



2025 - 2026 REPORT TO COMMUNITY



Registered Name: CALGARY MILITARY FAMILY RESOURCE CENTRE/
CENTRE DE RESSOURCES POUR LES FAMILLES DES MILITAIRES

Charity Number: 129175667 RR0001

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TABLE OF CONTENTS



01	Message from the Board Chair
02	Message from the Executive Director
03	Our Board of Directors
03	Executive
03	Directors
04	Our Staff
05	About the Calgary MFRC
06	Vision
06	Mission
06	Core Values
07	Community Engagement
08	Building Connection and Community
08	Reaching Families Where They Are
08	Flagship Community Events
08	Increasing Access to Experiences
08	Meaningful Moments of Support
09	Deployment Support
09	Staying Connected Across Distance
10	Supporting the Whole Family, Including Pets
11	Creating Space for Families
12	Meaningful Moments of Support
13	Family Support Services
13	Camp Experiences That Build Connection
14	Summer Day Camps
14	Camp Your Choice
14	Camp Maple Leaf Subsidy
14	Supporting Families Through Transitions and Early Learning

15	Mental Health & Wellness
15	Counselling and Individual Support
15	Workshops and Skills for Well-being
15	Strengthening Healthy Relationships
16	Veteran Support
16	Veteran Family Program (VFP)
16	Horses and Nature-Based Wellness Workshop for Veterans & Caregivers
16	Veteran Coffee & Chat
16	Strengthening Transition Through Connection
17	Regional Offices
17	Red Deer Regional Office
18	Lethbridge Regional Office
19	Volunteer Impact
19	Volunteer Growth and Organizational Capacity
20	Volunteer-Supported Activities
20	Volunteer Experience and Retention
20	Recognizing Leadership and Contribution
21	Fund Development
21	Stairs of Strength
23	Royal Canadian Artillery Band Holiday Concert
24	Funding
25	Statement of Operations
26	Donors
26	Donors
26	Organizations
26	Individuals
26	Stairs of Strength
27	Sponsors
27	Gifts-In-Kind
27	Organizations
27	Individuals
27	Grants & Foundations
28	A Call to Action
29	Contact Us

MESSAGE FROM THE BOARD CHAIR

On behalf of the Board of Directors, it is my pleasure to share this message as we reflect on another remarkable year at the Calgary Military Family Resource Centre (MFRC).

The 2025–2026 fiscal year has been one of growth, impact, and connection. Across every program, service, and event, the Calgary MFRC continued to demonstrate its unwavering commitment to supporting military and Veteran families through every stage of their journey. The strength of the organization lies not only in the services it provides, but in the relationships, it fosters and the sense of community it creates. This is particularly important in today's volatile context of world events and the pending growth and expanded operational commitments of the Canadian Armed Forces.

As a Board, we have had the privilege of witnessing the dedication and passion of the staff, volunteers, and community partners who work tirelessly to ensure military and veteran families feel supported, connected, and valued. Their efforts have resulted in meaningful experiences for families across Southern Alberta and have strengthened the Calgary MFRC's role as a trusted source of support and advocacy.

This year brought many memorable accomplishments. The second annual Stairs of Strength continued to build momentum as both a community-building and fundraising event. The Royal Canadian Artillery Band Holiday Concert once again brought people together in celebration and connection. Youth summer camps, Military Family Appreciation Day, wellness initiatives for veterans and caregivers, family-focused events, and support throughout deployments all demonstrated the organization's commitment to meeting families where they are and responding to their evolving needs.

As stewards of the organization, the Board remains focused on ensuring the Calgary MFRC is well-positioned for continued success. We are committed to strong governance, financial sustainability, strategic growth, and supporting the exceptional leadership of Executive Director Barbara Pohl and her team. Together, we are building an organization that is responsive, innovative, and prepared to serve military and veteran families for years to come.

To our staff, volunteers, donors, partners, military leadership, and community supporters: thank you. Your commitment makes our work possible and strengthens the lives of the families we serve every day.

Most importantly, to the military and veteran families at the heart of everything we do, thank you for allowing us to be part of your journey. Your resilience, service, and sacrifices inspire us and remind us why this work matters.

On behalf of the Board of Directors, thank you for your continued trust and support. We look forward to building on this year's success and creating even greater impact together in the years ahead.

Sincerely,

Jonathan Perkins
Board Chair
Calgary Military Family Resource Centre



A handwritten signature in blue ink that reads "J Perkins".

MESSAGE FROM THE EXECUTIVE DIRECTOR

As I reflect on the 2025–2026 fiscal year, I am filled with gratitude, pride, and optimism for the future of the Calgary Military Family Resource Centre.

This year, the Calgary MFRC truly hit its stride in delivering programs, services, and support to military and veteran families. Our team continued to strengthen our offerings while deepening our connection to the families we are privileged to serve. We focused on meeting families where they are, responding to emerging needs, and creating meaningful opportunities for connection, support, and resilience.

Throughout the year, we had the honour of supporting military members and their loved ones through the unique challenges of deployments, postings, training exercises, and transitions. Whether through one-on-one support, wellness programming, youth initiatives, family events, or community outreach, our goal remained the same: to ensure military and veteran families know they are valued, supported, and never alone.

One of the most exciting indicators of our growth this year was the significant increase in volunteer engagement. The dramatic rise in volunteer hours reflected not only the generosity of our volunteers, but also the Calgary MFRC's commitment to delivering more programs, services, events, and opportunities for military and veteran families. From supporting community events and youth programs to assisting with outreach and special initiatives, volunteers played an integral role in helping us expand our impact and reach.

We were honoured to be part of the second annual Royal Canadian Artillery Band Holiday Concert, which once again brought together military families, veterans, and community members in a celebration of connection and holiday spirit. We also celebrated the second annual Stairs of Strength, our signature fundraising event that continues to grow in participation, awareness, and impact while raising critical funds to support military and veteran families.

Our youth summer camps continue to provide children and youth with opportunities to build confidence, friendships, and lasting memories in a safe and supportive environment. Throughout the year, the team attended parade nights, enrolment ceremonies, and community events, ensuring families had opportunities to connect, build relationships, and feel a sense of belonging within the military community.

We also expanded opportunities for wellness and healing through innovative programming. Workshops such as our Horses and Nature-Based Wellness Program for veterans and caregivers offered participants a unique opportunity to reconnect with themselves, their loved ones, and the natural world while building resilience and fostering well-being.

None of this would be possible without the dedication of our outstanding staff, volunteers, partners, donors, board members, military leadership, and the families who place their trust in us every day. Your support allows us to continue evolving and growing to meet the needs of those we serve.

The most meaningful acts of generosity come in many forms—time, talent, and treasure. Together, these gifts create connections, inspire hope, and make a lasting difference in the lives of military and veteran families.

Thank you for being part of this journey. As we look ahead, we remain committed to strengthening families, fostering community, and ensuring that every military and veteran family knows they have a place to turn for support, connection, and care.

With gratitude,

Barbara Pohl, MBA

Executive Director

Calgary Military Family Resource Centre



A handwritten signature in dark ink, appearing to read 'B. Pohl'.



OUR BOARD OF DIRECTORS

EXECUTIVE

- Jonathan Perkins, Board Chair
- John (JJ) Martin, Vice-Chair
- Alex Kishkovich, Treasurer

DIRECTORS

- Chinyere (Chichii) Adegboyega, Director
- Glen Adkins, Director
- Mark Dahlman, Director
- Krissy Donor, Director
- Tom O'Sullivan, Director
- Kate Thrasher, Director
- Lieutenant-Colonel Nick Sealy-Thompson, Ex-Officio Military Representative





OUR STAFF

- **Barbara Pohl**, MBA, Executive Director
- **Adriel Brennan**, Community Engagement & Events Lead
- **Tatiana Cheremnykh**, Family Liaison Officer (FLO)
- **Amy Edgar**, Communications Coordinator
- **Grace Geatros**, Veteran Family Program Coordinator & Family Navigator
- **Bradley Hancock**, Bookkeeper
- **Sia Jade**, Executive & Administrative Coordinator
- **Keira McGie**, Summer Camp & Family Support Services Coordinator
- **Megan Reviczky**, Community Outreach & Systems Coordinator
- **Lua Rout**, Volunteer & Partnerships Coordinator

ABOUT THE CALGARY MFRC

The Calgary Military Family Resource Centre (Calgary MFRC) is a registered charity dedicated to the support and enrichment of Canadian military families.

**When one person wears the uniform,
the whole family serves.**

Military and Veteran families often face challenges such as frequent relocations, time apart due to training or deployments, transitions to civilian life, and the emotional pressures that come with service. We are dedicated to helping lessen the impact of these challenges and to strengthening the well-being of those who serve behind the scenes.

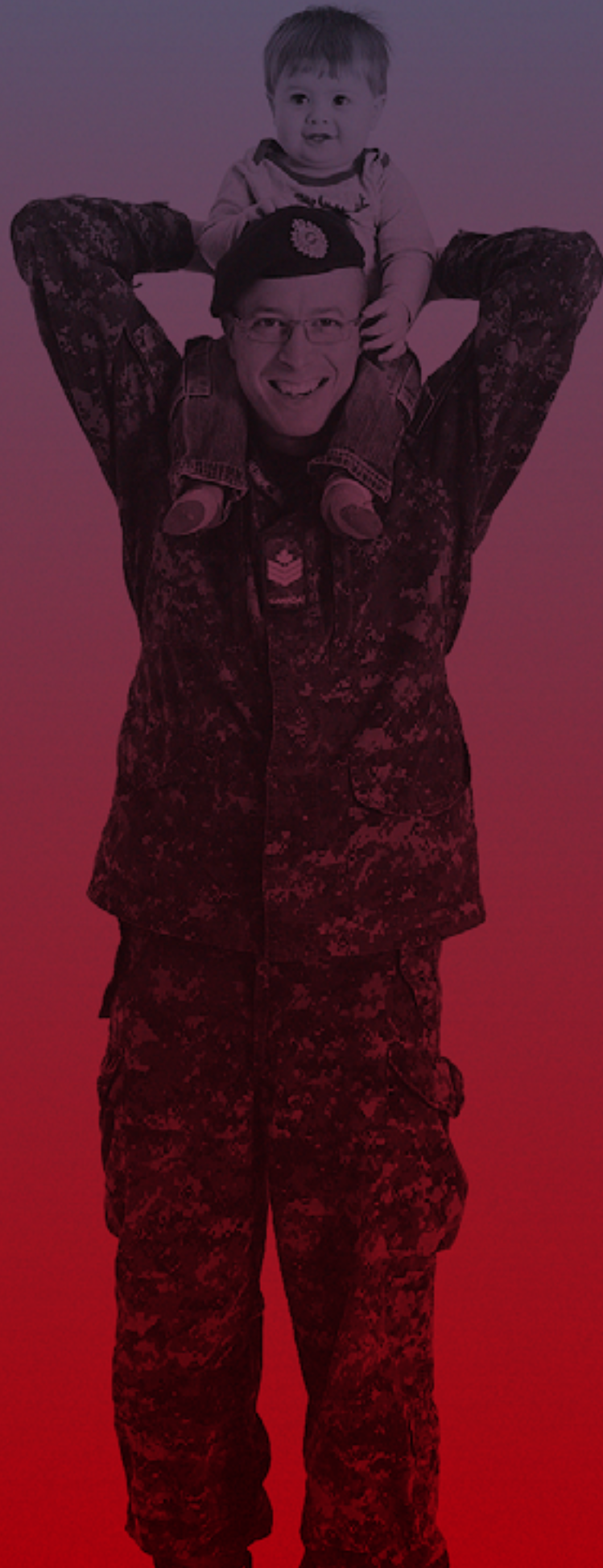
Military families experience frequent transitions. From recruitment, training, postings, deployments, to eventually release from service, every step requires families to adapt. At the same time, families face the everyday of life, such as starting new relationships, raising children, coping with illness, managing finances, and adapting to change.

These overlapping journeys can create stress, uncertainty, and strain. But with the right support, they can also build resilience.

The Calgary MFRC is part of a national network of MFRCs established in 1991 by the Department of National Defence (DND) in conjunction with the Military Family Support Program (MFSP).

What makes our centre unique is our local military community who live in both urban and rural communities. We support a diverse population that includes families that do not live on a base, Veterans, reservists, Canadian Armed Forces (CAF) members of all ages including young single CAF members (many of whom are also post-secondary students), and parents and siblings of those who serve.

We are proud to support military and Veteran families in central and southern Alberta through our offices in Calgary, Red Deer, and Lethbridge.





Vision

Engaged and resilient Canadian military and Veteran families.



Mission

Support and empower military and Veteran families through connection within our community.



Core Values

The Calgary MFRC is committed to the following ethical values to meet the mission:

- Service. Our military family community is at the heart of everything we do. We listen, adapt, and deliver. When we work hard, respond with urgency and act in service to others, we create a lasting and positive impact.
- Unity. Together, we are stronger. We believe that individual differences strengthen our community, and we embrace the evolving definition of family. We approach our work with a collaborative mindset and nurture relationships based on equality and inclusion.
- Impact. We care deeply about the work we do and the people we serve. We are dedicated to building resilience and constantly seeking new ways to deepen our impact. We're empowered to make decisions that are best for the long-term health of the military family community we serve.
- Integrity. We act truthfully, operate honourably, and do the right thing always. We support and share responsibility with the members of our team, showing empathy and respect along the way. We build trust through transparency, confidentiality and open communication.

COMMUNITY ENGAGEMENT

Calgary MFRC continues to serve as a consistent and trusted presence for military and Veteran families.

Community Engagement work is especially important in our region, where families are often spread across a wide geographic area, making it more difficult to build relationships with others who understand military life. Busy schedules, frequent transitions, and limited opportunities to gather can contribute to isolation. Creating space for connection, shared experience, and support is a key part of strengthening family well-being.

These services are designed to make a difference. We create affordable and accessible opportunities for military-connected families to spend time together, try something new, and meet others who share similar experiences.



Building Connection and Community

Families are not just attending events; they are returning, connecting, and building their community.

- Total event registrations: 1,453
- Estimated individuals engaged: 1,082
- Families attending 2+ events: ~94 families
- Families attending 3+ events: ~66 families
- First-time participants: 19%

These patterns reflect growing connection and belonging over time, alongside continued success in welcoming new families into MFRC programming.

Reaching Families Where They Are

Support begins before families even ask for it. Calgary MFRC maintained a strong presence at key military milestones and community touchpoints.

- Enrolment Ceremonies & Parade Nights attended: 57
- Total one on one engagements: 1,741
- Enrolment Ceremony one on one interactions: 887
- Parade Night one on one engagements: 452

This consistent presence ensured families had access to information, resources, and support at meaningful points in their military journey.

Increasing Access to Experiences

Families were supported through a combination of donated and discounted tickets to local attractions, concerts, and events.

- Total tickets distributed: 1,840

These opportunities helped reduce financial barriers and supported meaningful time together as families.

Meaningful Moments of Support

Beyond the numbers, outreach created real-life impact.

In Lethbridge, staff connected a deploying family to the Deployment Build-A-Bear initiative, which includes a voice recording from the deployed parent inside the bear, providing children with comfort during separation.

In another instance, a referral shared at a parade night led to a family successfully accessing support, reinforcing the value of trusted, in-person guidance.

Flagship Community Events

Large community gatherings continued to play an important role in building connection, tradition, and a sense of belonging among military and Veteran families.

- Stampede Breakfast: 328 attendees
- Holiday Party: 288 attendees (15% increase from the previous year)
- Military Family Appreciation Day BBQ: 44 attendees

These events provide more than entertainment. They create shared experiences where families can connect with others who understand military life, strengthen relationships, and feel part of a broader community. Feedback consistently highlighted appreciation for opportunities to come together as families and feel recognized, supported, and included.



“

“The MFRC team goes above and beyond to host fun and engaging events to make the military family feel valued and appreciated. Our family truly looks forward to attending these events every year. Thank you for all you do.”

DEPLOYMENT SUPPORT



When a Canadian Armed Forces member deploys, the entire family feels the impact. Spouses, children, parents, and caregivers often take on additional responsibilities while managing the emotional strain of separation.

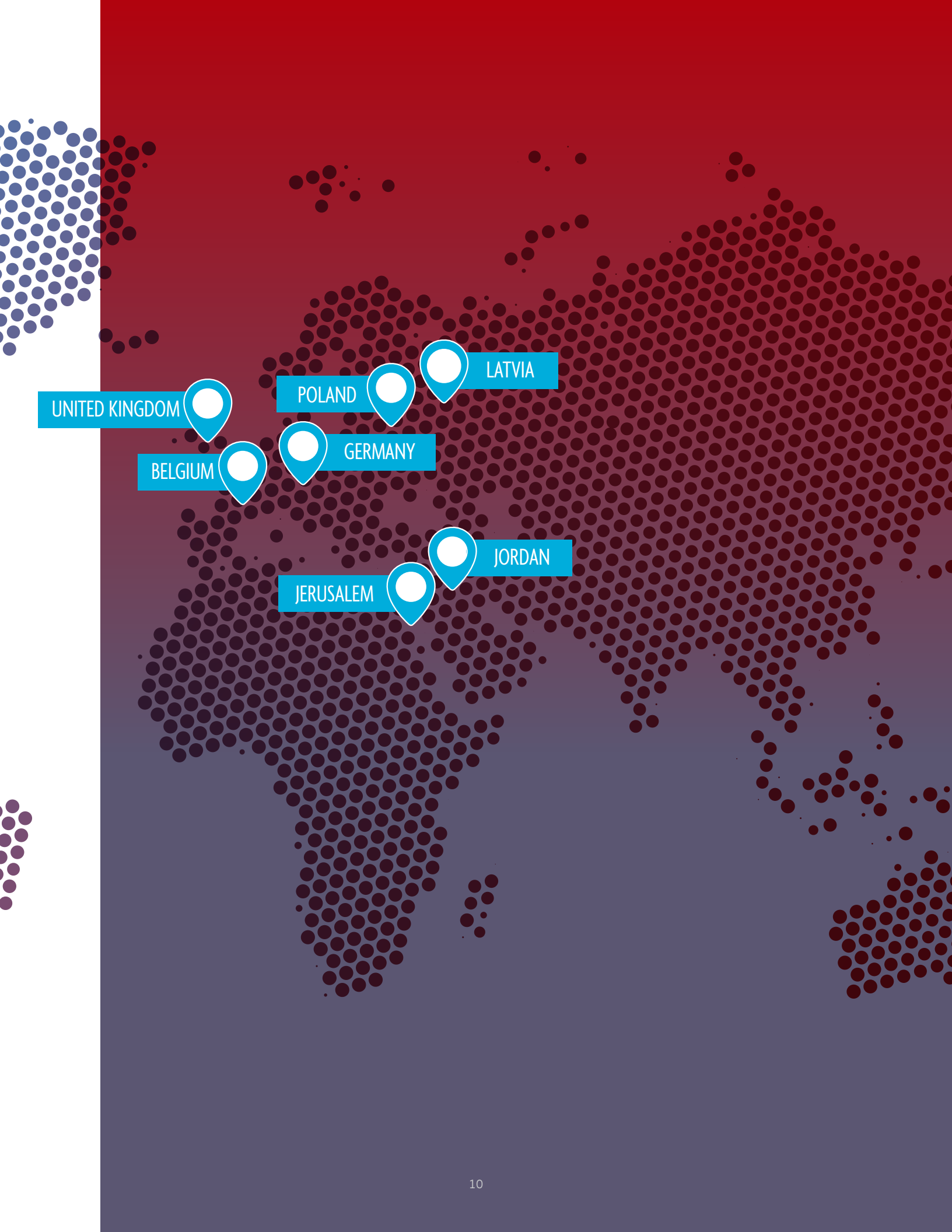
Calgary MFRC provides consistent, practical support throughout the deployment cycle. From preparation to time away and reintegration, these services help families stay grounded, maintain routines, and feel supported during a period that can otherwise feel unpredictable and isolating. As operational demands continue to increase, this work remains essential to family well-being.

Staying Connected Across Distance

Small, consistent touchpoints can make a meaningful difference during long periods apart.

The impact of deployment support is not only measured in participation, but in how families and members stay connected despite distance. Services like Morale Mail for outside of Canada postings, create tangible reminders of home, while shared experiences and outreach reinforce that families are not navigating deployment alone. These supports help reduce stress, strengthen resilience, and maintain a sense of closeness across time zones and deployments.

- Morale Mail packages sent: 118
- Increase from previous year: 43%



Supporting the Whole Family, Including Pets

Care extends beyond the individual member to the full family system.

Deployment affects every part of daily life, including responsibilities that are often unseen. Programs like Subsidized Pet Care are one of the ways Calgary MFRC helps ease practical pressures at home, giving families peace of mind while a member is away and ensuring animals remain safe and cared for.



“

“Our family was grateful to have our dogs, Sask & Cabot, boarded for a period of time at Springbank Pet Resort while Captain McKenty (Calgary Highlanders 10th Canadians) was deployed to Lebanon as part of Op AMARNA. Many thanks to Calgary MFRC and Springbank Pet Resort for their support.”

— Captain Richard McKenty, CD

Creating Space for Families

Opportunities to come together around the deployment experience create space for support and recognition.

A dedicated bowling event brought families together for an evening of shared experience, offering a break from routine and a chance to spend time with others who understand deployment life. While simple in format, these moments provide reassurance and help families feel supported during a challenging time.

As one Reservist shared, “I just want to thank everyone at the MFRC for all the hard work they do putting on such amazing events for our families. It’s always greatly appreciated.”

Meaningful Moments of Support

The impact of deployment support is often felt in personal ways.

Through Morale Mail, family members and loved ones can send care packages to deployed military members, helping maintain connection across distance and time apart. For those serving overseas, receiving a package from home can provide comfort, encouragement, and a tangible reminder that they are supported and remembered.

These moments reflect the importance of consistent, thoughtful support and the role it plays in strengthening connections during deployment.





FAMILY SUPPORT SERVICES

Calgary MFRC's Family Support Services play a critical role in strengthening the emotional, social, and practical well-being of Canadian Armed Forces and veteran families. From summer camps to childcare support, these services are designed to meet families where they are, with programming that fosters resilience, connection, and community.

Camp Experiences That Build Connection

Summer Day Camps

Calgary MFRC Summer Day Camps provided military children aged 6 to 12 with safe, engaging, and inclusive programming designed to build connection, confidence, and a sense of belonging. Over three weeks, children took part in a variety of experiences including outdoor adventures, cultural and educational visits, creative arts, science-based exploration, and team-building activities.

Programming encouraged friendship-building among military-connected peers while supporting social development, resilience, and positive relationships. Highlights included hands-on learning experiences, community outings, and opportunities for active play and discovery in supportive group settings.

- 49 children participated across 90 available camp spaces over three weeks.



“

“As a military family, we are incredibly grateful for the programs offered by the MFRC. This summer, our kids had the time of their lives at camp—every day was a new adventure, from Calaway Park and Granary Road to wolfdog sanctuary, bowling, and even military training (which they absolutely loved!). The variety of experiences kept them excited and engaged all camp long. MFRC's camps are more than just childcare—they're meaningful, fun-filled experiences that help our children feel connected, supported, and proud to be part of a military family.”

- Current Canadian Armed Forces
(CAF) Member – Reservist

Camp Your Choice

Camp Your Choice provided families in Red Deer and Lethbridge with flexible access to local summer camp opportunities, helping reduce financial barriers while supporting children to participate in activities that reflected their interests. Participation increased significantly this year, with 25 children supported compared to 13 the previous year. Through the subsidy, families enrolled in a wide range of camps that fostered confidence, creativity, and connection within their own communities. Parents shared appreciation for the program's flexibility and inclusivity.

- 25 children supported through Camp Your Choice, up 92% from the previous year.
- Types of camps accessed: Musical theatre, sports, leadership, art, survival skills, dance, rock climbing

Camp Maple Leaf Subsidy

Camp Maple Leaf Subsidy provided children from military and Veteran families with access to a one-week overnight camp experience focused on connection, independence, and shared understanding. Through the MFRC subsidy, local children were able to participate in a structured, supportive environment designed specifically for military-connected youth.

- 20 children supported

Calgary MFRC Summer Camps, including Summer Day Camps, Camp Your Choice, and Camp Maple Leaf Subsidy, are made possible with support from True Patriot Love.

“

My Camp Maple Leaf experience was exciting and fun! I swam, learned how to take care of horses, rock climbed and participated in “The Amazing Race.” I made connections with other military children and the food was yummy. I participated in the flag pole every morning and night. Campfires every night gave me the chance to join together as one big family. I was very fortunate to attend Camp Maple Leaf this year and had a great time!”

TRUE PATRIOT
LOVE

Supporting Families Through Transitions and Early Learning

Childcare subsidies supported families during deployments and in emergency situations. Our partnership with Dolly Parton Imagination Library (DPIL) delivered 1,233 books and strengthened early literacy foundations.

• Hours of care provided by childcare subsidies: **176**

• Free books distributed through our partnership with Dolly Parton Imagination Library: **1,233**

Thank you Lockheed Martin Canada for your support of Dolly Parton Imagination Library



MENTAL HEALTH & WELLNESS

Military and veteran families face unique and complex stressors that can affect every area of their well-being. At Calgary MFRC, our approach to mental health and wellness is grounded in the belief that true wellness includes the eight dimensions of wellness: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual well-being.

Calgary MFRC supported military and Veteran families through counselling, wellness programming, and prevention-focused initiatives that strengthen mental health, resilience, and healthy relationships.

Counselling and Individual Support

Counselling services supported military-connected individuals seeking guidance and referrals. Common themes included bereavement, family adjustment to CAF service, and employment challenges for spouses. Families also received one-on-one navigation support to connect with appropriate community resources, improving access to care and reducing barriers during times of need.

29

clients supported

~90

community referrals

Workshops and Skills for Well-being

Workshops, including Understanding Cannabis and PTSD, Beyond the Bully, Applied Suicide Intervention Skills Training (ASIST), Online Yoga Supporting Those Impacted by PTSD, and Building Resilience & Healthy Relationships Through Horses & Nature: A Workshop for Veterans & Caregivers, provided practical tools to support mental health, recognize risk, and respond effectively. Participants reported increased confidence and valued the opportunity to learn in a safe, supportive environment.

Strengthening Healthy Relationships

Our Cook & Connect event created opportunities for families to build trust, communication, and emotional awareness through shared activities. This work aligned with the National Action Plan to End Gender-Based Violence, which emphasizes prevention through promoting healthy, respectful relationships and strengthening protective factors within families.

Military and Veteran families often navigate complex stressors that affect the entire family system. Accessible, preventative support helps reduce isolation, strengthen coping, and build safer, more connected families.



Veteran Support

Calgary MFRC is committed to supporting Veterans and their families as they navigate the transition from military to civilian life. Through both national and local initiatives, we offer services that respond to their evolving needs.

Veteran Family Program (VFP)

Funded by Veterans Affairs Canada, the Veteran Family Program (VFP) provides tailored support to medically releasing CAF members, medically released Veterans, and their families.

Participants accessed supports, including the Veteran Family Journal, Care for the Caregiver, Applied Suicide Intervention Skills Training (ASIST), and one-on-one navigation support to connect them with appropriate community resources.

This included assistance in identifying services for needs such as finding a family doctor, accessing legal supports, and locating home maintenance resources. These services help Veterans navigate transition challenges, improve well-being, and strengthen access to community supports.



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

Horses and Nature-Based Wellness Workshop for Veterans & Caregivers

Building Resilience & Healthy Relationships Through Horses & Nature: A Workshop for Veterans & Caregivers provided participants with a unique, nature-based learning experience focused on resilience, emotional regulation, communication, and healthy relationships. Delivered in a supportive outdoor setting, the workshop offered Veterans and caregivers an opportunity to step away from daily pressures and engage in reflective, hands-on activities designed to strengthen well-being and connection.

Participants reported value in the opportunity to learn in a calm, supportive environment and to explore practical tools for strengthening resilience and relationships.

The Calgary MFRC is grateful to the Royal Canadian Legion Calgary Branches Poppy Fund for their support of this workshop.

Veteran Coffee & Chat

Complementing the national program, Veteran Coffee & Chat is a local Calgary MFRC initiative that provides a consistent, welcoming space for Veterans to connect, share experiences, and build community closer to home.

Across monthly gatherings, the initiative maintained steady participation and a growing email list, reflecting sustained interest and ongoing engagement.

Gatherings focused on peer connection and practical, community-based information to support Veterans in finding available resources and strengthening their support networks—all while enjoying a nice time.

Strengthening Transition Through Connection

These programs support Veterans by reducing isolation, strengthening peer networks, and providing accessible pathways to information during transition. By combining structured programming with informal connection, Calgary MFRC helps Veterans feel supported beyond their service and connected to their community.



REGIONAL OFFICES

At Calgary MFRC, we are proud to support military and Veteran families across central and southern Alberta through responsive, community-based services. Our regional offices play a vital role in extending this support locally, building meaningful connections, strengthening a sense of belonging, and ensuring families can access support when and where they need it most.

Red Deer Regional Office

The Red Deer regional office strengthened connections with military, Veteran, and family members through consistent, community-based outreach and local engagement.

Community Outreach and Engagement

Through 32 Parade Nights and 3 information booth events, 269 community members and prospective clients were reached. These touchpoints supported awareness of services, relationship-building, and informal connection within the region.

Community Events and Connection

Community events continued to play a key role in fostering belonging. Teal Up Bowling and the Red Deer Holiday Party brought families together across the military community, with the Holiday Party welcoming 36 attendees representing Reservists, Regular Force, Veterans, and family members. The Military Family Appreciation Day (MFAD) Open House further strengthened visibility of military families within the broader community and highlighted the value of local connection and support.

Volunteer and Community Support

Volunteer engagement remained strong, with 28 volunteers contributing 100 hours across outreach and community events. This support helped strengthen program delivery and deepen community connection.

Deployment and Community Investment

The Red Deer office supported morale mail shipments to Latvia, sending 5 packages on behalf of local families. Approximately \$4,342 in donations and gifts-in-kind were also received locally, reflecting meaningful community investment in supporting military and Veteran families.

Together, these efforts demonstrate a steady and growing local presence, strengthened by community participation and sustained engagement across the Red Deer region.



RED DEER



LETHBRIDGE

Lethbridge Regional Office

The Lethbridge regional office continued to deepen connections with military, Veteran, and family members through consistent outreach, accessible services, and meaningful community engagement.

Community Outreach and Engagement

Through ongoing attendance at parade nights and local outreach efforts, the Lethbridge office remained a visible and trusted presence in the community. These touchpoints supported awareness of MFRC services while strengthening relationships with military members, Veterans, and their families across the region.

Community Events and Connection

Community-based events continued to be a key driver of connection and belonging. Military Family Appreciation Day was marked with a high-energy, interactive experience at DrivR Motorsports, offering families a fun and inclusive opportunity to come together and celebrate. The Holiday Gathering at Glow Lethbridge brought together approximately 40 attendees, nearly double the previous year, representing Reservists, Regular Force, Veterans, and family members for an evening of shared seasonal connection in a welcoming community setting.

Family Support and Access to Essentials

Lethbridge families continued to access practical, low-barrier support through the Caring Cupboard, which provides free, discreet access to non-perishable food and essential items. This resource helped ensure families could meet immediate needs in a respectful and accessible way, reinforcing stability alongside broader wellness and referral supports.

Together, these efforts reflect a steady and growing presence in Lethbridge, strengthened by community engagement, practical support, and meaningful connection across the military and Veteran family community.

VOLUNTEER IMPACT

Volunteers extend our capacity to serve military families.

Between April 1, 2025, and March 31, 2026, 170 volunteers contributed 2,968 hours to the Calgary Military Family Resource Centre. At a modest estimated value of \$25 per hour, this represents a cost savings of \$74,200 to the organization.

Volunteer Growth and Organizational Capacity

Volunteer engagement grew significantly again this year, strengthening the MFRC's ability to deliver services and support military and Veteran families across the region.

- Total volunteers: **246**
- Volunteered this fiscal year: **170 (up from 131)**
- New volunteers to the program: **81**
- Total volunteer hours: **2,968 (up from 2,364)**
- Increase in hours contributed: **+604 hours**
- Estimated value of volunteer time: **\$74,200 (up from \$59,100)**
- Increase in community value: **+\$15,100**



Their efforts supported our mission, from behind-the-scenes operations to front-line community engagement and fundraising. Thanks to their generosity, we were able to expand our reach and deepen our impact.

Volunteer-Supported Activities Included:

Community Engagement and Public Awareness

- General community outreach
- Holiday Parties
- Information booths
- Military Family Appreciation Day
- Red Deer Military Family Appreciation Day Open House
- Stampede Breakfast
- Westerner Days Parade

Our volunteers play a vital role in helping military and Veteran families feel connected, supported, and valued. We could not do this work without them.

Fundraising and Special Events

- Stairs of Strength
- Royal Canadian Artillery Band Holiday Concert
- Casino

Operational Support

- Summer Camps
- Board meetings and committee work
- Honours & Awards Committee
- Office administration, maintenance, and storage support

Volunteer Experience and Retention

Volunteers consistently described feeling welcomed, valued, and part of something meaningful. Many also highlighted a sense of purpose in giving back to military and Veteran families.

These reflections reinforce the role volunteering plays not only in supporting programs, but in building reciprocal relationships between the MFRC and the broader community.

Recognizing Leadership and Contribution

Volunteers were recognized for their contributions through several awards that highlight leadership, dedication, and impact.

These recognitions reflect the diverse ways individuals and groups support military and Veteran families, whether through consistent service, community leadership, or collective efforts.

- Audra de Molitor Volunteer of the Year Award: Adel Johnston
- Volunteer Rookie of the Year Award: Michael Rubenovitch
- Volunteer Youth of the Year: Rylee, Addison, and Lexee Stilborn
- Leadership Award: JJ Martin
- Volunteer Family of the Year: Linda and Rick Wright

“

“The MFRC has some great programs and I’ve been fortunate to partake in some. (Volunteering is) my way of saying thank you for all they do for military families.” – Krista

“I felt welcomed and appreciated. Would definitely consider volunteering again.” – Maria

“Volunteering with Calgary MFRC was a meaningful experience. It felt great to support the community and be part of something positive.” – Samira





FUND DEVELOPMENT

Stairs of Strength:

Honouring Our Military and Veteran Families, One Step at a Time

Stairs of Strength returned in 2025 as a signature Calgary MFRC fundraising and awareness event at McHugh Bluff stairs. More than a physical challenge, it brought together military and Veteran families, civilians, and community members in a shared space of connection and support.

Over 100 participants and attendees took part this year, collectively climbing 52,610 stairs and raising more than \$15,000 in support of Calgary MFRC. The event continues to grow as a meaningful way to build awareness and strengthen community connection.

A standout moment was the participation of Lieutenant-Colonel Sandy Cooper, Canadian Armed Forces ambassador to the event, who completed the climb in full fighting order (adding approximately 52 lbs), symbolizing the weight carried by serving members and their families.

The event received strong public visibility through CTV News coverage and on-site interviews, further amplified by Calgary Flames player Ryan Lomberg, helping extend its reach across Calgary and beyond.

This year's event was made possible through the generous support of our sponsors. We extend our sincere thanks to Stairway Summit Sponsor CPKC, and Base Builder Sponsors SISIP and Segue Systems.





Royal Canadian Artillery Band Holiday Concert

Bringing Community Together Through Music and Giving

In 2025, the Royal Canadian Artillery (RCA) Band continued its annual holiday concert tradition in Calgary with One Cozy Night.... Held at Bella Concert Hall at Mount Royal University, the free public concert, with tickets sold out, brought the community together to celebrate the season while supporting military and Veteran families.

The evening featured a festive, family-friendly program designed to share holiday spirit and strengthen community connection.

A special thank you to our Master of Ceremonies, Carolyn Patton, Honorary Lieutenant-Colonel of 6 Intelligence Company.

In the lobby, Calgary MFRC offered branded holiday ornaments and Soldier teddy bears available by donation, helping further engage attendees and support fundraising efforts throughout the evening.

The concert continued to elevate Calgary MFRC's profile while raising important funds for our programs. Building on last year's success, this ongoing collaboration strengthens Calgary's military community events, and we look forward to continuing our partnership with the RCA Band in future seasons.

This event was made possible through the generous support of the Royal Canadian Artillery Band and the Calgary Salutes Committee, whose ongoing commitment strengthens awareness and support for military families in our community.



FUNDING

The MFRC is primarily funded through three separate but equally important sources: The Base Commander, Military Family Services (MFS), and fund development.

Base Commander

For the 2025/6 fiscal year, approximately 6% of the annual operating budget came from the Base Commander. This funding is directed to site-specific and enhanced mandated services.

Military Family Services

For the 2025/6 fiscal year, approximately 58% of the annual operating budget came from Military Family Services (MFS) to provide the Military Family Services Program (MFSP) to Canadian Armed Forces (CAF) and Veteran families.

This funding is provided for mandated services set out in the annual funding application submitted to MFS. This process ensures that all military families may access similar programs of consistent quality at any MFRC.



Fund Development

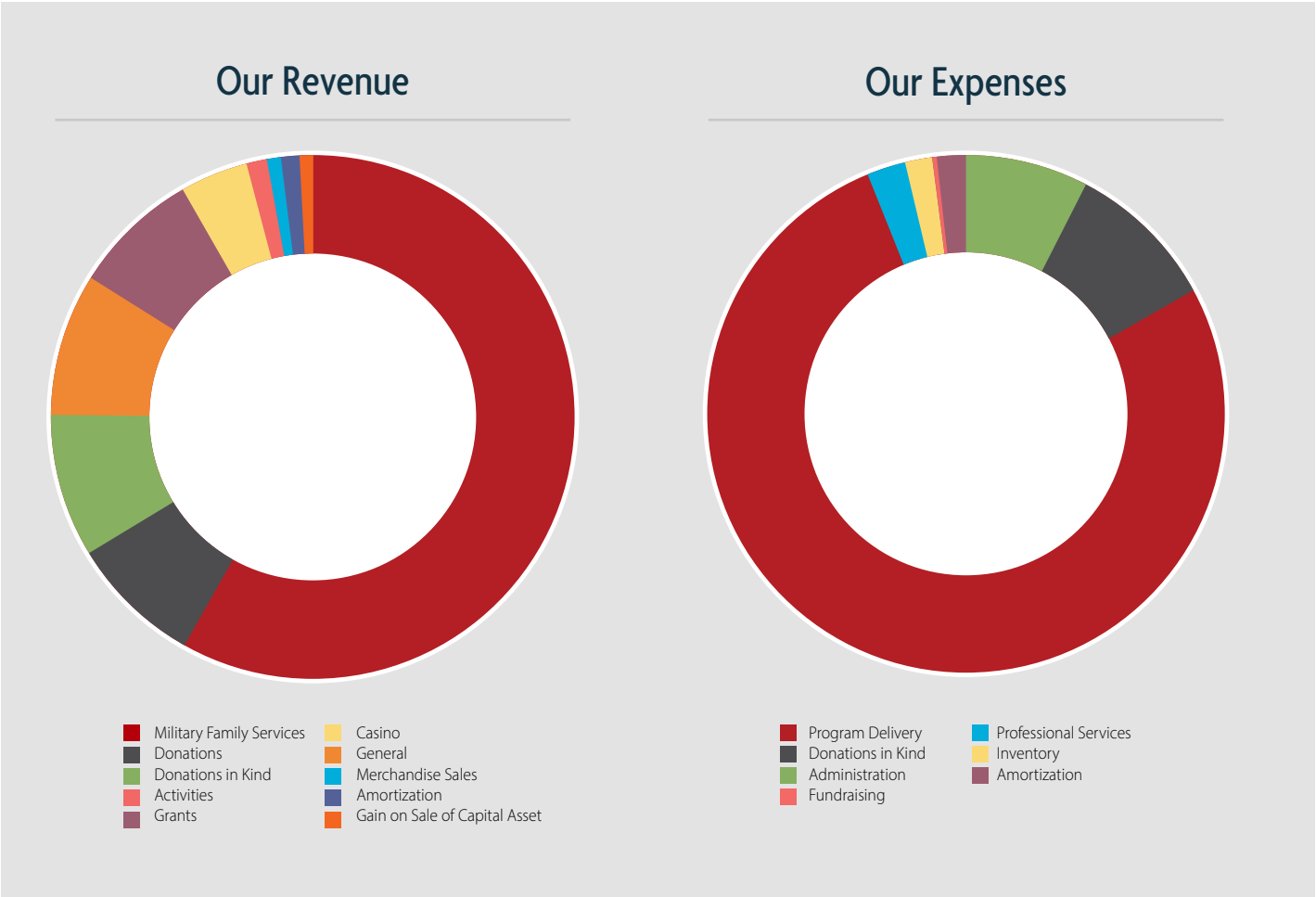
For the 2025/6 fiscal year, approximately 20% of the annual operating budget came from funds raised through a variety of sources, including donations, proceeds from the sale of yellow ribbon merchandise, and grants.



Statement of Operations

Total Revenue: \$1,161,477

The Calgary Military Family Resource Centre’s full Audited Financial Statements can be found online at www.CalgaryMFRC.ca



NOTES:

Program Delivery includes all employee salaries as well as costs incurred to set up and run our activities and engagements, such as rentals, food, speakers, etc.

DONORS

Together, we are making a meaningful difference in the lives of military families.

Our critical work in the Calgary, Red Deer, and Lethbridge communities would simply not be possible without our community partners, sponsors, donors, and volunteers. Thank you so much for your support.

We are deeply grateful to all who support military and Veteran families. Every effort has been made to ensure accuracy of this donor list. If an error or omission has occurred, please accept our heartfelt apologies and let us know so we can update our records accordingly.

Donors

ORGANIZATIONS

- 783 Calgary Wing R.C.A.F.A.
- Alta-1 Investments Ltd.
- Barbara McNeil & Associates
- Benevity
- BMO Bank Of Montreal
- Calgary Flames Foundation
- Canadian Association of Veterans In United Nations in Peacekeeping
- Legion #288 Airdrie
- Lyr Delta Investments Inc.
- Pain Boys Racing
- Raytheon
- Red Deer Legion Branch #35
- Rogers Charity Classic
- South Pointe Toyota
- Tar-ific Developments Ltd.
- Trophy Loft
- Wild Rose Brewery
- Ypres Unit 3 Canadian Army Veterans Motorcycle Group

INDIVIDUALS

- Adriano Fisico
- Alex Kishkovich
- Andrew Stagg
- Barbara & Wes Pohl
- Brian & Helen Klatzel
- Carolyn Miyagawa
- Cat Schick
- Christina Hemsing
- Dale Henshaw
- Daryl Rasmussen
- David & Joyce Clemens
- Eileen Acheson
- Elana Graham
- Eliz Ee
- Ethan Franz
- Garth Stotts
- Glen Adkins
- Gordon Kerr
- Heather Cowitz
- Hogan Graham
- Jacqueline Peace
- JoAnne Handcock
- John Q Adams
- John Reitmeier
- Jonathan Perkins
- Kai Liu
- Kara Hallett
- Kate Thrasher
- Keith Hemke
- Kishan Ariyaratne
- Laura Henderson
- Leonard Blank
- Noah Dallaire
- Paul Kelly
- Rachel Burwell
- Raymond Herbert
- Renette Bertholet
- Rigauge Li
- BGen (ret'd) Robert Millar
- Roland Beisswenger
- Ron A. Bichel
- Shirley McClary
- Shona Gillis
- Simon Shepherd
- Swasthika Murughan

- Terry & Marg Mullane
- Trudy Niggili
- Tyler Blank
- Wayne Parnell

STAIRS OF STRENGTH

- Adam MacDonald
- Andrew Brennan
- Ashley Fournier-Montalvo
- Barbara Pohl
- Carolyn Herold
- Christina Tower
- Cody Littlefield
- Darren Berry
- Jana Swain
- Jason Dai
- JJ Martin
- Koveh Aghalar
- Kristen Dewald
- Leanna Smashnuk
- Leland Bruneau
- Lydia Robson
- Mark Dahlman
- Michael Rubenovitch
- Michelle Berry
- Robert Jackson
- Samuel Pohl
- Seras Atwater
- Simone Pohl
- Tashia Jednorog
- Teagan Allard
- Timothy Thach
- Wayne Loftus
- Wes Pohl
- William Kromm



Sponsors

- CPKC
- Segue Systems
- SISIP
- South Pointe Toyota

Gifts-In-Kind

ORGANIZATIONS

- Alberta Ballet
- Alberta Boot Company
- All Beef Catering & Smoke House Ltd.
- Boundary Ranch
- Brix & Barrel
- Bullbustin' Inc
- Calgary Sports & Entertainment
- Canada's Aviation Hall of Fame
- Canadian Legacy Project
- Canadian Tire Corporate
- Canadian Tire Mount Royal
- Coke Canada
- ConocoPhillips
- Grey Eagle Resort & Casino
- Kakes & Kanvas
- Kenn Borek Air
- Kids Up Front
- Level Up
- London Drugs
- Mackay's Cochrane Ice Cream
- McDonalds Glenmore Landing (Chirp Foods)
- McDonalds Midpark Way
- Midstream Energy
- Office of Janet Eremenko
- Owen Hart Foundation
- Pie Junkie
- Pomeroy Kananaskis Mountain Lodge
- Qualico Calgary
- Royal Canadian Legion #285 Centennial
- Rude and Rustic Metalworks
- Safeway Garrison Woods
- Simplified Matters
- Southcentre Mall
- Spolumbos Fine Foods & Deli
- Subsonic Soulmates
- Teamsters
- The Calgary Tower
- The Donut Mill
- Tim Hortons
- Tim Hortons Red Deer
- Vintage Chophouse & Tavern
- Wanda Bellfountaine
- West Jet
- Wholesale Club Red Deer
- Yoga Santosha

INDIVIDUALS

- Geoff Whitehouse
- Guy Audet
- Lorelei Arnett
- Simon Sternig

Grants & Foundations

- Cal Wenzel Family Foundation
- Calgary Foundation
- Canex
- Grayson and Dorothy Morrison Flow Through Fund at Calgary Foundation
- Jim and Pat Burns Foundation Through Aqueduct
- Loram Foundation
- Royal Canadian Legion Calgary Branches Poppy Fund
- The Alberta Knights of Columbus Charitable Foundation
- Together We Stand
- True Patriot Love Foundation
- Walmart
- Wanklyn Family Fund at Calgary Foundation

Every effort has been made to ensure the accuracy and completeness of this donor list. If there is an error or omission, we sincerely apologize and ask that you please accept our apologies. We are grateful to all of our donors and supporters for their generous contributions to the Calgary MFRC.

A CALL TO ACTION

How You Can Help

The Calgary Military Family Resource Centre relies on the support of generous people to continue to provide services in our communities. Below are a few examples of how you can get involved:

- Volunteer
- Donate gifts-in-kind
- Become a sponsor
- Planned giving
- Make a one-time donation
- Be a monthly donor
- Stay informed with our newsletter

When you give to the Calgary MFRC, you are standing beside military and Veteran families—offering strength, support, and hope when it's needed.

“

The greatest gifts are not measured solely in dollars, but in the time shared, the talents offered, and the hearts dedicated to serving others

— Barbara Pohl



CONTACT US

Want to learn more about the Calgary Military Family Resource Centre, our programs, and services, and how you can get involved? Check out our website or follow us on social media @calgarymfrc

Pour recevoir une copie du texte en français, veuillez nous contacter.



info@calgarymfrc.ca



(403) 618-0420



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