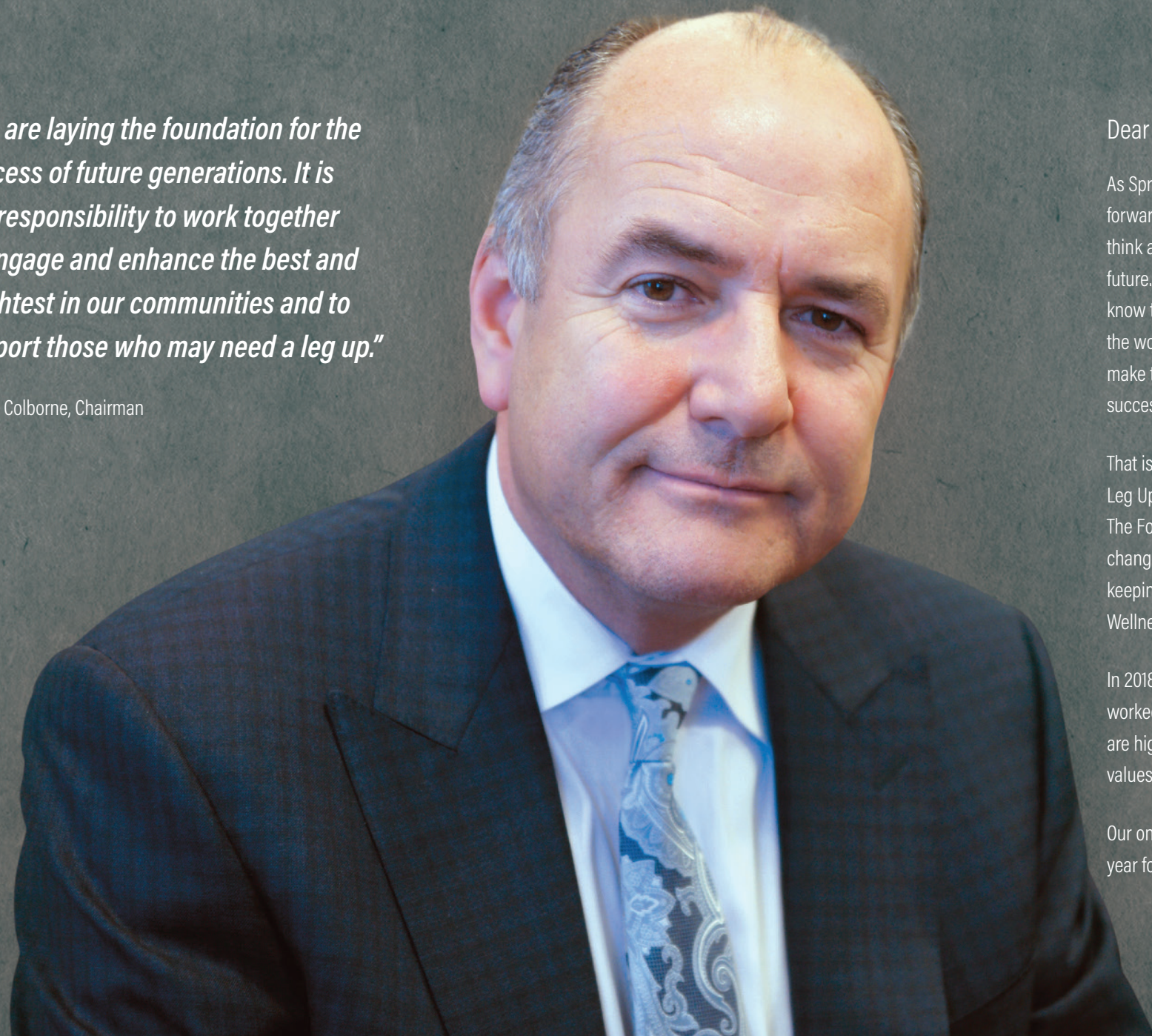




2018
Community Report

“We are laying the foundation for the success of future generations. It is our responsibility to work together to engage and enhance the best and brightest in our communities and to support those who may need a leg up.”

– Mike Colborne, Chairman



Dear Spruce Meadows Leg Up Foundation Supporters,

As Spruce Meadows settles into its 44th year of operation and looks forward to its Milestone 45th Anniversary in 2020, one can't help but think about the next generations who will carry the torch into the future. We may not know what that future will look like, however we know that the decisions that we make today will impact and shape the world. With this realization comes great responsibility to try to make the best decisions possible and to lay the groundwork for success as we move into the future.

That is one of the reasons that I am so proud of the Spruce Meadows Leg Up Foundation, the official charitable arm of Spruce Meadows. The Foundation's mission is to support initiatives that bring positive change to the communities that mean so much to us. We do this by keeping at the forefront our five central pillars of Education, Health & Wellness, Agriculture, Community and Amateur & Grassroots Sport.

In 2018, the Spruce Meadows Leg Up Foundation is proud to have worked with and donated to several charitable groups. These groups are highlighted on the following pages and truly represent the core values of Calgary and our surrounding communities.

Our on-site "School Tours" education program again had a record year for attendance from our local schools. Spruce Meadows provides

a unique environment for youth to learn hands-on the importance of both protecting and gaining a better understanding of our environment. The school tours are offered annually, every June, to children in grades 4 – 6, over a two-week time frame. The program provides an educational and informative experience in several key areas of their curriculum, set in an interactive venue to engage and challenge the students. The Spruce Meadows Leg Up Foundation is pleased to be able to provide this program on a complimentary basis to all attending schools.

I would like to extend my heartfelt gratitude to those who are able to support the Leg Up Foundation and the initiatives that were focused on in 2018. We are excited for the future of the Foundation and look forward to continuing to work with the organizations that make such an incredible impact on the world around us.

Sincerely,

A handwritten signature in black ink that reads "Mike Colborne".

Mike Colborne
Chairman
Spruce Meadows Leg Up Foundation

MISSION AND VISION

Our mission is to support initiatives that bring positive change to the lives of Albertans. The Spruce Meadows Leg Up Foundation is committed to enhance education, agriculture, health and wellness, and amateur and grassroots sports.

Since opening its doors in 1975, communities from Calgary, Alberta and Canada have supported the endeavours of Spruce Meadows. Spruce Meadows' mandate has been the commitment

to returning that generosity by giving back to the community in meaningful ways. The Spruce Meadows Leg Up Foundation is the official charitable arm of Spruce Meadows, proudly formed in 2015.

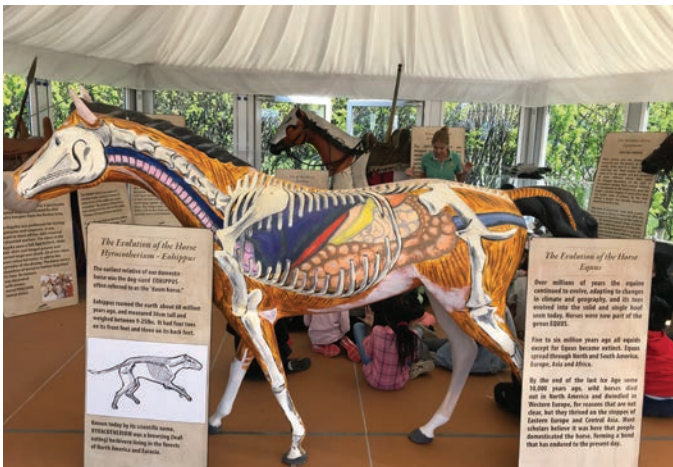
We are proud of the fact that we support a broad range of initiatives from helping to stop childhood hunger, to families requiring emergency assistance, to Education of our youths.

BOARD OF DIRECTORS

Mike Colborne
Lori Fyke
Terry French

MEMBERS

Catherine Agar
Ian Allison
Kristi Beunder
Mike Colborne
Lori Fyke
Terry French
Todd Gardiner
Linda Heathcott
Sydney Heathcott
Harish Mohan
Heather Munro
Spruce Meadows



Education

SCHOOL TOURS | \$22,400

The Spruce Meadows Leg Up Foundation, in partnership with Nutrien, presents the GROWING THE NEXT GENERATION© School Tours Education Program.

The school tours program features highly interactive sessions geared toward the curriculum of grades 4-6, focusing on agriculture, wetland ecosystems, horse anatomy, horse health and welfare, equine history and the importance of bees to our ecosystem.

Initiated in 1976 by Mrs. Southern herself, the program has evolved over time and continues to incorporate Alberta-based curriculum within its existing five stations.

Since its inception, tens of thousands of Calgary and surrounding area students have participated in the School Tours Program. Spruce Meadows provides a unique representative environment of the growth and change of Alberta, its people and the School Tours program itself.

Spruce Meadows and the Leg Up Foundation work together to operate the School Tours program and provide a continued journey toward a lifelong love of horses, education and the environment.

FACT.

“Students who are given access to green woodlands, ponds, and other natural habitats had an increase in social cooperation and creativity, as opposed to the children who were given an asphalt yard with a jungle gym.”

Additionally, when teachers incorporated the outdoor area into their formalized curriculum, it became a fun place to learn about ecosystems, science, gardening, and preserving the Earth. The more natural and open the environment, the greater the invitation for discovery through curiosity.”

Source: Colorado University's Journal of Children, Youth, and Environments

“Education is the passport to the future, for tomorrow belongs to those who prepare it for today.”

- Malcolm X

It is an honour for the Leg Up Foundation to continue the agricultural and equine educational program that Mrs. Southern started so many years ago. Her vision for the program continues to remain its core.”

Lori Fyke, Director, Spruce Meadows Leg Up Foundation



Education

THE ROTARY TOM JACKSON STAY IN SCHOOL PROGRAM | \$4,000

The Rotary Tom Jackson Stay In School Program is a mentoring program that is intended to engage Aboriginal youth early, work with them to keep them in school and drive up high school graduation rates.

This important initiative provides mentoring and financial assistance to help Indigenous students graduate from high school. Students in need are identified by the school system and mentors are allocated to each student. Students and mentors meet regularly. Funds are allocated on a needs-based support assessment to remove barriers, commonly used for such things as extracurricular programming, school supplies, books or sports equipment - whatever is needed to

support the student. The Spruce Meadows Leg Up Foundation is proud to have supported this important work in 2018.

- FACT.**
- 21 students currently in program
 - 34 mentors
 - Funds available for students to provide school supplies, computers, tutoring, and other expenses that will help assist students to succeed



Community

CALGARY READS | \$4,000

Calgary Reads provides children with the essentials to become thriving readers by giving them access to books they can keep. This includes several community initiatives such as the Children's reading place - a colourful heritage house in Inglewood devoted to promoting the love of reading and early literacy, the Calgary Reads Book Bank, the CBC Calgary Reads Big Book Sale, Little Free Libraries and more. The team at Calgary Reads understands the impact that early literacy has on young minds and works tirelessly to spread the love of reading. The Spruce Meadows Leg Up Foundation is proud to once again support this important initiative.

CANTRA | \$5,000

CanTRA (Canadian Therapeutic Riding Association) was founded in 1980 to promote challenge, achievement and empowerment through the use of the horse for children and adults with disabilities. CanTRA also provides education and instructor certification. There are now over 80 plus member centres across Canada providing high quality therapeutic programs. The Leg Up Foundation's support has been dedicated in support of the Peace Area Riding for the Disabled (PARDS) in Grand Prairie, the Therapeutic Riding Association in Lethbridge and the Little Bits Therapeutic Riding Association in Edmonton.



PHOTO CREDIT: CANTRA



"Previous to working with the Stay in School programs, I spent 5 years advising students on re-entry to academics after leaving before completion of grade 12. I can tell you from my experience that this program is the embodiment of an ounce of prevention being worth more than a pound of cure."

Greg Hovdebo Coordinator for Rotary Tom Jackson Stay in School Program

"On behalf of CanTRA I would like to thank you again for the donation, received this summer. To date we have had 3 candidates take part in the Board approved disbursement program. Two having traveled to BC for final testing and each obtaining the level of instructor certification they had been studying for. The third lady traveled to Ontario for her next level of evaluation and has been approved to continue on to the exam next year! The ladies were thrilled to have this support and are all now active instructors in Alberta benefiting riders year round!"

Shelene Williams, 1st Vice President, CANTRA

Community

I CAN FOR KIDS | \$5,000

Letter from Sutton Garner, Co-Founder, I Can for Kids -

"In 2015, when I was 11-years old, my mom and I were watching an episode of Good Morning America. On the show that day, they featured a story about summer hunger and how thousands of children in the U.S. who counted on their school nutrition programs during the school year, worried about where their next meal would come from during the summer break.



Even though the story only lasted a few minutes, it was powerful and it made a lasting impression on me. These kids were hungry, and it impacted every part of their life.

It was my first experience understanding the consequences of poverty and I wondered if the same thing was true in Calgary. When so many kids like me were out having fun, how many others suffered in silence?

Summer hunger just wasn't something we ever thought about. Sadly, after doing a little research, I quickly learned that thousands of kids who count on their school nutrition programs during the school year in Calgary do not have the same access to a free meal during the summer.

The resulting hunger was impacting their physical and emotional health and delaying their academic performance by up to two months at the start of the school year. Food changes everything. Without it, children face a future of being unhealthy and uneducated – and that's not okay with me. It was time to make a difference."

And so she did. I Can for Kids is a Calgary-based charitable organization whose mission is to end summer childhood hunger in Calgary's communities. With over 64,000 meals provided to children in need in 2018, the Leg Up Foundation is proud to be a small part in the success of this important endeavor.

PHOTO CREDIT: I CAN FOR KIDS

THE CALGARY FIDDLERS ASSOCIATION | \$4,000



For over 35 years, the Calgary Fiddlers Association has empowered young musicians with the love of music and the desire to share it with local communities and beyond. Their 'Healing through Music' campaign benefits all ages – the young, elderly, other charities and those without the ability to leave their facilities which also includes hospitals and long term care facilities. The Leg Up Foundation was happy to help their community initiatives in 2018.

"With your support, we provided over \$64,000 meals to hungry kids throughout the city this year—a remarkable 67% increase from 2017"

Bobbi Turko Co-founder & Executive Director



"I believe that the strength of a community starts with individuals who are willing to make a change. I have been honoured to work with the organizations comprised of incredible individuals who work so hard to make our communities better."

Terry French, Director, Spruce Meadows Leg Up Foundation

Community

CALGARY FOOD BANK | \$15,489

Food insecurity is a serious health problem in Canada. It is associated with poorer health, psychological, social, and emotional outcomes. The existence of food banks is becoming more important as the need for these facilities increases.

In Alberta, one in ten individuals experience food insecurity, with 17% being children living in food insecure households. In Calgary, 47% of Calgary Food Bank clients are families with children.

The Calgary Food Bank is the first line of emergency food support for families and individuals facing crisis. Once the food emergency is addressed, food bank clients are referred to proven partner agencies and programs. The deep

collaboration and food support to hundreds of other charitable organizations that address the root causes of food insecurity aligns with the Calgary Food Bank's mission to work with the community to fight hunger.

The Calgary Food Bank is the largest, most accessible Food Bank in Calgary serving families, individuals and organizations which rely solely on the generous support of the community.

In 2018, the Spruce Meadows Leg Up Foundation was proud to support the Calgary Food Bank through monies collected at the Spruce Meadows International Christmas Market 50/50 raffles. Thank you to our wonderful visitors for the incredible support of the Calgary Food Bank!

HOSPICE CALGARY | \$10,000

Hospice Calgary is one location with three centres of care: Children's Grief Centre, Sage Centre, and Rosedale Hospice. It is their promise to journey through the end of life and grief for as long as needed. Services include child and family grief counselling through the Children's Grief Centre, support during advanced illness through the Sage Community Hospice Services, end of life care through Rosedale Hospice as well as education and resources for the community.

Although it is an often difficult topic, the Spruce Meadows Leg Up Foundation is immensely grateful for the work that is carried out by Hospice Calgary. In 2018, the Foundation proudly supported the Children's Grief Centre.

FACT.

Hospice Calgary's Mission:

- To help families and individuals achieve support, hope & well-being through compassionate end-of-life and bereavement care.

Vision:

- To be an innovative leader for compassionate, holistic, family-centred end-of-life and bereavement care.



FACT.

180,666: LIVES AFFECTED

148,104: VOLUNTEER HOURS A YEAR

66,204: EMERGENCY HAMPERS DISTRIBUTED

239: AGENCY PROGRAMS

- Calgary Food Bank (fiscal year September 1, 2017 - August 31, 2018)

"Those who are happiest are those who do the most for others."

- Booker T. Washington



Community

OPENING GAITS THERAPEUTIC RIDING ASSOCIATION | \$10,000

Opening Gaits is a charitable society founded in 1998 by a diverse group of Calgarians united in a passion for horses and a commitment to serve the community. The objective of Opening Gaits is to provide therapeutic riding in an exciting, fun, and challenging environment for children and adults with disabilities allowing them to develop physically, socially, and emotionally.

The benefits of therapeutic riding are great. The rhythmic side-to-side, forward, and backward movement of the horse mimics the human gait, moving a rider's pelvis and torso in the same motion as

walking. This stimulation gently relaxes taught muscles and improves core strength, balance, and coordination. Learning new routines, sequencing, and accessing short-term memory skills assist individuals who otherwise may experience difficulty with these tasks.

The real success of therapeutic riding comes from most riders being highly motivated to learn new skills, simply because they genuinely enjoy riding. The goals of the Spruce Meadows Leg Up Foundation are perfectly aligned with the important work at Opening Gaits and the Board is excited to see how this organization will continue to grow.



PHOTO CREDIT: OPENING GAITS

Agriculture

MILLARVILLE RACING & AGRICULTURAL SOCIETY | \$50,000

The Leg Up Foundation believes strongly in neighbours helping neighbours. Earlier in 2018, the multi-purpose arena in Millarville was compromised and had to be torn down due to a significant portion of the roof collapsing under a heavy snow load. The arena has been supporting the local community by housing exhibitors at various events throughout the year, giving members a place to ride their horses all year round and hosting community dances and concerts to name a few.

The Leg Up Foundation donated \$50,000 to Millarville Racing and Agricultural Society to help with their Arena Rebuild Project and looks forward to many more community events to come.

On behalf of the Spruce Meadows Leg Up Foundation, Mike Colborne, Chairman of the Board, and Linda Southern-Heathcott, President and C.E.O, Spruce Meadows presented a cheque for \$50,000 to the Millarville Racing & Agricultural Society to help with the Arena Rebuild Project.



Shown in photo (l to r): Brent Foster, President of the Millarville Racing & Agricultural Society; Mike Colborne, Chairman, Spruce Meadows Leg Up Foundation; and Linda Southern-Heathcott, Spruce Meadows President and C.E.O.



"I think it's important that we look out for each other. If they need some assistance or if we need some assistance we're there for each other, and we're thankful for that relationship. That's really what it is, it's about relationship and about community."

- Brent Foster, President, Millarville Racing & Agriculture Society





Health + Wellness

BC & ALBERTA GUIDE DOGS | \$15,000

Founded in 1996, the BC & Alberta Guide Dogs organization was formed to meet the growing demand for professionally trained Guide Dogs and Autism Support Dogs for citizens of British Columbia and Alberta. BC & Alberta Guide Dogs endeavours to change the lives of the blind/visually-impaired, individuals with autism, and military and RCMP Veterans. It takes two years and upwards of \$35,000 to produce one certified dog, provided free of charge to the recipient. For these reasons, the BC & Alberta Guide Dogs rely heavily on their generous and loyal donors. The Spruce Meadows Leg Up Foundation is pleased to support this important work.

PADS (PACIFIC ASSISTANCE DOG SOCIETY) | \$4,000

Laura Watamanuk (Executive Director, PADS) was presented a cheque from the Leg Up Foundation in the amount of \$4,000 to help support their program to breed, raise and train fully certify assistance dogs in Calgary. These service and hearing dogs provide life-changing independence to those with physical disabilities, other than blindness. PADS accredited facility dogs work with community professionals, such as teachers, RCMP and psychologists to help support healthy communities.

PHOTO CREDIT: PADS



*"Alone, we can do so little;
together, we can do so much."*

- Helen Keller



Did you know? The Spruce Meadows Leg Up Foundation is proud to have supported several community initiatives since its inception. This includes groups such as the PAWS Dog Therapy Program, which received funding from the Leg Up Foundation in 2017. This important program provides support to Paramedics who are doing the critical and often difficult work in the communities where we work, live and play.

Health + Wellness

AUTISM ASPERGERS FRIENDSHIP
SOCIETY OF CALGARY | \$5,000

AAFS provides respite care in a social and recreational environment for children, youth and adults on the spectrum of Autism. This includes, but is not limited to, Autism, Aspergers, Pervasive Developmental Disorder, Attention Deficit Hyperactivity Disorder and Non-Verbal Learning Disorder. AAFS is both dreamt-up and made reality by the youth themselves.

Their mission, written by two AAFS members, is Friendship:

- Friendship means someone who you can trust and/or someone who heals you. You cannot simply ask to be friends, or if the other person is your friend, it is much more advanced than a yes or no answer, and friendship builds up over time.
- Friendship is "People getting to know other people and being interested in one another. Liking them for who they are, and not judging them. Not judging the book by its cover."

The AAFS team has such an important impact on the communities of Calgary and the Leg Up Foundation couldn't be more pleased to support the important work that they do.

FACT.

- The 2018 National Autism Spectrum Disorder Surveillance System (NASS) Report estimates autism's prevalence as 1 in 66 children in Canada. This includes 1 in 42 boys and 1 in 189 girls.
- An estimated 50,000 teens with autism become adults – and lose school-based autism services – each year.
- Around one third of people with autism remain nonverbal.
- Around one third of people with autism have an intellectual disability.

Source: Autism Speaks Canada



"I can do things you cannot, you can do things I cannot; together we can do great things."

- Mother Teresa



"Tell me and I forget. Teach me and I remember. Involve me and I learn."

- Benjamin Franklin

Health + Wellness

CALGARY SILVER LININGS FOUNDATION | \$15,000

Calgary Silver Linings Foundation (Silver Linings) was formed to remedy certain significant gaps in accessibility and care of eating disorders in Alberta. Silver Linings worked extremely hard to develop plans for Alberta's first world-class residential eating disorder treatment centre. The centre's primary clients will be medically stable adolescents and young adults, aged 12 to 25.

The Silver Linings Team extended their gratitude for the donation from the Spruce Meadows Leg Up Foundation as the donation assisted

with some phase one costs to open the doors of the first ever physical location in the community for the centre.

The combination of new programs, expanded on-going programs and the acquisition of a new physical space—the first ever physical space—collectively, will be a huge milestone in Silver Linings' development.



KIDS UP FRONT | \$3,000 + TICKET DONATIONS

At the heart of the Spruce Meadows Leg Up Foundation is the sport of show jumping. Few things have a greater impression on a child's life than access to sports, whether it be show jumping, soccer, football – the impact that involvement and exposure to sports can have is immeasurable. That is why the Spruce Meadows Leg Up Foundation is proud to support Kids Up Front.

Kids Up Front provides experiences to deserving kids, teens and families. These experiences nurture their spirits, feed their imagination and inspire their dreams. The kids who benefit from the Kids Up Front organization are kids who are affected by poverty,

abuse, illness and disability. They are newcomers to Canada. They endure trying conditions, sometimes without any family support. And they need the magic created by Kids Up Front, which allows them to alleviate their stresses and challenges by opening doors that let them safely explore the world around them and gain new experiences.

The Spruce Meadows Leg Up Foundation facilitates ticket donations from Spruce Meadows so that the love of the horse and the sport of show jumping may be shared with children in need. The Leg Up Foundation also donated to Kids Up Front in 2018 to help ensure that their important work continues.

"There is something special about a community coming together to change lives. I am grateful to be a part of the communities that mean so much to Spruce Meadows and the Spruce Meadows Leg Up Foundation."

- Linda Southern-Heathcott, President & CEO, Spruce Meadows

"Thank you for investing in our kids and families, and supporting so many in your community to have an incredible evening, removing barriers to access for the some of our most vulnerable citizens. Your financial support helped to provide food, beverage, dessert and refreshments for 360 children and their families "

Nicky Nash, Executive Director



Thank you Volunteers!

The Spruce Meadows Leg Up Foundation is a proud supporter of various non-profit and community groups, assisting them so that they many continue their programs that benefit both the community and those in need. In 2018, the Spruce Meadows Leg Up Foundation raised over \$80,000 through the 50/50 raffle, which has been contributed back to these various organizations.

Volunteering can be a personal and meaningful experience. At Spruce Meadows and the Spruce Meadows Leg Up Foundation, volunteers are the cornerstone to the success of the multitude of events held throughout the year.

Several organizations graciously offered their time and energy in 2018 to volunteer, including the Calgary Fiddlers, the Autism Aspergers Friendship Society, Foothills EMS, Foothills Cavalry soccer team, and Spruce Meadows' own Pegasus group. The Spruce Meadows Leg Up Foundation would like to extend its deepest gratitude for the wonderful volunteers who support the work of the Foundation – thank you so much for all that you do!

If you would like to volunteer to help sell 50/50 tickets or our other initiatives for the Leg Up Foundation, please email: legupfoundation@sprucemeadows.com.

LIKE TO MAKE A
Donation?



18011 Spruce Meadows Way SW,
Calgary, AB T2X 4B7
www.sprucemeadows.com

If you are interested in donating to the Spruce Meadows Leg Up Foundation or if you would like to find out more about the Foundation, please visit: sprucemeadows.com/legupfoundation