August 2019 Newsletter

An Inclusive Caring Community, where all people belong and have equal opportunity to participate.

12th Annual CLKD Charity Golf Classic

It was a soggy start to the 12th Annual CLKD Charity Golf Tournament but our golfers stuck with us until the sun came out again.
The tournament welcomed back Bruce Telecom this year who sponsored the putting contest where Danica and Kathryn from Bruce Telecom and individuals supported by CLKD, Josh, Allan, Jennifer and Cassandra encouraged golfers to take a break from the course and putt for the highest points and prizes.

Volunteers from 7Acres and The Cooperators sweated out the day at the Hole-in-One specialty holes sponsored by The Cooperators and RWAM Insurance.

Our golfers were thrilled to have transportation on the course thanks to EPCOR who sponsored the entire fleet of 60 carts this year.

The refreshment stations, sponsored by MicroAge Basics and 2MPower, saw a lot of traffic as the temperatures reached a whopping 30 degrees.

Thanks to our golfers, sponsors and donors, almost $16,000 was raised to continue the supports, services and programs CLKD provides in our community.

Special thanks goes out to our major sponsors, Matchett Financial, RCM Technologies and Harvey Financial for contributing to the tournament’s success.

Thank you to our amazing volunteer photographers who graciously captured the day, Tara and Ryan McGinn, to our hosts at Ainsdale Golf Course, Charles and Taylor Candler & staff and to the many CLKD staff members and volunteers who worked to make this day run smoothly.

It was another fantastic day filled with tons of fun, great food and amazing people.

Thank you to all those involved for helping to Inspire Possibilities.

To see more amazing pictures from the tournament, check out our [CLKD Facebook page](https://www.facebook.com/CLKD).
Fulfilling a Dream: Acting In Grease
Lorraine Henderson is pictured here wearing the polka dot skirt as a cast member in the play "Grease".

When I was a little girl, I liked being a part of my church's Christmas pageant but I grew older and was too old to act in the Christmas pageant.

I had nothing to do and I wanted to try something out of my comfort zone at the Theatre Guild. I had seen some really good, funny and great plays there. I had never been part of a play at the Theatre Guild so when a good friend of mine sent me an email about try-outs for the up-coming play called Grease, I thought I should give it a shot to see if I could get in. I got a call back from my friend and I got in as part of the chorus for the play.

The first rehearsal was on February 3rd at St Anthony's school. I made lots of new friends at rehearsals and I learned to sing! A new friend of mine named Jenny told me that I sang too loud so she helped me. I didn't know a thing about how to dance. But I'm happy to say that now, I can dance instead of can't dance.

If you were to ask me, "would I do another play at Theatre Guild"? Well, you bet your boots that's what I'm going to do - another play. I'm hoping to try out for Kincardine Calls but I'm going to wait and see what the future holds for me. It's in my God's hands if this path is for me, to be an actress, performing in plays, or a writer for children's books, or an artist, I'm letting my God take the wheel to see what the future holds for me.

- By Lorraine Henderson

Kincardine Women's Triathlon
2019 brought another full race as athletes gathered at Station Beach for the annual Kincardine Women's Triathlon.

Although a warm day, the chilly lake temperatures cancelled the swim adding an additional run to make this year’s race a duathlon.

Jackie McDonald trained for the swim but upon cancellation stepped up to run the first and last lags for her team. Catherine Benjamin, Brooke Thomas, Rosie Laidler and Bethany Collins also ran in the race and Jessica Belyea and Jennifer McCullough battled the Huron Terrace hill by bike.

"I had a great time at the triathlon. On my team, I did the bike part. Going up the big hill was so hard, but down was easy. My favourite part was hearing the crowd cheering for me when I went by. Hopefully I can participate again next year” said Jennifer.

Athlete Rosie Laidler, known in the community for her successes in figure skating, said "I ran the whole 6 km and it felt really great to hear everyone cheering me on and it gave me motivation to keep going. It was my first time participating in the triathlon and it made me happy to be part of it. I was so proud of myself. I think I should maybe try longer distance running [in the future].”

Susan Kirk volunteered to cheer on racers at check points throughout the route to keep the athletes motivated to finish the race.

Cassandra Ritchie, a year after year volunteer at the event, handed out medals and congratulated participants on completing the race.

Upcoming Events & Activities

International Day of Peace
September 21st, 2019
Conscious Care & Support Training
September 25th, 2019
9:00am - 4:00pm
$125 (Lunch Provided)

Join us at The Royal Canadian Legion Branch 183, 219 Lambton Street, Kincardine, for a 1 day introduction to CCS. The training is open to the General Public & Professionals in the Social Services & Health Care fields.
To register or for more information, Contact Amanda Wencel by email, awencel@clkd.ca or by phone: 519-396-9434 ext 221

To learn more about CLKD's services and events, visit our website!