

## GOING ONLINE

Save a few trees? Have you and your workplace thought about using ePledge instead of paper pledge forms? ePledge offers a web-based portal to support your workplace campaign. This portal allows employees to pledge online, eliminating the need to distribute, collect, and process paper pledge forms. This secure online interface allows you to communicate directly to employees, and provides real-time pledge tracking.

United Way's online giving portal is easy to use, and support and assistance is provided by the United Way staff team.

Here's a [quick look](#) at what you need to run an ePledge campaign

For more information, call us at 613-542-2674 or email [jdipaolo@unitedwaykfla.ca](mailto:jdipaolo@unitedwaykfla.ca).



## JUST OVER A WEEK UNTIL CAMPAIGN KICK-OFF

the  
**power**  
to  
**change**  
lives.

Now that September has arrived, you know that the 2015 Campaign Kick-off is just around the corner. That's right, in just over a week, we're getting set to cut the ribbon on Campaign 2015 over a delicious buffet breakfast at the Ambassador Hotel & Conference Centre.

600 dedicated volunteers from across KFL&A will be there. Join 2015 Campaign Chair Mike Ryan for a very special celebration sponsored by Ambassador Hotel & Conference Centre and TyRoute Telus Communications.

Join us for breakfast at the Ambassador Hotel & Conference Centre on Friday, September 11 and learn more about the impact your campaign has on the community and how YOU have the power to change lives!

Tickets are just \$15 per person. Get yours today.

To order tickets, please visit [here](#).

For more information, please call 613-542-2674 or email [campaign@unitedwaykfla.ca](mailto:campaign@unitedwaykfla.ca)

## 22 YEARS OF FOOD, FRIENDS AND FUN

Some of the region's finest chefs will be there with us, and so will some of Ontario's best wineries and breweries, great live music and the liveliest auction action you'll ever find. Check out our Facebook page for a photographic preview of some of the items on the block this year.

If you don't have your tickets yet, you're still in luck. We have just a few tickets remaining. So call the office today and make sure you join us at the Vimy Officers' Mess at CFB Kingston, Sunday, September 13 at 2pm.

Still don't have your tickets? They're selling out quickly, so make sure you order yours this week. Tickets are \$160 a person with a tax receipt available for a portion of your ticket price. [Order yours today](#).

Visit our [website](#) for more information about this popular event.

### CLICK BELOW TO CONNECT WITH US:

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

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

## YOU'D BETTER BELIEVE IT



The Seeing Is Believing bus is ready to roll again for this year's version of our Seeing Is Believing Bus Tours. The bus pulls out of the Memorial Centre parking lot at 303 York Street on September 25 at 9:30am to take you on a four-hour behind-the-scenes tour of some of the 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.

This year, as an added feature, lunch will be served at an agency, Outreach St. George's Kingston. Tour guests will experience the same lunch as clients do every day.

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

For more information visit [our website](#)

Thank you **City of Kingston** for providing the Buses at no cost!



## LABOUR DAY PARADE

Join annual Labour Day Parade on Monday, September 7. Everyone will gather at the McBurney Park (Clergy and Ordnance) at 10am, and the parade will start at 10:30am. Anyone is welcome to join the parade! Come and enjoy free music, picnic lunch, speeches with your family, friends and children. This event is sponsored by the Kingston and District Labour Council.

## CAMPAIGN NEWS

With just under two weeks until the 2015 campaign kicks-off, some workplaces are getting a head start with events, and canvasser training. Here's a look at what you've been up to:

### Workplace Events

- A big thank you to **Bell Media** and **98.3 FLY FM** for choosing United Way KFLA as their FLY FUND recipient of the month! They generously donated \$1000 in support of our local United Way. Thank you!
- **Post Media** kicked off their campaign with a speaker from Pathways for Child & Youth on Friday, August 28. The event was also followed by delicious BBQ for the Woollen Mill building coordinated by the Kingston Whig Standard employees. Way to go, Liza Nelson and Mike Dwyre – a great way to start your employee campaign.
- Public Works Department from **Corporation of the Township of South Frontenac** will be hosting an Open House for the Public on Saturday, September 12 10am to 2pm at the Keeley Road Patrol Yard. There will be various trucks and equipment on display for the public to experience. The Fire Department will have some equipment on site as well. Feel free to drop by with you children!
- BBQ will also be held in support of the United Way. This event will be staffed by employees volunteering their time. They may also open the Household Waste Depot to the Public on this day.
- City of Kingston ECCs Peter Huigenbos and Lana Foulds have been hard at it! With their committee meetings under way

and two department Champion training sessions under their belt, the City folks are ready to Kick off September 23rd with a BBQ at the Lake Ontario Park!

- Correctional Service Canada is ready to launch their campaign; ECC's are recruited at all institutions and plans are in place for another successful campaign. Way to Go, Jackie Edwards.
- CFB Kingston's first canvasser training session was completed yesterday and another session is coming up on September 8th. Everyone is getting ready to kick-off their campaign on September 30. Way to Go ECC Maj. Leonard and Maj. Dave!
- Goodyear Canada also started to get busy with all the United Way events! Ball Tournament was held yesterday and team building events are all lined up until October when employee canvass gets under way. Way to Go, ECC Tom Gingrich!
- Teresa Graham and the folks at LCBO Midland need your help! Their book sale table has lots of open spots! If you have books to share or recycle, why not consider the LCBO Midland Book table! They will also be holding a BBQ at the Midland Ave. location this Saturday, Sept. 5th, starting at 10am! All proceeds go to our United Way.
- UPS held a BBQ last Thursday in support of United Way, and are almost half way through their campaign! Way to go, ECC Blair Henwood!

### Welcome Aboard

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

- Corporation County of Lennox & Addington - Buffy Whalen
- Family & Children's Services - Patty Theriault
- Public Works and Government Services - Ken Dunphy

## SAVE THE DATE

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

### **LABOUR DAY PARADE AND PICNIC**

**Monday, September 7, 10am to 2pm**

Please join the Kingston and District Labour Council on Labour Day for their annual parade and free picnic lunch. The event begins at McBurney Park (Ordnance and Clergy Streets) and it is a free event. Everyone is welcome; enjoy free music, food and fun for the kids.

### **UNITED WAY 2015 CAMPAIGN KICK-OFF BREAKFAST**

**Friday, September 11, 7am**

We're starting off Campaign 2015 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. Sponsored by Ambassador Hotel & Conference Centre and TyRoute Telus Communications. [[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. [[See more details](#)]

### **UNBREAKABLE WE ARE CAMPAIGN**

**Saturday, September 12**

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

### **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. Investors Group is a Lead Sponsor for the event. [[See more details](#)]

### **SEEING IS BELIEVING BUS TOUR**

**Tuesday, September 25, 9:30am to 2pm & Thursday, October 15, 9:30am to 2pm**

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. [[See more details](#)]

### **NEXT GEN POOL PARTY**

**Friday, October 23**

The United Way Next Gen Pool Party is back at Raxx Bar & Grill! Spend time with your colleagues and make new acquaintances while enjoying a fun afternoon of pool. Sponsored by Investors Group. [[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. [[See more details](#)]

## **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 Conference Resort. Sponsored by TD Bank. [[See more details](#)]

## **COMMANDO CHALLENGE**

It's ready to push your physical, emotional and mental strengths to the fullest. Are you up for the challenge? There is only ONE spot remaining, so make sure you register your team soon! Visit our website for more information and watch a video [here](#).

To register, [click here](#) or contact United Way office by phone at 613-542-2674 or email at [campaign@unitedwaykfla.ca](mailto:campaign@unitedwaykfla.ca)



## **PROFESSIONAL DEVELOPMENT WORKSHOP**

**September 30, 2015, 9am - noon**

For Senior Staff, Managers, Volunteers and Board Members

### ***Managing Workplace Stress***

Stress is a fact of today's work environment. Learn to define stress and its immediate and long term effects. Identify workplace stressors and take away tools and tips to help you combat and neutralize stress.

**Location:** Family & Children's Services, 817 Division Street, Kingston

**Facilitator:** Mike Melles, K3C Community Counselling Centres

**Fee:** \$30

**Registration:** Register online at [www.unitedwaykfla.ca/lds](http://www.unitedwaykfla.ca/lds)

**Note:** Seating is limited for this workshop. Registration limited to 2 people per agency.