

# Celebrating Our Largest Fundraising Total To Date!

## Community Champions Touchdown Dinner Event

Our 2018 Campaign Touchdown Dinner Event was our most successful yet. This year we were able to secure some incredible silent auction prizes and event sponsors to come away with over **\$5,000.00!** Our guest speaker, Denise Hepburn was an inspiration to all as she told her story of the incredible battle she has faced. Thank you to our sponsors and VCCS Employment team for your incredible support.

### Guest Speaker Denise Hepburn

At the event, four time Invictus Games Bronze Medallist Denise Hepburn spoke about the importance of having support systems like United Way in place for people who are suffering from mental health issues. She is proud to be able to bring awareness to mental health initiatives and hopes sharing her journey will encourage others to reach out for help, especially those dealing with PTSD.

Mrs. Hepburn is a retired 8-Wing Master Corporal who shared her journey of overcoming her life threatening injury to compete in the 2017 Invictus Games. She suffered a C2 spinal injury in a training exercise: an injury with a 5% survival rate. She overcame the physical challenges and continues to deal with the mental health side of a life-long injury. Her fortitude helped drive her to compete in the Invictus games in rowing, seated volleyball and swimming. She won 4 bronze medals in swimming.



Denise Hepburn wins Bronze medal for swimming in 2017 Invictus Games



United Way CKL Staff and Denise Hepburn at the Touchdown Event

### Our Biggest Total Yet

At the Touchdown Dinner event, United Way for the City of Kawartha Lakes was proud to announce its biggest fundraising total to date! On Thursday March 22nd, 2018 UWCKL announced the total of **\$483,222**. Since the announcement at the event, a few last minute donations brought the grand total to **\$497,134!** This is all thanks to our incredible team of staff and volunteers along with generous community partners who came together this year to exceed expectations.

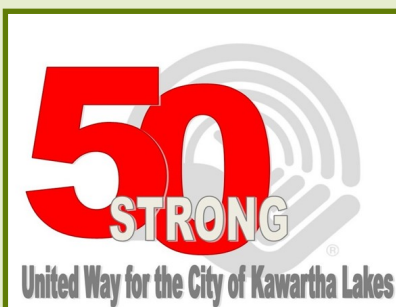
### Volunteer of the Year

The United Way for the City of Kawartha Lakes' Volunteer of the Year is Lynne Downey. Lynne has been a member of the Board of Directors since 2009, and became the Board Secretary in 2011, a role she continues to fill. Lynne's time with the Board of Directors comes to an end this year and we wish to thank her for her commitment to the United Way and her community. Lynne Downey is a true Community Champion!



*"The evolution of how your United Way has influenced social change is a remarkable testament to people who have made a choice to care about other people. Over the past decade, we have seen the number of people touched by United Way grow from 23,000 a year to more than 35,000 people."*

*- Penny Barton Dyke, Executive Director, UWCKL*



## CELEBRATING 50 YEARS OF INVESTING IN OUR COMMUNITY

# Get Involved With Your United Way!



“Fruit and veggies are like the candy of the earth!” - Harmony, a UWCKL gardener

## Another Year, Another Garden

A milestone of 100 garden plot constructs was reached in the community garden project last summer. The gardens are places where people feel welcome, interact with neighbours and venture into the United Way which sometimes then links them to other supports. We were able to connect with 7 schools with repeat visits for interactive workshops that included how to plant seeds and take care of plants. Workshops were also conducted at 2 daycares, one adult activity centre and one long-term care residence (inter-generational programming). Our open plots for the public continue to encourage people to share in the experience of gardening.

## Veggies for Veterans

This summer, we will be launching a Veggies for Veterans community gardening program in Woodville, with the hope of expanding this program to other communities. This program is made possible through a New Horizons for Seniors grant from the Government of Canada. Veggies for Vets will be piloted at the Legion in Woodville with the goal of promoting volunteerism, community engagement and social participation among seniors, while promoting intergenerational connections and access to fresh produce and food security for seniors in the community.

## Now Recruiting Volunteers

Volunteering is a great way to build skills, give back, help others and participate in your community. United Way likes to match volunteers to projects that meet their needs and interests. If you think you would like to join our team, here are some areas to explore: campaign team, event volunteer, Board of Directors, gardening, and office support. Contact the office for more information at 705 878-5081.



## Annual Curling Bonspiel raises over \$100,000

The 11th annual Nexicom-United Way Curling Bonspiel was held on March 10th, 2018 at the Lindsay Curling Club. Once again, our incredible volunteer Audrey Quibell and a team of volunteers worked very hard to organize this event with all of its prize donors, sponsors, volunteers and curlers. Without Audrey, this event would not be possible.

This year, with the help of Audrey and her team of volunteers, we raised over \$14,000: bringing our total of funds raised over \$100,000 since the Bonspiel began in 2008!



Curlers at the 11th Annual Bonspiel

### MAKE CHANGE HAPPEN WITH YOUR DONATION TODAY

Please join us in supporting our community by giving generously to your local United Way:

United Way for the City of Kawartha Lakes, 50 Mary Street West. Lindsay, ON, K9V 2N6

**Tel: 705 878-5081 Charitable Registration Number: 10545 4508 RR0001 Email: office@ckl.unitedway.ca**

**Facebook: @UWCKL Twitter: @UnitedWayCKL Instagram: @unitedwayckl YouTube: @UnitedWayCKL**

Donate online at [www.canadahelps.org/en/charities/uniteddd-way-for-the-city-of-kawartha-lakes/](http://www.canadahelps.org/en/charities/uniteddd-way-for-the-city-of-kawartha-lakes/)