



# Heartland Combined Federal Campaign

## The CFC Insider

August 2009  
Volume 1, Issue 1



### Dates to Remember:

- **September 30, 2009**  
2009 CFC Campaign Begins  
(Suggested Date)
- **October 3 & 4, 2009**  
CFC Softball Tournament
- **October 5th to 9th**  
CFC Week of Kick-offs
- **October 10, 2009**  
Day of Volunteering
- **October 11, 2009**  
CFC 4 Mile Run/Walk
- **October 12, 2009**  
CFC Championship Golf Tournament

### iCan... uCan... weCan.... (A Message from our CFC Chairs)

How do we feel when we see or hear of a child being cured of a disease? What feeling do we experience when we know that the hungry and homeless are fed and have a clean place to sleep at night? What image do our eyes perceive when looking upon a pristine forest or one of the magnificent views in our national parks? What sentiments do we feel when we see someone with a disability empowered to lead a more productive life? There may be many words and emotions that can be used to describe our feelings in situations like these but

That's where the Combined Federal Campaign (CFC) comes in to the picture. Our theme for this year's (CFC) is "iCan". We urge you to stop and ponder for a moment that powerful little slogan. It literally means that each of us as individuals ("i")



"Can" make a difference in someone else's life, our community (local and national), or for a noteworthy cause! And as you might guess with the economy being what it is right now, the needs of people and causes are even greater than usual. That's why it's so vitally important to our community this year that those of us that "Can" act upon that ability and help out through the CFC campaign. Our goal this year is to raise \$3.7 million dollars. Don't underestimate the power of your thoughtfulness and generosity! Use the power of the "iCan" theme and while you're at it -- go ahead and treat yourself to that good-all-over-feeling you will no doubt experience when you make that pledge to help. Join us both in making the 2009 CFC Campaign the best yet!

the short, simple fact of the matter is—We all feel good!

And you know, we feel good not only because we see that smiling face that says "Thanks" or hear and read about success stories about people improving their situations, but we feel good because we know we played a part in making it happen. We know that we had a personal hand in making our community, our country, and our world a better place to live.

Curtis Walker, National Association of Letter Carriers - Branch 30 - CFC Labor Co-Chair

Gary Beets, Regional Director, Financial Management Service/Treasury - CFC Co-Chair

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**Employee Recognition**  
Heartland CFC & partners would like to recognize and reward your kindness by offering special group discounts.



Federal Employees Appreciation Day at the Chiefs  
Details at [www.heartlandcfc.org](http://www.heartlandcfc.org)

### What's New in 2009? - Pledge Online

We have two online pledge options available for Heartland Federal Employees



Many federal agencies and employees are eligible to pledge online through Employee Express (EEX).

CFC-EEX E-Pledge offers employees in specified agencies the choice of making a CFC payroll deduction pledge on-line through Employee Express. Employee Express is a convenient, user-friendly automated system that gives employees direct control over key payroll and personnel information without having to use forms or visit a personnel or payroll office. CFC-EEX is not mandatory for CFC pledges, but another option for the donor.



CFC Nexus is an online E-Pledging system designed specifically for the CFC community.

For federal agencies that sign up, their employees can make their respective payroll deduction pledges through an online tool accessible from the Heartland CFC Website. The pledging tool is linked to a searchable online charity database with all of this years approved charities. It contains all the fields of the paper pledge form including the options to volunteer and to release one's name and/or donation amount to charities.

**Test either of these systems at the Heartland CFC website.**

## Your CFC Donations— Pay it Forward

On the surface, Doug and De Mario are an unlikely pair. Doug is 26...De Mario is 12. Doug is a police officer...De Mario is an inner-city kid whose father is in prison, and whose brother is in jail. Yet despite their differences, they've become pals.



De Mario was a lonely fifth grader who needed someone he could talk to...someone to look up to...someone to be his friend. Doug came here to become a Kansas City police officer. He didn't know many people and had some extra time, so he contacted Big Brothers/Big Sisters about becoming a mentor.

It was easy for Doug to understand De Mario's sense of loneliness, because he endured similar feelings when he was a child. Doug's father left when he was only four and several years later his mother suffered a nervous breakdown. Doug was sent to a group home for children at the age of eleven. He felt lost and abandoned, and began to wonder if anybody really cared.

While going through this tough time in his childhood, someone encouraged Doug to check out Big Brothers/Big Sisters. He was soon matched with a college student named Dan, an individual with a quick smile and warm heart who would change Doug's life. Dan quickly became a role model and source of support in Doug's life, the two remain best friends to this day.

When Doug contacted Big Brothers/Big Sisters in Kansas City, De Mario's profile stood out. The match was perfect. Doug took De Mario to his first Royals game and down to Union Station for the first time in his life. They try to do something together at least once a week. "Sometimes we go shopping, sometimes we go swimming, other times we just hang out and talk. He's really a terrific kid."

Before they met, De Mario dreamed of becoming a professional basketball player when he grows up, but after getting to know Doug, De Mario says he wants to become a police officer instead.

De Mario gets excited when he talks about his Big Brother. "Doug came to school to have lunch with me the other day and all the other kids were jealous. He took me to the Police Academy and introduced me to his friends. I would never pick anybody else to be my Big Brother."

## Why CFC – Generosity, Hope and the “iCan” Spirit



During a time when individuals and the nation, as a whole, are facing great adversity and new challenges, ideas of donations and charities may fall to the wayside. Despite any struggles, these pillars of generosity should never be pushed away because, often times, giving goes the furthest in difficult situations.

While adversity may be widespread, the pride and power of hope has also swept the na-

tion. With this mindset of positive change, each obstacle is accompanied by an opportunity. All of those opportunities can be seized with one little word: CAN.

**iCan. uCan. weCan.** Each individual can make a difference in someone's life. No act of generosity goes without reward, whatever you can give is worth giving. With opportunities to help across the nation, CFC, the only

authorized fundraising entity for federal government employees, can be the outlet you need for change, opportunity and hope.

You can help fight a disease, your neighbor can become a role model for a struggling child, your coworker can feed the hungry. With generosity, hope and that “iCan” spirit, we truly CAN make a difference.



## Coming Soon - CFC 4 Mile Run/Walk

**Sunday, October 11, 2009– Kansas City Downtown Airport**

The first four-mile CFC “iCan Run/Walk” is quickly approaching. Mark your calendars for **Sunday, October 11, 2009**, at the Charles B. Wheeler Downtown Airport, Kansas City, Missouri. This is a great way to support the CFC “iCan” campaign this year. Runners and walkers. . .“uCan” enjoy a great one loop course. Also things like: a flat and fast course; 100% cotton shirts; chip timing;

awards; and food at the finish line. “uCan” register before September 27 for the early bird special. For additional registration information and to register on line, “uCan” visit [www.sportkc.org](http://www.sportkc.org). Walk or run. . .together “weCan” make a difference.

