

SPUR

The Calgary Foundation / Fall 2013



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Ways to reach out
to youth in crisis

Rebuilding
the future

Supporting the post-
flood work of charities

Through
the maze

Programs help
newcomers navigate

Perfect harmony
Ken Lima-Coelho
finds inspiration
in community work

A flood of generosity

AS I WRITE this, I'm keenly aware of the buzz happening in our city. An exciting new energy has taken over our streets, our neighbourhoods and our citizens. Earlier this year, Calgary and its neighbouring communities experienced an unprecedented level of devastation — yet somehow, even as June's floodwaters rose, so too did our community spirit.

Southern Alberta's response was immediate. While the recovery work will continue for many months and years to come, those hit hardest by the rising waters have seen the strength of our communities come through.

The Calgary Foundation's Flood Rebuilding Fund was one outcome of this overwhelming spirit, and the generosity of donors continues to amaze us — local restaurants and artists have donated portions of their proceeds, neighbourhoods held fundraising block parties, and the Fund was the beneficiary of the proceeds from two sold-out concerts in August.

As a community foundation, we live and breathe these stories of connection, and of the impact of individuals' actions on community well-being.

In the pages of this edition of *Spur*, you'll find inspiring stories of people, organizations and initiatives. Groups like Green Fools Theatre, with its social circus experience that reaches out to marginalized youth. Fundholders like Susi Hatley, who took something she was passionate about and turned it into a Fund that could give back to others.

And our own Community Grants volunteer, Ken Lima-Coelho, who believes in the power and value of community work.

Through these stories and many others shared in *Spur*, I have found myself inspired in ways I couldn't have expected.

I'm proud to share with you The Calgary Foundation's second edition of *Spur*, which highlights the great work of the people and organizations in our communities. Their commitment and achievements during these difficult past few months are sure to fascinate you — and may even motivate you to take actions of your own.

We'd love to hear from you; e-mail us at info@thecalgaryfoundation.org, or call 403-802-7700. ■

“

While the work of recovering from June's floods will continue for many months to come, those hit hardest have seen the true strength of our communities.

”



Eva Friesen
President & CEO,
The Calgary Foundation

SPUR

The Calgary Foundation / Fall 2013

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Small but Mighty

A little goes a long way with these community-spirited programs

By Sean P. Young

NORTHERN LIGHTS GRANTS

may be small in size, ranging from \$50 to \$600, but they are mighty in community spirit. The Northern Lights Small Grant Initiative was established in 2011 as a partnership between The Calgary Foundation, the North of McKnight Community Resource Centre and the United Way.

"The philosophy behind the grant is that citizens know their neighbourhoods best," says Cesar Cala, manager for neighbourhoods at

United Way of Calgary and Area. "This is like community-based R&D; these ideas are coming from the real experiences of the people in these communities."

Every year, the initiative sponsors a diversity of events and projects—tennis lessons, a free Stampede breakfast, a basketball tournament and creative writing workshops for teens, to name a few.

Calgarians residing in Castleridge, Coral Springs, Falconridge, Martindale,

Saddle Ridge, Sky View Ranch and Taradale can apply for the grants using a simple, single-page application form. During the application process, the potential recipients are asked to identify other community members and groups that may have worked on similar initiatives or be willing to help. These small connections can lead to tighter communities, better equipped to face bigger challenges down the road, Cala says.

The grants often work as a proving ground for new ideas, and introduce grantees to other innovative and exciting projects in their communities. This spark has the potential to ignite a lifelong passion for civic engagement.

"It's a small amount of money, but oftentimes it's symbolic," Cala says. "When people get the grants, they feel that what they are doing is important."

TAKE ACTION GRANTS, or TAGs, work in a "grey" area of philanthropy, where applicants have the will to make a difference but don't have the legal status often needed to receive funding.

"The charitable sector usually requires at least a

provincial society registration," says Gerald Wheatley, manager at the Arusha Centre. "So granting to organizations is a very different thing from granting to a group of neighbours getting together and working on something."

Established by the Arusha Centre in 1998, TAGs fund Calgary-based projects with a focus on social justice and the environment. In 2012, when The Calgary Foundation became a granting partner with the Arusha Centre for the program, 76 unique projects had already received more than \$110,000 in granted money.

Each grant (a maximum of \$2,000) is disbursed half in cash and half in Calgary Dollars, a barter-derived currency accepted by many local businesses.

"The Calgary Foundation is demonstrating a huge amount of innovation by making this not just a grassroots granting project, but encouraging people to think about what money is for, how we get money and where we want to invest our money," Wheatley says.

MORE INFORMATION:
thecalgaryfoundation.org/grants-awards. ■



The Northern Lights Small Grants Initiative sponsors a diverse range of projects, including a Stampede breakfast that put smiles on faces in northeast Calgary.

Moved to help

New Fund is bringing peace and connection to cancer patients through yoga

By Cara Casey

“
If I have a skill
or resources to
help someone
else, I'll do it.
”

Susi Hatley



DIAGNOSED WITH CANCER at 19, Emily Halliday felt let down by her body.

“We all think we have a certain life expectancy — and I felt betrayed,” Halliday says. Dealing with the pain and trauma of treatment for Hodgkin’s disease, a cancer of the lymph nodes, she found herself mentally disconnecting with her body as a coping mechanism. She beat the cancer, but the effects of the battle lingered. She dealt with frequent injuries and pain.

That’s when she discovered Susi Hatley.

Owner of Functional Synergy, Hatley specializes in helping people cope with illness, injury and recovery by teaching them therapeutic yoga.

“Susi helped me connect again, accept where I was and work with where I am. I now feel more calm in life,” Halliday says.

With a background in kinesiology, Hatley created the YogaThrive program in 2002 with the University of Calgary to study the effects of yoga on cancer patients. A passion for helping people then spurred her to create the Calm, Steady, Strong Fund at The Calgary Foundation, to provide yoga instruction and resources for people dealing with or recovering from cancer.

“People have told me that when they leave their final chemo or radiation treatment, they look for an acknowledgement — ‘you’re done.’ But nothing happens,” Hatley says. “The Fund really serves the ‘now what?’”

Her relationship with The Calgary Foundation includes the Megan Hatley Legacy Fund, set up by her family in memory of Susi’s late sister. The fund helps provide outdoor experiences for disabled people.

“I got a desire to serve from my parents,” Hatley says. “If I have a skill or resources to help someone else, I’ll do it.” ■

A Courageous Spirit

The David Elton Outdoor Fund creates positive outcomes in memory of teenage outdoorsman

By Mike Fisher



DAVID ELTON OUTDOOR FUND

DAVID ELTON WAS on a high-school trip in March of 2000, hiking the Lost Coast Trail on the northern California coast. As the group crossed Black Sands Beach, an incoming wave struck adult chaperone Barbara Clement

and knocked her off her feet. Elton and fellow student Brodie MacDonald, both 17, rushed to Clement's aid. As they helped her to her feet, they were hit by a four-metre-high wave and pulled out to sea.

All three were lost, despite a rescue attempt that almost cost two additional lives.

In memory of Elton's courage and spirit, the David Elton Outdoor Fund was created later the same year. His parents, John Elton and Ann Gray-Elton, wanted to ensure that David's love of the outdoors lived on for others through the Fund.

"We wanted to take this tragedy and establish a Fund which would support young people going into the outdoors," John says. "And we wanted to promote safety awareness and management of risks in better ways."

The Fund promotes and advocates outdoor safety awareness among participants, both young people and leaders. It also pro-

notes and advocates the clear understanding of risk among other stakeholders such as parents, administrators and educators.

Says Anne: "David was gregarious. He was the kind of kid who smiled at everyone and wanted to try everything. Seeing other people having the freedom to do the things he loved and do them properly, and the idea of community, is what we're striving for."

The Fund sparked the development of the Outdoors Council of Canada, which provides training in the skills needed to manage groups that go into low-risk outdoor environments. Another part of Elton's legacy is the phenomenon of Dave Fest, a still-growing annual celebration of David's spirit, in which his extended circle of friends — and friends of friends — gathers for an evening of talent and fun in music, dance, and drama.

The award can be found at thecalgary-foundation.org under Unique Awards. ■

“

We wanted to take this tragedy and establish a Fund which would support young people going into the outdoors.

”

*John Elton,
David's father*

Goal driven

Sport scholarship pays tribute to the spirit and talent of young athlete

By Mike Fisher

MICHAEL GEE SCHOLARSHIP FUND

MICHAEL GEE, 15, was a Calgary teenager who passed away suddenly in April 2005 while participating in a Junior A hockey camp in Drayton Valley. Gee was a promising prospect who had dreams of attending university in the U.S. on a hockey scholarship.

To pay tribute to the life, the character and the sporting and academic skills of the young athlete, the Michael Gee Scholarship Fund Award was established in 2005 with the support of some close family friends and the Calgary hockey community,

Michael grew up with a passion for sports. He played hockey for the Northwest Calgary Athletic Association and attended the National Sport Academy at Central Memorial High School. Coaches, teachers, players and parents remember him as a kind and respectful young man who loved hockey and was a good student.

"The scholarship is for someone who has high standards in both athletics and school," says Michael's father, Ken Gee. Past recipients embody Michael's values and ensure his legacy lives on.

Kayla Strong, 23, received the award in 2007. She played hockey and studied law at Cornell University in New York. "Winning the award was hugely significant, as I, too, was

in the Central Memorial hockey program," says Strong, now living in Vancouver. "The award was meaningful on a sentimental level, as well, because the Gee family was so warm and welcoming. Getting to know the family has been a wonderful experience."

Awarded each spring, the scholarship is open to male and female hockey players age 15 to 18 who are Calgary residents playing in the Calgary Minor Hockey Association (Boys Midget AAA, Midget AA, or Midget AAA; Girls Midget A or Midget AAA). The scholarship fund provides \$1,500 toward the recipient's first year of post-secondary education.

The award can be found at thecalgary-foundation.org under Student Awards — Athletics. ■



“
The scholarship is for someone who has high standards in both athletics and school.”
”

*Ken Gee,
Michael's father*



Kayla Strong, 23, received the award in 2007. She studied law at Cornell University in New York while playing goal for the school's hockey team.

2013 Calgary's Vital Signs Report

80%

Over 80% of survey respondents indicated they have donated to charity at least once in the past six months.

38.2 hrs/wk

In 2012, Calgarians worked on average 38.2 hours/week, up from 37.2 in 2010. National average: 36.6.

TOP PLACES OF BIRTH OF CALGARY IMMIGRANTS

Philippines, India, China, UK, Vietnam, USA

Taking the Pulse

More than 90% of respondents say they're happy

14.2% of adult Calgarians reported having a BMI of 30+... down from 15.6% in 2012. Provincial rate: 18.8%.

OBESITY RATE DECLINES



SEE THE FULL RESULTS.

Take a look at the complete 2013 Calgary's Vital Signs report at thecalgaryfoundation.org. *The 2014 survey launches in the spring.*

MORE CALGARIANS TAKE TRANSIT



In 2012, nearly 16% of Calgarians used public transit to get to work (up from 13.2% in 2001).

KINDERGARTEN CHILDREN



In 2012, nearly 25% of Calgary's kindergarten children were experiencing great difficulty in physical, social and emotional areas of development.

B+

Overall quality of life: Citizens gave a B+ (same as 2012).



12.3%

In 2011, 12.3% of Albertans experienced food insecurity due to financial constraints. This is the highest rate observed since 2005.

74%

In 2012, 74% of Albertans said they know a woman who has been physically or sexually abused – the highest rate in Canada.



FLOOD REBUILDING FUND

The Foundation's initiative looks to the future, helping charities meet the 'next wave' of needs

By Mike Fisher

THE CALGARY FOUNDATION'S Flood Rebuilding Fund is helping put lives and communities back together. Established in the wake of the June 2013 flood that displaced families and caused extensive damage in Calgary and southern Alberta, the Flood Rebuilding Fund continues to backstop charities that provide help toward

a better future for flood-affected residents.

"There are financial pressures and psychological issues surfacing for people, even now, that they could not have anticipated," says Dan Thorburn, the Foundation's vice-president of grants and community initiatives. "We are seeing that they get the proper help." >>>



Calgary's spirit continues to shine in the aftermath of this year's flood. Above, from left, Mary-Claire Verbeke, Lindsay Hamilton, Meaghan Timmermann, Claire Timmermann, Siân Russell, Gracie Sprung, Bella Carver and Neve Russell pitch in with the cleanup. Many of Canada's top music stars donated their time for two fundraising concerts, Halo High Water, right, and Alberta Flood Aid, facing page. Pictured are Travis Good of The Sadies and rock icon Randy Bachman.

The Foundation created the Flood Rebuilding Fund to help charities that support people and families in some of the hardest-hit areas, including Calgary, High River and First Nations communities. The Fund was born almost immediately after the flood struck, when generous citizens and corporations asked the Foundation to accept and disburse their fundraising proceeds and charitable gifts.

"It's really a community rebuilding fund, helping citizens and neighbourhoods with the elements that make a community strong," Thorburn says.

The Fund, which currently sits at more

than \$6 million, supports charitable organizations that serve people's long-term needs — rebuilding gathering places, revitalizing spirits and renewing the sense of well-being in communities.

"This next wave of need is the one that comes after the adrenaline runs out and people get out of the immediate crisis," Thorburn says. "We begin to see issues surface that they had never contemplated."

Even something as seemingly simple as children having to switch to new schools can create pressures for entire families, who may also be struggling to have their homes rebuilt or find new ones.

"Our focus is long-term," Thorburn says, noting that the Alberta government and the Red Cross spearheaded critical short-term emergency relief. "We identify grants to help charities get up to speed and capacity, so they can deliver the services that people will need."

The Fund benefits people and families by supporting charitable organizations as they meet the increase in demands for their services and programs. A group of advisers is working with community partners to ensure a coordinated grant-making effort, based on shared knowledge of community needs.



“

This next wave of need is the one that comes after the adrenaline runs out and people get out of the immediate crisis,” Thorburn says. “We begin to see issues surface that they had never contemplated.

”

Beneficiaries of the Fund so far have included the Alex Community Health Centre, Inn from the Cold, Calgary Catholic Immigrant Services, the Diamond Valley & District Boys and Girls Club, Neighbour Link, United Way of Calgary and Area. Discussions are underway to determine funding for programs to support youth on the Siksika Nation.

Individuals, organizations and corporations have contributed to the Fund, and continue to do so. “We are seeing great co-operation among organizations. It’s efficient and simplified,” Thorburn says.

The Fund grew swiftly in response to

the flood. Suncor seeded the Fund with a \$250,000 donation. The Calgary Foundation provided a \$1 million gift, which was matched by an anonymous donor. By summer’s end, the Fund was up to more than \$6 million, thanks in part to two sold-out fundraising concerts — national telethon Halo High Water at the Southern Alberta Jubilee Auditorium and the Alberta Flood Aid Concert at McMahon Stadium, both in August.

“You might look at a family moving to another home and community, and think that once they’re there, their lives will get back to normal,” Thorburn says. “But it’s easier said than done. We’re here to help.” ■

FLOOD REBUILDING FUND – HOW TO APPLY

The Calgary Foundation is currently accepting applications to the Flood Rebuilding Fund.

Qualified donees from Calgary and area can apply to two areas of priority:

- 1 SERVICE SUPPORT PROGRAM** – supports the work of organizations that are experiencing or are likely to experience increased demand for their existing services as a result of the flood.
- 2 COMMUNITY REBUILDING INITIATIVES PROGRAM** – supports long-term initiatives that engage citizens, and strengthen neighbourhoods and communities affected by the flood.

Visit thecalgaryfoundation.org for more details on eligibility and application guidelines.



I **T MAY NOT** exist on paper, but many people have a bucket list — things they want to see and do in their lifetimes. Upon retirement, that long-dormant desire to see the Great Wall of China or learn to play piano often becomes more fervent, as we begin to acknowledge and accept our mortality.

At 80 years old, Len Shapiro has a different kind of list. He envisions "Len's Bucket" as a container to be filled with carefully researched charitable causes and organizations.

"My bucket contains more than 25 gifting organizations, from Ethiopia to Israel to Calgary," Shapiro says proudly.

he was doing for me — to make sure I did it for others," Shapiro says. "I never forgot those words, and have lived my life always remembering I have to help others on their path."

The investment did well for Shapiro. A few years later he moved to Calgary and "had a bit of luck in the oil patch." His material wealth has helped to enrich countless lives in Calgary and beyond. His passion for supporting the Jewish community has extended to charities in Israel.

He has invested in several groups helping children with special needs, as well as charities assisting the homeless such as the Safe Haven Foundation. Shapiro also works

Bucket of Charity

For Len Shapiro, helping others has rewards beyond monetary value

By Sean P Young • Photography by Don Molyneaux

"The Calgary Foundation has worked with me in building the bucket, and made my gifting accessible."

Shapiro's philanthropy got its start nearly 60 years ago when he worked as a controller for a plumbing company in Montreal. The company was using a new system for drilling through concrete floors. Wanting a piece of the action, 24-year-old Shapiro — with more ambition than equity — was offered a loan by the "82-year-old Scotsman" whose company supplied the drill bits used in the technique.

"His only two conditions were to pay the money back within four years, and more importantly, to never forget what

with the Calgary Health Trust and the Calgary Cancer Foundation, as well as several medical labs at the University of Calgary.

"My wife has fought three separate cancers, and we're fighting a return of one now," Shapiro says. "I believe all of her successes are attributed to us helping others."

Shapiro says philanthropy has given him many rewards that money truly can't buy. "I don't even like calling it charity; I call it investing in people," he says. "It's a great feeling when you can look someone in the eye and know you've helped them along." ■

1

2





3

Helping Newcomers Find Their Way

Three programs that lead immigrants through the maze of rebuilding lives and careers.

By Mike Fisher

Arriving in a new community always has its challenges. Add in the complications of an unfamiliar natural environment, culture and language, and the difficulties increase. Then factor in the search for employment, and the need to upgrade, learn new skills and requalify existing ones. Helping immigrants with this uphill climb toward a better quality of life is important work that's taking place on several fronts in Calgary. >>>

1

CALGARY IMMIGRANT EDUCATIONAL SOCIETY

Ehsan Moghaddam came to Calgary from Iran as an engineer with sought-after skills in project management — but he couldn't get a job. His credentials, professional training and experience, while perfectly acceptable at home, were no longer recognized.

Welcome to the problems many immigrants face. As they try to start a new life in Calgary, they trip over rules, credentials and often, a language. Though they may have been making a good salary with high status in their former home, they've often slipped many rungs down the ladder in Calgary as soon as they arrive.

"We had one professional gentleman who sent out 3,000 resumes and did not get a single response," says Nouredine Bouissoukrane, the program manager for Project Management Training at the Calgary Immigrant Education Society. "For newcomers, it is often very difficult to meet employers' expectations. It's a very different work world and market."

The Project Management Training program, made possible by The Calgary Foundation with pilot funding of \$85,000, helps prepare immigrants to take an active role in the local labour market as entry-level project managers.

It's a comprehensive program that incorporates training in project management — using the globally recognized Project



Nouredine
Bouissoukrane
Calgary Immigrant
Educational Society
program manager

Management Institute standards, methodology and best practices — as well as business communications, job search and Microsoft Office software.

The first session of 12 participants, a group that included internationally trained engineers and project managers, started in May. Four — including Moghaddam — found employment even before completing the session.

The three-month program, which ends with a practicum and a six-month follow-up to ensure graduates are employed, has attracted participants originating from India, Pakistan, Nigeria, Colombia, Iran, Iraq and Jordan. Many are civil and electrical engineers, as well as IT professionals.

2

IMMIGRANT ACCESS FUND

Like many new arrivals, Abdul couldn't get a job when he moved to Calgary. A professional with a master's degree in accounting and senior experience, he didn't have the proper Canadian training or designation.

Having spent his savings settling his family, Abdul took a job as a clerk at a convenience store. Frustrated and downcast, he quickly learned that minimum wage was barely enough to support his family.

The Immigrant Access Fund came to the rescue with bridge financing in the form of a loan, as it does for many immigrants who find themselves in similar predicaments. Today, Abdul earns \$40 an hour in an accounting job.

"We are in the business of getting immigrants to integrate successfully into the Canadian labour market," says Fund co-founder Amal Umar. "We do so with character-based loans, and now our model is being implemented across the country."



Amal Umar
Immigrant Access
Fund co-founder

\$85,000

The Project Management Training program, made possible by The Calgary Foundation with pilot funding of \$85,000, helps prepare immigrants to take an active role in the local labour market as entry-level project managers.

\$5.4 million

More than 1,000 loans totalling \$5.4 million have been approved. More than half of loan recipients were unemployed when they received funds, with 48 per cent underemployed. Ninety-seven per cent of the loans have been paid back.

With strategic help from partner Momentum Community Economic Development Society, the Immigrant Access Fund provides loans of up to \$10,000 to immigrants who lack the financial resources to pay for the Canadian licensing or training that will allow them to work in their field. Immigrants are integrated equitably into the workforce, contributing their expertise to the economic and social success of our city.

"Our fundamental principles are to do what's best for the applicant and do what's best for the sustainability of the Fund," Umar says.

The Fund lends to people who are often living off their savings, are unemployed or underemployed and have no collateral or credit history in Canada. The Fund performs due diligence before lending money, but assumes all the risk of its loans.

More than 1,000 loans totalling \$5.4 million have been approved. More than half of loan recipients were unemployed when they received funds, with 48 per cent underemployed. Ninety-seven per cent of the loans have been paid back.

"The Calgary Foundation was instrumental in our success; it helped from the start, and facilitated many things for us," says Umar.

3

BIOSPHERE INSTITUTE OF THE BOW VALLEY

When Kim Titchener was a child, she spent much of her time in the woods, camping, fishing and canoeing. Her affinity with nature was ... well, natural.

Others, however, don't feel the same ease in the great outdoors as Titchener. The wilderness in which she feels so at home can frighten others, especially newcomers to Alberta's wealth of natural lands.

The Biosphere Institute of the Bow Valley's Living and Recreating Smart with Wildlife workshop series is aimed at easing others into enjoying nature in the Bow Valley.

"People do not naturally know how to

3,000 newcomers

In 2012, more than 3,000 newcomers to Canmore and Kananaskis were provided with wildlife workshops.

live with wildlife, and it's normal for them to be afraid or intolerant," says Titchener, whose father, a biology teacher, introduced her early to the outdoors. "If you can engage people in learning about the amazing animals we live with, you can instill value, help them connect and inspire them to want to conserve."

The workshops, along with online and print resources, are designed to help young families, newcomers, and residents for whom English is a second language get the tools and knowledge to overcome the challenges of coexisting with wildlife.

"The program instills a sense of stewardship for wildlife conservation in the region," says Titchener. The Calgary Foundation provided a \$15,000 Community Grant to support the workshops and other learning materials.

In 2012, more than 3,000 newcomers to Canmore and Kananaskis were provided with wildlife workshops. Among other things, they learned about how to avoid encounters with wildlife such as bears, cougars and elk, and how to use bear spray if necessary. Although incidents are rare, adds Titchener, workshop participants gain confidence in the wilderness by knowing what do.

"We will continue to expand the resources we provide to newcomers," including a new section on the website, wildsmart.ca/newcomers, for those who speak Japanese, says Titchener. The website is also in English, Spanish and Tagalog. ■



Kim Titchener
Biosphere Institute
of Bow Valley

Healing hearts, mending minds

REACHING OUT WITH
COMPASSION TO AT-RISK
CHILDREN AND YOUTH

By Mike Fisher

PROGRAM CONNECTS WITH YOUNG PEOPLE WHEN THEY NEED HELP MOST

DISTRESS CENTRE CALGARY'S CONNecTEEN TEXTING PROGRAM

Emily was tired of being called names, bullied at school and told she was worthless. Finally, after getting into a fight with another girl, she felt that she couldn't take it anymore. Suicide seemed like the only option.

But when she sent a message to ConnecTeen's text messaging number and connected with a volunteer, she got vital help. She didn't want to die — she just wanted someone to understand and ease her pain.

The Distress Centre Calgary's ConnecTeen crisis service, which is celebrating its 30th anniversary, responded in 2012 to 841 calls, 512 online chats and 103 e-mail messages. Importantly, the number of crisis chats increased by 739 per cent from the previous year. This statistic alone demonstrates how much online crisis services for youth are growing.



“The result is that more youth, including those who would not have been comfortable picking up the phone to call, are getting help before it's too late.”

*Christine Getz,
Distress Centre
communications
coordinator*

This year, ConnecTeen introduced text messaging as a service mode with the help of a \$40,000 grant from The Calgary Foundation. With so many young people today preferring to use texting, online chat and e-mail over picking up the phone for a voice call, the life-saving program needed to evolve, says Distress Centre communications coordinator Christine Getz.

“The Calgary Foundation investment has helped immensely in the launch of our texting service for youth, and in being able to get this new option out there in Calgary,” she says. “The result is that more youth,

including those who would not have been comfortable picking up the phone to call, are getting help before it's too late.”

ConnecTeen is the Distress Centre's youth-targeted peer support service, offering confidential, non-judgmental peer-to-peer support for youth in the Calgary area. It allows young people to connect with volunteers between the ages of 15 and 21, either by calling the ConnecTeen line at 403-264-TEEN, sending a text message to 587-333-2724, or via online chat at CalgaryConnecTeen.com.

About half of those contacting ConnecTeen are between 15 and 19 years old, though people of all ages call.

Among the resources available to download from the ConnecTeen website is the comic book *A Call for Help*.

In 2012

The Distress Centre Calgary's ConnecTeen crisis service responded to:
841 calls > **512** online chats > **103** e-mail messages

The number of crisis chats increased by **739%**

Participants at
Camp fyrefly.



“

Very often, these are children in a hostile world. For four days, we create a world free of abuse.

”

*Dr. Kristopher Wells,
co-director of
Camp fyrefly*

SUMMER CAMP CHANGES LIVES FOR MARGINALIZED YOUTH

CAMP fyrefly, UNIVERSITY OF ALBERTA INSTITUTE FOR SEXUAL MINORITIES

For sexual- and gender-minority young people, summer camp can be more than a rite of passage — it can change, even save, their lives. “Very often, these are children in a hostile world,” says Dr. Kristopher Wells, co-director for Camp fyrefly with the University of Alberta’s Institute for Sexual Minority Studies &

Services. “For four days, we create a world free of abuse.

“At the camp, they feel comfortable. They should have that experience every day in their community, but sadly, it’s not a world that currently exists outside the camp.”

Camp fyrefly is an award-winning leadership program founded in 2004. Camps took place this summer in Edmonton, Saskatoon and the Calgary area. Activities include more than 25 workshops focused on topics including the arts, queer history, knowing your rights, sexuality and spirituality, same-

sex families, media studies, self-defense, financial literacy and many others.

Sexual- and gender-minority youth are among the most common victims of hate crimes in Canada, Wells says. Participants leave the camp having gained resiliency, increased self-confidence, improved community connections and access to life-saving resources.

“The support from The Calgary Foundation is critical, and because of it, the camp will continue into 2014 and 2015,” he says. “It is a long-term investment in youth who are the future of our community, and it helps ensure the inner light of these kids shines, year-round.”

1000+ number of campers who have participated in Camp fyrefly over the last decade



TACKLING THE DEVASTATION OF ABORIGINAL SUICIDE, ONE GROUP AT A TIME

THE CENTRE FOR SUICIDE PREVENTION

The suicide rate in Aboriginal people age 24 and under is five to seven times higher than for their non-Aboriginal counterparts, according to the Canadian Association for Suicide Prevention. And when there's a suicide in an Aboriginal community, it is often quickly followed by others.

That's why suicide prevention programs geared specifically to status and non-status First Nations, Inuit and Métis people are critical. This diverse array of peoples experience incidence of suicide that ranges widely across the spectrum. It can be near zero in some communities and shockingly high in others.

"Before we can teach prevention or even intervention, people need to process their grief and learn how to help others process theirs," says Mara Grunau, education director with the Centre for Suicide Prevention.

Two of the workshops the centre already operates are Tattered Teddies: Building resiliency for life in children under 12 years and Bereavement & Surviving Loss. Both programs will be piloted in three different

Aboriginal communities, where the development will continue. Direct feedback from community members will help shape the final products.

The bereavement program is being integrated with traditional teachings and spirituality, creating a workshop that is congruent with the Aboriginal concept of grief and healing.

The Centre's Workshop Re-Development for the Aboriginal Community received an \$85,000 grant from The Calgary Foundation for redeveloping existing workshop materials into an Aboriginal context, increasing their effectiveness in preventing suicide in the Aboriginal community.

"Without the grant money, this project could not have been considered," Grunau says. "The Centre for Suicide Prevention is able to dedicate teams to focus on the needs of these groups at risk, and serve them directly." ■

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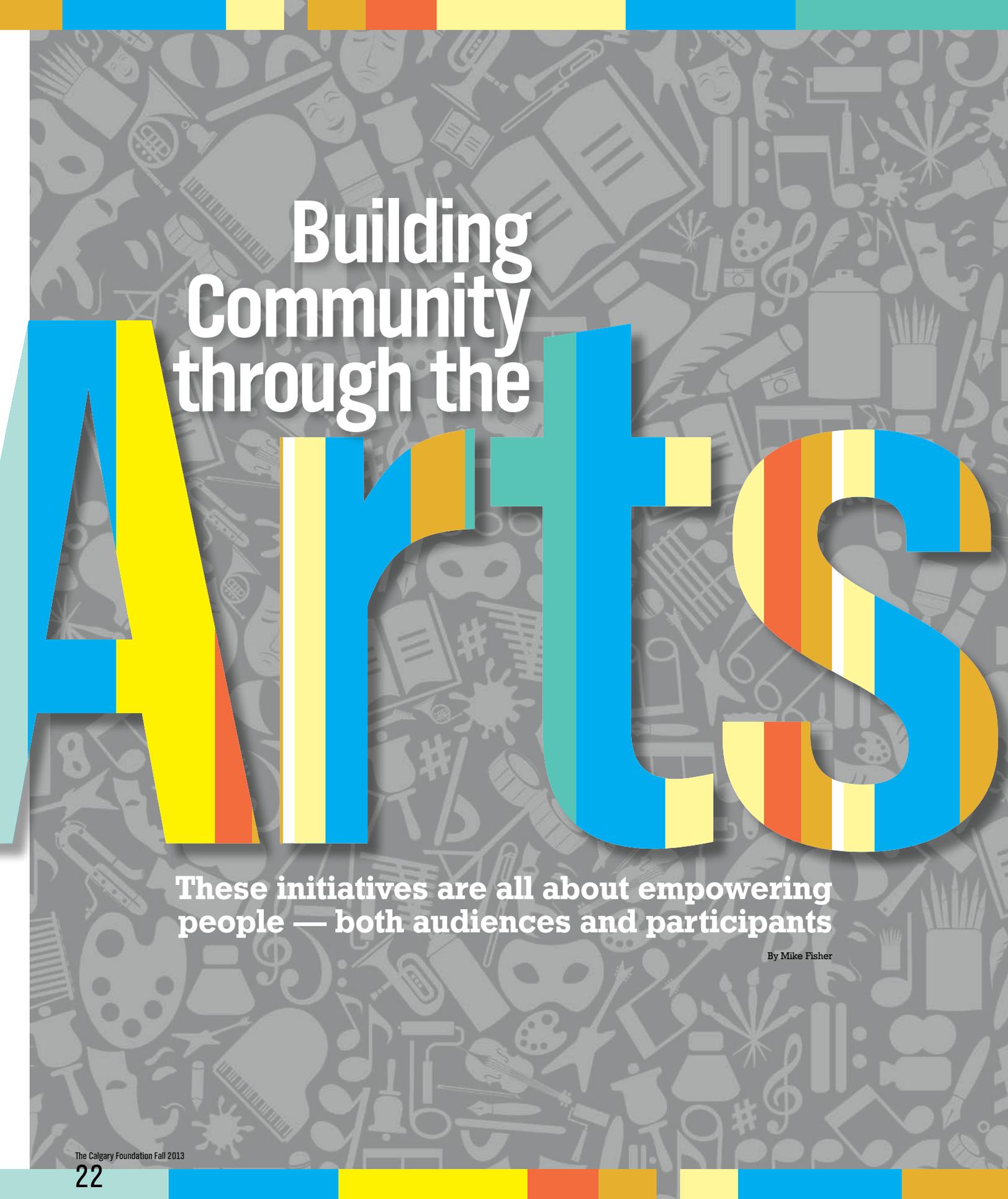
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*Mara Grunau,
education director,
Centre for Suicide
Prevention*

**5 TO 7
TIMES
HIGHER**

— the suicide rate among Aboriginal people age 24 and under, compared to the national average.



**Building
Community
through the**

Arts

**These initiatives are all about empowering
people — both audiences and participants**

By Mike Fisher



Green Fools Theatre Social Circus Project

WHEN DEAN BAREHAM was age 14, he stood at a crossroads, facing a decision that would forever change his life — and the lives of young people in Calgary.

Bareham, now 45 and the co-artistic director of Green Fools Theatre, had a choice of two paths. One route led to trouble, and likely run-ins with the law. The other was a path of learning, leading to theatre.

His choice, as it turned out, was the city's gain.

The Green Fools Theatre Social Circus Project, which received a \$20,000 grant from The Calgary Foundation, is an arts intervention program designed to provide a positive, proactive physical theatre experience for marginalized youth between the ages of eight and 14.

"I was hanging with a really bad crowd," says Bareham, whose experience includes working with Cirque du Soleil in its clowns program. "It could have gone the wrong



way, but theatre and circus changed my life. Theatre has great power. It can provide physical and emotional outlets for youths. Now I help them."

The five-day project, which ran in July in the wake of Green Fools Theatre losing its Ramsay space to the devastating 2013 Calgary flood, involved about 100 young people, many of them disadvantaged. Special spots were made available to flood victims.



Dean Bareham: 'A circus or theatre is like a family.'

"A circus or theatre is like a family," Bareham says. "We start from the first day to build that sense of belonging for kids who otherwise might feel they don't belong elsewhere."

Over the course of the program, the professionals showcase their skills and the kids choose which ones they want to focus on. At the week's end, they perform trapeze, tight wire and other pursuits in a final show.

Bareham hopes to continue the program in 2014.

"Theatre teaches social etiquette," he says. "It builds a sense of friendship and community. And it makes for good citizens when they're involved in culture and art."

Antyx Community Arts Society

"I'M SOCIALLY BULLIED and left alone quite often, so when my friend leaves me, I realize how lonely a man can become," says a blonde, shaggy-haired teen. He stares into the video camera, self-conscious but brave, explaining how being physically bullied leaves him with cuts and bruises.

His words are part of an Antyx Community Arts project about bullying, one of several videos available on the Antyx website (antyx.org). The young people who participated in the project were encouraged to tell personal stories.

"Our model is to work with youth who are often marginalized and give them opportunities — not just to have an artistic experience, but also to take on a leadership role in their community," says Antyx executive artistic director Richard Campbell.

The Calgary Foundation provided a \$25,000 grant to support Antyx in youth-led initiatives that help create positive change through community arts projects. The program, Youth Arts Action: Building Youth Leadership Through Community, has resulted in projects in the communities of Forest Lawn, Montgomery and North of McKnight through 2012 and 2013.

Like the video, the projects are designed to engage young people and help build safer and more inclusive communities. Designed primarily for ages 15 to 18, the work includes a photography exhibit that explores the theme of leadership using sports as a metaphor, and an interactive mural that considers the issues of identity and diversity.

"With these kinds of arts projects, the community sees youth making a difference,



and that's really important," Campbell says. "There is skill-building and self-esteem, of course, but also a shift in how people perceive them."

Poverty, race and sexual orientation can stand in the way of opportunities, adds Campbell, but Antyx allows young people to consider these while being creative. And when they express themselves, they can effect positive change.

Fairy Tales Presentation Society

A STORY OF PRIDE and awakening, the remarkable growth and impact of Calgary's Fairy Tales Presentation Society is almost a fairy tale itself. Beginning in 1999 with a small film festival celebrating alternative lifestyles and sexual orientations, Fairy Tales is today a powerful advocate for education about diversity.

Photos courtesy of Richard Campbell, Antyx Community Arts Society



Richard Campbell: 'Our model is to work with youth who are often marginalized and give them opportunities.'



From left, Fairy Tales Presentation Society key players Matt Salton, Kevin Allen, Jessica Dollard and James Demers.

"We began with only an annual film festival and we have since grown into a year-round community support organization," says Kari McQueen, the society's operations director.

The Fairy Tales Queer Film Festival started humbly under the umbrella of the Calgary Society of Independent Filmmakers. Five years later, in 2004, it was incorporated as the Fairy Tales Presentation Society, and has doubled its programming since its beginning.

It has also branched out with a number of initiatives, among them the Youth Queer

Media Program, which mentors young people in short film production, and the Q the Arts Cultural Festival, an event highlighting a diversity of queer culture and arts outside film. Meanwhile, the year-round OUTReels Diversity Education program takes film into the community, addressing topics such as bullying, faith and sexuality, family and non-discriminatory LGBT (lesbian, gay, bisexual, transgender) elder care.

The Calgary Foundation provided a \$20,000 Community Grant to help the society improve the visibility of key programs outside its relatively well-known film festi-

val, and increase awareness of the scope of its services. The result is increased bookings, attendance and support.

"The support is critical to navigating this growth milestone as a maturing organization," McQueen says. "With it, we increase the visibility, awareness of and credibility of our non-film-festival events, Like the queer community itself, we shout out the message that we are here to stay in every way possible."

Word of Fairy Tales' work has spread, leading to presentations in Jasper, Banff, Edmonton and Lethbridge.

"This impacted travel to Calgary for our film festival from the Banff, Lake Louise and Jasper regions, adding to cultural tourism and promoting Calgary as an inclusive destination," McQueen says.

Fairy Tales will continue to grow. "It seems we really are the only organization providing these services," she adds. "And we are thinking there is no reason we cannot be 'Alberta's Queer Film Festival.'" ■

A



Perfect Fit

Work and community involvement sing in harmony for Ken Lima-Coelho

By Sean P. Young • Photography by Jared Sych

KEN LIMA-COELHO'S face and voice are familiar to many Calgarians. He worked for 15 years with CBC Calgary, doing "every editorial job there was," from radio and TV hosting gigs to producing and writing — "anything not involving buttons and wires," he says.

Though he covered plenty of national and international stories, it was his stint as a current affairs journalist in Calgary that offered Lima-Coelho his most profoundly human experiences.

"I got to meet a whole bunch of Calgarians who were passionate and interested in our city," says Lima-Coelho, 42. "That set me on a path to really falling in love with community work."

After doing plenty of research, Lima-Coelho decided he wanted to work with The Calgary Foundation. Through most of the 2000s, he was on the Foundation's Arts and Culture Grants Advisory Committee. He also served on the Foundation's Children, Youth and Families Committee during the 2012-13 grant cycle.

"That seemed like a perfect fit," Lima-Coelho says. "I'm a young dad, and the groups that were coming to that committee were trying to do amazing things for young people."

The committee has awarded grants to groups including the University of Alber-

ta's Institute for Sexual Minority Studies & Services for its Camp fYrefly, and Hull Services for a program to raise awareness of children's mental illnesses.

When he's not spending time with his family, Lima-Coelho also sings with the Heebee Jeebees — the award-winning a capella quartet he co-founded two decades ago. To celebrate its 20th anniversary, the group did 45 shows during the 2013 Calgary Stampede, including opening the Grandstand Show each evening.

"For four guys who literally got together to get free food and meet girls ... somehow we're still going and it's still fun," Lima-Coelho says. "Plus it gets us out of the house, so our wives appreciate it."

Meanwhile, volunteer work has opened career pathways for Lima-Coelho. After he donated his services as emcee for a Foundation donor event, YMCA Calgary president and CEO Helene Weir approached him.

The two talked, and before long Lima-Coelho was offered his current role as vice-president for communications and financial development with YMCA Calgary, which he took on earlier this year. "This position was the perfect storm of good in my life," he says. ■

“

I got to meet a whole bunch of Calgarians who were passionate and interested in our city. That set me on a path to really falling in love with community work.

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Hitting High Notes



Giving back to the community is music to Bev Foy's ears.

By Cara Casey • Photography by Don Molyneaux

“

Philanthropy is a state of mind. It's not related to the depth of your pockets or the size of your bank account. It is an attitude of giving back to the community as thanks; being grateful for what you have been given.

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FOR BEV FOY, being a board member with The Calgary Foundation has struck the perfect harmony between her passion for the arts, her business sense and her love of community work.

Foy spent her early years singing and studying voice in Lethbridge, then headed south to Montana where she earned an arts degree. But her practical nature saw her return to school in Calgary to become a chartered accountant, leading to her career as a partner with Collins Barrow Calgary LLP for many years.

This combination of skills and interests has made Foy a valuable and passionate contributor to the Foundation — and to other non-profit and arts groups, including the Calgary Opera board. Since her student days, she has always found a way to put her knowledge and energy to work helping others.

She has now been a board member with The Calgary Foundation for five years, bringing her eagerness to learn and problem-solving abilities to the table as treasurer and chair of the Foundation's audit committee. Being involved in granting, and in receiving the generous donations of Calgarians, inspires her.

"There's often the notion that you need to be a zillionaire to be a philanthropist, but

that's not true," Foy says. "Philanthropy is a state of mind. It's not related to the depth of your pockets or the size of your bank account. It is an attitude of giving back to the community as thanks; being grateful for what you have been given."

One of her proudest moments on the Foundation board, she says, has been the transformation of King Edward School into an arts hub in partnership with the Calgary Arts Development Authority. Earlier this year, the facility delivered added value by serving as a temporary studio space for artists who were affected by June's flooding.

On top of her work at the Foundation, Foy was recently elected to a directorship with the Canada Council for the Arts — and she also serves on the board of the Calgary Airport Authority. Foy spends her spare time practising yoga, attending opera or jetting to global cultural centres such as Paris, St. Petersburg or London.

"What makes The Calgary Foundation great is that the staff has a huge depth of knowledge of what's going on and the needs of the community," Foy says. "We're uniquely positioned as a convener and a catalyst." ■

Community Knowledge Centre

Charities invited to share stories of impact, inspiration and excitement on new online platform

By Sean P. Young

Telling authentic, compelling stories of lives changed is the best way for charitable groups to truly inspire and engage people. The Community Knowledge Centre, or CKC, does just that.

WHAT IS IT?

THE COMMUNITY KNOWLEDGE Centre is a social-media website that gives each charitable organization a fun way to tell its own **unique stories** in prose, photos and videos.

WHAT'S THE PURPOSE?

1 To share and promote stories of **success** by giving them a human face and voice.

2 To offer a central hub for donors, and to connect philanthropists with needs and **opportunities** to help.

3 To allow visitors to search for charities based on the **focus** of the work they do — animals, the environment or the arts, for example.

WHEN DOES IT LAUNCH?

The site will launch in early 2014 with an initial group of **charities**, and will continue to take on new organizations in the months to follow.

Each charity profile page is a **resource** for community members, donors and the media to understand a charity's work and **impact**, as told by the people closest to each organization.



COMMUNITY KNOWLEDGE CENTRE

The Calgary Foundation

FOR MORE DETAILS, visit thecalgaryfoundation.org

THE FOUNDATION. of my community

starts with you and me -- more than charity
it's the empathy i feel for the
people where i live.

Close to home is where the heart is,
where help goes farthest
my foundation helps me start this:

people standing **TALL**
in towns big and small,
urban, rural, one and all.

My care comes through
helping those that can't make do,
or get by, or maybe
just need to fly. 

My foundation has roots across the land,
intertwining, hand-to-hand,

together can do, including you, making true
the endeavour
to make things better

for generations still,
their dreams fulfilled,

it all gets built ...

ON THE FOUNDATION.

Canada's community foundations help communities
where they need it the most, connecting people, families
and companies with the causes that inspire them.
Community makes you. You make your community.

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YOU BY THE

191

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Jason Bates,
Community Grants Associate
at The Calgary Foundation



THE CALGARY FOUNDATION



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