

# THE SOURCE



Supporting those who feed our hungry

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<http://www.facebook.com/KawarthaLakesFoodSource>

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## Introducing the launch of the CKL Chapter of Plant a Row – Grow a Row

[Plant a Row – Grow a Row](#) is a National program that encourages gardeners and farmers to plant an extra row of produce to donate to people in need and to increase public awareness of poverty and hunger in our neighbourhoods.



Anyone and everyone can contribute from children planting peas in their backyard to balcony gardeners who grow an extra tomato plant or a row of beans to farmers who contribute what remains after a day at the market. By growing a row you can help your community get their daily servings of vegetables .

Kawartha Lakes Food Source is pleased to partner with the CKL Chapter and to receive the produce that will be distributed on a fair share basis to their 17 member agencies.

For more information, please contact Liza or Scott, telephone 705-438-8544 or email

[lizaholly@yahoo.com](mailto:lizaholly@yahoo.com)

## *Canapés & Comedy*

**Friday, JULY 26th, 2013**

**Lakeview Arts Barn**

**SHIRLEY VALENTINE**

**7:00 pm—Social hour and canapés**

**8:00 pm—Performance**

**Price: \$40.00 pp**

**Tickets available at the Food Source**

**41 George St. West, Lindsay**

**Or telephone 705-324-0707 to reserve.**



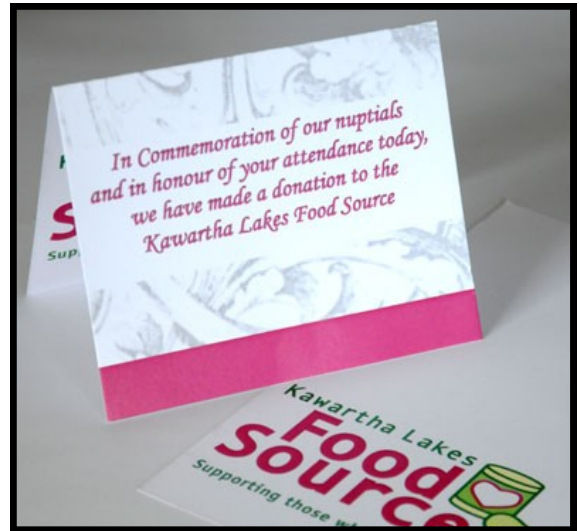


**Kinsmen President, Brad Bird, with Doug Dent and Paul McPherson present a cheque for \$500 to Susan Simpson, KLFS Fundraising Committee and Executive Director Roberta Sommerville**

*Thanks to all that donated at the Spring Extra Helping Food Drive April 19th to May 4th at Loblaw and Valu-mart*



**Patrick Dowdall celebrated his 4th Birthday by collecting non-perishable food items for KLFS. Pictured is Patrick with his sister Claire and mom Karen.**



### Wedding Favour Placecards

In lieu of wedding favours, many couples are now choosing to donate to their charity of choice. At Kawartha Lakes Food Source, we offer a 5" x 4" card-sized placecard which can be elegantly displayed at each place-setting to inform your guests of your donation in their honour.

Please email [klfoodsource@bellnet.ca](mailto:klfoodsource@bellnet.ca) or telephone 705-324-0707 to place your order today.



**284 items from the LCBO stores! Reece Cowan, Mgr. Lindsay delivered.**



As part of their community involvement program, Kawartha Credit Union presented a cheque for \$3,500 to Kawartha Lakes Food Source. Pictured are Carol Davis, Acting Branch Manager (r) and Loretta Harrison of KCU presenting the cheque to Roberta Sommerville, Executive Director, KLFS.

**EMERGENCY SERVICES  
GOLF TOURNAMENT**  
*in support of Kawartha Lakes Food Source*  
**WEDNESDAY, AUGUST 28, 2013**  
**Lindsay Golf & Country Club**  
**12 noon shotgun start, 18 hole, 4 person  
scramble**  
**\$135 per person**  
**Special Early Bird Registration!**  
**Register & Pay by July 15th - \$110 per per-  
son**

**Includes: 18 holes of golf, power cart, driv-  
ing range, a dozen golf balls and a delicious  
dinner.**

**Silent and Live Auctions. Light  
lunch provided by The Grand start-  
ing at 11 am.**

**To register contact Pat Twohey at  
705-324-5731, ext. 516**




**VIDEO DANCE PARTY**  
 Saturday, September 14th, 2013  
 Victoria Park Armoury  
 Mark your calendar!



**Grayson Avery collected 96 non-  
perishable food donations instead of  
gifts for his 7th Birthday!**  
**Congratulations and  
thank you Grayson.**

**Ken Huelin, President Lindsay Lions Club presents  
a cheque to Ruth Stockfish, KLFS for \$1,000.**



## HOW PEOPLE ARE HELPING

- Renewing their Patronage: **Stefan & Christine Karpazis, Laura Whyte, Randy Bezanson, Leah Campbell, Darlene Hallett, Clifford Anderson and Don Wilson.**
- Food donations have been received from: **Beth Lyles, LCBO, Residential Services Staff of Community Living, Peniel United Church, Fairview Baptist Church, Cambridge St. United Church, Sky-line/Diplomat Apartments, Joy Vista Estates, Chardon Kozack, Coffee Break Ministry of Christian Reformed Church, Miracles in Paradise, Rivermill Village Residents, Curves for Women, Kawartha Lakes This Week, Jim & Shirley King, Cambray United Church, Gary's Garden Gallery, Kawartha Wholesale Bakery, Fit Body Boot Camp, Community Planning Table of CKL, Lindsay Recreation Complex, Kristie O'Neill and Preceptor Beta Upsilon.**
- Financial donations have been received from: **Barbara Rowsell-Arnup, Carol Garland, Lawrence & Nancy Heatlie, W. Field, Michael Keay, Ace Cellular Pro, Angela Chamberlain, Scugog Communications Group, Earl Manley, Florence Staples, Cambray Community United Church Women, Brian & Joanne Hough, Lynda Willard, Paul Davidson, Powles Corner Women's Institute, Mr. & Mrs. Gary Ferguson, Tao Tai Chi, Dave Blackburn, Seniors Knitting Group and Kawartha Lakes Volunteer Firefighters Association.**
- In memory of **Brigitte Watson: Marcus McDonald, Joan McLean and Dave Hanniman.**
- **St. Paul's Anglican Church** presented their annual donation recently.
- Financial donations received to purchase food: **Sandy Gray, Debra Abel, Paul McPherson, Anna Evans, John Baldry, Carole Alderton, Marilyn Winkworth, Milt Battersby, Moira Flynn, L. Coles, Jeff & Carol Pypker and Lyn David.**
- In memory of **Jacqueline Gardiner: Doug & Eileen MacCormack.**
- **Carol Peters** donated in memory of **Aliceanne Pearson.**
- In memory of **Robert LeBlanc: John's Quality Towing, Brian & Bonnie Lambert, Carol Anne Hallett and John's Quality Auto Service.**
- **RBC** recognized their employees' volunteer services at our recent food drive by donating \$1,000.
- Happy Birthday to **Tomas Cossarin** who collected food instead of gifts for his 12th birthday—166 items!

This newsletter is now available on our website: [www.kawarthalakesfoodsource.ca](http://www.kawarthalakesfoodsource.ca). If you would prefer to access the information from our website rather than receive a printed copy in the mail, please email [klfoodsource@bellnet.ca](mailto:klfoodsource@bellnet.ca) or telephone 705-324-0707 and your name will be removed from our mailing list. By viewing online, you will save us postage and printing costs and a few trees their lives!

### FOOD SOURCE MEMBER AGENCIES

- *Adult Protective Services*
- *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*
- *HKPR Health Unit*
- *K L Dream Centre*
- *Little Britain Food Bank*
- *Omemees Food Bank*
- *School Breakfast /Snack Programs*
- *Sir Sandford Fleming College Food Cupboard*
- *Women's Resources*
- *Woodville Christian F.B.*

## Vesey's Bulbs

We have a few spring bulbs left to sell and a couple of "Summer Savoury" cookbooks.

Drop into our office, 41 George St. West and place your order now for fall arrival.

