

Celebrating
40 Years
Together

2016 UBC COMMUNITY UNITED WAY CAMPAIGN HEROES

An Interview with.....

UBC Community United Way Campaign

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What is a Campaign Hero?

Each year our UBC Community United Way Committee reviews the past year. We take a look at all the events that take place and the volunteerism involved. From this, we select UBC employees or students that stand out. We call them Campaign Heroes.

A Campaign Hero is someone that is recognized for their contributions and achievements. The Campaign Hero goes above and beyond the call of duty.

In this report are interviews with each of the 2016 UBC Community United Way Campaign Heroes.

An Interview with Fred Woo

Fred Woo is the Assistant Manager at Animal Care, Biosafety & Radiation Committees.

Fred Woo has been a strong supporter to the United Way for many years. He is consistently offering fresh ideas to the campaign and this year broke the record for raising the most money at a UBC bake sale, close to \$2,000!

How long have you been involved in the UBC Community United Way campaign?

I have been involved since 2010. My Director at the time asked me if I wanted to take on the role. I've been helping out with garage or bake sales ever since. One year I auctioned off an autographed Canucks jersey. I have also done 50/50 and 70/30 draws (where 70% goes back to UW) and also gave away secondary prizes. With extra prizes like gift cards and UBC memorabilia, even if you did not win the big pot you could still come away with a prize. In 2013, I organized and hiked 13 sets of the Tower Beach stairs.



Fred Woo featured centre

When we work together, amazing things are possible.



Why do you volunteer for this cause?

Every year, I do something for the University campaign. I enjoy doing it and each year I strive to beat the money raised before. This year I had a really good incentive – competition in the bake sale.

What is your fondest memory from your involvement with the campaign?

The stair climb is probably the fondest as it raised a lot of money (over \$3,800). But they are all fun. It's a busy time of the year for me but I hold at least one event. I used to do 2-3 events but I have scaled back now and I only hold one. My UBC colleagues are great as they're always so generous. Without the people participating, it just wouldn't be the same.

My fondest memory as a participant was playing in a 3-on-3 ball hockey tournament (organized by Building Operations) in 2011 with some colleagues from UILO and shooting on James Bellavance (Facilities Mgr.) who played goalie.

What are your goals for next year?

I would like to organize a campus-wide 50/50. I think that would take off. If you have lots of people selling tickets and the pot is very big, people will go in. Have some secondary prizes too, like the hospital lotteries. I was recently at the Canucks game where the 50/50 prize was over \$25,000. I thought to myself how great it would be to win that jackpot.

What would you like to see happen?

I would like to see more people involved and embrace the United Way campaign, resulting in lots of money raised.

Helping kids thrive



Support kids to be all that they can be

When you give directly to United Way of the Lower Mainland, you help give kids the boost they need to succeed in life. Whether it's making sure they are ready to succeed by the time they reach school, that they are fed so that they can focus on their studies instead of their grumbling tummies, or that they learn life skills and benefit from positive mentors, we help kids reach their full potential.

When we work together, amazing things are possible.

An Interview with Reginald Sacdalan

Reginald Sacdalan is the Manager of Web & Digital Communications for the Faculty of Applied Science.

Regie is a soft spoken super star! He is the communication guru for the Turkey 2K Trot and is part of the planning committee that implements the event each year. This year the Turkey 2K Trot raised over \$6,500.

He is also crucial in the success behind the Great Pancake Race. Regie showcases his brilliance, leadership and creativity in everything he does.



Regie, 3rd from the right

How long have you been involved in the UBC Community United Way campaign?

As a volunteer, I have been involved since 2013 when I joined the Applied Science United Way Steering Committee. That year, we organized the first annual Turkey 2K Trot.

As an event participant, I first participated in the Great Pancake Race in 2010.

Why do you volunteer for this cause?

I volunteer since I enjoy organizing events where people can have fun while contributing to a good cause. I also enjoy working with colleagues outside of our everyday roles in order to make difference in the community.

Over the last few years, I have become more involved with the campaign thanks to exceptional people such as Aylin, Winnie and Patty and the United Way campaign associates. They do an awesome job so I try to show my support for them by participating in multiple United Way events.

What is your fondest memory from your involvement with the campaign?

My fondest memories are of the Great Pancake Race. I enjoy the fun yet competitive aspect of the event and it turns out to be an excellent team building activity.

When we work together, amazing things are possible.



The atmosphere for this year's event was the liveliest so far and it was great to see Professor Ono attend and participate in the pancake race demo. I also helped organize this year's event and it was quite rewarding to see it be such a success.

Attending my first pancake race made me aware of the UBC Community United Way campaign. The Great Pancake Race is my favourite event of the campaign.

What are your goals for next year's Turkey 2K Trot? What would you like to see happen?

My goal for the next Turkey 2K Trot is to get more participation from the UBC community outside of Applied Science. I would like to commend Pharmaceutical Sciences for their fundraising effort this year. I would love to see Professor Ono attend the next event!

An Interview with Guy Champagne

Guy Champagne is the Asbestos Safety Coordinator for Building Operations.

Guy has been implementing 50/50 draws within Building Operations for several years. This year he collected over \$1,000 for the draw, bringing this year's winner to joyous tears. Guy made an impact in his colleague's life and made a difference in our community!

How long have you been involved with the UBC Community United Way Campaign?

I have done three events (50/50 draws) myself 2001, 2002 and 2016.

And I also try to support as many events as possible on campus.

Why do you volunteer for this cause?

The funds raised get distributed to many needy organizations.

What is your fondest memory from your involvement with the campaign?

Most enjoyable part is getting to meet people I have not seen in a long time and meeting new ones.

Hopefully will have the time to do more 50/50 draws as they seem to be quite popular within Building Operations as we have many shift workers who otherwise are not able to attend other events on campus.



Guy Champagne

When we work together, amazing things are possible.



What is your goal for next year? What would you like to see happen?

I think that small events within department (or buildings) can raise quite a bit of funding without too much effort and resources.



Helping to move families from Poverty to Possibility

Improving lives

When you give directly to United Way, you are helping people get the food they need. Not only that, you are helping them learn how to find or grow healthy, affordable food and learn about good nutrition. Poverty is a complicated issue – but if you can make sure that people have the basics, then they chance to focus on other things and plan to make a better life for themselves.

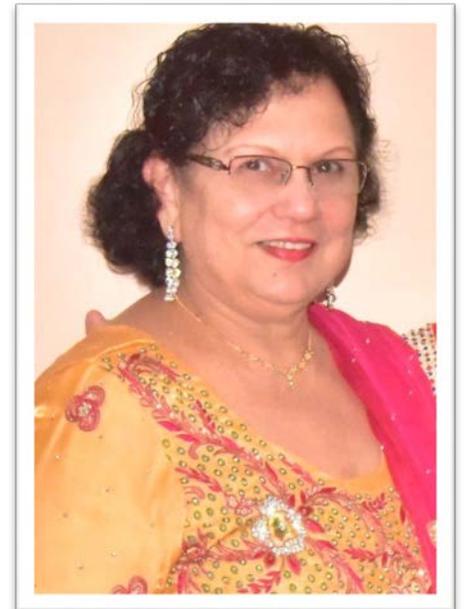
An Interview with Jit Kaur Girn

Jit Kaur Girn is the Assistant Housekeeping Supervisor at Student Housing and Hospitality Services (SHHS).

Jit plays a pivotal role raising money for our campaign. For many years she has organized lucrative garage sales. This year, the garage sales raised over \$6500! Jit also volunteers her time assisting with the Indian luncheon. We are so very grateful for all of Jit's hard work and her continued commitment to the UBC Community United Way campaign.

How long have you been involved with the UBC Community United Way Campaign?

I have been involved with the United Way Campaign over 8 years. During that time, I helped organize a "garage sale" where items that are left behind by students are collected and sold with all the proceeds being donated to the United Way. Also about 3 years ago, I became involved in preparing food for the Indian lunch which is organized through some members of the Student Housing and Hospitality Services department.



Jit Kaur Girn

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Why do you volunteer for this cause?

I have lived in the Lower Mainland for almost 40 years and believe in giving back to my community in any way that I am able. The United Way does a great deal in helping underprivileged children and families and that is important to me as a mother and grandmother. I also think that with the cost of living being so high in the city, this fundraiser is a great way for students and families who are on a tight budget to be able to purchase almost new household items at a fraction of the cost.

What is your fondest memory from the involvement?

My fondest memory is from a couple of years ago; my colleagues and I decided that we would also sell homemade samosas during the garage sale. It was a huge hit and we were amazed at how quickly we sold out of all the samosas. Also, being involved in this fundraiser means that I get to meet and spend a few minutes talking with people from all over the world and learn a little bit of their culture as well.

What is your goal for next year? What would you like to see happen?

My goal is to continue increasing the amount of money we raise for the United Way through the garage sale fundraiser and would also like to see this event promoted throughout campus.

An Interview with Thalia Lang

Thalia Lang is the Chair of the Student UBC Community United Way Campaign and a third year Psychology Honours student in the Faculty of Arts.

Thalia takes a different approach to raising student awareness about the United Way. Her focus is on fun, engagement and professional development. Last year, she spearheaded the *UBC Community United Way* conference. A conference that provided a perspective to volunteerism and working in the nonprofit sector. The conference will take place again March 2018.



Thalia Lang

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How long have you been involved with the UBC United Way Campaign?

Last year, I joined the Student Committee as the Events Director. It's been a wild ride and since then I've had the chance to chair the committee this year, so I've learnt lots!

Why do you volunteer for this cause?

I've done fundraising and community work in the past, but reading about getting involved with UBC United Way got me really excited! From selling donuts to raise money for the Burnaby Christmas Bureau a few years ago, joining meant that I could understand how non-profits worked on a bigger level. I love the idea of making community even better and I wanted to find new and innovative ways to engage students at UBC with the work United Way does.

What is your fondest memory from your involvement with the student committee?

Launching the first United Way Community Conference! To raise awareness is one thing, but to provide an opportunity for others to gain insight about the professional development opportunities in volunteerism is a whole other ball park. It's hard to fundraise through the Student Committee at times, so I loved how we provided a different avenue to get people excited about the opportunities to grow themselves through giving back to their communities.

What is your goal for next year? What would you like to see happen?

I'd love to engage and collaborate more with undergraduate societies and other student organizations on-campus. Other than that, I'd like to make the United Way Community Conference even bigger and better. By then, it'll be the third year running it, and I'm keen to make it a tradition and a new way for UBC United Way to provide students with workshops and tools to help navigate how to get the most out of volunteering.

Building community

We're lucky to live here. But we need to look after each other. When you give directly to United Way of the Lower Mainland, you are helping build strong communities, communities where people feel connected and supported. We help seniors live independently; fund bc211, a free telephone helpline; improvements forward.



Help us build strong and healthy communities for everyone

When we work together, amazing things are possible.