

SPUR

Calgary Foundation / Fall 2015

3

ways to build
resilience in kids

Gathering
places

Ideas that demonstrate
a community is about
bringing people together

New lives

Three tales of survival
and recovery

Opportunity in action

W. Brett Wilson sees
giving as a privilege



'Make the impossible possible'

CANADIAN ASTRONAUT Chris Hadfield recently shared the words above with 600 of my colleagues at the Community Foundations of Canada conference in Calgary.

The conference was themed "the Wild, Wild Why," in reference to the importance of understanding the "why" behind what we do (see page 30) as well as a nod to our city's Wild West heritage.

So, how on earth do we tap into our inner astronaut to reach that aspirational goal?

Defining our why involves questioning our work deeply — which can be difficult as we focus on the whats and hows of our daily efforts.

This issue of *Spur* showcases the people and charitable organizations who use a clear understanding of their why as a compass to guide them in making the impossible possible.

We're honoured to salute philanthropic leaders W. Brett Wilson and

Dick and Lois Haskayne, whose significant community contributions have empowered many to achieve their own aspirational goals.

We're proud to introduce you to Board member John Fischer and committee members Zaheed Damani and Cathy Cochrane, who share their knowledge and experience as volunteers at the Foundation.

So what's our story, what's our why?

After 60 years of serving philanthropy for the benefit of community, we've learned that our knowledge of community is our biggest asset.

Sharing our unique view of the charitable sector, our knowledge of issues and needs that inspires citizens to take action and sharing the financial resources entrusted to us — that's our contribution to community.

I hope the stories in this edition of *Spur* will inspire you to explore and embrace your why. ■



Building an endowment to address future needs we can't yet see and support people we haven't yet met — that's the essence of our why.

Eva Friesen
President & CEO,
Calgary Foundation



The Calgary Foundation extends a sincere thank you to Trico Charitable Foundation as our host event sponsor at the "Wild Wild Why" Community Foundations of Canada conference.

SPUR

Calgary Foundation / Fall 2015

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Contents

P.11

A bike trip in Norway with Two Wheel View opened up the world for Jakarta Mackie.



FEATURES

SURVIVING TO THRIVING P.10

Three very personal stories of lives gone wrong — and how they've been turned around.

GATHERING PLACES P.17

Three Calgary organizations are finding ways of building new kinds of communities — places and programs that let people gather, be inspired, share experiences and support one another.

REBUILDING BROKEN LIVES P.24

Resilience is a quality that can help people bounce back from even the most traumatic childhood experiences. Here are three agencies working toward that goal.

DEPARTMENTS

COMMUNITY KNOWLEDGE P.4

Taking the city's pulse through Calgary's Vital Signs, and creating a lifeline with the Community Knowledge Centre.

LEGACIES P.6

Paying it Forward: Dick Haskayne's small-town childhood inspires his charitable spirit.

BOARD MEMBER P.8

Advancing Aboriginal Success: John Fischer's capacity for caring extends from his work to his volunteer role.

VOLUNTEERS P.14

Work in Progress: Zaheed Damani and Cathy Cochrane are united in their belief in the power of helping others.

INSPIRING LEADER P.22

For business leader and philanthropist W. Brett Wilson, charitable endeavours are more opportunity than obligation.

AWARDS P.28

Celebrating and supporting success and music and theatre, along with honouring the work of two brilliant creative individuals, is the twin goal of these granting programs.

UNDERSTANDING OUR 'WHY' P.30

For any organization, starting with "why" is a good practice. But for community foundations, getting at that "why" statement is doubly crucial.

City's Heartbeat

Calgary's Vital Signs and Community Knowledge Centre:

VITAL SIGNS is an annual checkup conducted by the Calgary Foundation that measures the vitality of our community, identifies trends and assigns grades in areas critical to quality of life.



How it all adds up



2015: TOP SIX ISSUES identified by Calgarians as having the greatest impact on their quality of life:

1 Safety Since 2010, youth crime has decreased by 40% Over 9,000 seniors have experienced some kind of elder abuse Hate bias crimes have increased by 68%	2 Transportation Calgary's LRT ridership is the 3rd highest in North America 67% of Calgarians drive to work	3 Sports and Recreation 360,000 Calgarians are registered in sports and recreation programs 61% of adults are active or moderately active	4 Citizen Engagement In the 2015 Alberta election, 4 Calgary ridings had the lowest voter turnout 66.5% of Calgarians report having a strong sense of community	5 Education and Learning By age 5, 27% of Calgary children experience difficulty in one or more areas of development Calgary high school completion rates are on the rise	6 Work and Economy 50% of Albertans are living paycheque to paycheque Work absences are up by 6.7%
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Read the full Calgary's Vital Signs report at calgaryfoundation.org

connecting Calgarians with community needs.

“CKC is a great resource to make new connections with volunteers, donors, and friends in the community. After discovering us on CKC, Magic Tours and Travel hosted a benefit concert and contributed much-needed funds to our organization.”

— Sarelle Azuelos,
Communications Coordinator,
Women's Centre of Calgary

“CKC introduces community to hundreds of vital charitable organizations, which makes it easy to search for high-quality information, all in one place. CKC helps people make an informed decision about which area of community they want to support.”

— Andrew Holder, Board President,
Canmore Museum

“CKC showcases the unique contributions each charity brings. As a big-picture environmental organization with collaboration at the heart of our work, CKC helps us share our story and reach out to potential partners.”

— Wendy Francis, President,
Yellowstone to Yukon Conservation
Initiative Foundation (Y2Y)

“CKC has been a perfect way to let community in on the amazing programs we offer, like our Circus camps for youth at risk, and take the opportunity to delve deeper into what the Fools are all about.”

— Dean Bareham, Artistic Director,
Green Fools Theatre Society

inspire

inform

invest

THE COMMUNITY KNOWLEDGE CENTRE (CKC) is a searchable online resource that connects Calgarians to the needs in our community. CKC features more than 150 outstanding charitable organizations who are working on innovative solutions to our city's most pressing issues.

▶ Deepen your knowledge of community – visit ckc.calgaryfoundation.org

Legacies

“

The reason for all of this is to encourage these small-town kids to get educated.

Dick Haskayne

”



Dick and Lois Haskayne, photographed at the University of Calgary's Haskayne School of Business

Paying it Forward

Helping small-town students succeed is a mission for Dick and Lois Haskayne

By Jennifer Friesen • Photography by Stephanie Landry

EVEN THOUGH HE WAS A CHILD AT THE TIME, Dick Haskayne remembers with clarity a young woman coming into his family's butcher shop in Gleichen, Alta., looking to buy a roast to feed her family.

At the till, his mother asked how much money they had. "Two dollars," the customer answered.

"My mother would mentally go through it in her head, knowing that they had four kids and a \$2 roast wouldn't feed them," Haskayne says. "So she pulled a big roast out, threw it on the scale and said, 'That'll be \$1.95.' That was how I grew up. In her own Robin Hood method, she carried people."

Born in 1934, Haskayne grew up during the Great Depression. He watched his parents give whatever they could to keep the town fed, instilling in him his own giving spirit.

Years later, he graduated from the University of Alberta with a Bachelor of Commerce after his high school teacher pushed him to pursue business. He became a chartered accountant at Hudson's Bay Oil and Gas in 1960, launching a career that has today made him a household name in Calgary thanks largely to the University of Calgary's Haskayne School of Business, named in his honour in 2002.

As his career progressed, Haskayne became president of Hudson's Bay Oil and Gas. He later became CEO of Home Oil Co. Ltd. and chaired the boards of Nova Corp., TransAlta Corp. and Fording Coal Ltd.

But the lessons his parents taught him never waned. Along with his wife, Lois, he created Haskayne Gle-

ichen Cluny Bassano Community Fund and Scholarship Awards with the Calgary Foundation in 2005, and has since made grants totalling \$1 million to young students.

"The reason for all of this is to encourage these small-town kids to get educated," he says. "Because if it hadn't been for the advice and encouragement of one teacher, I never would have gone to university."

The Haskaynes also offer 20 different \$4,000 scholarships to rural first-year students who enroll at the University of Calgary, Mount Royal University and SAIT Polytechnic.

"If you don't have education, your choices are very limited," Lois says. "So giving young people the ability to achieve higher learning in order to have more choices for their lives is what we're all about."

Beyond the dollars and cents, Dick has also offered his time to various other organizations, acting as the chair of the board of governors at the University of Calgary and as trustee of the Alberta Heritage Foundation for Medical Research.

Philanthropy has long been defined as love of humankind in the form of time, talent and treasure — and as powerful as money, or treasure, can be, it's worth little without the other two components.

"Philanthropy is giving, and gifts can also be time and effort," Dick says. "My parents were every bit as philanthropic as we are; they helped more people than you would ever imagine. So my philanthropy started in my little town of Gleichen. They taught me that from the time I was a little kid." ■

Board Member Profile



Advancing Aboriginal Success

For John Fischer, seeing students succeed is the biggest reward

By Julie-Anne Cleyn • Photography by Stephanie Landry

EVERY JUNE, THE INISKIM CENTRE — an academic support resource for First Nations, Métis and Inuit students at Mount Royal University — hosts a graduation ceremony. This year, several students shared inspiring stories of how crucial Iniskim had been to their success.

"They spoke so eloquently," says Calgary Foundation board member John Fischer, who became the Iniskim Centre's director in 2014. "Their words were unprepared, which made them all the more powerful because they were speaking from their hearts. It was one of those exciting and invigorating moments where we could see before our eyes how our work was making a difference."

A science teacher and school administrator for 34 years with the Calgary Board of Education, Fischer is Cree and Saulteaux and belongs to the Cowessess First Nation. He brings a wealth of experience to his new role meeting the needs of Aboriginal post-secondary students.

And there are challenges ahead. "There is a dearth of funding," Fischer says. "It's become such a large issue that the number of Aboriginal students graduating from post-secondary education has levelled off over the

past number of years and is starting to decline. There's much work to be done."

And it seems Fischer is the right person for the job. Mount Royal University's vice-president of student affairs and campus life, Brian Fleming, describes him as very collaborative and constructive.

"He is exceptional at building relationships. . . he's extremely passionate about student learning, and Aboriginal students in particular," Fleming says.

And even though Fischer's days are busy with his work at Mount Royal University, he makes time to contribute as a member of the Calgary Foundation board. He brings a grants background and an indigenous point of view to the organization, participating in events such as the Witness Blanket presentation at the Community Foundations of Canada 2015 Conference.

The Witness Blanket is an art installation that incorporates objects from residential school experiences across Canada. This was meaningful to Fischer, because his mother, his grandparents and one of his great-grandparents were in residential schools.

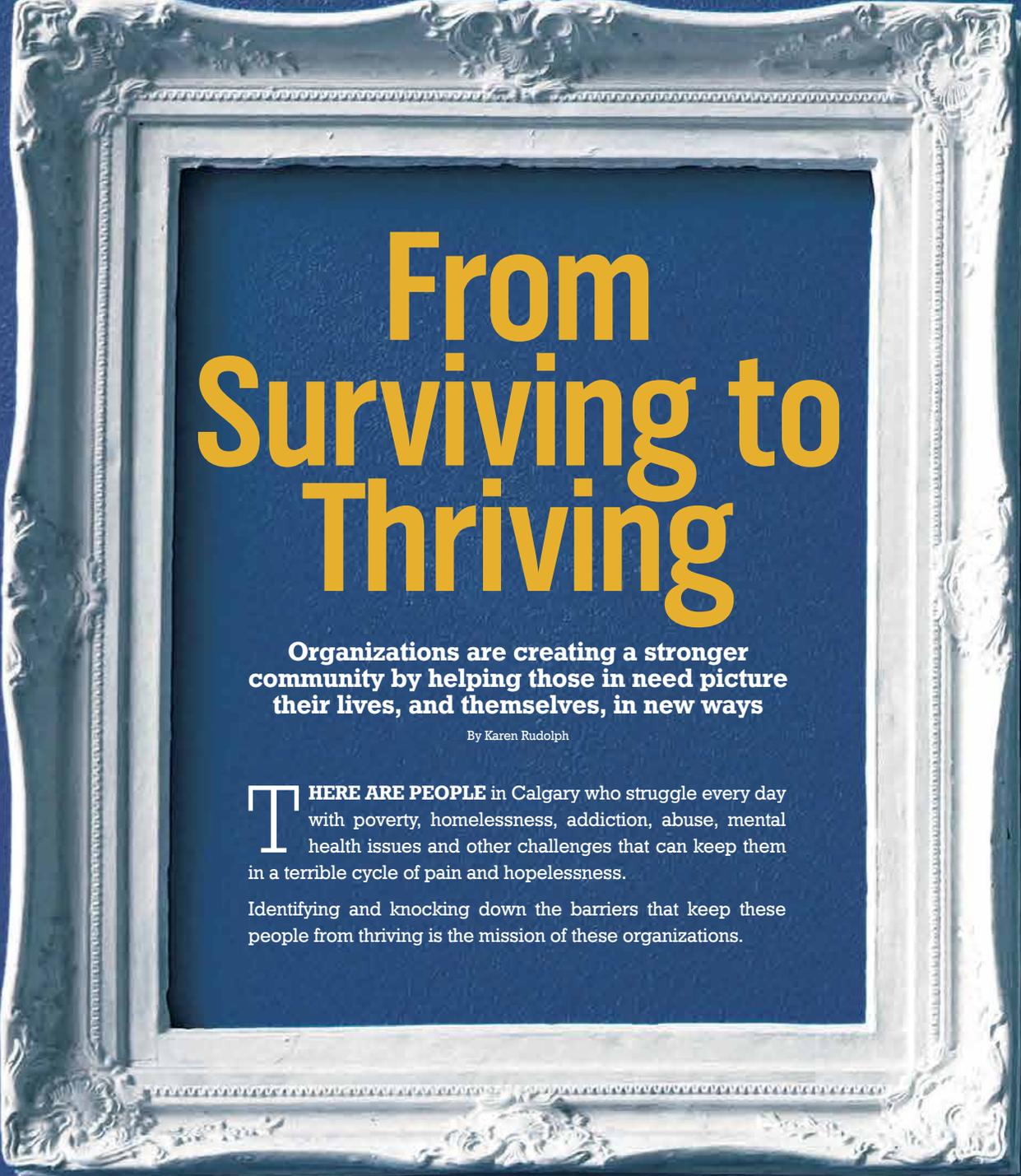
Fischer also represented the Calgary Foundation at the September 2014 opening of the Canadian Museum for Human Rights in Winnipeg, where the Foundation donated \$1.5 million to the museum's indigenous gallery. ■

“

It was one of those moments when we could see before our eyes how our work was making a difference.

”





From Surviving to Thriving

Organizations are creating a stronger community by helping those in need picture their lives, and themselves, in new ways

By Karen Rudolph

THERE ARE PEOPLE in Calgary who struggle every day with poverty, homelessness, addiction, abuse, mental health issues and other challenges that can keep them in a terrible cycle of pain and hopelessness.

Identifying and knocking down the barriers that keep these people from thriving is the mission of these organizations.



Selfie by
Shanna Edwards



I couldn't keep a job long enough to pay rent... I slept on the streets or didn't sleep.



Keys to Recovery

SHANNA EDWARDS HAD her first drink at about age 12. From there, "it was game on," she says. "It consumed my every waking thought, and drugs came later when alcohol wasn't enough."

For decades, Edwards, 45, lived a dark timeline of street life, arrests and addiction. "I couldn't keep a job long enough to pay rent," she says. "I had one friend who put me up for a long time, but if we got into a fight, I was out. I slept on the streets or didn't sleep, or somebody would take me in."

Edwards thought she was past the point of no return, beyond saving, headed for death. Then, while in court-ordered rehab, she ran into an old friend who was in recovery. His healthy appearance and his encouragement gave her hope.

Once released, Edwards turned to Servants Anonymous for housing and support. And when she was ready for independent living, she went to Keys to Recovery.

Founded in 2010 by executive director Karen Crowther, the organization provides permanent supportive housing to chronically homeless people who have completed addictions treatment successfully.

"I kept seeing this vicious circle," Crowther says. "Someone would be homeless and maybe have a

mental health issue on top of addiction. When treatment ended, back to the streets they'd go with every good intention of staying clean. But it's damn difficult to stay sober when you're surrounded by violence and addiction."

People seeking treatment for mental illness often face months-long waiting lists, she adds.

Keys to Recovery offers deep subsidies toward housing. It holds leases on apartments throughout the city, including master leases on three apartment buildings.

"Those work well, because clients get a sense of ownership, and that stigma attached to mental health, addiction and homelessness isn't there. It's a really supportive environment," Crowther says.

Case managers visit clients in their homes, and the organization offers addiction relapse prevention and aid with resumes and job-search skills along with mental health support. A pilot project funded by a Calgary Foundation grant will help Keys to Recovery increase the amount of psychiatric help available to clients.

Anything identified as a barrier to success is looked after, from legal issues to work boots to textbooks.



It's difficult to stay sober when you're surrounded by violence and addiction.



Karen Crowther

Keys to Recovery is also creating a prototype for Aboriginal programming and housing, but meanwhile Aboriginal services are available to anyone who wants them, regardless of culture.

As for Edwards, she's racked up a year and half of sobriety, upgraded her education, and gained employment as a dispatcher. Previously a chronic "people pleaser," she stood her ground on a work issue and ended up receiving a promotion.

She credits Keys to Recovery for her self-confidence and for teaching her how to navigate the world as a sober person. "If I had no recovery housing and support while getting my independence, I would surely be back on my friend's couch. It takes time to learn how to do stuff."





Selfie by
Christopher Coyne

Calgary Dream Centre

LOSING HIS FATHER when he was nine is the moment everything changed in Christopher Coyne's life.

He struggled with grief, and his childhood home began

to fall apart. By age 14 he was drinking and using drugs. From there, it was a downward spiral into addiction.

At one point the picture brightened. Coyne met a woman, fell in love and had two sons. For the first few years of their young lives, he was the picture-perfect father.

And then he tried crack cocaine. The impact was immediate and dramatic. He became homeless, his physical and spiritual health deteriorated and he ended up in prison.

"I lost my children, my family, my freedom," Coyne says. "Those were all things that were very important to me. But it didn't matter. The crack mattered. The crack was controlling my life."

When Coyne hit rock bottom in 2009, he finally made the call to the Calgary Dream Centre.

Launched a decade ago, the Calgary Dream Centre is located in a former hotel on Macleod Trail, where it has 125 beds. The organization also owns dozens of homes around the city. It's a faith-based recovery organization that helps homeless and addicted males transition to a home or return to their communities and families.

Clients are housed and fed for free, and the holistic philosophy of the program gives people access to medical, psychological and spiritual help, case management and addictions treatment. Clients come from the streets, the shelter system and detox facilities. Some are even brought in by their families as a last resort.

"Parents will bring in a young man because the family has had enough, and they are close to sending him out into the street," says Jim Moore, the centre's CEO and executive director. "There was a young wife here bringing in her husband because she knew if things kept going the way they were they'd lose their home."

The Dream Centre's Youth in Recovery program, created and expanded with funding from the Calgary Foundation, gives males age 18 to 25 a place to live, meals, counselling, supervised outdoor activities, night school and access to transitional housing. After-care includes educational support, job training, system navigation, affordable housing, mentorship and counselling.



Addiction affects every corner of our city. It is not a lower-class problem, not an ethnic group problem, it's a societal problem.

Christopher
Primeau

The organization's end goal is to help clients become productive members of society. "Addiction affects every corner of our city. It is not a lower-class problem, not an ethnic problem — it's a societal problem that needs support," says Christopher Primeau, director of corporate development.

When Coyne got into the Dream Centre, his first group session addressed the topic of grieving, and he was finally able to work through the death of his father.

Today, he's come full circle, graduating from the program and becoming certified in Aboriginal addictions counselling. He's now on the staff of the Calgary Dream Centre, working as a community case manager.

Not only was I homeless ... I also ended up in prison. I lost my children, I lost my family, I lost my freedom.

Expanding to serve women

Up until now, the Calgary Dream Centre has dealt exclusively with men. That's changing this fall, as the centre opens the first phase of its Women in Recovery program.

The program will see women who have completed addiction treatment

placed in community housing, where they will continue to be supported.

"Treatment programs give you the skills, knowledge and tools, but supported living then gives you a long runway to apply those skills and solidify them," says the centre's CEO and executive director, Jim Moore.



Pilot
project
clients

7

Adults - age range
22 to 33

10

Children - age
range infant to
nine years.

Above: Volunteer Douglas Gray helps with Inn from the Cold's Mother Goose program, offered at Journey House.

Journey House

AT INN FROM the Cold, longtime volunteer Douglas Gray is on the floor laughing and playing with a group of children in an Early Childhood Development program. The scene is evidence of how the organization, which provides emergency shelter for homeless individuals and families, makes sure kids are supported, too.

This philosophy comes vibrantly to life at Journey House, a pilot initiative geared toward helping single mothers gain control of their lives.

"It's a program focused as much on healing as it is on housing," says Linda McLean, executive director of Inn from the Cold. Housed in a small northwest apartment complex, the sober-only building has 10 units for mothers and their children, plus a resource centre that's staffed around the clock.

Along with early childhood programming for its young clients, the centre offers counselling and training in job-search skills, parenting and life skills such as budgeting and meal planning. Journey House offers full rental subsidies if required. Groceries are supplied, as are furni-



“It’s a program focused as much on healing as it is on housing.”



Linda McLean

working toward a career.”

McLean says she hopes this kind of outcome will lead to Journey House being replicated by other organizations when the pilot ends. The results will be analyzed and evaluated thoroughly with the help of a \$50,000 Calgary Foundation community grant.

Learn more about the organizations featured in *From Surviving to Thriving* at ckc.calgaryfoundation.org ■

ture, dishes and towels. There is also access to a medical clinic with doctors who make house calls.

Journey House client Tasha Spear Chief had high hopes when she came to Calgary from Lethbridge with her baby daughter, Marley. She hoped to find employment, daycare options and good access to transportation.

But the jobs she could find didn't mesh with daycare hours. "I had trouble paying my bills, couldn't pay my rent, and ended up staying with Inn from the Cold at the churches," says Spear Chief, 26.

Then she learned about Journey House. Spear Chief is now working with counsellors on finding a job, and will upgrade her education. "I opened a savings account for my baby, and I'm



Work
in



Progress

**The impact of their efforts
keeps these volunteers inspired**

By Paula Trotter • Photography by Stephanie Landry

BUILDING A COMMUNITY MEANS
CARING about people, both as individuals with unique needs and as groups with shared issues and interests. Zaheed Damani and Cathy Cochrane are from different generations and backgrounds, but they share a spark — the desire to make a difference in the lives of Calgarians. Seeing the results of their work through the Calgary Foundation is the motivation that keeps them inspired.

“
It's all about ideas – exploring what we can do to help Calgarians...”



WHEN MOST 20-SOMETHINGS say they're connected, it might mean they're in the know about what's trending on Twitter or Facebook.

But when the young person is Zaheed Damani, he's talking about his connection to real-life social issues like mental health, obesity and exploitation.

Damani is a Health Services Research PhD student at the University of Calgary and the chair of the Health and Wellness Grants Advisory Committee with the Calgary Foundation.

In this volunteer role, Damani uses his knowledge to champion local charities that work to improve quality of life for marginalized and underserved populations. He says he feels fortunate to have a role in distributing financial resources that can change the lives of those struggling with hunger, depression, family violence and other issues.

"It's all about ideas — exploring what we can do to help Calgarians take control of their destiny and improve their lot."

This is what drives Damani, 27, to volunteer, which he's been doing since he was a youth. Volunteering with the Foundation includes the opportunity to see first-hand the difference grants are making by visiting the recipient organizations.

"The impact these organizations have is so clear in those moments. Charities are doing the frontline work to maintain quality of life — and save lives."



“
Having people who are curious, engaged and invested in the community is what creates the life essence of our city.”

OF ALL THE PEOPLE

who have inspired Cathy Cochrane, her grandmother may have had the most influence.

"I had a really strong connection with my grandmother. She planted those seeds early on — to be curious and to nurture that curiosity," Cochrane says.

Not surprisingly, she followed her grandmother's path and became a teacher. She rose up the ranks in her hometown of Calgary to become principal at Nelly McClung School. Currently, she runs her own consulting company.

While working as a coordinator with Campus Calgary, which provides week-long community education experiences away from the traditional classroom, Cochrane, 60, was introduced to the Calgary Foundation. The experience was so positive that she's now the volunteer chair of its Educational and Lifelong Learning Grants Advisory Committee.

"It's essential to be a lifelong learner," Cochrane says. "Having people who are curious, engaged and invested in the community is what creates the life essence of our city."

She gives the example of Green Fools Theatre's Social Circus Program, a recent Foundation grant recipient that works in partnership with the Calgary Catholic Immigration Society, the Calgary Police Service and professional circus performers who coach high school students. The students then mentor new immigrants and at-risk youth, teaching them circus skills such as juggling and tumbling.

"I'm astounded and amazed at the fabulous things people are doing really quietly — with a passion for making our city better." ■

Gathering in Places

Shared experiences and common interests are creating innovative spaces and powerful bonds between people

By Jennifer Friesen

AT ONE TIME, THE IDEA OF A COMMUNITY WAS FAIRLY STRAIGHTFORWARD. It simply referred to people living in proximity to one another. Today, the concept of community is being redefined. Three Calgary organizations are finding ways of building new kinds of communities — places and programs that let people gather, be inspired, share experiences and support one another. >>

TWO WHEEL VIEW

FOUR YEARS ago, Jakarta Mackie was flying down the coast of Norway on the seat of her bicycle. For two weeks, she spent her days with mountains on one side and the ocean on the other. It was an amazing experience for the then 14-year-old.

"I just remember feeling so free, like the whole world was open to me," Mackie says.

Along with 10 other teenagers, Mackie was participating in a program of the Calgary organization Two Wheel View, which takes young people on bike trips near and far .

It began in 2000, when founders Rick and Tanya McFerrin went on a two-year bicycle trip. After returning, they decided to share their powerful experience with young people, using bicycles as a way to push their physical, emotional and cultural boundaries. Two Wheel

View breaks down economic and social barriers, too, with programming that's open to kids in need.

Its work is life-changing for many participants, including those from disadvantaged families.

For Mackie, the boost in self-confidence she gained made a world of difference.

“

I just remember feeling so free, like the whole world was open to me.

”

Jakarta Mackie



“

It's a really neat opportunity to expose these kids to new cultures, new experiences and new languages. It's beyond the bike.

”

Laura Istead



"When I first heard about the trip I was almost discouraged," she says.

"I thought, 'I could never cycle all that way and spend two weeks camping — that's insane.' But the whole journey was an in-

spiration. I can honestly say that it changed my life."

Two Wheel View has expanded its efforts to include the Earn-A-Bike program, in which kids aged 11 to 17 spend eight weeks learning to disas-

semble and reassemble a recycled bike that will become their own.

Although the program is open to all, for many of the participants it's the only way they would ever get a bike of their own, and each year, 200 students graduate as proud bike owners.

"Giving them freedom is a big part of it all," says Laura Istead, program and volunteer coordinator. "And it's different levels of freedom. Exposing them to new skills, like using tools, is empowering in itself."

This past June, nine Earn-a-Bike participants from the Morley Community School in the Stoney Nakoda Nation west of Calgary took the program to another level, going on

an exchange trip to Quebec with the help of the Calgary Foundation. They cycled and camped in rural areas around Montreal, while their counterparts from the east did the same between Lake Louise and Morley.

For many of the Alberta students, it was their first time on a plane, and Istead says the change in them was immediate.

"It's just heartwarming," she says. "It's a really neat opportunity to expose these kids to new cultures, new experiences and new languages.

"It's beyond the bike. They learn to speak out more and they learn to have confidence. They come out as leaders."

Facing page: Jakarta Mackie on the coast of Norway.

This page: Above, a Two Wheel View group takes a roadside break. Left, a Bike Club participant learns about mechanics and safety from program manager Sasha Liston.

>>

CALGARY IMMIGRANT WOMEN'S ASSOCIATION



The Calgary Immigrant Women's Society's Grandma's Kitchen program takes place in 134 locations across the city.

IT'S A STORY that's all too common: a woman leaves her home and her children in Pakistan and makes her way to Calgary, hoping to find independence.

But after the excitement of making the journey and arriving here fades, her hopes for a better life grow dim. She had been

a working professional in Pakistan for 22 years, but here, everything is different. She ends up having to live with her sister and brother-in-law, perhaps forever separated from her children.

That's where the Calgary Immigrant Women's Association comes into the picture. Its programs connect immigrant women

“They really need that one place they can go and feel at home, and feel that they can tell their story.”

Beba Svigir

to their new surroundings in a number of ways. They range from the New Friends and Neighbourhood groups, which bring women out into their communities, to the Breast Health Education and Services program, focusing on the importance of early detection of breast cancer.

For those with children, the Rebuilding Lives pro-

gram helps young newcomers get a foothold in their new lives.

For the woman from Pakistan, it was the association's Grandma's Kitchen program that made a difference. Started in 2009, the program sees women gather in 134 different community locations, prepare a meal to share and discuss whatever concerns they're facing.

From what questions to ask a doctor to the importance of voting, guest speakers and translators who speak their own languages come in to educate them, help them share their stories and find their independence in a new world.

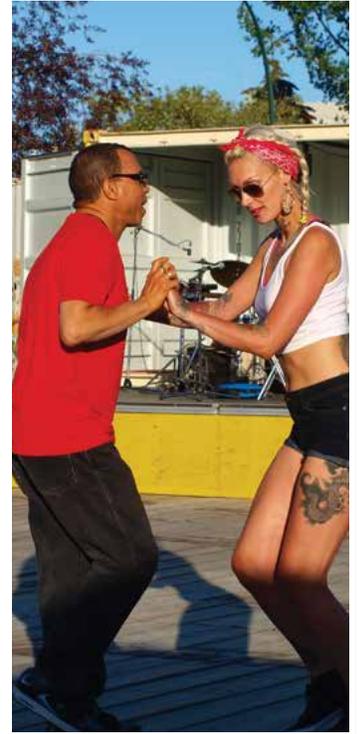
Beba Svigir, chief executive officer at the Calgary Immigrant Women's Association, says this one woman's story is all too familiar. One in five women in Canada were born in another country, with 5,721 female immigrants moving to Calgary in the year 2005 alone. And these women face multiple challenges.

"For some reason," she says, on average their health declines after living in Canada for a year. This is compounded by underemployment, language barriers, discrimination and, too often, family violence.

"They really need that one place they can go and feel at home, and feel that they can tell their story."

The Calgary Immigrant Women's Association's programs give women just this kind of place.

SPRINGBOARD PERFORMANCE: CONTAINR PROJECT



IN 2012, a single lot in Sunnyside sat empty, the city-owned land slated for social housing. Three years later, the lot at 1020 2nd Ave. N.W. remains undeveloped — but it's not empty.

Nicole Mion, artistic director of Springboard Performance, has filled the area with redesigned and repurposed shipping containers and an expansive wooden deck to create a space called ContainR.

The space is reborn frequently, and on a warm evening there's almost always something happening. Passers-by are often drawn in by live music, drama rehearsals, dance, hand-painted murals or markets featuring local vendors.

Putting an arts experi-

ence where people live is a great equalizer. "There are some people who, no matter what, are not going to come into a theatre," Mion says. "But when art and artists come into a central hub in the community, it makes an interesting connection. It makes the creativity more ordinary."

The concept of ContainR began in Vancouver in 2009, and Mion first brought it to Calgary's East Village about three years ago. The ContainR village soon moved to Sunnyside.

It's now been in place there for two years, the longest stay in one location for ContainR to date.

Looking ahead, Mion is now working on a community project that will connect Sunnyside and the southeast neighbourhood



What does it mean to build community? Having art in ordinary places builds community.



Nicole Mion

of Forest Lawn.

Produced with help from the Calgary Foundation, the Front Lawn Dances project will see five households in each neighbourhood participating in choreographed dance and storytelling as Jane's Walk-inspired guided tours circulate past.

"Forest Lawn and Sunnyside are such different



communities — but what are the differences, what are the crossovers and how does that relate to Calgary?" Mion says.

"And what does it mean to build a community? Having art in ordinary places builds community."

Learn more about the organizations featured in *Gathering Places* at ckc.calgaryfoundation.org ■

Above: ContainR in Sunnyside bustles with activity, music, markets, art, movement and community.

S

SOME MAY SEE community involvement as a duty. But W. Brett Wilson believes it's a privilege.

"A long time ago, I saw opportunity where others saw obligation," says the Calgary businessman, philanthropist and former panelist on CBC television's hit business investment reality show, *Dragons' Den*.

Wilson says he grew up in a household where community leadership was an expectation. His parents were active volunteers for a number of charities and non-profit organizations in their Saskatchewan hometown.

The late Daryl K. (Doc) Seaman, philanthropist, oilman and an original owner of the Calgary Flames, further inspired Wilson. The two men had a lot in common. Born

television, which made Wilson a household name, elevating his personal brand to something he now uses to draw greater attention to causes he's passionate about.

"Thanks to an odd little reality TV show that I haven't been on for five years, I enjoy a profile far beyond what I deserve. But I'm running with it."

For example, this past summer Wilson shaved his "cancer playoff beard" — which he had grown for nearly a year after facing (and at last report, overcoming) his second bout of cancer — to help raise \$50,000 for the Sheldon Kennedy Child Advocacy Centre.

But you don't need to be prominent or rich to make a difference in your community. All you need, Wilson says, is time, a little bit of money and a knack for leadership.

A Gift to Give

For W. Brett Wilson, having the ability to help build community is a blessing

By Paula Trotter • Photography by Jared Sych

and raised in Saskatchewan, both built career success in Calgary and both were diagnosed with prostate cancer. Seaman and Wilson each put a priority on supporting community through the Calgary Foundation, which manages two foundations for Wilson.

"Doc was one of the gods of the industry," Wilson says. "I saw in him someone who was loved and respected by his peers. He made a few dollars — but was never bothered by people calling on him to share his wealth and do something for the community. He increasingly saw it as an opportunity."

Wilson has done his best to follow Doc's lead. "Walking behind him was a pretty cool opportunity."

Then there was stepping into the spotlight of reality

He illustrates his point with an example of a child who buys a checkerboard (giving money) to play checkers with seniors at a local centre (giving time), who then inspires her friends to also get involved (showing leadership).

As for the Calgary Foundation, Wilson says he trusts it to provide top-notch financial administration as well as guidance on his own and his family's charitable giving, which focuses on causes from cancer research to mental health, domestic abuse prevention and sports and recreation for young people.

"Mother Teresa's great line was 'no act of charity is too small,'" Wilson says, before adding: "But when I'm fundraising, I flippantly say, 'no charity cheque is too large!'" ■



“
A long time ago,
I saw opportunity
where others saw
obligation.”

W. Brett Wilson
and his canine
colleague,
J. Cash Wilson,
take a break from
a busy workday.

Rebuilding Broken Lives

HOW THREE CALGARY AGENCIES
ARE HELPING VULNERABLE YOUNG
PEOPLE DEVELOP RESILIENCE

By Julia Williams

T**RAUMATIZED CHILDREN CAN BECOME SICK ADULTS.** Stresses such as abuse, neglect, poverty, family violence and addiction early in life add up to adults who are vulnerable to mental and physical illnesses and substance abuse. They are also more likely to have difficulties in school and to be criminal offenders.

But there is hope. Resilience, the ability to bounce back from damaging childhood experiences, can be boosted by positive relationships and support within the community. Here's how three organizations are helping to build resilience in Calgary's young people.



BOYS AND GIRLS CLUBS OF CALGARY: CREATING SAFE PLACES

“IT DOESN’T MATTER what your story is or what your background is,” Karen Love says. “We take every youth and child who comes through the door.” Love is the manager of education initiatives for Boys and Girls Clubs of Calgary, and she says the agency’s strength lies in its ability to make children and families feel welcome and included.

Boys and Girls Clubs, which traces its origins to the eastern United States in late 1860s, recently celebrated 75 years in Calgary. The organization helps build resilience by providing activities, care, support, education, employment programs, and housing and shelter for homeless youth. Its programs serve both the community at large and specific groups such as Aboriginal young people.

Love says the key to helping young people is to develop positive and enduring relationships. “All they want to know is that someone cares about them,” she says.

When young people arrive for a program, they can expect to be greeted by name and to be treated with respect and compassion. The feeling of being valued is essential for young people, she says — and when they feel valued, they’re more likely to open up about their problems.

Love says homelessness and mental illness are “huge” issues for youth right now. Aura Host Homes, a new program at Boys and Girls Clubs, provides focused support for LGBTQ2S+ youth, and Love says the agency has introduced culture-based Aboriginal programs based on participant feedback.

Since its earliest days, when its goal was to keep restless boys out of mischief after school, Boys and Girls Clubs has focused on positive action. “Good role models, connections, good peer and community relationships — that’s where we step in,” Love says. “Those help outweigh the negative factors.”

“ I grew up in northeast Calgary and I got involved with the wrong friends. In Grade 5 I was put in a homework help program at school. I hated it, but it led to me getting involved with more Boys and Girls Clubs programs, including the Keystone Leadership Program — which I now I run. Boys and Girls Clubs turned me around — it was my safe place to go. They never gave up on me. ”

— *Chyenne Bodnar, age 27, Community Coordinator – Falconridge Club*

1939

Founded in 1939 as Boys Town

40

More than 40 different programs throughout the city and a mobile club in south Calgary

0-25

Programs for people from age zero to 25

288

staff members

1,046

volunteers



CARYA: TAKING PREVENTIVE MEASURES



This is a proven model that actually helps create some turnaround in these youths' lives.



— Genine Neufeld, director of philanthropy, Carya

CARYA HAS BEEN around for almost as long as the city it serves. With more than four generations of Calgarians to learn from, the agency has a tested roster of programs and services for all age groups, from babies to older adults. Carya reaches people all over Calgary, going into schools and homes, and operating facilities in Bowmont, Montgomery, Inglewood and downtown.

Genine Neufeld, Carya's director of philanthropy, says the organization's programs are created using evidence-based models and best practices from around the world. Carya's staff includes experts in fields like early childhood development and community development.

With support from the Calgary Foundation, the agency recently launched a Functional Family Therapy program. Originated in the 1970s and used around the world, Functional Family Therapy brings families

together to learn how to reduce conflict and support at-risk youth. Carya is currently testing the therapy to determine its effectiveness in a Canadian setting.

"This is a proven model that actually helps create some turnaround in these youths' lives," Neufeld says.

Most of Carya's work is preventive, and Neufeld says helping parents is a key step in helping children. Programs for parents include Families Helping Families, a pilot project that takes a team approach to moving out of poverty; and the Connect Parenting Group, a 10-week program that helps parents of adolescents with behavioural and emotional issues build skills and healthy relationships.

"When you can start to help parents understand their impact on children, they have a more successful future for their children."

1910

Founded in 1910 as Calgary Family Services

38,000

Serves more than 38,000 children, adults and older adults in Calgary and Alberta annually

40+

More than 40 programs, as well as counseling and developmental services

160

staff members

1000

volunteers



BROWN BAGGING FOR CALGARY'S KIDS: UNITING COMMUNITIES

THE GOAL OF Brown Bagging for Calgary's Kids, or BB4CK, is straightforward: no hungry kids in Calgary. But if it takes a village to raise a child, it takes a whole city to feed one.

Tanya Koshowski, executive director of BB4CK, forges relationships between hundreds of schools, partners, community groups and volunteers. Her challenge is to manage this complex and shifting web of relationships in such a way that each day, more than 2,775 Calgary students who arrive at school without lunch get enough to eat.

"I think there's great opportunity for impact in our city through collaboration," Koshowski says. "It's how we'll meet all those needs for those kids."

With support from the Calgary Foundation, BB4CK works closely with the public and Catholic school systems as well as private and charter schools to ensure that teachers, administrators and lunch supervisors notify the organization when they find students who need lunches.

The agency must also be nimble enough to respond to changing needs. A recent increase in lunch

requirements, which saw BB4CK serving an additional 200 children in a three-month period last spring, coincided with the city's economic downturn.

"We want to be the type of organization that is flexible enough to meet that need," Koshowski says.

BB4CK's fundamental goal is long-term change, both directly through feeding hungry kids and more broadly in collaboration with other social impact agencies.

That collaborative approach comes to life in the Nourish initiative, which teams BB4CK with Calgary Reads, 'NSTEP, the Calgary Food Bank and Kids Up Front to nurture the whole health — mind, body and spirit — of vulnerable kids.

Something as simple as a sandwich can make an ongoing, long-term difference in the lives of young people and communities.

"Receiving lunch helps children to fit in, feel stronger and participate in school. They're able to feel and experience some love."

Learn more about the organizations featured in *Rebuilding Broken Lives* at ckc.calgaryfoundation.org ■



Settling in Canada after moving from the Philippines was tough. My family experienced financial, emotional and social difficulties. In March 2008, I received my first school lunch in Canada — a tuna sandwich. I felt as if there was someone in the community who cared about me and the other kids in my school. Receiving lunches inspired me to be the one making the lunches.



— Bianca Velasco, age 21, Brown Bagging for Calgary's Kids volunteer since 2010

1990

Originated in 1990 and became an independent society in 2002

1,700

1,700 volunteers, including core volunteers, community group volunteers and corporate volunteers

2,775

Serves 2,775 lunches daily

8

staff members

800

local partners

A Musical Legacy

Marley Rynd's passion for supporting young artists lives on

CALGARY PHILHARMONIC ORCHESTRA bassist Marley Rynd lugged her instrument across the Southern Alberta Jubilee Theatre parking lot after a performance early one winter. A few patrons hurrying after her asked: "Can we help you with that?"

She stopped, grinned, balanced her giant bass case on its wheels, and said: "No, but I'm raising three teenage boys — now, that you can help me with!"

Rynd, who passed away from cancer in 2005, was more than an outstanding musician — she was a wife, a mom, a friend, an inspiration and, as oboe player David Sussman recalls, a great colleague.

When the orchestra plays, Sussman says, he still occasionally glances over to the bass section, thinking: "She would have enjoyed this piece."

The Marley Rynd Performance Scholarship, administered by the Calgary Foundation, reflects Rynd's support of emerging talent.

The award supports the career development of an accomplished student.

Says Rynd's husband, Dr. James Cohen: "The intent was to not only perpetuate Marley's memory, but to also leave a legacy promoting scholarship that recognizes young, talented musicians. The award will hopefully aid in further career building and ultimately enrich the panorama of musical culture," he adds.

The Marley Rynd Performance Scholarship is one of more than 150 Student Award Funds at the Calgary Foundation.

Nominees for the scholarship are chosen by Mount Royal University and University of Calgary faculty members, and a committee of CPO musicians names the recipient. Past winners include Daniel Dastoor, violin; Jonathon Yeoh, bass; Sarah Bleile, violin; Ashley Ko, flute; Theresa Lane, violin; Colleen Venables, violin and Erin Rose, bass.

Lane was honoured to receive the scholarship in 2010. "I'd met Marley when I was a young teen. She was very kind and gracious, and truly cheerful." ■

“

The intent was to not only perpetuate Marley's memory, but to also leave a legacy... that recognizes young, talented musicians .

”

Dr. James Cohen, husband of Marley Rynd

Young At Heart

The Duval Lang Award promotes theatre for young audiences

WHEN DUVAL LANG was a young actor, the idea that he would one day be seen as a driving force in theatre for young audiences would have been beyond even his wild imagination.

Today, the co-founder of Quest Theatre sees a parallel between his life journey and some of the fairy tales played out on his stages.

"For me, life has been like Cinderella being offered the right slipper," says Lang, who in addition to his work with Quest Theatre is a Betty Mitchell Award-winning actor.

When Lang stepped down after 25 years as artistic director of Quest Theatre, a group of donors including friends, family and colleagues honoured him by establishing an award at the Calgary Foundation.

The Duval Lang Theatre for Young Audiences Award recognizes an individual or group for outstanding contribution or significant achievement in theatre for young audiences. The award is made possible partly by a partnership between Quest Theatre and the Betty Mitchell Awards.

"It was such a good idea to be recognized in this way, rather than with a shiny watch," says Lang.

The winner receives \$2,000 cash and is presented with a statuette at the Betty Mitchell Awards. First presented in 2009, the award has been won by Karen Johnson-Diamond, Lana Skauge, Kathleen Foreman, Nova Lea Thorne and Rose Brow.

"This award shows Calgary is recognizing the importance of theatre for young people," says Johnson-Diamond, who is now chair of the jury that selects the winner. "Duval has been my number one mentor. He understands that we can change kids' lives with theatre."

Visit the Student Awards section at calgaryfoundation.org for information on more than 150 awards. ■



“
It was such a
good idea to be
recognized in
this way, rather
than with a shiny
watch.”

Duval Lang

Understanding Our 'Why'

Calgary Foundation: Our Why

The Golden Circle

A RENOWNED LEADERSHIP EXPERT and the best-selling author of *Start With Why*, Simon Sinek has held a lifelong curiosity for why people and organizations do the things they do.

Studying the leaders who make the greatest impact in the world and achieve a more lasting success than others, he discovered the formula that explains how they do it. Sinek's amazingly simple but powerful idea, 'The Golden Circle,' is grounded in the biology of human decision-making – and it's changing how leaders think and act.



People don't buy what you do, they buy why you do it.



— Simon Sinek

WHY?

THE PURPOSE
What is your cause?
What do you believe?

HOW?

THE PROCESS
Specific actions taken to realize the Why.

WHAT?

THE RESULT
What do you do?
The result of Why. Proof.



START WITH WHY:

How Great Leaders Inspire Action

Simon Sinek first presented his Golden Circle concept as a TED Talk to a room of 50 people in 2009. It's now the third most popular talk of all time and has been viewed by 23.5 million people.



SHARING OUR UNIQUE VIEW of the charitable sector, our knowledge of issues and needs and inspiring citizens to take action – that's the Calgary Foundation's why.

When community foundations are in touch with their why, grassroots are encouraged to bloom. People pollinate ideas that spread. We feel inspired and inspire others. And things get done.

Simon Sinek's golden circle concept inspired the 'Wild, Wild Why' theme for our CFC 2015: Community Foundations of Canada Conference in Calgary, a chance to challenge each other to discover our purpose, cause or belief that motivates and connects us all.

CFC 2015: SOCIALLY INSPIRED

Cindy Lindsay @cindy Lindsay • May 6

Mayor Nenshi, Khalil Shariff, David Mead, Zita Cobb, **Chris Hadfield** and 600 foundation colleagues. It's going to be a great week! #CFC2015

CommunityFdnsCanada @CommunityFdnsCanada • May 8

"Either everybody matters, or nobody matters."

"Community is THE basic building block of human life" #ZitaCobb #CFC2015

Ted Kouri @tedkouri • May 9

@Cmdr_Hadfield "The most important thing we can do is help someone else reach their potential." @CommFdnsCanada #CFC2015

Lee Rose @thisLeeRose • May 9

From intensely local with #ZitaCobb to awesomely global with

@Cmdr_Hadfield - What a story of community we are weaving at #CFC2015



AS A MEMBER of Community Foundations of Canada, the Calgary Foundation is part of a remarkable movement of 191 community foundations who share our "why" in building resilient, smart and caring communities from Victoria to St. John's.



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,

showing what we thousands banded
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.



Beverley Foy
Director, Board of Directors
Calgary Foundation

BROUGHT TO
YOU BY THE

191

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OF CANADA

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