



Random Act Of Kindness Day!™

RAK IS BACK! – Join us on November 4th as we once again celebrate the many acts of kindness shared each day by caring citizens in Windsor-Essex.

Last year we distributed 65,000 RAK Cards and had 31,000 people (individuals and groups) inform us they were participating. Many people told us about the good things that happened on that day. The John McGivney Children’s Centre, for example, hosted a breakfast for their staff. University of Windsor Social Work students placed at the Glengarry Community prepared 800 candy flowers and delivered them to the door of each resident.

We want your organization to promote and to participate in this special day by:

Encouraging your clients and employees to participate....

- Enclose a RAK card with each pay stub.
- Put up posters in your facility.

Paying it forward to your employees...

- Treat everyone to coffee and donuts in the morning.
- Give your staff extra “RAK time” at lunch or the end of the day.

Paying it forward to your co-workers...

- Share your “famous” chocolate chip cookies with your cubicle mates.
- Offer to make the morning coffee run for everyone.

Paying it forward to the community and using it as a team builder...

- Host or sponsor a community event.
- Volunteer with your team at the Mission or take treats to a senior’s home.

There are so many ways you can participate and have fun at the same time! Last year there was even a “flash mob” which surprised Arms Bumenlag and the AM800 crew at Devonshire Mall.

On Random Act of Kindness Day, we encourage individuals and businesses to perform one simple act of kindness for someone else; a neighbour, a friend, a co-worker, or someone they don’t even know – and hand them a card, inspiring him/her to do the same.

A random act of kindness is a wonderful way to touch the life of another person. Your acts of generosity and caring will make our region a better place. **Random Act of Kindness Day** will promote interaction between co-workers and strangers alike, allowing all to celebrate our thoughtfulness and generosity.

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Join us this year in celebrating Kindness in Windsor-Essex! Please designate someone to coordinate your activities and have them contact Mike Morency at (519) 255-6572 or email kindness@wecf.ca, by October 28th, to let us know you are participating. He can also help your coordinator identify ways your business can participate or provide additional resources.



Sincerely,

Handwritten signature of Lisa Kolody in black ink.

Lisa Kolody
RAK Day Committee Chair

Handwritten signature of Glenn Stresman in black ink.

Glenn Stresman
Executive Director

P.S. RAK Day is a natural extension of what many organizations already do. Parishioners from Parkwood Gospel Temple gave out flowers to people through the city, while a group of university students gave out smiley face cookies to the residents of a senior's apartment building.

Check out the RAK 2010 stories on our website,

www.wecf.ca/kindness.html

and on Facebook at www.facebook.com/WindsorEssexRAK