



THE KINETTE CLUB OF COLLINGWOOD  
District One, Zone C

# KINETTE KIN-ECTION

*Our Mission Statement:*

***GROW, LEARN, MAKE FRIENDS, HAVE FUN.***

## ***CLUB CONTACT INFORMATION:***

***PRESIDENT /  
BULLETIN EDITOR***

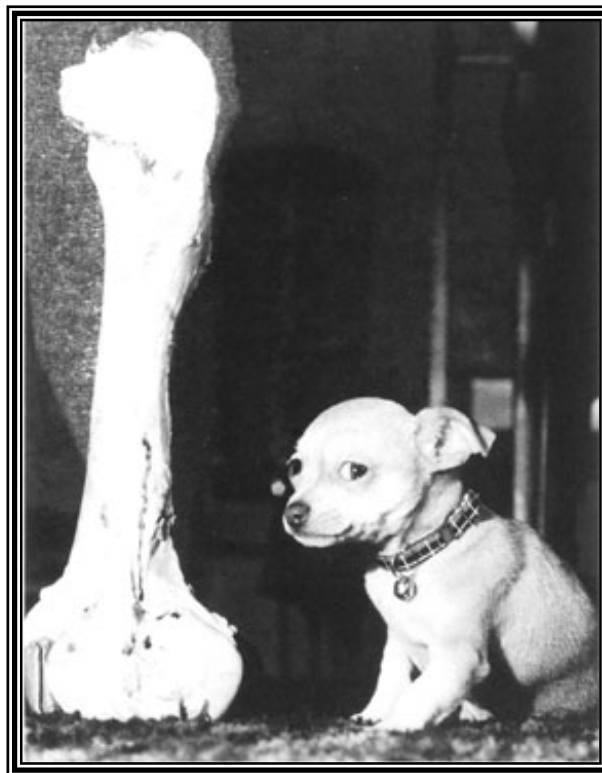
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***We're on the web at  
www.District1kin.ca***

## **HAPPY NEW YEAR KINETTES**



We have grown, we have tried new projects and we have continued to have fun and enjoy our time together.

We have proven that no task was too big or too daunting in 2009; here's to making 2010 a banner year for the Kinette Club of Collingwood.

### ***DON'T FORGET ...***

You must contact Registrar Patty no later than the Sunday PRIOR TO the General Meeting to cancel your meal OR to order meals for guests. If you fail to cancel, you will be required to pay for the missed meal. Who wants to miss a Tim meal anyway?



### ***NEXT MEETING DATE IS:***

Thursday January 21st, 2010

Orange Lodge Hall

33 Simcoe Street, Upper Unit

Social: 6:30

Meeting: 7:00

Guest Speaker, Visitors AND wear your favourite PJ's and bring your most loved stuffed toy!!

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## PRESIDENT'S RAMBLINGS ....

*President Monika*

**JANUARY 2010** -- not only a new year, but a new decade as well. I can't believe how quickly time passes.

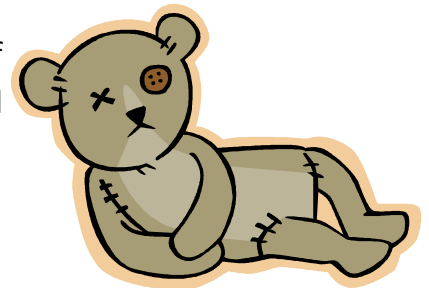
I hope you all had a simply wonderful Christmas and New Year and were able to spend some quality time with family and friends. I know I did. I know it was much needed too. I am glad to be back into somewhat of a routine. Days just seem to blend together when you've no structure to follow.

The snow .. It can go any time. Well, not til after our snow shoeing social. Thank you to Marg for offering again this year. If you've never tried it, it really is a blast. And the route Marg takes us on is not the least bit difficult for first timers so come on out and give 'er a go. We do live in the north, you have to do ONE outdoor activity lol ..

I can't wait for the January General meeting. PJ Night, Beaver Valley Kinettes are visiting AND a guest speaker that will get you on your feet and chatting away. Should prove to be a lot of fun. Don't forget to sell sell sell your MacMillan goodies. This will be a great fundraiser for us if EVERYONE participates. OH .. Has anyone decided they'd like to chair the meeting this month??? Think about it .. Or you might just be appointed :-)

The next few months are going to fly by ladies, and we've got lots of fun and excitement ahead of us. Let's keep ourselves in high gear and make this one of the best years ever.

See you on the 21st .. don't' forget your favourite stuffed toy.



## BULLETIN EDITORS REMARKS ....

*BE "M"*



Thank you to everyone who jumped on board to get me info for this month's bulletin. We've got some REALLY interesting reads in here .. I do hope you enjoy it from cover to cover. I have to admit that this month is my favourite for content this year.

This month I've learned a lot about a bunch of different topics and as well, about our Kinettes. WHO KNEW their interests were so varied.

Thanks again ladies, you make this job so much fun when you all contribute.

## GENERAL MEETING MINUTES, December 17th -09

President Monika welcomed everyone to the 4<sup>th</sup> General Meeting held at the Orange Hall on Thurs. Dec 17<sup>th</sup>-09

O'Canada: Deputy Governor Christine  
Kinette Song: Past Governor Odette  
Address to the Chair: Deputy Governor Christine, Zone Director Odette, President Monika, Guests and Fellow Kinettes let's have a holly jolly time tonite.  
Sergeant-at-arms: Darlene Weir  
Fines Mistress: Past President Kim Dadswell  
Introduction of Guests: Deputy Governor Christine Cooper, Past Governor and Zone Director Odette Houle, April Maclean guest of Karen Galipeau, Sheila Halliday guest and mom of Brenda Bishop and we also welcomed past Kinette Colleen Jardine.

*The December General Meeting of the Kinette Club of Collingwood was called to order at 6:38 pm*

Recording Secretary's Report : Barb McArthur

Motion Barb, Second Lori that the minutes of the December Executive Meeting be approved as printed in the bulletin. CARRIED

Corresponding Secretary's Report: Barb McArthur

1. RBC bank statement – Treasurer
2. Season's Greetings from Canadian Cystic Fibrosis Foundation – Bulletin
3. Kin Canada letter confirming receipt of our premium re Accident Benefit Insurance – President
4. Magic of Children in the Arts, thank you for prior donation with acknowledgement. They are now a charitable organization. Looking for support for 2010. Last donation was min \$250 as we are acknowledged as a "Silver" donor.
5. Christmas Greetings & CD from Orange Lodge.

Business arising from the correspondence:

- President Monika is in communication with the "powers that be" to decipher how changes have been made in the District One Insurance coverage.
- Motion Barb Second Michelle that we donate \$250 to Magic of Children in the Arts. Carried

Treasurer's Report: Janet Currie

General Account — \$4,617.91 (of which Convention Account is \$213.32)  
Service Account — \$5,046.59

Motion Janet, Second Brenda that the Treasurer's report be accepted as stated. CARRIED

Bills for Payment:

- To President Monika, \$45.20 for badge add ons from Kin Sales, \$31.62 for this evening's expenses. TOTAL: \$76.82
- To Lori Higdon - \$30 re gas costs for candle pick up.

Motion Patty, Second Mikey that the bills be paid. CARRIED

Committee Reports:

- **Ways & Means, Janet Currie:** CCI Musical, Beauty and the Beast - Motion Janet, Second Michelle donate \$500 towards the CCI musical. CARRIED
- **Breakfast with Santa, Barb McArthur:** Thank you to Catherine; Kim; Patty; and Katie for their assistance with the breakfast. Special thanks to Tim Knorr for all of his work and assistance with this project. We were there at 9 am – we cooked; served and cleaned-up all by approx. 1 pm. Monika commented that Goodall employees said that breakfast was the best ever.
- **One Stop Christmas Shop, Barb McArthur:** Monika & Barb were really pleased to announce the profit of \$324.38 Thank you to those who not only attended, but contributed to the bake table. Special thanks to Kim for creating addicts. Also, special thanks to Monika for opening her home for this event.
- **Candle Sales, Lori Higdon & Brenda Bishop:** Candles sold = \$1,740; report with profit to follow.

## GENERAL MEETING MINUTES, December 17th -09 (con't)

- **McMillan, Barb McArthur & Monika McKean:** The order forms were distributed so that everyone can take advantage of being with family and friends over the holidays. Official finale to the campaign is the February executive meeting, so **ALL order forms with payment must be to Monika by February 4th.** Pickup time / place will be out to you later. Brenda offered their business for delivery if necessary.
- **Collingwood Blues Partnership, Michelle Federer:** Motion Michelle, Second Patty to discontinue support of the 50/50 for this season, however, we will continue our commitment with Chuck-A-Puck, once in January and once in February. **CARRIED**
- **Third Edition Cookbooks:** Monika announced that all of the “floating” cookbooks have been collected and are in a box at the hall. Encourage sales - \$10 .. still make great stocking stuffers, hostess / teacher / co-worker / secret Santa gifts . We sold some at the One Stop, and donated to the Bar Stewards Draw as well.
- **Golf Tournament:** Darlene announced that the golf tournament will be held Saturday, Aug. 14<sup>th</sup>, 2010.
- **Mystery Weekend:** Michelle advised that we will be receiving some details for the weekend in the next couple of weeks.....Where are we going???

### Old Business:

- From the Executive meeting, there was discussion that the Kinette Club of Collingwood will be celebrating their 45<sup>th</sup> anniversary in June. Janet was inquiring about ideas for the celebration – some suggestions included – a community day; special meeting inviting past Kin; a special project to celebrate 90 years of Kin. We are looking for ideas and suggestions.
- Monika spoke in regards to upon her recent election as President, she had suggested that we would have people take turns at the podium this year, to get a feel for the position. Monika said that she would create the agenda, but that someone else could run the meeting. She would LIKE this to start in January and is wondering if there is anyone interested in doing the first stint? We have invited the Beaver Valley Kinettes to join us and as well, are having a guest speaker, Shari O’Shea, to give us some pointers on public speaking and self presentation. Who will take on the first challenge? Lori would check her work schedule and Michelle offered for February.
- Also from the Executive meeting, we have moved the hosting of the Zone Conference from the Temple to the Lodge. We have use at no charge, and will probably do food similar to what we did for Craft Night. It’s being held on Sunday March 7<sup>th</sup>, and we encourage ALL of you to mark that day off on the calendar and plan to attend. We are still looking for someone to chair this project?

### New Business:

- **NOM Michelle** that the Kinette Club of Collingwood host the Family Skate Day Hot chocolate on February 15<sup>th</sup> from 1:30 to 3:30. Second Karen. Carried - Michelle is checking into a sponsor.
- **Motion Barb, Second Brenda** to donate \$50 to Tree of Life Campaign. **CARRIED**
- **Motion Darlene, Second Lori** to donate \$50 to Salvation Army. **CARRIED**
- **Podium to DG Christine and Odette** for an update from our Zone. DG Christine encourages more members to attend Spring Convention – more details coming re costs, etc.
- **Motion Karen, Second Janet** to accept April Maclean as a new member. **CARRIED**

<b>Mystery Lady:</b>		Marg Holroyd
<b>Mystery Fine:</b>	Michelle	If you didn’t hug Santa today.
<b>Sergeant-at-Arms Report:</b>		\$16.90
<b>Raffle Report:</b>	Monika	\$80.00 – 1 <sup>st</sup> winner, Michelle; 2 <sup>nd</sup> winner, Odette; 3 <sup>rd</sup> winner, Barb.
<b>50/50:</b>	Darlene	\$9.00 to club \$9.00 to Michelle

### Registrar’s Report: Patty McCulloch

A. Total membership (Active)	14
B. Total members present (Active)	12
C. Members on Leave	0
Life Members in attendance	1
Guests in attendance	5
Percentage in attendance	86% ( B / ( A – C ) )

# GENERAL MEETING MINUTES, December 17th -09 (con't)

**Announcements for the Good of Kin:**

December 22<sup>nd</sup>, Christmas party at Lori's  
 December 25<sup>th</sup>, Merry Christmas to all  
 December 29<sup>th</sup>, Olympic Flame to pass thru Collingwood  
 December 31<sup>st</sup>, Happy New Year to all and Happy Birthday to President Monika  
 January 7<sup>th</sup>, Executive Meeting had been moved back to Monika's at 7 p.m.

Motion April that the meeting adjourn at 9:05 pm.

**AWARDS PRESENTATIONS: District / National Awards to be presented by Past Governor Odette Houle**

**National Awards:**

*Congratulations to the entire club for receiving the following awards:*

The National Boake Efficiency Award which shows proficiency in submitting all requirements to both District and National on time ie: dues payments, insurance forms, proof of incorporation etc.

And as well the 2008-2009 Master Club Award which is becoming increasingly more difficult to attain. This is based on attendance at meetings throughout the zone and district, activities within your club, membership growth and retention and service work to name a few categories.

National Kinette Quill Runner Up to Monika McKean

**District Awards presented at FLC:**

District One Photography Award presented to Barb McArthur  
 District One Kinette of the Year presented to Barb McArthur

**Club Attendance Awards:** Pins are awarded annually for having achieved 100% attendance at the completion of the Kin year. The years awarded have been an accumulation of 100% attendance for the time acknowledged. They were presented by Registrar Patty McCulloch on behalf of Shannon Aikens

Shannon Aikens	1 year	Lori Higdon	10 year
Catherine Crouchman	3 year	Darlene Weir	13 year
Michelle Kusiar	4 year	Janet Currie	15 year
Brenda Bishop	7 year	Barb McArthur	17 year
Kim Dadswell	10 year	Monika McKean	28 year

- President Monika arranged to have DG Christine and Odette install the 2009 – 2010 club executive. Each executive member was presented with certificates and add-ons. A group photo was taken.
- President Monika also arranged to have each member write on a piece of paper a thought that we wanted to get rid of or something that we wanted to change in our life, then we tied that to a balloon and as a group went outside and released to balloons. What a wonderful idea, thanks Monika for being so creative!
- We enjoyed a game of tree ornament gift exchange – some of us like to steal! Thanks to everyone that participated.
- The evening was completed with our exchange of Secret Sister gifts.

## EXECUTIVE MEETING MINUTES .. January 7th, -10

The 5<sup>th</sup> Executive Meeting of the Kinetite Club of Collingwood was held at Pres. Monika's on Thursday Jan 7<sup>th</sup>, and was called to order at 7:08 p.m. by President Monika.

Those in attendance were: President / Bulletin Editor Monika, Vice President Michelle, Secretary Barb, Treasurer Janet, Registrar/Membership Patti & Shannon

Corresponding Secretary — Barb McArthur

- 1) RBC statements x2 – Treasurer
- 2) Collingwood BIA – thank you re Santa Claus Parade – Bulletin/Public Relations
- 3) Hospice Simcoe – request for donation – W&M
- 4) CCFF Newsletter – Bulletin
- 5) Candid Facts – Bulletin
- 6) Catulpa Community Support Services – request for donation – W&M
- 7) Bricks for Books (Library) – W&M

Business Arising from Correspondence:

N/A

Treasurers Report — Janet Currie

General Account — \$4,233.24  
(of which Convention Account is \$172.32)  
Service Account — \$3,358.22

Motion Janet, Second Barb, that the Treasurers Report be accepted as read. CARRIED

Bills for Payment:

- TK's Catering for food for Goodall Breakfast, \$104.05

Motion Michelle, Second Patty, that the bills be paid. CARRIED

Committee Reports:

- **Zone Conference, President Monika:** There has been an inquiry with respect to details about the Zone Conference so we need to discuss details. Pres. Monika has given a cost of \$12.00 as a charge. Monika has offered to Chair the day and we need volunteers to look after the following: Food & Decorations. The following have offered: Raffle Table - Michelle and Finances Janet. DG's look after the schedule for the day.

- **Books on Wheels, Kim / Janet:** January delivery is Michelle & Patty. February – Janet to talk to the Library and confirm to the club re delivery.
- **Chuck a Puck:** Friday the 15<sup>th</sup> is the scheduled "Chuck a Puck", we have Michelle, Patty and Karen signed up for that. Start time 7:30 pm. Michelle to send out an email to have more members to assist.
- **MacMillan's, Barb:** orders and money to be handed in at January General.
- **Goodall Breakfast, Barb:** Profit is \$199.70. Thank you again to members that participated.

Old Business:

- **Initiation:** Shannon to contact Catherine & Jan to arrange details and confirm back to Monika by the January General.

New Business:

- N/A

Registrars Report — Patty McCulloch 6

Just a note to Patty that our official membership number is now 15 for future reports at the General Meeting!! YEAH!!

Announcements for the Good of Kint:

- January 10<sup>th</sup> Feversham Kinsmen Bonspiel, \$45/person all inclusive, 2-6 end games, call Murray Parkes
- January 14<sup>th</sup> Books on Wheels Michelle and Patty
- January 15<sup>th</sup> Chuck a Puck at the Arena .. Michelle, Karen & Patty signed up.
- January 18<sup>th</sup> Martin Luther King Day
- January 21<sup>st</sup> General Meeting, PJ nite, Guests Beaver Valley Kinettes AND a guest speaker
- January 24<sup>th</sup> Snow Shoe and Games social at Marg's, Gather 12:30 .. Snow shoeing / gaming / pot luck
- February 4<sup>th</sup> Executive Meeting at Janet's @ 7 pm.

On motion by ALL, President Monika adjourned the meeting at 7:33 p.m.

## WAYS & MEANS REPORT FOR JANUARY GENERAL MEETING

### WAYS & MEANS REQUESTS ...

Please review to decide at the January General Meeting .. Janet Currie

1. **Hospice Simcoe** – request for donation. Hospice Simcoe welcomed the first resident December 3<sup>rd</sup>. The total Capital Campaign was \$3,000,000 and they still need \$675,000. They anticipate helping 130 Simcoe County residents and 650 family members in the first year of operations with compassionate care.
2. **Collingwood Library** – Bricks for Books fundraising capital campaign – Bronze \$250, Silver \$500 or Gold \$1,000.

## EDITORIAL .. Catherine Crouchman

### An alternative to Dumps: INCINERATORS

With increasing concerns in our local area about how to dispose of our household garbage, I have been in support of incineration for a long time and haven't understood why the government agencies continue to ignore this simple solution and continue disputes such as site 41.

Incinerators are facilities or a machine designed to burn waste under carefully controlled conditions. Once waste is burnt down into ashes the ashes must then be disposed in either a landfill or if they are toxic, at a hazardous waste facility. A negative to this type of waste disposal is that burning garbage also produces acid gases, carbon dioxide and toxic chemicals that must be treated with expensive air pollution control equipment to avoid contributing to acid rain, ozone depletion and air pollution.



The concerns of many environmentalists about the incineration of waste involve the production of significant amounts of dioxin and furan emissions. Dioxins and furans are considered by many to be serious health hazards. This is a legitimate fear as older generation incinerators that were not equipped with adequate gas cleaning technologies were in deed significant sources and danger. With today's advanced emission control designs and stringent new governmental regulations as a result incinerators emit virtually no dioxins making them considerably safer. In fact today chimneys and tiled stoves in private households alone discharge up to 20 times more dioxin into the environment than incineration plants. The United States Environmental Protection Agency has even gone as far as to state "Incineration plants are no longer a significant source of dioxins or furans". Today, the total emissions from the 87 plants are only 10 grams (0.35oz) yearly, a reduction of 99.9% among all together. Backyard barrel burning of household and garden wastes, still allowed in some rural areas including ours, generates 580 grams (20oz) of dioxins yearly. The burn pile is one of the simplest and earliest forms of waste disposal essentially consisting of a mound of combustible materials piled on bare ground and set on fire. Indiscriminate piles of household waste are strongly discouraged and may be illegal in urban areas, but are permitted in certain rural situations such as clearing forested land for farming, where the stumps are uprooted and burned. Some other benefits to incinerators are the reduction in the mass of waste. Incinerators reduce the mass of the original waste by 80-85% and the volume (already compressed somewhat in garbage trucks) by 95-96%. This means that while incineration does not completely replace land filling, it reduces the necessary volume for disposal significantly. Incinerators have a further benefit for the treatment of certain waste types in niche markets such as clinical waste and certain hazardous wastes where pathogens and toxins can be destroyed by high temperatures.

The heat produced by an incinerator can be used to generate steam which then may be used to drive a turbine in order to produce electricity. The typical amount of net energy that can be produced per tonne municipal waste is about 2/3 mwh of electricity and 2 mwh of district heating. Thus incinerating about 600 metric tons per day of waste will produce about 17 mw of electrical power and 1200 mwh district heating each day.

Denmark and Sweden have been leaders in using the energy generated from incineration for more than a century. In 2005, waste incineration produced 4.8% of the electricity consumption and 13.7% of the total domestic heat consumption in Denmark. A number of other European countries rely heavily on incineration for handling municipal waste, in particular Luxembourg, The Netherlands, Germany and France. In a study from 1994, Delaware solid waste authority found that for the same amount of produced energy, incineration plants emitted fewer particles of hydrocarbon and less SO<sub>2</sub>, MCI, CO and NO<sub>x</sub> than coal fired power plants, but more than natural gas fired power plants. According to Germany's Ministry of Environment waste incinerators reduce the amount of some atmospheric pollutants by substituting power produced by coal-fired plants with power from waste-fired plants. Incinerators convert waste materials into heat, gas, steam and ash. Incineration is carried out both on a small scale by individuals and on a large scale by industry. Incineration is common in Countries such as Japan where land is more scarce as these facilities generally do not require as much area as landfills (con't on Pg 8)

## EDITORIAL .. Catherine Crouchman, con't from pg 7

like we are experiencing in Southern Ontario. Currently Southern Ontario exported 4 million tones of waste to the US with 90% of this waste being sent directly to Michigan landfills. By incinerating at landfills, the volume of the uncompressed garbage can be reduced by approximately 70%. In some Countries large amounts of landfill gas are collected, but still the Global warming potential of the landfill gas emitted to atmosphere is the US in 1999 was approximately 32% higher than the amount of CO<sub>2</sub> that would have been emitted by incineration. A single moving grate boiler can handle up to 35 metric tons of waste per hour, and can operate 8,000 hours per year with only one scheduled stop for inspection and maintenance of about one month's duration.

Other gaseous toxins in the flue gas from incinerators furnaces include sulphur dioxide, hydrochloric acid, heavy metals and fine particles. The steam content in the flue may produce visible fume from the stack, which can be perceived as a visual pollution. It may be avoided by decreasing the steam content by flue gas condensation and reheating, or by increasing the flue gas exit temperature well above its dew point. Flue gas condensation allows the latent heat of vaporization of the water to be recovered, subsequently increasing the thermal efficiency of the plant. Particulate is collected by particle filtration, most often electrostatic preceptors (ESP) and/or baghouse filters. The lattes are generally very efficient for collecting fine particles. Waste water from scrubbers must subsequently pass through a waste water treatment plant. Sulphur dioxide may also be removed by dry desulphurization by injection limestone slurry into the flue gas before the particle filtration. These are all new measures that have been put in place over the years to ensure the safety of using incinerators as a methods for disposal.

Incineration produces fly ash and bottom ash just as is the case when coal is combusted. The total amount of ash produced by municipal solid waste incineration ranges from 4-10% by volume and 15-20% by weight of the original quantity of waste, and the fly ash amounts to about 10-20% of the total ash. The fly ash, by far, constitutes more of a potential health hazard than does the bottom ash because the fly ash often contains high concentrations of heavy metals such as leads, cadmium, copper, and zinc as well as small amounts of dioxins and furans. The bottom ash seldom contains significant levels of heavy metals. In testing over the past decade, no ash from an incineration plant in the USA has ever been determined to be a hazardous waste.

The bottom ash residue remaining after combustion has been shown to be a non-hazardous solid waste that can be safely put into landfills or recycled as construction aggregate.

Building and operating an incinerator requires long contract periods to recover initial investments costs, causing a long term lock-in. Incinerator lifetimes normally range from 25-30 years.

Odour pollution can be a problem with old-style incinerators, but odours and dusts are extremely well controlled in newer incineration plants. They receive and store the waste in an enclosed area with a negative pressure with the airflow being routed through the boiler which prevents unpleasant odours from escaping into the atmosphere.

A lot has changed in the incineration business over the last several decades and like any business they have improved their toxic out put and any damage they were doing to the environment and the general public. The number one benefit to going with incineration over a dump is that an incineration plant has an off switch. If something goes wrong or a malfunction occurs you can shut it down the same can not be said for a dump!

### **Winter Safety Suggestion:**

Always carry a candle, preferably the kind in a holder, in your car as one will heat the interior of a car to above survival level for hours! Open window periodically to release carbon monoxide. ~Marg



## YUMMY IN YOUR TUMMY .. Lori Higdon

### Truffle Cheesecake

1 1/2 cups chocolate wafer crumbs  
 6 tbsp butter, melted  
 3 pkgs (250 g each) cream cheese, softened  
 1 cup sugar  
 1 tsp vanilla  
 3 eggs  
 8 squares semi-sweet chocolate, melted



Glaze:  
 1/2 cup whipping cream  
 4 squares semi-sweet chocolate, chopped

- Heat oven to 325 F. Mix crumbs and butter, press onto bottom of a 9" spring form pan. Bake at 325 F for 10 minutes  
 - Beat cream cheese, sugar and vanilla until smooth. Beat in eggs, one at a time, just until blended. Stir in chocolate, pour over crust. Bake 50 mins or until set. Run knife around rim of pan to loosen cake. Cool. Refrigerate overnight.  
 Glaze: Bring cream to a boil over low heat, remove from heat. Stir in chocolate until melted and smooth. Spread over top and sides of cake. Decorate as desired.

### Bruschetta Chicken Bake

Prep: 10 min    Ready In: 40 min    Serves: 6

1 can (19 fl oz/540 ml) stewed tomatoes, undrained  
 1 pkg. (120 g) STOVE TOP Stuffing Mix for Chicken  
 2 cloves garlic, minced  
 1-1/2 lb. (750 g) boneless skinless chicken breasts cut into bite-size pieces  
 1 tsp. dried basil leaves  
 1 cup KRAFT Mozzarella Shredded Cheese

PREHEAT oven to 400°F. Place tomatoes in medium bowl. Add stuffing mix and garlic; stir just until stuffing mix is moistened. Set aside.  
 PLACE chicken in 13x9-inch baking dish; sprinkle with basil and cheese. Top with stuffing mixture.  
 BAKE 30 min. or until chicken is cooked through.

### Minute Chocolate Mug Cake

1 Coffee Mug  
 4 tablespoons flour(that's plain flour, not self-rising)  
 4 tablespoons sugar  
 2 tablespoons baking cocoa  
 1 egg  
 3 tablespoons milk  
 3 tablespoons oil  
 3 tablespoons chocolate chips (optional)  
 Small splash of vanilla



Add dry ingredients to mug, and mix well .. Add the egg and mix thoroughly.  
 Pour in the milk and oil and mix well.  
 Add the chocolate chips (if using) and vanilla, and mix again.  
 Put your mug in the microwave and cook for 3 minutes at 1000 watts.  
 The cake will rise over the top of the mug, but don't be alarmed!  
 Allow to cool a little, and tip out onto a plate if desired.

## SOCIAL REPORT .. LM Marg Holroyd

### Snowshoe and Games Social

WHEN: Sunday, January 24

WHERE: Marg's House 209737 Hwy. 26W in Craigleith

TIME: Gather 12:30

Snowshoe 1:00 – 3:00 ish - meandering along Georgian trail, through the woods, up on Nipissing Ridge, out on the lake and back to Marg's house 3:00 ish – specialty hot chocolate, coconut rum does wonders to warm you up

THEN: followed by chili by Marg, and Caesar salad, garlic bread and dessert by snowshoers or gamers

THEN: followed by fun and games

Please let Marg know if you can attend and your preference of food to bring.

BYOB. New Games. CAMERAS.

Gamers are welcome any time after 2:30. Dave will be here to greet you.

Spouses and significant others welcome.

2 extra pair of snowshoes are available, let Marg know if you need them.

(Location: Go past Craigleith General Store and Marg's is the first fence around the next corner on the right side)



*There comes a point in your  
life when you realize:*

*Who matters,*

*Who never did,*

*Who won't anymore...*

*And who always will.*

*So, don't worry about  
people from your past,*

*There's a reason why they  
didn't make it to your future.*

## KIN EDUCATION .. Darlene Weir

### Disaster Relief

Every year, Kin clubs contribute millions of dollars to Canadian communities with all monies raised in the community, staying in the community. Last year, more than \$15 million was raised; to say nothing of the countless hours spent planning and carrying out the many fundraising and service projects. The national Association does not receive money raised in the community. Kin Headquarters and its programs and services are financed through the members' annual dues along with some revenue from such activities as the internal sales division.

- ◆ In **January 2005**, Kin Canada (Kinsmen and Kinette clubs) made a \$48,000 donation to the Canadian Red Cross for the tsunami relief in Southeast Asia.
- ◆ Kin Canada raises on average \$1 million annually for the Canadian Cystic Fibrosis Foundation, making Kin the largest single fundraising organization for CF research in the world. Since 1964, Kinsmen and Kinettes have donated more than \$33 million towards CF research.
- ◆ In **2002**, Kinsmen and Kinettes donated more than \$73,000 to the Hay West project. This project brought hay from Central and Eastern Canada to western farmers whose fields were suffering from drought conditions. Kinsmen and Kinettes in Alberta also assisted with a benefit concert to raise funds and awareness to the plight of farmers in Western Canada.
- ◆ **August 2003** saw devastating fires rip through British Columbia leaving many homeless or living in shelters. In less than a day, Kin pledged more than \$50,000 and 30,000 pounds of beef to help feed firefighters and those in shelters.
- ◆ In **2003**, BBQ Canada, an initiative of Kinsmen and Kinettes, supported the ailing beef industry in Canada. On Labour Day, Kin clubs and groups across the country, hosted free barbecues to

show the world that Canadian beef is safe and that they support the Canadian Beef Industry. This one-day event set a new Guinness Book of World Records by serving more than 280,000 individuals a beef product.

### Kin History

#### National Disaster Emergency Fund

The purpose of the National Disaster Emergency Fund is to allow the Association access to money that can be given immediately to an area in Canada that is adversely affected by a disaster. The requests are made by the deputy governor of the zone affected to the governor of the district. The governor then evaluates the request and passes it on to the executive director. The executive director then contacts the members of the committee who then evaluated the request and make a decision as to whether or not support is warranted.

If support was warranted the dollar amount was based on guidelines and past practices. The decisions once received by National Headquarters were then made in less than 24 hours. This allowed Kin to provide the money to the area in need as soon as possible. Some areas that have received help and support in the past were:

- 1994 Penticton BC- Fire
- 1995 Medicine Hat, AB-Flood
- 1996 Chateauguay, QC- Flood
- 1996 Timmins, ON-Flood
- 1996 Saquenay-Lac ST. Jean, QC-Flood
- 1996 Arthur, ON-Tornado
- 1997 Durham, ON-Flood
- 1997 Red River Valley MB-Flood
- 1997 Fort McMurray, AB-Flood
- 1997 Peace River, AB-Flood
- 1998 Quebec, Ontario, New Brunswick-Ice Storm
- 2000 Walkerton, ON-E-Colin Water Tragedy



## INTRODUCING OUR JANUARY GUEST SPEAKER ..



**SHERI O'SHEA**

Sheri O'Shea has over twenty years experience as an actor and broadcaster. Ms. O'Shea is also an instructor at Georgian College and teaches Consumer Behaviour, Personal Selling and Public Speaking. She can also be heard on 107.5 Kool FM radio on Friday mornings in her feature report, "Kool Mom on the Run." Ms. O'Shea feels that her life's experiences as an actor, broadcaster and teacher have led her to this new role of voice and speech coach. She will help you realize your full vocal potential and discover the power of confident speaking!

CONTACT SHERI O'SHEA AT:  
[WWW.VOICESOS.COM](http://WWW.VOICESOS.COM)  
(705) 720-2530

## READERS INTEREST, THE HISTORY OF APRONS .. Elaine Prokopec



*I don't think our kids know what an apron is.*

*The principal use of Grandma's apron was to protect the dress underneath, because she only had a few ,it was easier to wash aprons than dresses and they used less material, but along with that, it served as a potholder for removing hot pans from the oven.*

*It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.*

*When company came, those aprons were ideal hiding places for shy kids.*

*And when the weather was cold grandma wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds..*

*When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.*



*It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.*

### **JUST A THOUGHT:**

*Some people now a days would go crazy now trying to figure out how many germs were on that apron. I never caught anything from an apron!*

## KINETTE PROFILE .. INTRODUCING ... Monika McKean

*(Warning: contains some humour and a bit of pertinent information)*

Born in Toronto on the very last day of 1961 (December 31<sup>st</sup> to be exact) Monika started life wanting to get the most out of it and obviously not wanting to waste a day of 1962! The eldest of two children, her only brother was born less than one year later in London. But the family was not to rest. 1963 saw them move to Wasaga Beach with a further move in 1969 into Collingwood where they have resided since.

Monika had a rather uneventful youth that was interrupted by two somewhat life altering events. The first occurred when she was 10 years old and her loving younger brother pitched a horseshoe that split Monika's head open. Research has deduced that this incident caused Monika's love of Kin Kamp and the horseshoe tournament held there. Secondly, on recommendation by her grade seven French teacher, Monika spent one month in Quebec with French students from all across Canada, learning the culture and making friends from across the nation. It is believed that it was this trip that inspired Monika's social abilities and her desire to meet people (in the wee hours of the morning in hospitality rooms everywhere!!!!).

This social desire was fulfilled when she met her former husband in 1979. A Kinsman at the time, he was also keen to pursue social events and get Monika involved in Kin. Since they weren't married, Monika was unable to officially join Kinettes and so, was elected as an honorary Kinette for four years (and official bar chair the entire time lol) until she decided to co-habitate. Then, Monika became a fully-fledged, dues paying Kinette. (Some moral dilemma that was)

During Monika's initial club presidency (and that was so long ago....ummmm 1988), the Kinette Club of Collingwood gained 14 new members. Then, the bug to serve outside of the club bit. The first trek was serving as Zone C Service Director ('90/'91). She then moved on to work with Kathy Jeffery and Jane Turnbull as the District Service Director ('91/'93), Zone C Membership Director ('93/'94), Zone C Kinette Co-Ordinator ('94/'95), Club President for the second time ('95/'96), chair of *Catch of '97* Spring Convention, District One Vice Governor, then Governor ('98/2000), and .. okay from this point it all gets a bit blurry .... Let's see, a couple more kicks at Deputy Governor for both the Kinettes and then the Kinsmen as well in Zone C, co-chair of District One FLC "Mardi Gras North 2005", followed by a few back to back years as President of the Collingwood Club, ending June of this year (????), and in 2008-09 a kick at District One Co-Ordinator, Co-Secretary, Awards Co-Chair (hence the nickname Mo Co Co Co) MY TIME FLIES WHEN YOU'RE HAVING FUN!!!

Monika has held the majority of offices within her home club, well, except for treasurer and she's still not too sure why that hasn't happened. She has been honoured with .. Maple Leaf, Outstanding Maple Leaf, GEM (3x's), Founders Award, District One Kinette of the Year, District One Quill (3x's), Zone C and District One Senior Bulletin Award (2x's), Carol Phee Outstanding Governor's Award, National Outstanding Deputy Governor Award (3x's), District One Outstanding Deputy Governor Award, Master Club Award (4x's)

Monika works full time for Goodall Rubber Co. of Canada as a shipping co-ordinator (must be in the genes). She is the proud mother of 19 year old Katie who is on the verge of being a College Graduate and leaving for Guatemala on March 3rd, AND is also patient Grandma to Roxie (one 10lb mini-daschund) who keeps her evenings and weekends full!!



## READERS INTEREST .. Casey MacLeod

Happy New Years ladies!

It's that time of the year we all promise ourselves to drag ourselves out to the gym, to not have that piece of cake after dinner, or maybe to just drink more! (I mean less!) Whatever our new years resolution is, majority of people always seem to have difficulty sticking to their choice ( We're barely a week in and I've already broken mine!) So here are some helpful tips in making and keeping your New years resolution.

1) Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable, and time-based. Focus on creating goals that are Specific, Measurable, Achievable, Realistic and Time based (SMART). For example, instead of thinking 'I want to find a new job', focus on creating bite-sized, measurable goals for each week, such as rewriting your CV and then applying for one new job every two weeks. Map out the step-by-step mini-goals that will slowly but surely take you to where you want to be, make a note of them in a diary, and stick to the plan.

2) Tell your friends and family about your goals, thus increasing the fear of failure and eliciting support. For example, write down your resolution on a large sheet of paper, sign it, and place it somewhere prominent in your house. Tell your friends, family and colleagues about your resolution, and ask them to provide you with helpful nudges to assist you in achieving your goal. Either way, do not keep your resolution to yourself.

3) Regularly remind yourself of the benefits associated with achieving your goals by creating a checklist of how life would be better once you obtain your aim. For example, if you want to quit smoking, make a list of the benefits of giving up, and place it somewhere prominent in your house. If you want to motivate yourself to go to the gym, list the positive side of being fitter and put it in a place that ensures you will see it each day.

4) Expect to revert to your old habits from time to time. Treat any failure as a temporary set-back rather than a reason to give up altogether. New habits take time to learn, and once in a while you will slip up and revert to the old you. People on diets might suddenly give in to temptation, or those trying to exercise more might not find the time to go to the gym for a week. Remember that everyone messes up from time to time. Don't blame yourself if you falter, or allow the experience to make you give up.

...and here are another six....

- 1) Make only one resolution, your chances of success are greater when you channel energy into changing just one aspect of your behaviour.
- 2) Don't wait until New Year's Eve to think about your resolution and instead take some time out a few days before and reflect upon what you really want to achieve.
- 3) Avoid previous resolutions; deciding to re-visit a past resolution sets you up for frustration and disappointment.
- 4) Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life.
- 5) Give yourself a small reward whenever you achieve a sub-goal, thus maintaining motivation and a sense of progress.
- 6) Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures.

If you're having difficulty picking a new years resolution, here are a few ideas;

"Always check for toilet paper before leaving a public restroom"

"Do less laundry and use more deodorant"

"Take up a new habit: Maybe Smoking!"

And a couple for those little critters we love so dearly;

"Grow opposable thumb, break into pantry; decide for MYSELF how much food is too much."

"Make more time to stop and smell the behinds"

And the one MY two cats will be making this year;

"I will not walk across the keyboard while my human is typing important siopeawr#&uio%DSf8adjio\*("

Keeping a resolution is not an easy task, I applaud anyone who is still keeping theirs in February. Good luck ladies, it's not only a new year, but a new decade. Use it wisely!



## EDITORIAL ... Michelle Kusiar

Well, I looked at Monika yesterday and said "What the ---- am I gonna write for an editorial???" So this is what she suggested "Split Family Christmas". Great idea because I just had one wing dingy of a Christmas. SO busy, I'm STILL exhausted.

December 24<sup>th</sup> - this day is the easiest for us. We relax at home, bake cookies for Santa, and prepare for the Fat Man's visit. Ciara is WOUND for sound and asks at least 50 times "Santa comes tonight right? You and Parker will go to bed when I do so that Santa can come, right? He won't come until you're asleep so go to bed!" AH the words of a 5 year old. She was bathed and in her pajammies by 7:30pm, put the cookies and chocolate milk (because Santa likes that better) on the table, read her a story, and didn't get her to actually stay in her bed until 9:30pm. We completed our last minute wrapping and hit the hay.

December 25<sup>th</sup> - And we're up at 5:30am. Yes, that's right, 5:30 comes twice a day for those that didn't realize it. I am still in awe about the statement I am about to type. I was able, oh yes I was, to keep Ciara from opening presents until 7:30am!!! Can you believe it? Now, I had to listen to her go on and on and on and on about who she could see presents for under the tree (as our presents are all wrapped) and what cool things were sticking out of her stocking. But, she did stay very well behaved until I told her she could wake Parker up. Now she was allowed to help Hemmingway open his stocking and play with his toys.

So, 7:30am we start with stockings and then, eventually hit the tree. We were finally finished opening everything and putting everything together by 9:30am. Ciara got approximately 30 minutes to play with her new toys before I was rushing her out of her PJs into her clothes and then out the door to Grandma Rosie and Grandpa Mike's (my parents). So off to Thornbury we go. We arrive in Thornbury, have a quick visit and then its MORE present opening. After present opening, approximately 12pm, we have a wonderful brunch, prepared by Rosie, and then off we go to Grandma Patty's (Adam's mom) for 1pm.

So, we arrive at Grandma Patty's at about 1:15pm as we were a little late leaving Rosie's. At this juncture of our day, we drop Ciara off with her overnight bag and head home. When we arrive at home, its NAP TIME!!! Parker and I enjoy some quiet before heading over to cousin Chris' for Christmas Dinner. Home by 11pm (only because his girlfriend was really not feeling well otherwise it would've been a LONG night).

December 26<sup>th</sup> - Up and out the door by 9:30am to pick Ciara up from Grandma Patty's and prepare for another day of Christmas. We bring Ciara home after a couple of Boxing Day stops and prepare for our trip to Kitchener to Grandma Sue and Grandpa Craig's (Parker's parents). We leave Collingwood around 11:30am for the 2 hour trek. We make 2 stops in Kitchener and then head to Parker's parents. We arrive there, more excitement as there is yet another Christmas Tree (this would be tree #4 for Ciara) with presents!!! Parker leave to pick up his son Keegan and we begin the Findlay/Stewart Christmas. Dinner was around 7pm and then present opening. We left Kitchener at 9:00 with a car load and I mean a car load!!! The kids pass out on the way home. We arrive home at 11:00pm, carry the kids to bed and then unload the truck. We get to crawl under the covers by 12:30am!

Oh, wait, I'm not done yet. Of course Santa was at our house for Keegan SOOOOOO...

December 27<sup>th</sup> - 7:30am up and at 'em 'cause there's MORE presents!!! Yes, that's right folks tree #5 (as we did leave one present under there for Ciara to open while Keegan opened his). So more present opening. Finally, at 10:30am the kids were able to sit and enjoy all their wonderful new toys.

So needless to say, it was a very busy, very exhausting Christmas. Next year, Kitchener come to us!!! The hardest part about the Split Family Christmas, is that the kids miss out on enjoying their new stuff on Christmas day. They are so exhausted from being driven here, driven there, and not having a regular schedule that their little systems are off for days. It takes me the next week, before school starts, just to get her back into a routine. Split Christmas = tough on kids.



## COMMUNITY NEWS .. LM Marg Holroyd

**The Olympic Torch** arrived in Collingwood on December 29<sup>th</sup> at 10:00 a.m. It was on its 61<sup>st</sup> day of travel across and around Canada. Before it reaches Vancouver for the Games of 2010, it will have covered the longest distance within one country of any Olympic Torch. The weather was cold with strong winds out of the north as the torch runners and the large entourage made their way along First Street. We arrived at Second and Hurontario in time to slip in and grab a coffee at Duncan's to warm us. At ten minutes to ten the crowd was thin but by the time the Olympic Torch appeared there was a decent crowd pressing to catch a glimpse of this historic moment! With no sound system on the main street right now the speeches were lost to all but the front row, but that did not deter those who came to join in the celebration. Everywhere you looked there were signs of patriotism and support for our athletes, from hats to flags. On the mycollingwood.ca picture gallery there are three sets of photos taken during the Collingwood portion of the Torch Relay. Our own Michelle Federer and Kathy Jeffery appear in the first collection looking proud to be representing the Town and to be Canadian. I encourage everyone to visit the website and view the photos, interesting stuff as there appear to be more of our mayor than the Torch?



**Speaking of the Main Street**, what does everyone think of the big dig? One sure has to sympathize with our downtown merchants after all they have been through this fall. What a time for them to see more shoppers stay away due to dirt and noise with the economy still on a slow upward climb. I made a point of putting on an old coat and trucking along in the blowing dirt to do some of my Holiday shopping downtown out of sympathy. We are so fortunate to have such an eclectic group of stores! Every time I saunter around downtown I come across another gem for the first time. Most recently I discovered a funky shoe and jewellery store with very reasonable prices. Who knew?

**In other news, the Library** is slated to open in the spring after some delays due to our wonderful weather this past year (and a raft of other reasons). I have had a tour of the facility and it is very impressive. The Library staff has done a great job of taking the needs of all our diverse citizens into account.

**Have you heard the news?** Our own good Kinette, Life member Kathy Jeffery, has announced her intention to run for Mayor in the next Municipal Election! Yeah Kathy! Go Girl Go! Now you all know how true all those testimonial editorials in our bulletins about what incredible skills Kinettes have allowed us to nurture are in reality. Knowing Kathy has served our organization as National President, among many other high positions, presiding over National Conventions and the Governance of the Kin Association, we can be confident she is prepared to lead Council! Of course, she got a lot of experience serving on Council and her various committees too. But, nothing can beat having those good skills honed in Kinettes. I only wish someone half as capable would come out of the woodwork to run against Mayor Anderson in the Blue Mountains! Congratulations Kathy and best of luck!  
Marg Holroyd pppP, LM, L tba K (figure that one out!)

## READER'S INTEREST .. Lori Higdon

Before the Battle of Agincourt in 1415, the French, anticipating victory over the English, proposed to cut off the middle finger of all captured English soldiers. Without the middle finger it would be impossible to draw the renowned English longbow and therefore be incapable of fighting in the future. This famous weapon was made of the native English Yew tree, and the act of drawing the longbow was known as "plucking the yew" (or pluck yew).

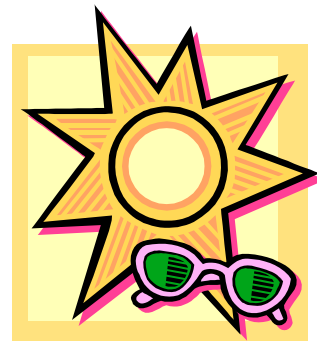
Much to the bewilderment of the French, the English won a major upset and began mocking the French by waving their middle fingers at the defeated French saying, " See, we can still pluck yew!"

Over the years some 'folk etymologies' have grown up around this symbolic gesture. Since 'pluck yew' is rather difficult to say (like "pleasant mother pleasant plucker," which is who you had to go to for the feathers used on the arrows for the longbow), the difficult consonant cluster at the beginning has gradually changed to a labiodentals fricative 'F', and thus the words often used conjunction with the one-finger-salute are mistakenly thought to have something to do with an intimate encounter. It is also because of the pheasant feathers on the arrows that the symbolic gesture is known as "giving the bird".

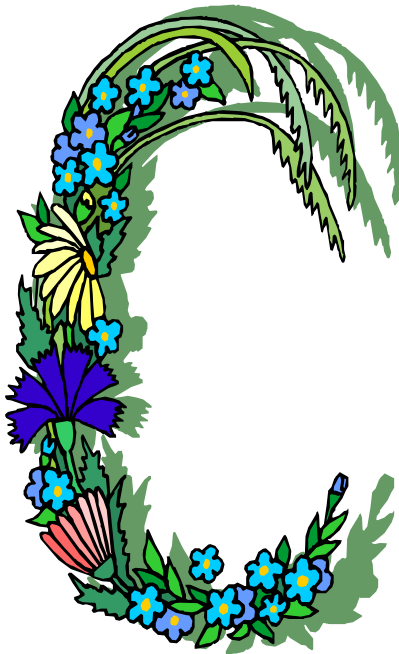
And yew all thought that yew knew everything!!!!!!!!!!!!



Although the weather was less than perfect in Florida this year (or so I'm told lol), I'm certain that Janet and Tim had a wonderful time with the family. Here's just one of the outings they had while on vacation. Looking pretty happy there Janet!!



## ZONE C NEWS ... Zone Conference Update



**The Zone C Joint Zone Conference** will be held at the Orange Lodge Hall on Sunday March 7th -10. Monika has agreed to Chair the event, with Michelle to handle the raffle table, and Janet the finances. We are looking for two or more people to join our team; Food and Decorations both need to be addressed. Please contact Monika if you need any details on those positions. As soon as we have a committee we will have a meeting to pick the theme and get the ball rolling.

**DON'T FORGET** to book that date on your calendars **NOW!!**

## ZONE C NEWS ... Brenda Bishop

At our December General Meeting we had a wonderful Christmas Dinner catered by our irreplaceable Tim Knorr. A wonderful social was organized by our wonderful Club President Monika. We did get the opportunity of having our Zone team of Christine Cooper and Odette Houle join us and install our executive team. I did find this on our website and found it interesting to get to know who Christine is.

### **Christine Cooper, ZONE C Kinette Deputy Governor**

- Am currently a member of the Kinette Club of Meaford
- Joined London Kinettes in 2003, and then transferred to Hamilton Kinettes, guest member of Kinsmen Club of Peterborough for 6 months.
- Teach French/Music in an Elementary school in Owen Sound
- Was previously president of Hamilton Kinettes and Deputy Governor of Zone A; Kin Kid

# NEW MEMBER WELCOME .. April MacLean



## KIN CANADA APPLICATION FOR MEMBERSHIP

I hereby propose the following candidate for membership in the Kinsmen/Kinette/Kin Club of

COLLINGWOOD

and conscientiously believe the following information to be true

Name in Full April Anne MacLean

Nickname APCS

Residence Address:

Street 570 Spruce St

City Collingwood Province ON Postal Code L9Y 3H6

Home Phone ( 705 ) 445-8310 Fax ( ) Cell 705 443 9304

Home Email apcs.mac@hotm.com Work Email amaclean@theenterprisbulletin.com

Business Address

77 St Mary St

Collingwood, ON L9Y 3Z4

Occupation Circulation manager Date of Birth Nov 28, 71 Age 38

Does Candidate work or live in this Community yes How long have you known the Candidate 8 yrs

Name of spouse Vince Falby Nickname

Initiation Fee \$ Membership Dues \$ 100 (per year)

NOTE: Please circle the appropriate option

Proposer Karen Falby

Seconder Janet Currie

"I hereby request membership in the  
Kinsmen/Kinette/Kin of

Club of Collingwood

Upon acceptance, I agree to be subject to its constitution, by-laws and official policies, and agree to pay the sum of \$ 25 as initiation fee and to pay the regular dues of the club, zone, district and national association, as billed by the club"

April MacLean

Signature of Applicant

Dec 17, 09

Date

### Report by Executive

1. Approved for publications in the Club bulletin/minutes the 17th day of Dec 2009
2. No objection having been made the candidate is elected by a two-thirds vote of the entire Executive this 17th day of Dec 20 09

### Publication of Club Bulletin/Minutes

Notice of Proposal published in the ..... Issue on the .....day of .....20.....

Notice of election published in the JAN issue on the 17th day of JAN 20 10

## CF NEWS .. Janet Currie

### Research Programs

In 2009-2010, the CCFF is investing nearly \$6 million to fund 55 promising research projects, as well as 50 fellows and students. Researchers are attacking cystic fibrosis on many fronts within two broad categories, which may also add insights into other diseases:

#### Fixing the Basic Defect

Some research programs focus on what goes wrong in the cell and how it can be fixed. For example, some of our investigators are studying the defective protein that results in abnormally thick mucus, in order to correct the protein in the cell. The ultimate goal of this area of research is to find a cure for cystic fibrosis.

#### Treating Symptoms and Improving the Quality of Life

Other research initiatives take aim at alleviating the everyday problems caused by cystic fibrosis by developing treatments for the symptoms and complications of the disease. For example, many CCFF-funded researchers are studying various bacteria that cause dangerous lung infections in people with CF with the goal of developing improved medications.

#### Insights into Other Diseases

Cystic fibrosis is a complex disease that affects many organs. Because CF research is very diverse, research findings are applicable to a number of diseases. For example, advances in 'basic' research may have implications for epilepsy and multiple sclerosis, and research into the symptoms of CF could be applied to HIV/AIDS and asthma, among others.



### Research Milestones

- ♦ Landmark discovery in 1989 of the gene responsible for CF
- ♦ Discovery of genes that modify the function of the gene responsible for CF, thus opening the way for tailored therapies for patients at specific risk
- ♦ Identification of compounds (via high throughput screening) which are effective, under laboratory conditions, in 'fixing' the basic defect in CF
- ♦ Demonstration, in mouse model, of the potential of 'protein replacement' as a viable treatment for cystic fibrosis
- ♦ Identification, and demonstration of the potential of naturally-occurring antibiotics (defensins and cationic peptides), to reduce infection and inflammation in CF lung disease, and resolve infection in other conditions
- ♦ Enhancement of lung transplant techniques under laboratory conditions, and subsequent execution of the world's first successful double-lung transplants involving an individual with CF
- ♦ Continued research on new approaches to maintaining function of transplanted organs, leading to more organs available for transplant, and shorter waiting times for this life-sustaining surgery



***WE'RE SO VERY PROUD OF YOU BARB***

## DISTRICT ONE NEWS .. Perc Dawson Golf Tournament



### **PRESTON KINSMEN & KINETTES**

**ZONE A**

**PERC DAWSON**

**CYSTIC FIBROSIS SNO-GOLF**

**SATURDAY JANUARY 16TH 2010**

**12PM**

**GRAND VALLEY GOLF COURSE**

**1910 Roseville Rd Cambridge Ontario**

**DINNER TO FOLLOW**

**AT PRESTON KINSMEN HALL 5:30PM**

**WII GOLF CHALLENGE \$2.00 DONATION TO CF**

**GOLF & DINNER:**

**\$25.00/PERSON**

**DINNER ONLY: \$10.00**

**RSVP:**

**BRAD COONEY 519-623-9944 DWAYNE LOUGHEAN 519-650-2246**

### **Section 10 - Perc Dawson Golf Tournament Trophy**

*Presented at Fall Leadership Conference*

The Perc Dawson Challenge Trophy was donated by the Kinsmen Club of Hamilton to honour Charter Member Perc Dawson for his work in Kin in Hamilton and for the Association.

The trophy will be awarded each year to the winning team at District One Fall Leadership Conference. The winners shall have possession until next year's Fall Leadership Conference.

#### Rules:

The following rules and regulations shall be used in judging the winner:

Each Zone may conduct an interclub tournament to be held not later than August 15<sup>th</sup>.

Each club may enter as many members who are in good standing prior to March 31<sup>st</sup> of the year of the competition, as that would like to compete.

Competitors names must be declared and witnessed prior to play golf. (See entry form)

Competitors shall play eighteen holes of golf and these must be played in competition with another Kin club.

The lowest four (4) gross scores from each Club will be used to determine the total team low gross score.

The club with the total Team Low Gross (as outlined in paragraph 5) shall be declared the winner of the Perc Dawson Golf Challenge Trophy which will be presented at the District Fall Leadership Conference.

That the hosting of the Perc Dawson District final be awarded to the club who bids and wins by District vote. Should no club come forward to host Perc Dawson, it shall be awarded by the District Executive of that year. The District Executive of the day will be responsible for promoting the date and location of the tournament.

## READERS INTEREST ... Bob Coxon, Secure Insurance

### **SIX HELPFUL HINTS FOR YOUR CAR IN THE WINTER**

**1. Keep your headlights clear with car wax!**

Just wipe ordinary car wax on your headlights. It contains special water repellents that will prevent that messy mixture from accumulating on your lights - lasts 6 weeks.

**2. Squeak-proof your wipers with rubbing alcohol!**

Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia. This one trick can make badly streaking & squeaking wipers change to near perfect silence & clarity.

**3. Ice-proof your windows with vinegar!**

Frost on it's way? Just fill a spray bottle with three parts vinegar to one part water & spritz it on all your windows at night. In the morning, they'll be clear of icy mess. Vinegar contains acetic acid, which raises the melting point of water---preventing water from freezing!

**4. Prevent car doors from freezing shut with cooking spray!**

Spritz cooking oil on the rubber seals around car doors & rub it in with a paper towel. The cooking spray prevents water from melting into the rubber.

**5. Fog-proof your windshield with shaving cream!**

Spray some shaving cream on the inside of your windshield & wipe it off with paper towels. Shaving cream has many of the same ingredients found in commercial defoggers.

**6. De-ice your lock in seconds with hand sanitizer!**

Just put some hand sanitizer gel on the key & the lock & the problem's solved!



## SERVICE PROJECT REPORT .. MacMillan's

Don't forget that your MacMillan sales are due to be submitted at the January General meeting. For those that need a bit of extra time, the February Executive is the LAST possible date to submit. Remember that funds must be submitted with the order forms as well.

## EDITORIAL ... Barb McArthur

In reviewing the bulletin duties, I realized that I needed to write an editorial for an upcoming bulletin. I am not sure what Janet and I were thinking when we were creating this list of duties and included ourselves on it! So, I had been tossing ideas around, but nothing had formulated into a written article. But last night on my way to the executive meeting at Monika's house, there was a shimmer of light. Sometimes it just takes seeing or hearing something to trigger that idea.

As I was driving down the street to Monika's, I noticed a big three ball snowman proudly created in the front yard of one of the houses. When I saw it, a funny thing happened, I actually found myself smiling from ear to ear. My immediate thought was I couldn't believe that our children of today still go outside to play and actually build a snowman. I thought the only snowballs that they would recognize, build or toss would be on a computer. Then my next thought, was remembering my own childhood, the winters in the country and how we enjoyed our time outdoors. It was so funny because as I continued driving, I kept smiling and almost giggling. So no matter how crazy your day is or how busy you are, you really do need to stop and smell the roses and start appreciating the little things. It sounds silly, but that snowman made a difference to me, because I was still talking about it the next day and still smiling!

Embrace life, enjoy each day to the fullest, your attitude will be positive and you will be amazed at what you can accomplish!



### O X Y M O R O N S

1. Is it good if a vacuum really sucks?
2. Why is the third hand on the watch called the second hand?
3. Why does "slow down" and "slow up" mean the same thing?
4. Why does "fat chance" and "slim chance" mean the same thing?
5. Why do "tug" boats push their barges?
6. Why do we sing "Take me out to the ball game" when we are already there?
7. Why are they called "stands" when they are made for sitting?
8. Why is it called "after dark" when it really is "after light"?
9. Doesn't "expecting the unexpected" make the unexpected expected?
10. Why are a "wise man" and a "wise guy" opposite?
11. Why do "overlook" and "oversee" mean opposite things?
12. Why "phonics" is not spelled the way it sounds?
13. If you are cross-eyed and have dyslexia, can you read all right?
14. Why is bra singular and panties plural?
15. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
16. Why do we put suits in garment bags and garments in a suitcase?
17. How come abbreviation is such a long word?
18. Why do we wash bath towels? Aren't we clean when we use them?
19. Why do they call it a TV set when you only have one?
20. Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks?
21. Why do we drive on a parkway and park on a driveway?

Thanks Marg ...

## CAMPUS UPDATE .. Katie McKean

Well to start off, I would like to wish everyone a very happy new year! I think it's going to be a great one. There's so much happening this year and just like last year, it is going to fly by without us even noticing.

Back here at Humber there isn't much happening this week. Most of the RA's are back and working a few shifts to make some extra money. We have been planning "Frost Week" which is the equivalent to "Frosh Week" in September, but for new students that are coming in January. Frost Week will be very important, it's a great opportunity for new students moving in to make new friends and get involved in the residence community. As for returning students, it's a good way to get back with friends and have a good time during the first week of classes.

As for me and my floor.. I am down about 5 or 6 students - most moved out into cheaper housing, while one was evicted (smoking weed in his room, and caught by me... not the funnest thing I've ever had to do). But on the other hand, it will be nice to have some new faces on the floor and out to events. We revamped all four of our bulletin boards including - a January calendar, a welcome back board, a facebook events board for Frost Week and a 2010 predictions board. Let me tell you there are some pretty crazy predictions for this year!

January is going to go so fast, and I am both excited and nervous for that. My classes are looking pretty decent - Mondays AND Fridays off (HELLO LONG WEEKENDS!!!). I have successfully sold \$800 in meal cards, and figured out what the rest of my bulletin boards will be before I move. There have been numerous social events planned with friends and co-workers, but as of now I should be home for Marg's snowshoe social. I hope all of you are there, that may be one of the last times I will see you before I fly out on March 3rd.

So, that's about it for now. Kind of hard to update you on what's really happening around here when there aren't many students back, and nothing exciting going on. But I can say that my winter break at home was amazing. Mom kept me busy, and we had a blast. I loved being home don't get me wrong, but it sure is nice to be back in rez where I can do what I want, when I want.

Well I'm off to cook some dinner and be productive at something..... See you ALL on the 24th snowshoeing (or just eating & socializing). Stay strong with your resolutions for the new year (mine - to have a bikini body by March, and so far I've been sticking to the gym and cutting the chocolates - heartbreaking I KNOW).

Lots of love,  
Katie



## ZONE C CLUB CONTACT INFORMATION

Club	President	Postal Address	Phone Number	Email Address
Beaver Valley	Lynn Vail	Box 841 Thornbury. N0H 2P0	519-599-5886	<a href="mailto:brian.vail@sympatico.ca">brian.vail@sympatico.ca</a>
Collingwood	Monika McKean	Box 578, Collingwood. L9Y 4E8	705-446-2436	<a href="mailto:mmckean@rogers.com">mmckean@rogers.com</a>
Meaford	Dana Hawton	Box 4822, Meaford. N4L 1X6	519-538-3985	<a href="mailto:hawtons@rogers.com">hawtons@rogers.com</a>
Owen Sound	Ashley Helm	Box 311, Owen Sound. N4K 5P5	TBA	<a href="mailto:ashleelynnhelm@hotmail.com">ashleelynnhelm@hotmail.com</a>
Shelburne	Carol Egan	Box 964, Shelburne. L0N 1S0	TBA	<a href="mailto:tegan@olg.ca">tegan@olg.ca</a>
Wasaga Beach	Marian Huchison	Box 425, Wasaga Beach. L9Z 1A4	705-429-5169	<a href="mailto:hutchesson@rogers.com">hutchesson@rogers.com</a>
Deputy Governor	Christine Cooper	436 Balmy Beach Rd. Owen Sound. N4K 5N4	226-234-9213	<a href="mailto:Muahaha_productions@hotmail.com">Muahaha_productions@hotmail.com</a>
Zone CF/Service Director	Odette Houle	R.R. #2, 774325 Hwy #10 Flesherton N0C 1E0	519-924-2445	<a href="mailto:zonec@cablerocket.ca">zonec@cablerocket.ca</a>

## DISTRICT NEWS ... Welcome Baby Rebecca "Keklette"



Kingratulations to Frankie and Chris Kekes on the birth of their beautiful daughter.

**OUR BABY HAS  
ARRIVED!!!**  
 Rebecca Nichole  
 Kekes  
 January 1st 2010  
 8:00am  
 7lbs 15.9ozs  
 17" long  
 Thanks for all your  
 love and support  
**HAPPY NEW  
 YEAR!!!!!!**

## DISTRICT & NATIONAL NEWS .. Past Gov Odette Houle

### 2008 - 2009 National Award Winners

#### *Kin Quill Award Runner-Up*

Dan Strugar  
Kinsmen Club of Ridgeway-Crystal Beach  
"An Infectious Disease"

#### *Kinette Quill Award Winner*

Tanya Hartung  
Kinette Club of Palmerston & District  
"The Greatest Kinspiracy Theory"

#### *Kinette Quill Award Runner-Up*

Monika McKean  
Kinette Club of Collingwood  
"Home Is Where the Heart Is"

#### *Kinsmen Ritchie Senior Bulletin Award Runner-Up*

Kinsmen Club of Feversham & District  
Editor: Larry Sheard

#### *Kinsmen Ritchie Junior Bulletin Award Winner*

Kinsmen Club of Hamilton  
Editor: Jeff Nash

#### *Dawn Freeland Kinette Senior Bulletin Award Winner*

Runner-Up  
Kinette Club of Clinton & District  
Editors: Susan Meyers/Linda Carter

#### *National Photography Award Runner-Up*

Colleen Wake  
London Kinette Club  
"Great Strides"

#### *Kinsmen Public Relations Award Runner-Up*

Kinsmen Club of London

#### *Kinette Public Relations Award Winner*

Kinette Club of Collingwood

#### *Kinsmen Founding Members Public Speaking Award Winner*

Chuck Stoffle  
LaSalle Kin Club

#### *Diane Rogers Kin Pride Award Runners-Up*

Allyson Austin  
Kinette Club of Goderich

#### *Bill Skelly Awards*

District #1:  
Kinsmen Club of Listowel, "Running to Catch a Breath for CF"

#### *National Outstanding Zone Award (formerly Outstanding Deputy Governor Award)*

Zone A - Wendy Rolfe and Marty Makins

Zone B - Brenda Dineen

Zone C - Lisa Burechails

Zone D - Dan Strugar and Tracy Spalding

Zone F - Cheryl Brydges

Zone K - Terri Iredale

### District Awards presented at FLC 2009

#### *Photography Award*

Kinette club of Collingwood, Barb McArthur, photographer

#### *District One Kinsmen Rookie of the Year*

JEFF NASH, Kinsmen Club of Hamilton

#### *District One Kinette Rookie of the Year*

BEA CROWLEY, Kinette Club of London

#### *District One Kinsmen of the Year*

DWAYNE LOUGHLEAN, Kinsmen Club of Cambridge (Preston)

#### *District One Kinette of the Year*

BARB McARTHUR, Kinette Club of Collingwood

## INTRODUCING ... Katie McKean

Well, you all know about me, and what I'm up to. So I thought I would give you a little different perspective on me. So here are some facts about me, and then a review of 2009 - Katie style.

Full Name: Katherine Hannah Violet McKean

Birthday: May 3rd, 1990

Age: 19 Years Old

Height: 6'2

Weight: Haha!

### HIGH POINT:

Going on my cruise back in May. It was such an incredible experience, and due to that cruise, my new high point is going to Guatemala.

### LOW POINT:

Hmm, that's hard to say. Maybe being terrified of residence being taken over by swine flu! That was scary to think about, but thankfully it never happened!

### BEST HOLIDAY:

Cruise through Central America. Also all the trips to see family. I feel that in 2009 mom and I were able to visit with family A LOT more, which was amazing.

### YOUR SOUNDTRACK:

Pretty much everything. There were of course the few songs that remind me of certain things that happened, but it would be way to hard to list all of em!

### MOVIE:

I have no idea what I would say is my favourite movie in 2009. I watched a lot and all of them were okay, but obviously nothing is jumping out at me....

### HALLOWEEN:

I was a stop light haha! I was actually on call on Halloween Night, so I was wearing my red vest and breaking up parties.

### RESTAURANT:

Akita. It's an all you can eat sushi restaurant, YUM!

### BOOK:

It's called "The Tall Book". The author is a woman who is 6'3 and she talks about being a tall woman. Such an interesting read, and funny to hear stories that you thought only happened to you being so tall.

### KINETTE KIN-ECTION

### BEST DECISION:

My best decision was to become an RA. I feel that it really changed my life style. I love it so much, and have made so many friends.

### PLANS FOR NEXT YEAR:

Well, head to Guatemala. And once I'm there, take over "Go With Gus" and hopefully make it "Go With Katie". Come visit.

### MOST STUPID IDEA WHEN DRUNK:

At my birthday I took my beer mug from Iris and went for a walk and ran into some woman and had a conversation about me taking my travel mug with me.

### TV SHOW OF THE YEAR:

Ghost Hunters!!!! I love this show. Mom and I watch it all the time, and I soooooo want to have an encounter with a ghost now!

### MOST LOYAL FRIEND:

I believe some of you have met her, but Melissa is an amazing friend. She's always there for me.

### BIGGEST CHANGE OF THE YEAR:

The biggest change will be moving to a country that isn't like Canada. I know it will be an eye opener and it will be very interesting. I think I will have to get used to so many different things - culture, food, work etc.

### BIGGEST PAIN IN THE NECK AWARD:

Mom - on New Years Eve.. Not letting me wear my beautiful Value Village Rose Shirt!!!

### KISS OF THE YEAR:

Roxie, obviously.

### NEW YEARS RESOLUTION:

Get in shape, try to have a bathing suit body for March. Also, just to keep living life to the fullest and enjoy everything I get the chance to do.

### OVERALL, HAVE YOU HAD A GOOD YEAR:

I would have to say that 2009 was an incredible year! I experienced so many things... First year college, new friends, new city, concerts, trips, new jobs, and the list goes on. I loved everything I did in 2009 and wouldn't change a thing!

### BIRTHDAY:

My 19th birthday was amazing! I had so many friends there, and just had fun. We ate, drank, played games and spent time

## INTRODUCING ... Katie McKean

together. Couldn't have been better :)

### **MET ANYONE AMAZING:**

On my cruise meeting the people I did was amazing. There were so many people on the ship that had incredible stories to share about travelling and life in general. I was also so lucky to meet Gus, my future boss. I also have met some amazing people being an RA. There are about 40 staff, but out of the "T" building staff, I'd say I have become really close with about 4 people. Everyone on the team is so unique, and I love them to death.

### **WHAT WAS YOUR BEST NIGHT OUT:**

It's too hard to even think of the best night out over the past year! So many nights out have been amazing.

### **WAS THE SUMMER A GOOD ONE:**

To begin with a cruise, of course it was a good one! Working was decent, quite an experience and I learned a lot about the tourism industry. Since I had to fill a certain amount of hours, I feel I worked way too much, but oh well.

### **HOW MANY HAIR COLOURS HAVE YOU HAD:**

Haha! You all know me, and what my hair's like.. New one every month :)

### **GOT INKED:**

One new one, and I love it. It hurt like crazy though. Advice - NEVER get a tattoo on your ribs.

### **MISSED ANYONE:**

I always miss my mom and dad when I'm away at school. I also miss my puppy. And of course I miss all of you. I really enjoy being a Kinette, you are all like second moms to me, and I know that no matter what I could go to any of you if I ever had a problem. The bonds you make in the club are amazing, and I do miss helping out and being able to let loose and be a goof with you ladies!

### **REGRET ANYTHING:**

I really don't regret anything from last year. I have always believed that everything happens for a reason!

### **WHAT WILL YOU REMEMBER FROM THIS YEAR:**

This past year was so life changing that I will remember so much. To start - second semester of college was an adventure. We partied hard, and had a tonne of fun while we could. Then into the summer and my cruise which was an experience I will never forget. It changed my life, and I am so glad I had the opportunity to experience it. Then into late summer/early September when I moved back to school into training with 40 people I barely knew. I made friendships that will last forever, the week of training to become an RA was unreal and so different from any "job" anyone could ever expect to have. Into my third semester of school all I remember is WORKING MY BUTT OFF!!! Between school and RAing, I felt I barely had time to do anything for myself. I still loved it though, and couldn't imagine not having this job. Christmas was another unforgettable few weeks. Seeing family this year, and having time with friends before I move was the best. Overall, I remember the fun times with people who I love and I am so thankful for everything that did happen over the last twelve months.



## WHAT'S UP AT KIN SALES ...

Well, this is what I found when I went to the Kin Sales Website this morning (January 7th)

**JANUARY 2010 FEATURE OF THE MONTH  
COMING SOON!!**

SO ... I thought I'd dig up the information we need to obtain a new "We have been honoured by" banner since ours is full

### Custom Banners

- Custom club banners made to your specifications.
- Banners can be made to apply your custom bar crests to the bottom.
- Available in: 24 x 36, 36 x 48, 36 x 54
- Delivery is approximately 4-5 weeks after art confirmation.

- 24" X 36" \$ 132.60
  - 36" X 48" \$ 146.90
  - 36" X 54" \$ 156.80
- 3 to 4 week delivery

Call to order any custom banners as we require certain information regarding the design and layout that you require!!



### Kin Sales Contact Information

*Dawn Pettit*  
Kin Sales Representative  
Tel: 519-485-3020 ext. 253  
Fax: 519-485-3080  
Toll Free  
Tel: 1-800-265-7083 ext. 253  
Fax: 1-800-823-0566  
Email: [kinsales@coylegreer.com](mailto:kinsales@coylegreer.com)

Website: <http://www.awards4me.com/kinsales/>



## KIN KIDS PAGES .. Monika McKean



1. Wash and reuse me as a drinking glass
2. Take me on your next fishing trip to carry bait
3. Fill me with freshly picked flowers; or use me to water them
4. Display a prized marble collection
5. Decorate me with your favourite things and use me to store pens and pencils
6. Use me as a cookie cutter
7. Use me to store leftovers
8. When you run out of jobs for me .. Recycle me!!

## COMMUNITY THANK YOU'S AND GREETINGS ..

Wishing you the best  
of the season and a  
Happy New Year!



Thank you for your continued support in the  
fight against cystic fibrosis.

From your friends at the  
Canadian Cystic Fibrosis Foundation

Thanks

### THANK YOU!

On behalf of the Downtown Collingwood 2009 Santa  
Claus Parade Committee, we would like to extend our  
most sincere thanks for your financial support this year.  
You have helped to make this year's parade one of the  
best!

We welcome any of your recommendations and  
comments for next year's parade.

All the best to your staff and their families for 2010!

**Merry Christmas and Happy New Year.**

Susan Nicholson  
General Manager  
Collingwood Downtown Business Improvement Area

*To Kinette*

*Season's Greetings  
and best wishes for a  
Happy New Year.*

*Thanks to all of you for helping us  
in the past year. We are looking forward  
to you using our hall in 2010.*

*From all the members in L.O.L. 943*

THANK  
YOU

# COLLINGWOOD KINETTE COMING EVENTS

## Kinette Club of Collingwood 2009 - 10 Calendar of Events

September '09	October '09	November '09	December '09	January '10
03-Sep Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b> Monika's 7:00	01-Oct Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b> Michelle's after Road Cleanup	05-Nov Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b> Monika's 7:00	03-Dec Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b> Monika's 7:00	07-Jan Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b> Monika's 7:00
17-Sep General Mtg	15-Oct General Mtg Guest Speaker <i>Karry MCloy Kids Help Phone</i> * Budget	19-Nov General Mtg * Craft Auction <b>GENERAL MEETING 6 P.M.</b>	17-Dec General Mtg *Christmas / Initiation / Inst. Celebrations / DG Visit	21-Jan General Mtg Guest Speaker <i>Sheri OShea</i> Beaver Valley invited
	<b>CANDLE SALES</b>	<b>CRAFT AUCTION</b>		
<b>FRIDAY NIGHT BLUES HOCKEY GAMES .....</b>				
OPENING NITE BLUES 25th	ROAD CLEANUP OCT 1st	FLC NOVEMBER 13-15		<b>MacMILLAN SALES - BARB &amp; MONIKA</b>
16-Sep Books on Wheels <i>Kim &amp; Janet</i>	08-Oct Books on Wheels <i>Shannon &amp; Karen</i>	12-Nov Books on Wheels <i>Brenda &amp;</i>	10-Dec Books on Wheels <i>Barb &amp; Monika</i>	14-Jan Books on Wheels <i>Michelle &amp; Patty</i>
February '10	March '10	April '10	May '10	June '10
04-Feb Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b> Monika's 7:00	04-Mar Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b> Monika's 7:00	01-Apr Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b> Monika's 7:00	06-May Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b>	03-Jun Executive Mtg <b>BULLETIN SUBMISSION DEADLINE</b> Monika's 7:00
18-Feb General Mtg <i>Speak Off / Joke Off</i>	18-Mar General Mtg <i>Nominations</i>	15-Apr General Mtg <i>Elections</i>	20-May General Mtg	17-Jun General Mtg
<b>FRIDAY NIGHT BLUES HOCKEY GAMES</b>				<i>Changeover Meeting TBD</i>
<b>MacMILLAN SALES - BARB &amp; MONIKA</b>			ROAD CLEANUP MAY 6th	
11-Feb Books on Wheels <i>Marg &amp;</i>	11-Mar Books on Wheels <i>Patty &amp;</i>	08-Apr Books on Wheels	13-May Books on Wheels <i>Catherine &amp; Michelle</i>	10-Jun Books on Wheels <i>Darlene &amp; Jan</i>
	<b>Zone Conference MARCH 7TH</b> <b>Daffodil Days March 26-28</b>		SPRING CONV. LONG W/END CF CUT A THON SUN MAY 30TH	Aug Kin Kamp
<b>***DON'T FORGET WE ARE COLLECTING FOR THE FOURTH EDITION OF THE COLLINGWOOD KINETTES COOK BOOK ALL YEAR***</b>				

Books on Wheels summer stint  
08-Jul Catherine &  
12-Aug Kim &  
09-Sep Janet &

## UPCOMING EVENTS

January 14th	Books on Wheels, Michelle and Patty
January 14th	Chicken dinner social at Swiss Chalet
January 15th	Chuck a Puck, Collingwood Arena, 730
January 18th	Martin Luther King Jr. Day
January 21st	General Meeting; Guest Speaker and Beaver Valley Kinette Visit
January 24th	Snow Shoe / Games Social at Marg and Dave Holroyd's
February 4th	Executive Meeting at Janet's 700
February 11th	Books on Wheels is up in the air at this point, and no one is signed up for February
February 18th	General Meeting, Speak Off & Joke Off competition to move forward to Zone Conference

## IN OUR COMMUNITY ... "THROUGH OUR EYES" Janet Currie

On December 3<sup>rd</sup> I participated in an event at the library sponsored by Breaking Down Barriers. This event titled "Through Our Eyes" was part of their Independent Living Challenge fundraising campaign. In addition to raising funds to support the various programs of Breaking Down Barriers, all able bodied participants were put through six challenges to experience for a few minutes the challenges that people with physical disabilities face every day.

We each had a partner to ensure that we didn't hurt ourselves or anyone else during the challenges. I partnered with Mari Anne Botting of the TD bank and we each tried the various tasks. The first was to sit in a wheelchair and manouver from the meeting room to the children's area of the library and through the rows of books and try to reach a book on the top shelf. Moving the wheelchairs forward certainly put a strain on the muscles. The next task was that we had one arm put in a sling and "lost" the use of several fingers. Our challenge was to pick up a pile of books and move them from one table to another. This wasn't so bad when there was something to leverage the books against, but not so easy otherwise. Probably the most difficult challenge was the next where we were blindfolded and had the use of a cane. We had to walk from the meeting room to the circulation desk at the front of the library, back to the bathroom, wash your hands and then go back into the meeting room.

Although I have been in the library hundreds of times, I had no idea how far away the circulation desk was and how disoriented you could become. Your other senses, especially hearing, really kicked into high gear to try to pick up movement and sounds from other people so you wouldn't run into them. The other sight challenge was to wear a pair of glasses that had been altered so that we had some sight but it was far from perfect. Trying to read the print on signs in the library was difficult and reading the type in magazines and regular books was

nearly impossible. Our final challenge involved a reading/learning disability. We were given a piece of paper that had numbers on it that were written backwards. We had to use a mirror to see the numbers properly and then try to draw lines from one number to the next. Your brain registered one thing, and your hand was trying to do something different.

These challenges took only about an hour and a half out of my day but they certainly left an impression on me. Tasks that you and I take for granted, or don't even think about such as reading a sign, walking into a bathroom, walking around obstacles or reading an article or magazine present challenges for others with physical or mental disabilities. I am truly thankful I can easily do such everyday tasks and I have a new respect for others that struggle. It's great to know that an organization such as Breaking Down Barriers exists to provide support and programs for people that face these challenges.



**If you keep thinking about what you want to do or what you hope will happen, you don't do it, and it won't happen.**

~Author Unknown

## COMMITTEE SIGN-UP SHEET FOR 2009-10 .. VP Mikey

<b>Project / Committee</b>	<b>Desired Minimum Commitment</b>	<b>Committee Member (s)</b>
Adopt-A-Road	1 chair	Michelle
50 / 50 Draw	1 chair	Darlene
Bar	1 chair	Catherine
Birthday Jar	1 chair	Patty
Books on Wheels	1 chair	Kim
Bulletin Delivery	1 chair	Monika
By-Laws Committee	All Active Past Presidents	
Candle Sales	3 members	Lori & Brenda
Craft Night	4 members	Kim, Barb
Cystic Fibrosis	2 members	Michelle & Patty
Daffodils	3 members	Shannon & Karen
Kin Kamp	1 member	Monika
MacMillan Sales	2 members	Barb & Monika
Golf Tournament	4 members	Jan & Darlene
Mystery Fines	1 member	Michelle
Mystery Weekend	2 members	Karen & Michelle
One Stop Shop	2 members	Barb & Monika
Public Relations	1 or 2 members	Barb
Secret Sisters	2 members	Janet
Thoughtful Faery	1 member	Janet
Ways & Means	2 members	Janet & Shannon



## COMMITTEE REPORTS / UPDATES

*Friday January 15th* is our first **Chuck a Puck** at the Arena this year. We had SUPER results when we had a gang of girls out for the first night. EVERYONE is encouraged to come out in your Kinette gear and promote ourselves and the Chuck a Puck. 7:30, Collingwood Arena.

<b>BOOKS ON WHEELS SCHEDULE</b>	
JAN 14th	Michelle & Patty
FEB 11th	??
MAR 11th	Patty & ??
APR 8th	No one signed up
MAY 13th	Catherine & Michelle
JUNE 10th	Darlene & Jan
JULY 8th	Catherine & ??
AUG 12th	Kim & ??
SEPT 9th	Janet & ??

# KIN TRADITIONS ...

## KINETTE SONG

Here we are together once again,  
 Happy in the family of Kin,  
 We've forgotten cares and worries too,  
 Kinettes we've work to do.  
 Each of us will help to bind the tie,  
 So the heart of Kin will never die,  
 One and all let's raise our voices high,  
 KINETTES, KINETTES, KINETTES.



## KINSMEN SONG

Here we are together once again,  
 One and all a happy bunch of men,  
 Leave your cares and troubles for a while  
 Let your face break forth in smile.  
 Look around; grab someone by the hand,  
 They're your friends, the finest in the land,  
 Now all set, let's shout to beat the band,  
 KINSMEN, KINSMEN, KINSMEN

## O' Canada

O Canada  
 Our home and native land  
 True patriot love  
 In all thy sons command  
 With glowing hearts  
 We see thee rise  
 The true north strong and free  
 From far and wide  
 O Canada  
 We stand on guard for thee  
 God keep our land  
 Glorious and free  
 O Canada  
 We stand on guard for thee  
 O Canada  
 We stand on guard for thee



## KIN SONG

Here we are together once again,  
 One and all a happy bunch of Kin,  
 Leave your cares and troubles for a while  
 Let your face break forth in smile.  
 Look around; grab someone by the hand,  
 They're your friends, the finest in the land,  
 Now all set, let's shout to beat the band,  
 KINSMEN, KINETTES AND KIN



## KINETTE GRACE

May the Lord make us true Kinettes  
 In our thoughts and deeds.  
 Make us truly grateful  
 For the food we receive.  
 AMEN

## KINSMEN GRACE

Happy to meet. Sorry to part.  
 Happy to meet again.  
 For what we are about to receive  
 O Lord, make us truly thankful.  
 AMEN

## KIN GRACE

Happy to meet, sorry to part.  
 Happy to meet again.  
 May the Lord make us true Kin  
 In our thoughts and deeds.  
 Make us truly grateful  
 For the food we receive.  
 AMEN

**KINETTE CLUB OF COLLINGWOOD MEMBERSHIP LIST 09-10**

Member and Office Held		Spouse	Status
1	Aikens, Shannon	Mike	Active
2	Ashton, Jan		Active
3	Bishop, Brenda	Dave	Active
4	Cooke, Jean	Charles	Life
5	Crouchman, Catherine		Active
6	Currie, Janet (Treasurer)	Tim	Active
7	Dadswell, Kimberley (Past President)	Andrew	Active
8	Federer, Michelle (Vice President)		Active
9	Galipeau, Karen	Roger	Active
10	Gill, Gretta	Bill	Life
11	Higdon, Lori	Bruce	Active
12	Holroyd, Marg	Dave	Life
13	Hutchison, Marilyn		Life
14	Jeffery, Kathy		Life
15	McArthur, Barb (Secretary)	Al	Active
16	McArthur, Sandra		Life
17	McCulloch, Patty (Registrar & Membership Director)		Active
18	McKean, Katie		Student
19	McKean, Monika (President & Bulletin Editor)		Active
20	McLeod, Casey		Active
21	MacLean, April	Vince	Active
22	Weir, Darlene	Laurie	Active

**Birthdays & Anniversaries January 2010**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Tim Knorr, Jan Ashton	6	7	8	9
10	11	12 Al McArthur	13	14	15	16
17 Casey McLeod	18	19	20	21	22	23
24 Catherine Crouchman	25	26	27	28	29	30
31 Roger Galipeau						

# GENERAL MEETING AGENDA

O'Canada, Kinette Song & Kinette Grace done as a group.

Address to the Chair

Sergeant-at-arms & Fines Mistress appointments

Introduction of Guests

*Dinner break*

TOAST TO THE QUEEN

*Call to Order*

Recording Secretary's Report: Barb McArthur

Corresponding Secretary's Report: Barb McArthur

Business arising from the correspondence

Correspondence Out: Barb McArthur

Treasurer's Report: Janet Currie

Bills for Payment

Committee Reports

Old Business

New Business

Mystery Lady Report

Mystery Fine: Michelle

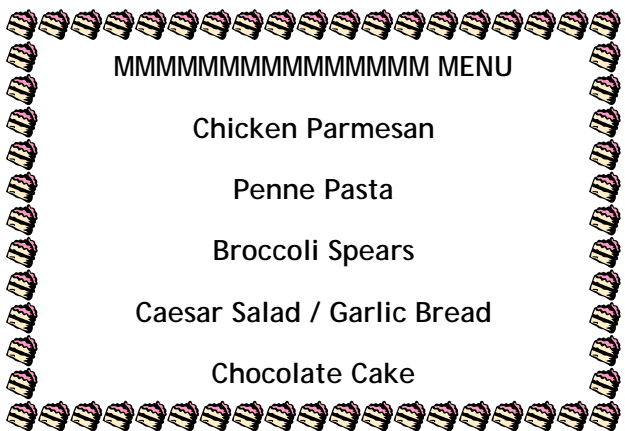
Sergeant-at-Arms Report

Raffle Report

50/50 Report: Darlene

Registrar's Report: Patty McCulloch

Announcements and Good of Kin



## MMMMMMMMMMMMMMMM MENU

Chicken Parmesan

Penne Pasta

Broccoli Spears

Caesar Salad / Garlic Bread

Chocolate Cake



## OUR OATH

I am committed to the Kinsmen & Kinette organization of Canada.

I am committed to my club and my fellow Kin.

I am committed to making a difference in my community.

I promise to make the values of Founder Hal part of my daily life. They will not be forgotten.

I promise to show tolerance and understanding toward my fellow Kin.

I promise to help them grow.

I am committed to bring new members to my club and sharing the "Gift of Kin"