



Envoy

E4C Celebrates 40 years of Service at AGM in May

Board President Kristin Morra's Address

In preparation for our Annual General Meeting—on the eve of our 40th year—I was compelled to re-read the 30th Anniversary Publication: *Bridging Downtown and the Inner-city*.

On a page entitled *The more things change*, then Executive Director Martin Garber Conrad wrote, "Looking back over the past 30 years, the key factor I see is continuity. The world has changed, the environment in which we work is radically altered, and E4C itself has grown quite dramatically. And yet, in all sorts of ways, the issues we deal with and the communities we serve are very much the same. Children are still hungry, women (and men) are still homeless and youth are still on the streets. Food and housing, income and employment—and hope for the future—are still in short supply in relation to the needs of marginalized people in Edmonton.

On the eve of our 40th year, I pondered what the founders of E4C would have wanted to hear.

I am sure they would have hoped that by 2010:

- children were no longer hungry
- that women and men were no longer homeless
- that families were able to make ends meet each and every month because they were housed in strong and safe communities
- that children and youth would not have to seek refuge on the streets, drawn to drugs and prostitution
- that those with mental illness were not shunned from society but housed and supported in safe and nurturing environments
- that newcomers and their families would be welcomed with open arms and integrated, through services and programs, into our communities.



Michael Farris, E4C CEO, presents Kristin Morra, E4C Board President, with a bouquet of flowers after her speech at the May 20 AGM at City Hall.

In 2010, the facts are that MORE children are hungry, MORE Edmontonians are homeless, MORE communities are diminished with school closures and inadequate affordable housing and urban sprawl, MORE children and youth are turning to the streets and MORE families are suffering. There is MORE insecurity around food and employment.

Efforts are being made to address these issues. Governments are working together to build communities, agencies are collaborating and sharing to deliver services better and E4C is constantly evolving to meet the needs of this community.

Ten years have passed since 2000. Our predictions have come true and E4C has grown from 10 programs and a \$5 million dollar budget to a vastly more diverse, more complex \$13 million dollar organization. Our staff has tripled and the issues are more complex. There are more Edmontonians who need our help and each year that passes, presents us with bigger and greater challenges.

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In 1970, when this organization was founded, Edmonton had a population of 429,750. Edmonton's official population on April 1, 2009 was 782,439, an increase of 30,027 over the previous year. This population also ebbs with the boom and bust of the oil industry. This city is faced with huge influxes of population drawing on all aspects of our social and human services network.

A Board of Directors, drawn only from 6 inner-city churches, with their own struggles with aging and declining populations and the effects of urban sprawl, cannot provide adequate knowledge and support of this complex and diverse organization. It is no longer enough to be a warm body attending Board meetings. I am 15 years into my tenure and still struggle understanding everything about E4C. We needed a greater pool from which to draw upon and we needed Board Members that come with tools and expertise - both in the process of governance and in the areas that E4C works in.

With this knowledge, we embarked on a two year governance review process, in conjunction with the member churches, examining how we could poise ourselves for the next 40 years.

After researching models of governance and looking at how we operate, we realized that our first order of business was to develop and adopt a strong set of Board Policies - this was completed and adopted by the Board last fall. Next, we needed a new structure that was open to growth - new member organizations - from which we could draw Board participation.

The result of this process is a revised set of Articles of Association - our governing incorporation document - that maintains the strong involvement of our founding churches and opens the door to the greater Edmonton faith community. Over the next weeks and months, we will be developing a plan and an invitation process to begin expanding our membership and our outreach to members from other faith communities.

I believe E4C's innovative founders would applaud the continued involvement of the founding churches and would welcome the addition of any new faith community in joining us in delivering exemplary services to those in need. ☺

To donate online visit www.CanadaHelps.org

Member Church Recognition at AGM

E4C also took this opportunity to express our deepest gratitude to each member church to celebrate our 40th anniversary and to honor our ongoing and extraordinary collaboration.

Our organization's commitment to the community and the alleviation of poverty would never have been possible without the support and guidance of our member churches. They have been the backbone of E4C throughout our history and without them we simply wouldn't be here.

Reverend Harry Meadows of McDougall United Church, Reverend Ed Checkland of First Baptist Church, Reverend Leon Lindquist of Augustana Lutheran Church, and the Very Reverend Ron Sheppard of All Saints' Anglican Cathedral were the original founders of E4C. We would also like to recognize Anglican Parish of Christ Church and St. Joseph's Basilica for joining us as member churches; you are an integral part of E4C's success.

Thank you! ☺

E4C presented member church representatives with a commemorative plaque of art made by the children of our Art Start Program.
All Saints' Anglican Cathedral, McDougall United Church, First Baptist Church, Augustana Lutheran Church, St. Joseph's Basilica and the Anglican Parish of Christ Church



E4C was honoured to have award winning Journalist, Paula Simons, as our keynote speaker at our Annual General Meeting. Below are excerpts from her speech.



E4C Board President, Kristin Morra, presents Paula Simons with a lunch box decorated with art by School Lunch participants after her speech at the May 20 AGM at City Hall.

What I admire about E4C is its practical, grassroots, philanthropy -- the way it makes a real difference every day in the lives of real people. It's just that kind of pragmatic philanthropy I want to talk about tonight.

Victoria Day - the traditional planting weekend on the prairies. This is the weekend we begin our gardens, something that's always a leap of faith, especially here at latitude 53. Will it snow too much? Will it rain enough? Will my seeds sprout? Will I win the battle of the weeds? Will the moles and rabbits and slugs beat me to my harvest? Planting a garden is always an act of hope, an act of optimism. It requires creativity and vision -- the imagination to see in a patch of bare ground a bed of beautiful flowers or rows of tasty vegetables. It also requires hard work - an investment in the future. Gardening, then is an exercise in delayed gratification. We must put in the labour and care at the beginning, and hope for the best.

And here, I quote one of my intellectual heroes, the great French writer and philosopher Voltaire, "We must cultivate our garden."

What did Voltaire mean by that? That we should cut ourselves off from the world and its problems? That we should go back to the land and embrace the simple life? That we should turn our backs on the troubles of our neighbours, and just focus on making our own lives better? Possibly. But I have my own interpretation.

As soon as we believe that this world is as good as it gets, that everything happens for a reason, we absolve ourselves of moral responsibility to help others or improve our community.

The people who work with or volunteer for E4C bear witness every day to the fact that Edmonton is a far from perfect place. Every day, there are children in Edmonton who wake

up hungry. Every day, there are adults who wake up homeless, desperate and alone. Every day, there are teenagers who wake up with no idea about how they will find a future for themselves in our community.

Several years ago, I was lucky enough to produce a radio documentary about the Kentucky poet, novelist, environmentalist and Christian activist, Wendell Berry. At the time, the slogan, "Think globally, act locally" was all the rage. When I met Berry, he pooh-pooed the idea. No one, he insisted, could "think globally"-- we have neither the knowledge nor the capacity. If we're responsible, we can only think LOCALLY, and work to improve things in our community.

Saving the world is too big a task for anyone. But we can each tend the part of the world closest to us with love and hope and diligence. We must cultivate our gardens -- and in Edmonton, there are few better gardeners than those of E4C.

Every day, E4C works to feed hungry and malnourished school children. To give preschoolers the best possible start to their academic careers. To support people coping with addiction and mental illness. To help teenagers who've come from chaos find a path to a new life. To help those who are homeless and alone to survive our cold, mean streets and dark ravines.

The work E4C does is not glamorous or grand. At times, it is thankless. But every day, E4C acts with faith and hope and courage and patience to cultivate a better community for us all. It takes small, practical steps to make small, practical improvements in the lives of thousands of Edmontonians.

Sometimes, when we see all the injustices in the world, all the problems, we are paralyzed into inaction. We think -- what could I possibly do that would make any difference? Sometimes, big answers are overwhelming. We need little grassroots initiatives, to turn lives around one at a time.

Every day, E4C plants seeds, waters shoots, plucks weeds, chases away pests and predators. Every day, E4C takes that leap of faith, that it can take barren ground and make something beautiful and wholesome grow.

Without such patient gardeners, our whole city would be so much bleaker, so much scarier, so much more dangerous, so much more unjust.

But the rest of us can't just sit on our porches, sipping lemonade, and expect E4C to do all the gardening for us. We need to get out there too, to get our hands dirty, to plant some seeds of our own -- or at least, to water the seeds E4C has already planted. This city is our garden. And if we don't cultivate and tend it, we risk bareness and social disaster.

Faith, hope, and charity. And we all know which is the greatest of these three. It's just that kind of *caritas* that E4C embodies, as it works to cultivate a better city for us all to share. 🌱

Community works together for School Lunch Program at the annual Al Fresco event



People enjoying the attractions on 104 St.

Photo by Karin Locke, Play It By Ear Productions

For the first time in what seemed like weeks, the sun was shining brightly over the Al Fresco 104th Street Block Party on Saturday, June 12. Spearheaded by DeVine Wines, Al Fresco 104th brought together 104th Street merchants and residents together with the weekly Farmers Market in a giant block party in support of E4C's School Lunch Program. The day kicked off with a pancake breakfast hosted by Sobeys, followed by Devine Wines wine-tasting tent, entertainment all day long, a chicken bbq in the evening, and an outdoor movie to close the festivities. Our thanks go out to all the volunteers and organizers of the event and their support of the School Lunch Program.

Planning and preparedness save residents of WEAC Fire

At approximately 11:00 PM on Tuesday, April 20, a fire broke out on the roof of the Women's Emergency Accommodation Centre. There were no injuries and E4C staff did an excellent job of implementing the emergency procedures. The residents were evacuated safely and quickly set up at the nearby Hope Mission. E4C staff distributed all personal belongings and medications to the residents and provided bag lunches as well.

Although the fire was quickly extinguished there was extensive fire damage to the roof, and smoke and water damage to the rooftop, fourth and third floors. The fire emergency plan worked flawlessly, and WEAC staff are to be commended for their quick and decisive action. The Hope Mission generously offered to provide accommodation to the clients and also worked alongside WEAC staff to ensure the residents were supported and their needs met.

It was fortunate that no one was injured and that the damages were contained to the roof and top two floors. The cost to repair the damage, however, creates an unexpected financial burden on an operating budget that is already stretched to the limit. The building was insured, but the deductible cost of \$10,000 plus an additional \$13,000 of restoration work will have to be covered by E4C. We are looking to the community for their support and financial assistance to help get WEAC back operating at full capacity as quickly as possible.

40 Years of Change

Our 2nd Decade E4C Continues to Grow in the '80s

The 1980s were a time for consolidation and inter-agency work with people throughout the city. The work resulted in new agencies and programs: for homeless youth, for women and children facing family violence, for accessible community health services, and for assistance for hard-to-house men and dispossessed seniors.

Martin Garber-Conrad was a Lutheran minister before becoming E4C's executive director in 1987. He inherited an agency involved in programs that concentrated on women and children living with chronic poverty. This focus was to remain central; however, circumstances would present themselves which would quickly expand on that concentration.

One of Garber-Conrad's first actions was to begin publishing ENVOY—a newsletter to keep E4C's members, member churches, donors, funders, and the general public in touch with what E4C does and what its programs are. He also was intent on maintaining the connection with member churches and strengthening their involvement with E4C work.

Other Highlights include:

- 10th Anniversary Service for E4C held at the Legislature bandshell April 13, 1980
- Nora Knowles, Pansy Cochrane and Doris Usher prepare first Nutrition Snack Booklet. - Spring, 1981
- Prof. Art Eriksson appointed E4C's first Life Member and Director Emeritus - March 15, 1984
- Donation received from First Baptist's New Ministries Committee for a pilot project contacting juveniles involved in prostitution - January, 1989
- "Workshop on Poverty and the Schools" held at the Centre for Education - May 12, 1989

Part 2 of a series of 4

E4C's Virginia Lazarre presented Esquao Award at Gala

On May 1, 2010 the Institute for the Advancement of Aboriginal Women (IAAW) held their 15th Annual Esquao Awards Gala at the Shaw Conference Centre. The Esquao Award is the only Aboriginal women's advancement award in Canada, and is fitting then that Esquao means woman in Cree. The awards ceremony highlights the achievements and contributions 20 Aboriginal women have made to Canadian society and this year they recognized E4C's own Virginia Lazarre. Virginia has been at WEAC for 25 years and was nominated for the Clara Woodbridge Community Involvement Award. Many letters were sent in support of her nomination by her peers and others in the community.

"I feel like we've accomplished a lot at WEAC and I'm happy that my work has helped a lot of women over the years," said Virginia who originally joined WEAC in 1983 but left in 1988 for family reasons. "I was drawn back there in 1990; I felt I had a lot more to give. The work is really hard but very rewarding. Every day I learn something new and it makes me feel great helping less fortunate women."

"Thousands of women have been helped by Virginia, she really is an angel," said Tanya Tellier of the Housing & Support Services Hub and a longtime colleague and friend of Virginia. "She's been like a mother to so many women in the absence of their own."

True to her humble personality, Virginia thanked the IAAW and WEAC staff, clients and all who nominated her for the award. Virginia was very excited for this special recognition, but her colleagues were even more so, and cheered and applauded loudly when she was presented with the award. "She's got the skills, the personality, even a really photogenic memory that's helped her succeed in this position, it's no wonder she's been able to help as many women as she has," said Andrea Pheasey of WEAC. "She's an inspiration and we're all really proud of her."



Virginia Lazarre, with her Esquao Award

Over 300 women from 74 communities have received Esquao Awards in the past 15 years and are aimed at reducing negative stereotypes associated with Aboriginals and giving women positive role models. The awards are given in recognition of achievements made in their local community, reserve or settlement. Candidates are nominated by their community through three letters of support.

This year's event was dubbed "Angels among us" and featured many Aboriginal artists and dancers. "Our vision is that Aboriginal women walk in Canadian society with dignity, power, and grace – fully accepted – with no apology, no humiliation, and no hesitation," said IAAW President and founder Muriel Stanley Venne during her opening address. "To these fantastic women, I say continue your great work, it does make a difference. Tonight, accept the accolades and know that all of us here tonight appreciate you and love you." 🌟



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E4C's
School
Lunch
Program

www.e4calberta.org



With A Little Help From Our Friends

Early Head Start Program Receive Generous Donation

Children in E4C's Early Head Start Program will receive a 'Summer Survival' backpack full of toys, games, and other items to help them get through a summer of sun and fun. Funding for the backpacks was provided by a donation from Local 37 of the Alberta Teachers' Association. ☺



Early Head Start staff, Cynthia Tupper, and Manager, Dixie Chell, have a little fun packing the 'Summer Survival' items in the backpacks.

Clareview Head Start Gets a Spring Makeover



On Saturday, May 8th, 8 members of the Fort Edmonton Kin Club, in addition to several E4C staff, gave Clareview Head Start a much needed makeover. We did a complete spring clean-up, including planting a new flowering crab apple tree, adding a sitting area to the front of the

school, as well as all the typical maintenance that harsh winters make necessary. This day was successful in large part due to the contributions of the Fort Edmonton Kin Club, who donated both their time and money to our school. Thank you to everyone who worked so hard to make the day a success. ☺

ICAF Partnership raises funds and awareness



Residents line up for delicious meal served by volunteers at the ICAF Annual Roast Beef Dinner.



Last March, The Inner City Agencies Foundation (ICAF) held its 15th Annual Mac & Cheese and Roast Beef Dinner, raising approximately \$128,000 for the seven ICAF agencies: Bissell Centre, Boyle McCauley Health Centre, Boyle Street Community Services, Edmonton Inner City Housing Society, Edmonton People in Need Shelter Society, Operation Friendship Seniors Society and E4C.

On March 21, Mayor Stephen Mandel declared Inner City Awareness Week which was kicked off by serving a delicious free roast beef dinner for approximately 800 inner city people and held at Boyle Street Community Services.

Then, supported by the generosity of the business community, the more basic macaroni and cheese was served to 1000 people at the Shaw Conference Centre on Wednesday, March 26. The choice of macaroni and cheese is a statement about the staple menu of many residents of the inner city.

The Inner City Agencies Foundation (ICAF) is a joint initiative that combines the efforts of the seven inner city agencies to fundraise for and provide a network of services to alleviate poverty-related problems such as housing, addiction, healthcare, nutrition and education in Edmonton. ☺

SOME OPTIONS FOR YOUR CHARITABLE GIVING

Whatever the reasons, many donors make their gifts near the end of every year. Taking a little bit of time now—to review your giving options and plans—can certainly save a lot of time and trouble later on. But it can also insure that your gifts have the maximum impact on charities and a minimum loss to taxes.

How you make your gift can often affect how much your gift will be. Choosing the best property and timing for your gifts may even allow you to make a larger gift to E4C at the same after-tax cost to you!

There are about as many ways to give, as there are things to give! Of course, you should discuss all gift and tax matters with your own advisors and family to make sure you get the maximum benefits from your gifts and planning. But many donors choose these ways to make their year-end gifts:

Life Insurance: There are many types of insurance gifts, but many people simply transfer ownership of paid-up policies they no longer need and receive a donation receipt for its value (often this is the cash surrender value). Some families purchase a new policy and name E4C as the owner and beneficiary, entitling them to a charitable donation receipt for each premium they pay.

Retirement Plan Designations: Naming E4C as the eventual beneficiary of an RSP or RIF for all or a portion of any funds remaining at death. The charitable tax credit will offset the tax otherwise payable on the distribution.

Neither the author nor this organization is engaged in rendering legal or tax advice. Rather, this publication is intended to provide only information of a general character. Both provincial and federal laws may apply in certain situations, and may change periodically. For advice in specific cases, the services of an attorney or other professional advisor should be obtained.

Residual Interest: Allows a family to make a gift of real estate, get a donation receipt, and continue to live and use their home for life.

Charitable Income Plans: You can receive an immediate tax benefit and start getting income by making a year-end gift to fund a gift annuity, or charitable trust. The donation receipt for this type gift is not as large as for an outright gift because it is based on the calculated future value of the charitable gift.

BENEFITS TO YOU

You have the opportunity to determine how your charitable gift is used. Whether it is made today or in the future to the E4C Endowment Fund, it could be used to perpetually provide support for E4C day-to-day activities or for a special project, program or need.

Studies indicate that those who make charitable gifts have shared that the desire to support E4C and create a lasting memorial was ranked higher than tax savings. However, it is good to know that the amount an individual may claim in charitable donations for any one year is limited to 75% of their net income for that year, but the excess may be carried forward for up to five years. It should also be mentioned that for individuals with modest income, the tax savings from charitable gifts may be larger than those with higher income because the tax credit is not dependent on an individual's tax bracket. 😊



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Edmonton City Centre Church Corporation operating as E4C

E4C Right to Privacy Policy: E4C protects your personal information and adheres to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists.

E4C HOPES TO RAISE \$1,600,000 FROM OUR 2010 FUNDRAISING CAMPAIGN. OUR TOTAL COSTS FOR THE CAMPAIGN ARE ESTIMATED TO BE \$90,000 OR 5.6%. FOR MORE INFORMATION CONTACT JIM DRAGINDA, FUND DEVELOPMENT ASSOCIATE, AT 780-424-7543.

Upcoming Events and Opportunities!

Edmonton's Speaker Series

Sheila Watt-Cloutier

September 15, 2010 - Lunch at the Westin Hotel
Nobel Peace Prize nominee, world leader on climate
change and human rights

For tickets call TIX on the Square: 780-420-1757
or visit www.tixonthesquare.com

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www.realtorscommunityfoundation.com

Please save the date for:

Kids in the Hall Bistro Program's Fall Gala

Friday, October 1, 2010
Edmonton City Hall

Volunteers Needed:

E4C's Summer Snack Program needs volunteers
to help feed over 1500 hungry children. Volunteers
are needed weekdays from July 7th to August 26th
from 9:00 am to noon to prepare snacks, wash and
cut fruits and vegetables, pack up snacks, cleaning
up and of course, have fun.

Please contact Arlene Thompson at 780-424-5408
for more information.

E4C Services Include



Nutrition and Community Services

Make Tax Time Pay
School Lunch Program
Snack Programs

Early Learning

ArtStart
Clareview Head Start
Early Head Start
Northeast Community Program

Transitional Services

Crossroads Programs
Elizabeth House
Mosaic Centre
Women's Emergency Accommodation Centre (WEAC)
Women Moving Forward

Affordable Housing & Mental Health Services

Case Management Team
GC Place
Gold Nugget Suites
Holmes Place
McCauley Apartments
Meadow's Place
Our Place
Our Other Place
Sorensen Place
Stollery Place

Social Enterprise

Kids in the Hall Bistro Program
Financial Management Program

Founded in 1970, E4C is a registered charitable human
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