



E4C

Changing Lives • Growing Community

# Envoy

Summer 2011

## E4C Hosts its Annual Meeting at the Art Gallery of Alberta

Over 70 people were in attendance at E4C's May Annual Meeting where we celebrated the success of the past year. The AGA proved to be a perfect venue with fine food, wine and a great place for delegates and guests to socialize and to share their connection to E4C.

Key note speaker, Mosaic Centre's Megan Schuring, told Mosaic's story - a story not unlike the foundation of E4C. Three Fort Road churches saw a need in their community and came together to form an outreach ministry to address these issues. Initially, this began with food being distributed out of the back of a minivan. These dedicated volunteers realized quickly that this was only a stop-gap and that homelessness and hunger were big issues in this north end community.

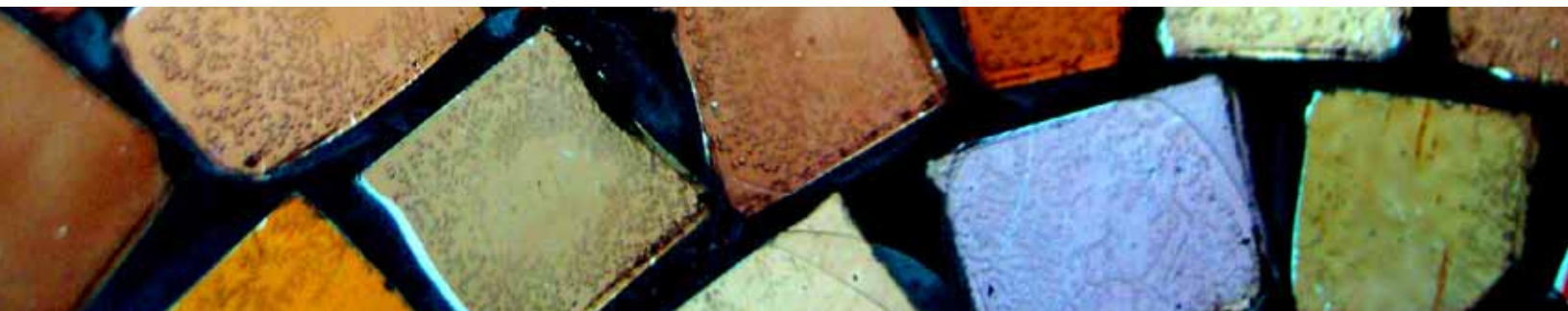
During this time, E4C had taken ownership of a Fort Road building. It was vacant as the Northeast Community Program had been moved to a more suitable location. The volunteers of the Mosaic outreach had noticed this site and contacted E4C. When visiting what is now the Mosaic Centre, Megan and her colleagues saw the

mosaic painted on the wall of the centre. Call it fate or favour, but clearly this was the intended next step for these faith communities.

The three churches - Emmaus Lutheran, Trinity Christian Reformed Church and Steele Height Baptist - added E4C to their collaboration and took over and renovated the Fort Road location.

This site is now a vibrant drop-in centre, where clients can access computers and telephones, can have a cup of coffee and a bite to eat, can do laundry or access hair cuts and foot care,

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# Renewing our resources

## thoughts from E4C's Chief Executive Officer

Michael Farris, MS, CEO

The past few months have been busy - busy, hectic, stressful and, ultimately, rewarding.

In May, we hosted our Annual Meeting at the Art Gallery of Alberta. What a lovely venue to celebrate a review of the past year. We said goodbye to some key Board Members and welcomed others. We celebrated a wonderful collaboration, with key note speaker, Megan Schuring from Mosaic, who's genuine, touching and empowering story about the birth and struggles of Mosaic left us all wanting to do more for our city. We also recognized Kate Quinn and Sister Kitty with the naming of Brigid's Place.

We reconnected with friends and supporters. We shared stories of our common connection and support of E4C. We celebrated our pathways to the future and the colourful mosaic that is E4C.

The spring was busy for raising money, with events supporting our programs ranging from golf tournaments to block parties. We hoped things might slow down in July so that we could catch our breath and regroup. This has not been the case. Donors and funders have been even more generous in July. This has left us with optimism for the fall and hope that our fund raising efforts will allow us to do more.

We are reconnecting with our donors and supporters over the next month or two. Do not be surprised to receive a phone call or a letter thanking you again and reminding you of the role your support plays in the work we do. Donations play a huge role in our budget and program planning - we need your continued (and growing) support.

As we enjoy summer, I thank E4C's dedicated staff. I wish them all safe and relaxing summer vacations with their friends and family. I hope that time spent on leisure allows my staff to return rejuvenated, re-energized and ready to do more great work in the fall. I wish you the same.

We are embarking on our new strategic plan. This will take enthusiasm, energy and commitment to see through. We are excited to meet the challenges this plan poses and we seek to engage our supporters in a greater commitment to the goal of ending poverty.

We hope you stay with us on this journey. 🌱



# DONATE-A-RIDE



## Donate-a-Ride celebrates 15 years of giving

### E4C receives over \$13,000 in donated bus tickets

The Donate-a-Ride program is a community charitable initiative, started by Edmonton City Councillor Bolstad and is now headed up by Councillors Kim Krushell and Bryan Anderson. Farebox donations throughout January and corporate donations throughout the year provide ETS tickets to Edmonton agencies that assist clients, who are in crisis situations, on a short-term basis. Money collected is administered through the United Way.

"In the 15 years that Donate-a-Ride has been supporting our community, we have distributed over 752,782 tickets with a value of over \$1.2 million", said Councillor Krushell. "Each year we find that the requests from agencies continue to grow, which shows the value and importance of this program."

This year, 60 local charitable agencies will be distributing 67,790 adult and 18,480 youth/senior ETS tickets to their clients through the Donate-a-Ride program.

Funds for Donate-a-Ride are raised through sponsorship from corporations, public sector organizations and unions, the support of the City of Edmonton and through donations on all ETS buses.

Donations can be made using envelopes provided on all ETS buses, at the Donate-a-Ride kiosk on the platform of Churchill LRT Station, at Citizen and Newcomer Information Centre in City Hall or by mail or phone to the United Way.

E4C was a major recipient of these tickets and they were distributed to many of E4C programs and their clients. The value of this contribution by Donate-a-Ride is over \$13,000. 🌱

### Want to get E4C's publications by email?

### Want to stay up- to-date on E4C Events?

Email us at [fund.development@e4calberta.org](mailto:fund.development@e4calberta.org)  
and we will add you to our email list.





# Al Fresco raises over \$25,000 to feed hungry children

The weather gods were smiling on June 11 as the 104 Street Business Association hosted Al Fresco, a block party in support of E4C's School Lunch Program. 1000s of Edmontonians flocked to the

vibrant street to enjoy live entertainment and great food as part of this event.

In all, over \$25,000 was raised for E4C's School Lunch Program and the merchants and residents of the 104 Street Promenade demonstrated just how to host a Block Party.

DeVine Wines hosted a tasting tent, which ran throughout the afternoon into the evening as well as a silent auction that raised over \$15,000 for E4C's School Lunch Program.

As afternoon became evening and into the night, 104 Street was transformed into an outdoor entertainment venue, with live entertainment ranging from local musicians, to live street opera, to a fashion show by local 104 Street designers, to later in the evening, a sing-along of everyone's favorite 80s tunes.

Local artisans peddled their wares in the Melcor Mercantile, a parking lot that became an intimate shopping venue.

Local restaurants and bars spilled into the street with extended patios and special menus and the Al Fresco Bistro, 104 Street's take on the street food experience, fed the thousands of patrons

who flooded to the event. Local restaurants such as Tres Carnales, La Pampa, Il Sabino and Pinnocchio's demonstrated that great, creative food can be served on the street and the line-ups spanned the street for most of the evening.

Throughout the event, MCs and artists spread the word about E4C's School Lunch Program and the E4C smart car made an appearance to promote E4C's signature program. Volunteers and staff were on site, selling tickets and drinks and answering questions about E4C and our programs.

The support from the Al Fresco event will continue in the fall as the owners of Hardware Grill host a gourmet luncheon. On Tuesday, October 4, the restaurant will close during their normal lunch hour to host a private luncheon for 100 guests. A special three course meal will be prepared by Chef Larry Stewart. "We could not participate in helping feed hungry kids on the day of the event, so we came up with the idea of donating our entire restaurant to raise money for the Lunch Program", says Melinda Stewart. "We have two young children of our own and want to give back to the community that has supported us so well over the years."

Tickets are \$100 with proceeds going to E4C's School Lunch Program and are available at DeVine Wines. Mayor Stephen Mandel as well as the Downtown Business Association's Jim Taylor will bring greetings. 🍷





# Under our Umbrella

## Alex Taylor's Community Garden benefits from new planter boxes and plant donations

The spring planting season was busy in the Alex Taylor Community Garden. The West and North Rona stores launched the community generosity by donating supplies and building 3 "Square Foot Garden" planter boxes to expand the Community Garden. Around 10 volunteers from the stores donated their time and expertise to build the boxes and Joyce Pitz from the Rona West End location wants to come back and paint them in the mosaic design from the E4C Annual Meeting materials.



Later in the spring, Sprouts Greenhouse from Winfield, Alberta donated 50 thriving tomato plants, cabbage plant seedlings, onion sets and seeds for next year. There were so many plants and they were so developed that the Community Garden coordinator, Teresa Androchuk, distributed them to Elizabeth House and ECOS on the U of A Campus.

On May 31, U of A "Science 100" students planted an apple tree (September Ruby) in our community garden. As a part of the Science 100 course at the University of Alberta, students were assigned in groups of four to help solve a world issue at a local level. Matt Gabert, Neil Borle, Tamara Smigorowsky and Collin Cupido chose the very broad topic area of poverty.

Malnutrition is often a large factor when considering issues around lower income households because an emphasis is not or cannot be put on the importance of maintaining a balanced diet, especially when it comes to fruits and vegetables. To that end, this group decided that they would

give an apple tree to a local community garden, so as to help an inner city community reach the goal of maintaining a better balanced diet.

After research and several emails, it was decided that the Alex Taylor Garden was an ideal spot. It is hoped that the tree will flourish and produce apples so that all who benefit from the Garden will be able to get at least a few September Ruby apples a year. 🍏

## ArtStart recital launches new ArtStart Movie



June is a busy month for school children. They are wrapping up a school year, eagerly anticipating a summer of fun and sun. ArtStart ended their year with a bang, with the June 19th recital. Students from all classes showed off what they had learned in a wide variety of theatre, dance, music and other art classes.

The crowning moment of this event was the showing of the newly produced ArtStart movie. This production, highlighting programming, students and volunteers was filmed on an i-phone by Eva Schneider, ArtStart's Program Assistant. She then put it together at home.

This video will appear soon on YouTube and E4C's website! 🍏

## Supporters brave mosquitoes to participate in Mosaic's 2nd Annual Golf Tournament



On a sunny day in June, Mosaic hosted their 2nd Annual Golf Tournament and over 40 golfers raised more than \$10,000 for this Fort Road outreach centre. E4C Board Members Ross Lizotte and Roger Thompson were among the golfers who supported this program. 🍏



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## Josiah - leaving the street with pride

**I can have a real life now with things to look forward to, people to meet and places to go!**

**O**n July 8th, 2010, a gangster walked through the doors of E4C Crossroads House and asked if he could stay here. He had been in the system most of his life, he had been moved from group home to group home and he had joined the 4DK gang so that he felt he had a family.

Josiah knew he wanted more out of life than dealing drugs and beating up those who couldn't pay, but he felt unable to do anything different because he had never known anything different.

When he first moved in, he struggled with the decision between the street life and the world at large. He visited his brother who lives in the Edmonton Max and his brother helped him realize that there were better lifestyles than the gangs and the violence.

Through the additional support of E4C Crossroads House, Josiah discovered different ways of surviving. He started by talking with staff and learning that we were here to support him in whatever decisions he wanted to make. We recognized the courage he was demonstrating by leaving the gang and removing himself from the people who had become his family – the gang members. The compassion E4C offered him made it easier to make the decisions that altered his perception of himself and ultimately, created the successful young man he has become today.

After living in his new home for about 6 weeks, Josiah made the plunge to try school again. It had been three years since he had been inside of a classroom and many negative emotions came up for him. Staff at E4C Crossroads House helped him locate a school that would best suit his needs at that time. They provided addictions counseling on-site (and later at the school) and they connected him with the community resources that would support his re-entrance into mainstream society.

Josiah has recognized that without Crossroads House's commitment to his recovery he would have had a more difficult time finding his path. He was encouraged when he decided to change his clothing style from gangster to teenager, he was encouraged when he chose a girlfriend who was not wrapped up in the drug/alcohol environment and he was encouraged by the commitment the staff made to his recovery on a daily basis.

Josiah believes in the Crossroads program because they provided what he needed, when he needed it. The recreation program was a strong component in his ability to avoid gangs and gang activity, the staff helped him discover new things to look forward to and Josiah is proud to earn "honest" money now. 🌟

## Tammy T. - my story of success

**E4C's Intensive Case Management Team helps with housing and self-worth**

**I** never knew my parents. They died before I was even able to have any memories of them. I grew up on a farm with my grandparents. Work was all they wanted - there was no love or affection. I was sexually abused by my cousin and when I tried to tell someone, my family hushed me by sending me to foster care.

I looked to prostitution and drugs and living day-to-day on the streets. People looked at me like I was trash and I believed that this was true. I spent my whole life angry and hurt and wanting nothing more than to be loved, although I didn't believe I deserved it.

Two years ago, I went to E4C's women's shelter where I was connected with a E4C worker named Bonnie. She got me my first room and started believing in me, no matter what the set-back. After a year, I was given a new worker, Julie who has given me hope and a home.

I now look out my balcony every morning and I cry, because, for the first time, I have a real home where I feel safe and happy and I believe in myself.

E4C changed my life. They gave me hope. They helped me believe in myself. They helped me get my own home. If it wasn't for workers like those at E4C, who believe and see us girls for who we really are, we would be lost and forgotten.

Thank you E4C for giving me back who I am and a chance to have a home.

- Tammy T

*The Intensive Case Management Team works to identify homeless individuals who desire housing and provides targeted services which include the location of available housing, relationship development with clients and landlords and up to 12 months follow-up support. ICMT is part of Alberta's 10-year plan to end homelessness. 🌟*



## Local Edmonton company donates a van to E4C's Crossroads Outreach

Nisku company Alta-Fab likes charitable programs that don't receive much attention.

They like giving where there is real need.

So, when Board Member Ary DeMoor approached them with a proposal that they give a new van to E4C's Crossroads Outreach, they saw that this was a good fit for their company. Crossroads Outreach is on the streets of Edmonton most nights of the year. They provide supplies and support to women working on the streets. Program Manager, Mandie Dening says, "this is even better than Christmas. I never thought we would EVER get a NEW vehicle." The new Crossroads Outreach van sports the program's new image - a feminine butterfly. 🦋



implement in my home to help with the frustrations of raising a challenging kid. The staff care. When I walk into the school, I feel that I am welcomed and recognized.

In September of 2010, my son had a near-fatal overdose of his medication. When I contacted the school to let them know he was in the hospital, I received such kind support. The staff were greatly affected by his absence. The staff were my family. I am not sure that I could have coped with this near-tragedy without the support and comfort that was offered to me at Clareview Head Start.

After two years in the Clareview Head Start program, he is handling his disappointments and frustrations in a more positive way. I can now talk to him so that he hears me and I know how to listen to him. I no longer fear that he will run into traffic or do something dangerous. He understands the consequences of his actions.

Thanks to Clareview Head Start, I am now a better parent - my child respects me as his mother. Thank you from the bottom of my heart for helping my family BE a family.

My only disappointment now is that we are leaving the program to send my son to Kindergarten. I am confident that because of you and your efforts, he is more than ready to take this step and all the others that will follow. 🦋

## Edmonton Realtors Bike Nights for E4C's School Lunch Program

Every Wednesday, all summer long, the Realtors and friends host Bike Nites at Bo'Diddly's Roadhouse. Burgers are served and raffle prizes awarded, all in support of E4C's School Lunch Program. From August 20 - 22, 2011 bikers will take to the road in the Ride for Kids. For more information, see [www.RideForKids2011.com](http://www.RideForKids2011.com).

## Park Homes serves lunch and donates money to E4C's School Lunch Program

It couldn't have been colder or rainier but that didn't stop the enthusiasm of Park Homes employees who BBQed and fed lunch to the students at Edmonton's north east Abbott School. Students enjoyed hamburgers, chips and watermelon instead of their usual hot meal provided by E4C's School Lunch Program.



Park Homes has also committed to donate \$100 from each of their new home sales to E4C's School Lunch Program. E4C received a donation for \$2500 in July. 🦋

## Clareview Head Start makes a difference

I am a Clareview Head Start parent, and my son has been a student for two years with this program. I don't know where my family would be right now if it weren't for Clareview Head Start and the caring staff that have helped us through our family struggles.

Two years ago, I was not able to bring my son to the grocery store, doctor's office or anywhere where he had to sit still and be quiet. I had to confine him to a stroller or use a harness every time we left the house to avoid the dangers that his low impulse control caused. He would run into the street without caution. He would do things he knew was dangerous without a thought.

After he was diagnosed with ADHD, I felt that there were no options. I was relieved that there was finally a diagnosis and that this wasn't my fault. But I also thought this was a label that my son would live with. A lot of parents deal with this problem. I hoped I wouldn't be one of them.

The staff at Clareview have been very open with me, providing ways that I can communicate with my son and options that I can

## E4C's School Lunch Program benefits from several Edmonton golf tournaments

Golf must truly be summer's game and E4C's School Lunch Program has been the charity of choice for several Edmonton golf tournaments. Wesclean raised over \$11,000. Telus Women raised close to \$2500 and K-97's Terry, Bill and Steve Show raised close to \$20,000.



## Elizabeth House residents get night out

On May 16, ten Elizabeth House residents and a staff person were picked up and driven to the *Share and Care* event hosted by the West Edmonton Christian Assembly. Men in uniform escorted them to their tables for a meal, an inspirational speech and a fashion show. The women also were able to select a special outfit for themselves. 🦋

can access support services, can visit with their children and can find a friendly ear.

Since its' inception two years ago, many of their clients have found housing and employment. The beat cops in the area have reported a big difference in the neighborhood with Mosaic's presence. Two clients even got married in the first "Mosaic" wedding.

Megan's passion and love for her clients was evident throughout her speech. The work that this Centre is doing has truly made a difference in the Fort Road area and the support of the community, through the schools and businesses in the neighborhood has only allowed Mosaic's work to build and grow.

Later in the evening E4C recognized the contributions of Kate Quinn and Sister Kitty Stafford by naming its 95th street property Brigid's Place. Kate Quinn shared the passionate story of Brigid and long time resident of the building, Gail was in attendance for this recognition.

E4C also bid farewell to long-time Board Members, Margaret Wanke and Kristin Morra. ☺

*Socializing in the AGA Foyer*



*Board President, Ross Lizotte*



*Listening to speeches*



## Crossroads Outreach celebrates move with a BBQ

**E4C's Outreach Program enjoys exciting changes**

Crossroads Outreach has been enjoying their summer. In May, they received their new outreach van. In June, they made the decision to move their offices to Crossroads Downtown so that their services could be more accessible to their clients.



Celebrating these changes, Crossroads Outreach hosted a BBQ for clients and E4C staff in the Alex Taylor Community Garden.



Guest chefs, E4C's Kourch Chan and David Grauwiler, cooked up burgers and hot dogs and Crossroads clients and staff enjoyed the afternoon in the garden. ☺

## Donations Needed

*Do you have any used books to give away?*

*How about art that no longer has a place in your home?*

*Given up on playing that dusty musical instrument?*



**ArtStart, E4C's arts program for low income families would be happy to take your donation for the first**

**ART, BOOK AND MUSICAL INSTRUMENT SALE at Alex Taylor on September 24 from 10 - 3.**

**Drop your donation off at the Alex Taylor Gym from September 19 - 21 or call (780) 424-7543.**

# Laugh and Learn

Dinner and Comedy Show  
benefitting E4C.

Featuring Paul Sveen with  
opening act Scott Belford!



Paul Sveen



Scott Belford

Saturday, October 29, 2011

6:30 Cocktails followed by dinner and show

Royal Glenora Club

Tickets: \$60 (\$30 tax receipt)

Call (780) 424-7543.



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**Address changes?**

Email fund.development@e4calberta.org or phone (780) 424-7543.



**United Way**  
Member Agency

For online donations:



Giving made simple.

you are invited

## kids in the hall gala

with guest chef,  
Martin Garber-Conrad

wine tasting  
silent auction  
raffle prizes  
gourmet meal

friday, october 14, 2011 Tickets \$200 (\$160 tax deductible)  
6:00 wine tasting and silent auction ♦ 7:30 dinner  
call (780) 424-7543 ext 115 for tickets

## E4C Services Include

**Nutrition and Community Services**

Community Garden, E4C's School Lunch and Snack Programs, Make Tax Time Pay, Young Chefs

**Early Learning**

ArtStart, Bannerman Out-of School Care, Clareview Head Start, Early Head Start, Northeast Community Program

**Transitional Services**

Crossroads Programs, Elizabeth House, Intensive Case Management Team, Mosaic Centre, Women's Emergency Accommodation Centre (WEAC)

**Affordable Housing & Mental Health Services**

Brigid's Place, 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, Shared Financial Services

Founded in 1970, E4C is a registered charitable human services organization. Our charitable registration is #13155 8140 RR0001.