



**United Way**  
Kingston, Frontenac  
Lennox and Addington

# Give. Volunteer. Act. way to go!

Issue #18

United Way serving Kingston, Frontenac, Lennox and Addington

November 2, 2011

## Into the Home Stretch

The scary season may have come and gone, and that can only mean one thing: we're into the home stretch now. Eight weeks into the Campaign, you've already made short work of half a dozen local fundraising records. Now there's just one left, but it's the biggest one. With less than a month to go, you have just under a million dollars left to raise to get to this year's \$3.2 million goal. That's a lot of money, but not a lot of time. Are we worried? Absolutely not!! If the last eight weeks have taught us anything, it's that you're up to the challenge. All you have to do now is keep your foot on the gas pedal. We know you can do it!!

### Countdown to Touchdown

We're not exactly counting the days until we officially close the book on Campaign 2011, but with less than a month to go, the end is definitely in sight. We're getting ready to celebrate the end of this incredible ride, and we're going to do it the same way we started: over breakfast at the Ambassador. We're serving up yet another delicious hot and cold buffet breakfast at the Ambassador Conference Resort, Friday morning,

November 25th. And that's not all we're serving up. We'll also be dishing out an oversized helping of Spirit of Community as we get ready to reveal this year's fundraising achievement. Will you make it 13 straight local fundraising records? There's only one way to find out. Call 613-542-2674 to book your Touchdown tickets today.

### Meet Us at the Market

What are you doing for lunch tomorrow? We'll be at the Springer Market Square to enjoy a delicious hot lunch prepared by our friends at the Kingston Marriott hotels. The Courtyard by Marriott and the Residence Inn by Marriott are teaming up to create and serve a fabulous hot lunch in Market Square this Thursday from 11:00 a.m. to 2:00 p.m. For just \$5, you get a piping hot bowl of the Marriott's famous mocha chili and a cup of Starbucks coffee with all proceeds going to Campaign 2011. We hope to see you there.

### Calling All Frontenacs Fans

How would you like to see your favourite team in action, absolutely free? The Frontenacs are taking on the Owen Sound Attack this Sunday at the K-ROCK Centre, and thanks to the generosity of the Springer family, we have tickets. To pick up your free tickets to this Sunday's game, call the United Way office at 613-542-2674. First come, first served.



### All Nighter

The official longest night of the year may still be a month and a half away, but the real longest night of the year is coming up this Friday. The Starlight Film Festival is back for another year this Friday night at the Gardiners Road Cineplex. High school students from across KFL&A will get full value for their \$20 as they put in a full night of movies, hot dogs, popcorn, fountain pop and arcade games. The fun starts at 12:30 a.m. and doesn't stop until the sun comes up. This year's film line-up includes: Unstoppable, Battle: Los Angeles, Just Go With It, The Roommate and The Green Hornet. There aren't many tickets left, so make sure your kids pick theirs up at any Limestone District School Board high school, the Cineplex Odeon Cinema or here at the United Way office.

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[www.unitedwaykfla.ca](http://www.unitedwaykfla.ca)

## Going Formal

One of the 10 best black tie events in North America is right around the corner. The Queen's Science Formal is more than just a graduation dance; it's a phenomenon that has attracted worldwide attention. More than 600 students have been working for over a year to transform Grant Hall into the Great Cities of the World for this unforgettable night, and this Saturday from noon to 3:30 p.m., you'll be able to catch a glimpse of this incredible metamorphosis. This is one event you have to see to believe. Admission is free, but be sure to bring some cash, because they're accepting donations to Campaign 2011 at the door.

## LCVI Garage sale

The LCVI cafeteria may not be a garage, but it will be home to KFL&A's biggest garage sale this Saturday from 8:00 a.m. until noon. If you have something you'd like to donate, it's not too late. You can drop off your items this Friday from 2:00 p.m. to 8:00 p.m. at the LCVI cafeteria.

## Don't Forget Your Tickets

Do you have your tickets yet for the CFB Kingston custom trailer raffle? With just two weeks to go until the draw date, time is running out. And with only 2,000 tickets in print, so are the tickets. If you haven't picked up your tickets yet, you'll have another chance this week. Tickets are \$5 each or three for \$10.

## Success Secret #1: Say the Magic Words

As your workplace campaign gets set to wrap up, you'll probably find that you're getting a lot of mileage out of a couple of words. Experienced ECCs everywhere know that the two words they can't get enough of at this time of year are thank and you.

## GO Time

Are you so busy raising money that you're having trouble getting away from your desk? We're not about to let that stop you from getting your money in to us. Next Wednesday, November 9th, is GO Courier Day in KFL&A. All you have to do is call the United Way office and tell us your envelope is ready. Then next Wednesday, Charles Lapointe and his GO Courier team will show up at your doorstep to pick it up and deliver it to our doorstep.

Charles has donated the entire day to help us build a stronger community together, and we want to keep him on the GO all day long. Call 542-2674 today and make sure you're part of the action on GO Courier Day.

Spend a few minutes thinking about who you should be thanking as your campaign winds down. Odds are you can come up with a rather lengthy list. There are committee members, event volunteers, canvassers, executive sponsors, union sponsors, prize donors and all the folks at your workplace who give generously, whether through payroll deduction or through special events. We're sure you can think of a few others too.

Once you've got the "who" down, it's time to move onto the "how", and that's where you can get really creative. You can say thank you with an email, with a card, with a gift certificate, with a presentation at a staff meeting, or by holding your own recognition event. Once again, these suggestions are just the tip of the iceberg. Your staff partner has a veritable storehouse of ideas to help you say those two magic words to the people on your team who have earned them. Call today to find out more.

## Success Secret #2: Go Back to the Plan

If you've been following our weekly success tips, you know that one of the most important things you can do to help raise your campaign to new heights is to start with a plan. Knowing where you want to go is the first and most important step toward getting there. But it isn't the only step. Once you have the plan in place, you'll want to revisit

it every so often to see how you're measuring up against your goals. Whether you're on the right track or you've somehow managed to veer off track, checking back with your plan is a great way to help you chart your next move as you head into the home stretch.

## 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:

- 375 kids stayed comfortable, healthy and warm with winter boots from Kingston Community Health Centres.
- 353 people improved their literacy skills and gave themselves a chance to earn more money with the help of Kingston Literacy & Skills.
- And 7,100 kids, teachers and caregivers learned about positive mental health and emotional well-being through creative programs delivered by Canadian Mental Health.

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.

## Campaign News

### READY FOR KICK-OFF:

Believe it or not, with less than a month to go in Campaign 2011, we were still celebrating kick-offs last week.

- Last Friday, our friends at **Assante Financial Management** launched their campaign with a Halloween balloon popping event. They're following up this week with a slew of events, including a bake sale and a silent auction for a chance to be king or queen for a day. Way to go!!

- **Hydro One** ECC Michele Finney kicked off their campaign today with a BBQ complete with an agency speaker.

### THIS WEEK:

Now that the ghosts and goblins have gone into hibernation, we have lots of fun ahead of us this week.

- The **BMO Bank of Montreal** agency speaker tour kicked off yesterday. ECCs Cynthia Surette and Ana Maria Fonseca will bring speakers to all KFL&A branches over the course of their four-week campaign. Way to go!!

- **RBC Royal Bank** ECCs Laurie Newport and Crystal Collinson kicked off their campaign with a custom Seeing is Believing tour and are now bringing speakers to all branches in KFL&A. Way to go!!

- **Assurant Solutions** employees will try to fit a bit of work in between rounds of their week-long bingo marathon this week. All proceeds are going to their campaign.

- **Ministry of the Environment** employees will take a culinary tour of the world with an international lunch today.

- Tomorrow it's chilifest day at **North Frontenac Community Services**.

- **INVISTA** hosted a reception for their retirees complete with an agency speaker today at the Invista Centre.

- And as we wrap up the week, **Investors Group** will wrap up its campaign with a pizza lunch touch-down on Friday.

### NEXT WEEK:

Here's a look at what's on tap for next week:

- **Ministry of the Environment** employees keep up their torrid event pace next week with two events in two days. They'll start off with a bake sale on Tuesday and step it up with a euchre tournament on Wednesday. Way to go!!

- If you've got a craving for chili next week, you'll have several chances to indulge it as not one, but four of our member agencies are taking the edge off of the cold by cooking up a spicy hot lunch. The **Boys and Girls Club of Kingston & Area**, **Home Base Housing** and **Kingston Community Health Centres** are holding chili fests on Wednesday and the **March of Dimes** is following suit on Thursday.

- And if all that chili leaves you hankering for something sweet, **Benefits By Design** is holding a bake sale next Wednesday.

### THE RESULTS ARE IN:

We may not be celebrating a lot of kick-offs right now, but that doesn't mean we've stopped celebrating. Here are a few of the results that have us kicking up our heels these days:

- The trolls were out in full force at **CFB Kingston** yesterday, and so was the Spirit of Community, as the Base's annual Halloween Troll Toll raised an impressive \$3,000. Way to go!!

- A few lucky KFL&A residents will get a chance to live out their radio fantasies. **98.3 FLY FM** and **98.9 The DRIVE** auctioned off several guest-host slots on their morning shows Tuesday morning, raising a combined \$1,950. Way to go!!!

- Our neighbours at **Home Base Housing** have raised \$645 so far. They'll add to that with the proceeds from this week's very special event. Executive Director and accomplished pilot Tom Greening has agreed to take three people on a private flight over Kingston. They've been raffling off tickets for weeks and they announced the winner yesterday. Way to go, Tom and ECC Dawn Sadler!

- **Service Canada** employees are still campaigning. So far they've raised \$6,400 through payroll deduction and topped that up with an extra \$155 from special events. Way to go, ECCs Rob and Marcia!!

- **Ministry of Training, Colleges and Universities** employees set a goal of \$2,750 and 100% participation. They met the participation goal and they've exceeded the fundraising goal by almost 10%, bringing in \$3,012. Way to go!!!

- **CNIB** employees doubled up on last year's totals, raising an impressive \$416. Way to go, Vicky and everyone at CNIB!!

- After years of being dominated by the teachers, **Frontenac Secondary School** students finally got their revenge at this year's edition of the Monster Mash basketball classic. Students and teachers took to the court in costume last Friday, with the students coming out on top, 71 to 63. But the community is the real winner as the event raised \$1,000 for campaign 2011. Way to Go Suche and everyone at Frontenac Secondary!

• ECC Maggie Stevens is off to another impressive start as the **St. Lawrence College** campaign kicked off on Monday. Thanks to a coffee house event that raised \$188 and \$4,360 in payroll pledges, they reached 23% of their goal in just two hours. Way to go!!!

• It's been another great year at the **Goodyear** plant in Napanee. With a few more events to go and a few more canvassers still to report, they've raised an amazing \$121,954, bringing them 94% of the way to their goal. Way to go!!!

• **Endetec** employees wrapped up their first-ever campaign this week, bringing in \$975, which doubled to \$1,950, thanks to a generous corporate match. Way to go, ECC Karla Lizano MacCormac and everyone at Endetec!!

• After their successful payroll pledge drive, the team at **United Way KFL&A** hosted an Italian lunch for staff and loaned reps last week, bringing their campaign total to over \$13,000! And that's from 14 employees and the Loaned Reps!

• And **Novelis Global Technology Centre** employees raised \$21,947 with 90% participation, easily eclipsing their \$18,000 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](http://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, foun-

tain 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 Springer 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.



Follow our **Volunteer Services**  
Facebook page!

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

# 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:

## Agency Opportunities:

### Kingston Literacy and Skills

**Volunteer Opportunity:** One to One Tutoring of Adults (10 positions)

Volunteers are needed with very good speaking and listening; reading and writing skills; computer literate; patient; open-minded; non-judgemental and flexible attitude. Volunteers will be tutoring adults to continue the agency's mission of furthering the development and growth of adult and family literacy in Kingston and neighbouring communities.

**Contact:** Sheila Round, sround@klandskills.ca, 613-547-2012 ext. 206

### Boys and Girls Club of Kingston & Area

**Volunteer Opportunity:** Afterschool Program Volunteers (10 positions)

Volunteers are needed to assist with the Boys and Girls Club Afterschool Licensed Program, Afterschool Satellite Locations and Evening Programs.

**Contact:** Tanya Westlake, adminbg@kingston.net, 613-542-3306 ext. 227

### Canadian Cancer Society

**Volunteer Opportunity:** Volunteer Drivers (5 positions)

Volunteers are needed to drive cancer clients to treatment. Volunteers will need their own vehicle, \$1M liability insurance, MTO check.

**Contact:** Kathleen Ketchum, kketchum@ontario.cancer.ca, 613-384-2361 ext. 3633

### 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 KMFRCC 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

**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](http://www.unitedwaykfla.ca/index.cfm/community-services/volunteer-opportunities)

