

November, 2010

Vol 2, Issue 6

# United Way of Central Alberta Newsletter

Join the movement!

Help the 1 in 3 People in your community who rely on your support.



Dear Jennifer,

It's a very busy time for United Way volunteers and staff - we are at the half-way point in our campaign and the momentum and energy is still going strong.

Here's a sample of some of the exciting fundraising events and workplace campaign results. The **Sylvan Lake Community Cup** held last week raised over \$8,600, **Ashley's Furniture** has more than doubled their achievement from 2009, **CIBC** just announced a 50% increase to their corporate contribution to Central Alberta, and **COSTCO** once again, has a 100% participation rate.



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## Save the Dates!

For all the following listed items please check our [website](#) for further details

### SPCA Pet Pictures with Santa

Nov 20 & 21  
4505-77St Red Deer

### Soup Fundraiser @ The Hub

Nov. 26  
2936 Ross Street

### Scotiabank Bake Sale

Port o Call Centre  
Nov 29 & 30  
4421-50 Ave Red Deer

December 3, 2010

### Rebels & United Way Game Night

## Newsflash



We are very pleased to announce that we have achieved **55%** of our campaign goal to date! We've still got a long way to go, and will need everybody's help to support 1 in 3 people in our community who need our help.

Please read our full press release by clicking [here](#).

## Quick Links

[Find us on Facebook](#)

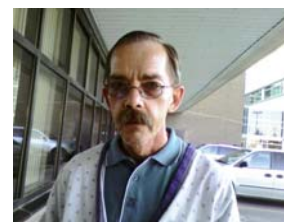
[United Way of Central Alberta](#)

[Join Our Mailing List!](#)

## Applause



We'd like to give a big round of applause to all those volunteers who have been participating in United Way Day of Caring activities for 2010. United Way Day of Caring is an agency-focused event that connects



Brian in 2006

groups of volunteers with local non-profit organizations, to promote volunteerism through community service. In 2010, **NOVA Chemicals**, **APX Alarms**, and **Servus Credit Union** have all stepped forward to help **35** different agencies with **1,538** volunteer hours.

For more information, read the Ponoka News article on the Day of Caring for 2010.

[Day of Caring - Ponoka News](#)

We can provide your company with a Day of Caring opportunity anytime during the year. If you would like United Way to organize a Day of Caring for your office or group please email [jennifer@caunitedway.ca](mailto:jennifer@caunitedway.ca)

### Get Involved

**United Way and Red Deer Rebels**  
**"Sock it To 'Em" Game Night**  
**December 3, 2010, Game Time: 7:30 pm**  
[Red Deer Rebel Tickets](#)

United Way of Central Alberta and Red Deer Rebels are once again partnering to raise awareness and fundraise for the 2010 United Way campaign.

Hockey fans will be encouraged to purchase a pair of socks for \$5, and throw onto the ice for a chance to win a prize. Alternatively, fans can also bring new socks which will be donated, along with the purchased socks, to one of United Way of Central Alberta member agencies.

If you or your company are itching to get involved in this high profile event, here are two ways:

1) New donations of \$1,000+ will be announced at the beginning of the game, with an option to present your cheque to a local United Way representative on ice. A great opportunity to profile your company in a public way.

[Corporate Donation Entitlements](#)

2) Provide us with 200 pairs of new socks, which fans will be able to purchase.

[Sock Sponsorship Entitlements](#)

We hope to see you at the game!

### How You Can Help!

Have you been on a holiday and have an assortment of hotel soaps and shampoos? Your local United Way office (4811-48 St Red Deer) has a collection box for unused personal hygiene items that will be distributed to agencies that work with the homeless and others in need. Some of the most requested items are toothbrushes, toothpaste, deodorant, shampoo, combs, hair care products, razors, hand lotion, feminine hygiene products as well as mitts, socks, gloves, hooded sweatshirts and toques for the winter

Brian Harder started his journey to recovery four years ago. After an intervention to stop his drug and alcohol abuse, Brian ended up in the hospital with a coma. Brian had been dealing with his addictions for over 40 years, and the sudden withdrawal was too much of a shock to his body.

"Asking an addict to stop using or an alcoholic to stop drinking is like asking a normal person to stop breathing" said Brian now 54. "They don't know how to live without it."

Brian did survive the recovery process, although it has been a long and difficult journey. Waking from the coma, he had to relearn the basic skills we all take for granted like talking, walking and even eating.

Brian attributes his recovery in large part due to help he received from the Canadian Mental Health Association, a United Way member agency.

"Once addicts and alcoholics get to a point that they've finally had enough and are willing to accept it, it is so important that the services provided by the United Way are there" said Brian.

We are honoured that Brian chooses to volunteer his time by sharing his personal story with companies who support United Way. If you would like Brian to speak at your workplace, please contact us at 403.343.3900.



Brian in 2010

### Photo of the Month

season.

### Another Great Way to Help!

Several groups and businesses are hosting fundraising events to raise funds and awareness for United Way. Please visit our [website](#) for continually updated list of activities. Here is a list of current raffles taking place in our area:

#### Capri Centre Wine & Dine Dinner for 4

Tickets \$5.00  
Draw Date: December 20, 2010  
Tickets available at the Capri Centre  
3310-50 Ave Red Deer

#### Bashaw and District Support Services Giant Christmas Treasure Chest Raffle

Ticket \$20.00  
Draw Date: November 27, 2010  
Tickets on sale at:  
Bashaw & District Support Services call 780-372-4074

#### CNIB Christmas Gift Basket Raffle

Tickets \$2.00  
Draw Date: December 16, 2010  
Tickets on at:  
CNIB office 4, 5015-48 St Red Deer  
or  
United Way of Central Alberta 4811-48 St Red Deer

**Looking for Christmas Gift Ideas** .... then consider these fund-raising initiatives.

#### "COOKING THE BOOKS"

A wonderful cook book for everyone's kitchen - especially any financial planner in the family.

Delicious recipes form around the world.  
Cost: \$15.00 with all dollars going to the 2010  
United Way of Central Alberta Campaign.  
Cook Books are available at the United Way office  
4811-48 Ave Red Deer

or

email [Robin](mailto:Robin)

cook book assembled by the Accounting office of Nova Chemicals, Joffre

#### United Way Esso Gift Cards

At participating Esso service outlets or  
[www.essogiftcard.ca](http://www.essogiftcard.ca)

A portion of the purchase price for each gift card  
purchased in Central Alberta will be donated to  
United Way of Central Alberta.  
Ask for the United Way Card.  
Only \$25.00.

#### HAY'S DAZE

by Harley Hay

A collection of Harley's Red Deer Advocate articles.  
To order e-mail [harleyhay@shaw.ca](mailto:harleyhay@shaw.ca) or by calling 403.302.4442. Cost of  
Harley's new book is \$18, with a portion of the proceeds to be donated to



Talk about having fun while supporting United Way! London Drugs hosted Darth Vader on Halloween. For \$5 customers were able to have a picture taken with Darth Vader with proceeds going the United Way of Central Alberta. Any guesses on who is in this picture? We love the enthusiasm.

#### Did You Know...

that each United Way is an autonomous organization?

Now, if you are wondering what that means to you, it simply means that if you donate to United Way of Central Alberta, your money stays in Central Alberta.

Each local United Way office is governed and operated by its own bylaws. Dedicated volunteers work diligently to ensure donations are wisely allocated to programs that have the greatest impact.

We've recently updated our website to include some Frequently Asked Questions on this and other hot topics for anyone interested in finding out more about United Way of Central Alberta.

[Frequently Asked Questions](#)

United Way.

For the more up to the minute community events supporting United Way,  
please visit our website [www.caunitedway.ca](http://www.caunitedway.ca)

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Thank you for your support of United Way. We welcome your suggestions for future issues, please  
e-mail [jennifer@caunitedway.ca](mailto:jennifer@caunitedway.ca) for more information.

Sincerely,



Jennifer Forrest  
United Way of Central Alberta

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