



United Way
Kingston, Frontenac
Lennox and Addington

Give. Volunteer. Act.

way to go!

Issue #6

United Way of Kingston, Frontenac, Lennox and Addington

June 18, 2014

FARE FOR FRIENDS TICKETS ON SALE

Kingston's favourite garden party returns to the Vimy Officers' Mess at CFB Kingston Sunday, September 7, from 2 to 6 p.m.

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.

Live and silent auction items are donated by local artists and businesses, offering a wide range of exciting items, including home décor items, pampering packages, art work, entertainment packages and much more.

Fare for Friends is the largest fundraising event of the United Way KFLA, raising over \$90,000 last year. Over the past 20 years, the event has raised over \$1 million dollars for programs that help people in our community when they need it most.

Tickets are \$160.00 with a tax receipt available for a portion of the price.

[Order yours today.](#)

Visit <http://www.unitedwaykfla.ca> for more information about this popular event.

*United Way
Fare for Friends
Kingston's favourite garden party!*



YOUTH VOLUNTEER CHALLENGE A RECORD BREAKER

Local high school students have exceeded local targets for a third year in a row. This year 3,364 students volunteered for an impressive 15,326 hours during the Change the World: Ontario Youth Volunteer Challenge.

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www.unitedwaykfla.ca

This year's total numbers represent an 85% increase in youth volunteers and an 83% increase in volunteer hours over 2013. In 2013 1,813 youth volunteered for 8,182 hours.

United Way Volunteer Centre administered the challenge in KFL&A, encouraging students to log the hours they volunteered between April 6 and May 19.

Youth from Limestone District School Board, Algonquin and Lakeshore Catholic District School Board, École secondaire-publique Milles-Îles, Pathways to Education, Boys and Girls Club and Youth 2 Kingston Collaborative Action Steering Team participated in this challenge.

Some students participated in pitch-in days, food drives, bake sales and car washes. Others donated blood, organized sporting

events to raise money for charities, performed in plays, participated in "We are Silent" and even organized the One Earth One Chance Summit.

The challenge gives students the opportunity to develop new skills and broaden their awareness of community service organizations.

This initiative is made possible with funding support from the Ontario Ministry of Citizenship and Immigration.



You can check out the photos on our [Facebook](#) page.



GO COMMANDO

Have you ever wondered if you have what it takes to make it through military training? Well, here is a unique opportunity to find out!

The CFB Kingston United Way Commando Challenge is back, and it's ready to push your physical, emotional and mental strengths to the fullest.

Do you have what it takes to rise to the challenge? The date to remember is Saturday, September 13. That means you've got just over two months to put your team together and get ready to test your limits.

CFB Kingston's Commando Challenge is the perfect team building activity for corporate groups or great fun for a bunch of friends or a community group.

Teams of 10 compete against the clock, and each other, to complete 7 military challenges.

Why Participate?

- Achieve a strong sense of camaraderie and team spirit
- Experience pride of tackling new challenges
- Accomplish a unified goal
- Acquire a new sense of confidence
- And most importantly... All money raised will go directly to United Way to support local programs & services

For more information about the Commando Challenge and to register, visit our website (<http://www.unitedwaykfla.ca/events/commando-challenge/>) or download this flyer (<http://www.unitedwaykfla.ca/wp-content/uploads/2012/08/CommandoChallengePamphlet1.pdf>). Register early to avoid disappointment!

CAMPAIGN NEWS

With the official start to summer just a few days away, barbecues and yard sales are beginning to pop up across KFL&A. Several workplaces are holding pre-campaign events. Here's a look at what you've been up to:

- Ongwanda employees fired up the barbecue for the first time on June 18 offering hot dogs, hamburgers, cold drinks and baked treats. Way to go ECC Rachel Brace!
- Union Gas employees are joining forces to host a yard sale and barbecues in support of United Way on Saturday, June 21 from 8 a.m. to 12 p.m. at 1653 Venture Drive, Kingston. Search for treasures with family and friends while enjoying a barbequed hotdog and refreshments. The yard sale will feature working household items, sporting goods, tools, small furniture items, gently used clothing and much more. Items for the sale have been collected from Union Gas employees in Kingston, Cobourg, Belleville and Cornwall. All funds raised via Union Gas branch office donations will be directed back to their local United Way. Way to go ECC Dugal MacDermaid and all at Union Gas!
- Watch for Give Back Where You Live campaigns to appear at local LCBOs on July 24th. Thanks to your generosity at the till and the hard work of LCBO employees, the Midland Avenue store raised the second highest amount in Ontario last year! Let's help them make it to first place this year. The Midland Avenue store is already at work, holding a book sale. Drop by

to pick up a book you'd like or donate one you've already read. Way to go ECC Teresa Graham!

- Assurant Solutions is holding their popular Silent Auction again, from June 16 to 20. Each department has been challenged to make the best basket and they will be auctioned off to the highest bidders! Way to go ECCs Erin Nolan & Marcelle Winter!

Welcome Aboard

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

- Mary Jean (MJ) McIntyre, INVISTA (Canada) Company
- Krishna Burra, Limestone District School Board
- Teresa Graham, LCBO
- Erin Nolan, Marcelle Wynter and Shawn Bolt, Assurant Solutions
- Trudy de Ruiten, TransAlta
- Rob Raike, Bombardier Transportation
- Rob Hanna, Goodyear Canada Inc.
- Courtney Maruno, Novelis Specialty Products
- Ashleigh Fortune-McKeil and JoAnn Wert, St. Lawrence College
- Wendy Stuckart and Ana Maria Fonseca, BMO
- Travis Sharpe and Laurie Newport, RBC
- Eric Boucher, Royal Military College
- Maj. Liam Doyle, CFB Kingston
- Peter Huigenos and Lana Foulds, City of Kingston

TEE TIME

One of KFL&A's favourite charity golf tournaments is getting set to tee off for the 34th time. The Ambassador Hotel Memorial Golf Classic is Thursday, August 28th at the Loyalist Golf & Country Club. The tournament is in support of United Way and University Hospitals Kingston Foundation.

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 \$185.00 per person and includes green fees, cart rental, lunch, dinner and a gift bag! The registration deadline is August 10th.

For more information, please email contact@ambassadorhotel.com.

72ND ANNUAL GENERAL MEETING

United Way of KFLA held its 72nd Annual General Meeting on Thursday, June 5. We said goodbye to some former [board members](#) and welcomed others aboard.



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



WHAT A DAY

Day of Caring was a great success! 220 volunteers took on light construction, gardening and maintenance tasks at United Way funded agencies on June 6. Thank you to this year's participating workplaces, volunteers, committee members, agencies and sponsors. Visit our [Facebook](#) page to see photos and tell us about your favourite part of the day.

NEW LEADERSHIP LEVELS

In 2014, United Ways across Canada will be adopting new Leadership Giving levels. [Visit our website to learn more.](#)

● **Philanthropist Circle** \$25,000+

● **Platinum** \$10,000 – \$24,999

● **Gold** \$5,000 – \$9,999

● **Silver** \$2,500 – \$4,999

● **Bronze** \$1,200 – \$2,499

United Way of KFLA has additional levels of recognition, including:

● **Builders of the Way** \$1,000 – \$1,199

● **Friends of the Way** \$500 – \$999

SAVE THE DATE

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

34TH ANNUAL AMBASSADOR HOTEL MEMORIAL GOLF CLASSIC

Thursday, August 28, 2014

One of region's favourite charity golf tournaments is getting set to tee off for the 34th time on August 28 at the Loyalist Golf & Country Club. The tournament is in support of the United Way of KFL&A and the University Hospitals Kingston Foundation. The entry fee is \$185 per person and it includes golf, cart, lunch, dinner and a gift bag. The entry deadline is August 10. For more information and to register, please email contact@ambassadorhotel.com.

SEEING IS BELIEVING BUS TOURS

Wednesday, September 3 & Tuesday, September 23, 2014, 9:30 a.m. to 2 p.m.

The "Seeing is Believing" bus tours provide volunteers and media partners with an opportunity to see first-hand where their donations go as they visit local agencies and programs, and meet the front line workers and recipients of services.

FARE FOR FRIENDS

Sunday, September 7, 2014

Fare For Friends will return to the Vimy Officers' Mess at CFB Kingston for the 21st 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

Friday, September 12, 2014

We're starting off Campaign 2014 the way we always do, over breakfast at the Ambassador. Join over 600 volunteers for a hot buffet breakfast and a roomful of Spirit of Community as we announce our region-wide fundraising goal and cut the ribbon on Campaign 2014.

COMMANDO CHALLENGE

Saturday, September 13, 2014, 8 a.m. to 2 p.m.

Have you ever wondered if you have what it takes to make it through military training? Well, here is a unique opportunity to find out! CFB Kingston's Commando Challenge is the perfect team building activity for corporate groups or great fun for a bunch of friends or a community group. Teams of 10 compete against the clock, and each other, to complete 7 military challenges.

STARLIGHT FILM FESTIVAL

Friday, November 7 – Saturday, November 8, 2014 (Friday night to Saturday morning), 12:30 a.m. – 6:30 a.m.

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 12:30 a.m. and 6:30 a.m. All proceeds from ticket sales go to United Way.

CAMPAIGN TOUCHDOWN BREAKFAST

Friday, November 28, 2014

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.