



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

Give. Volunteer. Act.

# way to go!

Issue #6

United Way of Kingston, Frontenac, Lennox and Addington

June 19, 2013

## CELEBRATING 20 YEARS OF FOOD, FRIENDS AND FUN

It's hard to believe it's been 20 years since Clark Day, Joanne Langlois and Michele Langlois threw a big party on Clark's lawn and invited all of KFL&A to celebrate with them. In the years since 1993, Fare for Friends has grown to become Kingston's favourite garden party, raising more than a million dollars along the way.

And the 20th edition promises to be the most exciting one yet. Make sure you join us Sunday, September 8th, from 2:00 to 6:00 p.m. under the big top at the Vimy Officers' Mess at CFB Kingston. Many of Kingston's top chefs will be there, along with Ontario wineries, microbreweries, live music and some of Kingston's liveliest live and silent auction action. To celebrate our special anniversary, you'll receive a commemorative gift and a digital photo courtesy of Bernard Clark. Tickets are \$160.00 with a tax receipt available for a portion of the price. Call 613-542-2674 to order yours today.



*Fare for Friends*  
20th Anniversary Garden Party!



### DOING A LITTLE SPRING CLEANING?

Kingston This Week is looking for gently used items for their spring yard sale on Saturday, June 22, from 9 a.m. to 1 p.m., for the United Way KFL&A.

Donations are welcome and can be dropped off at their office at 18 St. Remy Place (off Dalton Ave, between Sir John A MacDonald Blvd., and Division St.) from Monday, June 17, to Friday, June 22, from 9 a.m. to 4 p.m.

Please note that only saleable, clean, slightly used items will be accepted.

All proceeds from the sale benefits the United Way of KFL&A.

### TEE TIME

One of KFL&A's favourite charity golf tournaments is getting set to tee off for the 33rd time. Melo Hotels presents the Memorial Golf Classic in loving memory of Joe & Maria Melo and Liz Doyle, Thursday, August 29th at the Colonnade Golf & Country Club.

Whether you're looking to reward your staff, entertain a client or just make a few new friends, you'll have a great time and support a couple of great causes, all at the same time. Registration is \$165.00 per person and includes green fees, cart rental, lunch at the course, and a buffet dinner at the Colonnade.

Or show your Spirit of Community by sponsoring a hole for just \$350. For more information contact Fatima Rebelo at 613-541-4677 or [fatima\\_rebelo@ambassadorhotel.com](mailto:fatima_rebelo@ambassadorhotel.com).

### SEE THE IMPACT

Are you looking for a way to fire up your campaign team with a little extra Spirit of Community? The bus could be just what you're looking for.

The Seeing Is Believing buses are ready to hit the road for another round of Seeing Is Believing Bus Tours. The first bus pulls out of the Memorial Centre parking lot, Wednesday, August 21st to take you on a behind-the-scenes tour of some of our United Way funded agencies and give you an up-close-and-personal look at the good work they do in our community every day. There's nothing like seeing your donor dollars in action to light a fire under your team as they get ready for kick-off.

To book a seat on the bus, call 613-542-2674 or email [campaign@unitedwaykfla.ca](mailto:campaign@unitedwaykfla.ca).

Can't make this tour? The Seeing Is Believing Bus hits the road again on Friday, September 20th or you can call your staff partner and ask about arranging a custom tour.

CLICK BELOW TO CONNECT WITH US:

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[twitter.com/unitedwaykfla](https://twitter.com/unitedwaykfla)

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

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

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## SAME UNITED WAY, DIFFERENT NAME

The big news this month is that we've got a brand new name. At our AGM earlier this month, volunteers and community supporters voted to change our United Way's name to United Way of Kingston, Frontenac, Lennox & Addington. It's a little bit shorter and a little bit simpler, and it won't have any effect on how we serve our community. You can start using our new name immediately.

## PEER INFLUENCE

ECCs from all four corners of KFL&A had a chance to learn from some of the best teachers we could find – themselves. Last Tuesday we held our first pre-campaign Peer Learning session of the year, giving our ECCs a chance to share some of their best practices and success secrets with each other. This year we had more new speakers and more fresh ideas than ever before, and those who joined us left excited, inspired and ready to put their new ideas into action.

Thank you Peer Learning graduates for taking the time to learn and share:

- Cynthia Surette
- Robert Raika
- Susan Nicholson
- Joanne Rutley
- Jacqueline Edwards
- Laura Geier-Ennis
- Kate Shakell
- Tracey Clifford-Brown
- Mike Fiset
- Deanna Pacheco
- Sheila Karras
- Christine Bruce
- Steve Jones
- Shirley Downey
- Michael Frank
- Richard Rodrigue
- Matthew Holland
- Maggie Warner

We'll be back to do it all over again on Wednesday morning, August 28th at Ongwanada. Call the office to book your seat today.

## ON THE ROAD AGAIN

Instead of holding one big awards show, we've been taking our act on the road this year. Earlier this month, the United Way Awards Road Show made a special appearance at three KFL&A workplaces, handing out awards and reliving memories of Campaign 2012.

On June 11, we were at the **du Pont** plant, where we handed out three big awards:

- Gold Award for 75% participation, \$75 per capita
- Diamond Leadership Award for workplaces with 10-24 Leaders of the Way
- Cornerstone Award for workplace campaigns that raise \$25,000 or more

The following day we were off to the **City of Kingston**, where we handed out two more awards:

- Sandstone Award for workplace campaigns that raise \$50,000 or more
- Diamond Leadership Award for workplaces with 10-24 Leaders of the Way

Then we headed to **Providence Care**, where we honoured employees with another Sandstone Award for workplace campaigns that raise \$50,000 or more.

Are you still waiting for your awards? What are you waiting for? Call the office today and make sure you're the next stop on the United Way Awards Road Show.

## WHAT A DAY!

Two dozen local social services agencies are looking extra sharp today, thanks to the hard work and generosity of more than 180 workplace volunteers.

Last Friday, volunteers from 27 workplace teams joined forces to make a difference to the people who make a difference in our community every day. They tackled gardening, painting, light construction and maintenance chores at United Way member agency offices throughout KFL&A, giving them a brand new look and making the 13th Annual United Way Day of Caring one of our most successful yet. Thank you to this year's participating workplaces, volunteers, committee members, agencies and sponsors ([see list](#)).

We've said it before, but it never hurts to say it again: Way to go! And thanks for caring.

Visit our [Facebook](#) page to check out the photos.



Above: Empire Life and Kingston Whig-Standard employees.

Right: Campaign Chair, Lori MacDonald helped kick-off Day of Caring.



## WORLD CHANGERS

This spring, we challenged KFL&A high school students to change the world – and they did it! Change the World: The Ontario Youth Volunteer Challenge encouraged students to log their volunteer hours and make a commitment to their community over a one-month period this spring. This year the United Way Volunteer Centre set what we thought were ambitious goals: 1,000 students and 3,000 volunteer hours.

Not only did our students meet those goals, they blew them out of the water. We're proud to report that 1,813 students from all 11 KFL&A high schools took up the Change the World Challenge, logging an absolutely amazing 8,182 hours. There's only one thing we can say about that: Way to go!

## CAMPAIGN NEWS

With the official start of summer just a few days away, you might think we're getting set to take it easy. But with early bird campaigns and pre-kick-off ramp-ups now in full swing, "taking it easy" isn't part of our vocabulary anymore. Here's a look at what you've been up to during this supposedly-slow season:

- **Ongwanada** employees fired up the barbecue for the first time on May 22nd, grilling up a whopping \$610. Way to go, ECC Rachel Brace!
- The **Limestone District School Board** has set the date for their annual golf tournament. The Director's Fall Classic is coming Saturday, September 28th. We'll have more information soon.

## WELCOME ABOARD

We're pleased to welcome our new and returning ECCs to the campaign trail. Welcome aboard:

- Correctional Service Canada - Tiffany Williams
- CFB Kingston - Captain Geneviève Vallières, Major Christine Bruce, Captain Steve Jones, Shirley Downey and Sergeant Michale Frank
- Collins Bay Institution - Laura-Lee Geier-Ennis
- Millhaven Institution - Joanne Rutley and Tracey Clifford-Brown
- Joyceville Institution - Kate Shakell
- Correctional Service Canada Regional Headquarters - Mike Fiset
- Correctional Service Canada Regional Treatment Centre - Marla Bransfield
- Ministry of Health and Long Term Care - Matthew Holland
- LCBO Store #40 - Julie Eves
- Utilities Kingston - Richard Rodrigue
- City of Kingston - Susan Nicholson and Peter Huigenbos

- CIBC Wood Gundy Inc. - Peter Kington
- Kingston Community Credit Union - Jason Field
- RBC Financial Group - Travis Sharpe
- CIBC Wood Gundy Inc. - William Dobson
- RBC Financial Group - Laurie Newport
- Scotiabank Financial Group - Karen Caron
- BMO Financial Group - Cynthia Surette and Ana Maria Fonseca
- TD Bank Financial Group - Josh Firth
- Assurant Solutions - Roger Dodier
- Empire Life - Trish MacInnis, Sheila Karras and Ian Brown
- Queen's University - Sherri Ferris, Shelley Aylesworth-Spink and Nick Graham
- Queen's University Students - Alex Blaine and Taylor Jennings
- Queen's University Retirees - Roberta Hamilton
- Limestone District School Board - Krishna Burra
- Algonquin & Lakeshore Catholic District - Elsa Swain and Mike Weaver
- St. Lawrence College - Maggie Stevens
- NPIF Kingston CoGen Corp. - Julie Madigan
- E.I. du Pont Canada Company - Kimberly Dailey, Dale Page and Tammy Kuehn
- Goodyear Canada Inc. - Nina Norgaard
- INVISTA (Canada) Company - Justine Deloyer
- Bombardier Systems - Robert Raika
- Novelis Specialty Products - Courtney Maruno
- WorleyParsons - Matthew Van Nest and Mehak Ghawer
- Homestead Land Holdings Limited - Kathryn Mellon
- Cruickshank Construction Kingston - Jill Rees
- Sun Media Kingston Group - Mike Dwyre
- Future Shop - Stephanie Newman
- Delcan Corporation - Kim Reynolds
- Union Gas Ltd. - Dugal MacDermaid
- Bell Media Kingston - Jacquelyn Beckett
- Capital Movers & Storage - Maggie Warner
- Ongwanada - Rachel Brace
- Kingston General Hospital - Chris Hammer
- KFL&A Public Health - Katie Chan
- Providence Care - Ben Gooch
- Providence Care Mental Health Services - Chuonglu Huang
- Providence Care - Janet Hunter, Angie Tingren-Watkins and Donna Kearney
- Family & Children's Services of FL&A - John Suart, Laura-Lee Hogan, Shannon Youell and Angela Woodhouse

## YOU OUGHT TO BE IN PICTURES

When was the last time you checked out our Facebook page? If it's been more than a couple of days, you might want to visit us again. In the last few days we've posted new photos from events from one end of KFL&A to the other. Visit us on [Facebook](#) to have a look at our latest uploads.

## ONTARIO VOLUNTEER SERVICE AWARDS

Each year, the Ontario Ministry of Citizenship and Immigration hosts receptions in communities across the province to recognize individuals for their years of continued volunteer service with not-for-profit organizations. Eight United Way of KFL&A volunteers, who have demonstrated a long-term volunteering commitment were recognized during a ceremony on June 18th.

The Ontario Volunteer Service Awards recognize individuals for 5 to 60+ years of continuous volunteer service with an organization - youth are recognized for 2+ years of volunteer service. Recipients are presented with a stylized trillium service pin acknowledging their years of service and a personalized certificate.



Lloyd Fleming, Joan Jardin, Roland Billings, Shelley Aylesworth-Spink, Julie Brown and John Gerretsen.

We would like to congratulate our United Way volunteers who are recipients for this year's Volunteer Service Awards:

- Roland Billings - 30 years
- Julie Brown - 15 years
- Jim Docherty - 15 years
- Lloyd Fleming - 5 years
- Sean Herr - Youth Award
- Joan Jardin - 15 years
- Alfred O'Rourke - 10 years
- Shelley Aylesworth-Spink - 20 years

## TAKING AIM AT POVERTY



After six years of research and thoughtful input from hundreds of people, our United Way, along with the City of Kingston and the Kingston Community Health Centres, released the Poverty Reduction Initiative Report earlier this month.

More than 150 concerned citizens attended a Community Forum on Poverty Reduction at Portsmouth Olympic Harbour.

Five working groups, consisting of more than 80 activists, policy makers and low-income family members, put in long hours over the last year to develop short and long-term action items in our five strategic focus areas:

- Community Supports for Education
- Health
- Housing
- Skills Development and Employment
- Social Services and Community Supports

The report was presented to Kingston City Council on June 18th. You can read it at [www.wecanreducepoverty.ca](http://www.wecanreducepoverty.ca).

## FEATURE: GOODYEAR CARES

Goodyear shows some heart to help a local shelter on Friday, June 14th. Goodyear participated in the United Way Day of Caring. Linking up with another local employer, Lafarge, volunteers refurbished and painted outside stairs, porch and a wheelchair ramp.

The shelter is called Interval House and it is the first step in helping women and children in the Napanee area. Over the years, Goodyear has done hundreds of hours of work there. Helping this year were campaign chair Nina Norgaard, Jeff Hokkanen, Rob McGarvey, April Stevens and Brian Wannamaker.



Goodyear and Lafarge volunteers

Send your articles, pictures and stories to your staff partner.

## 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:

- **29** parents and their children learned to select and prepare nutritious, affordable foods in a child-friendly environment.
- **325** aboriginal people made positive, healthy life choices with the help of traditional, culturally appropriate programs.
- And **3,350** of the most vulnerable people in our community were able to get meals, groceries, household goods and daily living items to help alleviate the impact of poverty.

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.

## KFL&A: THE NEXT GENERATION



Want to volunteer with Next Gen? Email [uway@unitedwaykfla.ca](mailto:uway@unitedwaykfla.ca) or call 613-542-2674.

The Next Genners are taking a break for the summer, but they'll be back before you know it with a full slate of events.

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.

We can tell you now that last winter's Masquerade event was so successful that they're bringing it back for an encore on Saturday, February 8, 2014 at the Renaissance Event Venue.

Give. Volunteer. Act.

## SAVE THE DATE

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

### FARE FOR FRIENDS

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

We'll return to 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.

### MEMORIAL GOLF CLASSIC

**THURSDAY, AUGUST 29, 2013, 11:30 A.M.**

One of KFL&A's favourite charity golf tournaments is getting set to tee off for the 33rd time. Melo Hotels presents the Memorial Golf Classic in loving memory of Joe & Maria Melo and Liz Doyle. Registration is \$165.00 per person and includes green fees, cart rental, lunch, and a buffet dinner. For more information contact [Fatima Rebelo](#) at 613-541-4677.

### 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.

### 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:

### EPILEPSY SEIZURE DISORDER RESOURCE CENTRE

**Volunteer Opportunity:** Board Member (3 positions)

Looking for dynamic volunteers to join our Board of Directors..

**Contact:** Susan Harrison 613-542-6222 [susanharrison@epilepsyresource.org](mailto:susanharrison@epilepsyresource.org)

### KINGSTON MILITARY FAMILY RESOURCE CENTRE

**Volunteer Opportunity:** Pre Teen Activity Assistant (4 positions)

Working with staff on activities indoors and outside for preteens 10-12 year olds.

**Contact:** Kim Frankland 613-549-2077 [kimberly.frankland@forces.gc.ca](mailto:kimberly.frankland@forces.gc.ca)

### ORCHESTRA KINGSTON

**Volunteer Opportunity:** Board Member (1 position)

Looking for volunteers with a wide range of skills to sit on the board, and to assist with the multitude of other jobs necessary to keep the orchestra performing.

**Contact:** Stanley Segel 613-547-9492 [ssegel@cogeco.ca](mailto:ssegel@cogeco.ca)

### KINGSTON LITERACY AND SKILLS

**Volunteer Opportunity:** Tutor for Summer Reading Camp (7 volunteers)

Volunteers are needed for one to one tutoring for 1.5 hours each morning. The camp will be held at the Wally Elmer Youth Centre from 9:15 a.m. to 12 noon, Monday to Friday, August 12 – 16, 2013.

**Contact:** Allison Handelman 613-547-2012 [ahandelman@klandskills.ca](mailto:ahandelman@klandskills.ca)

**For more information on these or other volunteer opportunities,**  
contact the Volunteer Centre at 613-542-2674 ext. 5, [volunteer@unitedwaykfla.ca](mailto:volunteer@unitedwaykfla.ca)

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