

# THE SOURCE



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Volume 8, Issue 5  
September, 2010

## KAWARTHA RUBE-EH?



There are cyclists, and then there are serious cyclists. Our Kawartha Rube-eh? coming in October will appeal to the latter. Cyclists from all over Ontario will converge on the Fenelon Falls area on the morning of **Saturday, October 2** to participate in an off-road event that will also act as a fundraiser for the Food Source. Entrants are not racing against each other; rather, they are riding to establish a personal best time over a variety of surfaces on either a 35- or 65-kilometre course. Similar events are held around the province for much of the year, with many riders participating in a different one nearly every weekend. We'll need **lots of volunteers** to help out on the morning of Oct. 2. If you can spare a few hours to direct cyclists, help with registration or pitch in with other tasks, please call the Food Source at 324-0707. Check out the website for pictures of last year's winners and registration information for this year's event—  
[www.kawartharube-eh.ca](http://www.kawartharube-eh.ca)



Presents

The Kawartha Lakes Food Source  
**GOLF TOURNAMENT**  
**WED., SEPTEMBER 22ND, 2010**

**Shotgun start at 12 noon**

Entry Fee: \$60 per person

Includes 18 holes golf, power cart & a light dinner

PLEASE CONTACT: Jeff Taylor (WGC)705-328-1616

Barb Truax 705-324-6257/email [truax@sympatico.ca](mailto:truax@sympatico.ca)

## 11th Annual Lindsay Door-to-door Fall Food Drive



Organized by the Lindsay members of the Church of Jesus Christ of Latter-Day Saints to benefit Kawartha Lakes Food Source.

**SATURDAY, OCTOBER 16TH, 2010**  
**9 am until 2 pm**

Please help out by placing one or two items in a bag and leave it on your front step, hanging on the door knob or mail box, or in the barrel in your apartment lobby by 9:00 am. As a reminder, volunteers will knock on your door to ask if you would like to participate.

### SEASONAL HUNGER FIGHTERS!

Kawartha Lakes seasonal residents have been helping to reduce hunger by arrange a food drive with trailer park neighbours or cottage association members.

**Riverwood Park** held a food drive in conjunction with a dance and 85 non-perishable items were collected as well as \$140.00.

**Nestle In RV Resort** asked members to bring an item for KLFS on their Family Fun Day and a total of 161 items were donated.

Several more locations are holding a food drive over the Labour Day Weekend—results in the next issue.

Thank you for giving back to your seasonal community.



### Buy Local Share Local

*On Saturday, August 21st, the Buy Local\*Share Local campaign was at the Lindsay Farmers' Market. This campaign presented by RBC is an initiative of the Ontario Association of Food Banks (OAFB) and aims to increase the sales and donations of local food in Ontario to support our neighbours, our environment and our local economy.*

*Audrey Quibell, RBC senior account manager and Pam Mitchell, Mutual Funds Representative present a donation to Dennis Eaton, (far right) Chair, Food Acquisition Committee, KLFS to aid our ongoing efforts. Matt Hollingshead (middle) of the OAFB looks on.*



## 4th Annual Hafla

Carol Ward and her students of Butterfly Bellydance held her 4th Annual Hafla collecting non-perishable food items and financial donations benefitting Kawartha Lakes Food Source.

It is great to know that we have the support of these ladies.

Thank you.



**FCC Drive Away Hunger campaign** comes to Ontario from September 20 to October 15, to collect food and cash donations for local food banks. Join the drive by donating at your local FCC office, October 13-15. To find out more, visit [www.fccdriveawayhunger.ca](http://www.fccdriveawayhunger.ca)

With summer donations on the decline, both Medigas and Ross Memorial Hospital stepped forward to help. The staff at Medigas contributed 142 items and funds, while Ross Memorial collected 110 boxes of chewy bars to help our school snack programs. Thanks for going out of your way to do the right thing.



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Exceptional Care

**Did you know.....**

- that the Lindsay area had the third highest growth in food bank attendance (39.3%) from September 2007 to September 2008 and the numbers continue to grow? (Hunger Report 2008)
- that Kawartha Lakes Food Source distributed 253,481 non-perishable items in 2009, valued at \$506,962 which is a 6.5% increase over the previous year?
- that 24,393 litres of milk were disbursed to food banks and schools from KLFS warehouse in 2009?
- that 22,932 people accessed CKL food banks in 2009—an increase of 10% over 2008?

Please continue your generosity so that KLFS can compete with the demand.

## HOW PEOPLE ARE HELPING

- Food donations have been received from: **Nellie Austin, Addy Sudlow, Fairview Baptist Church, Dr. R. Drury, Tim Fleet.**
- Financial donations have been received from: **Bonnie Mitchell, Friends at Cambridge St. Baptist Church, John MacMillan, Margate Bate, Phyllis Dale, Phil & Carol Romeril, Mr. & Mrs. Donald Smith, Order of Eastern Star Coronation Chapter #218.**
- Renewing their Patronage: **Carole & Bruce Glass, Darlene Hallett, Patrick Moher, Max & Patricia Radiff, L. Mackey, Royal Canadian Legion, Branch 519 and Father Walsh Knights of Columbus Council 8911.**
- In lieu of presents at their 30th wedding anniversary, friends and family of **Cathy & Ed Urbankiewicz** donated 298 non perishable food items and some financial contributions. Thank you for your thoughtfulness on your day of celebration.
- In honour of **Paul & Barbara Irwin's 60th wedding anniversary, Jane Jones and Barb Jones** donated to KLFS.
- **Gail Johnson** contributed 375 lb. of hamburger as a welcome addition to our monthly distribution.
- At their monthly "Community Dinner", **Sebright United Pastoral Charge, Dalrymple Church** collect donations at the door in lieu of charging admission. July's contributions were donated to KLFS.
- Paying tribute to the wedding of **Margot Fitzpatrick and Ron Cork, Larry & Michelle Wilson** and **Carole & Bruce Glass** contributed to KLFS.
- **Pilkington-Henniger Charitable Trust** gave a generous donation to support our ongoing work.
- **Alva Stohl** is donating garden produce on a weekly basis.

## FOOD SOURCE

### MEMBER AGENCIES

- *Adult & Alternative Education*
- *Adult Protective Services*
- *Boys & Girls Club of Kawartha Lakes*
- *CKL Social Services Cooking Class*
- *C.M.H.A.*
- *Central Food Cupboard: (joint effort by Queen St. United, Bethel Evangelical, St. Paul's Anglican Church, St. Andrew's Presbyterian & St. Vincent de Paul Society)*
- *Coboconk Food Bank*
- *Dunsford Food Bank*
- *Fenelon Falls Salvation Army*
- *K L Dream Centre*
- *Little Britain Food Bank*
- *Omeme Food Bank*
- *School Breakfast Programs*
- *Sir Sandford Fleming College Food Cupboard*
- *S.P.A.N.*
- *Women's Resources*
- *Woodville Christian F.B.*



## THANKS, LARRY

Once again, Larry Clow has planted, watered and harvested our garden under the water tower at Hogan Park. He toils many hours to supply fresh vegetables for distribution by the Food Source.

Many thanks to all those that grew an extra row in their garden this year for KLFS, farmers who donated their surplus produce; LCVI students for seedlings and Seeds of Diversity for seeds.

**Our member agencies were very appreciative.**