



**Giving back to the area
you love**

*In this issue: Random Act of
Kindness Day*

We would like to take this opportunity to thank everyone who made Kenora's first Random Act of Kindness Day a success. The appreciation extends to anyone who participated, helped spread the word, or anyone who visited the site or inquired to what RAKD is.

The stories below highlight some of the amazing things that people did on November 4th to celebrate RAKD. We had asked participants to share their story with us and this was some of the feedback we had received. We hope you enjoy reading the material and that it encourages all of us to pass on the kindness.

Kindness has never been so delicious

The Kenora Association for Community Living has been a partner with the Community Foundation for several years and has their own endowment fund. Below is a copy of the email we received from KACL regarding RAKD.

Giving Brings Joy,

What a wonderful way to end the week on November 4.

The Kenora Association for Community Living Staff participated in the Random Acts of Kindness Day by baking and delivering 60 dozen cookies for random businesses and organizations throughout Kenora.

Here is what the staff had to say about Random Acts of Kindness Day:

“The best part was the delivery and witnessing the reactions of the recipients. People were literally shocked.”
Nicole Perron.

“After the initial surprise people were thrilled to receive a bag of homemade cookies. It was a really great experience being on the giving end” Sue McCallum

“One of the highlights for me was delivering to the clinic and the hospital. The Staff were thrilled to have us break up their routine” Cathy Trask

We received a comment on Facebook regarding KACL and their cookies.

I was walking down the hallway of the Options for Adults Building and was given a lovely bag with 1 dozen homemade ginger cookies from the Kenora Association for Community Living staff and the Wholesale Club. This act made me feel terrific and the cookies were great.

-Sue Hissa





Creating Opportunities Together.

“Being part of a community is worth more than it costs.”

Copperfin Credit Union Nestor Falls

We had a lot of fun with this in Nestor Falls.

As we are limited with stores to purchase treats or coffee we had to be careful to not go over budget.

Our random Acts of kindness

- We gave out loonies and quarters for two ladies to do their laundry.
- We went to a local restaurant and bought a group of ladies (ladies that do a great deal of volunteer work for Nestor Falls) their afternoon coffee. This also came with 2 hugs that were requested.
- We bought a coffee mug and filled it with chocolate for the Nestor Falls School Bus Driver.
- Purchased chocolate bars for the members that come in the branch.

This was great fun and we are already preparing for next year's Act of Kindness Day

Copperfin Credit Union spreads RAKD to all 5 Branches

We received several emails from the different Copperfin Branches regarding their RAKD activities. The list is long but there is some really great stuff in there and encourage everyone to go through them.

Copperfin Credit Union Ear Falls Branch

I just wanted to let everyone know what the Ear Falls Staff did today for our Random Acts of Kindness.

All of the staff baked cookies, cupcakes, muffins, squares and cinnamon buns. We had enough to make up an assortment for some trays.

1. We gave the largest portion of the baking to the Senior Center. They were all very pleased and excited with all of the goodies.
2. & 3. We gave the Ambulance employees a tray of baking and also brought another tray over to the Medical Center employees. Again all were very happy to have the treats.
4. We gave a \$10.00 coupon to an elderly gentleman who likes to go to one of the restaurants for a bowl of soup for lunch so he can have some company.
5. We purchased 5 single wrapped carnations and gave them out to random people. One lady had tears in her eyes for receiving a flower “just because”.

We all had a great time doing these things today, seeing all of the happiness of being surprised with a random gift I think really made some peoples days!!!!

Hope everyone has as much fun as we did and have a great weekend!!!!

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The Copperfin Credit Union Keewatin-Kenora Branch

Random Acts of Kindness

- Delivered 48 small packages of home cookies and about 20 cups of hot chocolate today to downtown business today mostly focusing on the reception staff or business owners.
- We randomly handed out about 6 pairs of gloves, and gave about 9 pairs to Buck Matiowski to hand out to people he sees at the Harbourfront
- Nine pairs to the library who have many patrons coming in without adequate hand coverage.
- Paid for 6 muffins for the vehicle behind me.
- We left a big container of hot chocolate mix in the staff room for our staff
- Our morning started early, at 3:00 am delivered coffee, cookies and croissants to the Emergency Department for Staff at Lake of the Woods Hospital.
- Purchase breakfast for the fellow behind her in line at Tim Horton's.
- Delivered coffee and tea to the seniors block
- Delivered timbits to the maintenance fellow at the Keewatin Area at 6:00 am.
- Her daughter was so enthusiastic about this they also took a great big batch of Hot Chocolate for all of the skaters. At noon time, this same staff member involved her young son and they delivered hot chocolate to the noon our staff at KPS.
- Made a chili and buns for lunch and fed 11 workers located at the second street branch.
- Scout Popcorn sent for troops
- Hojoe's - gave money to give coffee to customers for however long it lasted
- Nibbler's nook – gave funds to staff to give penny candy to kids that come in after school to buy a treat
- Gave fudge to foundation staff
- Warm socks to less advantaged people
- 2 breakfasts at local restaurant frequently visited by those who can only afford a hot coffee (funds were enough to cover the breakfasts but told the staff to use their discretion and decide)
- Paid at Tim Horton's for another customer
- Paid parking for older patient at clinic
- Coffee and muffins to Morningstar
- Muffins to Psychiatric Survivors Office
- Flowers to struggling mom
- I gave my girls \$5 in loonies to pay for grocery carts
- Muffins to Psychiatric Survivors Office
- Flowers to struggling mom
- I gave my girls \$5 in loonies to pay for grocery carts at No Frills
- We bundled a big box of toys and donated them to the kindergarten class at PJP school Shelyna was at training courses in Winnipeg and so she did the following there:
- Bought pastries at the Safeway for my class in the city (approx 20 students)
- Bought a box of doughnuts for the reception staff at the hotel
- Paid for the purchases of the woman next in line at Safeway
- Gave the waiter a \$20 tip at lunch
- Assisted an elderly woman with the machine at the gas pumps at Deacons corner
- Witnessed a child wanting a toy Purchased the toy for the child and gave the parent.
- Delivered coffee to the janitors at TA
- Delivered timbits to a class at TA and coffee for the teacher
- Gave a box of timbits to four elderly people sitting on a bench in town.



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- Gave a box of timbits to four elderly people sitting on a bench in town.
- Paid for three cars in line at Tim Horton's
- Brought cookies to the Salvation Army staff.
- Timbits to teachers, classroom, and Mr. Woodbeck at T.A
- Timbits & coffee to Bimose. Timbits to co-workers
- Tim's card to Clay the Purolator guy
- Extra tip for day care lady, treats for co-workers
- Tim's card to crossing guard at King George school
- Homemade cookies to Cory and staff at Brown's funeral home.
- gave a pair of gloves to a member
- Basket of oranges for members
- Brought hot chocolate to 3 crossing guards
- Brought timbits to the legal aid clinic
- Brought socks & slippers to the Kenora Sexual Assault Centre
- One of our staff thought kindness should begin at home and got up extra early to make breakfast for the spouse.
- Took cookies for the seniors in one of the Keewatin seniors residences
- Is purchasing a \$100. Snow plow gift certificate for a member who had hip surgery and will not be able to do that for 3 months.

All of the above acts, were completed with our allotted Budget along with many other contributions be it financial, baking and goods from many staff. It was a wonderful experience, and I think the best part was seeing the look on others faces.

Copperfin Credit Union Sioux Narrows Branch

Sioux Narrows did several acts of kindness but please know that it is in all of our nature's to perform random acts of kindness every day, we try to make it a daily occurrence to help people on a day to day basis. Today it was very uplifting to help people and actually see the thanks in their expressions. Let's keep paying it forward and enjoy the little things in life that can really (And today we have the proof) Make a Difference in Someone's Day!!!!!!

- A Member called this morning and informed Camilla that she was not leaving her house today as she had a cold. – We brought her a get well card and a package containing tea and a jar of cinnamon honey.
- Also took a tea/honey package to a single elderly man who lives on his own and is often very kind to everyone of our staffing team.
- Took donated pop from Red Indian Lodge (2 cases totaling 50 bottles) 5 donated children's DVD's (from Rhonda and Roni) and asked our local grocery store (Gills Trading Post) to donate Microwave popcorn enough for 50 kids – took these items to our local reservation's prevention office for the many "Children in Care".
- Paid for a retired member's lunch at the local restaurant.
- Staff members complimenting other staff on their outfit and how good they looked in it. Manager made coffee for the staff before they all made it to work.
- Took recipes from our Credit Union day to the post mistress at the local Post Office.
- Bought "two-bite brownies" and coffee/waters for 3 men working on landscaping at the Interpretive Centre across the street.
- Gave granola bars to members who came in around the lunch hour.
- Any children that came to our branch got a juice in a bag
- Gave a Greeting card to a woman in town who often aids families in need with fundraising and involved in many functions within our community with a bought box of Chocolates which is helping the School with fundraising – Two bird's - one random act.
- Took granola bar and juice box to an L.C.B.O. employee who we learned was working on his own today and would not receive a lunch break.
- Gave a child and her sibling a granola bar and juice bag, as well as a few candies that we serve to customers in our office to fill up her pockets. Just the smile was enough to please anyone. She was so very happy about it.

We hope you all wonderfully fun filled day as much as we did. Have a great weekend everyone!!!!!!

Deserving Ladies Receive Makeovers

Kenora Sexual Assault Center and Golden Scissors partnered together for RAKD to help lift the spirits of these ladies.

Together the Kenora Sexual Assault Center and Golden Scissors partnered to deliver a truly inspiring act of kindness on November 4th. Three ladies from were selected and received complimentary makeovers. The makeovers included manicures, haircuts and make up application. The three ladies were extremely emotional and appreciative of the gesture made by the two organizations.

Spreading Kindness with Some Good Ole Home Style Cooking

Kenora and Lake of the Woods Regional Community Foundation (Marketing Committee)

Random Act of Kindness Day was an idea we were a little skeptical of at first. We weren't sure how well it would be embraced. The amount of organizations that wanted to participate was something we weren't expecting. It was great to have such good reception for the first year.

With that said we had decided that the Marketing Committee would provide homemade soup; muffins and buns over the lunch hour to Kenora Fellowship Centre. All in all it was a great experience and we certainly look forward to next year.

BDO Canada LLP

BDO staff baked all kinds of goodies and brought them over to the Kenora Fellowship Centre

Hospital Foundation Brings Kindness to Twitter

Lake of the Woods Hospital Foundation

Jess Rheault and her son Jaden were spreading kindness through the Lake of the Woods Hospital by handing out inspirational cards and buttons to patients and staff. The Hospital Foundation used their Twitter account to inform others of their random act of kindness. Below is the text taken from the Hospital Foundations Twitter feed.

Twitter Feed

LWDHF Jess and her handsome son, Jaden are touring the hospital sharing some sunshine for Random Acts of Kindness day.

Kenora Special Olympics

The group had a great day cleaning up a portion of the Rotary way walking trail

If have a Random Act of Kindness Story please share it with us. It doesn't have to be from Nov 4th, just any story of kindness we would love to hear. You can email info@klwcf.ca. For a complete list of organizations that participated in RAKD please scroll down to the next page.

Dragon Tamers

The team helped complete a fall cleanup of a senior couple's yard and hosted a tea for residents of Benidickson Court

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Organization	Act of Kindness
A&W Restaurant	Buy one get one breakfast sandwiches on Friday November 4 th and during Community Foundation Week
BDO Canada	Bringing baked goods to the Fellowship Centre
Beaver Brae Secondary School	Promote the day by reading the 101 acts of kindness document to their classes and promoting the "PASS IT ON" concept. Each YIP student is also committed to doing at least 5 acts each during that week
Best Start Hub	To be announced
Community Foundation Marketing Committee	Providing lunch items for Fellowship Centre on Friday November 4 th , 2011
Copperfin Credit Union	<ol style="list-style-type: none"> 1. Food and Treats for the Cat Shelter and It's a Dog Life's, 2. Fresh Fruit to their members at all local branches: Kenora, Keewatin, Sioux Narrows, Nestor Falls and Ear Falls, 3. Thank you notes to local businesses for their services to the community, 4. mitts and hats to the homeless, 5. food for Rec. Centre Staff, 6. free coffee for lunch hour supervisors at area schools, 7. visits to patients at Pinecrest and Birchwood Terrace and more!!!
Dragon Tamers	Tea for Benidickson court residents on Friday Nov.4 from 3-4 pm
Image One Designs	On Nov 4 th , going to random restaurants during the noon hour and offering to help pay a portion of random people's lunch bills. And offering free advice to DIY'ers on furniture projects.
Kenora Association for Community Living	Providing cookies for clients/employees
Kenora Handi Transit	Volunteers will be sprucing up the New Horizons Seniors Centre
Kenora Public Library	Putting quarters in expired parking meters
Kenora Scouts	Downtown clean up
Kenora Special Olympics	Cleaning the Rotary Way Trail from about 4:30 PM to 5:30 PM
KMTS	KMTS loot bags for customers who visit the store on Friday November 4 th
Lake of the Woods Museum	Free admission and gift for visitors on Nov 4 th
LOW District Hospital Foundation	Handing out inspirational buttons and cards to staff/patients around the hospital
Lucia Melnick	Lucia will be giving quarters away for shopping carts at Canada Safeway from noon – 1:00 pm

Minto Parent Child Resource centre	Collecting pennies to purchase an item for Pinecrest Home for the Aged
Nee Chee friendship Center Management and Staff	<ol style="list-style-type: none"> 1. Send a letter, a card, or make a telephone call to a long lost friend or relative and renew that relationship 2. Visit a shut-in, elderly friend, or someone who is sick 3. Offer a ride to someone to appointment or shopping etc. 4. Send a thank you/congratulatory note to a co-worker/classmate, appreciating their efforts and the difference they make 5. Assist a co-worker or classmate with a project 6. Prepare a favorite meal/snack for family or friend 7. Share your professional expertise with someone in need of that help 8. Let someone into line with fewer items than you at the store 9. Smile, talk, or “hang out” with a co-worker/classmate with whom you may not usually do so 10. Let your staff go home a few minutes early 11. Open and hold a door for someone 12. Volunteer your time and skills 13. Come to work early and make coffee for your co-workers and bring donuts 14. Let someone into the line of traffic 15. Say something nice to everyone you meet
New Horizons Seniors Centre	Free Coffee to members and prospective members – 55 years+ from 9:00 am – 4:00 pm
Pinecrest Home for the Aged	Donating personal hygiene products to the Fellowship Centre
Second Street Bakery	To be announced
The Kenora Fellowship Center	To be announced
Triple Play Kenora	Free family skate/family swim on the next PD Day in November



Join us as we work together to strengthen our community and make lasting impacts.

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P.O Box 411
807-467-4427

klwcf.ca

info@klwcf.ca

facebook.com/klwcf

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Top L to R: KMTS staff after giving out all their loot bags, Nee-Chee Friendship staff had a day full of random acts of kindness, Dragon Tamers cleaning up after the tea, Special Olympics at the Rotary Trail, KACL staff with their cookies, Lucia Melncik after giving out quarters for shopping carts, KLWRCF at the Fellowship Centre with baked goods, Copperfinn had some fruit out for staff and members, Image One posing with their sign, Library staff, Lowerys Basic, Lake of the Woods Museum with their sign as well, New Horizons staff, The Kenora Rec Centre after receiving some treats, BDO staff pose with their goodies for the Kenora Fellowship Centre.