



NEWS RELEASE

United Way of Cambridge and North Dumfries • 150 Main St. 2nd Floor • Cambridge, ON N1R 6P9
P: 519-621-1030 F: 519-621-6220 E: info@uwcambbridge.on.ca W: www.uwcambbridge.on.ca

NEWS RELEASE

For Immediate Release

CONTACT

Jean Taylor
Manager of Marketing and Communications
United Way of Cambridge & North Dumfries
Phone: (519) 621-1030, ext. 223
Email: jean@uwcambbridge.on.ca

"Days of Caring" Sees 18 Workplace Volunteers Contribute Over 100 hours to Community Organizations

Cambridge, Ontario, June 22, 2011 – During the month of June, United Way of Cambridge and North Dumfries coordinated three "Days of Caring" connecting workplace volunteers with partner agencies and Volunteer Cambridge Member organizations. Employees from Toromont Cat Ltd. and Russell A. Farrow Ltd. contributed over 100 hours in volunteer labour to Preston Heights Community Group, Cambridge Self Help Food Bank and Pride Stables.

Each organization had specific tasks that needed to be completed but without these volunteers they wouldn't be done. At Preston Heights the Toromont team painted and updated the washrooms, "it was a great day, and they were super great fun volunteers" said Sharron Lirette, Volunteer Coordinator. A second Toromont team assisted the Cambridge Self Help Food Bank with renovation work necessary to accommodate the Food Co-operative Program, "what an awesome job they did!" expressed Executive Director Pat Singleton, "we couldn't have done it without them!" Russell A. Farrow employees teamed up with Pride Stables as they prepared the grounds for upcoming summer therapeutic riding camps. There was general clean-up of the area, including raking and waste collection to ensure that every rider would be safe during their time at Pride Stables.

About National Day of Caring:

"National Day of Caring" is an opportunity for community-minded citizens to give back to their community by volunteering their time to undertake a project that a local charity has been unable to tackle due to a lack of resources.

Eligible projects are those that will take no more than a day to complete. This year's projects include: painting; gardening and mulching; tree planting; graffiti removal; and general outdoor clean-up.

The Day of Caring concept originated with the volunteers in mind. Due to busy work schedules and wanting to spend more time with families, more people are looking for flexible, short-term volunteer opportunities that are meaningful. Donors – both individuals and corporations want

more choice, and more clarity about where their money is going. A Day of Caring takes all of the above into account. The volunteer task itself is short and meaningful. Volunteers can experience firsthand how our partner agency programs improve lives and build our community.

About United Way of Cambridge and North Dumfries:

Since 1940, United Way has been working to make our community a stronger and healthier place to live and work. Working with 25 knowledgeable and reputable partner agencies, we invest to improve and build our community so that:

- Children and youth reach their potential
- Families are strong
- Neighbourhoods are inclusive and thriving
- People are economically secure
- Newcomers are welcomed and supported

Further information about United Way of Cambridge and North Dumfries is available at <http://www.liveunited.ca>.



Russell A. Farrow Employees LIVE UNITED at Pride Stables