



United Way
Kingston, Frontenac
Lennox and Addington

Give. Volunteer. Act.

way to go!

Issue #4

United Way serving Kingston, Frontenac, Lennox and Addington

April 19, 2013

THE BIG ANNOUNCEMENT

You've been probably wondering which community leader is slipping on the ceremonial red suspenders and stepping into the spotlight to chair our region's largest annual fundraising campaign. We'll put an end to the suspense right now and tell you that Lori MacDonald, one of the highest-ranking women in Corrections Canada, is the chair of Campaign 2013. Some of you may know Lori from her day job as CSC's Regional Deputy Commission for Ontario. If you don't know her, you'll get to know her a lot better in the weeks and months to come.



CELEBRATING VOLUNTEERS



NATIONAL VOLUNTEER WEEK, APRIL 21-27

National Volunteer Week pays tribute to the millions of Canadian volunteers who donate their time and energy. It's about taking the time to recognize the incredible contributions of volunteers and letting them know how much their efforts are appreciated.

Starting this Sunday, Canadians from coast to coast will celebrate the spirit of volunteerism. We all know the impact that volunteering has on our community. We see it every day. Volunteers enrich our community and make KFL&A a better place to live.

VOLUNTEERS RECOGNIZED

One of Canada's most celebrated volunteers joined over 350 volunteers on April 19th at the Rogers K-Rock Centre for the Volunteer Breakfast and Awards. Craig Kielburger, a children's rights activist and best-selling author, delivered the keynote speech.

The breakfast was a chance to shine the spotlight on local volunteers. This year's Volunteers Grow Community Awards were handed out to half a dozen KFL&A residents who went above and beyond. This year's recipients are:

- **Joseph Babcock** – Nominated by HIV/AIDS Regional Services
- **Katey Day** – Nominated by Little Cataraqui Conservation Area and Bayridge Secondary School
- **Edward Grenda** – Nominated by son MCPL Adam Grenda
- **William "Bill" Hackett** – Nominated by Youth Diversion Program.
- **Cindy Mills** – Nominated by spouse and business partner Mike McKale
- **Fei Que** – Nominated by Pathways to Education

Following the breakfast, Craig Kielburger took his message to high school

students from the Limestone District School Board and the Algonquin and the Lakeshore Catholic District School Board.

Visit our website to learn more about the award recipients.

Thanks to our our lead sponsor *Investors Group* and our breakfast sponsors *Bell, Rogers Radio Group* and the *K-ROCK Centre*.



CHANGING THE WORLD

National Volunteer Week isn't just about recognizing and rewarding volunteers; it's also about stepping up and making a difference. Change the World, the Ontario Youth Volunteer Challenge, starts on April 21st and runs until May 20th. United Way is challenging high school students to spend a minimum of three hours over the four-week period volunteering in the community.

More information and tracking forms for volunteer hours are available our website.

Visit our Facebook page to stay up to date on the events and view photos.

CLICK BELOW TO CONNECT WITH US:

facebook.com/unitedwaykfla

twitter.com/unitedwaykfla

youtube.com/unitedwaykfla

www.unitedwaykfla.ca



2013 CAMPAIGN CABINET

Here are a few of the community leaders who have agreed to support Lori MacDonald, the 2013 United Way Campaign Chair as part of her all-star campaign cabinet:

Major Gifts and Leadership

- Lloyd Fleming - BMO Bank of Montreal
- Gillian Sadinsky - In-House Yoga
- Kathy Burke - Assurant Solutions

Labour Liason

- Joan Jardin - OSSTF-LDSB

Next Gen

- Shawn Whalen, Bell Media

Government Sector

- Gerard Hunt - City of Kingston

Provincial Division

- Sergiy Kolosov - Ministry of Health
- Dianne Wylie - Ministry of Health

Manufacturing Sector

- Steve Kimpton – INVISTA (Canada) Company

Education Sector

- Caroline Davis - Queen's University

Finance Sector

- Carrie Lagassé- RBC

Commercial Sector

- Greg Hinton – Bell Media Kingston

Healthcare & Agencies Sector

- Tony Button – KFL&A Public Health
- Daren Dougall – Youth Diversion

AND NOW, TWO WORDS FOR OUR SPONSORS

The kind of success United Way campaigns enjoy year after year after year wouldn't be possible without the consistent, enthusiastic support of businesses and media outlets. That's why we want to take a moment to say these two important words to our friends across KFL&A who come through for us every year without fail: THANK YOU!

Thank you to those businesses that sponsored United Way community events in 2012:

- Ambassador Conference Resort
- Assurant Solutions
- Aureus Solutions
- BMO Financial Group

- Cancoil Thermal Corporation
- Cineplex Odeon Gardiners Road
- Edward Jones
- Empire Life
- Hydro One
- Kingston Frontenacs
- Kingston Transit
- Pan Chanco
- Scott Environmental
- Taylor Automall
- The Mansion Bar & Restaurant
- The UPS Store
- Tyroute Communications Inc.

Thank you to those businesses that were our partners in the Downtown Kingston lamppost banner program:

- Lafarge Canada Cement
- Algonquin & Lakeshore Catholic District School Board
- Limestone District School Board
- TD Canada Trust
- Providence Care
- Canadian Hearing Society
- Assurant Solutions
- Empire Life
- K3C Community Counselling Centres
- Kingston Community Credit Union
- Sun Life Financial
- Corus Entertainment
- Union Gas
- Southeast Community Care Access Centre
- Scotiabank Financial Group
- Ontario Power Generation
- RBC Royal Bank

Thank you to those organizations that shared an employee with us through our Loaned Representative Program:

- Correctional Service Canada, Philomena McClelland
- Empire Life, Tanya McLaughlin
- Goodyear Canada Inc., Nina Norgaard
- CUPE Local 1974, Chris Hammer
- Kingston General Hospital, Sherry Cameron
- Novelis Inc., David Lockridge
- Kingston Garrison, Jason Lee

Thank you to the local media for their generous and enthusiastic support:

- Bell Media Kingston
98.3 Fly FM
98.9 The Drive
- Corus Entertainment
FM 96
104.3 CKWS FM

- CKWS TV
- Kingston Life
- Kingston This Week
- Kingston Publications
- Profile Kingston
- Rogers Radio Group Kingston
K-Rock 105.7
Kix 93.5
102.7 The Lake
- SNAP Kingston
- The Kingston Whig-Standard
- The Kingston/Frontenac EMC
- The Napanee Beaver
- The Napanee Guide
- VCogeco Kingston

CAMPAIGN NEWS

The first early bird of spring has officially landed. The perennial Early Birds at **Cruickshank Construction Kingston** launched their campaign with an agency speaker and fundraising blitz. The corporation will kick in a dollar for dollar match for everything they raise over the next few weeks. Way to go, Jill and everyone at Cruickshank!

The Results Are In

Kick-off may be five months away, but it's never too early to start lining the Campaign 2013 coffers. Here's a look at some of the early events that have taken place in KFL&A:

- The Easter Bunny put in an appearance at **Providence Care** as employees indulged their collective sweet tooth with a pre-Easter cake sale and raffle last month at all three sites, giving them a \$1,692 head start on their fall campaign. Way to go, Providence Care!
- **Queen's AMS students** learned a valuable lesson about the power of music. After contacting our friends at KROCK and inviting them to show up at their barbecue last month, they attracted record crowds and watched their profits soar past the \$300 mark. Way to go!

WELCOME ABOARD

It's never too early to welcome our friends back for another year on the campaign trail. Welcome back, Jill Rees of Cruickshank Construction!

LOOKING FOR A LOANER

The United Way Loaned Representative program is a smart, innovative way for workplaces to invest in your employees and your community at the same time. All you have to do is loan us an employee for the duration of the fall fundraising campaign. They will get two weeks of training from some of the region's top professionals before they go to work in a fast-paced, high-performance environment. At the end of the campaign, they will come back to you with new skills, new confidence and a new commitment to their community.

Are you ready to give us a loaner? Check out our [website](#) or call Emily at 613-542-2674, ext. 9, to find out more.

KFL&A: THE NEXT GENERATION

Are you between 25 and 40? Are you ready to play a role in building a stronger KFL&A for all of us? If you answered yes, United Way Next Gen is ready for you. [Check out our website](#) and find out how you can become part of the next generation of community leaders.

Want to volunteer with Next Gen? Email uway@unitedwaykfla.ca or call 613-542-2674.



SOCIABLE ENTERPRISE

The second Next Gen event of 2013 was an afternoon to remember. More than 250 people packed the Grand Theatre to enjoy specialty beer, whisky, live entertainment and lots of Spirit of Community. Sociable raised an amazing \$8,500 for Campaign 2013. Way to go, Next Gen and everyone who made this magical afternoon possible!

Visit the [Next Gen Facebook](#) page to see the photos.



THE DAY IS DAWNING

KFL&A social service agencies are about to become a construction zone. The 13th annual United Way Day of Caring is coming Friday, June 14th, and that means social service agencies across the region will get a well-deserved makeover, courtesy of local workplaces.

Workplace teams will take on light construction and maintenance chores for our United Way funded agencies. They'll spend the day contributing and connecting with their community and giving back to the people who give so much every day.

The fun starts early with a morning rally at St. Lawrence College and we wrap up with a barbecue at the Junior Ranks Mess at CFB Kingston.

Want to put a team together? We're accepting teams until Friday, April 26th. To register -- or for more information-- call Emily at 613-542-2674, ext. 9.

SUCCESS BY 6: MAKING THE MOMENTS MATTER

In just a few weeks, an entire week will be dedicated to making the moments matter for KFL&A kids. United Way Success By 6 Week is coming Saturday, May 4th to Sunday, May 12th.

For the seventh straight year, we're setting aside the second week in May to shine the spotlight on our community's youngest residents and the people who take care of them. A record 140 events are on the schedule, including movies, free swimming and celebrity story time, as well as some exciting new events. Check out our [website](#) for the full listing.

TAKING AIM AT POVERTY

For the last year, we've been teaming up with our friends at the City of Kingston and Kingston Community Health Centres to take on poverty in KFL&A. We've developed an action plan that focuses on five key areas:

1. Housing
2. Skills Development & Employment
3. Community Supports for Education
4. Social Services & Community Supports
5. Health

How can you help us make poverty a thing of the past? Join us for a presentation of the report and find out how you can get involved. Call the United Way office, 613-542-2674 before Monday, May 27 to register. Or check out the Poverty Reduction Plan on our [website](#).

UPCOMING WORKSHOP

Are you a new board member or about to become one? Do you feel confident that you'll be able to step up and contribute meaningfully right away? Or maybe you're a senior staff member at a non-profit agency and you're looking to bolster your skills or meet a specific challenge. Either way, United Way Leadership Development Services is here for you. Our group of experienced experts provides flexible, affordable training and consulting for non-profit and voluntary organizations throughout KFL&A. Here's a look at some of our upcoming public workshops:

Building Community within the Workplace

Facilitator: Christie Andrus, The Human Factor
May 22, 2013, 9 a.m. - 12 noon

Attracting good people isn't always about the money. Delve into recruiting and building a positive workplace in the not-for-profit sector through mentoring, leadership and a mutually supportive culture.

[Visit our website for more information.](#)

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 2012. Thanks to you:

- **635** children and youth learned how to make more appropriate lifestyle choices with help from counselling and intervention support for substance use and addictions.
- More than **4,200** elementary and high school students received nutritious in-school snacks and meals.
- More than **6,700** deaf and non-deaf people were able to communicate with each other thanks to American Sign Language/English interpreting services.

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.

GOODBYE, ANDREA

It's time to say goodbye to another old friend. Andrea Peponoulas, whose smiling face has been greeting visitors to our office for the past two years, is leaving us on Friday to take a new job in Ottawa in order to live and work in the same city. We hope you'll join us in thanking Andrea for her hard work and dedication and wishing her the best of luck in her new job.

WELCOME

Nicole Dalglish will be joining our team as the Administrative Coordinator and Andrea Johnson will join as the Community Investment Coordinator. Welcome aboard!

SAVE THE DATE

We've booked the venues and set the dates. The only thing that's missing is you! Mark your calendars and make sure you're there.

SUCCESS BY 6 WEEK

MAY 4-12, 2013

Success By 6 Week heightens public awareness of the importance of early-years development and provides opportunities for young children, their families and caregivers to Take the time, make the moments matter™. [Visit our website for details.](#)

DAY OF CARING

FRIDAY, JUNE 14, 2013

Day of Caring is a community-wide United Way event that demonstrates the power of volunteering. Teams from businesses within the community, go to United Way member agencies to assist with a project that has been determined in advance.

ANNUAL GENERAL MEETING

JUNE 6, 2013

Join us at the Holiday Inn Kingston Waterfront for our Annual General Meeting, June 6th from 4:15 to 5:30 p.m. for the presentation of our financial statements. Call 613-542-2674 for more information.

FARE FOR FRIENDS

SUNDAY, SEPTEMBER 8, 2013, 2-6 P.M.

We'll be back under the big top at Vimy Officers' Mess at CFB Kingston for the 20th edition of Kingston's favourite garden party. Your favourite chefs will be there too, along with Canadian wineries and microbreweries, live entertainment and exciting auction action.

CAMPAIGN KICK OFF BREAKFAST

TUESDAY, SEPTEMBER 10, 2013, 7 A.M.

We're starting off Campaign 2013 the way we always do, over breakfast at the Ambassador. Join over 600 volunteers for a buffet breakfast and a roomful of Spirit of Community as we announce our region-wide fundraising goal.

STARLIGHT FILM FESTIVAL

NOVEMBER, 2013

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 7 a.m. All proceeds from ticket sales go to United Way.

CAMPAIGN TOUCHDOWN BREAKFAST

FRIDAY, NOVEMBER 29, 2013, 7 A.M.

Find out how much money you raised as we wrap up Campaign 2013 the same way we start it – with another delicious hot buffet breakfast at the Ambassador.



VOLUNTEER CORNER

How much of a difference do volunteers make? We wouldn't be exaggerating if we said not-for-profits couldn't do it without you. Without the help of hundreds of volunteers, we wouldn't be able to support the 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:

COMMUNITY VOLUNTEER OPPORTUNITIES:

VICTORIAN ORDER OF NURSES

Volunteer Opportunity: Board Member (3 positions)

Volunteers needed to share their time, talent and expertise by becoming a Board Member. Especially looking for people who have experience or training in any of the following:

- Business (marketing, fundraising)
- Policy review, development and writing
- Volunteer management

Contact: Alison Handelman 613-547-2012 ahandelman@klandskills.ca

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

You can also visit our [website](#) and search our database of volunteer opportunities posted by community organizations.