

UNITED WAY KFLA CAMPAIGN CROSSES 50% MARK

It's not too late to give. With five weeks to go until the Touchdown, let's keep that thermometer rising! Campaign 2016 has reached **56%** with the total amount at **\$1,916,097** of the \$3,451,000 goal. There is still time to get your donations in and be counted in the final achievement number to be announced at the Touchdown Breakfast on November 30. Your hard work and perseverance will help you make it to the end, you can do it!



NOVELIS NEIGHBOR PROJECT

As part of their Social Responsibility Strategy, Novelis has an ongoing commitment to improve the quality of life for employees, their families and the community that they live in. Through financial contributions and volunteer hours, the concept of Novelis Neighbor was developed.

Locally Novelis has helped agencies the past 4 years. This week, Novelis employees have teamed up with United Way funded agency, Girls Inc., to renovate their kitchen.

Girls Inc. provides after school programs to over 35 girls daily.

As a healthy lifestyle program, 30% of their activities center around healthy nutrition and food preparation.

With the kitchen area being in such disrepair, they could not make use of the oven or stovetop to cook, or prepare food on the countertops. In addition to the issues with food preparation, the dish washing process is difficult.

Over the next few days, the kitchen area will be upgraded to improve plumbing, electrical and overall aesthetics of the facility. This will include sanding and painting walls and cupboards, installing a new floor, and putting in new countertops.

Way to go Novelis for taking on this project! It will be a great



benefit to Girls Inc and the participants that use the services.

An assessment was completed to determine what upgrades would be required to enable Girls Inc. to utilize the kitchen space and he also obtained quotations for materials, and estimated the cost of the plumbing and electrical work that was required.

Thank you to the Novelis crew for taking on this renovation. We look forward to seeing the final results and to see the pictures!

Thank you to Matt Durnpney and Scott Thompson for leading the project.



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BUSY WEEKEND

Last weekend was another busy one for United Way KFLA with the Next Gen Pool Party, Curling Funspiel and Fire and Rescue Community Day. Thank you to all of the participants, organizers, volunteers and sponsors!

14 teams had fun while raising funds for the community at the annual **Next Gen Pool Party** event held at Raxx Bar and Grill on Friday, October 21. Thank you to the following workplaces for participating: Assurant, Bell Media, Department of National Defence (DND) from CFB Kingston, Investors Group, KPMG, Providence Care, Secura Financial and St. Lawrence College.

And the winner was...The Pool Tang Clan that consisted of team members Arsene Veronneau from DND at CFB Kingston and Ben Gooch from Providence Care. Congratulations!

Thank you to the Investors Group for sponsoring the event.

A day of sport, fun and food was enjoyed at the 10th annual **United We Curl Funspiel** on Saturday, October 22. More than \$90,000 was raised over the last 10 years from this event. Thank you to Bruce Jeffery and Dale Mainville for all of your hard work and enthusiasm to raise funds for the local community. Congratulations to the following teams in 2016!

- 1st Place: Donna Jeffery Team
- 2nd Place: Empire Life Team
- 3rd Place: Dr. Shawn Suenaga Team
- Sportsmanship Award: Team Assurant

The Kingston Fire Department ran their first annual **Fire and Rescue Community Day** Saturday, October 22 at the Regional Training Center.

Over 1000 participants had fun enjoyed taking part in free activities that included training tower tours, antique fire truck display, sparky and truck photos, miniature combat challenges for kids and combat challenge demo.

Thank you to Chief Shawn Armstrong, Melanie Jones and all of the volunteers that helped make it an incredible day!

Visit our [Facebook page](#) for more photos.



Next Gen Pool Party



United We Curl



Fire & Rescue
Community Day



FEATURED WORKPLACE - KPMG

With 40 employees and one amazing committee, **KPMG LLP** strives for their workplace goal that they set for themselves. Learning from the past and planning ahead, ECC Katie Horst takes action to reach this. In the first two days employees achieved half of their goal with 77% participation.

Here are their steps for success:

- It starts at the top: strong leadership and support from KPMG Partners, Simon Froggatt, Lori Huber and Jonathan Warren
- Attending the Peer Learning Session which gives them valuable insight and a chance for them to offer advice to others
- Establishing a committee to develop plan and set goals
- Launching their campaign with an agency speaker
- Using E-pledge
- Reporting updates to United Way staff and monitoring workplace progress
- Running events that are fun and for awareness and teambuilding opportunities

KPMG also continues to support the United Way events by generously sponsoring the Leadership Development Services Workshop and the Next Gen Masquerade.

Thank you to Katie and committee for your enthusiasm, hard work and commitment!



OPS WALK & RUN



On Thursday, October 27, more than 2,000 of Ontario's Public Servants (OPS) will participate in the **OPS Walk & Run** for the United Way. They will enjoy walking 2.5km, or running 5km from 12:00-1:00pm outside with friends and other workers. This event starts and finishes at Lake Ontario Park (11 Beechgrove Lane).

What a great opportunity to enhance existing OPS United Way campaigns by driving fundraising through a fun, inclusive, and active event!

Thank you to the OPS for your commitment to the KFL&A community. For more information, visit their [website](#).

GOVFEST PHANTOM FRIGHT NIGHT

Get ready for two rockin' good weekends as some amazing bands hit the stage at the **BLUMartini Bar and Grill** in downtown Kingston.



Don't miss out the 10th annual **Govfest OPS Battle of the Bands** on Friday, November 4. Govfest is an annual music and cultural show organized by public servants to celebrate music, arts, and support community-based projects around the world. Spend the night enjoying 8 different bands while supporting the United Way Campaign. There are some amazing door prizes to be won.

Tickets are \$20 and ticket holders will receive 15% off BLUMartini dinner purchases. Thank you to all of the event volunteers and organizers!



Keeping the fun going is the Phantom Fright Night on Saturday, October 29. Make sure to wear your Halloween costumes and enjoy the event starting at 9:00 pm. Admission is \$5 and costumes are welcomed. Listen to The Bon Evans Band, Ruerben De Groot with Rocket Surgery and the Tony Sylvestri Band.



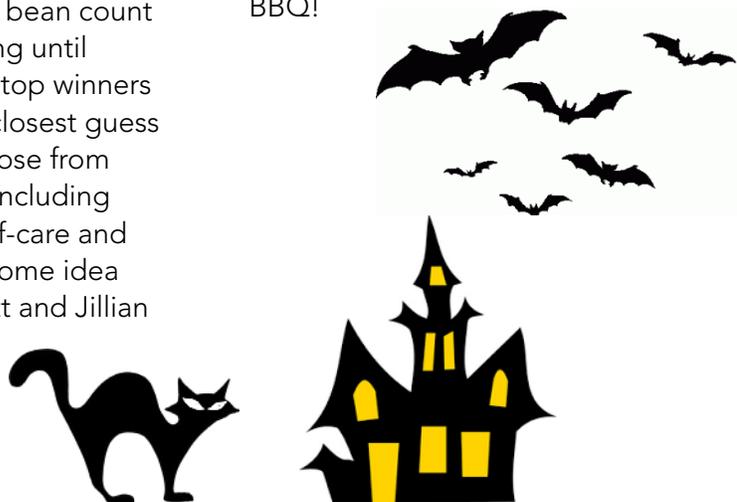
Campaign News

Thank you to our amazing volunteers and workplaces for hosting so many events, and spreading awareness throughout the campaign!

Halloween Day is just around the corner and workplaces across the region are getting set to make this the spookiest Halloween ever! Here's a little taste of what you can look forward to:

- **Defence Construction** organized a mid-campaign event with coffee and donuts on October 17. Jason from Kingston Youth Shelter shared a story from the agency and they gathered to touch base on the campaign so far, and plan for what's to come!
- **Postmedia Network Inc.'s** Silent Auction has started since October 18 and will be wrapping up this Friday, October 28. Items include gift cards from 1000 Island Soap Company, RONA, James Reid Furniture, the Grizzly Grill and K-Rock Centre. Let us know how it goes!
- Planning, Building and Licensing Services department from **City of Kingston** organized a BBQ outside of the building on Wednesday, October 19 at lunch! They had a great turnout in this beautiful fall weather. Thank you everyone who supported the event!
- **Youth Diversion** located at the Robert Meek Centre organized a Bake Sale on Tuesday, October 25 and they had many creative Halloween goodies! Way to Go, ECC Alicia Clark.

- **KPMG LLP** had a Scavenger Hunt for United Way on October 21. They learned more about what the United Way does and how their donation helps our community through this fun game! Also, staff will dress up in a Halloween costume and the best costume will win a prize during Halloween pizza lunch on October 31. Thank you to ECC Katie Horst and the committee team!
- **Hotel Dieu Hospital** will be completing their workplace events with a Chili Competition on Thursday, October 27. Thank you Bev Carty and Eugene Littlejohn for all of your hard work!
- Satisfy your taco craving on Thursday, October 27 from noon until 1:30pm at the **Kingston Community Health Centres** on 263 Weller Ave. A silent auction will also be held from 10:00am until 4:00pm, in support of United Way.
- **The Corporation of County of Frontenac** is inviting their staff to join for a creepy Haunted Walk through the old house basement on Thursday, October 27. Any donations will be accepted for United Way. Hope everyone survives through the walk! Thank you ECC Angelique Tamblyn for organizing this creative Halloween event!
- **Home Base Housing** has a cool incentive for their campaign. Employees will have a chance for an airplane charter ride and the lucky employee will be able to enjoy the ride with two other people. Thank you to ECC Dawn Sadler!
- **Royal Military College** cadets, staff and faculty are showing off their talents at "The Second Annual RMC's Got Talent Show" on Friday, October 28 at 6pm. Friends and family are welcome. Way to Go, RMC team!
- Come down to **BLUMartini** Bar & Grill to have some fun and support the United Way! They are presenting Phantom Fright Night on Saturday, October 29 at 9pm. Featured performances include the Bon Evans Band, Reuban De Groot with Rocket Surgery and the Tony Sylvestri Band. Costumes are not mandatory, but they are encouraged! It's only \$5 and all the proceeds to the United Way. 19+ only event and ID is required. Thank you BLUMartini for supporting United Way again!
- **CFB Kingston's Annual Troll Toll** has returned! Make sure to bring your loose change to make a change in our community when you pass by the base on October 31 from 6:30am until 8:15am. Otherwise, they will come and find you! Thank you ECC Maj. Len Matiowsky!
- **K3C Community Counselling Centres** has a jelly bean count competition running until October 31st. The top winners who are have the closest guess will be able to choose from three gift baskets including wine & cheese, self-care and movie night. Awesome idea ECCs Sarah Liggett and Jillian Stoness!
- In conjunction with their wellness committee, **Addiction and Mental Health Services** is hosting a 'Hallowellness' Walk on Monday, October 31 at 11:00am! Starting from 285 Princess street, they will stop at four different stops to receive Halloween treats, ending with an agency speaker. Thank you to ECC Robin Witzke and committee for all your hard work!
- On November 1, **Investors Group** is going to invite their staff to the Chilifest Pledge Day! They will have a presentation about United Way as well as the Next Gen initiative. Best luck with your campaign, ECC Carol Powley!
- **Goodyear Canada Inc.** has been working hard and has almost wrapped up their canvassing. They have three Hockey Tournaments scheduled over the next week. Awesome job!
- **Rogers Radio Kingston's** annual Halloweenie Roast will be back on Halloween day from 11:30 until 2:00pm on 863 Princess Street in the parking lot. It's only \$5 for a hot dog, pop and chips! Drop by in your favourite costumes to get your BBQ!



HERE'S LOOKING AT YOU



Next Gen Pool Party



United We Curl



Fire & Rescue Community Day



City of Kingston BBQ



KEDCO Masterchef



Boys & Girls Club Fright Night



Boys & Girls Club Chili Lunch



Assante & Withey Addison Bowl-a-thon



Home Base Housing Soup's On!



Defence Construction



Ministry of Government & Consumer Services Chili Fest



Happy Halloween

SAVE THE DATE

The venues are booked and dates are set so mark your calendars and make sure you are there.

OPS Walk & Run for the United Way

Thursday, October 27, 2016

The Ontario's Public Servants Walk & Run for the United Way is back! Staff from across the Ontario Public Service will be raising money walking 2.5km, or by running 5km. The OPS Walk & Run for United Way is a great opportunity to enhance existing OPS United Way campaigns by driving fundraising through a fun, inclusive, and active event. [\[Read More\]](#)

City of Kingston Spin-a-thon

Saturday, October 29, 2016, 9:00am - 11:00am

The City of Kingston wants you to spin for your community. They're holding a spin-a-thon at the INVISTA Centre from 9:00am to 11:00am. Limited spaces are available. Make your RPMs matter!

BLUMartini Phantom Fright Night

Saturday, October 29, 2016, 9:00pm – 1:30am

Come down to BLUMartini Bar & Grill to have some fun and support the United Way! They are presenting Phantom Fright Night on Saturday, October 29. Featured performances include the Bon Evans Band, Reuban De Groot with Rocket Surgery and the Tony Sylvestri Band. Costumes are not mandatory, but they are encouraged! It's only \$5 and all the proceeds to the United Way. 19+ only event and ID is required.

GovFest Battle of the Bands

Friday, November 4, 2016, 5:00pm - 1:00am

The Battle rounds comprise of several individual shows, making up the qualification rounds. This exciting eclectic show will occur at BLUMartini on 178 Ontario St. There will be 8 bands and 20 votes will be provided with each admittance. The highest voted band will advance to the Knockout Round or Grand Finale Showcase. Tickets are \$20 with dinner special. Thank you to all the event volunteers and organizers! [\[Read More\]](#)

Queen's Science Formal

Saturday, November 5, 2016, 10:00am – 4:00pm

Engineering students from Queen's University are inviting you again to their 114th Science Formal. The theme this year is set to be "The Golden Age of Film", basically an Old Hollywood-style theme focusing on the best movies from the 1920 – 1960s! The open house will run from 10:00am until 4:00pm. [\[Read More\]](#)

United Way 2016 Campaign Touchdown Breakfast

Wednesday, November 30, 2016, Doors Open at 7:00am - Agenda Begins at 7:30am

Find out how much money you raised as we wrap up Campaign 2016 the same way we start it – with another delicious hot buffet breakfast at the Ambassador Hotel & Conference Centre. *Sponsored by TD Bank.* [\[Read More\]](#)