

FARE FOR FRIENDS TICKETS ON SALE

Kingston's favourite garden party returns to the Vimy Officers' Mess at CFB Kingston Sunday, September 13, from 2pm to 6pm. 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 \$86,000 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 with a tax receipt available for a portion of the price. Order yours today at <https://2015-fareforfriends.eventbrite.ca>. Visit our [website](#) 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 of 2,500 students and 7,500 volunteer hours for a fourth year in a row. This year 3,690 students volunteered for an impressive 20,424 hours during the Change the World: Ontario Youth Volunteer Challenge.

This year's total numbers represent an 8% increase in youth volunteers and a 33% increase in volunteer hours over

2014. In 2014 3,364 youth volunteered for 15,326 hours.

United Way Volunteer Centre administered the challenge in KFL&A, encouraging students to log the hours they volunteered between April 12 and May 24.

"This is the fourth year in a row that the students have surpassed the set goals by a wide margin," says United Way President and CEO Bhavana Varma. "It is very impressive and shows that young people of KFL&A are committed to making an impact on their community. This speaks well to the future of volunteer engagement and youth leadership in KFL&A."

Youth from Limestone District School Board, Algonquin and Lakeshore Catholic District School Board, École

secondaire-publique Milles-Îles, École secondaire catholique Marie-Rivier, Pathways to Education, Boys and Girls Club of Kingston & Area and Youth 2 Kingston Collaborative Action Steering Team participated in this challenge.

The challenge gives students the opportunity to develop new skills and broaden their awareness of community service organizations. To see some photos of these amazing students in action volunteering please visit [Facebook page](#).

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

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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 12. That means you've got just over three 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](#) or download [this year's flyer](#). Register early to avoid disappointment!

TEE TIME

One of KFL&A's favourite charity golf tournaments is getting set to tee off for the 35th time. The Ambassador Hotel Memorial Golf Classic is Thursday, August 13 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 per person and includes green fees, cart rental, lunch, dinner and a gift bag!

The registration deadline is July 30. For more information, please email rachel@ambassadorhotel.com.

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:

Workplace Events

- The **LCBO Midland Avenue Store** is getting a head start on their campaign by running a book sale! If you have any books that you would like to donate, please stop on by the store at 1089 Midland Ave. Maybe you will find your next great read while you are there! Way to go ECC Teresa Graham!

Results Are In

- **Correctional Service Canada (RHQ/RSC)** kicked off their Let's Shop at Lunch Series in support of United Way on May 20! From 11:30am to 1:00pm, staff were invited to shop at the Bake Sale and Foxy Leggings Party, with a portion of the proceeds going to your local United Way. Way to go ECC Jacqueline Edwards and the CSC team!

- **CORCAN** fired up the BBQ lunch with the Frisbee toss, burger and cake on May 21 in the CORCAN warehouse from 11:30am to 12:30pm in support of United Way KFLA.

CORCAN also organized a Fill the Boot on May 27. With all the supports from their staff, they raised \$420.55! Way to go ECC Annette Emmons and her team!

- **Union Gas** employees joined forces and hosted a yard sale and barbecue in support of United Way on Saturday, May 23 from 7 am to 12 pm at 1653 Venture Drive, in Kingston. Guests for treasures with family and friends while enjoying a barbecued hotdog and refreshments. Items for the sale were collected from Union Gas employees in Kingston and Cobourg. The day's events raised a tremendous \$793! All funds raised via Union Gas branch office donations will be directed back to their local United Way. Way to go ECC Dugal MacDermaid, Darren Leeman and all at Union Gas!



- **Utilities Kingston** held a Plant Sale on Saturday, June 30 from 10 am to 12:30 pm. in support of United Way KFLA. From Echinacea to Siberian Iris and Variegated Maiden Grass, many varieties of water-smart plants from the Utilities Kingston Water Conservation Garden were available for sale at 1211 John Counter Blvd. Way to go, ECC Richard Rodrigue and the Utilities Kingston team – you raised over \$1450 to benefit individuals in your community!



Welcome Aboard

- Ambassador Hotel & Conference Resort: Mary McLellan
- Assurant Solutions: Mark Riley
- Bell Media Kingston: Jacquelyn Beckett
- BMO Financial Group : Ana Maria Fonseca & Wendy Stuckart
- BMO Nesbitt Burns: Peter G. Finnegan
- Bombardier Transportation: Rob Raike & Stephanie Hartwick
- Canada Revenue Agency: Carrie-Ann Gagliano
- CFB Kingston: Maj. David Moszynski &
- CIBC Wood Gundy Inc.: Bradley See & William Dobson
- City of Kingston: Lana Foulds & Peter Huigenbos
- Corporation of the County of Frontenac: Angelique L. Tamblyn
- Correctional Service Canada: Jacqueline Edwards
- Costco: Sheila Jackson
- E.I. du Pont Canada Company: Kim Dailey & Tammy Kuehn
- Empire Life: Jordan Grundy & Ryan Jeffrey
- Homestead Land Holdings Limited: Kathryn Mellon
- Hotel Dieu Hospital: Eugene Littlejohn & Leanne Deodato
- Kingston Community Credit Union: Jason Field
- Kingston General Hospital: Shannon Graham
- KPMG LLP: Katie Friesen
- LCBO: Murray Grudzinski & Teresa Graham
- Limestone District School Board: Jessica Silver & Karen Smith
- Ministry of Health and Long-Term Care: Richard Carr
- Ministry of Transportation: Jason Buick
- Northland Power: Julie Madigan
- Novelis Specialty Products: Vanessa Reid
- Parole Board of Canada: Emily Prout
- Parsons: Kim Reynolds
- Providence Care: Danielle Gowdy
- Robinson Innovations: Al Oliveira
- Rogers Radio Kingston: Kayla Kidd
- Royal Military College: Capt. Lindsay Holmes
- Scotiabank Financial Group: Karen Caron & Kelly Kelman
- South East Community Care Access Centre: Simone Walters
- St. Lawrence College: JoAnn Wert
- Stantive Technologies Group Inc.: Linda Ross
- Sun Media Kingston Group: Mike Dwyre
- Union Gas Ltd.: Dugal MacDermaid
- Utilities Kingston: Richard Rodrigue & Ryan Boehme
- Withey Addison LLP: Lynlee Goerge

United Way Day of Caring

Thank you for making a difference in our community

204 volunteers from 29 workplaces teams came together at 25 agency sites across Kingston, Frontenac, Lennox and Addington on June 5, 2015 for **United Way Day of Caring**. Agencies got much needed projects completed and volunteers learned about their community through hands-on experience.



THANK YOU, PARTICIPANTS

All-Risks Insurance
Ambassador Hotel & Conference Centre
AMS Society
Assurant Solutions
Bell Media
Bombardier Transportation
Canadian Defence Academy
City of Kingston
E.I. du Pont Canada
Empire Life
Empirical Financial Services
Family & Children's Services of FL&A
Home Depot
Hydro One
India-Canada Association of Kingston
INVISTA (Canada) Company
Lafarge
Ministry of Health and Long-Term Care
United Way Next Gen
Novelis Inc.
Ongawanada
Providence Care
Rogers Radio Group Kingston
St. Lawrence College
Union Gas
Wilkinson & Company LLP
Zatoon Anwar

THANK YOU, DAY OF CARING VOLUNTEER COMMITTEE

Chair: Michele Finney, Hydro One
Dana Bell, Family & Children's Services of FL&A
John Kerslake, Empire Life
Joanne Webb, Hydro One
Lisa Brais, Assurant Solutions
Rachel Brace, Ongwanada
Tammy Kuehn, E. I. du Pont Canada Company

THANK YOU, AGENCIES

Big Brothers Big Sisters of KFL&A
Boys & Girls Club of Kingston & Area
Canadian National Institute for the Blind
Elizabeth Fry Society
Food Sharing Project
Home Base Housing
The Kid's Place Early Childhood Centre
Kingston Interval House
Kingston Literacy & Skills
Lakeside Community Gardens
L & A Interval House
Limestone Advisory for Child Care Programs
Martha's Table
North Frontenac Community Services
Oak Street Community Gardens
Seniors Association Kingston
South Frontenac Community Services
Sunnyside Community Gardens
Kingston Community Health Centres
K3C Counselling Centres

THANK YOU, SPONSORS

MATERIALS SPONSORS

Burt's Greenhouses
CRS Contractors Rental Supply
Dulux Paints
Empire Life
Food Basics
Home Depot
Hydro One
KIMCO Steel Sales Ltd.
Kingston Paint & Decorating Inc.
Lowe's Canada
Parade of Paints Inc.
Rigney Building Supplies
Swish Maintenance Ltd.
Sydenham Landscaping Products
Walmart
Wilkinson & Company LLP

WRAP UP SPONSOR

CFB Kingston, JR's Mess

KICK-OFF SPONSORS

COSTCO
St. Lawrence College

SAVE THE DATE

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

35TH ANNUAL AMBASSADOR HOTEL MEMORIAL GOLF CLASSIC

Thursday, August 13

Looking for a day to enjoy a delicious grilled lunch, a fun game of golf and an evening of great food and conversation? Sign up for the 35th Annual Ambassador Hotel Memorial Golf Classic at the Loyalist Golf & Country Club in support of United Way KFLA and University Hospitals Kingston Foundation.

UNITED WAY 2015 CAMPAIGN KICK-OFF BREAKFAST

Friday, September 11, 7am

Join over 500 local workplace volunteers at the Ambassador Conference Resort Centre to kick off the campaign in our traditional fashion – over breakfast! [\[See more details\]](#)

CFB KINGSTON'S COMMANDO CHALLENGE

Saturday, September 12

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 members compete against the clock, and each other, to complete 7 military challenges.

UNBREAKABLE WE ARE CAMPAIGN

Saturday, September 12

This campaign brings together First Responders, community members and corporate sponsors for a challenge in support of Make-A-Wish Eastern Ontario and United Way KFLA. Participants will strive together to reach new heights of physical and mental performance through the Strength and Conditioning Challenge and the Tactical Fitness Challenge. [\[See more details\]](#)

FARE FOR FRIENDS

Sunday, September 13, 2pm to 6pm

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.

[\[See more details\]](#)

STARLIGHT FILM FESTIVAL

Friday, November 6, 12:30am - 6:30am (Friday night to Saturday Morning)

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 (13-19 years of age). All proceeds from ticket sales go to United Way. Sponsored by Scotiabank.

UNITED WAY 2015 CAMPAIGN TOUCHDOWN BREAKFAST

Monday, November 30, 2015

Find out how much money you raised as we wrap up Campaign 2015 the same way we start it – with another delicious hot buffet breakfast at the Ambassador Hotel & Conference Centre.

[\[See more details\]](#)