



2022 ANNUAL IMPACT REPORT



Between Friends
connect • grow • belong

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Message from the CEO & Board of Directors

As the board of directors for Between Friends, we are pleased to present our annual impact statement for 2022.

First and foremost, I would like to express our heartfelt gratitude for your continued support and dedication to our cause. It is through the collective efforts of our volunteers, donors, and community partners that we are able to make a positive impact on the lives of our participants.

Over the past year, we have accomplished some remarkable feats, including celebrating our 40th Anniversary, restarting our Annual Golf Tournament, and being back in person at Camp Bonaventure. None of this would have been possible without the generosity of individuals and corporations like you who believe in our goal of helping its members Connect, Grow and Belong.

Looking ahead, we have ambitious goals for the upcoming year, including a new format for the Friends in Motion event, expanding our Inclusion Training program and furthering our work on social enterprise opportunities. We are confident that with your continued support, we can achieve these goals and make an even greater impact on our community.

As a board, we have worked hard to remain focused on the programs that our participants have grown to love while keeping an eye on the things that will ensure Between Friends is around for another 40 years.

In closing, I would like to thank you once again for your unwavering support and commitment to our organization. Together, we can make a difference and create a brighter future for all.

Sincerely,

Cory Vance



Cory Vance
Chair / Vice Chair



Kim Presser
CEO

board of directors

January to December 2022

Cory Vance	Chair / Vice Chair
Jessica Yarnell	Past Chair / Chair
Naminder Sandhu	Vice Chair / Director
Garth Johnson	Director / Past Chair
Chris Turcato	Treasurer / Secretary / Director
Peter Drag	Director / Treasurer / Secretary
Gerry David	Director
Bradley Fox	Director
David Arienzale	Director
Crispin Arthur	Director
Sean Bower	Director
Kim Presser	CEO

About Us

Between Friends is a charitable organization that provides quality social, recreation and development opportunities so that people with disabilities can connect, grow, and belong. Children, youth and adults with disabilities seek social and recreational activities that are fundamental to enriching self-esteem, quality of life, as well as mental and physical health. These programs become pivotal in the lives of our participants as they decrease the degree of isolation they may face. Activities are customized to all ability levels to maximize enjoyment and help participants challenge and grow their individual potential.

vision

An inclusive community where people with disabilities reach their individual potential and are recognized as valued citizens.

mission

Between Friends provides quality social, recreation and development opportunities so that people with disabilities can connect, grow and belong.

key messages

connect

Between Friends provides unique opportunities for individuals with disabilities to have social interaction with peers who may or may not have a disability.

grow

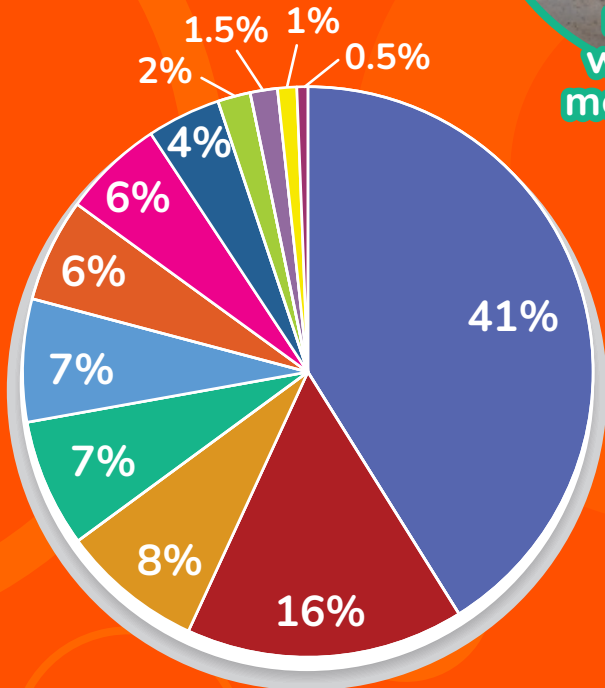
Between Friends members develop self-confidence, accomplishment and a sense of responsibility.

belong

Our focus is on shared interests over individual differences. These shared interactions and experiences often become the foundation of understanding and lasting friendships.



Who We Are



member breakdown

Between Friends is an organization that supports many individuals with one or more disabilities. In 2021 more than 42 % of our members were on the Autism spectrum.

- Autism Spectrum Disorder
- All Other Types of Disability*
- Developmental Disability
- Down Syndrome
- Other**
- Cerebral Palsy
- ADD/ADHD
- Global Developmental Delay
- No Disability
- Learning Disability
- Fetal Alcohol Spectrum Disorder
- Aspergers Syndrome

* Primary Disability: 21 q22 genetic microdeletion; 22q11.2 deletion syndrome; Anderman Syndrome; Arthrogyriposis; Blindness/Visual Impairment; Brain Injury; CHD2 genetic deletion; Chiari Malformation; Chromosome 16 Deletion ; Cognitive Disorder; Cognitive impairment congenital Muscular Dystrophy; Cri-du-Chat Syndrome; Deafness; Dravet Syndrome; Dyspraxia; Epilepsy; Fragile X Syndrome; GAD; Intellectual Disability; Joubert Syndrome; Mental Illness; Microcephalic; Muscular Dystrophy; Obsessive Compulsive Disorder; ODD; Oppositional Defiant Disorder; Other; Polymicrogyria; Post Traumatic Stress Disorder; Processing Delay ; Rasmussen's encephalitis; Rett Syndrome; Rubinsteln Taybl Syndrome; Schizophrenia; Sensory Processing Disorder; Speech Apraxia; Spina Bifida; Spinal Muscular Atrophy Type 2; Tetrasomy 18P; Tourette Syndrome; Undiagnosed; William's Syndrome; XYY syndrome

**When choosing "other" as the primary disability label

40 Years

The year was 1982. Michael Jackson’s groundbreaking album “Thriller” was released. E.T. the Extra-Terrestrial debuted at the box office. Disney World opened EPCOT. And, Between Friends became a registered charity in the City of Calgary.

Between Friends can trace our roots back to 1970 where Mrs. Peggy Raymond and the Volunteer Bureau of Calgary came together to provide social evenings for children with disabilities. The Pink Pelican Club, as the members named it, had teenaged volunteers run programs and provide peer interactions to members ranging in age from 12 to 20 in the City of Calgary.

In 1982, after twelve years of operation and continuous expansion to meet the demand for more programs, the members of the Pink Pelican Club decided to give the Club official status in the community. This is when Between Friends became a registered charity and renamed to reflect the friendships that were being created. With support from the Cerebral Palsy Association and Northmount Kiwanis, Between Friends became a United Way funded agency with a fully incorporated board of directors.

We have grown considerably over the years and we are now **the largest service provider in Calgary focused only on the social and recreational needs of persons of all abilities and all ages.**

Over the past four decades, Between Friends continues to expand our programs and services to reach a wider audience. We have developed opportunities that meet our members where they are in their inclusion journey. These initiatives have helped individuals with disabilities to develop new skills, make new friends, and build their confidence.



As we blow out our birthday candles and reflect on the last 40 years we see that one main theme has grown with us year over year. Between Friends, has, and will continue to work tirelessly to break down stereotypes and combat discrimination. To ensure our vision of being a positive influence in society, Between Friends continues to emphasize the importance of inclusivity and diversity by facilitating policy and systems change work in the communities we live in.

So much has changed in the world since Between Friends opened our doors. But, the thing we are most proud of that has not changed during this time is the shared interactions and experiences our members have had that often have become the foundation of lasting friendships.

Member Spotlight

Amanda Rudiak

Our focus at Between Friends has always been to create an inclusive community, where an individual's personal potential is reached. We offer multiple programs that focus on helping those who mean the most to us grow and develop their personal skills. Our focus on individual member development helps many members become personnel within our organization. They often begin as participants, move through the volunteer and leader in training programs, and in a full circle moment, they become personnel within our programs! By providing the support needed, we are able to see our members grow into personnel who leave meaningful impact within their communities.



Amanda started with Between Friends as a Camper in 2007 when she was 9 years old. She looked forward to getting to spend her summers with us and reflected fondly of her time spent with us as a participant. Her favourite memories include our visits to Our Lady Queen of Peace Ranch (OLQP), Camp Bonaventure overnights, and the connections she made with our staff. She shared a story about a staff member who helped her overcome her fear, and believe in herself, which resulted in her getting to the top of a rock climbing wall! This Camp Staff provided the encouragement needed to take that step forward and try things that might seem out of reach.

In 2016, Amanda transitioned from a participant to our Volunteer In Training (V.I.T.) Program. Amanda was a V.I.T. at Camp Bonaventure in 2016, the Camp Assistant in 2017, a volunteer at Camp Bonaventure in 2018 and 2019 (330 hours). She had planned to work as a Group Leader in 2020, however, her plans changed due to the global pandemic.

In the summer of 2021, Amanda joined us as a Group Leader with Rec and Respite! Through our extensive training programs, Amanda was able to build the skills needed to become a leader, like those who inspired her at Camp Bonaventure. Since that summer, Amanda has been a Group Leader at Camp Bonaventure (2022) and a W.E.S.O.A.R! Program Leader (2021, 2022, 2023). Amanda enjoys contributing to the Between Friends community in multiple programs.

By focusing on our members' growth, we are able to provide them with opportunities, like becoming a Leader, in the programs that changed their lives as youth. Between Friends gives our members the chance to take steps towards their goals, with the support of Between Friends behind them. Amanda shared that having people who believed in her, and her abilities, changed the way she sees herself in the community.

Thank you to all of the stakeholders who make our Volunteer and Leader in Training programs possible. These programs have the potential to completely change an individual's views and help our members find another way they can connect, grow, and belong within the agency.



Inclusion Services

At Between Friends, we envision an *inclusive community where people with disabilities reach their individual potential and are recognized as valued citizens*. That's why we're so proud of our **Inclusion Services** and **Connect, Grow, and Belong Training** which have been making a real difference in the lives of the people we serve.

Our Inclusion Services & Training is designed to provide organizations and businesses with the tools and knowledge they need to create more inclusive and welcoming communities. Through this service, we offer workshops, online and in-person training sessions, and other resources that help people better understand and support individuals with disabilities.

In 2022, we saw the impact of our Inclusion Services & Training firsthand. We provided training and support to multiple recreation providers in Calgary. Our training sessions covered a variety of topics, including:

- Inclusion & accessibility awareness: We helped organizations understand the fundamentals of inclusion practice and accessibility. This included providing information on common accommodations and accessibility measures.
- Inclusive communication: We taught organizations how to communicate in a way that is inclusive and respectful of all individuals, regardless of their abilities.
- Supporting individuals with disabilities: We provided training on how organizations can support individuals with disabilities in their setting.

Overall, we're incredibly proud of the impact our Inclusion Services & Training has had in 2022. We've seen firsthand how our training has helped organizations become more inclusive and welcoming to people with disabilities. We're committed to continuing this work in the years to come, expanding into different types of businesses, corporations, schools, and nonprofits. We're excited to see the positive impact we can make together.



Family Profile

Dolynny Family



As part of our 40 year celebration, we wanted to highlight a family who has been a member with Between Friends to see its growth over the decades. Meet the **Dolynny family**. Kevin Dolynny has been participating in Between Friends programs for the past **24 years!** We had the opportunity to speak with Wendy Dolynny, Kevin's mom, about their experience with Between Friends over the years.

Kevin started his journey with Between Friends when he was 6 years old. Wendy shared that at the time, they were looking for something that Kevin would find enjoyable over the summer months. During this time, Kevin was attending Calgary Quest School, where individually, a teacher assistant who had previously worked and volunteered at Camp Bonaventure, and another Between Friends volunteer told Wendy about Camp Bonaventure and how they thought Kevin would have a great time there. As Camp was approaching, Wendy decided to sign Kevin up.

"It was a big step for me, to trust an organization to look after Kevin for the day". She went on to share that during those hours Kevin was at Camp, it was the first time in her life that she didn't know where he was, who he was with, or what he was doing. For the first time in Wendy's life she was 'out of control' about how his day was going to go. "But I remember when he would come home, his hands were dirty, his face was messy and he was just so happy". Wendy would read the journals that were sent home each day about Kevin to learn about his day and it was clear that Kevin was having a blast at Camp!

Wendy is grateful that Between Friends has continued to offer programming for Kevin over the years as he transitioned into adulthood. Now 30 years old, Kevin enjoys attending our W.E.S.O.A.R! movie program, as well as our William Watson Lodge Adventurers trip - his two favourite programs. "It's great that Between Friends continues to add new programs and opportunities over the years," with expressed gratitude for the great staff that we work with on a regular basis.

When asked about their favourite memories with Between Friends, Wendy shared many experiences of volunteering at our fundraising events, particularly last year, while helping out for our Charity Golf Tournament at the Silvertip Golf Course. At the tournament, one of the Silvertip staff took Kevin for a ride on the golf cart - "He absolutely loved it, he had so much fun!" Wendy said.

Our conversation with Wendy concluded with this: "Having lived in other places like Alaska and California, we never came across something like what Between Friends can offer for social inclusion for the disabled community. I really want to make sure Between Friends [knows] how appreciated they [are]."

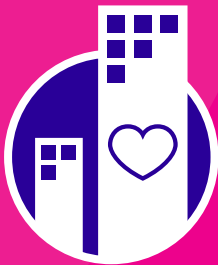
2022 by the Numbers



Grants & Foundations
41%



Special Events
23%



Corporate Donors
15%



Individual Donors
11%



Government
10%

Friends in Motion



\$132,000

Golf Tournament



\$57,632

Circle of Friends



\$18,657

(31 monthly donors)

Donor Awards

We cannot survive without our donors and we would like to acknowledge just a few of the many who make sure that our doors stay open and our programs and services continue!

Ken Mostowich

Ken's involvement goes all the way back to the early days of the Between Friends Charity Golf Classic. Over the past 20+ years, Ken's company, Moss Fabrications Ltd., has been a hole sponsor! Ken was one of very few sponsors who stayed on when the Golf Tournament shifted from a third party event to an internal event. It was at this juncture that Ken started giving personally, often stating that there is a place for Between Friends "from now until forever". When not on the golf course or manufacturing rapid skids, Ken can be found Drag Racing in Alberta and the USA. We are so thankful for the support that Ken and Moss Fabrications Ltd. have provided to Between Friends for all of these years.

Fasken

Fasken has been a long time supporter of Between Friends. They have supported programs such as I.C.A.N! and Camp Bonaventure. As well as being major event sponsors for Gourmet Soiree and now more recently, the presenting sponsor of our Charity Golf Tournament.

Fasken understands that corporate community involvement isn't just an activity; they are genuinely committed to improving communities, investing time, expertise and philanthropy to facilitate those improvements throughout the year. They believe in fostering Equity, Diversity, and Inclusion (EDI) by intentional engagement with people, clients, and communities to advance their EDI commitments, priorities, and actions.

“With our aligning values, we choose to support Between Friends because they are an example of an organization that continues to improve the lives of those living in our communities and fosters the idea of equity, diversity and inclusion. They understand the importance of reducing barriers and giving everyone an equal opportunity to participate in life-enriching experiences.”

Simco Management

Simco Management have been involved with Between Friends for over 10 years and are big supporters of our Friends In Motion event. They first started supporting Friends In Motion when it was a skating event and Verna Penner, one of their staff member was participating with her family. Since then their involvement has grown and they have been sponsors of the event and now participate as a team. They even participated during covid when we had to move to a virtual event. This year they had over 36 donors donate to their team, bringing in over \$16,800 for Between Friends.

“Simco Management is proud to be a supporter of such a great organization and this is just a small way we can give back to the community and we have fun doing so.”

Peighton Picone

She may be tiny but she sure is mighty! This little 8 year old has one of the biggest hearts and sure knows how to fundraise dollars.

Peighton started her fundraising journey in March 2020 at Friends in Motion where her team of little Minions raised over \$11,000. Within a year she challenged former CEO, Suzanne Jackett to a fundraising duel. Peighton won the competition, raising over \$24,000 and thereby resulting in Suzanne wearing an Anna (Frozen) outfit, complete with a tiara, at the event.

Since then, "Squish" has broken her record year over year, doing anything to fundraise - selling her toys, making melty bead magnets, and even going door to door. Peighton's most recent accomplishment was raising a total of \$66,540 from 73 donors in 17 cities across 4 provinces and 1 US state for the 2023 Friends in Motion fundraising event. This kid rocks!

A Parent's Journey Stacy Greanya



Between Friends became a part of my life when my son, Darian, was diagnosed with 18p Monosomy. **His life was changing and he needed a place that would support his growth and development.** He was a happy boy who loved to be active, but I was concerned about registering him for a typical summer camp. I was unsure of the camp's culture or how they would be able to handle his unique needs.

When I heard about **Camp Bonaventure** I hoped this would be a good fit for him; they met and exceeded all of our expectations. Each day, I picked him up excited and exhausted from the day's activities. Over 20 years later, one of his favourite pictures of him is where he's "driving" a boat on one of the offsite trips. They had even made their own boat licences! Unfortunately, Darian lost his in a house fire our family experienced, but he still often asks when he can get another. To say that Camp Bonaventure was a memorable time, would not be doing the experience justice.

As time went by, Darian continued to be involved in Between Friends. He was older now and joined several W.E.S.O.A.R! Programs and loved them. His Program Leaders would always tell me how helpful he was in programs and suggested I enrol him as a V.I.T. At the time I had no idea what that was, but the staff took the time to ensure I knew what the Volunteer In Training program was and what he would get out of it. Darian was given support throughout his time as a V.I.T. and soon graduated the program to become a full fledged volunteer. He was thrilled! As his Mom, **I was so happy to have found him a place that not only supported and celebrated him, but that helped him achieve goals; goals that I didn't even know were possible before Between Friends.**

As Darian started to spend a lot of his evenings volunteering with W.E.S.O.A.R! and summers with Camp Bonaventure, I started to personally become more involved. I signed up to become a volunteer and could not believe how much I got out of it. My time with the members and staff brought me genuine joy. I continued to volunteer for a couple of years and decided that I wanted to be a Program Leader. It was a perfect part-time position for me.

I had spent many years in corporate positions, and although I enjoyed my work in accounting, it never brought me personal satisfaction. When COVID-19 created a whole different set of challenges for the world, we saw first hand how hard it was for our members. Programs with Between Friends were the only social and recreational opportunities that many of our members had. I was excited we found a way to continue connecting with members within the WeConnect team.

The connections created by Between Friends virtual programs had an immeasurable impact on our members, a parent reached out to me and shared that our Programs actually were life saving to their family. Some of the connections I have made during this time were life altering for me. The world was in chaos, and it seemed everyone was divided, but not in our Between Friends bubble. We continued to grow, connect, and have a safe haven where we all felt like we belonged.

Presently, I work as a Program Coordinator, Adults Programs for Between Friends. I didn't envision myself returning to an office position, however when I saw the posting, I knew I wanted to be a part of the team in a larger capacity. How many people get to say that they love what they do AND feel like they make a difference every day? This is not like any other job I have had and I have never been happier in a position in my life. **My journey with Between Friends has spanned over 20 years, and yet, I feel like it's just getting started!** I am excited about what the future holds for Between Friends and our Members.

2022 Financial Statements

The Calgary Between Friends Club Statement of Financial Position as of December 31, 2022. Audited by Czechowsky, Graham & Hanevelt Chartered Professional Accountants. Full financial statements available online at www.betweenfriends.ab.ca

Extracts from Audited Financial Statements

Assets	2022	2021
Current	\$1,148,641	\$877,277
Endowment fund	\$1,660,916	\$1,754,167
Property & equipment	\$145,934	\$87,759
Restricted cash	\$32,458	\$126,128
Total Assets	\$2,987,949	\$2,845,331
Liabilities	2022	2021
Current	\$46,459	\$48,892
Deferred contributions related to operations	\$439,700	\$239,509
Deferred contributions related to casino	\$94,882	\$14,258
Deferred contributions related to property & equipment	\$146,563	\$189,147
Total Liabilities	\$727,604	\$491,806
Net Assets (includes endowment fund)	\$2,260,345	\$2,353,525
TOTAL	\$2,987,949	\$2,845,331

Statement of Operations

Revenue	2022	2021
Fundraising	\$974,517	\$1,064,165
Programs	\$524,931	\$159,684
Government grants	\$138,807	\$254,584
Investment income (grant & endowment fund)	\$54,891	\$63,542
Total	\$1,693,146	\$1,541,975
Expenses	2022	2021
Direct costs	\$1,493,232	\$1,131,804
Operating expenses	\$253,496	\$294,012
Total	\$1,746,728	\$1,425,816
Excess (deficiency) of revenue over expenses	(\$53,582)	\$116,159
Other income (unrealized gain on long term investments)	(\$119,598)	\$192,903
Excess of Revenue Over Expenses	(\$173,180)	\$309,062

thank you to
our fundraising
champions,
sustainers
& leaders



Alberta



Thanks to all of our donors for the generous funding provided to Between Friends in 2022. In such a challenging year, we considered ourselves quite fortunate to have retained such a loyal and caring group of supporters!

FASKEN

Gordon and Jill
Rawlinson

Moffat Family Fund
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Stone Creek Charitable
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United Way
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@calgarybfc



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