



Paddlefest 2016 “Fills the Canoe” for area Food Banks

By Christine Liedtke, Photo by Stephen Orłowski.

Paddlefest 2016 – “Fill the Canoe”, a non-competitive rally on the waters of Big Cedar Lake, was held on Saturday, August 6th. Fifty paddlers of all ages participated by paddling their canoes, kayaks, standup paddleboards, or even paddleboats to six designated check-points on the lake. Each checkpoint visited earned the participant a draw ticket, which was used later in the day at the BBQ social.

The event has become an annual Big Cedar Lake Stewardship Association social, giving lake residents and cottagers the opportunity to get to know one another better.

But its greater focus is on giving back to the surrounding community, with its mandate to “fill the canoe” with items needed by the North Kawartha and Lakefield Food Banks.

This year, 90 participants and guests generously filled the canoe with 479 items (weighing a total of 532.2 lbs!), as well as \$60.00 in monetary donations.

Both area Food Banks rely on such donations to help local residents year round. Daphne Ingram, Chair of the North Kawartha Food Bank (located in Apsley), and Sandy Peacock, Chair of the Lakefield Food Bank (housed in St. John the Baptist Anglican Church), encourage cottagers and residents alike to remember the Food Bank when we are replenishing (or even re-organizing) our own shelves. Indeed, the idea of “filling the canoe” came from the suggestion that cottagers could donate unopened (but still “best before date” canned goods to the Food Bank when they were readying their cottages for the winter.

Generosity, then, is the key to the success of Paddlefest, whether on the part of the participants, or the many prize donors. Paddlefest organizers are extremely grateful to the many businesses (from Lakefield, Big Cedar, Woodview, Haultain, and Apsley) as well as individuals who donated draw prizes for the event.



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