, reimagined as a catalyst for arts and sustainable urban development in Calgary."



2005
2006

Forever Funds are formally launched as part of The Calgary Foundation's 50th anniversary. Mental health, environment, diversity and inclusion, arts and heritage and seniors are chosen as Forever Funds priorities.

2006

An arts incubator is identified as an appropriate Arts and Heritage "signature initiative."

2007

The Calgary Board of Education puts King Edward School up for sale. The Calgary Foundation makes its first bid – which is unsuccessful.

2008

The Calgary Foundation and Calgary Arts Development collaborate to research the value of an arts incubator.

After a private-sector sale of the property falls through, the CBE once again puts King Edward School up for sale.

2010

Responding to a third call for proposals from the CBE, The Calgary Foundation submits a second bid to purchase King Edward School. Chosen as the preferred proponent, the Foundation begins due diligence on redeveloping the site as an arts incubator.

Anchor Tenants

Mirroring the strategy used by shopping-centre developments, cSPACE sent out an initial call for ideal anchor tenants who are already established supporters of Calgary's arts community, social entrepreneurs or emerging non-profits. "Now we're able to work with this core group to co-create the design of the space itself, and develop the programming and supports," says cSPACE CEO Reid Henry.

These anchor tenants will include:

Alberta Craft Council · Bee Kingdom · Calgary Society of Independent Filmmakers · EMMEDIA · Fairy Tales Presentation Society · Quickdraw Animation Society · Maria Montessori Education Centre · Studio C · Untitled Arts Society · WordFest ■



A man with dark hair and glasses, wearing a grey suit jacket over a checkered shirt, is pointing his right index finger at a large white number '3' on a whiteboard. The background is a blurred office setting. The title 'Beating Poverty's High Cost' is overlaid on the right side of the image, with 'High Cost' in orange and 'Beating Poverty's' in black. A large white number '3' is also on the whiteboard, with the subtitle 'Three programs that look beyond easing poverty and focus on ending it.' written in orange next to it.

Beating Poverty's High Cost

**Three programs
that look beyond
easing poverty
and focus on
ending it.**

By Mike Fisher • Photography by Jared Sych

1

Stopping the Cycle

For Joe Ceci, the price of allowing poverty to continue is unacceptably high.

CARON VIGH IS a high-school graduate in her 50s with a modest dream: a life where she can have enough money in her pocket to just go and get a coffee at Timmy's.

For most of us, it's hard to imagine that coming up with some change for a hot cup of coffee could be a challenge. But here in Calgary, Vigh and many others face it every day.

Welcome to poverty.

The \$100,000 that The Calgary Foundation has granted to Momentum Community Economic Development Society's Action to End Poverty in Alberta program will work toward not just easing poverty but preventing it, says Joe Ceci, a former Calgary alderman who now coordinates the program.

"I met Caron at the Women's Centre in Calgary, which gives her a place to go and talk," says Ceci. "She's unable to work, and the government assistance she receives leaves her with almost nothing to spend after paying rent, bills and groceries."

The key to resolving this social issue is giving people whatever boost they need to become self-sufficient — an effort that's far more cost-effective than spending to support Albertans who continue to remain poor.

Poverty is concentrated in five main areas of the population: single-parent

families, immigrants, people with disabilities, seniors and aboriginal people. About 400,000 Albertans, many of whom are working full-time, are poor. Of those, 91,000 are children living in poverty.

"Alleviating just the symptoms of poverty, while important, won't end it," says Ceci. "The Action to End Poverty program is committed to the elimination of poverty in Alberta, period."

Poverty can be intergenerational; 20 to 25 per cent of children raised in poverty will remain poor throughout their lifetimes. If preventive work isn't done, the poverty cycle will renew itself. That's where an initiative to reduce and ultimately end poverty can make a permanent difference.

The persistence of poverty in Alberta means that it is a deeply rooted and complex problem, says Ceci. As such, it requires a comprehensive, coherent and integrated set of policy solutions to end poverty for Caron Vigh and hundreds of thousands of other impoverished Albertans.

"Ending child poverty in five years and reducing overall poverty in 10 years are achievable goals in this province," says Ceci. "Otherwise, the cost of doing nothing is well known — between \$7.1 billion and \$9.1 billion annually."

Visit actiontoendpovertyinalberta.org for more information.



A New Page

Pass program offers access to Calgary's vibrant arts and entertainment scene.

FOR THOSE WHO are prevented by finances from enjoying Calgary's thriving arts and culture scene, this program is just the ticket.

In 2010-11, The Calgary Foundation granted \$40,000 to help kick-start the Arts & Culture Pass. It's a made-in-Calgary initiative that provides low-income Calgarians with entry to some of the city's top draws, including live theatre, music, dance, museums and events. The popular program will continue its success through 2014 and beyond as the Sun Life Financial Arts & Culture Pass.

"This program is so important for life enrichment, and the people who use it always thank us so much," says Erin Leggett, campaign director for the Calgary Public Library Foundation. "We are incredi-

bly grateful to The Calgary Foundation, who saw the vision for where this program could go and what it could mean."

The initiative is a partnership that includes Sun Life Financial, the Calgary Public Library and the City of Calgary Recreation Fee Assistance Program.

Kelly is a 49-year-old Calgarian who has benefited from the program. She

says it has allowed her to invite friends in similar cramped financial situations to memorable events, including a birthday concert at the Jack Singer Concert Hall.

"I'm impressed by the generosity of sponsors, and ever so grateful for the program and the experiences it has afforded me."

calgarypubliclibrary.com/services



3

Crafting Better Lives

The Drop-In Centre's woodworking shop offers opportunities to learn skills in trades — and life.

TOM LOSZCHUK USED to love building beautiful woodwork that would last. Today, his passion is helping others to build fulfilling lives for themselves.

"I thought when I was younger that the products I was making should last for life," says Loszchuk, manager of the Calgary Drop-In and Rehab Centre's woodwork shop training program. "Working here has taught me that people are a lot more important than any wood. I'm proud to use my profession to invest in other people's lives."

A furniture maker and wood industry

veteran of more than 30 years, Loszchuk teaches core carpentry skills at the centre, along with life and trade skills that help people find permanent jobs.

The Calgary Foundation's community grant of \$30,000 to support the woodworking skills training program helps at-risk youth, unemployed people and others who are having a hard time holding a job.

The shop specializes in custom applications, including wall-to-wall, floor-to-ceiling installations. The shop even created The Calgary Foundation's boardroom table.

Bruno Gagne, director of IT and

Auxiliary Services at the Drop-In Centre, says the community grant makes a huge difference in the program's focus. "It will take it to the next level, so we can try to ensure that we're more efficient and helping more people."

The centre helps better people's lives by providing guidance and necessary training, he adds. "You see the difference in people's faces when you give them some help. And they really appreciate it."

thedi.ca/services/wood-work-shop ■

Leave It to

A reintroduction program has Canada's favourite rodent once again leaving its tooth marks on the regional ecosystem — in a good way.

By Mike Fisher

IT'S A FIRST in Canada. It stars the country's most beloved symbol, the beaver. It's teaching future generations about land management and water quality.

And with CBC's *The Nature of Things* and Global TV shining their spotlights on the project, it seems that a story about a home for beavers near Calgary has major drawing power.

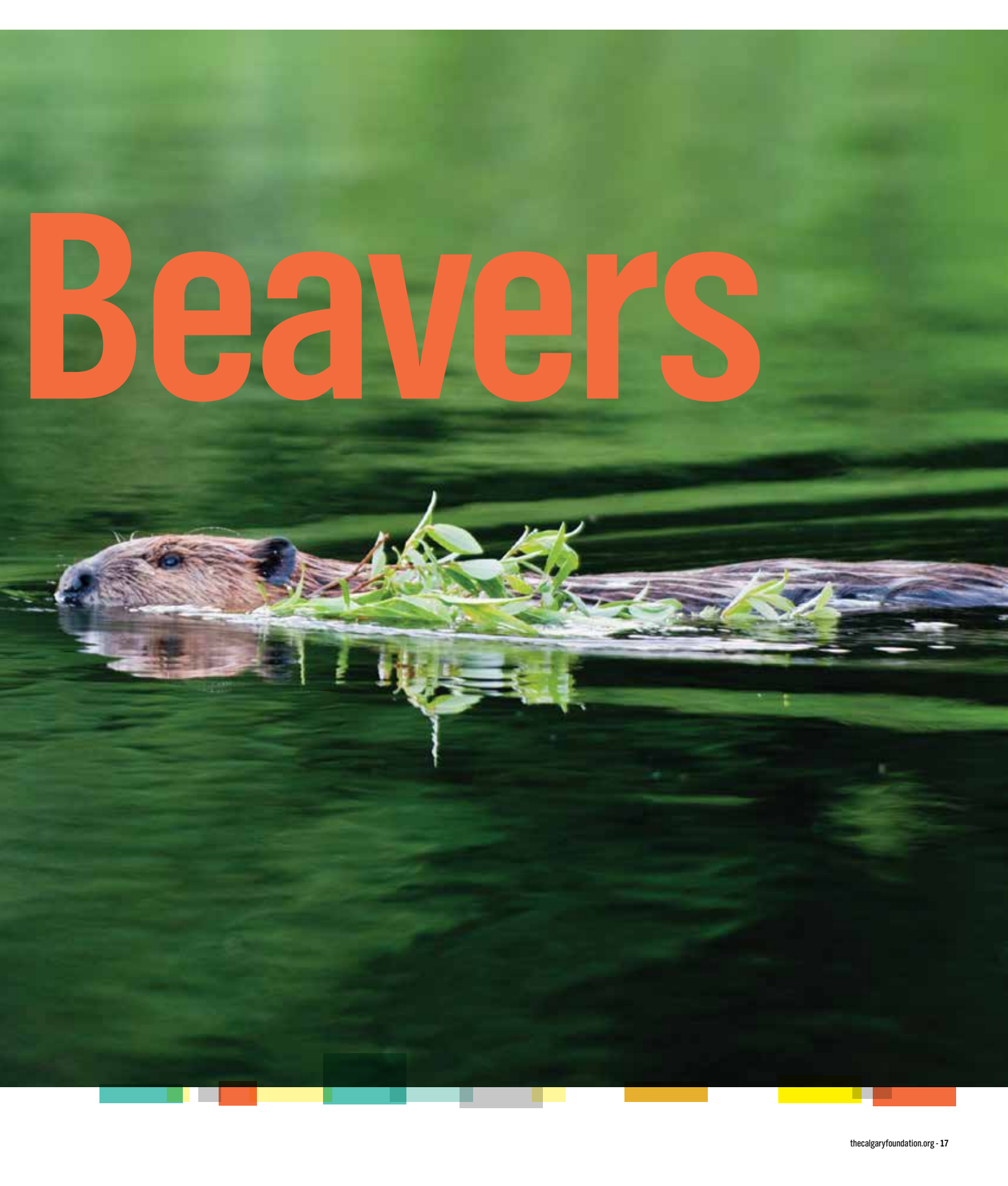
The Calgary Foundation's \$35,000 community grant for A Pine Creek Homecoming: Beaver Reintroduction for Stewardship — a program casually known as "Leave It to Beavers" — is paying off for the project partners, the environment and young students who are becoming citizen scientists.

The Ann & Sandy Cross Conservation Area, the Alberta Riparian Habitat Management Society's Cows and Fish program, the Calgary Science School and the Miistakis

Institute for the Rockies are taking the beaver reintroduction program into its second of three years. The program aims to establish healthy beaver populations in the Pine Creek watershed. A family of four beavers has been introduced to Goodwin Pond and three beavers to Rothney Reservoir.


In June, Grade 7 and 8 students from the Calgary Science School will return to the conservation area, says Rachelle Haddock, research associate at the Miistakis Institute, which supports and undertakes research into our region's ecosystems. They'll continue collecting data on vegetation and water quantity and quality, as well as documenting changes following the beaver reintroduction.

"Our partnership is also beginning to explore ways to take the information that's generated by the students to engage Calgary and area landowners in considering



Beavers



A photograph of a birch forest with a view of a valley in the background. The birch trees are in the foreground, with their characteristic white bark and green leaves. The background shows a wide valley with fields and some buildings under a cloudy sky.

The project will show how beavers contribute to watershed health — especially important in water-stressed regions such as southern Alberta.

the role and importance of beavers for both water quantity and quality," Haddock says.

The project will show how beavers contribute to watershed health — especially important in water-stressed regions such as southern Alberta.

"The Calgary Foundation's support of Leave It to Beavers during the first year of our three-year partnership project was essential," Haddock adds. "Without it, we would not have been able to create and implement a citizen science project focused on beavers and their role in watershed health that, to our knowledge, is the first of its kind in Canada."

The Calgary Science School's collection of scientific information will help build

a case for using beavers as a watershed stewardship tool in the Calgary region and beyond, Haddock believes.

Greg Shyba, CEO of the Ann & Sandy Cross Conservation Area, says he and the program partners are excited that the beavers survived the first winter in their new homes. He looks forward to seeing their progress as they develop new dams along Pine Creek.

"The funding from The Calgary Foundation enabled us to establish the partnerships and develop the programming for children who can experience the outdoors and observe beavers in their native habitat," he says.



Not Just for Beavers

SANDY CROSS, the son of A.E. Cross (who helped to establish the Calgary Stampede), bought land south of Calgary more than 60 years ago for what would

become the Cross Conservation Area. Sandy and his wife, Ann, donated some 1,950 hectares of their land to Alberta in the late 1980s, which at the time was the largest

private land donation in Canadian history. The property was legally renamed the Ann & Sandy Cross Conservation Area in 2008.

Open to the public
THE ANN & SANDY CROSS Conservation

Area is open for hiking. Booking online at **cross-conservation.org** is recommended. Visitors are required to register upon arrival and pay a \$2-per-person user fee.

There's no water along the trails, so be sure to bring your own.

The conservation area, located just southwest of Calgary off Highway 22X, includes foothills land donated by Ann and Sandy Cross to protect wildlife habitat and provide conservation education. ■



IT WOULD BE difficult to live in our city, or our province, without learning the name Grant MacEwan. A founder of The Calgary Foundation and a passionate advocate of environmental causes, the iconic author, lecturer and politician left a permanent impression.

Born in 1902 in Manitoba, John Walter Grant MacEwan helped to found The Calgary Foundation in 1955. He was elected to the Alberta legislature the same year, representing the riding of Calgary until 1959. He then became Calgary's 28th mayor, in office from 1963 to '65. From 1966 until

both focused on the welfare of animals, the environment and people.

"Father was always very giving to people who were less fortunate than himself," says Heather MacEwan-Foran, MacEwan's only child. "I was always tagging along when he was doing this sort of thing."

One of MacEwan-Foran's earliest memories of her father's philanthropy dates back 65 years, to when the family lived in Winnipeg.

"He would assemble big Christmas hampers, which we'd load into a toboggan and walk in -30° or -40° weather to deliver

in about 30 hours a month of volunteer time working directly with the animals. Whether it's feeding fledgling great horned owls or simply cleaning cages, the work is inspiring.

"It's a small group, and I see first-hand where the money goes," MacEwan-Foran says. "With some charities, huge amounts go to administration. With our group, it goes right to the animals."

MacEwan-Foran also helps The Calgary Foundation with donor advisory recommendations. "My father was very committed to The Calgary Foundation," she says. "I think

Granted: A Legacy

A founder of The Calgary Foundation, Grant MacEwan is an iconic figure in our city's history. His passion for community and nature live on in his Funds and his family.

By Sean P. Young • Photography by Erin Burns

1974, he served as Alberta's ninth Lieutenant Governor. He was also a respected professor at the University of Calgary and author of about 50 books, including many historical works detailing the settlement of the Prairies.

His extensive political and scholarly achievements led to his name being attached to dozens of landmarks throughout Alberta during his lifetime — he died in 2000 at age 97. But MacEwan's passions for nature and community-building live on in his descendants and legacy. The Calgary Foundation's Grant MacEwan Nature Protection Fund and MacEwan Family Charity Fund are

to needy families," she says. "I remember that vividly as something we did every Christmas."

More than six decades later, MacEwan's lessons in generosity are still paying dividends. MacEwan-Foran is a strong advocate for wildlife causes in Alberta, including the Alberta Institute for Wildlife Conservation, which receives grants from the Grant MacEwan Nature Protection Fund. The institute rehabilitates orphaned, sick or injured indigenous birds and animals.

Rather than simply ensuring the institute is funded, MacEwan-Foran also puts

he'd be very happy with the great work they do today."

As for the future, she's confident her daughters, now in their late 40s, are carrying on the MacEwan philanthropic legacy. Fiona Foran, a yoga teacher, and Lynwyn Foran-Aebli, a kindergarten teacher, are very passionate about environmental causes. MacEwan-Foran says her family will continue to have strong ties to The Calgary Foundation as well.

"I'd like to see the girls take over when I'm no longer doing the donor advisory part of my dad's Foundation," she says. "I'm sure that will happen." ■





Nourishing Growth

As Calgarians become more aware of the role food plays in our quality of life, fresh ideas and initiatives are springing up across the city.

By Leisa Vescarelli

WHEN WE THINK about our health, our friends, our futures and our incomes, we're also thinking about food. As more Calgarians ponder the connections between eating, well-being, community and the environment, more programs are arising to improve our access to good food, our ability to prepare it and our understanding of its value.


CalgaryEATS: Mapping a sustainable, urban food system

What does an urban food system look like? That's the question a City of Calgary alderman asked in 2009. With funding from The Calgary Foundation and other donors, the City of Calgary completed the Food Assessment and Action Plan in 2012, which shed light on a broad range of food issues, barriers and assets, and helped to identify connections and gaps within Calgary's food system. Stephanie Gagnon, a sustain-

ability consultant for the City of Calgary, says a resilient municipal food system relies on the cooperative actions of many organizations. "It takes many partners to create a sustainable and resilient food system in the community — the City has a role to play but is just one partner in the whole system." The Action Plan will now act as a stewardship group, says Gagnon. "We can also help identify whom to reach out to, to make action happen on the ground."

Hillhurst Sunnyside Community Association (HSCA) Community Food Program

Aligning with CalgaryEATS, HSCA is on an all-out mission to transform our urban food system. The Community Food Program engages residents in food and poverty issues, enabling them to source, cook and grow healthy, high-quality food. Says Cate Ahrens, a program supervisor: "We wanted to provide a comprehensive range of supports, programs and opportunities."



A \$100,000 grant from The Calgary Foundation is being used to develop the Community Food Program, which will include a leadership program for children and youth, food-related events, a community garden and orchard and a Community Food Program Network to share resources across the city. Ahrens has seen interest and involvement grow. "People start coming to the farmers' market, and then all of a sudden they're a vendor ... you can see the transformation of people's lives."

Food Connect at the Town of Cochrane Cookhouse

The Cochrane Cookhouse project began as a commercial community kitchen and local artisan food market. But the community wanted more. Tara Anderson, the Cookhouse's kitchen and marketing coordinator, says the Food Connect program rose to meet the social and economic needs of the community. "Now we have about five businesses operating out of the kitchen, and provide 12 to 15 different cooking classes each season — including things like canning and preserving and international cuisine." With support from The Calgary Foundation, the Food Connect program aims to increase food security for at-risk households while inspiring people to think deeply about food. The Cook House offers a wide variety of educational and so-

cial opportunities, including a Good Food Box program, a collective kitchen, cooking classes and community events.

cochranecookhouse.ca

Community Kitchen Program of Calgary – Food 'n' More Program

Founded nearly 20 years ago, the Community Kitchen Program of Calgary has a long record of addressing poverty and hunger. Its newest initiative — the only project of its kind in Canada — is a collaborative effort with other social agencies and community groups that help feed people. The groups collectively purchase, store, distribute and deliver food to charities and communities. "Prior to Food 'n' More, we were all buying on our own," says Community Kitchen CEO Marilyn Gunn. "Collaboration is a 'linking of arms,' and when you link arms you get better results than any of us could have gotten on our own." About 41 agencies have joined forces to get high-volume deals from suppliers while freeing up valuable resources and volunteer time to help more Calgarians. A \$50,000 grant from The Calgary Foundation went largely toward a computer software system that coordinates the process. The proof is in the numbers: Food 'n' More doubled its output in one year.

foodnmore.ca ■

Inspiring Leaders

Beba Svirg

The Calgary Immigrant Women's Association's executive director is a tireless role model: "There's a lot to be done, and we all have a role to play."

By Sean P. Young • Photography by Erin Burns

BEBA SVIRG VIEWS herself as "a very typical Canadian immigrant." She arrived in Canada 17 years ago following the vicious civil war that tore apart Yugoslavia, the country of her birth.

"My story is the story of so many immigrant women," Svirg says. "I came to Canada to provide a better future for my children."

Svirg, now 58, saw her hopes realized. Her sons "did very well," both attending university — one even received an MBA from Harvard. She also saw her own professional aspirations fulfilled when she became executive director of the Calgary Immigrant Women's Association in 2006.

Becoming a full-fledged part of Canadian society and a success herself, while also helping her children achieve their goals, is where her story is somewhat atypical.

"The first generation of immigrants is usually the one that is sacrificed," she says. "You usually put aside your own needs and aspirations to move ahead those you are responsible for."

Svirg has been able to do both, and she remains dedicated to making sure her story is not an anomaly.

"That's where we failed our mothers — in not giving them

support to be the first and most important teachers to their children," Svirg says. "Seeing their children drop out of school, not make them proud, basically defies the very reason for their decision to come to Canada."

The Calgary Immigrant Women's Association has thrived under Svirg's leadership. It has diversified the range of programs it offers and continues to find more efficient ways to implement programs addressing language, health, employment and parenting.

And the association recently received approval from The Calgary Foundation for \$75,000 to help fund a project called Building a

Future for Low-Literacy Immigrant Women in Calgary.

Being responsible for the direction of more than 150 staff members and 900 volunteers requires long hours, and there are "plenty of fires to put out every day," Svirg says. But the benefits far outweigh the cost when helping immigrant women become the foundation of their families' success.

"Immigration is a given for Canada, but it takes all of us to be well-informed and appreciative of newcomers to properly support immigrants," Svirg says. "There's a lot to be done, and we all have a role to play."

ciwa-online.com ■

Board Member Profile



On a Roll

From running his business and working with The Calgary Foundation to wheeling down the highway, Dale Ens is always going somewhere.

By Cara Casey • Photography by Jared Sych

HIS POSITIVE ENERGY and upbeat outlook on life make Dale Ens an obvious choice for the position of chair of the board for The Calgary Foundation. For this financial professional, father and husband, the everyday interactions between board members, donors and the non-profits they serve are truly inspiring.

His role comes with its share of responsibility — especially since Ens is also a professional advisor to the Foundation, helping to keep its endowments secure and its granting on track. Last year alone, the Foundation made grants in excess of \$31 million, and board members worked hard to ensure the funds were distributed effectively.

Ens's passion makes him a constant advocate for the Foundation, helping to encourage philanthropy and bring together donors and the causes that speak to them.

Ens says it's all in a day's work.

"Our job isn't difficult. It's a tremendous privilege," he says. "Being on the board of directors at The Calgary Foundation is

unbelievably humbling, and a satisfying thing to do."

One of the most exciting projects for Ens has been the transition of King Edward School into a hub for arts groups. Unique initiatives and collaborations like this make his role interesting and fulfilling.

"What I love about what we do is not only serving the needs of our donors but finding out what the needs of the community are and working to meet those needs," he says.

Ens, whose "day job" is operating Blae-berry Estate Planning Inc., has a dynamic, people-centred personality — he says spending time with his clients truly doesn't feel like work. And when he's not working or volunteering, his adventurous spirit often has him on two wheels, riding his Ducati ST3 motorcycle or cranking out the kilometres pedaling his road bike.

When his nine-year term on The Calgary Foundation board ends in 2015, Ens hopes to work on grant committees — and he'll continue to be a flag-waver for the Foundation for years to come. ■

It Takes



a Village

When helping struggling mothers and families, the founders and volunteers at Made by Momma discovered small kindnesses make the biggest difference.

By Sean P. Young • Photography by Jared Sych

“I have a big support system, lots of family and friends here. I realize how lucky I am to have that, and I want to be that village for someone else.”

“MY JOB TITLE could be full-time volunteer now, I guess,” jokes Allyson Palaschuk. But she’s wrong — she puts in a lot more than full-time hours. These days, Palaschuk routinely devotes 60 hours a week to her role as president of Made by Momma, an organization she co-founded.

Made by Momma, now in its fourth year, provides support to Calgary families facing crisis or adversity. The charity’s volunteers provide practical help for Calgary mothers and families dealing with a range of physical, financial or emotional difficulties. The volunteers cook and deliver wholesome meals, lend a hand with childcare, even walk the family dog.

Through these simple gestures, Made by Momma hopes to make a big difference. Palaschuk, a mother of four, says it was her own struggle with postpartum depression that drove her to help other women overwhelmed by their circumstances.

“I’ve been there myself, and I felt a real connection to moms who struggle,” she says. “I don’t have any family in the city — my parents have passed away, my siblings live in other countries. So when something happens to me, I really rely on my social support group, which is my girlfriends.”

Rebecca Ghelfi, vice-president of Made by Momma, was one of the friends Palaschuk relied on. Ghelfi decided to volunteer with the non-profit while on maternity leave after the birth of her second child.

“It spoke to me in actually a completely opposite way from Allyson; I have a big support system, tons of family and friends here,” she says. “I realize how lucky I am to have that, and I want to be that village for someone else.”

With more than 275 volunteers, managing the charity has become a major operation. A grant from The Calgary Foundation will get Made by Momma a much-needed software upgrade in the fall of 2013 to help track funds, volunteer hours, resources and client information. More importantly, it’ll free up the charity’s executives to help Calgary mothers and their families.

“It all comes down to the families — that’s the reason we do what we do,” Ghelfi says. “If I ever feel like I’m getting frustrated with the workload, I make time to go and do a delivery and talk to a mom, and right away I’m grounded in what we are doing.”

“They’re often overwhelmed that somebody cares.”

madebymomma.org ■

New Now Vital Events



Jane's Walk

18 COUNTRIES ... 90 cities around the world ... 49 cities in Canada. From a trek around Harvie Passage to a gay history tour, on bikes, buses and by foot, almost 2,000 Calgarians took part in the sixth annual Jane's Walk.

- A **free** annual event.
- Named for author and civic activist Jane Jacobs.
- Explore, discuss, celebrate Calgary's unique areas.
- The Calgary Foundation is host of Calgary's Jane's Walk.
- 2008: Six walks, 30 participants.
- 2013: 44 walks, close to 2,000 participants.
- Participation **doubled** from 2012 to 2013.

Jane's Walk 2014 will take place May 2, 3 and 4.

For more information, visit janeswalk.net



COMMUNITY KNOWLEDGE CENTRE

The Calgary Foundation

Community Knowledge Centre

THE CALGARY FOUNDATION will launch a cool new online tool this fall — the Community Knowledge Centre, or CKC. It will showcase outstanding work by a broad range of charitable organizations, highlighting stories of impact.

What will CKC do?

- Offer solutions to immediate and emerging community needs.
- Inspire, inform and connect donors, community members and media.

If you're a charitable organization serving the Calgary area, visit thecalgaryfoundation.org to learn about being featured on CKC!

CALGARY'S

VitalSigns®

TAKE THE VITAL SIGNS 2013 SURVEY

Vital Signs

TAKE THE CALGARY'S Vital Signs survey!

- **Share your opinions** on how our city is doing in these 15 key issue areas:
Aging Population | Safety | **Learning** | Health & Wellness
Environment & Sustainability | Getting Around | **Neighbourhoods**
Housing | **Sports & Recreation** | Immigrant Newcomers
Citizen Engagement | Arts & Culture | **Living Standards**
Food | **Economy**

• Results will appear in the Calgary's Vital Signs Report, published **Oct. 1** in the *Calgary Herald*.

Sign up now at thecalgaryfoundation.org

Survey ends July 10.

VITALCITY 2013

Vital City event this fall

YOU'RE INVITED TO The Calgary Foundation's highly anticipated annual celebration of the charitable community. At the Vital City 2013 event, you'll have a chance to:

- Meet and mingle with many community-minded Calgarians;
- Listen to inspiring messages about the role you can play in contributing to the vitality of the city;
- Discover the results of the 2013 Calgary's Vital Signs Report;

Be introduced to Smart and Caring Communities, a new initiative inspired by Canada's Governor General that will have a collective impact on Canadian communities leading up to our nation's 150th birthday in 2017.

About The Calgary Foundation

WHO

The Calgary Foundation is thousands of people, families, donors, charitable organizations, community leaders, volunteers and staff members, all striving to strengthen and enrich our city and the surrounding area.

WHAT

The Calgary Foundation does three important things:

1. It applies resources, creates meeting places and fosters partnerships to build a strong charitable sector.
2. It offers expertise and advice to donors to help establish charitable Funds, most endowed in perpetuity.
3. It provides grants to hundreds of nonprofit organizations working in all sectors of the community.

WHEN

1955 The Calgary Foundation is founded by a group of forward-thinking citizens led by Doug Hawkes, Grant MacEwan, Con Ashby and Ed Bredin.

1979 A million-dollar fund-raising dinner gives The Calgary Foundation the boost that allows it to become the effective grantmaker it is today. The fundraiser is spearheaded by Harry Cohen and Hayden Smith.

2013 The Calgary Foundation receives a record-breaking donation of \$117 million from the estate of Calgary icon Doc Seaman.

WHERE

The Calgary Foundation serves registered charitable organizations in Calgary and surrounding areas, from Bragg Creek and Cochrane to Airdrie and Okotoks. Our fundholders support causes right here in Calgary, as well as organizations across the country and the globe.

WHY

The Calgary Foundation exists to nurture a healthy, vibrant, giving and caring community that values diversity and supports all people, a community where citizens are engaged, and where a strong and sustainable charitable sector serves current and emerging needs. ■



THE CALGARY
FOUNDATION



thecalgaryfoundation.org

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