



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

Give. Volunteer. Act.

# way to go!

Issue #3

United Way of Kingston, Frontenac, Lennox and Addington

March 18, 2014

## NOMINATE A VOLUNTEER WHO MAKES A DIFFERENCE

We're getting ready to celebrate National Volunteer Week by shining the spotlight on the region's most deserving volunteers. If you know a person, family or group that goes above and beyond for your agency, charity, hospital, school, sports league, community centre, religious institution, long-term care facility, research facility or cultural group, you can make sure they get the recognition they deserve by nominating them for a Volunteers Grow Community Award.

National Volunteer Week takes place from April 6 to April 12. During this time, we pause to thank and recognize the volunteers who make a difference right here in our community.

Nomination forms are available for download online or at the United Way office on Bagot Street office. The deadline for nominations is Wednesday, March 19th.

<http://www.unitedwaykfla.ca/community-services/volunteer-services/volunteer-awards/>

Special thanks to Investors Group for sponsoring 'The Volunteers Grow Community Awards' and recognition event in KFL&A for the third year in a row.



## CELEBRATING GOOD TIMES

United Way Next Gen volunteers are busy planning the second edition of their signature event, Next Gen Sociable, set to take place on May 18th in the Four Points by Sheraton Kingston.

You are invited to join Next Gen's annual celebration of good friends and good music. It's a unique chance to sample beer and whisky brands from around the globe. Beer and whisky connoisseurs will be on hand to provide specialized tours and information sessions throughout the event to enhance

your tasting experience.

Tickets are on sale now for just \$25 and are available at [www.nextgensociable.ca](http://www.nextgensociable.ca).

Connect with Next Gen on [Facebook](#) or [Twitter](#) to stay up to date on Next Gen Sociable plans.

Next Gen Sociable is a fundraising event, organized and run by volunteers from the [United Way KFL&A Next Gen](#) initiative with all

proceeds from this event going to United Way KFL&A.

Next Gen empowers future leaders to support and advance the impact of the United Way in the community. The Next Gen movement is a unique chance for the next generation to become an integral part of our community and bring about change in areas that are meaningful. To learn more about Next Gen and how you can become involved [visit our website](#).

CLICK BELOW TO CONNECT WITH US:

[facebook.com/unitedwaykfla](http://facebook.com/unitedwaykfla)

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

[youtube.com/unitedwaykfla](http://youtube.com/unitedwaykfla)

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



## CAMPAIGN NEWS

### The Results Are In

On February 6, Northern Frontenac Community Services hosted a Chili/Pie event at the Child Centre in Sharbot Lake and donated the proceeds to United Way. Guests enjoyed generous helpings of chili that was made and donated by staff members and had an opportunity to bid on a number of home-made pies. Way to go Don Amos and all at NFCS!

Thank you ECC Teresa Graham and the team at LCBO Midland Avenue for holding a Valentine's Day gift package draw and donating the proceeds to United Way.

### Workplace Events

On Saturday, March 15th The Beer Store is holding bottle drives at two stores and donating the proceeds to United Way. Round up your empties and drop them off at 290 Concession Street in Kingston or 450 Centre Street in Napanee between 9:30 a.m. and 5:30 p.m. Way to Go Charlotte Presley and all at The Beer store!

### DAY OF CARING

On June 6, workplace teams are invited to participate in Day of Caring, a community-wide United Way event that demonstrates the power of volunteering. Teams will take on light construction, gardening and maintenance tasks at United Way funded agencies.

Start thinking about how you would like to participate and get your team together to help us make a difference for the people who help KFL&A residents every day.

You can download your team registration form on our website. <http://www.unitedwaykfla.ca/events/day-of-caring/> For more information, please contact Maura at 613-542-2674, ext. 7.

## GET INVOLVED

Are you looking to become more involved in the KFL&A community? Take a look at some of the upcoming opportunities that United Way has to offer.

### DAY OF CARING

Day of Caring is a community-wide United Way event that demonstrates the power of volunteering. Participants will take on light construction, gardening and maintenance tasks while also gaining behind-the-scenes insight into the work of United Way funded agencies. It's a win-win for all; agencies' much needed projects are completed and volunteers learn about their community through a hands-on experience. Get your team together and help us make a difference for the people who help KFL&A residents every day. [Visit our website](#) for more information and to download your team registration form.

### NEXT GEN

Next Gen empowers future leaders to support and advance the impact of the United Way in the community. The Next Gen movement is a unique chance for the next generation to become an integral part of our community and bring about change in areas that are meaningful. To learn more about Next Gen and how you can become involved [visit our website](#). Want to volunteer with Next Gen? Email [uway@unitedwaykfla.ca](mailto:uway@unitedwaykfla.ca) or call 613-542-2674.

### CHANGE THE WORLD YOUTH CHALLENGE

Change the World is a fun way for high school students to earn volunteer hours while doing good for the community between April 6 and May 19. The United Way Volunteer Centre is encouraging high school students, ages 14 to 18, to take up the challenge by committing to a volunteer activity during the designated period and logging the hours they've volunteered. [Sign up today!](#)

### SUCCESS BY 6 WEEK

This United Way initiative promotes partnerships and supports community programs to ensure early childhood development is a priority. Success By 6 Week is a fun-filled week of events and activities designed with the youngest members of our community in mind. It heightens public awareness of the importance of early years development and provide opportunities for young children, their families and caregivers to "Take the time, make the moments matter™" [Find out how you can get involved!](#)

### VOLUNTEER CENTRE

The United Way Volunteer Centre matches local charities with volunteers who lend their skills and expertise to local organizations. Not-for-profit organizations from across the region come to us with their volunteer opportunities and we make them available to people like you, with time and talent to share. Let the Volunteer Centre help you get started on the road to a [fulfilling volunteer experience](#).

## SPRING AND WINTER LDS WORKSHOPS

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 sponsored by KPMG.

### Financial Stewardship

**Date:** March 26, 2014, 5:00-7:00 p.m.

**Facilitators:** Chad McLeod and Michelle Podhy, KPMG

**Description:** This workshop will define the board's role in maintaining fiscal responsibility and help directors understand and fulfill their oversight function.

### Introduction to Roles & Responsibilities of the Board

**Date:** April 30, 2014, 5:00-7:30 p.m.

**Facilitator:** Bhavana Varma, United Way of KFL&A

**Description:** This introductory workshop provides a basic understanding of what is required for strong board governance. It is an essential workshop for first time directors and current directors looking for a refresher.

[Visit our website for more information](#)

## SAVE THE DATE

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

### NATIONAL VOLUNTEER WEEK

Sunday, April 6 to Sunday, April 13, 2014

A week-long celebration whereby registered charities, not-for-profit organizations and volunteer centres pause to thank and recognize their volunteers.

### CHANGE THE WORLD ONTARIO YOUTH VOLUNTEER CHALLENGE

Sunday, April 6 to Monday, May 19, 2014

A fun way for high school students to earn volunteer hours while doing good in their community. The United Way Volunteer Centre is encouraging high school students to take up the challenge by committing.

### SUCCESS BY 6 WEEK

Saturday, May 3 to Sunday, May 11, 2014

A United Way initiative that promotes partnerships and supports community programs to ensure that early childhood development is a priority. Success By 6 Week is a fun-filled week of events and activities designed with the youngest members of our community in mind. It heightens public awareness of the importance of early years development and provide opportunities for young children, their families and caregivers to "Take the time, make the moments matter™"

### NEXT GEN SOCIABLE

Sunday, May 18, 2014

United Way Next Gen's annual celebration of good friends and good music while sampling beer and whisky brands from Ontario and around the globe. Beer and whisky connoisseurs will be on site to provide specialized tours and information sessions throughout the event to enhance your tasting experience.

### DAY OF CARING

Friday, June 6, 2014

Workplace teams spend the day at United Way member agencies to help with light construction and maintenance chores. Start thinking about how you would like to participate and get your team together to help us make a difference for the people who help KFL&A residents every day. For more information, contact Maura at 613-542-2674, ext. 7 or [visit our website](#).

### FARE FOR FRIENDS

Sunday, September 7, 2014, 2 to 6 p.m.

In true garden party style, guests of Fare For Friends relax in the elegance of enormous white tents, stroll around the grounds of the Vimy Officers' Mess on the banks of the St. Lawrence River. This is the region's best garden party, where patrons sample culinary delights, excellent wines and beer while enjoying live music and participating in a lively auction.

### UNITED WAY 2014 CAMPAIGN KICK-OFF

Friday, September 12, 2014, 7 a.m.

We're starting off Campaign 2014 the way we always do, over breakfast at the Ambassador Conference Resort. Join over 600 volunteers for a hot buffet breakfast as we announce our region-wide fundraising goal.

### UNITED WAY 2014 CAMPAIGN TOUCHDOWN

FRIDAY, NOVEMBER 28, 2014, 7 A.M.

Find out how much money you raised as we wrap up Campaign 2014 the same way we start it – with another delicious hot buffet breakfast at the Ambassador Conference Resort.