

SUMMER 2017

EDMONTON COMMUNITY FOUNDATION

# LEGACY ACTION

EDMONTON  
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FOUNDATION

## GAIL HALL'S LEGACY

p6

Her passion  
for cooking  
will continue  
to inspire

### LEARNING WELL

p8

Healthy living is now an  
integral part of the classroom

p12

### SWEET EDUCATION

Kids learn about bees and  
the environment first-hand



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- 4 CEO MESSAGE**  
Martin Garber-Conrad reveals the food-related theme and articles within this issue of *Legacy in Action*.
- 6 A RED SEAL LEGACY**  
A fund in Gail Hall's honour will share her passion for cooking and community support for years to come.
- 8 EAT, WALK, LIVE**  
NSTEP looks to educate children about physical, emotional and mental well-being from a young age in an effort to create healthier generations.
- 11 HOW TO START A FUND**  
A step-by-step guide to making your dreams of giving back a reality.
- 12 MORE THAN A HIVE MIND**  
A beekeeping program gives young people the chance to learn about the ecosystem outside the classroom.
- 13 COMFORT FOOD**  
A new volunteer co-ordinator position at Meals on Wheels will soon mean they can expand their programs to bring healthy meals and emotional support to more people.
- 14 HATCHING SUCCESS**  
The University of Alberta is preserving heritage chicken breeds thanks to ECF funding.

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Cover of Gail Hall photographed by Laughing Dog Photography.

# A MESSAGE FROM THE CEO



One is hard-pressed to name a more integral and universal ingredient than eggs. On page 14 we'll take you to the University of Alberta Farm where ECF funding launched the Poultry Research Centre's Adopt a Heritage Chicken Program. Not only does this program provide some of the highest quality eggs in Edmonton, it's also preserving the genetic diversity of the poultry population — something that is increasingly important as our ecosystems and farming practices continue to change.

Unfortunately not all Edmontonians have access to nutritious food. Some are unable to visit a grocery store, much less tend a garden or raise chickens. That's where Meals on Wheels comes in. On page 13 we look at how a new volunteer co-ordinator (funded by ECF) will ensure that this integral program is able to meet the growing need for its services.

Welcome to the food issue of *Legacy in Action*. Bon appétit!

“writing cook and a cooking writer must be bold at the desk as well as the stove.” — M.F.K. Fisher.

This quote always reminds me of Gail Hall. As a Red Seal Chef, author, and one of Edmonton's leading culinary personalities, Gail was a champion of food, youth and her community. From her work with the kids at CHANGE Adventure Camp to her unwavering support of Edmonton's theatre scene, Gail's community work was as varied as the myriad ingredients in her pantry. In our cover story, (page 6) we remember Gail and look at how the ChefGail Fund (at Edmonton Community Foundation) will continue her bold legacy now and forever.

Building healthy connections with food is best started early. On page 8 we visit Sweet Grass Elementary School where students are developing healthy habits through NSTEP (Nutrition, Students, Teachers Exercising with Parents) Eat, Walk, Live program. This project gets kids into the kitchen to teach nutrition while empowering their self-esteem.

On page 12 we head out of the kitchen to Northlands where youth are learning about the importance of pollinators through the Urban Youth Beekeeping Club. A grant from ECF helped launch the project in 2016. We'll all reap the rewards of healthy pollinators in a few weeks when our gardens are ready for harvest.



Martin Garber-Conrad



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# A RED SEAL LEGACY

*Gail Hall's incredible talent and passion for cooking will continue through a fund in her name*

BY: LIANE FAULDER

PHOTOGRAPHY: LAUGHING DOG PHOTOGRAPHY

When youngsters gather in the kitchen at this summer's CHANGE Adventure Camp, a little bit of Gail Hall will be there with them. The beloved Edmonton chef, food activist and culinary tour leader died at 65 of breast cancer in November 2016. But her spirit — along with her recipes, one of her signature hats, and some of her cookbooks — will be part of the program at the upcoming summer camp. In the summer of 2016, Hall had crafted the inaugural menu at the camp; it was a menu designed to teach disadvantaged children to cook and to enjoy healthy food.

Supported in part by Edmonton Community Foundation (ECF) ChefGail Fund, the camp is just one way that Hall's husband, Jon, hopes to see his wife's generous and infectiously positive spirit remembered. Jon was inspired to launch the fund after experiencing the public's reaction to Gail's death.

"This was something the community demanded," said Jon, noting that he received 300 e-mails the day Gail's obituary was published in the *Edmonton Journal*, with some people wondering where they could send donations in her name. "There was such an outpouring. People just wanted to be part of it."

Within months of its launch, the fund had collected enough donations to fund projects in 2017. The ChefGail Fund may support not only the CHANGE Adventure Camp, but also other programs for young chefs including the culinary arts program at the Northern Alberta Institute of Technology and the Bissell Centre, which offers numerous programs for low-income Edmontonians.

Gail was a regular volunteer at the Bissell Centre, teaching young mothers to cook. That's where Joan Paton, a friend who was once an employee at the centre, saw her in action.

"I will never forget it," recalls Paton. "I went down (to the kitchen) as they were getting everything ready at the end of class to sample black bean soup that they had made. And there was a woman who was enormously pregnant with her seventh child. She said 'I can feed my family for under \$20 and I've never cooked in my life.' She was in tears."

Gail devoted most of her adult life to spreading the message of good food. She began her professional life as a civil servant, but always loved to cook. When she was in her 30s and considering a career change, Jon encouraged her to think about catering. Her first gig was baking a cake shaped like a house for a mortgage-burning party. Gail's company, Gourmet Goodies, eventually employed 100 staff, ringing in \$3 million in annual revenue.

After the economic downturn following 9/11, she wound Gourmet Goodies down and launched a cooking school called Seasoned Solutions from the downtown loft she shared with Jon, leading some 2,000 students toward greater confidence in the kitchen. Gail also taught cooking classes for some 30 years at what is now known as Metro Continuing Education. She and Jon led food tours, visiting 34 culinary hot spots including Vietnam, United States and Portugal over 20 years. The tours were jam-packed excursions that included cooking classes, wine tastings and market visits.

Gail was a do-er, says Bradley Moss, the artistic director at Theatre Network, where Gail was a board member for seven years. "Gail had a ton of energy and she personally took on our Spring Fling event and was the chair of it for those years," recalls Moss. "She took care of all the details, including the food, and the great thing about Gail is that she made it fun for everybody. The meetings were often at her place and we'd have wine and chit-chats. She was someone who jumped in, full-on, and if she said she was going to do it, she was going to do it. And with a smile and a personal touch."

Gail was also a local celebrity, for five years enjoying the role of food columnist for CBC radio's morning show. As a regular guest chef for several Edmonton television broadcasts, Gail's simple and practical approach to cooking for family and friends helped thousands of viewers appreciate that the whole point is to be together around the table.

Friends and colleagues alike felt her warmth. Fondly dubbed "the queen of 104th Street" by Mary Bailey, publisher of the food magazine *The Tomato*, Gail greeted everybody with a bright smile and a hug. She loved the City Market, held right outside her condominium on 104th Street in the summer, and spent time there most Saturdays, chatting up vendors and gathering supplies for the week ahead.

Gail and Jon would stop for a coffee at Credo, where she would leap up to hug all those who came her way. Gail never fully regained her hair after cancer treatments; instead, a stylish hat paired with a scarf and a splash of red lipstick became her trademark.

She was tireless and she was ambitious. It wasn't good enough for Gail to have succeeded as a self-taught chef; she also wanted to prove the strength of her skills and so at the age of 64, she gained her Red Seal certification. Though she slowed her pace in the last year of her life, Gail continued to plan and complete food projects. She and Jon went on their last food tour to Nova Scotia just a few weeks before she died, sampling wood-fired pizza in Wolfville, and sipping wine at Domaine de Grand Pré.

Now, her memory is being honoured through the ChefGail Fund. It's available to any charitable group that meets the criteria, which emphasize nutrition, wellness, healthy eating and the development of cooking skills for young people. The ChefGail Fund will continue in perpetuity.

"That's what we're excited about," says Noel Xavier, donor advisor for Edmonton Community Foundation. "The fund will grow over time and be able to support opportunities in Edmonton as needs change and opportunities present themselves. That's what Gail would have done. She was always helping everybody."

SHE HAD THIS ENERGY THAT JUST TOOK OVER, AND THE ENERGY WAS CONTAGIOUS.

Dr. Doug Klein, a family doctor and one of the founders of the CHANGE Adventure Camp, spoke, with tears choking his voice, at a memorial supper hosted by Jon and a group of Gail's friends after she died. In a later phone interview, he said the five-day camps, held at the Devonian Botanic Gardens and downtown's John A. McDougall School "wouldn't have gotten off the ground if it wasn't for Gail."

"The amount of time and effort that she put into coming to meetings and actually being at the two pilot camps ... she was instrumental in getting the CHANGE Adventure Camp off the ground," says Klein.

He remembers Gail's passion for working with the children, who participated in lots of outdoor activities such as hiking, fort building and relay races during the camp. Gail exuded enthusiasm, whether she was whipping up a mango smoothie, or encouraging kids to get their hands right into a batch of chocolate chip cookies.

"She had this energy that just took over, and the energy was contagious. One of the parents said that Gail had this magic wand and, when she talked about food, people got excited about food. That's the idea we're trying to create, the idea that food is fun, food is an adventure and learning and experimenting with food is good."

Klein recalls getting to the day camp early in the morning. Gail would be there ahead of him, chopping and dicing. And always smiling. "What I will always remember is the big smile and the hug that we would get in the morning. Such a passionate, wonderful person." ■

# EAT, WALK, LIVE

*Programs such as NSTEP (Nutrition, Students, Teachers, Exercising with Parents) are empowering children early on with the information and habits needed to live longer and healthier lives*

BY: CAROLINE BARLOTT

A group of children from Sweet Grass elementary school are ready to sample a platter of food that represents a new experience for some. The contents include a platter of fresh spinach, peapods and broccoli — just items you'd normally find in a grocery store's produce aisle.

One student has been assigned a leadership role and he stands at the head of the class, ensuring there are enough napkins and that the snack, which is part of NSTEP (Nutrition, Students, Teachers Exercising with Parents) Eat, Walk, Live program, is handed out to each student.

A smile stretches wide across his face when Darlene Schindel, NSTEP Ambassador, walks to him and asks him how things are going.

"I can cook!" he says, clearly proud of the lunch tray he helped put together.

"That to me," says Schindel, "is empowerment." And empowering students with knowledge of their health and how to apply that information within their lives is Schindel's goal. Eat, Walk, Live is just one small part of the larger NSTEP, a program that incorporates elements of healthy living — from nutrition to exercise to mindful thinking — into all aspects of the curriculum throughout all grade levels.

Schindel was a neuroscience nurse, and her health-care background gives her insight into current issues affecting children's health. Children as young as four, she says, are now developing type two diabetes, which in the past would only present itself in much older patients.

Rena LaFrance, a practising physician at the Misericordia and the Stollery Children's Hospital, psychiatrist, and medical director for provincial Pediatric Chronic Disease for Alberta Health Services, nods when asked if she's witnessing the same thing. "I am seeing children with high cholesterol, a lot of sleep apnea, a lot of depression and anxiety, fatty liver in young children, and hypertension that requires medical treatment," she says. "And with older teens, now we're seeing multiple organs being affected."

Many of these issues are arising in conjunction with obesity, which according to the Childhood Obesity Foundation is at the level of an epidemic in our country with rates rising 26 per cent from 1979 to 2004 for children between the ages of two and 17. Teenagers are the most at risk with their rates doubling. But health problems aren't just tied to obesity; a child with a weight in the normal range is also at risk for developing severe health problems.

The problem is so critical that according to the World Health Organization, today's children may be the first

generation to die in large numbers before their parents if nothing is done. The good news is that prevention is proven to be effective. According to Wellness Alberta, a one-dollar investment into health prevention can yield a minimum of four to five dollars in savings in future acute health care costs — and hope for longer and healthier lives in the next generation is beyond measure.

It's why Schindel is so passionate about NSTEP. Children are educated right from kindergarten with Eat, Walk, Live. The program provides professional development for teachers, along with information and support for parents on healthy living.

Danielle Steenwinkel, a junior high Physical Education and French instructor at D.S. MacKenzie School, says NSTEP has impacted her whole family. Her husband, a principal with the school district, became a full vegan, and lost several pounds; and her adult children now eat healthier meals and are more active.

D.S. MacKenzie offers a fitness program for teachers, along with yoga classes. One staff member stopped smoking and others have slowly changed their habits. And in the classroom, kids are learning about healthy food, eating nutritious snacks, participating in intramural activities — they are also learning about different cultural meals, and how to identify foods in different languages. Each of the 10 participating schools decides how best to incorporate aspects of healthy living into their classrooms.

In 2015, Edmonton Community Foundation (ECF) provided funding, allowing NSTEP to increase the number of schools that could participate in the elementary school program.

“WE ARE LOOKING AT  
WHAT ACTUALLY WORKS  
WHEN IT COMES TO  
MAINTAINING HEALTH

"I initially wrote the grant for \$10,000 and I got a letter back saying they wanted me to ask for more like \$20,000," says Schindel. "I'd never had a grant I'd submitted come back and say we want you to double what you're asking."

It costs NSTEP \$24 per student for the full year program in their school. When NSTEP received \$19,217 from ECF, it enabled the organization to reach 800 students in the elementary program along with their teachers and parents. ▶

Schindel sees NSTEP as part of a larger goal to create a shift in how we look at our health. The program seeks to simplify the message of health, which has become very convoluted in the way it's portrayed. We are bombarded with conflicting information — one minute, a glass of wine a day can prevent heart disease, the next minute, we're told alcohol is destructive to our health. Some diets restrict calories to dangerous levels and others tout the idea of eating cookies for each meal, without concern for proper nutrition.

"There are tons of fads out there and it's hard to know what information is accurate," says LaFrance. Alberta Health Services also offers a program called MEND (Mind, Exercise, Nutrition ... Do It), which had been originally created in the UK, for children aged two to 13 and their families. The program provides straightforward information about healthy eating, building self esteem, active play, positive parenting and healthy growth.

"We want to give people the accurate message because a lot of what you hear normally is just noise. So, we are looking at what actually works when it comes to maintaining health," LaFrance says.

She sees NSTEP as a collaborator in that goal, and says making real headway will require large-scale change on more than just individual levels. Not only are the messages people receive about health complex, but the very systems we have in place make it difficult for many people, and especially children, to maintain their health.

"I think there's probably a misconception that it is an easy thing to start fixing this issue. That if only kids just ate less, and exercised more, that would solve their problem," says LaFrance.

Instead, she believes the issue is a part of our larger culture. Convenience foods are full of sugar and carbohydrates and hardly any nutrients; schools beyond a certain grade often don't even have recesses or mandatory physical education; children are entertained with screen time rather than outdoor activities; cities are often built to be car-friendly rather than pedestrian- or bike-friendly.

"We have this environment that makes it easy to gain weight or be unhealthy and then we tell people, 'Well why can't you lose weight?' Well, this is why," LaFrance says.



The solution, she says, goes far beyond what can be done individually by health-care practitioners like herself. Instead, she sees it as a collaborative effort to be undertaken by governments, non-profits, companies and schools. She sees potential for huge improvements coming from changing the very systems that make these problems so prevalent, while educating a whole generation about health.

"We are doing the same thing in education as we are in healthcare," says Schindel, "We so often work in silos rather than being collaborative. We want to change that, and it will take all of us working together to bring this about."

LaFrance likes seeing a shift toward more prevention, and NSTEP is actively seeking to make that concept more of a reality by joining forces with more than 100 other organizations, non-profits and leaders in the community to form Wellness Alberta, whose goal is to help shift health-care toward a more proactive approach. Rather than viewing health as something that's just taught as a separate class once a week, NSTEP incorporates it into every subject through a model called comprehensive school health.

Steenwinkel and Schindel are already seeing an impact on students. "You are seeing the lights go on and they're making better decisions about the foods they eat," says Steenwinkel. The program goes beyond just the mechanics of eating well and exercising, it also encompasses leadership and confidence.

One little girl was in a leadership position and she tried incredibly hard to encourage her classmates to try a healthy snack that she helped make. She was surprised by the difficulty of the task; but afterwards, according to Schindel, she made the connection between how those children were acting and how she normally would respond when her mom cooked a meal. She often would refuse to try the food and just assumed she would not like it; now she knew what it was like to be on the opposite end of those complaints.

"That awareness and self-learning is a huge part of the program," says Schindel.

LaFrance has also seen remarkable changes in children who have lost weight and adopted a healthier lifestyle. Many have been ostracized or bullied; but with changes to their lifestyles, they often become more active both physically and socially. And they often become involved in sports they never would have attempted before. She often sees their confidence levels rise and their outlooks change dramatically.

"A lot of families say that the kids feel like they are invisible when they first come to me. It is incredibly gratifying when that changes," she says. ■

# HOW TO START A FUND

Donors work with Edmonton Community Foundation (ECF) to ensure their investments are set up for long-term growth. Endowment funds offer permanent investment of charitable gifts to provide ongoing support to organizations in the Edmonton community.

When you're thinking about donating, it's important to first think about what you'd like to accomplish. Here are a few questions to get you started:

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# MORE THAN A HIVE MIND

*The Urban Youth Beekeeping Club teaches students  
the ins and outs of caring for pollinators*

BY: CORY SCHACHTEL ILLUSTRATION: BREANNE KELSEY

For many kids, the summer months are nothing short of bliss. The long days provide extended hours of sunlight, not to mention freedom from the classroom. But taking a break from school doesn't mean children have to take a hiatus from learning. In terms of studying the environment, it might be the best chance they get all year, especially with opportunities available such as the Urban Youth Beekeeping Club.

For almost 40 years, Prince's Charities of Canada (PCC) has applied the Prince of Wales' core philanthropic interests — expanding education and environmental awareness — in communities across our country, by working with local charities and foundations. Last summer, they received funding from Edmonton Community Foundation (ECF) to start the Urban Youth Beekeeping Club at Northlands.

In 2015, Jessica Bentley-Jacobs, PCC's Director of Marketing and Business Development, along with the Northlands Agricultural Society, first brainstormed the idea of the free program. By 2016, they had their plan in place and received ECF funding that June, just in time to kick off its inaugural run.

Bentley-Jacobs wanted the program to go beyond the classroom so that kids were learning first-hand "all the elements of beekeeping — taking care of the hives into fall and wrapping them for winter — to see the whole process through."

Led by local bee expert Dustin Bajer, last year two-dozen 11- to 19-year-olds participated in hive building and honey harvesting,

including field trips from Northlands' bee farm to visit honey and candle-making factories, with a focus on developing entrepreneurship and leadership skills.

Parents say their children leave the program with more confidence and better social skills, which of course is a bonus. But Bentley-Jacobs says the main intention of the program is to be a point of entry to the greater idea of global food sustainability, and the important role that pollinators play.

"Not all pollinators are bees, and not all bees have hives," she says. "Bats and other insects pollinate too, and collectively they pollinate about a third of our food. We want to show kids, especially in urban areas, the vital role pollinators play in the functioning of our ecosystem, and the impact they have on our lives."

While there's a limit on the number of participants and hives Northlands can host, PCC wants to expand to other provinces, duplicating the model with groups across the country.

The goal is to create a connection between nature and urban youth wherever they can, all based on the successful pilot program in Edmonton.

"Quite simply, it wouldn't have happened without ECF's grant," Jacobs-Bentley says. "They were very supportive throughout the entire process, but most importantly they allowed us to test the model — to know it would work. We asked ourselves: 'Would young people come? Is this something they're interested in?' The answer is yes, and we wouldn't have known that without ECF." ■



## COMFORT FOOD

*Funding for a new volunteer co-ordinator position at Meals on Wheels will help even more vulnerable people maintain independence along with physical and mental health*

BY: CAROLINE BARLOTT

It's a Thursday evening and volunteers are arriving at the downtown Meals on Wheels office where they will pick up several bags of frozen meals and groceries to bring to clients around the city. But it's far from the first volunteers the location has seen that day — they started coming at six in the morning and helping the company's Red Seal Chef and the rest of the kitchen team prepare and package meals from scratch using healthy ingredients and delicious recipes.

Meals on Wheels does not serve bland hospital food like some may think. People are often pleasantly surprised by the company's impressive menu, ranging from Indian dishes including chana masala to comfort food like shepherd's pie. The international brand has been around since the '50s, though Edmonton opened theirs in 1969, serving just a few clients. Now, they produce nearly 700 meals a day, hot and frozen, while offering grocery delivery to clients.

There's a steady, daily stream of dedicated individuals coming through the office, including 50 drivers, up to 30 people in the kitchen and about 40 grocery shoppers. Altogether, Edmonton Meals on Wheels has more than 1,200 annual volunteers to do an impressive amount of work, says client services manager Lindsay Rothman.

Managing the volunteers is a complicated job that Rothman currently juggles, along with countless other tasks. Luckily, that's about to change, thanks to funding from Edmonton Community Foundation (ECF), which will go toward hiring a volunteer co-ordinator. Rothman knows that dedicating a staff member to the volunteers will help grow and improve their services.

"I know this program has the potential and capacity of being a really huge thing because there is nothing else like it. I know there is a huge need and I know that we could quadruple what we are doing," says Rothman.

The organization feeds those who are vulnerable and may not be able to make meals or grocery-shop on their own for a variety of reasons ranging from illness to disability to lack of mobility. Their motto is "feeding body and soul" and the latter part is where the volunteers are integral to the company's mission, says Rothman.

Benjamin Jackman rings the doorbell at Meals on Wheels, and Rothman opens the door so he can enter the facility where he's been coming for the last two years. He was one of the first volunteers who signed on when the organization first started using evening drivers. Prior to that, the volunteer shifts were only during the day, but for Jackman and many others, evening shifts proved much more convenient.

Volunteers like Jackman, says Rothman, are trained to check on clients and ensure they are behaving normally and not in need of medical attention. It's not unusual for volunteers to be a part of saving a client's life or ensuring they get the treatment they need. In fact, the day of the interview and the day before, Rothman had called an ambulance for two different clients.

Volunteers also spend time with clients, and those social interactions are incredibly important for mental, emotional and physical health. "So many of the clients are vulnerable and isolated and do not see anybody else in a day. The volunteer is the only person that they see," says Rothman.

For Jackman, that interaction is the best part of the volunteer experience; it's what keeps him coming back. He has seen the impact it can have for clients' quality of life, and for elderly individuals who make up nearly 87 per cent of their clientele, it can keep them in their homes longer.

Over the course of two years, he has developed friendships with clients that go beyond what he expected — he remembers watching a soccer game with one, and discussing hockey with the grandfather of an NHL player. One client had been a regular for two years, during which time they discussed world events, science, politics and movies.

Rothman says the organization currently has a volunteer base large enough to support more clients. And the agency is positioned to support the growing demographic of seniors in need of community food programs. She knows that the program could be expanded to help even more people, which is why the organization wants to hire a co-ordinator to help grow its programs and services. Funding from ECF will help make that possible. ■

# HATCHING SUCCESS

Funding from Edmonton Community Foundation helps launch the Poultry Research Centre's heritage chicken adoption program

BY: CORY SCHACHTEL ILLUSTRATION: BREANNE KELSEY

It's no exaggeration to say that when the University of Alberta (U of A) hired Agnes Kulinski as the Business Director for the Poultry Research Centre (PRC) in 2013, it was a matter of life and death. Her first task was to do a market analysis to see if they could sustain the PRC's heritage chicken breeds. If her team couldn't make a financially viable business case, they would have had to eliminate 10 heritage breeds, losing their genes forever.

Heritage animals include traditional breeds that existed before industrial agriculture limited breed varieties. Some heritage strains are selected for specific traits including feather colour or meat and egg production — but the U of A strains are randomly mated to maintain all the genetic variation that existed when the strain was established.

Exclusive breeding does produce bigger and higher volume egg-laying birds, but they have reduced genetic diversity, which plays a role in susceptibility to disease, food security and problems with environmental adaptation. Heritage breeds' diversity helps to ensure poultry are healthy and adaptable for years to come.

As Kulinski explains, "There are similarities to dog breeding. Purebred dogs have so many health issues, from birthing problems to being more prone to cancer, because breeders wanted only certain traits. Mixed breeds are more adaptable and diverse." The PRC's heritage breeds have been unselected and genetically preserved for more than 100 years, and contain genes no longer found in commercial meat and egg strains.

Her team took its time, looking at farmers' markets, among other avenues, and eventually decided to sell eggs and meat directly from the U of A Farm to program supporters. Initially, they brought up the idea half-jokingly, but it eventually became the best option, along with holding annual chick sales to local farmers. With crucial equipment funding provided by Edmonton Community Foundation (ECF), the Adopt a Heritage Chicken Program hatched.

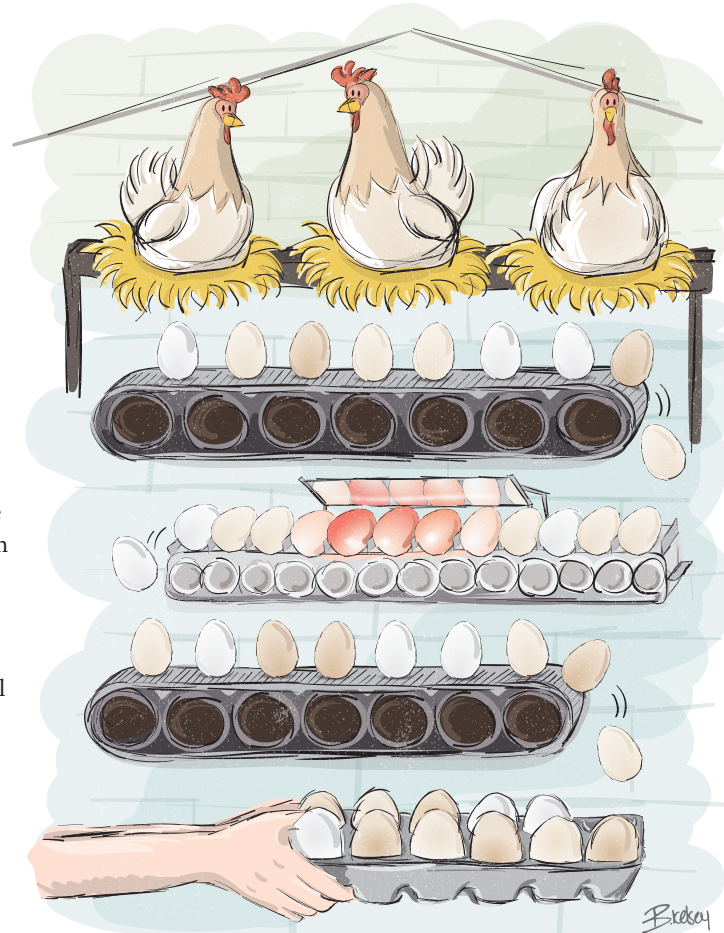
For \$75, consumers can adopt a chicken — certificate and biological history included — and collect a dozen free-range, farm-fresh eggs every other week. With 500 chickens spoken for, and hundreds of people on the waiting list, the program has taken off fast. Already, it's a challenging numbers game to ensure there are enough eggs for customers and for next year's flock.

Now that they've successfully sustained the Adopt a Chicken Program, the PRC is supporting research of the heritage breeds,

using their genes as a baseline of comparison between them and those of commercial breeds.

Of course, none of it would have happened without ECF's donation to replace the PRC's egg grader, an advanced, mechanical version of traditional egg candling, which allows anyone to see inside the eggs to check for flaws.

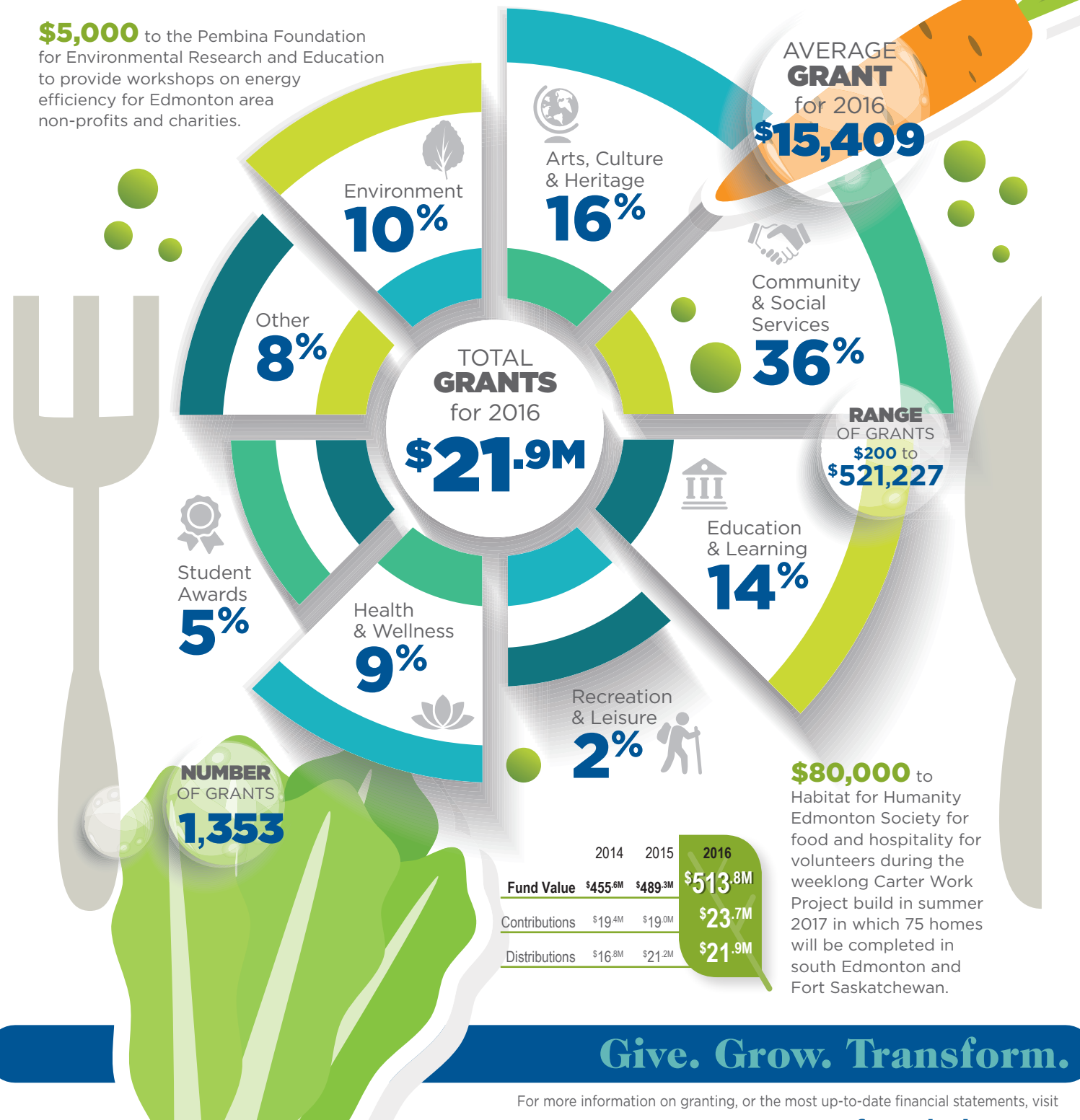
"It was a one-time donation but it pretty much started the program," Kulinski says. "None of it would be happening without the new egg grader. We use it all the time, and people love it. Every time we have students at the barn, they all want to touch and use it, so it serves as educational equipment, too. Now, we can find out more about their diversity and make sure their genes are preserved at PRC as long as possible." ■



## ECF BY THE NUMBERS 2016

**\$30,547** to Collaborative Radically Integrated Performers Society in Edmonton (CRIPSiE) for a workshop, lecture and inclusive dance performance led by world-renowned disabled artist Alice Sheppard.

**\$5,000** to the Pembina Foundation for Environmental Research and Education to provide workshops on energy efficiency for Edmonton area non-profits and charities.



	2014	2015	2016
Fund Value	\$455.8M	\$489.3M	\$513.8M
Contributions	\$19.4M	\$19.0M	\$23.7M
Distributions	\$16.8M	\$21.2M	\$21.9M

**\$80,000** to Habitat for Humanity Edmonton Society for food and hospitality for volunteers during the weeklong Carter Work Project build in summer 2017 in which 75 homes will be completed in south Edmonton and Fort Saskatchewan.

**Give. Grow. Transform.**

For more information on granting, or the most up-to-date financial statements, visit

[ecfoundation.org](http://ecfoundation.org)





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