



2019

SPRUCE MEADOWS  
LEG UP FOUNDATION

# COMMUNITY REPORT



SPRUCE MEADOWS®  
LEG UP FOUNDATION

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Mike  
Colborne

Chairman,  
Spruce Meadows Leg Up Foundation

### Board of Directors

- Mike Colborne
- Lori Fyke
- Terry French

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- Ian Allison        Linda Heathcott
- Kristi Beunder    Sydney Heathcott
- Mike Colborne     Harish Mohan
- Lori Fyke           Heather Munro
- Terry French       Spruce Meadows



# Dear Spruce Meadows Leg Up Foundation Supporters,

In 2019, the Spruce Meadows Leg Up Foundation continued its important work supporting many Calgary and surrounding area charities. As we work towards supporting initiatives that bring positive changes to the lives of Albertans, we remain committed to laying the groundwork for success as we move into the future. We do this by keeping at the forefront our five central pillars of Education, Health & Wellness, Agriculture, Community and Amateur & Grassroots Sport.

Throughout the year, 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, Foothills County and surrounding communities.

Our on-site School Tours Education Program had an excellent year for attendance from a variety of 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 and our community. School tours are offered annually, every June, to children in grades 4 – 6, over a two-week period. 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 has been pleased to be able to provide this program on a complimentary basis to all attending schools.

In 2019, the Leg Up Foundation expanded its education program to include Lucy Tries Soccer. Partnered with Marmot Construction, the initiative focuses on reading and being active for elementary grades.

In 2020, the Leg Up Foundation will be launching a virtual school tour program with its long-standing partner Nutrien because this spring after 45 years our school tour program had to be cancelled due to COVID-19.

To meet an ever-growing need, in 2020 Gibson Energy contributed to a new initiative that focuses on mental health and well being targeted to high risk areas that are seeing the stress and struggles that have been brought about by the global pandemic.

This unprecedented pandemic, which first stuck us in March, has been incredibly disruptive, and often tragic, on countless fronts. Now, more than ever, we must come together in support of our community and its growing and diverse needs. The Leg Up Foundation, and its benefactors, our 50/50 initiatives, Lucy Tries Soccer, and School Tours will all need to adapt and move forward through these times. We must and we will.

We had so looked forward to the Spruce Meadows 45th Anniversary in 2020 and to continuing our important work. Now, more than ever, we understand that the decisions that we make today impact and shape our future. As such, the Spruce Meadows Leg Up Foundation strives to make the best decisions possible to ensure continued success in the future. Please accept my heartfelt gratitude for your support of the Spruce Meadows Leg Up Foundation in 2019 and beyond.

Sincerely,

*Mike Colborne*

Mike Colborne  
Chairman  
Spruce Meadows Leg Up Foundation

# \$22,540

DONATION

## School Tours

Our long standing partner **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, equine history and the importance of bees to our ecosystem.

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

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.

### Spruce Meadows Virtual School Tours 2020

After the cancellation of the 2020 Spruce Meadows School Tours Program, we have been working towards a solution in which we

**"Don't judge each day by the harvest you reap, but by the seeds that you plant."**

ROBERT LOUIS STEVENSON

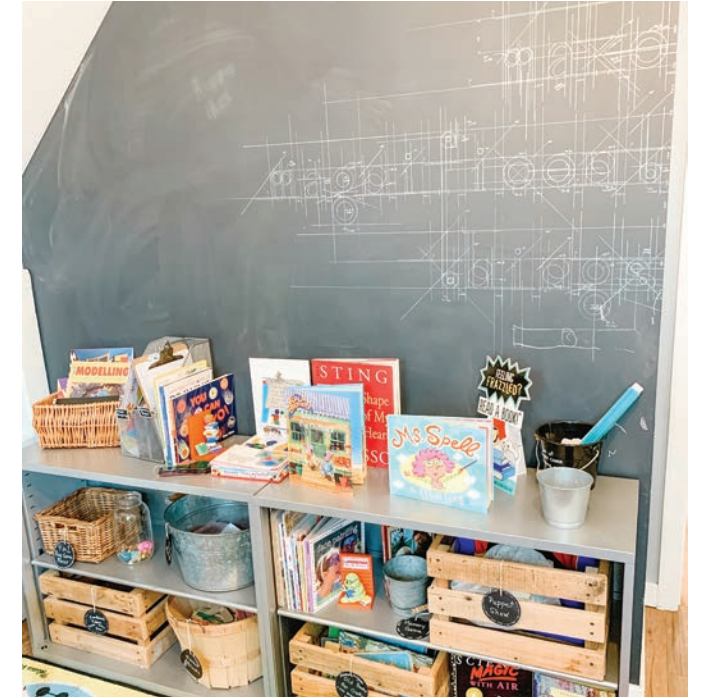
can still provide the School Tours programming to our community while keeping our teachers, students, facilitators and Spruce Meadows' staff safe. This year we will offer the School Tours programming from our facilitators to teachers, parents and students on the Spruce Meadows website.

All five of our facilitators have agreed to provide materials for students to learn at home. Most facilitators will be providing PowerPoint Presentations and home activities for students. Eyes on the Wetlands has created a webpage with videos and activities, and the U of C vet school is creating a video and PowerPoint presentation.

Nutrien will be providing a sunflower planting activity to teachers who would like to place orders for their classes. Nutrien will ship the orders to the teachers to distribute to their students. We have recommended that the teachers organize curbside pick-up of the materials or a contact less drop-off to their students. Nutrien has also included a list of materials that individual students would need to participate in the activity should their teacher choose not to order supplies.

**(opposite) Students from schools and home schools gather each year to enjoy the thrill of learning**





**\$20,000**

DONATION

Calgary Reads

**"We try to inspire reading in all kinds of places with all kinds of people in all kinds of ways."**

STEACY COLLYER  
CALGARY READS FOUNDER AND EXECUTIVE DIRECTOR

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 wee read, Read2gether, Reading Rally, Literacy in a Box and more.

Calgary Reads initiatives are being delivered directly to children where they learn and play – at home, at school and in the community.

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.



**\$15,000**  
DONATION



# Lucy Tries Soccer

Cavalry FC, in partnership with the Spruce Meadows Leg Up Foundation, Lisa Bowes (author of Lucy Tries Soccer), and Marmot Construction brought Lucy Tries Soccer to 20 primary schools in the Fall and Spring semesters of 2019. School selection was based on those classified as "high needs" schools.

The initiative promotes literacy and physical activity as a daily part of our lives. At each school visit, Lisa Bowes would read the book to the students in attendance and the Cavalry FC players would bring

the book to life by demonstrating soccer skills. Between 150-200 students per school participated in the reading of Lucy Tries Soccer and each student received a copy of Lisa Bowes' book, Lucy Tries Soccer following each visit, signed by the players.

For 2020, it was intended that additional schools be added as ATCO also jumped on board as a partner with a focus on indigenous schools and communities. Our hope is to commence school visits in the fall of 2020 as circumstances allow.



# \$20,000

DONATION

## Priddis Rink Refurbishment

**Priddis** is a hamlet in Southern Alberta within Foothills County. This small community includes a multipurpose building and rink for members of the community and surrounding area.

These facilities are an important component in Priddis and bring the community together for many activities over the year.

The Spruce Meadows Leg Up Foundation is proud to donate to the Priddis Rink Refurbishment Project. This community project required a tear down and rebuild of the community rink, a structure which has been a part of the community for 40 years. Renovations included rink boards, fencing, lighting, benches, landscaping and resealing of the rink. All of these items needed completion or upgrading in order to keep the rink usable.

**"There is no power for change greater than a community discovering what it cares about."**

MARGARET J. WHEATLEY



# Opening Gaits Therapeutic Riding



# \$20,000

DONATION

**Opening Gaits** was founded in 1998 by a diverse group of Calgarians united in a passion for horses and a commitment to serve the community. Opening Gaits provides therapeutic riding in an exciting, fun, and challenging environment for children and adults with disabilities that slow their development physically, socially, and emotionally.

# 11 25+ 15+ 100+

STUDENTS/  
YEAR

RETIRED  
CAREER  
HORSES

SURROUNDING  
NEIGHBOURHOODS  
AND TOWNS SERVED

VOLUNTEERS

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 tight muscles and improves core strength, balance, and coordination. Learning new routines, sequencing, and accessing short-term memory 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 Foundation Members are excited to see how impactful the work is on so many lives.





# Calgary Fiddlers

The **Calgary Fiddlers Association** has empowered young musicians with the love of music. The Association's "Developing Youth through Music" initiative includes leadership through their senior student mentorship program, confidence through their group performance format and life skills through development of discipline, working as a team and touring locally and internationally. The Leg Up Foundation was happy to support their initiatives in 2019.

**Vision: To develop life skills in our young students such as leadership, confidence, discipline, and time management, and an appreciation for the Canadian heritage of folk fiddling; all acquired with exposure to local and international performance experiences, while promoting and preserving the art of fiddle music.**

CALGARY FIDDLERS ASSOCIATION

# \$5,000

DONATION

# Children's Grief Centre

# \$15,000

DONATION

**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 a long as needed. Services include child and family grief counselling through the Children's Grief Centre, support during advanced illness through the Sage Community Hospital Services, end of life care through Rosedale Hospice as well as education and resources for the community.

Through the Children's Grief Centre, families with children aged 19 and under are supported as they adjust to the changes in their lives when someone close to them has died.

Using individual, family counselling and group support, the centre works with children, teens, and their families to help them gain the tools they need to face grief.

The Spruce Meadows Leg Up Foundation is immensely grateful for the work that is carried out by Hospice Calgary. In 2019, the Foundation proudly supported the Children's Grief Centre.



**The Children's Grief Centre offers professional, specialized services for grieving children in Southern Alberta. Our counsellors help families with children and teens adjust to the changes in their lives.**

CHILDREN'S GRIEF CENTRE





# Calgary Food Bank

# \$20,000

DONATION

The **Calgary Food Bank** is the first line of emergency food support for families and individuals facing crisis. Once the food emergency is addressed, the Calgary Food Banks refers food bank clients to their proven partner agencies and programs. The deep collaboration and food support to hundreds of other charitable organizations that address

# 192,391

LIVES AFFECTED

# 98,080

HAMPERS DISTRIBUTED

# 151,080

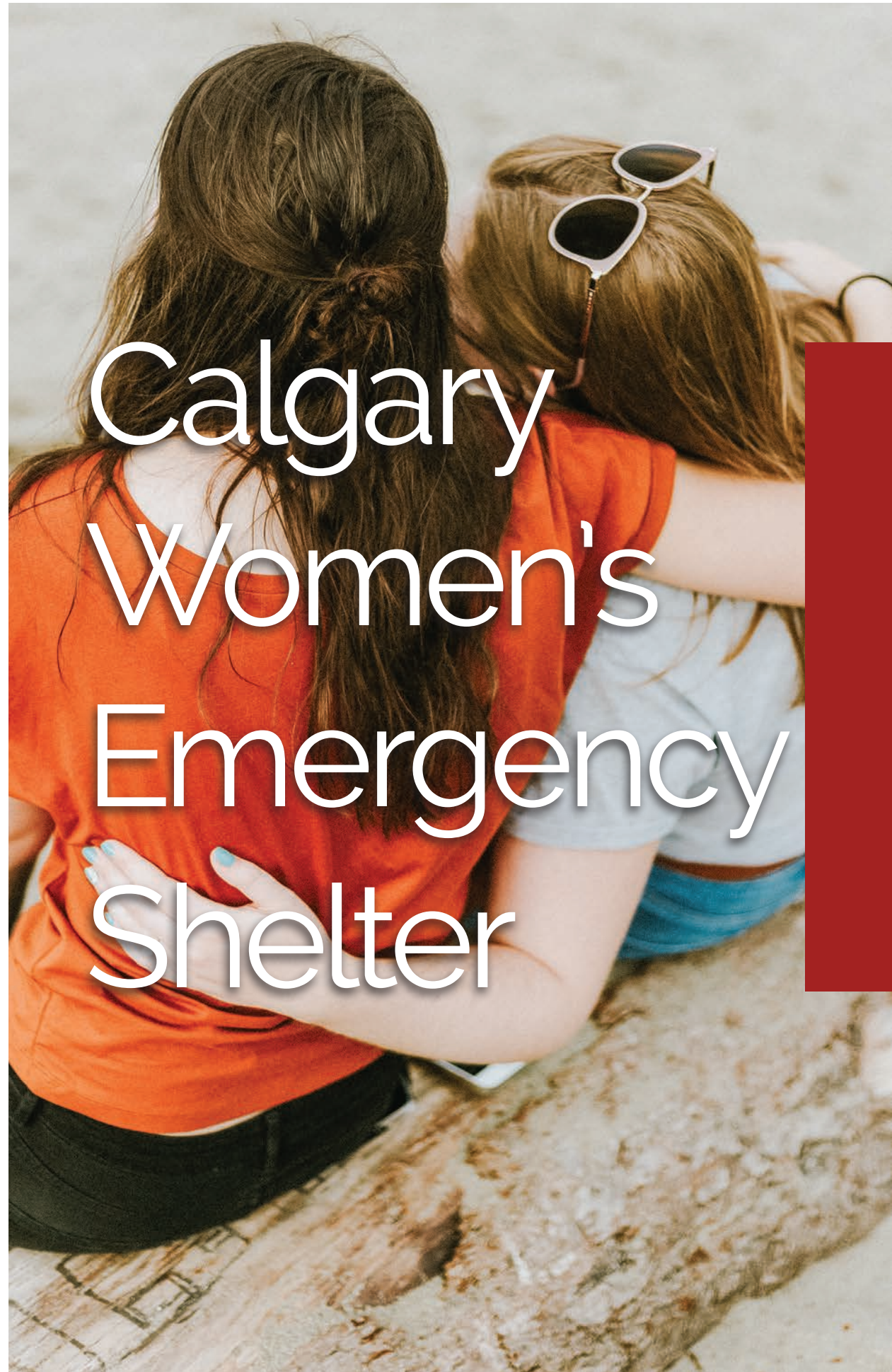
VOLUNTEER HOURS

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 Calgary's main charitable food hub and the most accessible food bank in the city serving families, individuals and organizations. The Calgary Food Bank fights hunger and its root causes because no one should go hungry.

In 2019, the Spruce Meadows Leg Up Foundation was proud to support the Calgary Food Bank through funds raised from the "Masterpieces at the Masters" event.





# Calgary Women's Emergency Shelter

**I don't think abuse is a learned behaviour - you either choose to or choose not to. Well, I chose the wrong way and now I'm choosing the right way.**

JAMES

The **Calgary Women's Emergency Shelter** is focused on ending family violence and abuse in the lives of women, children, youth and men. "Taking a Stand Against Family Violence and Abuse" in the community since 1974, the agency has helped more than 200,000 individuals build safe lives and healthy relationships. In 2018-2019, the Calgary Women's Emergency Shelter helped more than 15,400 individuals build safe lives and healthy relationships. Although the Emergency Shelter is the cornerstone of the organization, it is "More than a Shelter", providing several programs and services in the community - including the community services counselling program, child, youth and family support programs, healthy relationships program and the men's counselling service program.

**\$15,000**

DONATION

IN 2018 - 2019

**471**

WOMEN AND

**457**

CHILDREN WERE SUPPORTED AT THE EMERGENCY SHELTER FACILITY

**10,300**

CALLS WERE RECEIVED BY THE FAMILY VIOLENCE HELP LINE - APPROXIMATELY 28 CALLS PER DAY

**806**

WOMEN ACCESSED THE COMMUNITY SERVICES COUNSELLING PROGRAM

**591**

PEOPLE WERE SERVED IN THE CHILD, YOUTH AND FAMILY SUPPORTS PROGRAMS

**800**

PARTICIPANTS ACCESSED THE HEALTHY RELATIONSHIPS PROGRAM

# Service Dogs

## BC & Alberta Guide Dogs

The BC & Alberta Guide Dogs organization was founded in 1996 and began professionally training Guide Dogs for blind and visually impaired. In the years following, BC & Alberta Guide Dogs has expanded so they can serve unmet needs.

BC & Alberta Guide Dogs endeavours to change the lives of individuals who are blind/visually impaired; children with autism; Military and RCMP Veterans and First Responders. 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 relies heavily on generous and loyal donors. The Spruce Meadows Leg Up Foundation is pleased to support this important work.

# \$10,000

DONATION



## (PADS) Pacific Assistance Dog Society

Pacific Assistance Dogs Society (PADS) breeds, raises and trains fully certified assistance dogs. PADS service (mobility & PTSD) and hearing dogs provide life-changing independence to those with physical disabilities other than blindness. The PADS accredited facility dogs work with community professionals, such as teachers, RCMP and psychologists to help support healthy communities. PADS is a fully accredited member of Assistance Dogs International. The Leg Up Foundation is pleased to support PADS.

# \$20,000

DONATION





# \$5,000

DONATION

**AAFS** provides respite care in a social and recreational environment for children, youth and adults on the Autism spectrum. This includes, but is not limited to, Autism, Aspergers, Pervasive Development Disorder, Attention Deficit Hyperactivity Disorder and Non-verbal Learning Disorder.

AAFS envisions and facilitates the implementation of programming where youth can choose their own adventures and have a hand in every intricate detail of each activity regardless of how difficult it is to conceptualize or organize.

The AAFS team has such an important impact on the communities of Calgary and the Leg Up Foundation is pleased to support the wonderful work that they do.

**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."**

AAFS OF CALGARY

Autism  
Aspergers  
Friendship  
Society of  
Calgary



# Vets' Angels

In the Fall of 1996, Father Alex Shahun, a Padre at the Colonel Belcher Veterans' Care Centre, indicated that there were many war veterans who did not have family support, who had limited financial resources and were often unable to afford even the most basic of personal necessities which we all take for granted.

During November of that year, four Calgary businessmen, one of whom flew Lancasters during WWII, met to discuss the situation and decided to form **Vets' Angels**. Their goal was to raise funds to provide support while addressing the physical, emotional

and financial needs of the veterans on an individual basis. This ideology remains true to this day.

Community generosity has allowed Vets' Angels to provide and sponsor many in-house programs, equipment improvements, outings, along with preparing an extensive Christmas program.

"We must never forget!"

Vets' Angels continues to bring comfort and support to these men and women to whom we all owe so much.

In 2019, the Spruce Meadows Leg Up Foundation was proud to support Vets' Angels.

# \$10,000

DONATION

# Kids Up Front Foundation Calgary

**Kids Up Front** provides experiences to deserving children and youth across Canada. Kids Up Front reaches children in need through their innovative program by distributing tickets, classes, and passes to their partner agencies. Kids Up Front believes that all kids should have access to enriching experiences like arts, culture, and sporting events. Attendance at events like these helps to nurture their spirits, feed their imagination and inspire their dreams.

The Spruce Meadows Leg Up Foundation also 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. In 2019 the Leg Up Foundation donated to Kids Up Front to help ensure their important work continues.

# \$5,000

DONATION





# 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 may continue their programs that benefit both the community and those in need. In 2019, the Spruce Meadows Leg Up Foundation raised over \$19,750 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 and individuals graciously offered their time and energy

in 2019 to volunteer, including the Calgary Rangers FC, Calgary Northwest United Soccer Club, Julian Jenkins, SWU Premiers 07, Kale Fordham, MUSC Magic, U17G Airdrie Aztecs, Foothills Charge, MUSC Sparks, Foothills Cobra, SWU06, Aviation Student Executive, Samru French Club, Calgary Gymnastics Club, MRU Financial, and EMFC United 04. The Spruce Meadows Leg Up Foundation would like to extend its deepest gratitude to 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 be involved in our other initiatives for the Leg Up Foundation, please email: [legupfoundation@sprucemeadows.com](mailto:legupfoundation@sprucemeadows.com).



# SPRUCE MEADOWS<sup>®</sup> LEG UP FOUNDATION

## Address

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## Online

[sprucemeadows.com/legupfoundation](http://sprucemeadows.com/legupfoundation)

[LegUpFoundation@sprucemeadows.com](mailto:LegUpFoundation@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](http://sprucemeadows.com/legupfoundation)