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WINTER
NEWSLETTER
2016

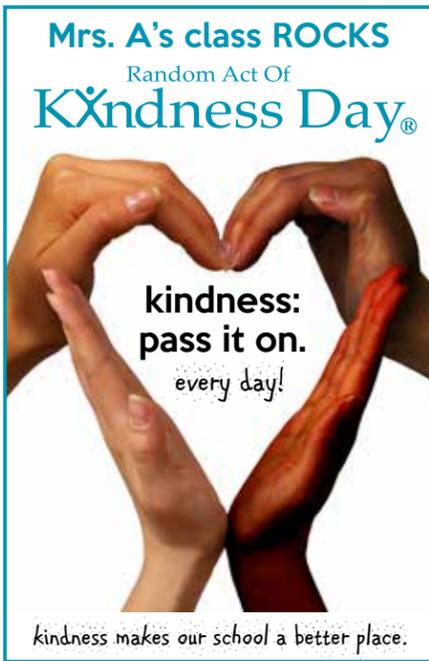
2015 GRANT
RECIPIENT
SPOTLIGHT

NEW GUELPH
LAKE NATURE
CENTRE TAKES
NATURE TO THE
NEXT LEVEL

SEND A KID
TO CAMP THIS
SUMMER

KINDNESS
REIGNS IN
GUELPH

KINDNESS
IS LIKE A
BOOMERANG:
it always comes back
#RAKGuelph



“The senior students went class-to-class with a Kindness RAP video that they wrote and recorded to remind everyone that Random Act of Kindness Day® was coming. Students were raking leaves for school neighbours, delivering flowers to teachers, doing kind deeds and collecting kindness cards. It has been such a positive experience that we plan to continue promoting the kindness message beyond today” - Brent Ellery, Principal at Elora Public School



Random Act of Kindness Day® comes alive in our schools! This year, like never before, our schools were equipped with support materials that allowed them to “go deeper” with the kindness message within their school communities. Random Act of Kindness Day® is a trademark event that each Community Foundation is responsible to promote and support. We are already gearing up with even more school resource materials for next year! **Clockwise from top:** School-specific posters and cards were available for download and printing on the GCF website, Sainte Renee school making muffins to give to a drop-in centre, students at Saint Renee school with their fruit trays ready for delivery, a student at Elora Public School with her kindness card, grade 3 students wrote about being a “kindness super hero”, children at West Willow after-school program celebrating kindness, utilizing the exterior school sign to encourage kindness throughout the community, a surprise pancake breakfast at Brant Avenue school, prepared by Meridian Credit Union. **Cover photo:** Kristin Bester, Guelph Public Libraries, shows support for Random Act of Kindness Day® by planning various library activities and giveaways.

GRANT IMPACT

1



Our Musagetes Fund recently granted \$2,500 to the Guelph Youth Singers to help run a collaborative and fascinating cultural event in Guelph. The concert includes Guelph Youth Singers, storytellers and drummers who will celebrate authentic Canadian Aboriginal culture, featuring the Wiiji Numgumook Kwe Drum Circle. “HONOUR SONG” will be held on **Sunday February 21st at 3:00 PM**, at The

GUELPH YOUTH SINGERS PRESENTS
HONOUR SONG: A COLLABORATION HONOURING
CANADIAN ABORIGINAL MUSIC & CULTURE



Frank Hasenfratz Centre of Excellence, Tech Hall. Tickets available through River Run Box Office. **If you would like to see The Foundation’s grant money in action within our community**, please plan on attending this innovative and important cultural presentation. It’s a wonderful demonstration of how we support arts, culture and youth in Guelph.

2



BEREAVED FAMILIES OF ONTARIO
VOLUNTEER TRAINING
PROGRAM TO HELP WITH LOSS
OF A CHILD

Recently GCF granted \$2,000 to help fund a program that trains new volunteer bereavement facilitators in Guelph. These trained volunteers are self-help leaders who were once in the same emotional place as the newest members who are suffering through the recent loss of a child, infant or grandchild. Their role is to personify hope, healing and growth associated with grief. This often makes an enormous difference in the short and long term mental and emotional health of members and their families.

- In the Fall of 2015, 13 people in Guelph were successfully recruited and trained
- Three newly trained volunteers are currently running a Living with Loss group in Mount Forest which launched in January 2016 with almost 20 people in attendance
- Facilitators are receiving further training to lead psycho-educational workshops about grief that will be offered to Guelph and surrounding communities

“The role of the facilitator is to personify hope, healing and growth associated with grief.”

- Jaime Bickerton, Executive Director Bereaved Families of Ontario-Midwestern Region

More grant impact stories continued on page 7

LET'S TAKE NATURE UP A NOTCH

A "STARTER HOME" FOR NATURE

Since 1982, The Guelph Lake Nature Centre has been offering kids outdoor education programs in a renovated '70s single-family home along the shores of Guelph Lake. Over 600,000 students have experienced hands-on programs through school trips or camps run on site. Somehow, the staff at Guelph Lake Nature Centre have managed to encourage a love of the environment and nature despite a crowded facility that wasn't designed for student learning. They've done a bang-up job, but the possibilities and potential of what it could be was only a dream, until now.

NATURE MEETS NURTURE – AN ECO-SMART COMBINATION

The Grand River Conservation Foundation (GRCF) is excited over their plans to develop a new Guelph Lake Nature Centre Complex which combines the innate connection humans have with our planet with the nurturing experience of hands-on personal exposure to our environment. This new

Nature Centre will be able to welcome more community visitors, and accommodate better school programs and camps. The facility plans for 8,300 square feet of classrooms, indoor/outdoor learning spaces and visitor services. Outdoor plans include additional ponds, wetlands and a pollinator garden with trails for various ages.

The expanded facility and grounds will allow for 200,000 park visitors each year, in addition to field trip students and camps. The Centre will be a well-thought-out conservation hub for the community of Guelph and surrounding areas. The total budget is projected to be \$3M. To date, the Grand River Conservation Foundation has raised over \$1M for the Nature Centre, with an additional \$200,000 for the complex and habitats. Construction is planned to start as soon as 75% of the campaign target is confirmed, which they hope to be in 2016.



"Nature is the original classroom. The fascination on the faces of students is the most rewarding part of my job."

- Greg Meredith, Senior Nature Centre Interpreter

"Kids don't get out in nature as much as they once did. We aim to change that."

- Sara Wilbur, Executive Director at The Grand River Conservation Foundation

The facility plans for 8,300 square feet of classrooms, indoor/outdoor learning spaces and visitor services, allowing for 200,000 park visitors each year.



WHY IS NATURE SO IMPORTANT ANYWAY?



At a time when our young people seldom go outside and play, connections with our outdoor world are being rapidly lost.

- Time spent outdoors correlates with increased physical activity and fitness levels in children
- Exposure to green space reduces crime, increases general wellbeing and ability to focus
- Children as young as five have shown a significant reduction in the symptoms of ADD when they are engaged in outdoor activities in a natural setting

(Source: Council of Outdoor Educators of Ontario)

"The Guelph Lake Nature Centre shaped my life. It has solidified my path and led me into a career that I love. There's so much opportunity." - Rachel Greene



THE 'NURTURE' EFFECT: HOW THE GUELPH LAKE NATURE CENTRE CAN SHAPE LIVES AND MAKE A DIFFERENCE FOR KIDS

It has been said that humans are a product of their environment. Our surroundings and what we are exposed to helps shape who we are. The Guelph Lake Nature Centre has been inspiring people to be more environmentally minded for years, and have also created a setting for students that have sparked passions, directed futures and guided life choices. There are countless stories of children who have been inspired in their lives and career paths as a result of their experience at The Guelph Lake Nature Centre.



Take **Garrison McCleary** for example. He got hooked on nature at the age of seven when he first went to environmental day camps at The Guelph Lake Nature Centre. Every summer and March break he returned, and eventually became a naturalist-in-training. He also spent two summers as a volunteer camp leader, and was then hired to work for a summer at the camp. McCleary went on to complete the Community Environment Leadership Program at Centennial CVI, and is beginning the

training for a career in environmental law while continuing his involvement at The Centre as a part-time Nature Centre Interpreter. "I learned the importance of conserving our environment when I was just a kid," explains McCleary. "The more I learned, the more passionate I became. I hope to make an environmental difference through my future career, and I'm thankful to the Nature Centre for inspiring me."



Meet **Rachel Greene**. She first met Dan the Nature Man on a school field trip to The Guelph Lake Conservation Area when she was 6 years old. Every year her class would travel over an hour by bus from Mount Forest to learn new and fascinating things at The Nature Centre. Her early experiences on those field trips motivated her to participate in the TERRA program when she entered high school, a program that takes the classroom outside. "This was my first

taste of outdoor education, and how learning in an environment away from the classroom gave me a whole new perspective on life and learning," recalls Rachel. She then enrolled in the Specialist High Skills Major option, which she admits cemented her path in life. Rachel learned valuable skills and gained certifications with different instructors at the The Nature Centre. "Those certifications and experiences helped me get every job I've had since," Rachel says. As part of her Co-op, Rachel worked mornings at The Nature Centre and learned to be an educator. "I also learned how to read children and modify lessons as needed, how to be wise and caring and patient, and how to inspire stewardship in everyone I met." Rachel's experiences and work at The Nature Centre helped her secure a job at Albion Hills Conservation Area and a subsequent job at The University of Waterloo's Ecology Lab. She is in her fourth year of University of Waterloo's Environment and Resource Studies program. Rachel admits that in high school she was a bit lost and without direction. Looking back, she reflects,

"The Guelph Lake Nature Centre was helping me shape my future and learn my passion every step of the way."

(continued on next page)

continued from page 5

The entire geographical area that is managed along the Grand River watershed by The Grand River Conservation Authority (GRCA) is about the size of PEI. There are several conservation areas, across multiple townships within that massive topography. The Guelph Lake Nature Centre is part of GRCA.

The Grand River Conservation Foundation (GRCF) has partnered with The Guelph Community Foundation to micro-localize their work at Guelph Lake, and align themselves with community leaders, partners and local residents. The GRCF is a registered charity, with 85% of revenue going directly to conservation projects. The GRCF has set up fund at The Guelph Community Foundation where the Guelph community can participate in raising funds for the proposed new Guelph Lake Nature Centre. Anyone can donate through the "Grand River Conservation Foundation Fund" here at The Guelph Community Foundation. "Donations into the fund will go toward the building of the new Guelph Lake Nature Centre," confirms Sara Wilbur,

Executive Director at GRCF. "We already have a substantial list of community leaders who have contributed toward the project, but we wanted to make it easier for everyone in the community to participate, which is why we set up the Fund at The Guelph Community Foundation." Early support has been encouraging, but they are still short by \$2M.

"Members of The Guelph Community Foundation family have already been part of the early leadership donors for the project" says Chris Willard, Executive Director at The Guelph Community Foundation. Ann Guthrie, The Cynthia Macleod Fund, The Nicholas Lambden Memorial Children's Foundation Fund, Bishop's Education Fund, and the GCF Musagetes Fund are all early contributors.

To find out more, or contribute to the Grand River Conservation Foundation Fund, please contact The Guelph Community Foundation or visit our website.



Campers at Stella Puella, a GCF grant recipient in 2015. The camp promotes self-esteem and social awareness for girls ages 7-14.

YOU could send a **kid** to **CAMP** this summer

Every kid should experience camp.

A lot of kids in our community will never go to camp. Our goal is to change that. Together.

At The Foundation, we strive to support as many camps as possible every year, opening up spaces and opportunities for kids to experience camp who can't normally afford to go. Positive role models, creative play, friendships, gaining a respect for nature and themselves all nurture self-esteem and foster a spirit of freedom in a safe environment that can have a staggering impact on the life of a developing child. Sometimes it takes a village to send a kid to camp. **Together, we can make that happen.**

To send a kid to camp this summer, visit our website for donation details. Or mail a cheque to The Guelph Community Foundation, with "kids to camp" in the notes section.

GRANT IMPACT

continued from page 3

Best Buddies Canada is a national charity that promotes inclusion through friendship for students with and without special needs.

The Guelph Community Foundation granted \$3500 to help launch programs at Montgomery Village and Taylor Evans Public School. Since starting the program this past fall, 57 students are now spending time at lunch and recess, getting to know each other. The school chapters have organized engaging group activities like Ice Breaker games, Human Hungry Hippos, Human Bingo, and Halloween games.

Meeting a couple of times a month, students are seeing firsthand that they have similar interests with their peers with special needs. As the project continues, Best Buddies expect to start more programs in Guelph area schools.



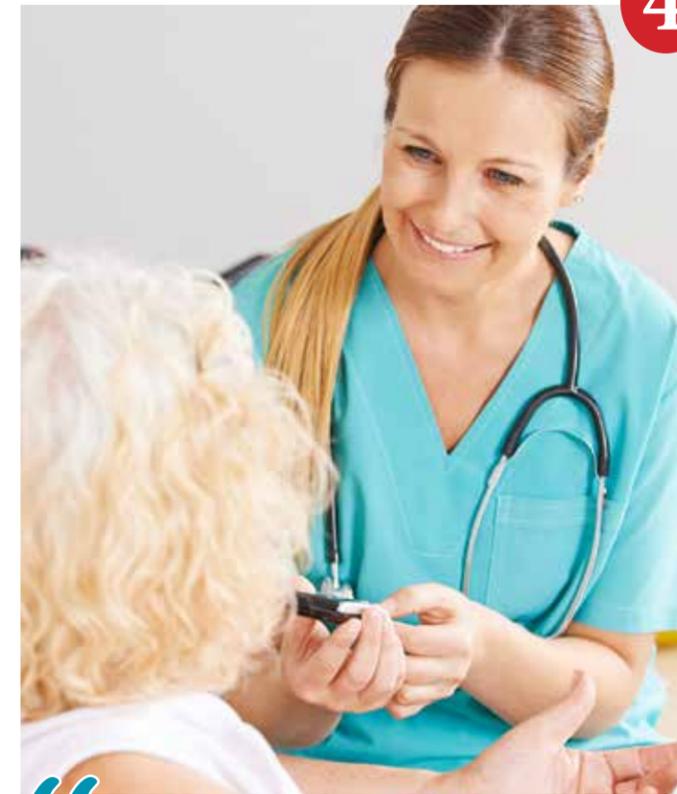
3

"Thank you GCF for your support of our program. You have helped us reach more students, more schools and helped us promote inclusive communities through friendship."

- Steven Pinnock, Best Buddies Canada

4

CANADIAN DIABETES ASSOCIATION PROACTIVE HEALTH MANAGEMENT



"Diabetes is an epidemic affecting over **10 million Canadians**. Our hope is that through this program, people will use our services to be **proactive** in managing their health by educating themselves and taking steps toward primary and secondary prevention rather than coming to us after the affects of diabetes have already taken their toll." *-Nicole Holder, Canadian Diabetes Association*

THE BACKSTORY:

HOW ARE WE ABLE TO GRANT AND SUPPORT COMMUNITY PROGRAMS YEAR AFTER YEAR?

The simple answer is, we have a wonderful group of Guelph citizens who have created a Fund at The Guelph Community Foundation. Those funds are pooled and invested, and a portion of the earnings from those investments are then granted out to our community every year, year after year. Currently we have over 115 funds.

WHO

Fund holders can be anyone. They are you and me. Generally they are people with a philanthropic passion who want to make a lasting difference in the community that they live in. They are good people who want to do great things.

WHAT

There is a wide menu of funds that people can select from, depending on their needs and objectives, their interests, and level of desired involvement.

WHY

People set up a fund for all sorts of reasons, but they all have a common thread: to better our community in some way. Some people start a fund to honour a loved one, to gift stock to a worthwhile cause and realize tax benefits, or leave a legacy long after they are on this earth.

Most of our fund holders wanted to make a lasting impact in the community, but didn't know where to start. They chose The Guelph Community Foundation to steward their gifts, to assess the greatest needs within the community each year and to grant money to multiple organizations across various sectors in order to make the greatest impact.

WHO WHAT WHY



BRINGING PEOPLE AND CAUSES TOGETHER TO CREATE A SMART & CARING COMMUNITY



we help **good people**
do **great things.**

THE GUELPH COMMUNITY FOUNDATION

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NEW CHAIR FOR GCF INVESTMENT COMMITTEE

We rely on professionals and experts to help make good investment decisions so that we can grant to our maximum potential every year. We are honoured to announce that Dan Cremasco of BDO Canada will be The Foundation's new volunteer Chair of our Investment Committee. Dan was the past chair of the GCF Board of Directors (2006-2007) and has been a member of the Investment Committee since 2002.