

# vancouver foundation

Community Inspired Giving  
2022 | Volume 15

## **The LEADERS, ADVOCATES and POLICYMAKERS of Tomorrow**

Meet the youth learning to  
shape policy on issues that  
matter to them P.6

Creative Ways You  
Can Raise Funds  
for Charities P.10

When Women Thrive,  
so Do Families and  
Communities P.18





# Meaningful and Lasting Impact

Photograph by CLAUDETTE CARRACEDO



Kevin McCort, left; Dr. Alexandra T. Greenhill, right

THE 2022 VANCOUVER FOUNDATION MAGAZINE marks a time of transition as we navigate these turbulent times. As the COVID-19 pandemic downshifts from a state of emergency to caution, charities and communities are still reeling. The widening wealth gap, housing crisis, rising inflation, and labour shortages continue to create extreme demands.

The Seventh Generation Principle affirms that the decisions we make today should result in a sustainable world seven generations into the future. This principle is derived from the Haudenosaunee and is embedded in the teachings and lifeways of many Indigenous nations. We need to learn from the past as we respond to the needs of today and ensure that we will continue to do so for many decades ahead.

We must keep supporting charities, especially those addressing systemic issues by making a concerted effort to deepen and broaden our grantmaking to Indigenous and racialized populations in BC. The launch of our Indigenous Priorities Program this year, which is supported by a team of Indigenous employees and community advisors, is just the first step of many.

Our funding ability remains solid, despite market fluctuations and worries about Canada's declining level of giving. It's also important that we work to raise new funds together with partners, such as the \$34 million for the new Recovery and Resiliency Fund, and to persuade other funders to jump on with unrestricted and multi-year grants. We believe this kind of funding will give charities and non-profits more flexibility to respond to the challenges and opportunities they face.

Vancouver Foundation is fortunate to have welcomed fantastic new people to our board, committees, and team this year to build on the tradition of excellence and deliver on our mission to harness the gifts of energy, ideas, time, and money to make meaningful and lasting impacts in communities.

Thank you,

**Kevin McCort**  
*President & CEO*

**Dr. Alexandra T. Greenhill**  
*Board Chair*

## vancouver foundation

### VANCOUVER FOUNDATION EXECUTIVES

PRESIDENT & CEO Kevin McCort

VP DONOR SERVICES Craig Hikida

VP GRANTS & COMMUNITY INITIATIVES  
Dara Parker

ACTING CO-VPs Elisabeth Geller,  
Rekha Pavanantharajah

VP CORPORATE SERVICES Chris Little

VP INVESTMENTS Eugene Lee

VP ENGAGEMENT Kate Hammer

### VANCOUVER FOUNDATION BOARD OF DIRECTORS

Dr. Alexandra T. Greenhill (Chair),  
Jessie Adcock, Rita Andreone,  
Helen Blackburn, Brenda Eaton,  
Susan Grossman, Branislav Henselmann,  
Chief Justice Christopher Hinkson,  
Dawn Jia, Carmen Lansdowne,  
Nurjehan Mawani, Sirish Rao,  
Praveen Varshney, Denise Williams,  
Kelly Woodall

### EDITORIAL TEAM

PUBLISHERS Kate Hammer, Glenn Ewald

PROJECT MANAGERS Esther Tung,  
Maytal Kowalski

EDITOR Taneya Rogers

COPY EDITOR Tamika De Gannes

ART DIRECTOR Alice Cho

CONTRIBUTING WRITERS Tanvi Bhatia,  
Stacey McLachlan, Cherise Seucharan,  
Nadia Tchoumi

CONTRIBUTING PHOTOGRAPHERS  
Claudette Carracedo, Jimmy Jeong,  
Divya Nanray, Alex Stoney

CONTRIBUTING ILLUSTRATORS  
Odera Igbokwe, Bree Island,  
Aliya Ghare, Yaimel Lopez,  
April dela Noche Milne, Salini Perera

PRODUCED BY OE Media  
Gregory Davis, *President*



### OUTSIDER'S EDGE

This magazine is published annually by Vancouver Foundation, #200-475 W Georgia St, Vancouver BC, V6B 4M9

Situated on the traditional and unceded territories of the Musqueam, Squamish, and Tsleil-Waututh peoples.

604.688.2204  
info@vancouverfoundation.ca  
www.vancouverfoundation.ca

Charitable Registration No.  
119281640RR0001

### ON THE COVER:

Savannah Wells, past participant and 2022 facilitator, and Qwuy'um'aat (Eyvette) Elliott, 2022 participant of the LEVEL Youth Policy Program, page 6. Photograph by Jimmy Jeong.

### IN THIS ISSUE

## 2022 Volume 15

**2**  
Welcome  
Letter

**4**  
Grant Spotlight

**6** ›  
Leveling the  
Playing Field



**9**  
Featured Artist:  
John Velten

**10**  
Creative  
Fundraising

**12** ›  
Fund  
Fundamentals

‹ **14**  
Trust-based  
Philanthropy  
and the Black  
Community



**17**  
How Paula Carr  
Honours a  
Friendship

**18**  
Ties That Bind

**20** ›  
A Pathway to  
Healing

‹ **23**  
When You Give,  
Consider Your  
Family's Goals





# Grant Spotlight

Advancing our community  
one grant at a time

By TANEYA ROGERS  
Illustration by YAIMEL LOPEZ



For 79 years, Vancouver Foundation has proudly upheld a community inspired approach in supporting the evolution of a growing community. The foundation continues to forge new connections, broaden our view of philanthropy, and support legacies of giving. Endowment funds are at the core of each grant and through careful investment and administration, and with each grant awarded, the foundation continues to earn the trust of the community that it serves.

The five grant programs spotlighted here represent just a slice of Vancouver Foundation's current work to fund initiatives that are building our community, inspiring young leaders, advancing equity, and creating a safer environment.

## Indigenous Priorities Granting Program

FUNDS GRANTED SINCE 2021:

**\$6,700,000**

The Indigenous Priorities Granting Program (IPGP) is a quickly budding one. Vancouver Foundation first committed \$750,000 to IPGP, but increased funding to \$6.7 million to meet demand. The funds amplify the work of some 148 programs throughout BC that are Indigenous-led and focused on inclusiveness, belonging, and healing in Indigenous communities. These initiatives are critical to holistic healing for Indigenous peoples living in BC, as well as reinforcing their autonomy. Grant recipients make use of a myriad of strategies that feed into a singular goal: stronger Indigenous communities.

## LEVEL BIPOC Grants

FUNDS GRANTED SINCE 2020:

**\$1,709,000**

In 2020, Canada along with much of the world, experienced a collective awakening with regards to the racial inequities experienced by BIPOC (Black, Indigenous, People of Colour) communities. Keeping a finger on the pulse of its community, Vancouver Foundation responded by pivoting LEVEL's focus from youth to BIPOC-led organizations. These grants support organizations that are focused on advancing racial equity and racial justice. Programs incorporate art, food, skills training, leadership development, and therapy to empower those whose voices have been historically and systematically silenced.

## Systems Change Grants

FUNDS GRANTED SINCE 2015:

**\$56,699,000**

Systems thinking involves careful analysis of how multiple factors interact within a structure and affect a collective, as well as how it helps or hinders the collective in achieving their goals. Often, however, systems do not evolve in tandem with a society's development and shifting mind-sets. Systems Change Grants have a singular focus — to support charities and non-profits in disrupting the status quo and influencing the behaviors of populations, organizations, and institutions. This grant program is a testament to Vancouver Foundation's commitment to building a healthy and equitable society.

## Participatory Action Research Grants

FUNDS GRANTED SINCE 2010:

**\$17,369,000**

The Participatory Action Research (PAR) Grants support root cause research, specifically, academic research that is co-led by community members. In uncovering the issues that impact a community's health, the participatory methodology is meant to set both researchers and the community up to learn from each other. This program provides two streams of support: Convene grants address short-term needs for research whereas the Investigate grants support projects spanning up to three years.

## Neighbourhood Small Grants

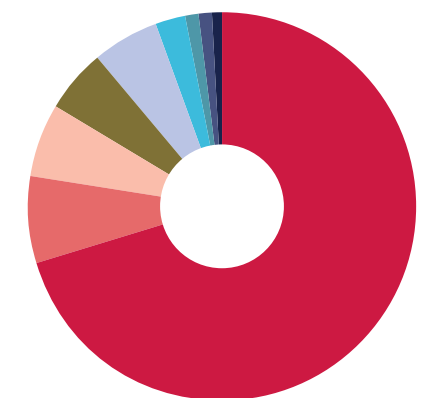
FUNDS GRANTED SINCE 1999:

**\$9,513,000**

Every little bit counts. To this end, Neighbourhood Small Grants helps to inspire those "small" ideas that have potential for big changes within a community. Since 1999, this grant program has been entrusted to the true experts on community — its members. NSG is open to anyone who lives in BC, localizing its efforts with the help of partners that know their communities best. It also anchors its grants in principles of trust and autonomy for NSG recipients. With grants from \$50-\$500, this grant program is an investment in BC's grassroots.

TOTAL COMMUNITY GRANTS\*  
APPROVED IN 2021:

**\$28.8M**



- Systems Change & PAR Grants
- BC Flood Relief
- LEVEL BIPOC Grants
- Neighbourhood Small Grants
- Indigenous Priorities Grants
- Fund for Gender Equality
- Investment Readiness Program
- BC Community Foundations
- Misc.

\*Grants that are directed by Vancouver Foundation

To learn more about all grant programs available through Vancouver Foundation, scan here:



Or visit:  
[vanfdn.com/grants](https://vanfdn.com/grants)



# LEVELing the Playing Field

By TANVI BHATIA

Photographs by JIMMY JEONG



## What does it look like

to level the playing field when it comes to addressing racial inequity? For the LEVEL Youth Policy Program (YPP), it means investing in the leadership and capacity of Indigenous and racialized migrant and refugee youth in order to give them the tools to effect systemic change.

YPP is a six-month program that connects Indigenous and racialized migrant and refugee youth with training, mentorship, and resources to help them shape and advocate for public policy. Nikki Sanchez, a community organizer, social justice activist, media-maker, and director and founder of Decolonize Together, led a session on decolonizing policy for this year's cohort. "Settler colonialism has endeavored to make the language and machinery of policy inaccessible to those who it doesn't directly serve," says Sanchez. She also notes that the language of policy has been made difficult to understand, leading marginalized communities to believe they don't have the tools to engage with policy, describing this as a "strategy of exclusion" that keeps them out of position of power in policy. And it's one that has worked — many racialized people steer clear of policy without understanding how much it can affect their lives.

For Sanchez, part of decolonizing policy is breaking down the colonial values that have guided policy-making thus far — like patriarchy, competition, and individualism — so that future policy makers can endeavour to approach policy in more just and equitable ways.

"One of the biggest impacts of colonization has been the degradation of Indigenous and Black and



1



2



3



4



5

1 Participant Emily WY Tsang offers feedback to their fellow participants on their policy presentations.

2 Participant Élie Lubendo practices his presentation on the importance of sidewalk infrastructure in heavily migrant-populated communities.

3 Participant WeiChun Kua shares one takeaway he'd like the audience to leave with after watching his policy presentation.

4 Facilitator Njoki Mbürũ listens to participants share what they learned from practicing their presentations with one another.

5 Participant Qwuy'um'aat Elliott and faculty member Elder Debra Trask talk about the upcoming presentations.



people of colour’s ability to do intergenerational knowledge transmission, mentorship, and stewardship,” says Sanchez. “Leadership training, capacity building—these are powerful acts of decolonization.”

Savannah Wells, a past YPP participant, noticed how public policy impacted the lives of young people she encountered through her job as a youth worker, and saw the YPP as an opportunity to gain skills that she could bring back to her work and community.

Over the course of YPP, participants are supported in developing a policy ask around an issue they feel passionate about. “I wrote my policy ask on Canada’s true colonial history,” says Wells, whose project is titled *tapwewin The Truth. Sharing the True History of Indigenous Peoples in Canada With a Focus on Resiliency and Reconciliation*, and is available to view on the LEVEL website (levelvf.ca). Wells’ ask is centred around bringing the history of Indigenous communities, as well as information about the long-term effects of colonization, into the academic curriculum. “I didn’t learn anything about residential

schools until I was 19 and had an Indigenous professor for the first time,” she says. “As an Indigenous person myself, it brought up so many questions...like, why was this never spoken about in grade school?”

She continues to work towards this goal in Calgary, where she now lives, by building connections in local schools and communities. She has also returned to YPP as a facilitator and emcee, supporting this year’s cohort in their journey. “I have a voice and I can use it, and people will listen,” says Wells, reflecting on her biggest takeaways from YPP. “Young people can make a difference.” ∞

“  
**Young people can make a difference.**  
”

— Savannah Wells,  
past YPP participant



Emily WY Tsang (bottom right) rehearses her policy presentation on increasing access to the outdoors for marginalized communities with her cohort.

## WHY THIS PROGRAM MATTERS

Hear from past and current participants on their takeaways from the LEVEL YPP



**Qwuy’um’aat (Eyvette) Elliott**

2022 YPP PARTICIPANT

“My biggest learning [from YPP] is being able to show up as my whole self within public policy. I feel an immense amount of gratitude and humility to be able to grow and explore policy, while also being able to integrate my Indigenous ways of being into my work. Opportunities like this truly allow for intergenerational healing.”



**Kimbaya Carriere**

2022 YPP PARTICIPANT

“It’s encouraging to get to experience firsthand the benefits of a space that centres on Indigenous and racialized immigrant and refugee youth. [YPP created] opportunities for multigenerational learning, emphasizing the power of storytelling and that our lived experience matters, all while fostering a ‘brave space’ environment.”



**Jimmy Yi-Te Ho**

2022 YPP PARTICIPANT

“If not for the consistent advocacy and research by people from Indigenous, immigrant and refugee communities and their allies, the government would not be as informed about things that need to change in order to achieve a more equitable outcome for all. It is important that [we] be equipped with the tools to be able to create public policy having experienced systemic discrimination and erasure of history.”



**Adriana Laurent**

2020 YPP PARTICIPANT AND  
2022 YPP FACILITATOR

“So often we’re told we don’t know enough or that our lived experiences don’t ‘count.’ That’s why programs like LEVEL are so important. It’s important for Indigenous and racialized immigrant and refugee youth to have technical tools and knowledge about policy but also to know that their lived experience is valuable, important and necessary in the process of creating change.”



FEATURED  
ARTIST

# John Velten

By TANEYA ROGERS

**TO BE AN ARTIST**, one must manipulate everyday materials into an interpretation of one’s imagination. To be an artist, one must be vulnerable, and allow the creation to be consumed and interpreted by others. John Velten is indeed an artist — painting, sculpting, mixed media, and metalwork are only some of his mediums of choice.

Raised in Kwikwetlem (Coquitlam), his drive to create began to blossom from an early age.

His mixed ancestral roots, German and Dene, guide his process and his learning. Asked about the importance of reflecting his roots through his work, Velten says, “It’s everything — it’s interesting because my approach to design is really my German upbringing. I don’t reflect much Dene artwork in my practice and I’m moving toward that. I am trying to reconnect with those roots and dive into that side.”

GO TO PAGE 14 FOR A CHANCE TO WIN ARTWORK FROM THIS  
MASTER CRAFTSMAN



Clockwise from left: Eagle Urn (painting), Eagle Bracelet, Building Foundation (mask), Eagle ring.





# CREATIVE FUNDRAISING

By TANEYA ROGERS | Illustrations by APRIL DELA NOCHE MILNE

## KEEP it FUN

**SPIRIT Foundation** was created through the partnership of three mortgage industry colleagues, Dara Fahy, Wayne Mah and Sharon Davis. Grateful that they could earn a healthy living in this tough industry, they were driven to give back to their community. Focusing only on three fundraising events each year, their approach is to keep it varied and to keep it fun. Their superhero bowling event was quite the hit, Davis says, "Each person can be a superhero in some way. We have lots of fun doing this, so that it does not feel like a chore — it's an opportunity to gather humans together to simply do good things."



## AMPLIFY the STORY

For the **Doug & Dianne Clement Scholarship Fund**, the compelling story of the fund's namesakes is the fundraising strategy. Ken Poskitt, who now sits on the board of Achilles Society, delves into the lives of this accomplished couple and their profound impact on Canada's sport industry, particularly in track and field. The Achilles Society created this scholarship fund to honour its founders, Doug and Dianne Clement, who also headed the organization for 58 years. "They have touched so many lives that we only had to mention their names," says Poskitt. He also notes the decision to keep the list of donors and amounts private which he believes encouraged more gifts and more donors. Amplifying the story and maintaining privacy have helped put this fund on track to be one of Canada's leading sport scholarship programs.



## COLLABORATION

A child psychologist, a chemical engineer, a paraplegic RCAF veteran, and an architect, walk through the doors of Vancouver Foundation...What sounds like the opening line of a pun is actually an excellent example of the power of collaboration. These four people make up the anonymous donors that started the **Gragocean Scholarship Trust** in 2012; Spinal Cord Injury BC (SCIBC) is the administrator. SCIBC executive director Chris McBride says, "The fund presented an opportunity to be involved with something that is transformational for its members. It provides critical support to students with injuries and supports their unique challenges."

The takeaway is simple: in developing your fundraising strategy, do not underestimate the impact of collaborating with those outside of your immediate circle.



## CREATE an EXPERIENCE

In some cases, fundraising may not be the driver. Nicole Jeschelnik, is the lead for **Giving Well**, a giving circle for women. Jeschelnik explains, "The focus is to provide an opportunity to learn about Vancouver Foundation's granting process and projects, in addition to building a community of women in philanthropy." The circle consists of current fund advisors and new donors. Women join the giving circle by giving a certain amount to the pool, and then learn how to review grant applications and decide where the funding in the pool should go. The hope is that the "test ride" in philanthropy will inspire the newer donors to open funds of their own. The strategy has kept the fund steady for 11 years.







# FUND FUNDAMENTALS

*Endowment funds are the gift that keeps on giving*

By STACEY MCLACHLAN | Illustration by SALINI PERERA

## There’s almost nothing that feels quite as good as giving back.

Our lives are made richer by the people who work, live, and play alongside us. When we have the chance to contribute to our communities, whether emotionally or financially, it’s a gift to ourselves as well.

There’s no better way to give back than with an endowment through Vancouver Foundation. Endowment funds are the ideal way to grow funds for charity. Donations are pooled and invested; the investment income is then gifted to grassroots and charitable organizations. Vancouver Foundation takes a unique approach to charitable giving: it’s incredibly flexible, allowing you to give back to your community in a plethora of ways, and yet securely structured, so you can feel assured every dollar is being used in the very best way possible.

With tried-and-true investment vehicles and community expertise, Vancouver Foundation offers the opportunity to achieve the maximum impact for your charitable giving, in a way that’s meaningful and rewarding for you.

Whatever your project or cause of choice, endowment funds make it possible to give back to the community today, while also funding charitable work in the future — immediate impact meets legacy-building. With a gift of \$10,000 (or \$1,000 to start), funds can be customized to your personal giving goals. You may wish to support a favourite cause, memorialize a loved one, establish a scholarship, or encourage a family legacy through giving. Or, perhaps you’re interested in providing community support, either long-term or short-term: your goals of giving back are easily within reach with an endowment.

An endowment program is far simpler to set up than a private foundation, and its connections to community and financial professionals mean that the organization can maximize the impact of every dollar. In many ways, it’s like having your own family foundation, without expenses and administration. No wonder, then, that thousands of donors have trusted Vancouver Foundation to help them make a positive impact on their com-

Thousands of donors  
have trusted  
Vancouver Foundation  
to help them make  
a positive impact on  
their communities.



munities. Without the pressure of book-keeping and paperwork, you can focus on what matters most: giving.

Setting up an endowment fund just takes a few decisions. Vancouver Foundation will then handle the paperwork, and the issuing of grants.

First, you’ll need to decide when you would like your fund to start. Would you like to establish something immediately, so that you can start giving grants right away? Or, would you prefer to build your fund over time?

Once you’ve decided when to create the fund, you’ll need to identify which type of fund you’d prefer to operate. The most popular way to give with Vancouver Foundation is through Donor Advised Funds. Much like a private foundation, these funds allow you to recommend grants to charities suggested by Vancouver Foundation’s community advisors. (You’ll also receive donation tax receipts in the process.) Choose a focus area — such as housing, arts and culture, or the environment — or a specific registered Canadian charity. Your work here is done and you can rest assured that your donations are in skilled hands; through careful investment the fund earns income that in turn feeds future giving.

With an endowment fund, you can create lasting support for the charities in your community that mean the most to you — and with Vancouver Foundation, you can make sure every last dollar counts. ∞

Scan here to learn  
more about starting an  
endowment fund:



or visit  
[vanfdn.com/start-a-fund](https://vanfdn.com/start-a-fund)



# TRUST-BASED PHILANTHROPY and the BLACK COMMUNITY



By NADIA TCHOUMI | Illustration by ODERA IGBOKWE

WHEN FRANKLIN BOUGUEP, executive director of BC-based non-profit Black Buildup, applied for a grant from the Foundation for Black Communities (FFBC), their goal was to tackle vaccine hesitancy within the local Black community.

"We felt there were some gaps and we knew we could help close those gaps if we had more funding," Bouguep says.

So when FFBC put out a call for non-profits to apply for funding related to COVID-19 outreach in the Black community, it was the perfect opportunity. It soon became very apparent to Bouguep during the application process that there was a lot of flexibility and trust.

Omar Omar, FFBC's director of community investment, says trust is one of the pillars of the organization's grantmaking process. "Those that are closest to whatever it is you're trying to solve, those are the ones best positioned to make decisions in your grantmaking process," Omar says. "And we trust them."

However, trust appears to be otherwise absent when it comes to Canadian philanthropy and Black communities. In a 2021 report titled *Unfunded*, which examined the extent to which Canadian philanthropy has responded to the needs of the Black community, the report's authors concluded, "Canadian philanthropy has largely been absent in supporting Black people in Canada." The most telling statistic: For every \$100 the top 15 community foundations disbursed during the 2017-2018 fiscal year, only \$0.07

From 2017-2018,  
for every

**\$100**

disbursed by the top 15  
Canadian community  
foundations, only

**7¢**

went to Black-led  
or Black-serving  
organizations

went to Black-led or Black-serving organizations. Nine of the 15 community foundations did not fund any Black-led organizations during that year, the report states.

Omar says traditional philanthropy means Black communities are constantly scrutinized, seen as "not worthy," receive small pools of money, and are told they need to build their capacity.

Meanwhile, he says, the people making these decisions have little insight into what the community needs, and are basing their decisions on what he describes as "racist factors." "Factors that strongly feature anti-Black racism and historical narratives about Black communities being inadequate," shares Omar.

The FFBC says it's chosen instead to embrace a different approach to the funder/grantee relationship: trust-based philanthropy. According to Community Foundations of Canada, trust-based philanthropy "addresses the inherent power imbalances between funders, non-profits, and the communities they serve." The redistribution of power — systemically, organizationally, and interpersonally — aims to create a healthier and more equitable non-profit ecosystem. Traditionally, funders would direct how resources should be used, absent of the insight into what the community truly needed. This desire to





control resources often also created multiple levels of reporting and authorizations — a deterrent to potential grantees. Trust-based philanthropy however allows for more direct access to multi-year unrestricted funding, and a significant reduction in reporting. It also, more importantly, empowers those who are most impacted to be the drivers of their change and use resources where they deem most appropriate. In this structure, funders must simply trust that recipient communities are fully capable of acting in their own best interest. Open communication and transparency therefore bridges the relationship between funders, non-profit organizations, and the communities that they serve.

“Our lens is not one where Black communities need to be built up in order to ask for the money appropriately. Our lens is one that says Black communities have been exceptionally able, exceptionally innovative, exceptionally resilient in the face of intentional barriers,” Omar says.

Still, even in trust-based philanthropy, Omar says there is a need to critique the capitalist system.

“Even when Black folks like FFBC are in positions of power, it’s important to challenge the power, the risk, and the social justice endemic in those

communities. It’s endemic for Black communities to hold us accountable,” he says.

Trish Mandewo, founder of Synergy Executive & Boards Consulting Group, says accountability and trust go hand-in-hand. Her company helped FFBC recruit new board members. While she is in favour of trust-based philanthropy, she also says there needs to be a focus on ensuring a solid framework exists: determining whether there is an organizational structure in place, ensuring that roles and responsibilities have been clearly defined, identifying markers of clear communication channels with-

## Trust-based philanthropy “addresses the inherent power imbalances between funders, nonprofits, and the communities they serve.”

in the organization, and focusing on processes for onboarding new employees and board members, to name a few.

For Black philanthropists in the UK, that kind of framework is part of what they are looking for. In a 2022 report titled *GiveBLACK* which focuses on the vital role Black philanthropy plays within the UK’s Black community, trust was found to be a key factor in giving decisions. Black philanthropists are keen to support Black-led organizations, but they want them to “demonstrate strong governance and provide clear messaging about their purpose and outcomes.” More transparency about how they operate and learning how to clearly and efficiently articulate impact is one of the report’s recommendations.

“I get happy when I hear from Black organizations that are coming to us and saying, you know what, yes we got the money and we started but we missed a step,” Mandewo says. “And then they’re dialing down a bit so that they can go back and put that framework in place. And that’s what needs to be done.”

Back in Vancouver, Bouguep says their outreach was very successful. And, he says, a detailed report was provided to FFBC, which included social media metrics, attendance, and engagement. “We submitted a more comprehensive one because the grants we tend to do, the requirements are usually quite heavy,” Bouguep says. “So, we wanted to give a report that was more comprehensive.”

While the work has begun, there still remains a chasm to be bridged in serving and building Black communities through philanthropy. With a rise in structured grassroots movements that address social inequity, trust-based philanthropy may be the fuel that propels this work forward. ∞

THE ANN & JO-ANN SOBKOW AWARD

# How Paula Carr Honours a Friendship

By TAMIKA DE GANNES | Photograph by DIVYA NANRAY

HAVE YOU EVER considered a career in giving back?

Paula Carr, former executive director of Collingwood Neighbourhood House and CEO of Paula Carr Consultancy, has done so. Through sheer passion, she has led several non-profit and charitable organizations focused on community development, employment, and immigrant settlement.

As a social entrepreneur, she has touched the lives of many, but one duty was particularly close to her heart: fulfilling the last wishes of her friend, Jo-Ann Sobkow.

Sobkow held a senior role in Canada’s employment and immigration work, specializing in occupational analysis and career development. There, she worked directly with immigrants and refugees on occupational barriers as they transitioned to life in Canada. Sobkow felt that there was much more work to do and used her estate planning as part of her giving strategy. Thus, her last wish was to establish a way to help refugees in memory of herself and her mother, Ann Sobkow. The Ann & Jo-Ann Sobkow Award is a memorial fund that accomplishes just that.

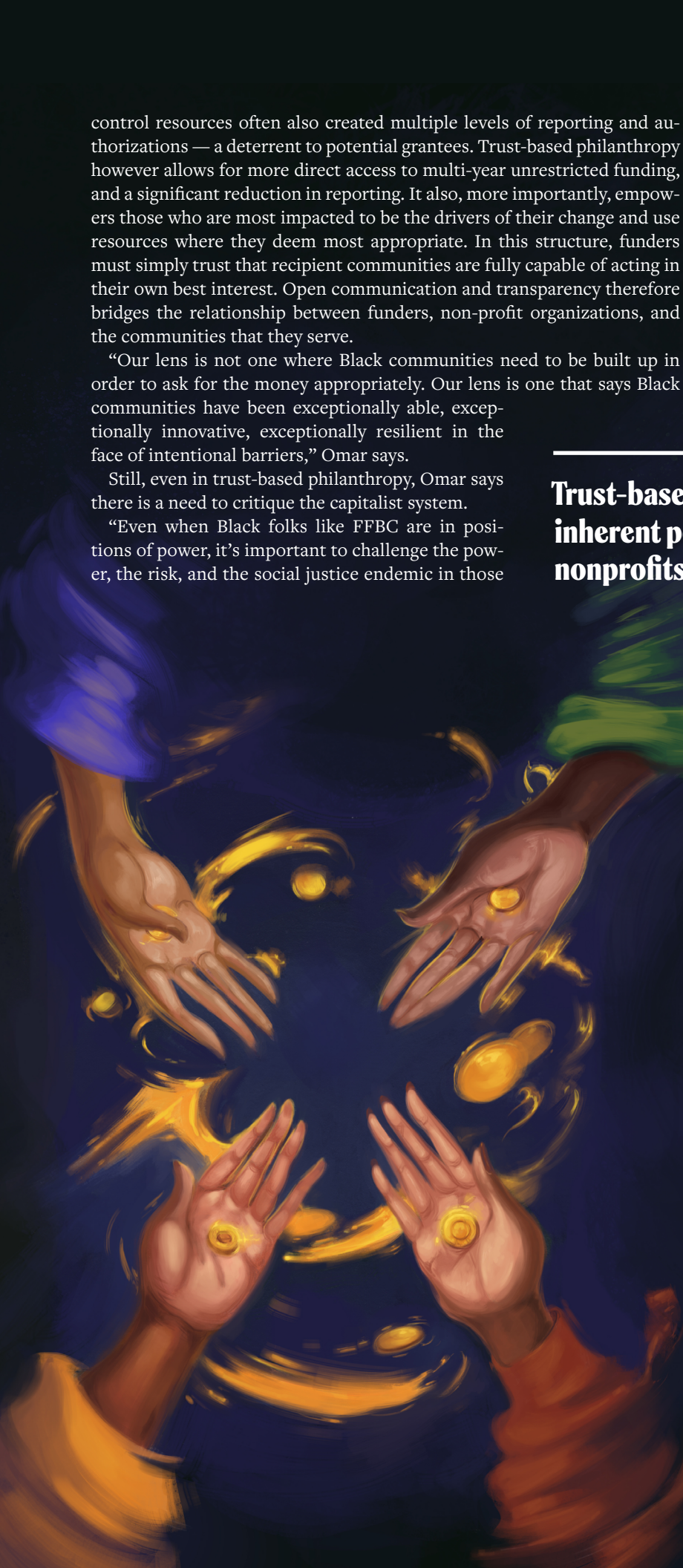
According to the Canadian Refugee Statistics, a total of 130,125 refugees migrated to Canada in 2021. The fund which Carr established following Jo-Ann Sobkow’s wishes seeks to help these people settle in Canada.

This award provides scholarships to refugees who are seeking to establish or reestablish a career in the helping professions, particularly by helping to pay a portion of the recipient’s post-secondary education in an accredited Canadian college or university.

It is because of Carr’s integrity in upholding her friend’s last wish that this initiative was created with the assistance of MOSAIC and Vancouver Foundation.

Carr, as a conduit donor and one of the fund advisors, wants us to take inspiration from the life that the Sobkows lived. She shares, “Think about how we contribute in this life.” A life worth living is a legacy worth leaving behind.

You can donate to the Sobkow Award here:  
<https://give.vancouverfoundation.ca/s/sobkowaward>







# Ties That Bind

*How organizations work with racialized women to transform their communities*

*Illustration by BREE ISLAND, STURGEON LAKE CREE NATION*

**There is a transformative movement in social justice where racialized women are advocating for and empowering each other to become stronger advocates,**

particularly as it relates to matters of healthcare and career advancement. Organizations across BC are recognizing that when women are supported, families and communities thrive. Racialized women are creating change, leading organizations that work with other racialized women to reclaim the sacredness of their role within families by providing free services including career guidance, peer-to-peer support, advocacy, and tools to better navigate an often complicated healthcare system.

Women are the connectors, the fabric weavers, and creators of communities. Racialized women reclaiming these roles and being afforded the grace to define these roles through their

own cultural lens is vital to healing and the future health of the communities we all live in. In many cultures, particularly Black and Indigenous ones before the impacts of colonization and patriarchy made its mark, women were at the centre of families and communities.

Boma Brown is the executive director of The Support Network for Indigenous Women and Women of Colour (SNIW-WOC) — a non-profit organization founded in Victoria, but with services that span across Canada. Brown is originally from Nigeria and lived in Botswana and the United States before settling in Victoria, where for the first time, she experienced many frustrations with the lack of culturally sensitive healthcare support for racialized women.

“What I noticed when I moved to Canada in 2011 is that Black women like me and Indigenous women have similar challenges in terms of healthcare outcomes. This is also the case when a woman is an immigrant or if she doesn’t speak English,” says Brown. “Our work is focused on improving healthcare outcomes by providing services such as one-on-one counselling, career counselling, peer support, dental hygiene, hygiene kits and information on navigating the healthcare system. Our services also reduce isolation by creating intentional spaces for women of colour.”

Services are provided to racialized women by other racialized women, so there is a shared understanding of the unique challenges being faced in seeking equity.

“Many immigrant women, especially those who are English language learners, lack support and are facing a lot of challenges alone, because they don’t have family in Canada,” says Violeta Munoz Berruecos, volunteer recruitment coordinator at Parent Support Services Society BC. “Racialized immigrant mothers have fears of going outside and asking for support, and language is one of the biggest barriers. Many immigrants make mistakes because they cannot understand or misunderstand the information provided to them in English only; furthermore, the Canadian system is big and complex.”

Racialized women, regardless of their immigration status, social class, culture, language, religion, or economic status, can join the peer-to-peer parenting support circles free of charge. Each circle is guided by confidentiality, respect, support, empathy, sorority, and solidarity, and these values provide a space where racialized women can feel safe and secure to speak about their challenges without the feeling of being judged or shamed. Many of the circles are language-specific, so it opens many opportunities to feel seen, heard, respected, and to learn together.

Because systems of oppression are upheld on an institutional level, we continue to see discrimination and harm against Black, Indigenous, and women of colour in healthcare, education, and even reproductive rights. This is why it is vital for organizations to provide equitable, culturally safe services to and by racialized women.

When women come together to reclaim their control over their health, careers, wellbeing, and family, we begin to see a strengthening of the thread that holds together the fabric of community. ∞

## How You Can Help

### DONATE

Many grassroots organizations work independently and without government funding. This allows for a greater autonomy in deciding how to use resources. To sustain the work however, these organizations must rely on a steady stream of donations from those who continue to believe in their cause and their work.

### GIVE TIME

Volunteering is another avenue to get involved with any of these organizations serving racialized women and their families. Programs are always looking for dynamic volunteers to fill various roles. Volunteers are incredibly valuable members of charitable teams, and these volunteer opportunities allow volunteers to grow with the organization and to give back to the community in a way that supports personal growth and development.

### LISTEN, LEARN, AND SPREAD THE WORD

While these organizations serve marginalized communities, the work around social justice and equity continues through learning and engaged conversations. Taking time to listen and understand the purpose of the work, encouraging others to become more involved, and advocating on behalf of others, collectively drives the changes we need the most.

Learn more about these organizations at:  
[sniwwoc.ca](http://sniwwoc.ca)  
[parentsupportbc.ca](http://parentsupportbc.ca)

*Illustrator's statement:* Otiskotêwâw is about the women's fire, and about "women coming together to reclaim their autonomy and sovereignty over their health and family". In nehiyaw / Cree culture, the connection between *iskotêw* - fire and *iskwêw* - woman is inherent in the language. *iskwêwak* - women have long been the keepers of the home fires, they are life givers, and the root word in *iskotêw* comes from the Cree word for heart. It is said that the heart and strength of a nation come from women and that the initial thread of this power is transferred in infancy. Our home fires are symbolic of a woman's heart, this is about acknowledging that women are vital to the health of their communities, just as fire is in our homes.





# A Pathway to Healing

At Tea Creek, a land-based food sovereignty program gives way to something deeper

By **CHERISE SEUCHARAN** | Photographs by **ALEX STONEY**



**J**ACOB BEATON DIDN'T set out to help his community heal from trauma. In fact, it wasn't on his mind at all when he secured the land for Tea Creek near Kitwanga, BC, to grow food for his family.

That first harvest was so abundant that he began distributing the fresh food to the greater community. Soon, requests came in for Beaton to show people how to create their own gardens — a simple step towards food security.

Out of those skill sharing sessions grew the idea for larger training around food sovereignty; this gave rise to the current roster of training programs that cover all aspects of sustainably growing food, and which enrolls hundreds of Indigenous participants each year.

At some point in this journey, the healing really began.

"We discovered very early on that we were secretly a healing place," says Beaton.

Beaton is Tsimshian, and his traditional name Dzap'l Gye'a win Skiik, which means "a busy eagle, or an eagle who gets things done," which he admits is a fitting description.

He is the operator of Tea Creek, which is an Indigenous-led, land based training program developed on the idea of Indigenous food sovereignty. But he's found that the program has done much more for participants than just providing job training.

"We talk to people throughout their training experiences here, and we talk to them before they go home. And what we hear over and over and over again, is that the number one thing that people receive from being here at Tea Creek is a renewed sense of hope, self esteem, and self value."

That type of healing couldn't come at a better time. Many Indigenous people have experienced the intergenerational trauma of residential schools, coupled with high rates of poverty in the region. Over the past couple of years, that trauma has resurfaced with the discovery of unmarked graves at the sites of former residential schools.

While Tea Creek does not offer formal mental health support or treatment, Beaton says that the cultural safety and mutual respect, which is integral to the program, has created its own pathway to healing. Beaton believes that his multidisciplinary approach to learning has led to these profound changes.

One of the key aspects of his philosophy is making sure people are comfortable to come as they are and express their culture.

*Facing page: Jacob Beaton at Tea Creek. This page, clockwise from top: a North Coast trainee trellises tomatoes in the greenhouse, Jacob Beaton (left) and a trainee hand dig potatoes to check for readiness, Chef Tania prepares one of her amazing dishes with veggies straight from the fields.*



“When people come here, [they are] not having to be anything other than themselves,” he says. He does this by ensuring communication with participants, checking in with them at the start and end of a day. He makes sure that everyone is able to take a moment to express how they are feeling, if even only to acknowledge that they are having a difficult time processing a current event.

Another factor is the healing that comes from being on the land and learning about growing food. This is important to Beaton because he’s seen up close the realities of lack of access to food. Just over half of on-reserve Indigenous communities in Canada are food-insecure. On top of high rates of poverty, shipments of food to Northern BC dwindled and became unreliable during the pandemic.

Knowing that many participants may be coming from less than ideal circumstances, Beaton ensures that they have everything they need to attend training from providing transportation, food during the day, and proper safety equipment.

“The land is healing, and being outdoors has been proven to help with traumatic triggers,” he says. And then there are the “rules” of Tea Creek — of which there are “quite a few,” as Beaton says. “We have a no teasing rule — obviously no bullying and no harassment, but I take it even further than that. You can joke around but never at anybody’s expense, even if it’s with good intention, be-

cause you never know what someone’s going through or how that might impact them,” Beaton says.

He remembers one participant remarking that “nobody ever comments about your appearance, positive or negative,” which he feels is a key part of why people feel comfortable at Tea Creek.

Since the program started, Beaton says that he has seen dramatic changes in people’s lives and mental health, including healing from addiction and depression. While he says he’d like to expand to include more formal mental health supports, the driving force behind what he does will not change.

“The number one thing here is the culturally safe environment where people can come in, be themselves, and then we can model that for each other and give each other hope.” ∞



“  
The land is healing,  
and being outdoors  
has been proven  
to help with  
traumatic triggers.

— Jacob Beaton,  
Tea Creek co-owner ”

From top: Jacob Beaton (right) instructs a group of agricultural trainees in soil texture “jar testing,” Tea Creek co-owner Jessica Ouellette (left) discusses varieties and uses of indigenous crops such as sunflowers with an experienced gardener trainee.

# When You Give, Consider Your Family’s Goals

By IAN ROBERTSON, CFA  
Illustration by ALIYA GHARE



**ONE ENDURING MEMORY** from my high school years is a kitchen table conversation with my father, who told me he had donated to Vancouver Foundation in my name. I remember reading the *Vancouver Foundation Magazine*, which highlighted the good work supported by our and others’ contributions and linked these to my father’s community-focused spirit.

While my father’s contributions to Vancouver Foundation wouldn’t have been large, the lessons were indelible:

- Give back to your community
- Discuss philanthropy with your family and incorporate it into family goals
- Consider the long-term benefits that both recipients and donors accrue

As part of an investment advisory team, I have the privilege of helping clients achieve their philanthropic goals while applying these lessons. If you were a client, we would do this

by first identifying your financial and life goals rather than only discussing investment mix and performance metrics. We discuss inter-generational wealth transfer and the donation of assets in the context of family goals. Those goals may include fostering community values in your children, honouring a previous generation, or supporting a cause with a deep personal connection. Finally, we identify the best strategies to accomplish those goals within your current income and assets.

Philanthropy should be much more than “cutting a cheque.” You want to focus on realizing your personal or family goals, which is never a one-size-fits-all prescription.

By focusing on your life and family goals, your advisory team can help you maximize the impact of your gifts. As my father did many years ago, all you need is to start the discussion with your family and advisors.

*Ian Robertson is the Portfolio Manager, Director, and Vice President at Odlum Brown Limited.*





I give to my community and  
with Vancouver Foundation,  
my giving lasts forever.

79 years ago, a single gift started  
Vancouver Foundation and that gift is still  
making a difference in the community today.

We can help you create a fund that gives forever.  
Get started at [vancouverfoundation.ca](http://vancouverfoundation.ca) or  
call Kristin at 604-629-5186.



vancouver  
foundation