

Kelly Lush

From: Community Living Kincardine & District <aswan@clkd.ca>
Sent: March 2, 2023 10:00 AM
To: Kelly Lush
Subject: CLKD's March 2023 newsletter is here!



March 2023 Newsletter

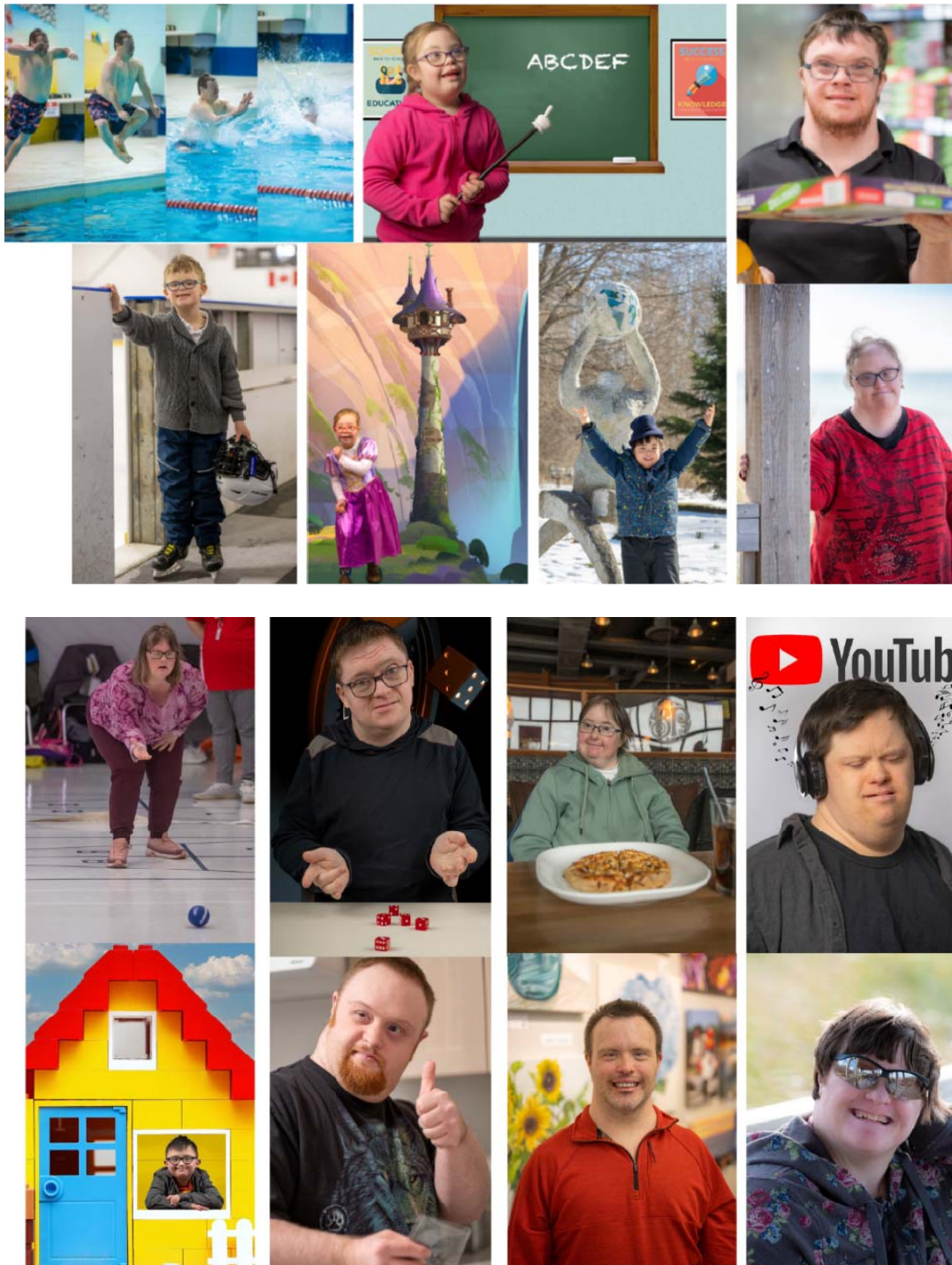
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Founded in 1963 by a group of local parents, Community Living Kincardine & District is celebrating 60 years of Inspiring Possibilities!

Follow us on [Facebook](#), [Instagram](#) and right here through our newsletter, as we look back on 60 years and share highlights, successes and stories.

Lots of Socks Photos 2023 Revealed!



We are so excited to release this year's Lots of Socks Portraits!

Each year, our community comes together to celebrate inclusion and create awareness of the goals of World Down Syndrome Day with brightly coloured displays featuring socks and some wonderful portraits of people in our community with Down Syndrome.

Adding portraits of community members living with Down Syndrome to business displays throughout the community helps to normalize disability while shining a spotlight on the individual, their interests and hobbies. We are more alike than different and the beautiful portraits captured by photographer **Jamie Edwards of JME Photography Studio** show everyday people, in everyday situations or, with some special effects, everyday people in some seriously cool scenes based on their relatable interests. The themes of these portraits reinforce the message that we are more the same than different.

Watch the business windows over the next couple weeks as they come alive with colour and socks in support of World Down Syndrome Day. Stroll through the streets and follow us on [Facebook](#) and [Instagram](#) to stay up-to-date and for information on how to vote for the next Golden Sock Award winner!

A special thanks to **Bruce Power** for donating the printing of the posters and portraits for this year's displays.

On March 21st, don't forget to sport your brightly coloured socks and start a conversation! Take a "Sock Selfie" and post them to social media. Don't forget to email them to cmc@clkd.ca so we can include them on our social channels too!

Use [#LotsofSocks](#) [#WDSD23](#) [#WorldDownSyndromeDay](#) and join the global conversation.

Important dates for the window display event:

March 14th

- Please have your Windows Decorated and start sending in your photos for judging

March 17th

- Deadline for photos. You MUST submit a photo to compete for the Golden Sock Award. Please email photos or a short video to cmc@clkd.ca.

March 21st, World Down Syndrome Day

- Voting will be open until noon - Follow us on Facebook, Instagram and check out our website for voting details which will be released later this month
- Business window and Golden Sock Award winner will be announced!

Fish Tank Ambassador



At KDSS, fish have been a part of student life for decades. Over the years, various school staff and students have taken the lead in caring for these aquatic pets. This year, Dylan has showed an interest in learning about the aquariums at school, and Ms. DeVuono and Ms. Connolly have taken it upon themselves to teach Dylan about the fish, naming him KDSS's latest "Fish Tank Ambassador".

Dylan shared that when his teachers told him they were getting new fish for the tank, they asked if he would like to help. He said, *"I managed to take the fish out of a bucket with a net and put them in the tank when they first came. I even got to rearrange the fake reeds and pirate ship. I had to stick my arm in the tank to clean the rocks"*. Dylan will also be learning how to test PH levels of the tank with Ms. Connolly, and graphing this information to ensure the water levels remain optimal for fish survival.

Dylan also shared some of the things he enjoys about being the Fish Tank Ambassador: *"I get to turn on the blue glow light that makes the glow barbs shine! They are really cool fish that glow in the dark and chase each other. I got to name a few fish; like the black and white angel fish – they are so cool; they can swim backwards!"*

With the support of his teachers, Dylan has created some wall information cards, including each fish's name. His teachers shared that Dylan has been initiating conversations with his peers more regularly, and has really expressed excitement when sharing his knowledge about the fish. He is currently working on "Friday Fish Tank Updates" as a weekly writing experience that the school hopes he will eventually read over the morning announcements.

When reflecting on his experience with the fish, Dylan reported that he has found the experience very "entertaining"! He is grateful to Ms. Connolly for the opportunity, and quite proud of himself for being responsible for such an important piece of school culture at KDSS.

Florida Vacation



While we in Kincardine were snow covered on Christmas and New-Years, Myles was fortunate enough to spend his holidays – and most importantly his birthday – in sunny Florida! Myles rang in his birthday by the pool with his family, and enjoyed one of his favourite meals, a delicious hamburger!



During his trip in Florida, Myles visited an alligator farm and a manatee park where he saw many exotic animals such as alligators, tortoises, manatees and some colorful birds; Myles loves bird watching so it was no surprise that Myles seemed to enjoy the exhibit with the red macaw and the large peacock the most.

Since coming back to this Winter Wonderland, Myles talks about his trip to Florida daily by pointing up to the sky and asking for Dad – he much prefers the warmth and sunshine to this cloudiness and snow. It seems as though Myles would love to make his trip to Florida an annual occurrence!

Getting Creative in the Kitchen



Jeffrey and Bethany have been enjoying cooking classes at the Family Health Team in Kincardine. The two have been expanding their kitchen skills, using new tools and experiencing a new ingredients. We caught up with Jeffrey and Bethany to ask them about their experience:

What have you learned so far from cooking class?

I have learned what lentils are! - Beth

That there's a lot of healthy recipes that are yummy. - Jeffrey

What has been your favourite recipe you made so far ?

My favourite was the black bean brownies - Jeffrey

My favourite was the quinoa salad - Beth

What is something new you've used in the kitchen at cooking class?

A food processor! - Jeffrey

A hand mixer - Beth

What do you like most about going to cooking class?

Trying new recipes and food - Beth

Going every week and the friendly ladies that the run the program - Jeffrey



During Inclusive Education month, Huron Heights invited individuals with lived experiences to share some of their personal stories with staff and students to provide real life examples and impacts of inclusive practices.

On February 13th, Josh Easton, Randy Smith and Marianne Stewart, who were all past students at Huron Heights, attended the school to share their experiences.

The school had the gym set up for a panel style presentation where the students asked questions about Inclusion and Randy, Josh and Marianne took turns answering.

Student question: **What advice would you give school aged students on making school experiences more Inclusive:**

Josh was eager to answer: *"My advice would be, if you see someone sitting off to the side by themselves, go over and chat with them and invite them over to your group so they feel included."*

Another student asked: **"What challenges did you face being included":**

Randy explained how his wheelchair was sometimes a barrier to being included as the other students could walk/run to where they were going and Randy had to rely on others to help him. *"I didn't have my power chair back in school so my friend Ryan or my teacher had to push me around."*said Randy.

Tell us about a time where you felt excluded.

Marianne shared: *"When I wanted to play basketball in school, I didn't get picked for the team. It made me sad and frustrated. I don't like when people call me names either, it hurts my feelings."*

This was an important message to touch on as this happens in all schools, within all age groups and among students of all abilities.

The presentation wrapped up with a beautiful quote from Josh:

"If everyone was kind and tried to make sure everyone felt included, it could change the world!"

Randy added: *"We need peace and love to change the world."*

Inclusive Education Contest



To bring awareness, and to celebrate Inclusive Education Month, CLKD ran a contest where students from the Municipality of Kincardine and Township of Huron-Kinloss could submit their inclusive practices for a chance to win a pizza party for their class.

From books about different abilities and inclusion, to building blocks and little detectives evaluating their school's environment, we received submissions showing us all the great inclusive practices here in our community schools.

Congratulations to Alanna Hageraats-Boucher's Grade 3 class at Huron Heights Public School who will be awarded a pizza party for their class! The students learned a lot

about how we are more the same than different then redesigned areas of their school to be more accessible for all.

Visit our [website](#) to see all the wonderful submissions.

Upcoming Events & Activities



World Down Syndrome Day

March 21

Put some colour on your feet, get noticed and start a conversation.

#WorldDownSyndromeDay #LotsofSocks



A Night At Ainsdale

March 31

Enjoy a Mexican inspired food and live music by Adam Cousins to kick off the season at Ainsdale Golf Course. Proceeds from the event will help support CLKD's programs and services. Tickets are \$30 and are available at Ainsdale Golf Course and at the CLKD Lambton St. Office.



World Autism Day

April 2

World Autism Day is a day to come together to raise awareness about autism and recognize those on the autism spectrum, their families, caregivers, and communities.



National Volunteer Week

April 16-22

During National Volunteer Week, April 16-22, 2023, we celebrate our volunteers – the time, talent and energy they share to strengthen our community.

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



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