



CALGARY POLICE YOUTH FOUNDATION

MAY 2021 E-NEWS

COOKING WITH KIDS COOKBOOK - MEET OUR CELEBRITY CONTRIBUTORS!



Recipe testing and selection is well underway for our Cooking with Kids Cookbook, but did you know that we also had some local celebrities and dignitaries submit recipes for their favourite treats as well?



Among the 100+ recipes included in the cookbook are submissions from Mayor Nenshi, Curtis Glencross, Cassie Campbell-Pascall, and even Canadian legend, Jann Arden! Check out the list below to see some of the delicious recipes our famous contributors have shared with us!



- Chef Paul McGreevy – Sweet Sticky Ribs
- Curtis Glencross – Boursin Stuffed Mushrooms
- Linda Olsen – Fruit Salad
- Kelly Hruday – Bolognese Sauce
- Rocco Romano - Coconut Raisin Oat Cookies
- Cassie Campbell-Pascall - Pizza Pitas
- Julie Van Rosendaal - Mashed Potato and Cheese Waffles
- Cory Sarich - Heavenly Hotcakes



Cookbooks are currently available for pre-sale online at www.CPYFStore.ca and will be distributed in September 2021.

ANNOUNCING THE 2021 PHILANTHROPIC LEADERSHIP AWARD RECIPIENT - THE SHAW FAMILY OF CALGARY WITH SPECIAL RECOGNITION TO JR SHAW!

The Calgary Police Youth Foundation is honoured to announce that the 2021 Philanthropic Leadership Award recipient is the Shaw Family of Calgary with special recognition of JR Shaw. Since JR Shaw founded Shaw Communications 50 years ago, he ensured that charity and philanthropy were always at the heart of what they do as a Family and in business.



Their leadership is evident in the award-winning Shaw Charity Classic, which has raised over \$61 million for hundreds of local charities to date, their generous contributions to charities across the country, their service on non-profit Boards, and in Shaw and Corus' charitable activities, which have helped provide over \$100 million of value annually for community and charitable organizations. We invite you to join us in congratulating the Shaw Family on this tremendous achievement.

The Philanthropic Leadership Award from the Calgary Police Youth Foundation is a prestigious social impact award that is presented annually by the Chief Constable of the Calgary Police Service. It recognises and celebrates a renowned humanitarian whose actions have left a blueprint so that those who follow may be inspired to support the welfare of our city's children and youth.

The Philanthropic Leader Award is part of the Calgary Police Youth Foundation Annual Chief Youth Courage Awards Celebration which will take place on November 19, 2021. For information about the celebration event and the Calgary Police Youth Foundation you can read more at www.YCYouthfoundation.ca

SAFE KIDS, SAFE CALGARY SRO SUPPORT PROGRAM

The Safe Kids, Safe Calgary SRO Support program is being brought to students at Western Canada High School by the Calgary Police Youth Foundation. This new pilot program aims to provide students with helpful resources in a safe and easily accessible environment.

Inspired by “Tad’s Tuckshop”, an initiative created by Constable Tad Milmine from the Calgary Police Service and also the founder of Bullying Ends Here, the Safe Kids, Safe Calgary SRO Support Program will provide students with access to essential items such as food, drinks, personal care items and so much more that they can access through their School Resource Officer.



Due to the ongoing pandemic many students are finding it difficult to access a healthy lunch. Student use microwaves, hot water and cafeterias have been unavailable, and many students do not have the funds or time to purchase lunch outside of school. That is where the Safe Kids, Safe Calgary SRO Program comes in.

A one stop visit enables students to check in with their School Resource Officer and grab a snack and other supplies. How great is that!

To show your support to the Safe Kids, Safe Calgary SRO Support Program, donate at: www.Donate2CPYF.ca.

CANADIAN FREE WILLS NETWORK UPDATE

Due to overwhelming demand we have reached capacity for the 2021 Free Wills Program and at this time, we can only place names on our waitlist. Thank you to everyone who registered to receive a free Will courtesy of the Calgary Police Youth Foundation and for those who chose to leave a legacy gift in your Will to the CPYF, a sincere debt of gratitude. You are helping keep future generations of young people safe from crime and victimisation.

If you missed out on registering this year, don't fret! We have plans to resume the program in January 2022. So be sure to watch for updates regarding the Canadian Free Wills Network in the new year!



REGISTER FOR OUR FREE VIRTUAL WEBINAR ABOUT DRUGS AND VAPING!

On June 10, the Calgary Police Youth Foundation will be hosting our second Speaker Series presentation focused on drugs and vaping. Join presenters from YouthLink Calgary Police Interpretive Centre for a candid conversation that will provide you with facts, warning signs, strategies and tools to protect the young people in your life.

To learn more or to register for this FREE webinar, visit:
<https://www.eventbrite.ca/e/calgary-police-youth-foundation-speaker-series-drugs-and-vaping-tickets-156252536543>





YOUTH VIEWS: HEAR FROM MEHAK!

The ongoing pandemic has taken its toll on youth in our city. One of our youth ambassadors, Mehak (age 18) wanted to share with our readers her thoughts on how youth can use mindfulness to cope with these daily struggles. See what she had to say below!

Mindfulness and wellbeing are critical components of maintaining a successful lifestyle that many individuals delve into in later years of life. If practices of wellbeing and mindfulness are incorporated at an earlier age, it would direct youth to have a more positive outlook on life and give them tools to assist them in times of adversity and while facing negative experiences. It's vital to understand that you can't control much in this life except your state of mind. Emotional mastery is key to being successful in every aspect of one's life. If skills and practices of mindfulness and wellbeing are set up at a young age, it's guaranteed to set youth up for success and it will assist in crime prevention and risk reduction.

If this concept is introduced in schools and at home, journaling, breathwork, positive self-talk, and meditation can be introduced into a daily routine that will cultivate deep self-awareness within a child and direct him/her onto a more positive path. When positive coping mechanisms are taught to individuals at a young age, it will refrain them from going to short-term solutions like drugs and alcohol to cope with stress, anxiety, and other mental health-related issues. Cultivating practices of journaling and positive self-talk in youth will cultivate a sense of self-acceptance and give them the tools to overcome negative emotions. It formulates the importance of knowing that you are not your thoughts but merely an observer of your thoughts. Journaling and using specific journaling prompts assists in youth that tend to get anxious or overthink.

Today's youth tend to rely on external sources for validation and acceptance whether that's social media or friends. Practicing mindfulness and wellbeing strips that need for external validation and acceptance because individuals form and foster the most important and longest relationship they will ever have, the relationship with themselves. When one implements the practices I've delved into through this article, they begin practicing self-compassion and the need to look externally subsides as they realize that everything they will ever need is within themselves. Whether that's practicing self-love through journaling and positive self-talk or being present with breathwork and meditation, these practices will over time inhibit youth turning to crime/substances as they will learn to have control over their thoughts and emotions.

YOUTHLINK CALGARY 50/50 CASH RAFFLE

What would you do with \$10,000?

By purchasing tickets for Youthlink Calgary's 50/50 Cash Raffle you could find out! Tickets go on sale June 1 and all proceeds benefit the Youthlink Calgary Police Interpretive Centre - an interactive learning centre where youth can learn about healthy relationships, drugs, gangs, bullying and cyber crime in a safe and supportive environment.

Ticket Pricing

Option A - 1 for \$10.00

Option B - 4 for \$20.00

Option C - 20 for \$50.00

Option D - 100 for \$100.00

Stay tuned for more information on how to purchase tickets for your chance to win!



CPYF GIANT GARAGE SALE & COMMUNITY FAIR

Our CPYF Garage Sale and Community Fair featuring many local vendors is coming up on Sunday, June 27 from 9:00 am - 12:00 pm at McMahon Stadium! Whether you are looking for a great bargain, or just want a fun day out with the family, all are welcome and we can't wait to see you there!

Have items you would like to donate? Please hold on to the items and stay tuned for more information about our designated drop off days!

Interested in volunteering? Please contact Wolfe Gazer for more information at wolfe-gazer@hotmail.com.

