



United Way
Kingston, Frontenac
Lennox and Addington

Give. Volunteer. Act.

way to go!

Issue #5

United Way of Kingston, Frontenac, Lennox and Addington

May 14, 2014

UNITED WAY IN A NUTSHELL

We love our new United Way in a Nutshell video. Take a moment to watch it and share it with your friends, family and colleagues. We hope you'll love it too!

This video is an excellent resource for all workplace ECC's to share with their teams.

[Visit our website to watch the video.](#)



NEXT GEN SOCIABLE IS SUNDAY

Join Next Gen's annual celebration of good friends and good music on Sunday, May 18th at the Four Points by Sheraton Kingston. It's a unique chance to sample beer and whisky brands from around the globe.

Beer and whisky connoisseurs will provide specialized tours and information sessions throughout the event to enhance your tasting experience. Entertainment will be provided by Colin Morris, Wendigo Jo, Stephen Krasna, and guest Mackenzie Costron.

2014 Sociable Beer Vendors

- Amsterdam Brewery
- Barley Days Brewery
- Gananoque Brewing Company
- Gateway Brewing Company
- Great Lakes Brewery
- MacKinnon Brothers Brewery
- Mill St. Brewery
- Nickel Brook Brewing Co.
- Spearhead Brewery
- Steam Whistle Brewing
- Waterloo Brewing Co.

2014 Whisky Selection

- AnCnoc Peter Arkle Limited Edition
- Bowmore Darkest 15 year old
- Featured - Auchentoshan 12 year old
- Aberlour 10 year old
- Specialty - Dewar's Highland Honey
- And one surprise exclusive whisky

The Four Points by Sheraton Chef is planning a savoury selection of appetizers to compliment the beverages. Cooke's Fine Foods and Coffee will provide two varieties of coffee.

You can purchase admission tickets online for \$25 at

www.nextgensociable.ca. Tickets include admission and 5 sampling tickets. Additional Sampling Tickets will be available for purchase at the event to allow you to experience all that Next Gen Sociable has to offer.

Thanks to our 2014 Whisky Sponsors: Cancoil Thermal Corporation, David Illingworth – Edward Jones Investments, Sir John's Public House and Upper Canada Commercial Insurance.

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

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.

CLICK BELOW TO CONNECT WITH US:

facebook.com/unitedwaykfla

twitter.com/unitedwaykfla

youtube.com/unitedwaykfla

www.unitedwaykfla.ca



DAY OF CARING

On June 6, a record number of workplace teams have registered to participate in Day of Caring, a community-wide United Way event that demonstrates the power of volunteering. 28 workplace teams will take on light construction, gardening and maintenance tasks at United Way funded agencies.

Thanks to the following workplaces who have registered their teams to take part in the day!

- All Risks Insurance
- Allstate Insurance
- Assurant Solutions
- BMO Bank of Montreal
- Bombardier Transportation
- CFB Kingston (B Compt)
- CFB
- City of Kingston
- E.I. DuPont Canada Company
- Empire Life
- Empirical Group – Brogan & Associates
- Family & Children's Services of FL&A
- 98.3 FLY FM
- Hydro One
- India-Canada Association of Kingston
- Joyceville Institution
- Kingston General Hospital
- Lafarge Canada Cement / Goodyear Canada Inc.
- Limestone District School Board
- Ministry of Transportation
- United Way Next Gen
- Novelis Specialty Products
- Ongwanada
- St. Lawrence College
- Target
- Union Gas Ltd.
- Wilkinson & Co. LLP

You can download your team [registration form](#) on our website. For more information, please contact Maura at 613-542-2674, ext. 7.

CAMPAIGN NEWS

As always, Cruickshank is the first to kick off their United Way Campaign! They started their campaign Friday May second. Thanks to ECC Jill Rees for her efforts!

The Kingston District Labour Council recently passed a motion to support the Caring For Others initiative

Watch for your campaign staff team to call - we will be touching base regarding Awards for workplaces. Please let us know if we can present your award at a staff meeting or other meeting to your group!

MEET THE CAMPAIGN CHAIR AND CABINET

Chairperson

Carrie Batt, VP Commercial Banking, RBC Financial Group

Next Gen

Erin Nolan, Project Manager, Assurant Solutions

Jenn Goodwin, Director of Communications, Providence Care

Labour Liaison

Tracy Simpson, President, United Steel Workers, (Novelis Inc)

Business Development

Sheila Kingston, Director New Business, Empire Life

Major Gifts & Leadership

Gillian Sadinsky, Director/Teacher, In House Yoga

Government

Mike Ryan, Regional Deputy Commissioner, Correctional Service Canada

Municipal Division

Desirée Kennedy, Treasurer, City of Kingston

Provincial Division

Sergiy Kolosov, Manager Administration, Negotiations and Accountability, Ministry of Health and Long-Term Care

GCWCC

Col. Francois Chagnon, Base Commander, CFB Kingston

Education Sector

Caroline Davis, Vice-Principal Finance & Administration, Queen's University

Health Care & Agencies

Darren Dougall, Executive Director, Youth Diversion

Tony Button, Director, Corporate Services, KFL&A Public Health

Finance

Karen Caron, Senior Manager Personal Banking, Scotiabank

Pat Murphy, Partner, Secura Financial Group

Commercial

Paula White, Account Executive, Bell Business Markets

Greg Hinton, VP/GM, Bell Media Radio Kingston

Commercial Account Executives

Adam Young, Partner, Secker Ross & Perry



SAVE THE DATE

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

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.

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.

UNITED WAY AGM

June 5 2014

The United Way KFL&A's Annual General Meeting is scheduled for Thursday June 6, 2014. Registration begins at 4:15 p.m. and the AGM will run from 4:30 p.m. – 5:30 p.m. Join us at the Holiday Inn Kingston Waterfront (Bellevue North Room), 2 Princess Street. Refreshments will be served.

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.

SUCCESS BY 6 WEEK

Success by 6 Week was a great success! A record number of events took place across KFL&A between May 3 and May 11. Thank you to all participants and to the many children that attended the events.

Visit our [Facebook](#) page to see photos.



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 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!](#)

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](#).