



**COMMUNITY  
FOUNDATION**  
OF LETHBRIDGE AND  
SOUTHWESTERN ALBERTA

# VitalSigns<sup>®</sup>

Trends • Issues • Innovation  
In our communities



# CONTENTS

**VitalSigns®**

## President's Welcome



Dianne King

Welcome to the second **Vital Signs** Report of the Community Foundation of Lethbridge and Southwestern Alberta. The following pages will provide a snapshot of five Issue Areas in which we have compiled data. This snapshot will guide us towards strategic granting to address southwestern Alberta's greatest needs. In taking the pulse of the region, we have learned that while we have much to celebrate, there is more we can do.

Through our Vital Signs initiative, we are recognizing the many of organizations for the valuable work being done to ensure the vitality of our citizens and communities. Together, we are addressing critical needs and enhancing the quality of life for citizens of all ages. Thanks to nearly 50 years of generous donations from people throughout our region, the Community Foundation's assets have now grown to \$22 million. Over \$7 million in grants have been given to organizations to address community needs.

I hope you'll take time to read the touching stories and learn how, by **Giving Together**, you can join us in this vital work. I invite you to share this information with fellow community members. We hope this publication sparks discussion and we welcome your comments. Please feel free to contact any of the Community Foundation's Board members, Vital Signs Committee members, or staff named later in this report.

Visit our website [www.cflsa.ca](http://www.cflsa.ca)  
for details on Vital Signs data, including links to the  
reports and organizations consulted for this publication.

02

**President's Message**

03

**About  
VitalSigns®**

04

**Getting Started**

07

**Healthy  
Communities**

10

**Standard of Living**

13

**Belonging &  
Leadership**

16

**Arts & Culture**

18

**VitalSigns®  
Conclusion  
Magazine Credits**

### Giving Together

19

**About the  
Community  
Foundation**

21

**Is the Community  
Foundation for you?**

22

**Giving through Life  
Insurance**

23

**Donor Story:  
Mac Harvey**



## What is VitalSigns®?

As part of a national initiative conducted by community foundations across Canada, *Vital Signs* is a snapshot of the vitality of southwestern Alberta. This is intended to identify significant trends, create awareness of current issues, and inspire action.

Our participation in *Vital Signs* allows us to:

- Increase our granting effectiveness
- Inform our donors about current issues and opportunities for giving
- Spark discussion, encourage connections and inspire action to improve our quality of life

**VitalSigns®**  
is a snapshot of the vitality  
of southwestern Alberta.

We are pleased to present you with our second *Vital Signs* report. This is a compilation of data collected from regional, provincial and national reputable resources. We hope that you find this report both interesting and informative and that it contributes to each of us getting more involved in positive community development.

We focus on five issue areas that are directly related to the work we do with community organizations.

- **Getting Started**
- **Standard of Living**
- **Arts and Culture**
- **Healthy Communities**
- **Belonging and Leadership**

In each issue area, we share stories from our region.  
This includes local innovations, trends and  
**Smart and Caring Solutions**  
representing the Community Foundation's granting support.

Look for the  symbol that represents granting support to the region by the Community Foundation.

## Let Your Voice Be Heard

Visit the Community Foundation's Facebook and Twitter pages.



[fb.me/cflsa](https://fb.me/cflsa)



[@LethFoundation](https://twitter.com/LethFoundation)

# GETTING STARTED

Getting Started refers to the transitional stages of our lives. Some people face significant challenges while raising a family, gaining adult literacy or adjusting to life in a new country.

## Bhutanese Refugee Abi Adhikari finds a home in Lethbridge



Abi Adhikari

“If you are born in Canada, then you are among the luckiest people in the world.”

Abi Adhikari was not so lucky. He was forced to flee his home in Bhutan when he was 8 years old and arrived at a refugee camp in Nepal. At 20, he left the camp to pursue his education at the University of India. Despite many years of school including a Master’s Degree in Business, Abi’s refugee status continued to limit him.

In 2007, Canada announced that it would resettle up to 5,000 Bhutanese refugees. Though he was working at a non-profit organization in India at that time, he knew this was his chance.

“I was desperately looking for a safe home. Canada was my opportunity to have back all of the rights that were taken from me in Bhutan.”

Abi arrived in Lethbridge in October 2009.

Although he describes Lethbridge as a very welcoming city, his first job at a retail store proved challenging. Even something as simple as directing customers to a specific product was difficult.

“After my first day, I went home and I cried,” he recalls. “This was a job that should be simple and I was not able to do it well. It was discouraging.”

*“If you are born in Canada, then you are among the luckiest people in the world.”*

Yet he persevered and his determination paid off. He found employment at Lethbridge Family Services – Immigrant Services, where he is currently the Bhutanese Seniors Project Coordinator. He helps Bhutanese seniors become accustomed to life in Canada. Knowing firsthand the challenges refugees face helps Abi excel at this job.

“The transition to a new country at their age is even more difficult,” says Abi. “There is a worry of losing our culture and way of life completely, due to a limitation of appropriate resources. But they are thankful and want the opportunity to give back and contribute to the community. It’s my job to find ways for them to do this and to become more comfortable in Canada.”

This includes organizing programs for seniors to learn English and about Canadian culture. The seniors’ latest endeavour is managing plots in community gardens. All the produce from the garden plots will be donated to local food banks.

Abi now thinks of Lethbridge as home and applied for his Canadian citizenship in 2013. He has hope for what the future holds for him and his family. Hope - for Abi, that is a great start.



### How We Help

The focus of **Lethbridge Family Services – Immigrant Services** is to help streamline newcomers’ integration into the community. A Community Foundation grant of \$4,000 to upgrade office computers has helped staff organize orientation sessions and to better assist their clients in accessing services.





View reports at [www.ecmap.ca](http://www.ecmap.ca)

## The Formative Years – Early Childhood

### Early Childhood Development Mapping Project: A Provincial Study

ECMap is an initiative that tested **70,206** children in kindergarten from communities across Alberta. This resulted in the establishment of **102** community coalitions that interpret and share the data and plan strategies to improve local outcomes.

The Early Childhood Mapping initiative analyzes social and economic factors while collecting inventory of community resources for families with young children.

Starting in 2009, the five years of research measured proficiency for age appropriate skills in five areas:

- 1** Physical Health and Wellbeing
- 2** Social Competence
- 3** Emotional Maturity
- 4** Language and Thinking Skills
- 5** Communication Skills and General Knowledge



### How Our Children Rate

For the southwestern Alberta region, **Communication Skills and General Knowledge** is the area showing the lowest proficiency, with **3 out of 10** children experiencing difficulty or great difficulty.

# 25.7%

of southwestern Alberta's 5 year-olds are experiencing great difficulty in one or more of the areas of development.



### The Family Centre

is one of our region's Parent Link Centres that plans to expand services to west Lethbridge. This will be done through a collaboration with Lethbridge School District No. 51. The satellite centre will be attached to the new elementary school in Copperwood.

**46** Parent Link Centres reach out to more than

# 160

communities in Alberta.

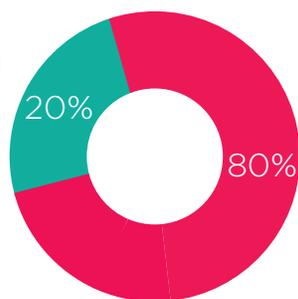
### Helping Families Across Southwestern Alberta

Parent Link Centres provide parent and family support to families in Alberta. Each centre tailors services on the needs of each community.

Source: [www.humanservices.alberta.ca](http://www.humanservices.alberta.ca)

### Family and Community Support Services (FCSS)

tailors its programming based on the needs and strengths of each community it serves. It is a voluntary partnership between the province (80% of funding) and the participating municipality (20%).



Source: [Government of Alberta](http://Government of Alberta)

### Southwestern Alberta FCSS Funding in 2012

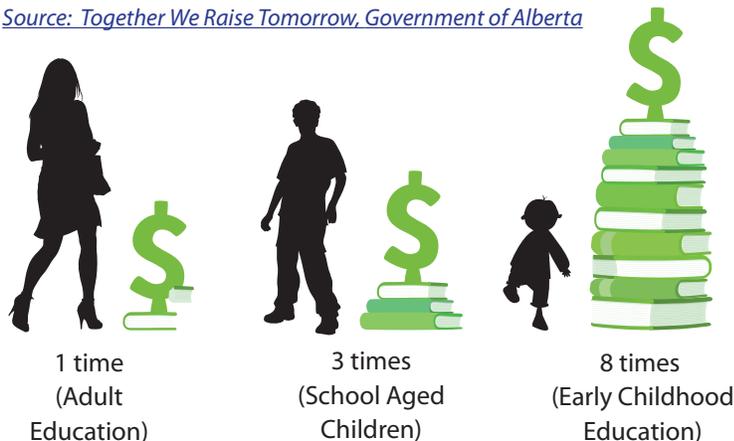
Provincial Support  
**\$4,186,495**

Municipal Support  
**\$837,299**

### Investing in Education

"... A dollar invested in early childhood is 3 times more cost effective than one invested in school aged children and 8 times more cost effective than one invested in adult education."

Source: [Together We Raise Tomorrow, Government of Alberta](http://Together We Raise Tomorrow, Government of Alberta)



# GETTING STARTED

## WHO KNEW? 1,000

Number of Bhutanese refugees who have made Lethbridge their home – the largest Bhutanese population resettlement in Canada.

Lethbridge is **one of ten** refugee destinations in Canada.

*Source: Canadian Bhutanese Society & Lethbridge Family Services – Immigrant Services*



Local Bhutanese seniors working in a community garden.

A refugee is a person who has been forced to flee from persecution and live outside of his/her own country.

*Source: Lethbridge Family Services - Immigrant Services*

## SMART AND CARING SOLUTIONS

### The Heart of a Community

Libraries are welcoming meeting places that integrate newcomers into a community. They provide families with an opportunity to:



Read print, audio and e-books



Borrow DVDs and toys



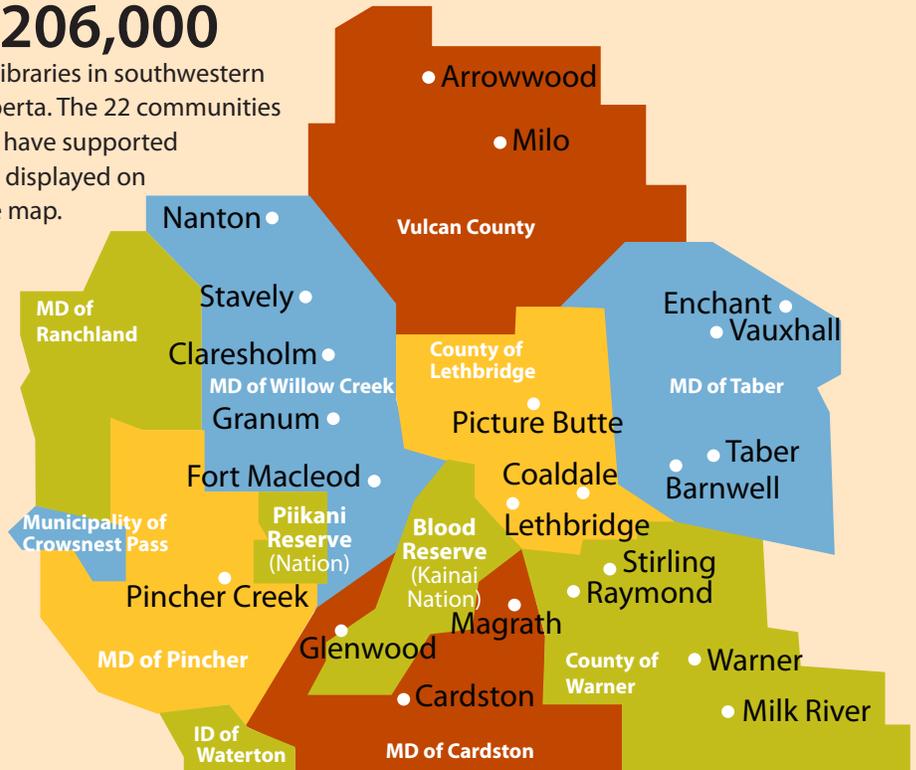
Engage in fun, social activities

In some rural communities, libraries are the only outlet for public computer and internet access and serve as information hubs for residents.

Over the last decade, the Community Foundation has granted over

**\$206,000**

to libraries in southwestern Alberta. The 22 communities we have supported are displayed on the map.



# HEALTHY COMMUNITIES

A strong community provides its residents with the opportunity to enjoy healthy, active lifestyles while living in a clean and sustainable environment.

## It Takes a Community



*Rohan Crown, President of the Friends of the Westminster School Society proudly addresses the crowd at the grand opening of the new playground.*

### How We Help

The generous donors of the Community Foundation provided a total of \$50,000 as a Vital Community Grant so that the Westminster community playground project could be completed. The Community Foundation board recognized the importance of this project in the revitalization of the Westminster Park. "This playground will be a destination for families to come together and to build a sense of community spirit and pride", Nancy Brown, playground advocate.



On any given day you can drive by the new Westminster Community Park and see a large group of kids laughing, playing and having fun. For Rohan Crown, it's a sight for sore eyes.

President of the Friends of the Westminster School Society, Rohan explains that just a few short months ago this playground seemed like a faraway dream. Fundraising for the project had humble beginnings – the first official fundraiser was selling yogurt tubes at the school, which raised \$35. The goal of raising over \$400,000 often seemed daunting, but that didn't stop the group.

"The entire community of Lethbridge came together to make this happen," recalls Rohan. "It's not just one person's park, it's everyone's."

Even the students at Westminster Elementary contributed towards the playground. There are countless stories of students contributing what they could; one young girl donated her tooth fairy money towards the build. Another, Michelle Flannigan, asked for donations to the park instead of receiving birthday gifts.

"She is so proud to have been able to be part of the building of the new park," says Michelle's Mother, Janel Szeina. "We live next to the school and that playground has helped raise my two daughters along with many children in this neighbourhood. It is

fantastic seeing that new park just full of children everyday this summer."

Captivated by the drive and passion of the Westminster group, many community partners contributed to the project.

"This project really showed that people in this city care for our

*"We live next to the school and that playground has helped raise my two daughters along with many children in this neighbourhood. It is fantastic seeing that new park just full of children everyday this summer."*

community," smiles Rohan. "The support has been overwhelming."

The new park is centrally located in the community and serves as a safe place for families and friends to gather, and for children to play. For Westminster residents, having this site close to home is a significant addition to the area.

"My vision for this community is to really see it prosper," says Rohan. "We want our family and other kids to have the advantages that the rest of Lethbridge has access to. To some it's just a park, but for these kids it gives hope."

"Our kids are our future," he continues. "Any money that is poured into kids is being put to good use."

# HEALTHY COMMUNITIES

## Recommended Daily Physical Activity = 60 Minutes Minimum

Actual percentage of kids getting the recommended amount:

**Ages 5-11: 60 Minutes Daily Activity**



**Ages 12-17: 60 Minutes Daily Activity**



*Source: 2013 Active Healthy Kids Canada: Report Card on Physical Activity for Children and Youth*



## Levels the Playing Field



From 2008-2013 KidSport assisted 2,562 children to participate in sport for a total of \$404,635 (includes chapters in Lethbridge & Taber, Claresholm, Crowsnest Pass, Pincher Creek, Vulcan County).

*Source: Information compiled through Kidsport.ab.ca*

## DID YOU KNOW?

### Media Overload

Canadian kids aged 8-18 spend an average of **42 hours** a week on multi-media (mobile devices, watching television, surfing the internet), versus **8.75 hours** exercising.



*Source: www.screensmart.ca*

## Missing Play

Even though 75% of Canadian families enroll their kids in organized sporting activities, it is the **spontaneous, unstructured** play aspect that is lacking among school-aged children.

*Source: Active Healthy Kids Canada: Report Card on Physical Activity for Children and Youth*

## Let's Get Physical

Walking versus driving  
1 km = 2,238 additional steps per day per child.

*Source: 2013 Active Healthy Kids Canada: Report Card on Physical Activity for Children and Youth*



**30 Hours Walking 5 km/hr**  
**150 km**  
**Lethbridge Paved Pathway System**

## Walk On

If you walked 5km/hour along Lethbridge's city-wide paved pathway system it would take you 30 hours from start to finish. You could walk the same 150km distance as a one-way trip from Cardston to Vulcan.

*Source: [www.lethbridge.ca/things-to-do](http://www.lethbridge.ca/things-to-do)*





## Birds of a Feather

The mountain bluebird population was in decline and perhaps doomed to extinction before bird lovers across North America began putting up nest boxes in the 1920s. A “bluebird trail” consists of several nest boxes spaced 200 meters or more apart.



Source: [bluebirdtrails.org](http://bluebirdtrails.org)

## FAST FACTS

**30+** Years the Mountain Bluebird Trails Conservation Association has existed

**43**

Active Volunteers

**1,850**

Nest boxes in southern Alberta

### How We Help

Replacing nest boxes and setting up new trails allows society members to study, conserve and restore the natural range of the Mountain Bluebird. A \$3,650 grant was used to build 500 boxes and to purchase a GPS to assist with the creation of trail maps.



# SMART AND CARING SOLUTIONS

## Rampin' It Up

Recently, Henderson Lake Park received an exciting new addition: The SLP Skate Park. The Community Foundation donors provided a combined total of \$64,000 which helped fund this outdoor, multi-purpose facility.

“This skate park will provide a safe, accessible place for people of all ages and abilities to play. Skateboards, rollerblades, bikes, scooters and wheelchairs. You can begin anywhere... just begin.”

Source: [Renee Richards, Lethbridge Skateboard Association](http://www.lethskate.com/)



## Actively Engaged

In 2013, the Community Foundation granted \$92,945 toward 15 projects that increase the opportunities for active living in the region. Projects included: corrals for riding horses for people with special needs, playgrounds, spray parks, sports equipment, a rodeo grounds warm-up area and even a cycle-driven rickshaw.

## Making a Splash

When the heat is on families turn to a fun way to cool off. Outdoor spray parks offer a free recreational activity that promotes unstructured play in the summer time. The Community Foundation has supported spray parks in Coutts, Nobleford, Cardston and Taber with a total of \$23,000 in granting.

“Every community, big or small, should have a spray park. The operational cost is minimal and no additional staff is required.”

Source: [Kirk Hofman, Nobleford CAO and Spray Park Project Manager](#)



# STANDARD OF LIVING

Poverty is living like you've got the weight of society pushing you down, and you're way down there, and it's kind of hard to go back up because you're trying to go up a waterfall.

*Source: You're Trying to go Up a Waterfall..., 2013, Vibrant Lethbridge*

## A Mother's Love

*\*Names have been changed.*



Every parent wants the best for their kids and Tina Black is no different. Although there have been many times she wanted to give up, she continues to overcome obstacle after obstacle trying to build a better life for herself and her son, Josh (7).

Tina is a single mother, who left an abusive relationship when her son was still an infant. Growing up in rural Alberta, she had always wanted to continue her education after graduating high school. After realizing that her chosen path of hair school was not for her and discovering that she was pregnant, she found herself working in what she refers to as dead-end jobs that just didn't pay enough.

"I just needed help to get ahead," she remembers.

After taking a career test and discovering that nursing was a career that interested her, Tina took the necessary upgrades, funded by Alberta Works. She then enrolled into the nursing program at Lethbridge College. This proved to be a difficult transition and the stress of all that she was dealing with became too much. Tina ended up dropping out of the program, not just once, but twice.

"I had my son's father telling me that I would never graduate and to just give up," explains Tina. "Even after we separated, stress was a constant in my life. I was dealing with a bad relationship, going to school, maintaining a job, and trying to be a good mom to Josh."

There were times when Tina couldn't afford to feed both Josh and herself, choosing to go without to ensure that Josh had enough. This factored into her decision to return to the college and try again.

"I just kept going back," she says. "I knew that if I didn't my son would suffer. If I give up, he's got nobody."

The third time was the charm for Tina, who graduated this year. It was a proud moment that brought tears of joy to her eyes.

***"You have to be strong and persistent to get what you want. You can't just expect things to be given to you and you have to keep getting up and trying no matter how many times you fall."***

"There were times when I lost hope, but I just thought of Josh," she explains. "I want him to know that you have to be strong and persistent to get what you want. You can't just expect things to be given to you and you have to keep getting up and trying no matter how many times you fall."

## Poverty Is a Struggle

The Market Basket Measure (MBM) is a measure of low income in Canadian households. It is based on the cost of a specific basket of goods and services that provides a modest, basic standard of living for a family with two adults aged 25-49 and two children ages 9 and 13.

### Average Southern Alberta Monthly Expenses

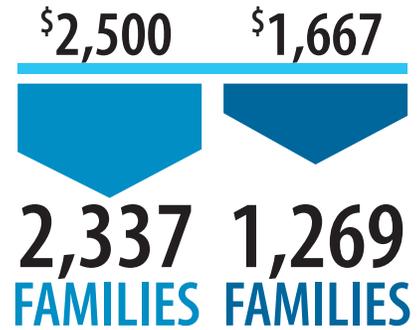
■ Food	\$880
■ Clothing	\$155
■ Shelter	\$780
■ Transportation	\$270
■ Other	\$770

(household items, furniture, personal care products, recreation, land line telephones, computer and internet services).



## How Many People Live Below this Measure?

8.1% of families in Lethbridge & County report having monthly incomes less than \$2,500 and 4.4% have a monthly income less than \$1,700.



Sources: MBM example adapted from *Charity to Investment, Medicine Hat and Statistics Canada, National Household Survey, 2011.*

## There's more...

The MBM does not take into consideration additional expenses such as extra health care costs, personal insurance, adult education costs, cell phone and other unforeseen expenses families face.

## Regional MBM's

**\$3,020 Urban Southern Alberta (Lethbridge and Medicine Hat)**  
**\$3,005 Rural Southern Alberta**

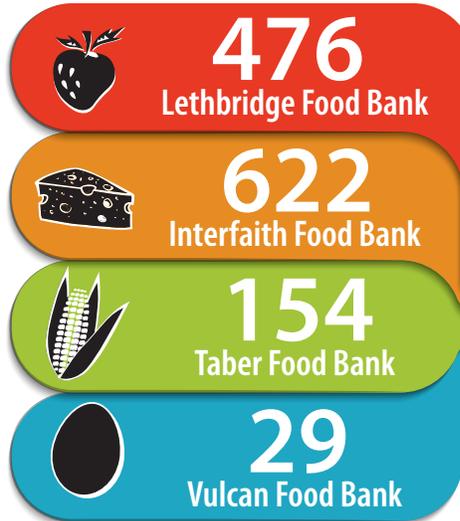
1 in 7 children under the age of 18 in Lethbridge and County are affected by poverty.



Source: *Statistics Canada, National Household Survey (NHS) 2011*

*"Parents are used to suffering, but they don't like to see their children suffer."*

Source: *"You're Trying to go up a Waterfall", Vibrant Lethbridge*



## Kids Use Food Banks Too

Monthly snapshot of children dependent on food banks in southwestern Alberta

Source: *Foods Banks - Interfaith, Lethbridge, Taber and Vulcan*



# STANDARD OF LIVING

## DID YOU KNOW?

More than half of the children living in poverty

in Alberta had at least one parent working full-time throughout the year.

*Source: Public Interest Alberta, 2012*

# \$700

The average monthly rate for full-time childcare in Lethbridge per child.

*Source: Six Lethbridge Dayhome and Daycare Agencies*



## Project Protein

Project Protein is a pilot project that asks for beef and pork livestock donations from local farmers, ranchers and feedlot operators. The animals are transported to a participating abattoir and the ground meat is distributed to six food banks in our region (Lethbridge, Interfaith, Taber, Vauxhall, Coaldale and Picture Butte).

*Source: Interfaith Food Bank Society of Lethbridge*



12

VitalSigns



## SMART AND CARING SOLUTIONS

### Fresh is Best

Taber Food Bank no longer has to turn away perishable food donations. An \$8,000 grant from the Community Foundation has increased the size of the walk-in cooler so more dairy, fresh produce and meat donations can be accepted with less chance of spoilage.

"The Taber and area community really pulls together to support the Food Bank services. With the expanded cooler we are better able to accept the generous donations of meat and fresh produce from especially local Hutterite colonies."

*Source: Kathy Boersma, Manager, Taber Food Bank*



### How We Help

The Community Foundation assisted [Crossroads Counselling Services](#) with \$2,300 for meeting room equipment. Counselling agencies in our region are able to offer subsidies for families to access their services and assist struggling families who deal with the stress of making ends meet.

"The most important role that counselors have is giving people hope."

*Source: Henry Wiebe, Executive Director*



Community Foundation of Lethbridge and Southwestern Alberta

# BELONGING & LEADERSHIP

**“To feel that one really belongs to a community one needs to have their voice heard. It takes a team effort to build a community where everyone feels a sense of belonging.”**

*Bob Campbell, Chair of Canadian Coalition of Communities Against Racism and Discrimination*

## Beating Homelessness



Ending homelessness in Lethbridge may sound like a lofty goal, but it's one that Wally Czech, Constable Joel Odorski and Deanna Vincent are all working towards.

Wally Czech, Housing First Specialist with the City of Lethbridge, explains that an important part of decreasing homelessness is instilling a sense of community belonging in the people being served.

“Housing is the first step, but just a home is not enough,” he says. “People also need positive social relationships and networks and meaningful daily activity. Without that, there is often nothing better to do than find trouble.”

This is where Constable Ordorski and the Downtown Policing Unit (DPU) come in. As little as three years ago, the DPU found that traditional policing methods were not having the desired effect. A new approach was introduced where the officers were asked to be mindful of the conditions that many of the individuals face and to find more constructive ways to reduce the negative behaviours.

“The new mentality goes a long way,” he explains. “We can now match people up with the correct support services, which is a huge benefit of the new approach.”

The DPU now takes part in weekly case conferences, which are gatherings of organizations who are serving the homeless

population. Each week one person or “case” is discussed in order to provide the best possible support for that person.

R Space is one such organization. It is based in the Lethbridge Hotel and was created to target individuals who qualify for services like Persons with Developmental Disabilities (PDD) and Assured Income for the Severely Handicapped (AISH), but have fallen through the cracks. The agency provides housing supports for those living at the hotel as well as those living in their own space.

***“Housing is the first step, but just a home is not enough.***

***People also need positive social relationships  
and networks and meaningful daily activity.”***

“We want to provide a supportive place that will promote change and empowerment for our clients,” explains R Space Coordinator, Deanna Vincent. “We were able to fill a niche that hadn't yet been filled. It is because of the whole community working together that allows us to do what we do.”

“All that many of these people need is a chance,” says Constable Odorski. “When we work together and help them live to their best potential the whole community benefits.”

# BELONGING & LEADERSHIP

## Youth Advisory Council (YAC) Lets Youth Be Heard

**YAC**  
**9 YOUTH**  
**↓ 25 YEARS OLD**

The YAC:

- Acts in an advisory capacity to City Council, the City of Lethbridge and community partners on issues relevant to youth
- Is comprised of **9** appointed Lethbridge youth, all under the age of 25

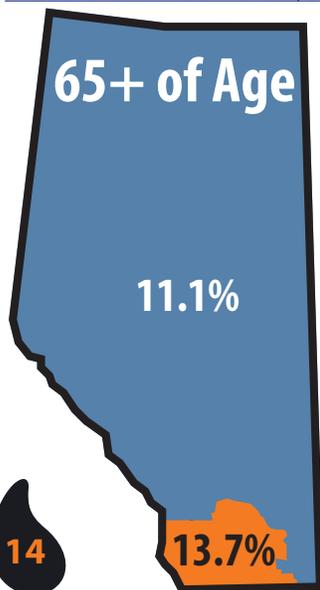
"YAC is the bridge between youth and government. Yes, youth has a voice, but needs more voices."

*Source: Morgan Paydli, YAC Chairperson*

## Current Snapshot

In the South Zone, **13.7%** of residents are 65 and older, compared to **11.1%** provincially.

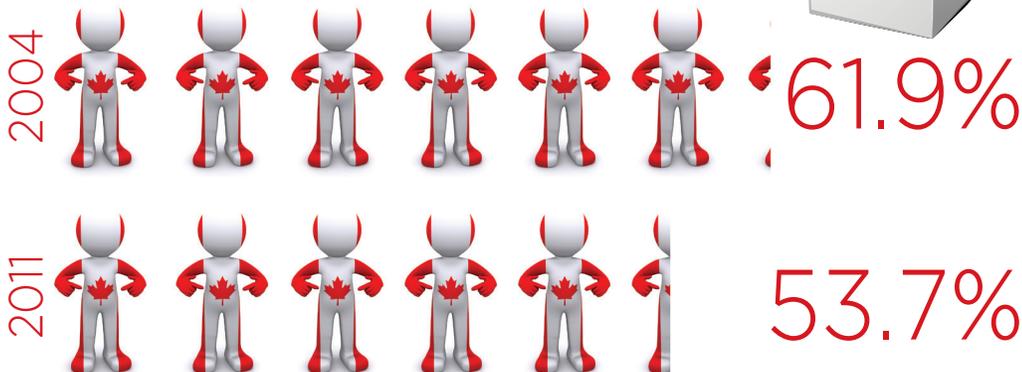
*Source: Alberta Health Services, 2012*



## Voter Rate on the Decline

In federal elections, voter turnout in Lethbridge (CA) was **61.9%** in **2004**; by **2011** it decreased to **53.7%**.

*Source: Elections Canada*



## Lending a Helping Hand



In 2013, **166** community volunteers of all ages gave **12,803 hours** of service to Lethbridge Family Services supporting immigrants and refugees who have made Lethbridge and area their new home.

*Source: Lethbridge Family Services – Immigrant Services.*

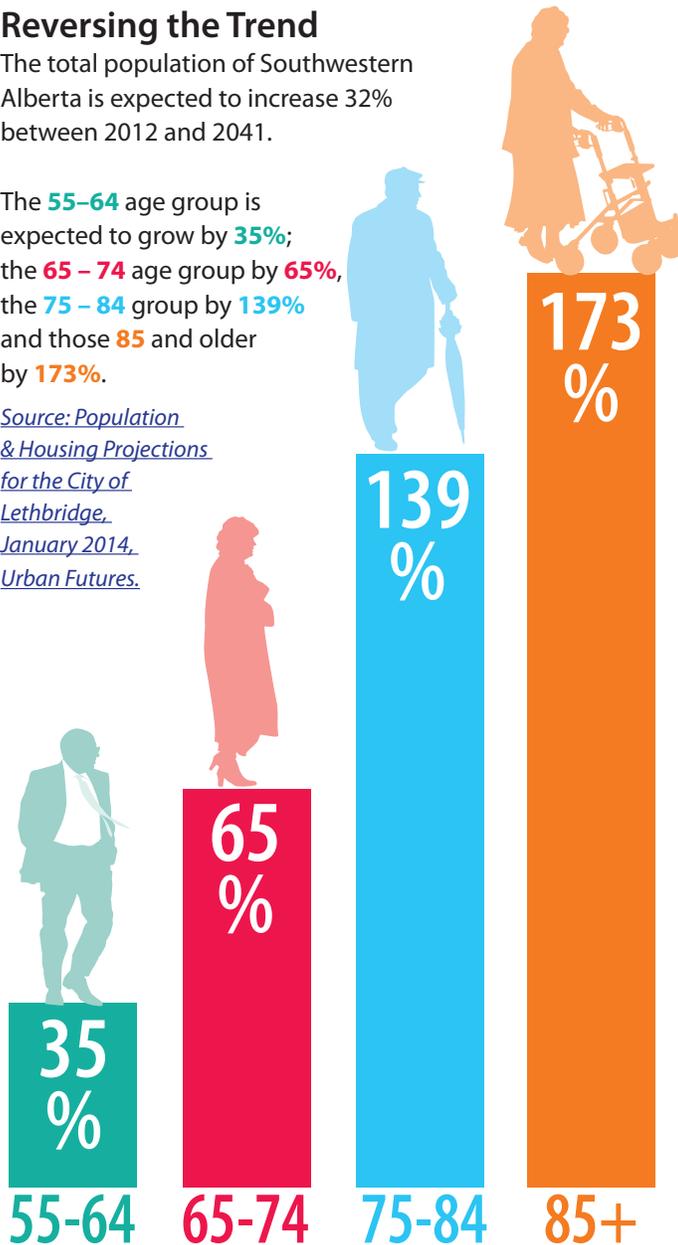


## Reversing the Trend

The total population of Southwestern Alberta is expected to increase 32% between 2012 and 2041.

The **55–64** age group is expected to grow by **35%**; the **65–74** age group by **65%**, the **75–84** group by **139%** and those **85** and older by **173%**.

*Source: Population & Housing Projections for the City of Lethbridge, January 2014, Urban Futures.*





## DID YOU KNOW?

### The Canadian Coalition of Municipalities Against Racism and Discrimination (CCMARD)

works to create a welcoming and inclusive city. It takes everyone to do this – **everyone** can be involved.

*Source: Roy Pogorzelski, Inclusive Consultant, City of Lethbridge*

Nationwide, CCMARD Lethbridge is recognized as one of the most active chapters and will be showcased in CCMARD's 10th Anniversary Publication.

**“Discrimination is judging someone before you get to know them. It can be for any reason, shape or form.”**

*Source: John Pogorzelski, Program Coordinator, Southern Alberta Ethnic Association*

### Welcoming Newcomers

Lethbridge is home to refugees and immigrants from **61** countries of origin, who speak more than **43** different languages.



*Source: Lethbridge Family Services –Immigrant Services, Encouraging Diversity and Independence*

# SMART AND CARING SOLUTIONS

## Youth Taking Action

*Youth in Action* is a donor supported granting program through the Community Foundation. It inspires youth to take a leadership role in projects that benefit their school or partner charity.

Examples of past projects funded are:

- 100 years of memories centennial display at Enchant School
- Night at the museum summer camp at Devil's Coulee Dinosaur and Heritage Museum in Warner
- Little Free Library, the “take a book, return a book” program at Senator Buchanan School in Lethbridge

## Lethbridge Association for Community Living

The **Lethbridge Association for Community Living (LACL)** is always looking to enhance and empower families who have a loved one with a disability. They work to connect families and share collective knowledge and resources for living a more meaningful and inclusive life.



### How We Help

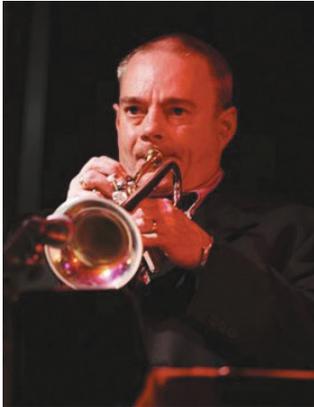
A grant of \$7,500 will assist the **Lethbridge Association for Community Living** to create a Family Managed Resource Centre for individuals with developmental disabilities and their families. This service will provide families access to a range of resources that will help ensure a meaningful life for their loved ones.



# ARTS & CULTURE

Participating in art and cultural activities enhances our quality of life. It brings about personal enjoyment, enriched perspectives, intellectual stimulation and opportunities for public involvement.

## Seasoned musicians help shape the future of music in Lethbridge



Don Robb



Paul Walker

Music is a language that both Don Robb and Paul Walker speak fluently. These well-known local musicians are heavily involved in what they describe as the vibrant music scene in Lethbridge.

Don helped to bring the Jazz Festival to Lethbridge in 2011. Growing in popularity since its first year, attendance has risen from 900 people to over 3,300 in 2014. The planning committee strives to engage a variety of audience members and to include youth and local musicians.

"The portion of the festival where school jazz bands perform draws one of the biggest audiences," says Don. "Pretty much every event and program that runs in Lethbridge tries to find ways to grow our young musicians."

A life-long Lethbridge resident, Paul has made a living through music. For the past 15 years he has been the Musical Director for New West Theatre, celebrating its 25th anniversary this season. New West presents professional live theatre to all audiences and offers educational programming for youth.

"Both the Jazz Festival and New West bring the arts into a smaller centre," says Paul. "The entire arts community in Lethbridge has been great about mentoring young artists. There is a real feeling of comradery throughout the arts in the city."

With mentors like this shaping young, local artists, it's safe to say that the music scene in Lethbridge is in good hands.

## Local Artist Profile: Andrea Gedrasik



Andrea Gedrasik

There's no place like home; just ask Andrea Gedrasik. After nine years away from her hometown of Lethbridge, she was thrilled to return and make her mark on the New West Theatre stage.

**Introduction to music:** Taking part in her church worship team at age 11. "That was where I learned to love the community aspect and inclusiveness of music. You don't necessarily need the best voice to enjoy it and be included."

**Education:** Bachelor of Music Degree in Vocal Performance from Brandon University, Manitoba (first year completed at the University of Lethbridge)

Two Master of Music Degrees, Southern Illinois University Carbondale  
1) Opera and Musical Theatre Performance      2) Vocal Performance

**On the Lethbridge arts community:** "The support you receive in Lethbridge is unbelievable – the arts community is a pretty tightknit group of people all cheering each other on."

**New West – in her words:** "When a community is lucky enough to have something this special, people realize it and they do everything they can to make it great. I grew up going to the shows and loved them – I knew I wanted to do that when I grew up."

**Why music is important:** "I think that there is living and there is existing. Music and art are what make life enjoyable."

## AND ALL THAT JAZZ

The Lethbridge Jazz Festival has grown from

**3 EVENTS (2010)**

to

**38 EVENTS (2014)**

*Source: Don Robb, Lethbridge Jazz Society*



### Making Culture their Job

**2,300** people were employed in museums, galleries, music, theatre and events related to arts and culture in the south economic region in 2013.

*Source: Statistics Canada, Labour Force Survey*

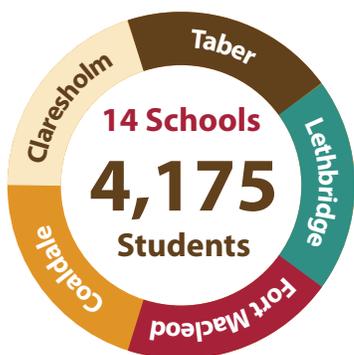
“We have only begun to invent what will be possible...Science has opened the door, but artistry and imagination will take us through it.”

*Source: Paul Allen, Co-founder of Microsoft*

### Sharing First Nations, Metis and Inuit (FNMI) Culture

In 2014, the Lethbridge School District #51's annual Pow-Wow was hosted by Nicholas Sheran Elementary School with **61 classes, 35 dancers, one drum group, one elder** and **one tipi** on hand. The Elder directed the tipi raising, explaining both protocol and significance. Traditional dancing followed. “This event helps to break down barriers and gives the FNMI students a sense of pride and leadership”

*Source: Sarah Heimbecker, Lethbridge School District #51*



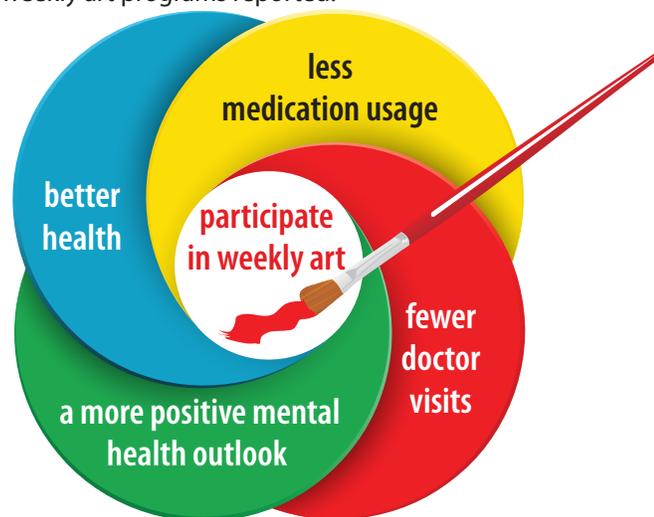
### Munsch-O-Rama

Based on the famous books by renowned children's author Robert Munsch, New West Theatre presented the Munsch-O-Rama tour in January 2014. **4,175** students from **14** schools in Taber, Lethbridge, Fort Macleod, Coaldale and Claresholm attended.

*Source: New West Theatre*

### Drawing a Happy Picture

Seniors over age 65 who engaged in weekly art programs reported:



The results show a positive impact on maintaining independence and reducing dependency.

*Source: The Creativity and Aging Study Final Report, Dr. Gene Cohen, 2006*

### Creativity Triggers Happiness

Studies show that engaging in art and cultural activities can lead to improved well-being. Positive effects include:

improvement in our physical and mental health,

an enhancement in overall life satisfaction.

a decrease in stress,

an increase in volunteering,

*Source: The Arts and Individual Well-Being in Canada. Statistical Insights on the Arts. Hill Strategies, 2013*



Operating since 1912, the **Empress Theatre in Fort Macleod** is Alberta's oldest continually operating theatre. It is also home to resident ghost, Ed, who is believed to be a former janitor of the Empress.

*Source: www.empresstheatre.ab.ca*

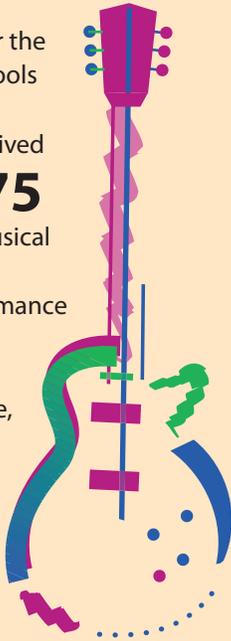
## SMART AND CARING SOLUTIONS

### Setting the Stage

The Community Foundation believes in giving students the chance to imagine, create and perform. Over the past 10 years, schools in 11 regional communities received

**\$133,975**

for purchasing musical instruments and enhancing performance facilities. These include: Barnwell, Cardston, Coaldale, Coalhurst, Fort Macleod, Lethbridge, Magrath, Nobleford, Picture Butte, Raymond and Vulcan.



### How We Help

The Community Foundation has always supported the music scene in Lethbridge. With a \$3,500 grant, portable signage was created by the Lethbridge Jazz Festival to promote the festival for years to come. A \$4,360 grant was used by New West to purchase a portable audio system. This ensures that the cost for schools to participate in the Theatre for Young Audiences program is accessible.



### Thank you to Community Foundations of Canada

*Vital Signs* is a community check-up conducted by community foundations across Canada that measures the vitality of our communities, identifies significant trends, and supports action on issues that are critical to our quality of life. Special thanks to the Toronto Foundation for developing and sharing the *Vital Signs* concept and Community Foundations of Canada for supporting a coordinated national *Vital Signs* initiative. For more information visit: [www.vitalsignscanada.ca](http://www.vitalsignscanada.ca).



COMMUNITY  
FOUNDATIONS  
OF CANADA

### VitalSigns® Committee

Birthe Perry (Chair)  
 Deborah Wescott (Co-Chair)  
 Eric Hillman  
 Ronda Reach  
 Staff:  
 Erin Vogt  
 Joey Going  
 George Hall

### Research and Publication

Nadia Lehbauer  
 Bob Campbell  
 Karen Alm – [Just Call Marketing and Graphics](#)

### Photo Credits

About the Front Cover

- Westminster students at playground grand opening, photo by Brad Young
- Waterton Pow-Wow, photo by Trevor Page
- Abi Adhikari and seniors work in community garden, photo by Joey Going
- Mountain Bluebird Trails Conservation Society
- New West musician Paul Walker plays saxophone, photo by New West Theatre

About the Back Cover

- All photos courtesy of Kurt Roy, Kurt's Kustom Photography  
[kurtskustomphotography.zenfolio.com](http://kurtskustomphotography.zenfolio.com)

Top to Bottom

- Waterton National Park
- High Level Bridge, Lethbridge
- Hay bales in Hillspring
- Writing-on-Stone Provincial Park
- Windmills of Pincher Creek

# GIVING TOGETHER



## All for **COMMUNITY**

It's right there in our name. Community. Building strong and more vibrant southwestern Alberta communities is the motivation behind our work at the Community Foundation. Over the past **48 years** we have funded over **\$7.7 million** in grants throughout our region. These grants support the charities that are working hard to make your community a great place to live.

## How do we do this?

We help our donors support worthwhile causes that are close to their heart. Through their generosity, we create permanent, income-earning funds from which grants are distributed to charities.

## Directing your support

The Community Foundation offers options to suit your needs. Learn more about how you can direct your gift below.

### Community Priorities

Donations to our Community Priorities Fund will forever be used to support the most pressing needs in our region. Turn to page 22 to learn more about this fund.

### Charity Support

Giving can be directed through the Community Foundation to one or more charities that you care about. To learn more about Charity Support Funds, turn to page 21.

### Issues and Interests

Support a specific area of interest, such as the arts, health, or youth. These funds can also focus on a specific geographical area or can be used to create scholarships for students.

## Community Foundation Board of Directors



**Dianne King**  
President  
Lethbridge



**Dennis Hatt**  
Vice-President  
Lethbridge



**Kevin Keith**  
Treasurer  
Lethbridge



**Lorne Armstrong**  
Lethbridge



**Jason Comin**  
Cardston



**Cliff Elle**  
Pincher Creek



**Larry Helland**  
Lomond



**Corrine Klassen**  
Coaldale



**Birthe Perry**  
Chin



**Murray Pritchard**  
Lethbridge



**Wayne Street**  
Coaldale



**Deborah Wescott**  
Lethbridge

## Staff



**George Hall**  
Executive  
Director

**Joey Going**  
Communications Coordinator

**Erin Vogt**  
Community Initiatives Coordinator

**Deb Stoltenberg**  
Administrative Assistant

## We're here to help...



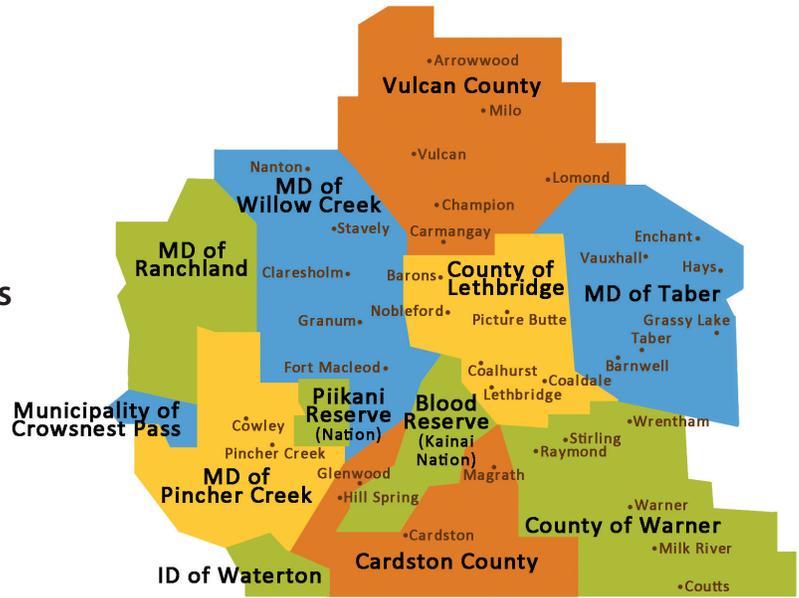
404 – 8 Street South  
Lethbridge, AB T1J 2J7

phone: 403-328-5297  
email: [office@cflsa.ca](mailto:office@cflsa.ca)

*Giving Together*

# GIVING TOGETHER

From the U.S. border north to Arrowwood and from the B.C. border east to Grassy Lake, we support community organizations throughout our region.



## Community Foundation at a Glance



# GIVING TOGETHER

## Would you like to ...

- give back to your community?
- help people?
- make a lasting impact?

### The Community Foundation can help.

We understand that everyone contributes in different ways. Our flexible options allow you and your family to customize your giving.

### Giving to the Community Foundation is

- **Flexible** - you decide whether to grant a portion of your gift immediately or to build your gift to make future grants from an endowment
- **Effective** - you direct your giving to causes that you believe in
- **Secure** - the Community Foundation will always be here to protect your interests



### Charity Support Funds

We help charities to build endowment funds that will provide ongoing support for operational expenses. We currently have funds for the following organizations:

- Big Brothers Big Sisters of Lethbridge and District
- Claresholm Public Library
- Family Centre Society of Southern Alberta
- Fort Whoop-Up Society
- Friends of the Sir Alexander Galt Museum Society
- Great Canadian Plains Railway Society
- Interfaith Food Bank Society
- Lethbridge and District Humane Society
- Lethbridge Family Services
- Lethbridge Food Bank Society
- Lethbridge Public Library
- Lethbridge Therapeutic Riding Association
- New West Theatre Society
- Nikka Yuko Japanese Garden Society
- Southern Alberta Art Gallery

### Consider building a fund with:

- ◆ Cash Donation
- ◆ A Bequest In Your Will
- ◆ A Life Insurance Policy
- ◆ Publicly Traded Securities
- ◆ A RRSP/RRIF Beneficiary Designation

We invite you to contact us at 403-328-5297 or [office@cflsa.ca](mailto:office@cflsa.ca) for further information.

# GIVING TOGETHER

Giving means different things to different people. The knowledgeable staff at the Community Foundation of Lethbridge and Southwestern Alberta are here to help you make a meaningful gift.

We offer a variety of giving options to help you achieve your charitable goals and receive maximum tax benefits.

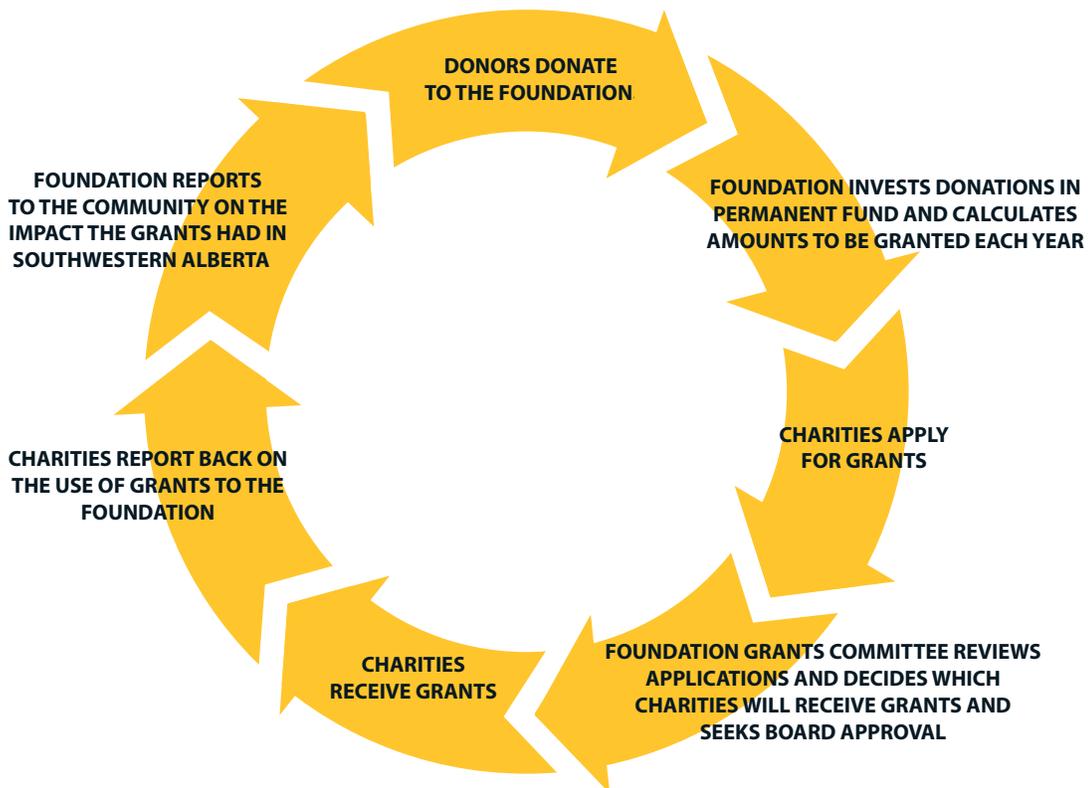
## Options for Giving – Life Insurance

Through life insurance, donors like Mac Harvey (see page 23) can provide a large future gift at an affordable current cost.

There are several options for giving a gift through life insurance, all with different tax benefits. Below are a few examples:

- **Name the Community Foundation as the owner and sole beneficiary of a new policy:** Receive a tax receipt for the annual premiums payable on behalf of the Community Foundation.
- **Transfer an existing policy to the Community Foundation:** Receive a tax receipt for the cash surrender value and for any subsequent premiums paid after the transfer.
- **Name the Community Foundation as the beneficiary only of a policy:** The tax receipt can be used to offset taxes in the donor's final tax return.

## How the Community Priorities Fund works



## MAC HARVEY: *A Legacy of Giving*

For Mac Harvey, life was an adventure. An avid outdoorsman and world traveler, he maintained an active lifestyle and travelled extensively into his 70s. His travels took him throughout Europe, the northern U.S.A., Southeast Asia, New Zealand, Australia, South America, Africa, the Caribbean, Central America and across Canada.

Mac's love of adventure included skiing, sailing, trekking, cycling and mountaineering. He was a member of the Chinook Outdoor Club, where he met Geoff Bradshaw on a hiking trip to Chief Mountain. The two discovered they'd attended the same grammar school in northern England and became fast friends.

"Mac was always more interested in what you had done and where you had been," remembers Bradshaw. "It was only through these conversations that you would find out all of these amazing things about him."

In his professional life, Mac specialized in Animal Science and Agricultural Economics. He took an early retirement from his position as Regional Economist for Alberta Agriculture to "see how the 90% of the less fortunate of the world manage to survive." This was when he discovered a passion for giving back.

***"The journey, fellow travellers, chance encounters, fortuitous events and new friends en route, all reward more than the final destination."***

He began accepting occasional overseas consulting jobs and short term project work with CESO (Canadian Executive Service Organization). He described this work as fulfilling and that it "aroused a new respect for others, a wider outlook on life and an appreciation for the blessings of good health."



*Two of Mac's many adventures: climbing Mount Baker in Washington and visiting the Freshfield Icefield in Banff National Park.*

He also continued to travel for pleasure, making new friends along the way. In his 2002 holiday letter to his friends he recounted his adventures and dubbed it "yet another year of a charmed life."

"The journey, fellow travellers, chance encounters, fortuitous events and new friends en route, all reward more than the final destination," he wrote.

Sadly, after an Alzheimer's diagnosis in 2008, Mac's world changed. He was no longer able to safely go outside of his residence, let alone travel the world and maintain his level of activity. Bradshaw continued to visit Mac on a regular basis, until his passing in February 2014.

The Community Foundation was honoured to receive a gift through life insurance from Mac's estate. With this policy, he directed that money be distributed to six charities in total. Through this gift, Mac's passion for giving will live on, forever.



This publication was made possible through the generous sponsorship of PH&N Investment Counsel and the Alberta Community Spirit Program.



**RBC Wealth Management**  
PH&N Investment Counsel

PH&N Investment Counsel provides discretionary wealth management services to the Community Foundation of Lethbridge and Southwestern Alberta and is pleased to assist as a sponsor of this publication.

We offer everything required to effectively manage private and community wealth, including sophisticated investment management, banking, estates, trusts, charitable gifting and business succession planning.

Contact:

Michael McIntosh CFA CA TEP

Vice President and Investment Counsellor

PH&N Investment Counsel

3rd Floor, 335 – 8th Avenue SW

Calgary, AB T2P 1C9

[michael.mcintosh@rbc.com](mailto:michael.mcintosh@rbc.com)

403-515-6843



Thank you to the Government of Alberta's Community Spirit Program for funding of \$40,437 over the past two years to support our Vital Signs project, as well as this publication.



**404 – 8 Street South**  
**Lethbridge, AB, T1J 2J7**

**403-328-5297**

[office@cflsa.ca](mailto:office@cflsa.ca)

[www.cflsa.ca](http://www.cflsa.ca)