



**Community Foundation**  
for Kingston & Area

KINGSTON & AREA'S

**VitalSigns®**

2015

Published in partnership with  
Kingston, Frontenac and Lennox  
& Addington (KFL&A) Public Health

## Let's Be Smart & Caring

*Vital Signs® 2015 focuses on the Smart & Caring Community Priorities for the Community Foundation for Kingston & Area:*

**Getting Started:** Giving children, youth and newcomers a strong start to life in our communities.

- This section features early childhood development, welcoming immigrants and support for new businesses.

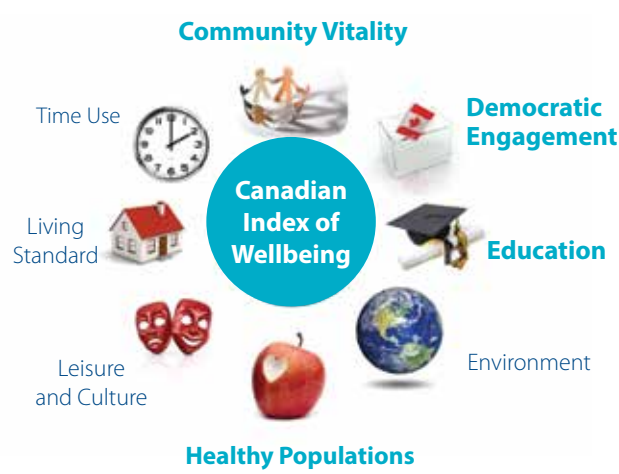
**Food Security:** Ensuring everyone has access to healthy food to fuel their bodies and minds; providing education for food choices and preparation.

- Our local KFL&A food situation is profiled including our concerns with food insecurity.

**Community Engagement:** Inspiring everyone to be active participants in our communities; enriching our society.

- We provide some context for walking side-by-side into the future with the KFL&A First Peoples, philanthropy and the changing face of service clubs.

These three Smart & Caring Community Priorities align with four of the eight "domains" addressed by the Canadian Index of Wellbeing at the University of Waterloo.



We revisit some of the data and analysis derived from the 2013 KFL&A survey administered by the Index, including an analytical report (2014) focusing on Community Vitality and Democratic Engagement.

The methodology and results of the Index's analysis are available in the reports *Civic Engagement and Community Wellbeing in Kingston, Frontenac, Lennox & Addington* and its accompanying *Technical Supplement* on the Community Foundation's web site at: [www.cfka.org/publications/vital-signs](http://www.cfka.org/publications/vital-signs). Other reference sources used are also listed at this site.

**We also draw upon data provided by:**

- Community Foundations of Canada (CFC);
- Elections Canada;
- KFL&A Public Health;
- The City of Kingston; and
- The Kingston Economic Development Corporation.

**The 2013 Canadian Index of Wellbeing survey for KFL&A revealed that:**

**"We're satisfied but ... we have work to do!"**  
**We still do.**

## Vital Signs® 2014 challenged you to get out and vote in the 2014 municipal election.

Kingston City Result: a voter turnout increase of only 2.8 per cent to 39.5 per cent of those eligible to vote, not even a passing grade.

Become more engaged in your community ...

The Federal Election takes place October 19.

**One of your community's most important Vital Signs is your vote.**

**Vote on October 19.**

**For 2015 we offer this challenge:** As your *Act of Community*, commit to vote and Buddy with a young person who is eligible to vote, but has not done so yet.

### 1st step

Find a young voting Buddy.

### 2nd step

Check if you and your voting Buddy are on the Voters' List at Elections Canada.

[www.elections.ca](http://www.elections.ca)

### 3rd step

Inform yourselves!

**Go to** [inspirelademocratie-inspiredemocracy.ca](http://inspirelademocratie-inspiredemocracy.ca)

**Why bother?**

**Democratic engagement** will improve your sense of wellbeing and satisfaction with life!

Rates of voter participation in our Federal Elections are one important measure of democratic engagement.

## What does this graph tell us?

There is a small positive trend, but still almost **40 per cent** of us are consistently not exercising our vote in Federal Elections. We have done much better in the past:



**Did you know?** Voter turnout for the 13 Federal Elections from 1957 through 1992 was between 74.1 and 79.2 per cent for Canada.

**More of us were engaged then.**

## Why not now?

The decreasing rate of eligible voter participation is linked closely to the lack of participation by young eligible voters. Improvement will be tied to getting young people out to vote.

**Find your young voting Buddy today!**

**Photo Source:** Elections Canada

**National, provincial and local voter turnout for the last four Federal Elections.**



Source: Elections Canada



# Getting Started

## Early Childhood Development

The early years represent the most significant time period in an individual's lifespan.



A child's ability to learn when they enter school is strongly influenced by the brain development that takes place in these early years. Early child development is a lifelong determinant of health, wellbeing and learning.

This not only impacts each of us individually but also as a society since the health of our population affects our collective social and economic wellbeing.

The early years are critical because the later you attempt to change a child's developmental trajectory, the more energy will be required to achieve change later in life.

If we introduce positive interactions in a child's early years when the neural systems are the most flexible, we can achieve longer-lasting positive outcomes.

### Actions, Not Genes!

**Did you know?** During the first few years of life, 700 new neural connections (synapses) are made every second. They reach their peak in early childhood around the age of five and then are later pruned based on experience.

It is not their genes, but rather our actions that will decide our children's future.

*Stuart Shanker, Past President, Council for Early Childhood Development*

**28.6 per cent of KFL&A children entering school are vulnerable.**



### How do we know this?

The Offord Centre for Child Studies (McMaster University) developed the:

#### Early Development Instrument (EDI).

The EDI measures five core areas of Early Childhood Development. They are:



#### Physical Health and Wellbeing

Can this child hold a pencil? Has this child arrived late or hungry for school?



#### Social Competence

Does this child share with others? Does this child follow the rules and directions?



#### Emotional Maturity

Does this child offer help to others? Does this child seem to be unhappy, sad or depressed?



#### Language and Cognitive Development

Does this child use language and listen effectively? Does this child show an interest in books and reading?



#### Communication Skills

Can this child tell a story and take part in imaginative play? Can the child communicate with adults and children?

## Developmental Health at School Entry

The EDI...

- Is a Canadian made research tool, developed at the Offord Centre for Child Studies at McMaster University;
- Was finalized in 2000 in Ontario;
- Is a population level tool that is utilized to various degrees across all provinces and territories;
- Is being used around the world including Australia, Chile and Egypt;
- Is used to measure developmental change in populations of children;
- Is not a measure for individual children, teachers or programs; and
- Is funded in Ontario through the Ministry of Education.

The EDI:

- Increases awareness of the importance of the early years;
- Increases awareness of family and community connections;
- Provides evidence to support community initiatives towards healthy child development; and
- Provides communities with information to support future planning and service development.

Source: [www.offordcentre.com](http://www.offordcentre.com)



## 2011 KFL&A EDI Results

In KFL&A, the EDI was implemented in senior kindergarten throughout all four local school boards. Teachers use their observations after several months of classroom/school interactions with the children to complete the questionnaires.

The average scores for each of the five developmental areas are divided into categories representing the highest scores to the lowest scores in the community.

EDI scores are then reported by the community in which the child resides as identified by their home postal code. The data are grouped into unique planning zones where sample sizes are sufficient to ensure confidentiality.

**There has been a steady increase in children's vulnerability in KFL&A** over the last three cycles (2006, 2009 and 2011). The percentage of KFL&A kindergarten children aged 4 and 5, who were observed as vulnerable or at increased risk of encountering difficulties in their academic life and beyond, is shown in the following graph.

The most common way of reporting EDI is to discuss children who are vulnerable in one or more domains. In 2011, **28.6 per cent** of children in KFL&A were vulnerable or at increased risk of encountering difficulties in their academic life and beyond. The senior kindergarten children in KFL&A are **slightly more vulnerable** than their peers across the province (**27.6 per cent** in Ontario).

**Physical Health and Wellbeing** had the highest level of vulnerability in 2011 and the largest increase over the three cycles.

Within KFL&A, we are just over one per cent higher than the level reported across Ontario.

**Laurie Dixon**

*Data Analysis Coordinator Kingston and the Islands Limestone Advisory for Child Care Programs*

The fourth cycle of measuring children's vulnerability for each of the five developmental domains is currently underway. The results will be available early in 2016.

### Will the trend be reversed in 2015?



## What's being done to address this trend of increased vulnerability?

**The Province of Ontario phased in funding to provide full-day kindergarten for all four and five year olds by September 2014.**

See: [www.edu.gov.on.ca/kingergarten](http://www.edu.gov.on.ca/kingergarten)

## Active Bodies for Children

The Active Bodies for Children (ABC) Program, held in Central and North Frontenac County this spring, was developed **in direct response to the EDI results**, which showed a high percentage of vulnerability in Physical Health and Wellbeing in that part of the county.

The emphasis in "ABC" is not on competition or being the best performer, but on being physically active in a stimulating environment that focuses primarily on motor development, cognitive learning and social interaction. This program is designed so children can participate on their own, in small groups or in large groups and provides them with the opportunity to socialize in a playful environment.

See: [www.participation.com](http://www.participation.com) for guidance on Physical Health and Wellbeing.

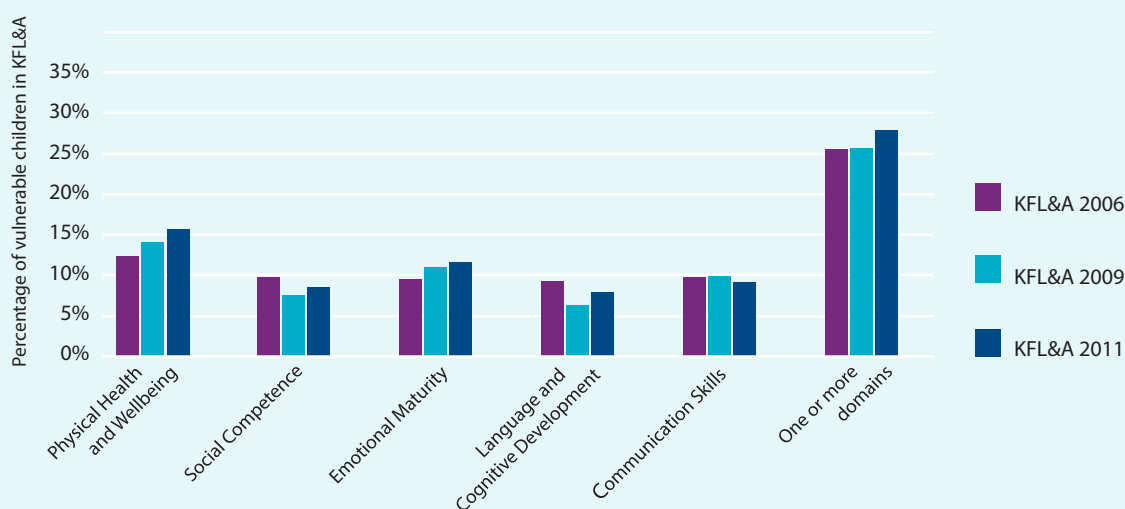
## Early literacy opportunities at your public library

**11, 210** children attended early literacy programs in 2014 at six branches of the Kingston Frontenac Public Library.

"Our new Rhythm & Rhyme program approaches learning through music and poetry, while Play to Learn enhances early literacy through imaginative and physical play."

Source: *Kingston Frontenac Public Library, 2014 Annual Report.*

Percentage of vulnerable children in KFL&A by domain.

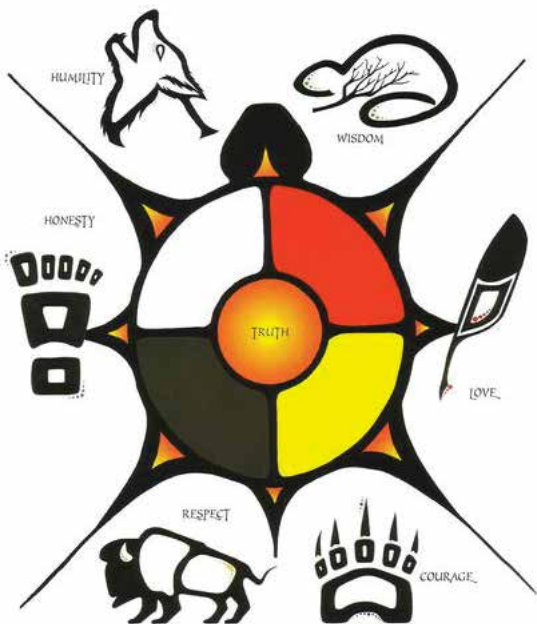




## Other Initiatives for Getting a Better Start

### Come Walk in My Moccasins Newsletter

In the fall of 2013, Aboriginal Family Literacy Circle members from Indigenous and mainstream organizations throughout the Frontenac, Lennox & Addington, Hastings & Prince Edward counties began developing **Come Walk in My Moccasins** – a free monthly newsletter to support professionals and parents with young children.



Each edition contains information of interest to mainstream and Indigenous educators, professionals and parents to share with children. These newsletters include Indigenous teachings, heroes, recipes, featured children's books, audio word translations from English to Mohawk, resources, events and more.

**Come Walk in My Moccasins** e-newsletters are created with knowledge and guidance of the Circle members and Elders. The members are continually seeking feedback from subscribers, knowledge-keepers and Indigenous language speakers.

The Aboriginal Family Literacy Circle has an active Facebook page. The link to the e-newsletters can be accessed from this Facebook page.

**Artwork (left):** Melissa Muir, Lagaz Designs  
lagazdesigns.blogspot.com

### First Peoples? Aboriginal? Indigenous? First Nations?

The terminology used in this report is variable, dependent upon the specific contributor's preferences.

**First Peoples** is inclusive of First Nations, Métis and Inuit, and is the preferred usage by the editors of *Vital Signs 2015*.

**Aboriginal** is Constitutionally correct.

When contributors use other naming practices as in the name of an organization, the editors have accepted those usages.



**Photo:** Launch of the Loan Program

### Pathways to Education

Kingston Community Health Centres' Pathways to Education Program has supported a second group of over 50 students in Kingston's north end "get started" on new and exciting life-journeys.

With a graduation rate of 81 per cent, this year's Grade 12 students will be moving on to follow dreams that many thought impossible. Thirty-two students will be pursuing post-secondary education for the first time this year: nine will be attending university and 23 will be attending college.

All alumni receive the Pathways to Education bursary earned throughout their four years in the program, which helps pay for tuition, textbooks, student fees and residence at colleges and universities.

Pathways alumni studying in Kingston will also receive outstanding support from our post-secondary institutions, including the Queen's University Pathways to Education Award and the wonderful guidance provided by the Student Success team at St. Lawrence College.

**Wendy Vuyk**  
Manager, Children and Youth Services

### Providing Immigrant Entrepreneurs with a Good Start in Kingston

Our community has a unique program in place that provides a good start to both established and aspiring immigrant entrepreneurs in Kingston.

The Kingston Immigration Partnership (KIP) created a business network and connector program that provides immigrant entrepreneurs with the opportunity to learn more about developing or maintaining a successful business through presentations and available community support.

This program provides an opportunity to meet, connect and share experiences and insights with other immigrant entrepreneurs, and includes the opportunity to be matched with an established Kingston-based entrepreneur.

The network meets quarterly and the business connectors are active on an ongoing basis. Further information can be obtained at [www.kchc.ca/index.cfm/kip/](http://www.kchc.ca/index.cfm/kip/)

**Ruth Noordegraaf**  
Program Coordinator, Kingston Immigration Partnership

### New Small Business Development Loan Program

The Community Foundation for Kingston & Area offers a social investment program that can benefit, among others, immigrant entrepreneurs: the First Capital Community Development Loan Program.

This small business loan program provides financing for individuals who have strong business plans, but are unable to obtain financing through conventional lenders. Lack of an established credit history in Canada makes it difficult for immigrants to obtain a loan.

Through this new loan program, the Foundation will provide loan guarantees to successful applicants.

Loans are made and administered through Alterna Savings, thus allowing participants not only to obtain the funds they need to start or grow their business, but also to establish a credit history to facilitate acquisition of future credit for business and personal needs.

Further information on the loan program can be obtained at [www.cfka.org/loan](http://www.cfka.org/loan)

## What Can You Do?

What can you do to improve "Getting Started" in your community?

- Engage in your children's learning;
- Enroll your pre-school children and grandchildren in programs in local libraries, schools, community organizations, daycare centres and events;
- Contact and engage with your local Ontario Early Years Centre, Parenting & Family Literacy Centre and/or Better Beginnings for Kingston Children;
- Welcome and engage with new immigrants arriving in KFL&A – one of our Canadian strengths comes from celebrating our diversity; and
- Support existing and start-up businesses by buying their products and using their services.

## Food, Glorious Food ...

### Food Security – By the Book

Food security is achieved when "all community residents can obtain a safe, culturally-acceptable, nutritionally adequate diet through a sustainable food system that maximizes self-reliance and social justice." (Dietitians of Canada)

### An International Perspective

Special Rapporteur to the United Nations, Olivier De Schutter, in 2012 examined the state of food security in Canada:

"The inadequacy of social protection schemes to meet the basic needs of households has precipitated the proliferation of private and charity-based food aid," De Schutter observed. "Canada's record on civil and political rights has been impressive. Its protection of economic and social rights, including the right to food, has been less exemplary." De Schutter cites a lack of federal leadership and finds no provincial food strategies: he concludes, "Food policies are emerging at the municipal level."

### It is happening here in KFL&A! Local Conditions

Almost 15 per cent of Kingstonians live below the Low Income Measure, meaning that over 20,000 people live in poverty in the City of Kingston alone. There is a strong correlation between poverty and food insecurity. Households that rely on social assistance for their income are three times more likely to experience food insecurity than households with employment income.

Employment is no guarantee of food security, however. Research shows that people working at minimum wage with precarious job security are likely to be food insecure.

**The Low Income Measure – After Tax (LIM-AT)** is the per cent of Canadians with an after-tax income lower than 50 per cent of the adjusted median income (adjusted for family size) for all Canadian economic families in a given year.

**LIM-AT Results from the 2011 census are as follows:**

- **City of Kingston** 14.6 per cent
- **County of Frontenac (beyond Kingston)** 9.6 per cent
- **County of Lennox & Addington** 12.0 per cent

The 2014 KFL&A Public Health report *The Cost of Eating Healthy* calculates the cost of healthy eating in KFL&A each year by surveying prices at grocery stores across the region. This report indicates that a family of four needs \$846 monthly to feed their family a balanced diet. *The Cost of Eating Healthy* shows very clearly that the requirement to choose between paying rent, paying hydro and eating is real for many, especially those raising a family on minimum wage or living on Ontario Works or Ontario Disability Support payments.

Please contact Public Health to get your own copy of *The Cost of Eating Healthy*. It's a very informative reference.

Despite their need for food, fewer than one out of every four people who live in food insecure households will visit a food bank or meal program for assistance.

Reasons for this gap between need and uptake include stigma, geography, scheduling issues, medical and dietary needs, food availability and food preferences (such as availability of culturally based foods).

### Everyone Eats: Local Food Security Priorities

Should everyone, regardless of income, have access to the healthy nutritious food they need to thrive? That's the belief behind food security initiatives of the Community Foundation for Kingston & Area and local partners.

### Food Provision

Year over year, member agencies of *The Kingston Food Providers* are reporting increases in demand for food assistance. *The Providers* report that:

- More families are using meal programs;
- Meal programs are open for more days and hours than they used to be; and
- More people are accessing food banks and pantries for groceries.

More non-governmental organizations that were not originally set up to be food providers are now running snack, meal, pantry, or food voucher programs in an attempt to address the food security needs of their program participants and clients.

Food banks, meal programs, and other social service agencies work hard to address immediate issues of hunger in Kingston. The services they provide may assist people in the short term, but they do not provide a sustainable solution to food insecurity in our communities.





## Facing Up to the Problem

While food insecurity remains a troubling reality for many living in Kingston, local initiatives are emerging to address food insecurity at a systemic level:

- Many food-providing agencies are working to provide food skills training and education to participants, and are focussing on broad-based programming aimed at increasing food security for households at risk;
- The Food Policy Council for KFL&A recognizes food as a basic right, and is working towards a just food system which ensures that all members of our community have access to adequate, nutritious, safe, affordable and culturally appropriate food;
- The City of Kingston has pledged to respond proactively to food security needs in the City as part of its 2015-2018 vision for a **Smart and Livable 21st Century City**; and
- The simplest and most affordable way to alleviate food insecurity is for families to have enough money to buy their own food. A Basic Income Guarantee provides that in the most cost-effective way. (Calgary, Edmonton and Prince Edward Island are looking at adoption of an income guarantee program.) There is a Kingston Action Group for a Basic Income Guarantee. (See *Community Engagement*, p. 5.)

## Consulting with Communities on Food

The first broad consultation about food security across KFL&A has been completed thanks to funding received from the United Way of KFL&A and the City of Kingston's Community Investment Fund. Under the leadership of Loving Spoonful, the project's Steering Committee retained a consultant to connect with over 250 people from a broad range of socio-economic backgrounds about local food security issues and barriers.

The project's mandate was to derive recommendations for a sustainable solution to alleviate food insecurity in our communities. The findings show that challenges with accessing healthy food vary across KFL&A. Limitations in transportation, food availability, food skills and safe housing all contribute to food insecurity. Across the board, insufficient funds to meet family food needs is a consistent theme.

The resulting report was completed in September 2015 and is available from the *Loving Spoonful* website: [www.lovingspoonful.org](http://www.lovingspoonful.org)

**Mara Shaw**  
Executive Director, *Loving Spoonful*

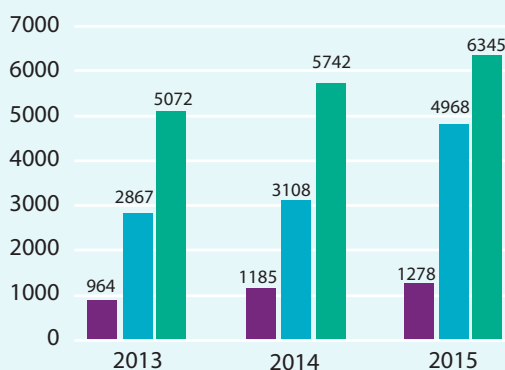
## The 2013–2015 Point in Time Food Assistance Count

On an average day in mid-May in 2013, 2014 and 2015 (so not in the dead of winter or in the heat of summer and neither at the beginning nor the end of the month), 27 agencies serving Kingston reported their food providing activities for the Point in Time Food Assistance Counts. This May date allows for the capture of school meal program data (the Food Sharing Project or FSP as described in the adjacent column) as well as data from other programs that cease operations in the summer.

### On the May of 2015 average day:

- 1,278 main meals and light meals were served by these agencies excluding school meals – an increase of nearly eight per cent from 2014;
- 4,968 meals were served by these agencies including school meals – an increase of 60 per cent from 2014;
- The number of grocery gift cards issued was 44; and
- The number of vouchers issued for groceries and meals was 79.

This one-day snapshot captures both numbers and basic demographics. The following graph shows the developing trend of increased usage.



■ # of meals served (main meals and light meals but excluding FSP school meals)

■ # of meals served (main meals and light meals including FSP meals in schools)

■ # of snacks and meals for children and youth served in all programs (including FSP)

**Source:** *Kingston Food Providers Annual Report 2015* at [lovingspoonful.org](http://lovingspoonful.org) together with the addition of 2015 data.

**Notes:** The reporting agencies, year-by-year, are not necessarily the same. The Point in Time research design has limitations as described in *Kingston Food Providers Annual Report 2015* at page 5.



**Did you know?** The Community Foundation for Kingston & Area's Community Grants for Food Security projects amounted to:

2012: \$29,616

2013: \$66,574

2014: \$68,517

This is a 128 per cent increase from 2012 to 2014. Included in the above amounts, the Foundation's Regina Rosen Food First Fund provides grants of \$1,000 to organizations addressing immediate issues of food insecurity in Kingston and area.

## The Food Sharing Project

The Food Sharing Project (FSP) "provides nourishment for students in need to improve their readiness to learn."

From 2010 to 2015, the Project has experienced increases in:

- **Annual budget** – from \$488,000 to \$665,000 (36 per cent growth);
- **Number of individual students** served in the schools – from 9,946 to 14,509 (45.9 per cent growth); and
- **Total number** of breakfasts, snacks and lunches served in a full school year – from 699,319 to 955,000 (36.6 per cent growth).

Nearly 5,000 breakfasts, snacks and lunches are provided daily in over 95 schools throughout KFL&A with over 260 volunteers preparing and serving food and also delivering the food supplies to schools.

**One result?** After implementation at their school, 81 per cent of teachers surveyed reported that their once hungry students were now staying on task and 90 per cent were less irritable!

**Timothy Brown**  
Executive Director, *The Food Sharing Project*

The Zal and Rose Yanovsky Breakfast Fund, established at the Community Foundation for Kingston & Area, supports the Food Sharing Project. Each year, numerous donors contribute to this fund providing an on-going source of funds for this project.

**Did you know?** Loving Spoonful puts on basic healthy food cooking workshops through its Community Kitchen program. A coordinator at Pathways to Education shared that:

"The students have become very engaged in cooking, especially those who weren't making constructive use of their time beforehand. They are building their food skills, getting to build relationships with other students, and trying new foods. They are really excited about cooking, which is so great to see. Our students have loved having you here and the staff has enjoyed the support."

## The Urban Aboriginal Healthy Living Program

The Urban Aboriginal Healthy Living Program of the Métis Nation of Ontario: Kingston has organized over 58 activities, programs, or services in the realm of healthy eating. These include community feasts and workshops that discuss healthy eating on a budget, food skills, meal preparation and planning, and seasonal eating.

**Source:** *The Kingston Food Providers Annual Report 2015*

**Did you know?** The top growing occupation in the County of Frontenac is farmers and farm managers, which has increased by 105 jobs from 2004 to 2014. The occupation currently contributes 354 jobs to the workforce.

**Source:** Economic Modeling Specialists Intl., *Employees & Self-Employed - EMSI 2014.3*

## Growth of the Local Agricultural Economy

New farms have been started across KFL&A and are finding markets, from local restaurants to Community Supported Agriculture shareholders to some local groceries. "Ten years ago, we could only find butternut squash mid-winter locally," National Farmers Union Local 316 President Dianne Dowling recalled: "Now there are local farms that supply buyers year-round from their greenhouses and cold storage."

The crowds at the CRAFT Local Farm Job Fair in February 2015 told a vivid story. With 17 farms looking for farmhands and a packed room of eager workers, the local farm economy is growing – and creating employment. What do we, the eaters, have to do to ensure this continues?

Wendy Banks, of *Wendy's Mobile Market*, urges us all "... to continue to create demand so local farms can grow. Request local and eat local. You'll be healthier and our local economy will benefit."

## Food Security in our Changed Climate

The 2014 Kingston Community Climate Action Plan used Intergovernmental Panel on Climate Change data to forecast warmer, wetter and more extreme weather for the KFL&A region.

The Action Plan calls for:

- Building our local food industry to generate local jobs, reduce carbon emissions, increase food security – and connect rural and urban communities; and
- Focusing on local farmers' markets, food security, literacy and skills to help rebuild a more stable and diverse localized food system.

The Kingston Community Climate Action Plan is available for review at: [www.cityofkingston.ca](http://www.cityofkingston.ca)



## What Can You Do?

What can you do to improve Food Security in your community?

- Shop locally! Purchase and enjoy the increasingly diverse fruits, vegetables and products being provided by our local food producers;
- Volunteer with one of our local non-profit food providers or food advocacy groups;

- Educate yourself. Read the *Community Consultation on Food Security* report ([www.lovingspoonful.org](http://www.lovingspoonful.org)) and *The Cost of Eating Healthy* from KFL&A Public Health [www.kflapublichealth.ca/Files/Resources/Cost\\_of\\_Eating\\_Healthy.pdf](http://www.kflapublichealth.ca/Files/Resources/Cost_of_Eating_Healthy.pdf);
- Cook at home and share your healthy cooking skills with neighbours and their children;
- Participate in a Community Garden;
- Grow your own vegetables and share your surplus; and
- Contact your local MP and MPP to advocate for Federal and Provincial food security policies.



# Community Engagement

## Walking Side-by-Side into the Future

In June of this year, the Truth and Reconciliation Commission of Canada completed its mandate. It made recommendations to compensate for the social, cultural and spiritual losses resulting from First Peoples' experience in the Government of Canada's Residential School program.

*One might ask what this has to do with Kingston.*

Until recently the answer might have been hard to come by, but the City of Kingston's Cultural Services Department published a study: *Kingston First Peoples: Purposeful Dialogues*. It is the source for what follows. Based upon consultations carried out by Terri-Lynn Brennan, the author, the project "sprang from discussion" with Alderville First Nations in the summer of 2014. The report is intended "to create a baseline understanding of local First Peoples [Aboriginal] recognition, voice and knowledge within the Kingston story."

The report's findings include that:

- The First Peoples' (First Nations, Inuit and Métis) population in Kingston Census Metropolitan Area is estimated at over 7,000;
- This population, especially the youth component, is the fastest growing group in Kingston; and
- Many of the First Peoples in Kingston reside in some of the City's most impoverished neighbourhoods.

With the purpose of establishing a "respectful and inclusive visibility of the First Peoples community as equal members in the Kingston story," the private swearing in of the new Council for the City of Kingston took place in the Council Chambers in the presence of First Peoples' representatives who identified as Oji-Cree, Algonquin, Mohawk and Mississauga.

**Kingston's First Peoples come from over 27 home communities located in regions throughout Canada and into the United States.**

## Katarokwi Grandmothers' Council

The Grandmothers' Council consists of 13 First Peoples Grandmothers who have met regularly over the past year to have tea, discuss community outreach and plan how to return to the original ways.

While also sharing integral traditions and communal needs, the Grandmothers defined their initial responsibility. It is to celebrate the changing of the four seasons.

There are four seasonal ceremonies and each uniquely focuses on a particular topic. Each ceremony is opened traditionally with The Words Before All Else. These seasonal ceremonies engage the First Peoples community and are recognized as:

- Midwinter;
- Sweetwater;
- Strawberry; and
- Harvest.

The ceremonies include a welcome to all faith traditions. Observing original instructions to be thankful for all life, the gatherings focus on inclusivity, bounty and families.

Since then the Grandmothers' Council has involved themselves across the community by invitation and involvement with schools, churches, governments and organizations to further the understanding of the social, educational, economic and spiritual needs of this dynamic and burgeoning First Peoples community.

### The Grandmothers' Council



### Harvest

**Did you know?** In 2012, 59 per cent of First Nations people in Canada, aged 18 to 24 living off-reserve, had completed high school by age 18. Twelve per cent completed at a later age (for a total of **71 per cent**), and 29 per cent did not finish.

**Source:** Statistics Canada, *Study: Aboriginal Peoples Survey, Participation in extra-curricular activities and high school completion among off-reserve First Nations people, 2012*. Released May 13, 2015.

**Compare?** Almost 9 out of 10 (**89 per cent**) non-First Nations, Métis or Inuit people across Canada aged 25 to 64 had completed at least high school in 2012.

**Source:** [www.statcan.gc.ca/daily-quotidien/141215/dq141215b-eng.htm](http://www.statcan.gc.ca/daily-quotidien/141215/dq141215b-eng.htm)



**Photo:** Hand made felt dolls stand alongside one another as the individuals they represent meet in Kingston Market Square downtown Kingston to celebrate National Aboriginal Day on Sunday, June 21, 2015. Kendra Pierroz/For the Whig-Standard

## Katarokwi Aboriginal School

The Limestone District School Board has responded to the growing local First Peoples school-age population with the creation of The Katarokwi Aboriginal School located at 66 Harvey Street in the City of Kingston.

The Katarokwi Aboriginal School provides:

- A full-time program with students earning up to four credits each semester;
- A safe education space for self-identified First Nations, Métis and Inuit students in Grades 9 to 12 who would benefit from hands-on, culturally appropriate activities in a smaller school setting;
- Opportunities to learn about Aboriginal culture and to participate in traditional activities and ceremonies; and
- Holistic, cultural, project-based instruction.

**See:** [www.limestone.on.ca/Programs/Aboriginal\\_Ed/K\\_Profile](http://www.limestone.on.ca/Programs/Aboriginal_Ed/K_Profile)

## Impact of Extra-Curricular Activities and Family History on Graduation Rates of Off-Reserve First Peoples Youth

It is and will be important to ensure that from 'cradle to graduation' all youth are exposed to conditions for success. Nationally, participation in extra-curricular activities at high school increases the probability of graduation for off-reserve First Peoples youth.

Keep in mind, though:

- The probability of completing high school by age 18 among off-reserve First Nations people who identified as **having family history of residential schools** was 54 per cent (males) and 57 per cent (females).
- The probability of off-reserve First Nations females and males completing high school by age 18 who did **not have this family history** was respectively 76 per cent and 69 per cent.

**Source:** Statistics Canada, *Aboriginal Peoples Survey, Participation in extra-curricular activities and high school completion among off-reserve First Nations people, 2012*, released May 13, 2015.

## Philanthropy in Kingston

Almost 82 per cent of Canadians made a charitable donation in 2013.

In 2013, the proportion of tax filers who gave a charitable donation in Kingston (Census Metropolitan Area) was 25.1 per cent. This is down 0.6 points from the proportion in 2012 (25.7 per cent), a decrease of 2.3 per cent. From 2002 to 2013 the proportion of tax filers who gave a charitable donation decreased by 14.2 per cent.

**In 2013, the proportion of tax filers in Kingston who gave a charitable donation was 3.2 points higher than the national average (21.9 per cent), and 2.2 points higher than the provincial average (22.9 per cent).**

**Sources:** CFC context statements; Statistics Canada, *General Social Survey: Giving, volunteering, and participating, 2013*, released January 30, 2015.

## The Kingston Action Group for a Basic Income Guarantee

There are many ways of engaging in your community. Take a look at this one.

In 2013, local residents Toni Pickard and Elaine Power launched a unique effort to engage Kingston and area communities in support of a Basic Income Guarantee (BIG). They have a major policy objective: the introduction of a guaranteed income sufficient to ensure that everyone can meet life's basic needs.

The Kingston Action Group for a Basic Income Guarantee has adopted an impressive range of activities to build community awareness and support. They:

- Hold kitchen table talks in private homes;
- Give presentations to community organizations, faith groups and students;
- Broadly engage with the media;
- Invite experts to speak in Kingston and help build a network of BIG activists across Ontario;
- Write letters, op-eds and newsletters and connect through social media;
- Hand out postcards, sign up supporters and seek meetings with key politicians and sympathetic provincial and national organizations; and
- Will be active leading up to the Federal Election, including hosting a televised all-candidates' debate on poverty, income inequality and basic income.

Ms. Pickard and her colleagues "believe that, step by step, we can build community-wide support for the powerful potential of a well-designed basic income guarantee. Community engagement creates a momentum that can't be ignored."

**See:** [www.facebook.com/KingstonBIG](http://www.facebook.com/KingstonBIG)

## The Changing Face of Service Clubs

Traditional service clubs have been operating in KFL&A for, in some cases, a century or more. They have an impressive record of community engagement. However in 2015, the 16 clubs in our region that responded to our survey are struggling to sustain themselves.

Data shared by these 16 clubs is summarized in the following table.

Most of these service clubs are concerned about declining membership and their failure to attract younger members. One Lions club recently sold its hall and another is considering the same given the work and expense to maintain these facilities.

Organization	Number Of Clubs	Average # Of Members	Average Age Of Members	Funding Given To Local Groups 2014 -2015	Ideas Under Consideration
Lions	10	19	64	\$218,000	Partnerships with other clubs. Creative use of halls.
Rotary	4	48	55	\$240,000	Relaxing member commitments. New types of memberships.
Odd Fellows	1	60	75	\$19,820	New ways to recruit members. Partnering with youth groups.
Kiwanis	1	21	53	\$20,000	Embracing social media.

## What can you do?

What can you do to improve our Community Engagement?

- Recognize, value and respect First Peoples as visible contributing members of our community by acknowledging their voices, experiences, teachings and learnings;

In spite of these trends and concerns, traditional service clubs continue to have a significant impact on our communities with projects completed, in whole or in part, by these clubs.

**A New Approach:** The newly established Kingston Waterfront Rotary Club is following a different path. Rather than providing long-term support to 'legacy' organizations, President Duncan Brownlee notes that they have opted for a "one and done" project approach. Members bring an idea or event to the table and, if it resonates with enough members, they make it happen. "Sweat equity" is all the better! Less formal at their meetings, they operate as a social club while still embracing the principles of Rotary.

## It's Online...

The City of Kingston wants to engage with citizens. Today's busy online communications environment creates new challenges.

Kingstonians can now live-stream City Council meetings and receive updates on civic affairs through Facebook, Twitter and various topic-specific list-serves made available through the City of Kingston webpages.

- Support the charities of your choice with your time, talent and treasure;
- Join a service club;
- Work together to benefit from our community's diverse strengths and expertise; and
- Take our *Acts of Community* challenge at [www.cfka.org/publications/vital-signs](http://www.cfka.org/publications/vital-signs)



# Community Dashboard: Something New

Our *Vital Signs 2015* Dashboard provides a selective snapshot of the health and wellbeing of KFL&A communities with reference to the three Smart & Caring Community Priorities.

- **Getting Started:** Are our pre-schoolers, youth, immigrants and citizens getting a good start in our community?
- **Food Security:** Is everyone able to obtain proper nutrition?
- **Community Engagement:** Are we contributing to the wellbeing of our community?

Tracking trends is important to inform the development of programs and guidelines for Foundation grant-making, thereby making a difference to our communities.

Data and Targets for this Dashboard were provided by members of our Vital Signs Advisory Committee.

Sources of data included Statistics Canada (using results from the 2011 Census and the Canadian Community Health Survey).

We hope to improve this Dashboard in the years to come in collaboration with our Advisory Committee and other community stakeholders. This is our first attempt!

Vision	Dashboard Indicator	Previous	Most Recent	Goal	Target	Status
Getting Started	<b>Exclusive breastfeeding</b> at six months	6.8% in 2008	15% in 2014	Increase	20% by 2020	<b>Better</b>
	Per cent of Kingston children <b>who are kindergarten-ready</b>	74.6% in 2006 74.2% in 2009	71.4% in 2011	Increase	100%	<b>Worse</b>
	<b>Overweight/Obesity:</b> Ontario youth (ages 12-17).	20.3% in 2007/08	21% in 2011/12	Decrease	15% by 2020	<b>Unchanged</b>
	<b>Unemployment Rate, total population</b> (Kingston CMA*) <i>Note 1</i>	6.7% in 2012	6.8% in 2014	Decrease	Full employment	<b>Unchanged</b>
	<b>Unemployment Rate, Youth</b> , ages 15-24 (Kingston CMA) <i>Note 1</i>	18.6% in 2012	16% in 2014	Decrease		<b>Better</b>
	Number of <b>international immigrants</b> , City of Kingston	1991 – 2000 248 / year 2001 – 2011: 384 / year	2009 – 2014: 486 / year	<i>Note 2</i>	<i>Note 2</i>	<b>Unchanged</b>
Food Security	<b>Food Sharing Project:</b> Number of individual students served in KFL&A schools.	9,946 in 2010	14,509 in 2015	Support every child who is hungry	<i>Note 3</i>	<b>Better</b>
	<b>Number of meals served</b> (main meals and light meals) as per the <i>Point in Time</i> survey excluding the Food Sharing Project.	964 in 2013 1,185 in 2014	1,278 in 2015	Decrease		<b>Worse</b>
	The per cent of households that are <b>moderately/severely food insecure in KFL&amp;A</b>	8.4% in 2007/08	8.3% in 2011/12	Decrease	6%	<b>Unchanged</b>
	<b>Vegetable and fruit consumption</b> – Per cent who did not meet <i>Canada's Food Guide</i> recommendations: 1. Youth (ages 14-18) 2. Adults (ages 19+)	81.1% in 2007/08 82.3% in 2007/08	84.1% in 2011/12 82.5% in 2011/12	Decrease % not meeting CFG	79% by 2020 77% by 2020	<b>Unchanged</b>
Community Engagement	<b>Sense of community belonging</b> , KFL&A, youth and adults (12+)	68.9% in 2003	64.8% in 2014			<b>Unchanged</b>
	<b>Charitable donation (median)</b> , Kingston CMA	\$ 300 in 2008 \$ 300 in 2009 \$ 310 in 2012	\$ 320 in 2013	Increase charitable donations		<b>Unchanged</b>
	<b>Per cent voter turnout:</b> National – Kingston & the Islands Provincial – Kingston & the Islands Municipal – City of Kingston	60.1% in 2008 45.0% in 2011 36.7% in 2010	63.4% in 2011 52.1% in 2014 39.5% in 2014	Increase voter turnout		<b>Better</b>
	<b>Sedentary time (KFL&amp;A):</b> Youth (ages 12-17): "Screen Time" 15+ hours/week	65.5% in 2007/08	58.9% in 2011/12	Decrease % inactive	53% by 2020	<b>Unchanged</b>
	<b>Physical Activity (KFL&amp;A)</b> – Inactive: 1. Ontario youth (ages 12-17) 2. Adults (ages 18+)	28.8% in 2007/08 47.5% in 2007/08	25.1% in 2011/12 39.6% in 2011/12	Decrease	22% by 2020	<b>Unchanged</b>
	<b>Active Transportation (KFL&amp;A)</b> – walked or cycled to and from school or work youth and adults (12+)	30.9% in 2007/08	24.9% in 2011/12	Increase	30% by 2020	<b>Unchanged</b>

\*CMA: Census Metropolitan Area

## Limitations

Because of the change in data collection methodology by Statistics Canada, the data collected in the 2011 Census cannot be compared to previous years. Many important indicators cannot now be used to show trends given this discontinuity.

We are reporting on indicators for which members of our Advisory Committee were able to provide statistically valid data.

There are a many important indicators for which consistent data currently is not available. As examples, we would like to see data for:

- Number of homeless; and
- Immigration (international) and in-migration (from other Canadian jurisdictions).

## Notes:

1. Unemployment rates only consider those who are actively looking for work. As an example, a full time student who is not looking for work would be considered "not in the labour force".
2. Goal and Target for immigration is awaiting the City of Kingston establishing an immigration strategy.
3. The Food Sharing Project is growing given the Ontario government's increased funding and the mandate to serve all students without questioning their actual needs (and thereby prevent any risk of stigmatization).

## Community Profiles: United Way of KFL&A

Additional to the above Dashboard, **Community Profiles** are provided at the United Way of KFL&A web site at: [unitedwaykfla.ca/community-plans-and-reports/community-profiles/](http://unitedwaykfla.ca/community-plans-and-reports/community-profiles/)

## Community Profiles for Children and Youth in the KFL&A Region

is the result of a collaborative community effort. The report includes 20 indicators to measure how well children and youth are doing, providing specific information by neighbourhood. This helps support service providers, professionals, and organizations by identifying areas of strength and vulnerability in the population of children and youth.

## Better? Worse? or Unchanged?

**Did you know?** Statisticians look at the "confidence levels" of the measurements being compared to decide if there is a statistically significant difference. A statistically significant difference means that:

- The difference between two percentages (eg., the Previous and Most Recent measures) is unlikely to have occurred by chance alone;
- Better or Worse: There is a true difference or change in the percentages; and
- Unchanged: There is no statistically significant difference.

## We thank the following sponsors who have generously supported this *Vital Signs*® 2015 report



**Community Foundation**  
for Kingston & Area

The Community Foundation for Kingston & Area is an independent, local charitable organization, founded in 1995. We strengthen our community by connecting charitable giving to community needs. The Foundation encourages individuals and organizations to establish and help grow permanent endowments, which allows us to invest in our community in perpetuity.

Funds are invested and income earned is used to provide charitable grants. The Foundation manages \$17 million in assets and has distributed over \$8.4 million since its establishment.

Your community makes you and you make your community.

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Reference sources used in preparation of *Vital Signs 2015* together with supplementary reports and prior years' *Vital Signs* are provided at the Community Foundation's web site at: [www.cfka.org/publications/vital-signs](http://www.cfka.org/publications/vital-signs).

## We wish to extend our thanks and gratitude to the many who assisted with this report including the following:



Vital Signs® is a community check-up conducted by community foundations across Canada that measures the vitality of our communities and identifies significant trends in a range of areas critical to quality of life. Vital Signs is coordinated nationally by Community Foundations of Canada and with special thanks to the Toronto Foundation for developing and sharing the Vital Signs concept.

For more information visit: [www.vitalsignscanada.ca](http://www.vitalsignscanada.ca)

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