



SPRUCE MEADOWS®
LEG UP FOUNDATION

2020 COMMUNITY
REPORT



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Mike Colborne

Chairman,
Spruce Meadows Leg Up Foundation

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Dear Spruce Meadows Leg Up Foundation Supporters,

In 2020, more than ever before, we saw that supporting the community was of paramount importance. The year of 2020 dictated that we remain physically distanced from each other, but it also brought us closer together in so many ways.

The incredible dedication of the frontline workers inspired us to be better. The necessity to stay apart boosted our appreciation of our loved ones, family and friends. Wide reaching uncertainty made communal bonds and humanitarian values of cooperation, caring, unity and voluntary service a priority. Not being able to communicate, run businesses and function in our usual way brought about ingenuity, creativity and innovation. We developed a stronger appreciation for simple acts of kindness.

I feel that in these unprecedented circumstances, the five central pillars of the Spruce Meadows Leg Up Foundation - Education, Health & Wellness, Agriculture, Community and Amateur & Grassroots Sport - are as relevant as ever.

As resilient as Albertans are, in the last year we have seen an increased need for help due to higher levels of food insecurity, poverty, poor mental health, lack of community-based social services, higher rates of homelessness, greater vulnerability of first responders and frontline workers. That is why the Spruce Meadows Leg Up Foundation is especially proud to have been able to support many worthy organizations that provide help to the most vulnerable people in our communities, including: Calgary and Area Food Banks, the Veterans Association Food Bank, Calgary Women's Shelter, Distress Centre Calgary, Canadian Therapeutic Riding Association, and Legacy Place Society.

Recognizing the adverse social impacts of physical distancing, quarantine and isolation on children in our communities, the Spruce Meadows Leg Up Foundation, together with its long-standing partner Nutrien, held our ever popular School Tours Education Program virtually. While we were not able to offer our on-site and hands-on program, it was important to keep children engaged and motivated to learn.

An extension of our Education Program is the Lucy Tries Soccer initiative. In partnership with ATCO and Marmot Construction, this initiative also took a different form in 2020, but was just as successful. Lucy Tries Soccer connects children with athletic role models, reinforces the benefits of being active and inspires children to try sports, so that they can lead healthier and happier lives.

As we look to the future, we are encouraged to continue our important work in supporting the most vulnerable. I would like to extend my heartfelt gratitude to you for helping us do that.

We are excited for the future of the Spruce Meadows Leg Up Foundation and look forward to continuing to work with the organizations that make such an incredible impact on the world around us.

Sincerely,

Mike Colborne
Chairman
Spruce Meadows Leg Up Foundation

School Tours + Education Programs

The Spruce Meadows Leg Up Foundation, together with our long standing partner **Nutrien**, presents the GROWING THE NEXT GENERATION® School Tours Education Program.

Initiated in 1976 by one of the co-founders of Spruce Meadows, Mrs. Marg Southern, the program has evolved over time and continues to incorporate Alberta-based curriculum within its existing five stations. 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 provides a unique representative environment of the growth and change of Alberta and its people. The School Tours Program features highly interactive sessions geared toward the curriculum of grades 4-6, focusing on agriculture, wetland ecosystems, horse anatomy, health and welfare, equine history and the importance of bees to our ecosystem.

Since its inception, tens of thousands of Calgary and surrounding area students have participated in the School Tours Program.

In 2020 we offered the School Tours programming to teachers, parents and students virtually on the Spruce Meadows' website. This allowed us to keep children engaged and motivated to learn while keeping teachers, students, facilitators and Spruce Meadows staff safe.

All five of our facilitators provided materials for students to learn at home, as well as home activities.

Nutrien also created and shipped a sunflower planting activity directly to teachers to be distributed to their students.

Our program facilitators from Nutrien, ABC Bees and Eyes on the Wetlands made a very kind and generous decision to have the Leg Up Foundation donate their honorariums to **I Can for Kids** on their behalf. Thank you!

2018 School Tours Virtual Reality demonstration



\$2,500 DONATION



Okotoks Public Library Expansion “Come Grow with Us” Campaign

\$10,000 DONATION

Okotoks Public Library (OPL) has been a proud and integral part of the Okotoks community since 1977. Just to illustrate how important the library is to the community, between March 16th when the library closed due to Covid-19 and July 20th when it reopened, 29,015 items were borrowed through the Curbside HOLDS program.

The Spruce Meadows Leg Up Foundation was very proud to contribute to the Okotoks Public Library expansion project.

The expansion will provide residents with welcoming physical spaces to meet and interact with others or to sit quietly and read, and will also have accessible virtual spaces that support networking.

Residents will have a central source for information about the wide variety of programs, services and activities provided by community agencies and organizations.

The expansion will afford the community the resources needed to explore topics of personal interest and continue to learn throughout their lives.

Children from birth to 5 will have programs and services designed to ensure that they will enter school ready to learn to read, write and listen.

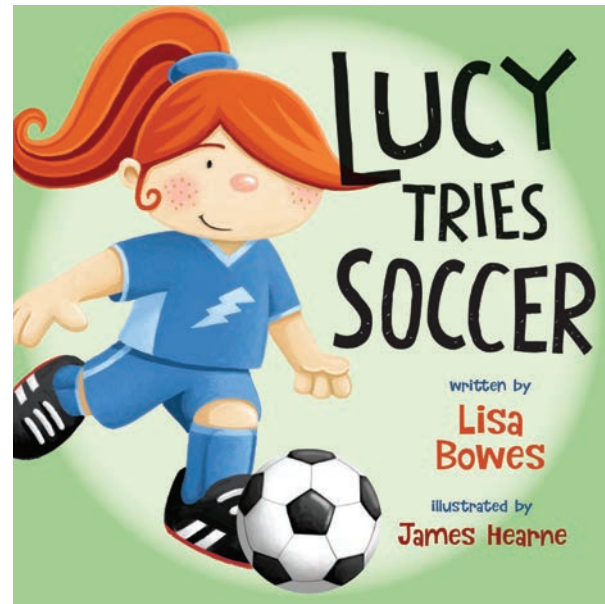
“Thank you for your kind donation to the Okotoks Public Library! This is an exciting time for our Library, as we look forward to moving to a new building next summer, and we truly appreciate your support. With best wishes for Christmas and the coming year.

The Board and Staff of the Okotoks Public Library”

Lucy Tries Soccer

An extension of our Education Program is the **Lucy Tries Soccer** initiative. Cavalry FC, in partnership with ATCO, Marmot Construction, Lisa Bowes (the author of Lucy Tries Soccer) and the Spruce Meadows Leg Up Foundation brought this initiative to 10 schools in 2020. Lucy Tries Soccer connects children with athletic role models, promotes diversity and inclusivity, encourages children to read, reinforces the benefits of being active and inspires children to try sports, so that they can lead healthier and happier lives.

Social distancing is particularly difficult for children. As children get older and more socially adept, their peer group becomes the more important hub of their social development, even more so sometimes than their immediate family. Friendships become more complex and more



about shared interests. Interaction with peers is critical to emotional and brain development.

Recognizing the adverse impacts of physical distancing, quarantine and isolation on children in our communities, the Spruce Meadows Leg Up Foundation held Lucy Tries Soccer initiative virtually.

1,750 books were distributed to 10 schools, along with an educational and fun video that children were able to watch and enjoy together.



Airdrie Food Bank

The **Airdrie Food Bank** was established in March 1984 when local churches signaled a critical need. It is the first line of emergency food support for families and individuals facing crisis in Airdrie, Crossfield, Balzac, Beiseker & Madden.

With the support of the community, the Airdrie Food Bank moved into a new purpose-built facility in August 2014. In 2016 they expanded their services to include skill building programs through the Community Kitchen.

The Airdrie Food Bank also runs a number of school programs providing children in need with breakfasts, lunches and snacks.

In 2020, the Spruce Meadows Leg Up Foundation was proud to support the Airdrie Food Bank with funds collected as part of the Foundation's Calgary and Area Food Bank fundraising campaign during the holidays.

Thank you to all our wonderful patrons for the incredible support, as the Airdrie Food Bank continues to work hard to meet the drastically increased demand for food services and programs in the community.

\$13,784
DONATION

\$15,000
DONATION

Calgary Food Bank

In the last year we have seen an increased need for help due to higher levels of food insecurity, poverty, higher rates of homelessness, greater vulnerability of first responders and frontline workers. In Alberta, more than 1 in 10 households experiences food insecurity.

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

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.

In 2020, the Spruce Meadows Leg Up Foundation was proud to support the Calgary Food Bank with funds collected as part of the Foundation's Calgary and Area Food Bank fundraising campaign during the holidays. Thank you to all our wonderful patrons for the incredible support.

Cochrane Activettes

The **Cochrane Activettes** was chartered in May 1978 and is a not-for-profit society dedicated to helping those less fortunate.

The Activettes are a dedicated group of women whose objectives are to engage in charitable welfare and/or civic work in the community to make Cochrane and district a better place.

The organization's main service project is running the Cochrane Food Bank and providing Christmas hampers. The Activettes have been helping the Community with this program since 1995 when the first Food Bank was operating out of the basement of an Anglican Church.

In 2020, the Spruce Meadows Leg Up Foundation was proud to support the Cochrane Activettes with funds collected as part of the Foundation's Calgary and Area Food Bank fundraising campaign during the holidays. Thank you to all our wonderful patrons for the incredible support.

\$13,784
DONATION

\$13,784
DONATION



Okotoks Food Bank

Okotoks Food Bank Association has been serving individuals and families residing in the Town of Okotoks and surrounding region, including Aldersyde, Davisburg, DeWinton, and parts of the MD of Foothills, since 1985.

The Okotoks Food Bank runs a number of programs, such as Hamper Program, Community Learning Garden, After the Bell Program dedicated to end childhood hunger and many more.

This wonderful organization supports those experiencing job loss or reduction in work hours, families and individuals with unexpected emergencies, single parents, seniors with low pension income, residents on income support, people with mental illness, physical injuries or disabilities.

In 2020, the Spruce Meadows Leg Up Foundation was proud to support the Okotoks Food Bank Association with funds collected as part of the Foundation's Calgary and Area Food Bank fundraising campaign during the holidays. Thank you to all our wonderful patrons for the incredible support.

Veterans Association Food Bank

The **Veterans Association Food Bank** was created in August 2018 following the abrupt closure of the Royal Canadian Legion's Veteran food bank. The loss of this support system was felt by many in the Veteran community. The risk of hunger, homelessness and isolation was too great for those Veterans left without a support system.

The Veterans Association Food Bank recognizes any person who is currently serving or has honourably served in the Canadian Armed Forces, including Commonwealth Allies, members of the Royal Canadian Mounted Police, Peacekeepers, Merchant Marines, or Ferry Command (Coast Guard). Support is also extended to spouses, widows, widowers, and any dependent children in need.

The vision of this organization is to build strong relationships within the Veteran Community and help regain the sense of Brotherhood that has been lost for some. This is achieved through various programs and resources, such as food

hampers, weekly hot meals, emergency assistance, guidance with claims, paperwork and medical disability process, referrals to partner organizations and more.

“ On behalf of the veteran community that we serve, I would like to express our heartfelt gratitude for your generous donation. Your donation allows us to ensure that we are able to provide assistance to each veteran who comes through our doors. Thank you for believing in our vision and supporting us in our mission to help prevent veteran homelessness and suicide”

- the Veterans Association Food Bank.

The Spruce Meadows Leg Up Foundation would like to thank our Veterans for their service and is proud to help the Veterans Association Food Banks continue their wonderful work.

\$10,000 DONATION



Legacy Place Society

Peace Officers, Fire Fighters, Emergency Medical Services, 911 Dispatch and Military Personnel face devastating situations at work and then find themselves struggling to have a balanced life perspective on the home front.

Legacy Place Society provides confidential, early intervention and empathetic support and crisis response for active and veteran Law Enforcement, Emergency Medical/Fire/911 Dispatch, and Canadian Armed Forces personnel and their families. Based primarily in Alberta, Legacy Place Society provides outreach and support across Canada.

Some of the programs include:

- Confidential crisis assistance by telephone that facilitates connection to professional and peer support.
- Confidential and safe transitional housing for well-being, safety, security and access to professional support for recovery from a broad range of serious health related, relationship or personal difficulties.

- Outreach work and event hosting aimed at developing knowledge, reducing stigma and building networks related to mental wellness and suicide awareness.
- A family camp and recreation opportunities that serve to further support positive interactions of first responders and military personnel with peers, friends and their families.
- The Legacy Place Tribute Memorial Garden & Guest House - a beautiful and peaceful location for walking, gardening, photography, visiting or tree planting in honor or memory of a loved one. The property includes a 3-bedroom fully equipped villa that can be reserved as a way to unwind and regenerate in a rural setting. The cost is simply a donation of any amount and a charitable tax receipt will be issued.

The Spruce Meadows Leg Up Foundation is proud to have been able to assist Legacy Place Society in their important work of supporting our First Responders.

\$10,000 DONATION

Canadian Therapeutic Riding Association (CanTRA)

CanTRA was founded in 1980 and operates under the patronage of HRH The Princess Royal, Princess Anne. The Canadian Therapeutic Riding Association (CanTRA) is a registered charity that promotes empowerment and achievement in children and adults with disabilities through the use of the horse. CanTRA also provides education and instructor certification.

There are now 80 plus member centres across Canada providing high quality therapeutic, recreational, life skills and sport programs. CanTRA is a member of Horses in Education and Therapy International (HETI) and is recognized as the only governing body for therapeutic riding in Canada. Each member centre offers a program with a slightly different focus and many medical professionals work with CanTRA to ensure excellence in service

delivery. The majority of centres focus on therapeutic riding to provide socialization, recreation, interaction of clients and horses, and the care of the horse. In addition, several of the centres provide life skills training, rehabilitation and employment opportunities for individuals with disabilities.

In 2020, the Spruce Meadows Leg Up Foundation was proud to support the Alberta Member Centre of the Canadian Therapeutic Riding Association in their important work of building independence and providing socialization, development and a sense of achievement for children and adults with disabilities through the use of the horse.



\$7,850 DONATION

Calgary Women's Emergency Shelter

\$26,775 DONATION

Client's experience, in her own words:

“I was flying blind and it was daunting, it was physically and emotionally painful, it was desperate, and it added another layer of helplessness to my situation and my daughter's situation. During the few weeks that my daughter and I have been here, we have enjoyed your warmth, kindness and care. Your attitude attests to your deep devotion to putting forth your best selves towards the service of persons rendered vulnerable by their different circumstances.

Covid-19 has exposed many cracks in our Canadian systems and it has also foregrounded what we as a society have always known, the fact that when there is crisis, women and children are always the worst-hit. It only makes sense that more resources be channeled towards closing up the gaps that exist in programs that are designed to help the most vulnerable in society.”

1 in 2 women will experience at least one incident of physical or sexualized violence. In Canada, a woman is killed by her intimate partner every 5 days. 74% of Albertans report that they personally know at least one woman who has been sexually or physically assaulted. Calgary Police Service responds to approximately 20,000 domestic violence calls each year.

In 1973, a group of visionary women opened a small volunteer-run shelter for women and families in Calgary. The following year, the Calgary Women's Emergency Shelter registered as a charity.

The mission of the Calgary Women's Emergency Shelter is to support individuals, families, and communities to live free from family violence and abuse. In their last fiscal year, the Calgary Women's Emergency 24-Hour Family Violence Helpline received more than 10,450 calls and the organization served more than 15,000 clients.

The Calgary Women's Emergency Shelter is "More than a Shelter", providing many innovative safety, healing and prevention programs to the community.

During COVID-19, the Calgary Women's Emergency Shelter's clients have been facing additional challenges when trying to escape the family violence and abuse in their home. Challenges like extreme financial stress or the constant physical presence of their partner due to COVID-related isolation can prevent women from seeking help.

With this in mind, the organization has introduced unprecedented measures to help clients stay safe, including text and email counselling support, Zoom Health video and teleconference therapeutic supports, as well as solidified cooperation and collaboration with other family violence and abuse agencies in the community.

In 2020, with the support of Gibson Energy, the Spruce Meadows Leg Up Foundation was proud to donate to the Calgary Women's Emergency Shelter to help the organization continue the important work of supporting individuals, families, youths and children experiencing family violence and abuse.

Distress Centre Calgary

"I felt alone, overwhelmed, ashamed and afraid. I picked up the phone and called. Your compassion, kindness and gentle insight helped me access a counsellor. It was then I started to re-claim my life. Thank you. You saved my life." – Sandra, caller.

The Distress Centre Calgary has been on a mission to provide compassionate, accessible crisis support that enhances the health, well-being and resilience of individuals in distress in Southern Alberta since 1970.

The organization does this through their 24-hour crisis line, email, daily chat, and daily text for our youth. They also have professional counselling for clients with issues that cannot be resolved over the phone. Highly trained volunteers and staff respond to, on average, 325 contacts each day, 24 hours a day, 365 days a year. All of the services are free.

In 2020, with the support of Gibson Energy, the Spruce Meadows Leg Up Foundation was proud to donate to The Distress Centre Calgary.

“Distress Centre Calgary is incredibly grateful for the support of the Spruce Meadows Leg Up Foundation. In 2020, Distress Centre experienced a 40% increase in suicide-related contacts. While we don't yet know the full impact of the ongoing pandemic, we know that 24/7 crisis support will be critical as we make our way through these uncertain times. Thanks to the community support of groups such as the Spruce Meadows Leg Up Foundation, Distress Centre has been able to respond to people in crisis 24/7 throughout the COVID-19 pandemic and save lives.”

- Jerilyn Dressler, Executive Director,
Distress Centre Calgary

\$26,775 DONATION





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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