



United Way
Kingston, Frontenac
Lennox and Addington

Give. Volunteer. Act. way to go!

Issue #17

United Way serving Kingston, Frontenac, Lennox and Addington

October 27, 2011

Two Down, 1.2 To Go

The leaves continue to fall as you break records. This week you crossed the \$2-million mark, making it the fastest \$2 million raised in KFL&A history. And with a full month of campaigning still to come, that \$3.2 million goal is close. Can you reach it? We believe you can. Because if the last seven weeks have shown us anything, it's that you know how to break records.

Prepare for Touchdown

Join us for our Campaign 2011 Touchdown event, Friday morning, November 25th. We're serving up another delicious hot and cold buffet breakfast at the Ambassador Conference Resort. We'll look back on some of the highlights of Campaign 2011 and we'll reveal this year's fundraising achievement. It's the kind of announcement you definitely want to hear in person. Tickets are just \$15 each, and they're on sale now. Call the office at 613-542-2674 or email campaign@unitedwaykfla.ca to order yours today. Sponsored by Assurant Solutions and Ambassador Conference Resort.

We're on a Mission

Earlier this month, our United Way's board of directors approved our brand new mission statement. The board was looking for a mission statement that respects the history of our organization, but at the same time aligns with the way our United Way works now.

We're proud to report that our new mission statement is: **"To build and strengthen our community by bringing people and resources together to facilitate change."**

Chilly Swim

Extreme swimmer Jay Serdula will jump into chilly waters again tomorrow afternoon at 1:00 p.m. to raise money for Campaign 2011. The research assistant in chemical engineering will be accepting donations to swim across Navy Bay, and will emerge on the Royal Military College pier. Join us in cheering on Jay!

Monster Mash

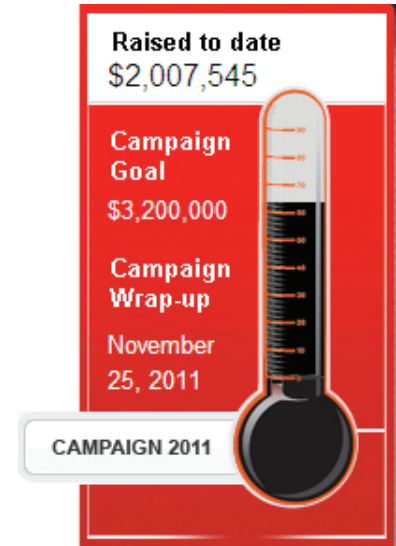
One of our other favourite Halloween traditions is back on this Friday as Frontenac Secondary School teachers and students take to the hard court at 1:15 p.m. to square off in their annual Monster Mash Basketball Classic.

Halloween Party

The Boys & Girls Club of Kingston & Area will host a Halloween party this Friday from 6:00 p.m. to 7:30 p.m. at the Robert Meek Community Centre, 559 Bagot Street. The event will feature a haunted house, secret potion creation, treat decorating and more. Everyone is welcome, but all children must be accompanied by an adult. Proceeds will support United Way.

Got Tickets?

If you've already bought your tickets for the CFB Kingston custom trailer raffle, you're one of the lucky ones. With only 2,000 in print, it's officially the hottest ticket in town. If you don't have a ticket yet, you'll have another



chance this week. Tickets are \$5 each or three for \$10, and you can get them at Rona this Saturday. Remember, you can't win this one-of-a-kind custom trailer if you don't have a ticket.

Roast Your Halloweenie

What do you get when the Halloween spirit meets the Spirit of Community? You get the first annual K-ROCK 105.7 and KIX 93.5 Halloweenie Roast. Drop by the K-ROCK/KIX-FM World Headquarters at 863 Princess Street next Monday from 11:00 a.m. to 1:00 p.m. and grab your very own Halloweenie and a cold drink for just \$3 with proceeds going to Campaign 2011.

Radio Day

If you've ever dreamed of being on the radio, this could be the moment you've been waiting for. Next Tuesday, November 1st, 98.3 FLY FM and 98.9 The DRIVE are auctioning off several chances to live out your radio fantasies and support your community, all at the same time. Call 613-650-9800 between 6:00 and 9:00 o'clock Tuesday morning to bid on a one-hour guest slot with Brian and Shauna on The FLY-FM

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[youtube.com/unitedwaykfla](https://www.youtube.com/unitedwaykfla)

www.unitedwaykfla.ca

Breakfast Club. Or call 613-544-0989 to bid on a one-hour guest slot with Reid and Jen-O on Drive Mornings. All proceeds go to Campaign 2011.

Market Fresh

Kingston's new Marriott hotels are teaming up to serve you lunch. Drop by the Springer Market Square next Thursday, November 3rd between 11:00 a.m. and 2:00 p.m. and enjoy a delicious hot lunch prepared by the staff at the Courtyard by Marriott and the Residence Inn by Marriott with 100% of the proceeds going to the United Way.

Help Wanted

Picture a theatre full of high school students, staying up all night, watching movies, eating popcorn, drinking pop and playing video games until dawn. Now picture yourself helping it all run smoothly. If we haven't scared you away, you could be just the person we're looking for. The Starlight Film Festival is back for another year at the Gardiners Road Cineplex, and we're still looking for a couple of volunteers. If you'd like to help, call the United Way office at 613-542-2674.

No Passport Required

How would you like to visit the world's most spectacular cities without leaving Kingston? More than 600 students have been working for over a year transforming Grant Hall into an around-the-globe tour for this year's edition of the Queen's Science Formal. Billed as one of the 10 best black-tie events in North America, the Formal is paying tribute to the international attention it has attracted with this year's theme, Great Cities of the World. And you can see them all, Saturday, November 5th from noon to 3:30 p.m. as Grant Hall opens its doors for a public open house. Be sure to bring some cash, because they're accepting donations to Campaign 2011.

GO For It

Have you been holding on to an envelope, just waiting for someone to pick it up and drop it off at Campaign 2011 Headquarters? Well, you won't

Your Generosity in Action

When you give to United Way, you're making a real difference in the lives of people right here in Kingston, Frontenac, Lennox & Addington. Here's a by-the-numbers look at the difference you made in 2010. Thanks to you:

- 171 adults and kids had the basic necessities and a place to sleep with the help of Ryandale Shelter for the Homeless.
- 47 low-income adults had access to dental services through the Kingston Community Health Centre.
- 564 women and their kids were able to start again, free from violence and abuse with the help of safe accommodation, counselling and supports from Kingston Interval House and L&A Interval House.

Because of your generosity, United Way is able to ensure that everyone in our community lives with hope, dignity and a sense of belonging. Thanks to you, we're building a stronger community together.

have to wait much longer. Our good friend Charles Lapointe and his GO Courier team have once again set aside an entire day just for us. Wednesday, November 9th, is GO Courier Day in KFL&A. Just call the United Way office by the end of day on November 8th and the GO team will pick up your envelope and drop it off at our offices on the 9th and you won't have to pay a cent.

Success Secret #1: Show Us the Money

What's the first thing you do after a special event? If you're like our most experienced ECCs, one of the first things you do, right after you clean up and thank your volunteers, is show us the money. Sure, you might be tempted to hold on to the money you raise and wait until you've got a more impressive pile to give us, but why? Remember, every single dollar pushes that thermometer a little closer to the \$3.2-million mark. And the faster we get hold of it, the faster we can tell everyone about it. If you've got an envelope full of event money sitting on your desk, call your United Way staff partner and we'll arrange for it to be picked up.

Success Secret #2: Celebrate Good Times, Come On!

With the finish line in sight for several workplace campaigns, we thought we'd remind you of something

that most of our experienced ECCs already know: The best way to go out is with a bang. No matter how much money you've raised for our community – whether it's hundreds or thousands or tens of thousands of dollars – you and your colleagues worked together to accomplish something special. And you deserve to celebrate. So have a party, invite everyone and let them know what a great job they've done!

Corrections Comes Through

The Correctional Service Canada campaign has always been one of our biggest, and this year is no exception. Although they still have a few weeks of campaigning still to come, they've already crossed the \$100,000 mark, thanks to some very impressive fundraising feats. Here are some examples:

- **Millhaven Institution** employees set a brand new fundraising record. They raised a best-ever \$38,000 with more money still coming in. Way to go!!!

- **Joyceville Institution** employee Charles Hawes promised to run a lap for every \$5 pledge he could gather. Thanks to his generous co-workers, he was on the hook for 71 laps. The Chuck-a-thon was just part of the fun in Joyceville this year, as Institution employees raised \$21,515. Way to go!!

- Graduates of the Institutional Culinary program duelled it out, Iron Chef-style to raise money for the **Frontenac Institution** campaign.

- And **Pittsburgh Institution** turned up the heat last Thursday as 17 Institution employees served a spicy chili lunch to more than 100 of their colleagues, raising over \$400 in the process. Way to go!!!

Campaign News

READY FOR KICK-OFF:

As we head into the last month of Campaign 2011, the balance will naturally shift from kick-offs to touchdowns. But that doesn't mean we've seen the last of this year's kickoffs.

- **Sun Media Kingston** employees kicked off with a bake sale last Wednesday. They've been busy ever since, with weekly 50/50s and daily inspirational messages to go along with their payroll deduction campaign.

- **Endetec** kicked off its campaign this Monday with a lunch and learn session, complete with agency speaker.

- **SCI Logistics** employees are taking the short-but-sweet approach to their campaign. They're campaigning for two weeks only, starting next week.

- And **St. Lawrence College** employees will try to scare up interest in their campaign as they kick off next Monday with a Halloween-themed coffee house.

NEXT WEEK:

Ghosts, goblins and ghouls of all shapes and sizes will be out and about in KFL&A next Monday. But they won't be the only spirits making the rounds next week. The Spirit of Community will be out in full force too. Check it out:

- If you're heading to **CFB Kingston** next Monday, make sure you've got plenty of change in your pockets. The annual CFB Kingston Halloween Troll Toll is back for another year as frighteningly-attired collectors take their posts around the base to shake visitors down for loose change.

- It's not trick or treating, but it's the next best thing. **MTO**, **MGS** and **Service Ontario** employees will don their costumes and enjoy sweet treats at their Halloween dress up and bake sale next Monday.

- The costumes are optional at **XCG Consultants**, but there's still lots of fun on the menu as they host a Halloween chilifest next Monday.

- Esthetics students at **St. Lawrence College** will be doing mini manicures in the school cafeteria next Wednesday from 11:30 a.m. to 1:30 p.m. for a \$5 donation. Everyone welcome.

- **North Frontenac Community Services** employees are planning to take the chill off with some chili at their chilifest next Thursday.

- It's Basket Bonanza time at **Hotel Dieu Hospital**. Hospital employees are auctioning off specially prepared gift baskets. They'll be on display starting next Thursday.

- **KPMG** employees will play The Game of Life at their annual Particip-Action awareness event in Compton Park next Friday.

- Also next Friday, two high-profile campaigns will come in for a landing. **Bombardier** employees will wrap up their campaign with a bake sale, and **Investors Group** campaign touches down with a pizza lunch.

THE RESULTS ARE IN:

The finish line is still a month away, but that hasn't stopped you from pushing the mercury closer and closer to the top. Here's a look at a few of the campaigns that are taking us toward our \$3.2 million goal:

- The **Algonquin & Lakeshore Catholic District School Board** office campaign came out of the starting blocks at an impressive pace, raising \$7,332 on its first day. Way to go, ECCs Mike and Elsa!!

- **INVISTA** employees are off to an equally impressive start, raising \$2,616 with a whopping 98% of their canvassing still to come. Way to go, ECC Jodi Kidd, Shelley Deyo and Christine Martin!!

- **OPG Lennox Station** employees have been generating a lot of money from special events lately – \$6,541.50, to be exact. That's \$2,000 more than

they raised last year. Way to go, Pete, John, Dave, Rob, Annie, Carol, Bridget, Candice, Jackie, Blaine and Kyle!!

- The pledge forms are still rolling in at **Goodyear**. Between the payroll deduction campaign, special events and a generous corporate gift, they've already raised \$63,339 or 47% of their goal. Way to go!!!

- **Novelis Specialty Products** employees have raised \$41,583, with a participation rate north of 60% and more canvassing to come. Way to go!!

- Meanwhile, their colleagues at **Novelis Global Technology Centre** have crossed the \$21,000 mark with a few more pledge forms still coming in. An impressive total. Way to go!!

- Employees at the **Lafarge** bath cement fired up the grill last week, raising \$500 for their campaign. They'll add that to the \$4,300 they've raised in payroll contributions so far.

- **Costco** employees are halfway through their campaign and already they've raised \$10,815. That total will go up significantly, thanks to a 50% corporate match.

- The **NPIF Kingston Cogen** campaign is officially in the books, and it definitely had a happy ending. ECC Julie Madigan led her team over the \$24,000 mark, which included contributions from seven Leaders and three Friends of the Way. Way to go!!!

- The **Ministry of Health's** virtual auction was an actual success, raising \$2,000. Way to go!!

- **Assurant Solutions** employees are within sight of their goal. They've raised \$27,499, which will double, thanks to a generous corporate match. And they're not finished yet. Way to go, Trish, Tabitha and everyone at Assurant!!

- And the special events continue at the joint **MTO**, **MGS** and **Service Ontario** campaign. So far they've raised \$2,500 toward their \$6,000 event goal. Way to go!!

Save the Dates

We've booked the venues and set the dates. Now we just need the guests. Mark your calendars and make sure you're there. For more information about our Campaign 2011 community and workplace events, call 613-542-2674 or visit us online at www.unitedwaykfla.ca.

United Way serving KFL&A

Starlight Film Festival: November 4

Cineplex Odeon hosts our annual Starlight Film Festival – an all night marathon of movies, popcorn, fountain pop and free arcade games for high school students. Students 13-19 years enjoy movies between midnight and 6:30 a.m. All proceeds from ticket sales go to United Way.

Campaign Touchdown Breakfast: November 25

Find out how much money you raised as we wrap up Campaign 2011 the same way we start it – with another delicious hot buffet breakfast at the Ambassador Conference Resort. Sponsored by Assurant Solutions and Ambassador Conference Resort.

Workplace Events

Marriott in the Market: November 3

Join the Courtyard by Marriott and Residence Inn by Marriott at Spring-er Market Square on Thursday, November 3rd between 11:00 a.m. and 2:00 p.m. as they host booths featuring coffee and treats made by their catering teams. Items will be sold with 100% proceeds supporting United Way.

Queen's Science Formal Open House: November 5

From 12:00 p.m. to 3:30 p.m., Grant Hall will be open to the public for tours of the Queen's Science Formal. The walk-through is in

collaboration with the United Way and is free of charge; donations to the United Way will be accepted at the door. The Science Formal has been listed as one of the Ten Best Black Tie Events in North America. This year's theme is "Great Cities of the World."

LCVI Garage Sale: November 5
LCVI is hosting a garage sale on Saturday, November 5th from 8:00 a.m. till noon in the LCVI cafeteria. Items can be dropped off to the LCVI cafeteria on Friday, November 4th from 2:00 p.m till 8:00 p.m.

GO Courier Day: November 9
One of our United Way's most generous supporters is at it again. Charles Lapointe and his GO Courier team have once again set an entire day aside just for us. On Wednesday, November 9th, GO Courier is donating a full day to United Way, and will pick up your envelopes from your workplace and drive them to our Bagot Street office without charging a cent.

**Royal Military College Annual
Christmas Concert: November 18**
The band of the Royal Military College of Canada will present its annual Christmas Concert on November 18th at 7:30 p.m. This performance will be held in the Cadet Formal Mess in Yeo Hall at the college. Under the musical direction of Master Warrant Officer Martin Huppé and Officer Cadet Dave Tanguay, you will hear the Brass and Reeds, the Choir and the Stage Band taking turn playing music such as "Cold Play on Stage", a jazz arrangement of Beatles "Yesterday", a great medley of Super Heroes theme songs, "Black Orpheus" from Luis Bonfa, sing-along Christmas songs and more diverse pieces. Quite a program is waiting for you and, it will include a festive guest appearance. Limited number of tickets available; tickets are \$5 in advance or \$6 at the door.

Volunteer Corner

How much of a difference do United Way volunteers make? We wouldn't be exaggerating if we said we couldn't do it without you. Without the help of hundreds of United Way volunteers, we wouldn't be able to raise the millions of dollars we raise each year for community and social programs and services throughout KFL&A. Are you ready to make a difference for your community this year? Here are a few opportunities to keep in mind:

Starlight Film Festival

If you've got what it takes to pull an all-nighter with 600 KFL&A high school students, then this is the event for you. We're looking for people to take tickets and stamp hands at the door, give out coupons, monitor the theatre areas and take on some light clean-up between movies.

***We still need a few
more volunteers for this
wonderful event***

Friday, November 4

Cineplex Odeon, RioCan Centre
Shifts: 10:30 p.m. - 2:00 a.m.
10:30 p.m. - 8:00 a.m.

*All volunteers will need to attend an orientation session at 10:00 p.m.



Follow our **Volunteer Services**
Facebook page!

<https://www.facebook.com/pages/United-Way-Volunteer-Services/262388037106278>

Agency Opportunities:

Kingston Military Family Resource Centre

Volunteer Opportunity: Sewing Blankets (4 positions)

Volunteers are needed to assist in making some blankets for a trauma kit for the Social Workers to use. This is a new project and is ideal if you have a sewing machine at home and are willing to stitch the KM-FRC logo with a sentence to go along with it in a form onto a blanket. Also, possible straight stitching to make the blankets, if required.

Contact: Kim Frankland, Kimberley.frankland@forces.gc.ca, 613-541-5010 ext. 4950

Lennox and Addington Family Children's Services

Volunteer Opportunity: Volunteer Driver (1 position)

Volunteers needed to drive children and their families to visits, medical appointments, counseling, etc. The volunteers will be, for the most part, using their own vehicles or an agency vehicle to transport children from home, school or service providers.

Contact: Laura Lee-Hogan, LauraLee.Hogan@lafcs.org, 613-354-9744 ext. 120

Canadian Mental Health Association – Kingston Branch

Volunteer Opportunity: KOB Puppeteer (5 positions)

As a volunteer you will start to learn puppetry such as skills and rehearsing for performances. Performances will be at a variety of schools, daycares, workplaces, parks and other child/youth related locations. The volunteer will read and memorize scripts, practice lines, manipulate the puppets and attend rehearsals.

Contact: Brenda Miller, cmhstaff@kingston.net, 613-549-7027

Ryandale Shelter for the Homeless

Volunteer Opportunity: Board Member (2 positions)

Ryandale Shelter is in need of 1 or 2 Volunteer Members of their Board of Directors. The preference is for one of them to have some experience in Fundraising. The Board meets once a month with some additional committee activity.

Contact: Terri Fleming, ryandale@istar.ca, 613-548-8466

Pathways For Children & Youth

Volunteer Opportunity: KFL&A Wraparound Facilitators (5 positions)

Volunteers are needed to facilitate a process whereby action plans meet goals established by the family or youth. This is typically achieved through team meetings and brainstorming.

Contact: Barb Kemp, bkemp@pathwayschildrenyouth.org, 613-634-6547

Independent Living Centre Kingston

Volunteer Opportunity: Bingo Volunteer (2 positions)

Volunteers are needed to work at the monthly Bingos at the Treasure Chest Bingo Centre. These monthly bingos are fundraisers for Independent Living Centre Kingston. The volunteer must be personable, a good communicator, pleasant, reliable and able to handle crowded situations.

Contact: Laura Allen, laura@ilckingston.com, 613-542-8353

For more information on these or other volunteer opportunities,
contact Volunteer Services at 613-542-2674 ext. 5, volunteer@unitedwaykfla.ca

You can also visit our website and search our database of
volunteer opportunities posted by our member organizations:
www.unitedwaykfla.ca/index.cfm/community-services/volunteer-opportunities

