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ArtStart is All in This Family

Back in 2002, a large family in central Edmonton heard about a little program starting at E4C called ArtStart. They heard that it offered a variety of arts classes to kids whose families couldn't afford such luxuries. This mixed family of 9, including several foster children, knew that this was the only way they could experience the arts outside of school so they decided to give it a try for a couple months. Six years later, they are still participating in ArtStart.

Vivian and her 8 children diligently attend ArtStart every week. The ArtStart staff joke that classes can't continue without them! This is only somewhat a joke because in some cases a group of them will make up half the class!

The kids, who now range in age from 7 to 15, say they attend because they like art and it's a place where they succeed. "We gain friends, learn new skills and build confidence," one comments. "At first you might find it hard but then the teachers help you understand," says another. "It makes you want to work hard to do even better," she adds.

Vivian sees this reflected in their lives outside of ArtStart. She can see them gain direction in their lives. One of the girls that lived with them for several years struggled in life due to her previous family circumstances. At ArtStart, she was expected to treat everyone with respect and act as a mature young woman. This challenged her to see what life expected from her outside of her home or school life.

The family also knows the importance of the arts in developing life skills and stresses that the arts help students learn about



Ben performing at the ArtStart Year End show in June 2008.

themselves. Also, the commitment to practice is a skill that translates to school work, especially as their self-esteem grows.

One of the youngest children says it makes her sad to hear that some people don't think that the arts are important because, "I love art and dance and music and drama!"

ArtStart is solidly rooted in this family's life. The eldest has now become an ArtStart volunteer herself! She's been volunteering for over a year now, helping in classrooms with the youngest students. Her experience has given her new respect and appreciation for her teachers.

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Words from the Chief Executive Officer

“Are You Ready for Change?”

There are times when each of us can feel overwhelmed, that our world is spinning out of control. During these times, it can be easy to be swept up in negative feelings and a sense that nothing is in control—we can experience loneliness, anger, frustration, despair. We are certainly living in (as an ancient Chinese curse goes) ‘interesting times.’

The world economy has temporarily dampened the raging Alberta economy and across the world, people are losing their livelihoods, their homes and all sense of security. Our federal political leaders are preoccupied with vicious partisan politics rather than coming together at a time of crisis to address vital challenges. Fundamentalist terror has become all too common. The list goes on.

In such times it is important, in fact crucial, to remember our individual foundation—our core beliefs and values—and, perhaps most importantly, to act in a way that clearly demonstrates those beliefs and values. These values and beliefs have made it possible for people to achieve great things in times of adversity. By demonstrating a resolve to deal with issues head on, by speaking clearly and listening earnestly and by working together, we have achieved remarkable things.

At E4C, our values and beliefs include a respect for each person—that each person has gifts and abilities that can become part of a shared effort—that when we work together, not only is the product of our labour likely to be better but also that through shared effort we build greater strength and capacity as a community. In times of greatest challenge, it is not the individual effort and the me-first, lifeboat mentality that works best. It is that incredible capacity that humans have to rise to the challenge and to come through rough times as a community.

Rough times are not times for hesitancy and timidity. Rough times call for boldness and a commitment to change those things that create jeopardy. It is in times of challenges that through human history, we developed our greatest successes.

Our community has been weakened through gross disparity—we have left many behind as we have pursued individual and corporate wealth. The numbers of our absolute homeless have grown and more and more people are dependent on family and friends. One in six Edmonton children lives in poverty. We

have thousands of hungry children in our schools. Is this time of challenge the time for us to retreat into our individual homes and close our hearts and minds to others?

Absolutely not! Now is the time for us to create change—a time to correct past errors and build strength in our community. It is a time for leadership and a time for resolve.

Now is the time for us to build the housing that is needed. By constructing housing and helping house the homeless we will build strength and capacity. Not only do we create jobs through design and building, we save money by reducing the costs of allowing someone to be homeless. Did you know that it costs about \$125,000 per year to have someone be homeless? Did you know that it costs about \$40,000 per year to safely house and support a homeless person? ¹ What makes sense?

A hungry child is not a child that learns and achieves. It only makes sense that a child who is fed and cared for is a child that will have school success and a chance for greater success in life. Today, we have over 4,000 children in our elementary schools that are hungry. We can feed all our children and watch them grow into healthy and active participants in our community. By feeding hungry children, we also create jobs and income and increase the capacity of our community to manage its own affairs. In the long term, allowing a child to go hungry costs this community tax dollars. By feeding hungry children, we pave the way for their success. What makes sense?

Now is the time to hold tight to our values and beliefs. Now is the time to rise to the challenge. Now is the time to build the future strength of our community—for the good of us all.

We need you to unite with us in overcoming the challenges of today. E4C works in many partnerships on issues facing our community. We work to end homelessness. We work to end child hunger. We work to create literacy, to provide job training and employment. We work to end the exploitation of children and youth.

Join with us. Together, we can make not only a difference but we can make a remarkably brighter future.

- Michael Farris

¹ Edmonton’s Committee to End Homelessness

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Vivian emphasizes she keeps coming back year after year, driving through mud and snow once a week with a van load of kids to ArtStart, "because it works."

ArtStart provides this family with not only the opportunity for the children to build new skills, see accomplishments in their lives and give themselves a source of expression; it also strengthens their family.

Vivian says, "Even if we were able to find the funding to attend arts programs in other ways, it wouldn't be the same. ArtStart is a one stop shop where they can experience a variety of classes and opportunities at one location just a couple times a week." Such a program isn't easy to find in Edmonton, especially in the arts and for low-income families. As Vivian says, "ArtStart is phenomenal."



Performing at City Hall last June.



Ben and Maggie performing at the ArtStart Year End show in June 2008.

The E4C 2008 Christmas donation catalogue is now out. If you have not received your catalogue in the mail you can request one by e-mailing: vpowluk@e4calberta.org, calling 780-424-7543, or you can view it on-line at: www.e4calberta.org and click on 2008 Christmas Catalogue

Making a Difference

Volunteer Profile

Lisa Gregoire



I've been volunteering for Crossroads, gosh, more than six years now and I'm sad to say I'll be leaving next month. My husband Dan got a job in Ottawa and we'll be moving.

I just want to say how much I enjoyed volunteering and how much I respect what Crossroads does for a demographic of people too often derided or ignored in our city. It's been entertaining at times, humbling at others, but always an education.

I know Crossroads struggles sometimes to stay afloat with money and staff but you do amazing work. Every shift, women come to the van and thank us for small mercies. I felt proud to be a part of your organization and I will miss the work.

I started volunteering because I'm a freelance writer and I thought I might write about this hidden lifestyle one day. But it became more than that. Looking at the women gaunt and pale under fashion billboards on 118th Avenue of women gaunt and pale, the lines started to blur.

I'd tell people about volunteering with Crossroads and many seemed amazed that it even existed, and shocked at the number of women we'd see in a night. They'd listen but deep down, you could tell they felt completely removed from those stories. They didn't feel a part of that street world. They had families to go home to every night, bank accounts, life insurance. But we all live here in the city together, some of us shop at the same stores. They are no different than me except most of them didn't have unconditional love and safe boundaries growing up like I had.

Maybe they didn't finish school. Maybe their mother gave them crack at age 11. When you can take the time to really see someone, to talk to them, make a few jokes, learn a few things, you can see that we all want the same things. It's just that some of us get them and some don't.

I have twin daughters who are three. I told them about Crossroads since they always wanted to know where I was going at 8 p.m. on a Thursday night when they were getting their pajamas on. A few days later, we were reading one of their favourite books called Rich Cat, Poor Cat about a hungry street cat that thinks his name is Scat because that's what everyone says when he's around. One time we were reading and Maggie said, "Is Scat like those girls at Crossroads?" Even at age three, they know what loneliness means.

Thank you again. I wish you all luck in your future endeavours. And give your staff pats on the back for me. They work hard."

We Need Your Help!

The No Room in the Inn Project Will Help Women on their Journey to a New Life!

This year Crossroads was chosen by the No Room in the Inn committee for its 2008/2009 campaign. E4C is extremely grateful to this group which believes that everyone deserves proper housing.

They support specific projects that house those who are most vulnerable. Support is given through donations from congregational offerings, but contributions from other individuals, agencies and faith groups are also welcomed.

For more information about No Room in the Inn please go to our website at: www.e4calberta.org or phone Victoria at (780) 424-7543 ext 116.

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E4C Helping Others...

Give your budget a break and join us for a Collective Kitchen

Are you interested in making healthy, low-cost meals for your family? Join E4C's Collective Kitchen and prepare meal dishes for your family to enjoy. The cost is \$3 per person (e.g. \$9 for a family of three). If you would like to join us, or for more information, please call Teresa at E4C's School Lunch Program at (780) 424-5408.

Thank You for Your Help!

CISN Away Hunger

We want to thank CISN, Sobeys and Johnsonville for supporting E4C's School Lunch Program by CISN Away Hunger. Over \$11,800 in donations was raised by CISN and the following Sobeys locations: Millwoods Common, Terwillegar, Belmont, Hawkstone, Namao and Meadowbrook Sobeys.

We also extend a special thank you to the CISN crew for its Wednesday morning and Saturday afternoon broadcasts.

Bruce Bowie, Sean Burke, Jennifer Martin and Chris Scheetz
also went without food for 48 hours to raise funds for
E4C's School Lunch Program!



E4C Services Include:

Nutrition Services

E4C's School Lunch Program
Snack Programs

Early Learning

ArtStart
Clareview Head Start
Early Head Start

Emergency & Transitional Services

Crossroads Downtown
Crossroads Outreach
Elizabeth House
Women's Emergency
Accommodation Centre (WEAC)
Women Moving Forward

Affordable Housing & Mental Health Services

Case Management Team
G-C Place
Gold Nugget Suites
Holmes Place
Macdonald Place
McCauley Apartments
Meadow's Place
Our Place
Our Other Place
Sorensen Place
Stollery Place

Child & Youth Services

Crossroads House
Kids in the Hall Bistro Program
Northeast Community Program

Founded in 1970, E4C is a registered charitable human services organization.

Charitable Registration # 13155 8140 RR0001



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Member Agency



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Planning Ahead

Your Contingency Notebook

Do you have a contingency notebook? Perhaps you do, but you call it by another name. Maybe it's your "emergency file" or your "crisis notebook." Or, it may be you've yet to get going on something like this.

A contingency notebook is a three-hole binder containing all the information a loved one or personal representative needs to know should you become seriously incapacitated or even die. When tragedy strikes, it's no time to go through drawers, filing cabinets and shoeboxes looking for pertinent information. Those who bear responsibility for your affairs need the relevant material immediately.

Your up-to-date contingency notebook can make all the difference.

After you've obtained a good-sized notebook and 12 dividers, label the front cover in big letters, Contingency Notebook. Then divide it into several sections, including:

1. **Action List.** Specify the immediate and secondary steps one should follow if something happens to you.
2. **Key Contacts.** Identify family members, friends, professional advisors and others who should be informed of your condition.
3. **Medical Notes.** List any medical problems and treatments. Identify types and locations of medicines. Name your doctors and provide contact information.
4. **Financial Accounts** (savings, chequeing, brokerage, credit, etc.). Include account numbers, customer service phone numbers and copy of a past statement for each account.
5. **Insurance.** Include life, accident, disability and auto policy information. Summarize your coverage and/or include a copy of the coverage page from each policy. Identify insurance agent(s) and phone numbers.
6. **Business Interests.** Include copies of contracts and outline action to take.
7. **Asset Inventory.** List your major possessions (autos, real estate, etc.).
8. **Funeral Instructions.** Identify your wishes concerning the funeral service and burial. You might also suggest E4C for those who wish to make a memorial gift in your honour.
9. **Estate Planning Documents.** Include copies of your will, enduring power of attorney, personal directives and other items. Also, specify where the original of each document can be found.
10. **Charitable Commitments.** Summarize your charitable involvements, including your ties with E4C. This will help your family know what organizations you supported during life, and why.
11. **Personal Items.** Include biographical information that can be used in preparing your obituary. Summarize your values and purpose in life. You might also provide personal notes to each family member expressing your love and your hopes for them.
12. **Miscellaneous.** This section is reserved for anything that doesn't fall into one of the other categories.



Frank, a long-time supporter of the lunch program and an E4C Visionary, passed away in 2006.

His legacy continues to help provide 2,300 hungry children a nutritious lunch every school day.

For information about E4C Visionaries, contact Victoria at (780) 424-7543 ext 116 or email vpowluk@e4calberta.org

For the sake of your loved ones, we urge you to get started with your contingency book right away. Keep working on it until you are satisfied it is complete. Then show it to your family and tell them where they can find it. All of this will produce peace of mind for you . . . and for them.

It's That Time of Year

Whatever the reasons, many donors make their gifts near the end of every year. But it's also the time when E4C supporters review their financial situation and strategies.

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!

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YOUR OPTIONS

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.

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

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.

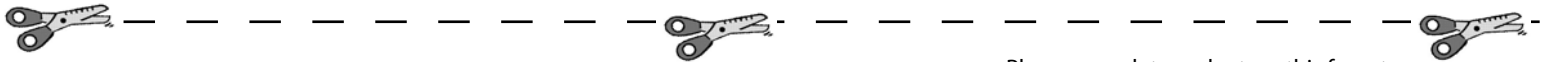
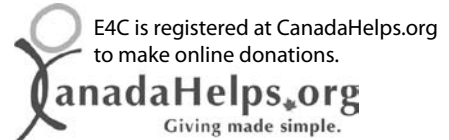
Studies indicate that those who make charitable gifts have shared that the desire to support E4C and create a lasting memorial was ranked higher than tax savings. However, it is good to know that the amount an individual may claim in charitable donations for any one year is limited to 75% of their net 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.

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.

THANK YOU FOR YOUR INTEREST AND CONTINUING SUPPORT OF E4C. FOR MORE INFORMATION ABOUT WHAT E4C IS DOING FOR OUR COMMUNITY, CALL VICTORIA POWLUK AT (780) 424-7543.



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Enclosed is my tax deductible donation for:

\$50 \$100 \$150 \$200 \$500 \$_____ Other

Cheque Visa MC

Card Number: _____ Expiry Date: _____

Gifts can be made: One Time Monthly for _____ months (Monthly gifts can be given via postdated cheques or credit card)

Name: _____ Signature: _____

Address: _____ E-mail: _____

City: _____ Province: _____ Postal Code: _____ Phone: _____

Please contact Victoria about how you can support **E4C Visionaries**: vpowluk@e4calberta.org or call (780) 424-7543 ext 116.

Please complete and return this form to E4C in the envelope attached. Please make your cheque payable to E4C.