

THE FUND *ADVISOR*

The Southeast Virginia Community Foundation

WINTER 2016/17

"GIRLS ON THE RUN" IS BUILDING CONFIDENCE, FIGHTING OBESITY



For 90 minutes each on two afternoons per week this fall, twenty girls at Lakeview Elementary in Portsmouth are staying after school to learn, play, eat healthy snacks and do some laps around a track.

And they are able to join in the ten-week program (held once each in the fall and spring) for just \$35 each thanks to a \$5,000 grant from the Southeast Virginia Community Foundation.

The activities are provided by Charlotte, NC-based Girls on the Run, which has had a local chapter in Hampton Roads for eleven years, but not in Portsmouth and Chesapeake until now.

"We were so ecstatic to receive the SEVACF funding," says Ellen Carver, who directs Girls on the Run locally, which is conducting the empowerment classes for 957 youngsters in ten school districts altogether. "Thanks to Girls on the Run, children in ten Chesapeake and Portsmouth elementaries are gaining in self-confidence, discovering healthy living habits and setting and meeting exercise goals."

Carver says the lessons, provided primarily by teacher volunteers, are targeted directly at their adolescent audience. "For instance one day we focused on inner beauty, like the importance of

sharing versus how pretty someone's hair is," says Carver. "They next play tag, screaming out 'inner beauty' traits when they touch someone and then walk or run for 20 minutes."

The big highlight of each fall and spring season is a 5K, with the next one Sunday December 18 at 2pm at Virginia Wesleyan College. A thousand girls and an equal number of adult "running buddies" will participate. If you would like to be among them, go to www.gotrshr.org or call 757-965-9040.



SEVACF GRANT ENABLES KIDS TO LEARN DANCE FROM THE PROS

Lots of us love to dance, but fourth graders from Brighton and Lakeview Elementaries in Portsmouth received choreography tips from honest to goodness ballet professionals this fall as part of a special statewide arts initiative called Minds in Motion.

Thanks to assistance from the Southeast Virginia Community Foundation, a delegation from the Richmond Ballet, which created Minds in Motion, came to town to teach the children some moves that they then showed off in a performance at Norcom High in October.

"You could see the change that the kids went through during the instruction," says Portsmouth School Superintendent Elie Bracy, III.



"The ballet pros were active and involved and really connected with the students who gained confidence about themselves, especially the shy ones."

This was the first time the Richmond Ballet had come to the area to participate in a program geared for students living in lower socio-economic communities. "The structure of the education allowed the kids to be actively engaged, learning movement and coordination and counting steps," says Dr. Bracy.

For Steve Best, SEVACF Chief Executive Officer, bringing Minds in Motion to Portsmouth made a lot of sense. "The girls and boys learned self-discipline, staying focused and completing a task. That's why I was so thrilled our foundation could bring the ballet to them."



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EXPERT OFFERS TWO GREAT WAYS TO GIVE TO CHARITY AND SAVE ON TAXES

By Stephen Korving, CFP, SEVACF Board of Directors



With year-end tax planning on the horizon, SEVACF suggests two money saving ideas related to charitable donations.

The first is to donate appreciated stock from your taxable accounts, because they can double tax savings. Not only can you deduct the full market value of the donation thereby reducing your taxable income, but also it allows you to avoid paying the state and federal capital gains tax that you would have owed if you had sold the stock.

The second idea is something called a "Qualified Charitable Distribution." Late last year, Congress passed a law that allows those who are over 70 ½ years old to give up to \$100,000 to charity directly from your Individual Retirement Account (IRA). You may use these qualified charitable distributions (QCDs) to satisfy all or part of your annual required minimum distribution (RMD). Those who give to charity using this method receive special tax treatment of their gift.

Typically, taking money out of your IRA is a taxable event – the withdrawal adds to your taxable income and inflates your adjusted gross income (AGI). However, QCDs do not count as taxable income and therefore have no effect on your AGI. This is significant because your AGI determines such things as your Medicare premium costs, the net investment income Medicare surtax, the taxability of Social Security income, itemized deduction phase-outs, and exemption phase-outs.

WHAT ARE THE RULES?

- You must be over 70 ½ on the date of distribution.
- QCDs are limited to \$100,000 per person per year.
- Only distributions from a Traditional IRA, Rollover IRA or Inherited IRA (where the

beneficiary is over 70 ½) are eligible. You may not make QCDs from SEP or SIMPLE IRAs, nor from any type of employer retirement plan; those types of accounts must be rolled over into a Rollover IRA before they may qualify.

- It's very important that your QCD go directly to an organization designated by the IRS as a "qualified charity."
- Other types of donations, such as donor-advised funds, private foundations and other grant-

making organizations, are specifically excluded.

To be recognized as a 2016 deduction, we must have deposits, on-line contributions or checks post marked or made by midnight, December 31st. Please keep all receipts and supporting documentation, and, as with all tax-saving strategies, please consult with your tax or legal professional advisor should you have questions.

Please call the SEVACF office, at (757) 397-5424 for more assistance in making a contribution.



Dear Friends,

As we enjoy this giving season, America's generosity continues to rise. All across the region, individuals are giving generously – to better the lives of others. Millions of people from every background will be looking to give back to the communities that have supported them. They'll also look to ensure their heartfelt giving will have the most impact.

The power of generosity fuels our communities to make needed changes in Southeast Virginia's health care, education, children and families, and arts and culture. That's why so many of them will choose to give through a local foundation like SEVACF.

Our communities themselves are also facing changes. We are becoming more populous and diverse. While these may present their challenges, they can also help us become stronger economically, richer culturally and better prepared for what lies ahead. The Southeast Virginia Community Foundation embraces this future.

A gift to SEVACF is an investment in the future of our region. The funds go to work immediately supporting vital services, while also providing sustained support for years to come. Rather than looking towards the next election or business cycle, community foundations are always focused on the next generation.

Please join us in recognizing the collective impact and the difference we can make together. Call the Foundation to make a tax-deductible contribution by year's end.

Best wishes for a *safe and joyful holiday season!*



Sincerely yours,

TIMOTHY S. CULPEPER
President, Board of Directors

R. STEPHEN BEST, SR.
Chief Executive Officer

GRANT HELPS DANCERS AND CHEERLEADERS EARN TRIP TO DISNEY

It's almost a right of passage for many children to visit Disney World in Orlando.

But for youngsters of modest means, seeing Mickey and Minnie in their "natural" surroundings is not in the cards. You have to earn it, and 16 Portsmouth girls ages 7-16 have done just that and will be jetting to the land of Epcot and the Magic Kingdom later this month hoping to bring some glory back to their hometown.

The youngsters are members of the Cavalier Manor Dance and Cheerleading Squads. For several years they have won regional titles but lack of funding prevented them from being able to take their talents to the national competition in Orlando. But this year, SEVACF stepped in with a grant to pay for the trip, courtesy of a very generous and athletic donor, Darryl Tapp, a Chesapeake native, Virginia Tech graduate and a star defensive end for the NFL's New Orleans Saints.

"SEVACF was a miracle that fell into my lap," says Chasity Garrett, who coaches the cheerleaders. Ms. Garrett, or "Coach CeCe" as she is known by her girls, has been at the helm of the Cavalier Manor squad for the last seven years, watching them grow from children into young women and achieve not just on the field but also in the classroom, where they are consistently on the Honor Roll. "These girls are literally my whole life, and to be a part of theirs has been the most humbling thing. I can't think of a more deserving group of ladies."

OUR AMAZING FALL GRANTEES

200+ MEN FOUNDATION: Funding supported their Brother-to-Brother Camp, which aims to build confidence, good character and teamwork to achieve success in life.

ACCESS COLLEGE FOUNDATION: Funding supported the Pre-SOAR Virginia Early College Awareness program for students in 7th and 8th grades.

CHILDREN'S HARBOR: Funding supported TeachSmart for Tots, an interactive whiteboard technology focused on improving kindergarten readiness skills to at-risk/low-income children.

FORKIDS: Funding supported the Chesapeake Permanent Supportive Housing program, which aims to end homelessness for families who have a disabled member that inhibits their ability to produce a living wage.

GIRL SCOUTS OF THE COLONIAL COAST: Funding benefitted the Girl Scouting in Communities Supported by the Chesapeake Redevelopment and Housing Authority in South Norfolk program.

GIRLS ON THE RUN SOUTH HAMPTON ROADS: Funding helped subsidize direct programming implementation costs for

approximately 336 girls in 3-8 grade, attending Title 1 schools in Portsmouth, Chesapeake and Suffolk.

GRAZ'N ACRES THERAPEUTIC RIDING CENTER: Funding supported 12-16 students from the Southampton County Public School Systems' Fresh Start Center to attend an At-Risk program.

HEALTHY PORTSMOUTH: Funding supported a comprehensive health needs assessment to address priority health behaviors.

PORTSMOUTH COMMUNITY CONCERTS, INC.: Funding supported efforts to enable low-income students in Portsmouth, Chesapeake and northern Suffolk to observe live concerts at no cost.

PORTSMOUTH PUBLIC SCHOOLS: Funding supported financing the Richmond Ballet's Minds in Motion program to teach 4th grade students dancing and performing arts.

SUFFOLK CENTER FOR CULTURAL ARTS: Funding supported enabling low-income youngsters to attend two performances of The Wright Brothers: Those Daring Young Men & Their Flying Machine.

THE CHILDREN'S CENTER: Funding enabled the purchase of Creative

Curriculum classroom kits for 14 Early Head Start classrooms in Suffolk and Smithfield.

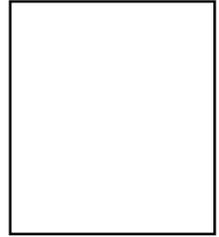
THE HEALING PLACE OF HAMPTON ROADS: Funding helped support the third year of seed/planning funding during the start-up phase of their program to help the homeless.

THE MILITARY CHILD EDUCATION COALITION: Funding supported their "Supporting Veterans' Children Through Transitions" program to help military families separating from active duty military service.

VOLUNTEER HAMPTON ROADS: Funding helped underwrite the training and program fees for two nonprofits to become certified Service Enterprise organizations.

WINDSOR CASTLE PARK FOUNDATION: Funding supported the construction of Playscape, a playground for children at the Windsor Castle Park in Smithfield that will use the existing natural contours of the land.

YMCA OF SOUTH HAMPTON ROADS GREENBRIER NORTH BRANCH: Funding supported the Y's Academic Achievers program for children at four of their after school locations in Chesapeake, each considered to be a Title 1 school.



MEET THE **SEVACF** TEAM

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