Volume 45, Issue #9

MAY 2010

THE KINETTE CLUB OF COLLINGWOOD
District One, Zone C

KINETTE KIN-ECTION

Our Mission Statement: ***GROW, LEARN, MAKE FRIENDS, HAVE FUN.***

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

INITIATES ROCK THE HOUSE!

SUPER HUGE KINGRATULATIONS TO OUR FOUR INITIATES WHO TOOK ON THE CHALLENGES AND PROVED THAT NO TASK IS TOO DAUNTING FOR A KINETTE!!!

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 May 20th, 2010

Orange Lodge Hall

33 Simcoe Street, Upper Unit

Social: 6:30

Meeting: 7:00

CF AWARENESS NIGHT, COME DRESSED IN BLUE AND WHITE TO SHOW YOUR CF SUPPORT!

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PRESIDENT'S RAMBLINGS ….

President Monika

AHHH .. Such is Spring! Full of colour and change and a breath of fresh air. That too is what remains of our Kin year. Can you believe that June 30th is fast approaching and soon, you will be under the leadership of a whole new group of Executive members. THANK YOU to all of the ladies who put their names forward to lead our club! I know each and every one of you will not only have a super time next year but will also give our meetings new flavour and excitement. CONGRATS to you all!

THANK YOU to our initiates who made April's meeting such a blast! You did Rock the House!!

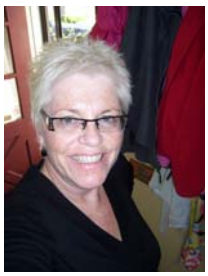
May meeting will be CF awareness evening and we have two wonderful guest speakers joining us. I hope that you take away some new found knowledge not only about the disease itself, but what an integral part Kin has and is playing in finding a cure or control of this disease. Please bring your questions with you; I know that our speakers will be happy to answer anything you pose to them.

Lots of info and entertainment in the bulletin this month .. Please read up and ask any questions you may have.

Looking forward to seeing you all on the 20th ...

BULLETIN EDITORS REMARKS ….

BE "M"



We're getting down to the wire ladies, just one more edition after this one. I'm so thrilled that everyone has participated this year to make this an exceptional bulletin. It is always amazing to me what tidbits of information you ladies forward for readers interest. I'm learning so much this year, it's terrific. Keep pulling all that stuff into a file over the summer so that next years' team has plenty to work with.

See you at the meeting .. AND .. Don't forget that June is Secret Sister reveal. If you haven't thanked your Secret Sister in the bulletin yet this year, drop me an email or pass me a note at the meeting and it shall be published.

GENERAL MEETING MINUTES, April 15th, 2010

President Monika welcomed everyone to the 8th General Meeting held at the Orange Hall on Thurs April 15th, 2010

O'Canada, the Kinette Song and Kinette Grace were done as a group.
Address to the Chair: President Monika, Past Governor Odette, WELCOME INITIATES, can I, oh can I, oh can I have your autograph???
Sergeant-at-arms: Jan Ashton
Fines Mistress: President Monika
Introduction of Guests: Welcome to Past Governor Odette Houle

INITIATION PRODUCTION BY KAREN, APRIL, PATTY AND MARY

The April General Meeting of the Kinette Club of Collingwood was called to order at 7:27

Recording Secretary's Report : Janet Currie for the Vacationing Barb McArthur

Motion Janet, Second Brenda that the minutes of the April Executive Meeting and the March General Meeting are approved as printed in the bulletin. CARRIED

Corresponding Secretary's Report: Janet Currie for the Vacationing Barb McArthur

- Request for support from Collingwood Jays Baseball as printed in your bulletins.
- Canadian Hearing Society – request for funds (to Ways & Means)
- Canadian Cystic Fibrosis Foundation – request for funds, notification of new Kin/CF brochures available
- CCFF Candid Facts (to be circulated)
- Thank you from the Cancer Society-Barrie District Chapter for assistance with Daffodil Days (to bulletin)

Business arising from the correspondence:

- Motion Michelle, Second Kim that we donate $500 to Collingwood Jays Baseball and set up a table at their Baseball Day as a CF Awareness event. CARRIED

Treasurer's Report: Janet Currie as herself

General Account — $4,960.30 (of which Convention Account is $789.58)
Service Account — $2,226.22
Motion Janet, Second Karen that the Treasurer's report be accepted as stated. CARRIED

Bills for Payment:

- To President Monika, $15 for new member kit for Melanie.

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

Committee Reports:

- **Mystery Weekend; Michelle & Karen:** Clue - going somewhere where it is windy!
- **Golf Tournament, Darlene & Jan:** Committee is in the planning stages.
- **Books on Wheels, Kim:** May 13th – Cat & Michelle, or maybe Shannon
- **Cookbooks, Lori & Brenda:** All recipes due to Lori & Brenda in June

GENERAL MEETING MINUTES (con't)

- **Kin Kamp, Monika:** Accepting registrations and money tonite so that Treasurer Janet can cut one club cheque to the Meaford Kin Family. Anyone THINKING about going .. there's still time to add you to the family. We have four sites reserved for the week prior which will give us four sites for Kin Kamp weekend. Currently, we have for the week ahead; Myself, Barb, Rob & Odette Houle and Brad and Shelley Rockefeller. Michelle and her clan will be arriving Tuesday. Bill Harris and April and her clan will arrive Friday. Lots of room for more ☺ *Ask Shannon or Monika about "X"s at Kin Kamp?!?!?*

Old Business:

- **CF Cutathon:** Best laid plans sometimes have to be diverted. Due to a VERY congested May (on President Monika's part) and the fact that the Parkinson's cut a thon is April 25th, after speaking with the salon we think that we'll give this a go in the fall. It won't be during "CF Awareness" Month, but will be for CF nonetheless.

New Business: Janet suggested we have a wrap up party late June. Discussed the Legion small room as an option as then no one has to get their house ready and there is lots of room to play games. Janet to book the room for Saturday June 26th. Pot luck dinner – more details to follow. Odette begged to be included so of course we took pity on her and said yes.

Initiation Ceremonies Janet was enjoying the antics of the new initiates too much to take any notes...sorry you just had to be there. Perhaps there are pictures though!

Appointment of scrutineers for the elections: Darlene & Odette

Motion April, **Second** Patty **to open elections for 2010-2011. CARRIED**

Janet couldn't keep up with all the speeches, decisions to stand or decline for the various positions...so to cut to the chase...

Results of the Elections and the new Executive for 2010/2011 are as follows:

President	Michelle Federer
Vice President	Catherine Crouchman
Secretary	Karen Galipeau
Treasurer	Barb McArthur (very big happy dance by Janet was witnessed by all ☺)
Bulletin Editor	Kim Dadswell & Patty McCulloch
Membership Director	Patty McCulloch
Registrar	April MacLean
Past President	Monika McKean (another happy dance)

Motion April, **Second** Michelle **to close elections for 2010-2011.** CARRIED
Motion Janet, **Second** Brenda **to destroy the ballots.** CARRIED

Mystery Lady: Odette	Michelle was the only unfriendly Collingwood Kinette
Mystery Fine: Michelle	oops...not paying attention again, I'm sure I had to pay.
Sergeant-at-Arms Report:	$8.00
Raffle Report:	$11.00 Winner: Monika
50/50: Darlene	$7.50 to club $7.50 to Darlene (really Patty picked the winning ticket, just not sure how much Darlene paid her to do so!)

GENERAL MEETING MINUTES con't

Registrar's Report: Patty McCulloch

A. Total membership (Active)	17
B. Total members present (Active)	11
C. Members on Leave	0
Life Members in attendance	0
Guests in attendance	1
Percentage in attendance	65% (B / (A – C))

Announcements for the Good of Kin:

- April 19th – MS Walk – Karen participating
- April 30th – Taxes due
- May 2nd – Road clean up, meet at Michelle's at 1pm
- May 6th – Executive meeting at Michelle's at 7 pm
- May 8th – CF Display at ballpark
- May 11th – Kate comes home…well this is incorrect news now since she is already home
- May 12th – Quilt show in Flesherton – noon at the Pavilion
- May 20th – CF Awareness Night – guest speaker Brenda Dineen
- May 21st – 24th – District One Convention in London Ontario
- May 30th – Great Strides CF Walk
- June 3rd – Executive meeting
- June 5th – International Trails Day

Michelle has registered Sandra's Squad for the October 2010 CIBC Run For The Cure.
Darlene called her SS a bitch…but in a very nice Kinette manner.

Motion Mary that the meeting adjourn at 9:40 pm.

I would like to say thanks to all the Kinettes for the beautiful plant arrangement that I received today at work , you sure made my day.

It has been a very stressful week and your thoughtfulness was greatly appreciated.

It is great to know that I have so many special friends and the Kinettes are certainly special to me.

Once again I am very proud to be a part of the Collingwood Kinette Family.

Thanks again

Karen
XO

EXECUTIVE MEETING MINUTES .. May 6th, 2010

KINETTE CLUB OF COLLINGWOOD EXECUTIVE MEETING 05-06-10

The 9th Executive Meeting of the Kinette Club of Collingwood was held at VP Michelle's on Thursday May 6th, and was called to order at 7:06 p.m. by President Monika.

Those in attendance were: President / Bulletin Editor Monika, Vice President Michelle, Past President Kim, Secretary Barb, Treasurer Janet, Registrar/Membership Patti, April.

Corresponding Secretary — Barb McArthur

- Collingwood Public Library invitation to Grand Opening on May 27th @ noon - President
- Collingwood Public Library – thank you for Monika & Janet – Bulletin & PR
- District One Mailing – Resolution from Zone H – President
- RBC statement x 2 – Treasurer
- University Partnership Centre, Georgian College – Bulletin
- CF Newsletter – Bulletin
- Crohns & Colitis – request for funds – W&M
- National Mailing – President
- District Kinship One – President
- New Members Kit - President

Business Arising from Correspondence:

N/A

Treasurers Report — Janet Currie

General Account— $5,037.80 (of which Convention Account is $797.08)
Service Account — $1,726.22
Motion Janet, Second Patty, that the Treasurers Report be accepted as read. CARRIED

Bills for Payment:

N/A

Committee Reports:

- **Books on Wheels, Kim:** May 13th – Cat is our delivery person!
- **Relay for Life Team update, Barb:** We are still looking for team members; presently have Barb, Monika, Catherine & Michelle.
- **Golf Tournament:** to be discussed on General meeting.

Old Business:

- **Bring your Kid to the Ball Park, Monika:** Monika has not been able to get confirmation from the Jays whether or not this is moving forward. Michelle, Barb and Monika plan to be at the park should this be happening.

New Business:

- President Monika has been accepted as a member of the National Awards Committee. CONGRATS!!!
- Janet was at the Hospital Foundation and they were discussing a celebration with Dr. G. Yates for her 10 yr anniversary in August. Janet to have more details in the bulletin.

Registrars Report — Patty McCulloch 7 plus 2 Kin Kids

Announcements for the Good of Kin:

- May 8th – CF Display at ballpark
- May 12th – Quilt show in Flesherton – noon at the Pavilion
- May 13th – Books on Wheels
- May 20th – CF Awareness Night – guest speaker Brenda Dineen and Member of Peel Chapter
- May 21st – 24th – District One Convention in London Ontario
- May 30th – Great Strides CF Walk at the Toronto Zoo
- June 3rd – Executive meeting, 7 p.m., Pres Monika's
- June 5th – International Trails Day

On motion by Kim, President Monika adjourned the meeting at 7:22 p.m.

YUMMY IN YOUR TUMMY .. Monika

Mediterranean-style mussels

Published by Chatelaine on 4/1/2009

If you've never cooked mussels, trust us - they're a cinch (and easy on the budget). After a quick scrub, they're ready for simmering in our garlicky tomato sauce.

Preparation time 10 minutes Cooking time 14 minutes Makes 2 Servings

INGREDIENTS:

- 1 onion
- 6 garlic cloves , minced, or 2 tsp (10 mL) chopped bottled garlic
- 1 tbsp (15 mL) olive oil
- 4 ripe plum tomatoes
- 1 green pepper
- 1 tbsp (15 mL) drained capers
- 1 tsp (5 mL) each dried basil and oregano leaves
- 1-lb (500-g) bag of mussels

DIRECTIONS:

Chop onion. Mince garlic. Heat oil in a large, wide saucepan over medium heat. Add onion and garlic. Stirring often, cook for 3 min. Meanwhile, coarsely chop tomatoes and pepper. Add to onion along with capers. Sprinkle with seasonings. Stir often until tomatoes start to break down, 5 to 7 min.

Meanwhile, scrub mussels and pull off beards. Discard any that are open. Stir into thickened tomato mixture. Cover and cook until most mussels open, about 6 min. Stir halfway through cooking. Discard any mussels that are not open after 6 min. Taste and add salt if needed. Serve in wide soup bowls with crusty bread for dipping

EDITORIAL / Kinette Quill Submission .. Janet Currie

RESPECT

Respect is defined as the act of giving particular attention, and high or special regard. Respect naturally goes with certain professions – police, teachers, religious leaders, politicians, doctors and many more. Most of us show respect to people older than us. Even celebrities are held with high esteem and respect. Individuals serving in these jobs may start out being given our respect but on an ongoing basis they must continue to earn it. High expectations are also associated with different jobs. Lawyers need to obey the laws they defend. Bankers and accountants must have the ability to handle their own finances. Who wants an accountant that gambles their life savings or goes bankrupt? Teachers should have warmth and compassion for children without being too friendly. Politicians need to be ethical and follow the policies and the laws they set.

All of us have made mistakes or errors in judgement throughout our lifetime. I'm sure we all have something we regret doing. After all we are human and thus far from perfect. We may even have friends, a spouse or family who has done something illegal or morally wrong that has then reflected on us. Something we had no control over. Fortunately, it is usually only our close friends or sometimes our small town that has knowledge of these acts. Over time they are usually forgiven and forgotten. When you hold a position of high profile such as a politician or celebrity that is not the case – your life becomes public and all your actions are open to scrutiny. Should these people be held to higher standards? My simple answer is "yes". Politicians at all levels, whether municipal, provincial or federal are elected to govern the areas we live. They set the laws, policies and guidelines that form this great country of Canada we call home and thus they should uphold them and set a good example to follow. Celebrities including movie stars and sports people are in the news constantly. Kids follow their actions and often want to grow up to be the next Sandra Bullock or Sidney Crosby. These icons have a responsibility to act appropriately.

It seems that the media is obsessed for details when public figures, whether celebrities, sports figures or politicians make mistakes regardless of whether there is an illegal act or simply a stupid action. Everything from having a bad day and a temper tantrum, to extra marital affairs, to drugs, or to murder makes the headlines. Media of all sorts – newspapers, magazines, television or the internet have stories of someone famous or well known and the latest scandal. Do they sell more print or get more advertisers or viewers? Probably. Millions of people were fascinated with the televised proceedings of OJ Simpson's court case. If John Smith of Smalltown, Canada had been accused of killing his wife, there would certainly not have been such high profile lawyers handling his case or dedicated television coverage. The bottom line is that the average citizen wants to know the intimate details of the people we watch on TV.

Do public figures have any expectation of privacy in their lives? Unfortunately, very little. Should they – absolutely, but sadly the media and often the general public thinks not. Sometimes the scrutiny these public figures are subject to is relentless as can be evidenced by the recent media attention to the Simcoe Grey MP. Has she made mistakes? That is definitely yes, especially in the way she treats others. Has she done anything illegal or unethical? Only time will tell as there are now several investigations underway to examine the allegations and discover the truth. Can she or should she be held responsible the actions of her spouse? No. We cannot control the actions of others. She can only be held responsible for her own actions and yes she has many questions to answer.

What troubles me most is the way this matter has been handled. The media and other politicians have been persistent and ruthless in making this MP the focus of parliament and the news headlines for many days now. The Prime Minister has ordered investigations, removed her from cabinet and even from the caucus. What more can be done until the investigations are complete? What happened to innocent until proven guilty? Shouldn't the politicians get back to their real job, that of governing this country? Don't get me wrong, I think she has a lot to answer for, and I expect answers just like any other Canadian. But at what point does the scrutiny become harassment and beyond common decency? I'm sure there isn't anyone alive that could pass this amount of media attention and investigation. Who hired the private detective anyway? But perhaps the other politicians are just deflecting the attention away from their own transgressions. Martin Luther King Jr. said "The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy." This situation is a true test of this particular MP and the Conservative government.

One of the principals I was taught was to "do unto others as you would have others do unto you". The media and politicians of all levels would do well to remember this.

In the end, we all deserve respect, whether we are public figures or not.

PR PROJECT PROPOSAL, NOTICE OF MOTION … Katie McKean

Blue Mountain Chili Cook-off Project Proposal

Date: Saturday July 3rd, 2010
Location: Village at Blue Mountain

Purpose: The purpose of this project is to enjoy a day at the village at Blue Mountain cooking chili for hundreds of visitors. This is an opportunity for the Kinette Club of Collingwood to be out in the public sharing what we do with the community.

Cost: $25.00 Entry Fee and $50.00 Decorating/Costume Budget (and supplies for cooking will depend on sponsorship / co-sponsorship results)

Materials: Tim Knorr has been asked if he is interested in sponsoring the Kinette team OR selling us the produce at cost price…

Event Chair: Katie McKean

Committee: Monika McKean and 4 others (who are willing to remain at Blue from beginning to end .. must have same cooking crew all day)

What we need to do to get started…

- Think of a theme: Costumes and booth decorations
  -Idea: Team Kin Canada – Using Kin Canada colours
- Come up with a killer recipe!!!
  - Recipe contest between our club members, with all entries to go in the Kinette cook book, winner highlighted as used in the Chili Cookoff
- Work Party for decorations and costumes
- General Kin Canada brochures, Kinette Club of Collingwood Brochures, CF Donation boxes, Balloons, Pins etc. to place on table for visitors

What we need for the day…

- Two tables
- One large pot and burner with gas: Katie
- Knives and cutting boards
- Coolers for food
- Food

The Chili Cook-off Day Timeline…
8:00AM – Registration Begins & Decorating begins
10:00AM – Head Cooks Meeting
10:30AM – BEGIN COOKING!
11:00AM – Lunch is ready for cooking teams
12:00PM – People's Choice kits are sold
2:00PM – Hand in bowl for judging
2:00PM – People's Choice tasting begins!
4:00PM – Chili awards begin
4:45PM – Awards are over & clean up time

Showmanship Award: Given to the team that uses their theme, costumes, set up, actions and audience appeal to represent themselves
People's Choice Award: Given to the team with the best tasting chili – according to the visitors
Judges Choice Award: Given to the team with the best tasting chili – according to the judges

Notice of motion (moved by Katie McKean), that the Kinette Club of Collingwood enters a team into the Blue Mountain Chili Cook-Off Competition on July 3rd, 2010.

READERS INTEREST … Catherine Crouchman

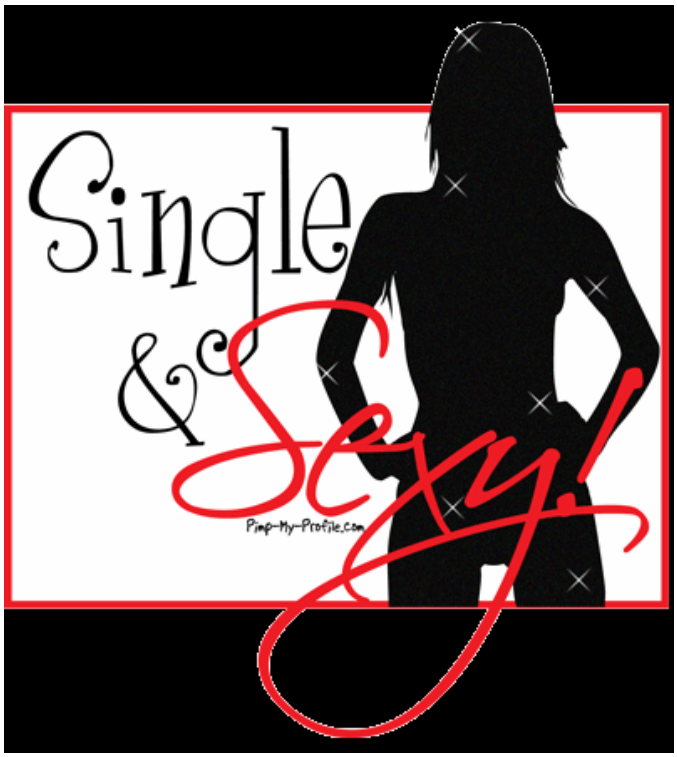
Words of Wisdom from Jean Corbett (My Grammie)

It was two years ago when my Grammie, my favourite person in the world, said to my Uncle "You know she be a good looking girl if she wasn't so Fat!!!" (Yup that was about me while I was in the room). Not that it wasn't true the fat part anyhow, we all know I'm hot shit! That was the beginning of the weight loss since then I have loss 45 pounds and am still working at the last 20.

The last time I saw my Grammie her words of wisdom were "You know Catherine as you get older it gets hard (to get married and have kids) you should get on that".

For some reason the only person who puts the bug in my ear is her. So begins the journey of me "Getting on that" I signed up for Plentyoffish.com (on line dating) as per my good friend Tiffany Owen, and well that's been interesting, there are defiantly some creeps out there. When I asked her about what questions I should be/could be asking and she sent me this list which I thought was fantastic and funny at the same time. I thought I would help out the rest of you "get on it" or just give you something to read maybe give you some insight on what the single world has become for some of us. (To see the complete list of 262 Questions check out my Facebook)

1) Were you named after anyone?
2) When was the last time you cried?
3) Do you like your handwriting?
4) What is your favourite lunch meat?
5) Do you have kids?
6) If you were another person, would you be friends with yourself?
7) Do you use sarcasm a lot?
8) Do you still have your tonsils?
9) Would you bungee jump?
10) What is your favourite cereal?
11) Do you untie your shoes when you take them off?
12) Do you think you are strong?
13) What is your favourite ice cream?
14) What is the first thing you notice about people?
15) Red or Pink?
16) What is the least favourite thing about yourself?
17) Who do you miss the most?
18) What color shoes are you wearing?
19) What was the last thing you ate?
20) What are you listening to right now?
21) If you were a crayon what color would you be?
22) Favourite smells?
23) Who was the last person you talked to on the phone?
24) Mountain, hideaway or Beach house?
25) Favourite sports to watch?
26) Hair color?
27) Eye color?
28) Do you wear contacts?
29) Favourite food?
30) Scary movies or happy endings?



READERS INTEREST CON'T .. Catherine Crouchman

31) Last movie you watched?
32) What color shirt are you wearing?
33) Summer or winter?
34) Hugs or kisses?
35) Favourite dessert?
36) Strength training or Cardio?
37) Computer or TV?
38) What book are you reading now?
39) What is on your mouse pad?
40) Favourite sound?
41) Rolling Stones or Beatles?
42) What is the farthest you have been from home?
43) Do you have a special talent?
44) Where were you born?
45) Where are you living now?
46) What color is your house?
47) What color is your car?
48) Who was your favourite celebrity as a child?
49) What type of pets do you have?
50) What is most memorable about your high school years?
51) What word describes you best?
52) What is your greatest accomplishment?
53) What drives you every day?
54) Where do you want to retire?
55) What is your business goal this year?
56) Where do you like to vacation?
57) Who do you admire?
58) What is your mission?
59) If you were invisible, where would you go?
60) What traits in others are you attracted to?
61) What is the kindest thing anyone has done for you?
62) How do you want to be remembered?
63) What would you do with a million dollars?
64) If you were on an island, who would you want to be with? Why?
65) You have a 10 minute speech to give at a high school, what is it about?
66) If you were a geometric shape what would you like to be?
67) Would you like to have more relationships in the same time?
68) If you were an animal what would you like to be?
69) Which is the song you can associate with your image?
70) You are alone in my house. What will you do?
71) Can you make friends easily?
72) How can you describe yourself in a sentence?
73) Which is your favourite childhood hero?
74) Do you like to describe what you see in the clouds?
75) Can you tell me in a few seconds what is a brick useful for?
76) Can you find easily 10 words rhyming with pencil?
77) Are you able to explain what have I dreamt last night?
78) Do you dream in color or black and white?
79) Do you consider yourself a happy person?
80) Do you like answering questions to kids?
81) DO you like kids?
82) What would you do if you were Robinson Crusoe?
83) What kind of music would you like to listen to?
84) Do you think that we have another life?
85) What was your best job?
86) What were your worst jobs?
87) Tell me all the places you worked
88) Tell me about your best friend
89) Tell me about your family
90) Tell me about your relatives
91) What was your first car?
92) Favourite movie star?
93) Favourite song?
94) What were your life changing moments?
95) First girlfriend/boyfriend?
96) First kiss?
97) What is the dumbest thing you have ever done?
98) Have you ever been arrested?

KIN EDUCATION .. Past President Monika

Does the Cost Really Equate to the Value of Kin? ~ Monika McKean

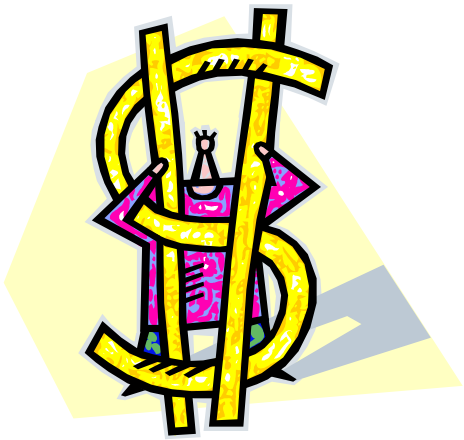
At the Zone, District and National levels, we are always hearing complaints about what we pay for dues. Many of our members feel that it is money just being wasted…where is it going? For what purpose are we paying this money? What's in it for ME????

Let's take a look at a breakdown of dues being paid by an average club (and I'm using ours).

Zone Dues:
$8.00 per member annually (including dues and assessments)

District Dues:
$30.00 per member annually (plus 1.80 per member for insurance coverage)

National Dues:
$144.04 per member annually



Total amount your club owes for each member -- **$183.84**

So, cheques have been written to the various levels of governance of Kin for $183.84 per member of this club.

What do you get for these dollars?

Zone Dues – The money collected for Zone dues is used to offset the costs of your Zone Deputy Governor, Zone CF / Service Director and Zone Membership Director and any other Zone Team members, which includes, travel, phone, office / postage / etc., meeting supplies / incentives, awards, etc.

District Dues – These funds go toward a multitude of services which include not only basically the same expenses as the Zone team incur only on a larger scale, but also, toward education (District Leadership Seminar, Incoming President's Seminar, Conventions); awards; recognition attendance; administration, etc.

National Dues – A large portion of our National Dues go to expenses for which we have no option but to pay. The per person $ amount for insurance is over $30.00. The remainder goes toward administration at the National governance level and the National headquarters level, education, awards, publicity ….etc.

Kin costs, there's no doubt about it. And because of that, a per person membership fee is charged to each member of most clubs. Let's for example use our annual dues of $100.00 per person, just 54% of what is actually paid out for you through the club coffers. And where does the remaining $83.84 come from? Look at it in this light….just to make up the shortfall in the dues payment that goes out for each individual member, your club must raise approximately $550.00 from the community. Of that $550, 15% is allowed to be taken to go into General funds, to offset club operations…of which dues payment is considered club operations. The big picture, the club must raise approximately $9,400 JUST to offset the difference between what is paid and what is recouped from membership dues for an estimated club size of 17 members. *That's a whole lot of fundraising.* And remember, these administrative fees are taken from fundraisers ……

KIN EDUCATION .. Con't

only; Daffodil Days, for example, is a purely service project that we run for the Cancer Society. We do not take the 15% from this project.

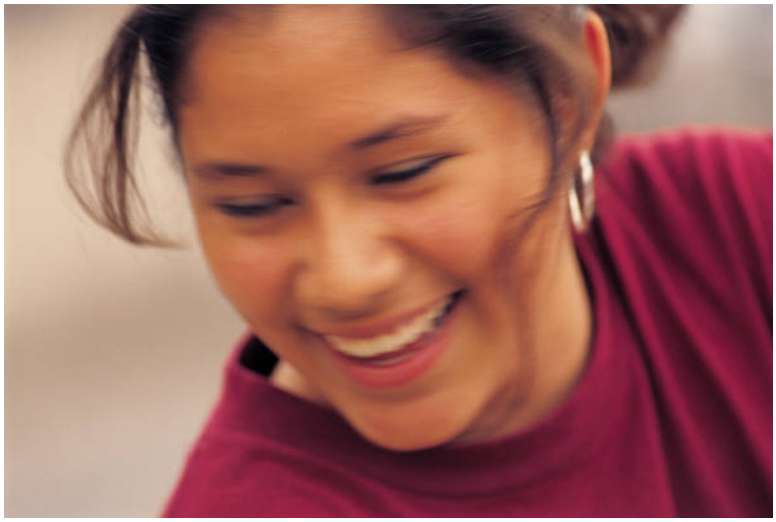
So, with that being said, I like to take it back to the per person and challenge you to make a personal goal when we are selling candles, chocolates, muffin mixes …whatever is going… to see that *you* at *least* raise the $550.00 it takes to offset your personal dues.

So, now that we've covered the cost of Kin, let's talk about the Value of Kin. The rewards we received for being in this wonderful Association, ones that we can't put a price tag on.

What do you see as a benefit be it personal, professional, emotional – to being in Kin? Think back……what skills have you developed since you have joined this organization? Are you able to stand up in front of your piers and propose or defend a fine? Are you able to put to paper a project report for something that you have run in your club? Have you jotted down your thoughts and submitted them to the bulletin? Kinship One? Kin Mag? Perhaps the Quill Award? And what about all those times you have assisted on a committee to make a fundraising event happen within your community. These skills are just a few that many of us seem to absorb through osmosis being in this wonderful Association. Skills that NEVER would you be able to put a price tag on…..ones that you have gained not only while working to better your community but while making friends and having fun at the same time. Heck, school was never this fun!

So, we could list some of the tremendous skills and benefits we gain as being:

- Friendships
- Team work skills
- Travel
- Project planning
- Public speaking
- Networking
- Sense of community
- Sense of self-worth
- Meeting planning
- Organizational skills
- Multitasking skills
- Writing skills
- Co-operation
- Debate skills
- Compromise



What kind of a price-tag can you put on the skills that you receive in Kin? Not only are all of the opportunities available to us just by participating, we have the added bonus of being able to grow our skill set by accepting positions on committees, on the club executive, on the zone executive…district…national…and the list goes on. At each level, there is training provided and a whole new network of people that will help you grow, learn, make friends and have fun.

Think about this the next time you write your dues cheque, and in that little spot in the bottom to say what the cheque was for, why don't you write down *"to grow, learn, make friends and have fun."*

READERS' INTEREST .. Janet Currie

Did you wonder about The Olympics (broccoli looking) bouquets?

The fascinating story you may not have heard . .

The (odd-looking?) bouquet of flowers presented to each medalist on the podium at the Winter Olympics – 1,800 in all, were all made by 'Just Beginning Flowers,' a non-profit company in Surrey B. C. that employs women who are just out of prison, abused, fighting addiction, or with special needs and teaches them how to be florists.

The bouquets were all the same all 1,800; were made up of green spider mums with hypericum berries surrounded by leather-leaf fern, monkey grass, and aspidistra leaves.

I wish more had been said about this worthy endeavour. I think that they should have told this story many times, over the course of the Olympics!!!

As usual, it was 'low key Canadian' in such a high profile venue. This is just another reason why I am proud to be CANADIAN!

EDITORIAL … Monika McKean

I pondered the thought of passing off my Editorial duties for this month, since I'd had a few printed outbursts during the year already (unscheduled but had to get it off my chest), but then I got thinking about the step that I recently took and decided that I would put to paper my feelings about change.

You may or may not know that the weekend of April 16th - 18th, was District Leadership Training in Stratford for Deputy Governors Elect and the Vice District Executive Council. This weekend, as a few in our club will attest, is an intense training weekend to prepare you for what you will need to know during your year at your particular leadership level. And I do mean intense. Although I've attended numerous versions of this weekend over my years in Kin, you ALWAYS walk away with some knowledge that you didn't feel you could find room for in your brain.

At this point in my Kin Career though, I also came away from this weekend with many different things running through my head. CHANGE was one of them. We have a resolution coming forward from Zone H being spearheaded by some members of Kin, that want to see the governance of our District cut down to a base core that will yes, probably run financially lean, but in the meantime, will probably totally exhaust the people taking on those responsibilities (and perhaps have them leave Kin) and will MOST DEFINITELY impact on expected services that we as members in this association have become accustomed. We already have issue with lack of communication and education being filtered down; cutting the people to do those jobs will no doubt make that even more difficult. And so, my one comment on that topic was that when someone wants to see change that is that impactful, someone needs to be involved and invested in the process.

That leads me to what I did this past Monday. Many of you are aware that there were changes made to the National Awards Programme at National Convention this past August in Niagara Falls. Changes that those in attendance were told were "done". Changes made without input and feedback from the members, just "done". As one who has been not only a huge advocate for awards participation at all levels of the Association, as well as one who has personally participated and been rewarded for that participation (and seen the benefits of participation), I was extremely upset that a process had happened without consultation by the members of Kin.

SO .. The National Awards Committee just recently sent out a call for applicants for a vacancy on their Board. After being yes "bugged" by a few members to put my name forward prior to this past weekend, I decided that in order to preach words, I must live words. Therefore, I have submitted my name for consideration on the NAC. Yes, in order to effect change, you must participate and invest.

Wish me luck ladies .. I'm hoping that I can be a part of future Change …

EN .. I'm excited to announce that I have been accepted to the National Awards Committee. My term will commence with the start of the new Kin Year .. July 1st.

INITIATION 2010 … President Monika

It certainly was a special evening for all involved in the initiation of four of our new Kinettes. Although we did miss Casey and Katie (thank you Kate for the awesome "HEY BABY" we rocked to), we know that they will be back in our fold and ready to participate in next years' ceremonies.

KINGRATS to April, Karen, Patty and Mary for entertaining us thoroughly with your rendition of Kinette Rock Band .. And your song was incredible. You ladies made us proud.

Thank you also to Barb who made a special trip home to stand with the members she sponsored for the official Oath ceremony. We were thrilled to see you with us :-)

To Past Presidents Janet and Kim, and Past Governor Odette, my thanks for assisting with the formal part of the evening.

Yours in Kin, a very very PROUD President Monika

INITIATION 2010 … From the Initiates' Perspective

When I think about "initiations", I see people pushing a penny down the hallway with their nose, people getting stuffed into lockers, niners having to be slaves for people in grade thirteen. These sound like really hideous, ridiculous, embarrassing moments.

When the new Kinettes were told that for our initiation we had to be in a rock band, play a musical instrument, show proof that we had played on location at 5 other establishments and perform for our fellow Kinettes, I said to myself……SWEET this is not initiation as I know it, this is awesome! I love to have a good time, act like a fool, and pretend I'm a metal queen, I mean, who doesn't?

It was at times pretty tough trying to get everyone together because we all have very different lives. However, we did manage to meet on several occasions, even did some work over the Internet and had a jam session. Being a rock star is hard work don't you know! We all had different ideas, views and taste, but when we finally put all those into place, we pulled it off. I think we did a bang up job and were very entertaining. I would like to take this moment to thank my fellow band members, Kickin' Karen, Metallic Mary and Poison Patty. Without you Collingwood chics, we wouldn't be the amazing band we are today, some may say we will never be forgotten!

Thanks for having the Hot Rogers Rockers perform at The Orange Hall, it was by far a smashing event, an evening that I will never forget. Thanks for me making me feel welcomed, comfortable and accepted in such a great organization. I keep saying it over and over, but I found a great group and I am so happy I joined Kinettes. Once again…..I LOVE KINETTES lol!!!!!!!!!!

Peace out sistas' Anaconda April

AND .. KICKIN' KAREN'S VERSION …

It all started out with a meeting on Mary's deck, then many EMails back and forth, a dress rehearsal at my dad's then off to get our pictures taken in front of the 5 locations on a Saturday night what a riot, I don't think I laughed that hard in a while

We went to Aprils to rehearse our Chorus and lines one night

April15 was here before we knew it and we were off to perform at the Orange Hall ,Going up the stairs Hooting and Laughing , the show was about to begin! Patty on Drum, April on Guitar and Mary and I on tambourines

We're a bunch of crazy chicks
We go to Kinettes to get our kicks!
We do our community proud,
Trying to make a difference.
Let's say it loud,
We're Kinettes, Kinettes, Kinettes!!!!!!!!!!

We each made up a verse to say after the chorus, some in tune some not!

Dinner was very great , arms linked and no fork or knife to eat with was a chore! Every time we heard a word with Kin , we had to stand up and say I Love Kinettes. The night was a lot of fun and with great people there, I am so glad to be a part of the Kinette Family

CF NEWS … Brenda Bishop

New Transplant Techniques Show Promise
(taken from www.cysticfibrosis.ca website)

Lung transplants are an important treatment option for end-stage cystic fibrosis. Unfortunately, only 15-20% of donated lungs can actually be transplanted because of damage that occurs during or after the donor's death.

Dr. Shaf Keshavjee and his team at Toronto General Hospital have developed two techniques that will increase the number of lung transplants that can be done.

Currently, lungs removed from a donor's body are preserved on ice and have to be transplanted within six hours before they are damaged. Dr. Keshavjee has designed a bubble-like container, which mimics the warm and humid conditions in the body, while a special solution is pumped through the lungs to preserve them. This allows the lungs to be outside the body for up to 20 hours, enabling doctors to assess and repair minor damage.

Dr. Keshavjee is also testing the use of gene therapy to repair damaged lungs before transplantation. When a specific gene was injected into damaged lungs, inflammation began to decrease and lung tissue began repairing itself. This method is still in early testing, but shows real promise.

These techniques will increase the number of successful lung transplants, and shorten waiting times for those in need of a transplant.

FUNNY .. HAHA … Brenda Bishop

A doctor in St John's wanted to get off work and go hunting, so he approached his janitor.
"I am goin' huntin' tomorrow Buddy and don't want to close the clinic. I want you to take care of the clinic and take care of all my patients and I'll give you fifty bucks."
"Yes, sir!" answers Buddy
The doctor goes hunting and returns the following day and asks: "So, Buddy, How was your day?"
Buddy told him that he took care of three patients. "The first one had a Headache so I gave him TYLENOL."
"Bravo Buddy! The second one?" asks the doctor.
"The second one had a bad stomach and I gave him MAALOX, sir." says Buddy
"Bravo, bravo! You're good at this and what about the third one?" asks the Doctor
"Well Sir, I was sitting here having a smoke and suddenly the door flies opens and a woman enters. Like a flame, she undresses herself, taking off everything including her bra and her panties and lies down on the table and shouts: HELP ME - I haven't seen a man in over two years
"Lard Tunderin' Yeezus, Buddy!!! What did you do?"
I put drops in her eyes!!

INTRODUCING OUR GUEST SPEAKERS …

Mike Sangregorio -

pronounced (San gre gorio) is a Supervisor for Enbridge in Brampton. He lives in Orangeville with his wife Chantel & is a father of 2 daughters. Christina is 24 years old and works for Simcoe Community Living. Jessica is 23 years old and has Cystic Fibrosis. She attends Guelph University and is taking a Criminal Justice & Public Policy Program.

Mike has been an active member for many years with the Cystic Fibrosis Foundation Peel & District Chapter. Mike is always been then when called upon by the Chapter or the Kin in Orangeville. He has attended many events over the years to support the work of Kin and the CF Foundation.

Brenda Dineen -

When I asked Life Member (OB) Brenda for some background information for a Bio, she told me that I knew all about her and could just jot something down. Wanting even a bit from the horses' mouth, I sent the following and you will also note her responses:

Just give me a bit .. how long in Kin 25yrs this May, Formation member of Palmerston & District Kinettes, when last you were CF director 97-98 with Bruce Lloyd & 06-07 with Paul Durdin, what you do in your spare time be a Gramma, Pampered Chef

SO .. When that was all I was provided with by my good friend Brenda, the rest is apparently up to me!

I've known Brenda for many many years. She is one of the busiest and most involved Kinettes that I've had the privilege of spending time with. From Kin Kamp, to FLC's, to Spring Conventions and even bunking for this past National Convention, spending time with Brenda is always fun!

Brenda not only finds time to work tirelessly for her home club, she is incoming CF/Service Director on the Vice Team for this year and as well, sits on a National Board Committee just for laughs. Although an unsuccessful candidate for this past National Kin CF Liaison opening, I know that Brenda will once again be applying and would be an outstanding representative for us at that level. They know not what they are missing !

I know that you will have many more questions for Brenda on the 20th, so jot some notes and fire away. I've not even touched what this lady has accomplished.

AUSTRALIA … Brenda Bishop

We flew out of Buffalo airport, and then our first overnight stop was in Los Angeles, California. We spent a few hours at Walt Disney World, so Rebecca could see Minnie Mouse and of course her favourite princess "Cinderella". She was priceless with Cinderella; she was very real to her. Cinderella played her part to the fullest, and she was fantastic.

Of course we had to take pics of the "HOLLYWOOD" sign; we were tourist, hanging out the window, snapping photos, while Laura drove in our rental car.

We arrived in Melbourne, Australia. We were a little jet lagged. We were met at the airport by Laura's parents, Anna Marie and Mario, with tears in their eyes. It had been a year since they had seen their daughter and grand-daughter Rebecca. With two vehicles and driving on the opposite side of the road, they took us to their beautiful home. Most of what I remember is the round- a -bouts and left hand turns were weird. Their freeways had a lot to look at, some had walls made with designs in them, they had sunscreen walls on spots if the sun was going to be in your vision for driving and they had structures built on the sides of the road for you to admire. Very clean (didn't notice any road clean up needed) and a very interesting drive.

With a couple of days under our belts we took an afternoon and we spent it at the Melbourne Sanctuary .If you look closely, you can see the Koala bear, sleeping in the tree, they sleep 20 out of 24 hours apparently. We saw him in the sanctuary, just a small zoo, similar to Elmvale Zoo.

The only kangaroo that I saw was also in the Sanctuary, sometimes you will see them, like our deer, on the side of the road, but I did not.

This was a comical picture I thought, this was near the city of Melbourne, and they have a place for us to send our Children, ha, ha.

AUSTRALIA CON'T … Brenda Bishop

View from the mountains near a little village of Sassafras, they have the best meat pies and a little tea place called Mrs Marples. They had the best tasting scones as well. Groceries were a little more expensive there, but nothing is imported apparently. A case of coke was $36.00. Broccoli was $6.00 a kg.

My trip was fantastic, and we had personal tour guides and drivers, Laura's parents. I did find some things, even the same as our brands but tasted different, like Heinz ketchup. Theirs is more of a tomato taste. Bananas were the best tasting and mangoes. It was fall in Australia, and the weather was like around 22-25 during the day and 10-14 at night, we slept with the windows open most of the time and days we put the air conditioning on. The plane ride, we had connecting flights that were interesting. The long part of our flight from LA to Sydney was a massive plane. You had your own TV screen and choice of about 100 things to watch, between movies, sitcoms, news, games to play, with your remote in each seat as well. The remote also controlled your light overhead and your air vent.

The plane had two levels, business level on the top, I wanted to sneak up there and have a peak, but never got up the nerve. They give you an itinerary, letting you know what will go on while you are flying, along with a menu to have two choices for your meals. Snacks were also available; help yourself to fruit, pop, cookies and crackers in the fridges. Drinks were included, if you decided to have some. I stayed with the apple juice; it seemed to be sitting right for me. The plane ride to Australia was fantastic, it went fast and I napped some. The plane ride home, not so well, Kayla and I never slept and with four connecting flights, we ended up with two Tuesdays. Of course not having Laura and Rebecca return with us might have made our trip longer as well.

I would love to visit Australia again, and I probably will, as long as Laura is going. She was our tour operator and booked our flights, motels and car for our needs. I would love to visit other parts of Australia, it is a huge country and we didn't even touch on a portion of it. I don't think that I would ever venture driving there. I was not thrilled with everyone on the wrong side of the road, they say tourist sometimes get hit by cars, because they look the wrong way when crossing the road, but there is plenty of transportation everywhere. I found Melbourne like Toronto, city like, but the people were friendly, most of them held doors for you, and "no worries", was the everyday word. They use "sweetheart" and "darling" as well. There are some Asians moving in, mostly in Sidney, but there are some in Melbourne. I love to just listen to the Australia children talk. I cannot get over their accent.

We only had one fault and that was they lost our luggage on the last flight. It took a week for them to deliver it to Collingwood. It was good that they found it and all, but nobody seems to take charge or responsibility for helping you when this happens. I am not sure how many times Kayla called them, took their name, and they took their time in returning her call even though they said they would call back with a time frame. But all is well, other than a few extra scratches and rips on the outside of our suitcases, everything inside faired well. At least we were fine, and they did lose it on our way home, not going there.

It does take a few days to become accustomed to the time change; for example, I got up two or three times in the night for the washroom and then nothing all day. But hey you are upside down when you go to Australia. It was the same when I returned home. There was a 15 hour time change, they are ahead of us, so calling home was a small window, but the internet is best for this reason.

KIN UPDATE… Monika McKean

I am so excited to be able to share this information with you. Those that don't know, Dave Muir and I were District One Governors together in 1999-2000 and have been friends in Kin for YEARS.... I was thrilled to find out that he had received an award through his employer for his outstanding community service. Here is the story as posted on his Intranet.

The annual STARs of Excellence Recognition Program is a significant component in honouring our Company's top achievers. Employees and sales associates from around the world are selected to receive this award for their dedication and outstanding contributions to the Company. These individuals consistently demonstrate the four STAR qualities: Superior Knowledge and Skill; Trust and Integrity; Action-orientation and Responsiveness.

Dominic D'Alessandro Community Award

In recognition of Manulife's former CEO's community leadership, the Citizenship Award was renamed the 'Dominic D'Alessandro Community Award'. One employee is chosen worldwide for this honour based on the following criteria: Selfless Service; Tangible Impact; Above and Beyond Effort and Responsive Approach. The recipient of the first Dominic D'Alessandro Community Award is Dave Muir, Project Director, Distribution Technology Services, Canadian Division. In his volunteer activities Muir exemplifies inspiring leadership and a deep, lifelong commitment to his community.

Since its inception in 1995, Muir has been instrumental in the success of HopeSpring Cancer Support Centre in Waterloo Region. He has supported their most successful fundraising dinner, the Celebrate and Educate Dinner, in many capacities over the years but really stepped up as the driver of the event when he took over as event Chair in 2006, a role he still holds. He takes the lead on all aspects of the event, which he manages by inspiring teams of volunteers, many of whom have been volunteering since the beginning.

Muir has also been a member of a volunteer-based community service organization, the Kinsmen Club of Waterloo Grand River, for more than 30 years, taking on many leadership roles over the years, including National Director. In October 2004, he was awarded "Life Member" status, which is the Kinsmen's highest national honour. The Club sponsors an event, the Annual Great Strides Walk for Cystic Fibrosis, in Waterloo. Muir has been on the organizing committee for the past five years. When he first joined the committee, the event attracted 150 walkers and raised $15,000. Last year, it attracted more than 500 walkers and raised $85,000.

In addition, Muir is a significant contributor to heart health in Waterloo Region through his support of the Heart and Stroke Foundation and St. Mary's Cardiac Care Centre. Muir is neighbourhood captain for the Heart and Stroke Foundation's door-to-door fundraising campaign and for years has been team captain for one of the most successful fundraising teams in the annual Manulife Bike & Hike for Heart in support of St. Mary's Cardiac Care Centre.

To honour the dedication and excellent work demonstrated by this exceptional group of individuals, Manulife has invited them to attend the Board of Directors' Recognition Dinner and the Annual General Meeting in Toronto in May. In addition, the Company will make a donation in each of their names to a charity of their choosing.

"Manulife's success is built upon outstanding people and responsible leadership," said Donald Guloien, President and Chief Executive Officer. "The hard work, intelligence and passion for our business that is exemplified by our honourees will help us continue to grow and strengthen our Company."

READERS INTEREST .. How you sleep tells a story about you

I found this article very interesting .. Taken from the Lifestyle section on Yahoo ... Monika

These days, the way that I sleep simply says, "I am happy to be single and spending five to seven hours sprawled out in the center of my bed alone."

At other points, my tightly squeezed eyes and curled-up body would have screamed, "I know the baby will wake up/someone will start snoring/the alarm will begin blaring as soon as I finally, finally, finally get to sleep."

Years and years ago, the corpse-looking college student still in her clothes would have mumbled something like, "Finals. Boys. Beer."

Our lives, the amount of sleep we get, and how well we actually rest during those nighttime hours may change drastically over time. However, one sleep researcher says that our body position in bed could say something about who we are, not just what else is happening in our lives.

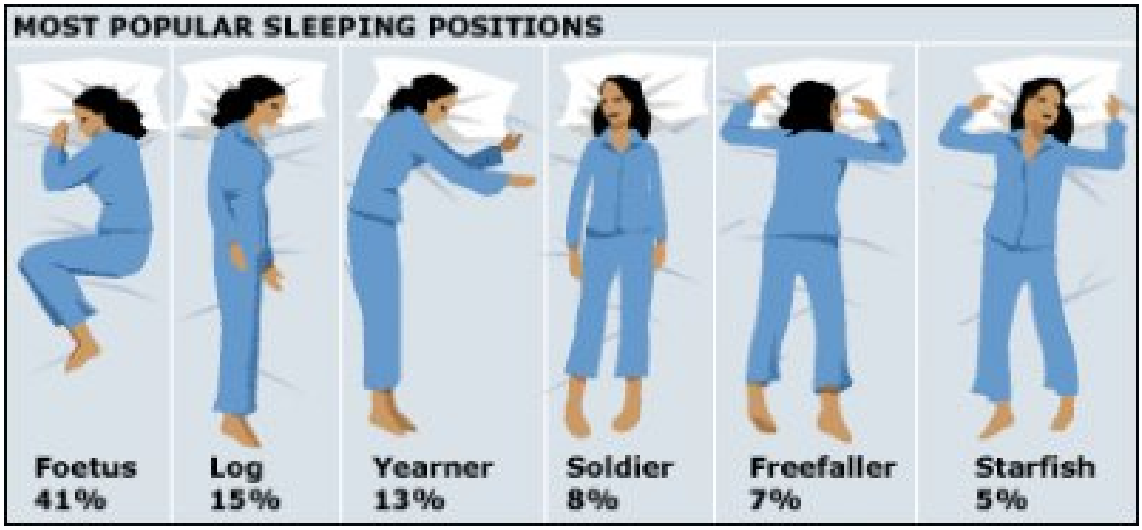
Professor Chris Idzikowski, director of the Sleep Assessment and Advisory Service, says that a study of 1,000 Brits revealed that the six most common sleeping positions are indicative of personality types.

If this sounds ridiculous (and honestly, I'd love to see information on this study and the analysis fleshed out further than any of the reports I could find), consider that Idzikowski says it comes down to body language.

"We are all aware of our body language when we are awake but this is the first time we have been able to see what our subconscious posture says about us," Idzikowski said. "What's interesting is that the profile behind the posture is often very different from what we would expect."

The research also links certain sleeping positions with health risks. Some aid digestion while others spur on snoring and restlessness.

Here are the six common sleeping positions and correlated personality traits and health implications, according to this study.



How you sleep tells a story about you (con't)

Foetus position - A whopping 41% of participants sleep in this curled-up manner. Women are twice as likely to rest like this and it is listed as the most common position. These sleepers are said to have a tough exterior but are still sensitive and may appear to be shy but warm up quickly.

Log position - If you sleep on your side with both arms down, you are a social, easy-going person who is trusting, sometimes to the point of being gullible. The study showed 15% of people sleep like a log.

Yearner position - A close third is the side-lying position with both arms out in front of the body, with 13% of participants sleeping like this. Yearners are noted to be open-minded and still cynical, suspicious, and stubborn about sticking to decisions once they are made.

Soldier position - These sleepers lie on their backs with arms down and kept close to the body. This 8% study is said to be reserved, quiet, without fuss, and hold themselves and others to a high standard. Soldier sleepers have a higher likelihood for snoring due to the flat-back position, which may not cause them to wake up often but may result in a less restful night's sleep.

Freefall position - Those people who lie on their bellies with arms under or wrapped around a pillow with head turned to the side, make up 7% of the population studied. Freefallers are brash, outgoing, and are very uncomfortable with criticism.

Starfish position - Sleepers who lie on their backs with arms up near their head or the pillow account for 5% of participants. These people are good listeners, helpful, and are uncomfortable being the center of attention. People who sleep in starfish position are more likely to snore and to suffer from a poor night's sleep more often.

If you think you are one of those people who move through all of these positions, that's not likely to really be the case. Idzikowski said the research reveals most people stay in the same position all night and only 5% lay differently night by night. Also interesting is that the study showed only one in ten people cover their bodies entirely with a blanket, with most people exposing an arm, leg, or both feet.

What's your favourite sleep position? EN .. I'm a combo of the Foetus Position and Freefaller :-)

KINETTE SOCCER TEAM SPONSORSHIP UPDATE …

Guess what?

My son Rob is thrilled to be the soccer coach for the Kinette team.

My grandson Harrison, along with a ton of other really cool kids are on the team!

We should go cheer them on sometime. Marg

ROAD CLEANUP .. THANK YOU … From Pres. Monika

I would like to extend a huge personal THANK YOU to the ladies that ventured out on Sunday May 2nd to perform our semi-annual Road Cleanup of our section of High Street. I was unable to attend this year as we held a family birthday party for Katie, but got these wonderful photos from Facebook to share with you all. I do think that April has created a brand new fashion statement for future road cleanup adventures .. Way ta go Ladies!!!

ZONE C NEWS AND KIN KAMP NOSTALGIA … LM Kathy

Summer would not be summer without Kin Kamp hosted by the Meaford Kin family. So if you aren't registered, don't miss out on making a least a day visit or two.

Every Civic Holiday Weekend (August 1st long weekend) you will find an exuberant and very large Kin family enjoying each other's company, beverages and cooking. For our family, every Kin Kamp marked my son Christopher's birthday.

The little guy above in the cool sunglasses will be 24 years of age this Kin Kamp. Chris and Katelyn have threatened annually since they could walk (not in jest I might add) that if I won't take them, they'll take themselves – 'cause some one will put them up. And they are probably correct.

Just make sure you get your wrist band! Security of these celebs is tight. Always carry your roll of toilet paper – oh, and if it's dark and late and you're on the outskirts of camp, make sure you know how to make friends with skunks!

MEDICAL ASSISTANCE FROM LM MARG ..

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?
A: Your heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Q: Should I reduce my alcohol intake?
A: No, not at all. Wine made from fruit. Brandy is distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q: How can I calculate my body/fat ratio?
A: Well, if you have body and you have fat, your ratio one to one. If you have two bodies, your ratio two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?
A: Can't think of single one, sorry. My philosophy is: No pain...good!

Q: Aren't fried foods bad for you?
A: YOU NOT LISTENING! Food are fried these day in vegetable oil. In fact, they permeated by it. How could getting more vegetable be bad for you?!?

Q: Will sit-ups help prevent me from getting a little soft around the middle?
A: Definitely not! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: Is chocolate bad for me?
A: Are you crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?
A: If swimming good for your figure, explain whale to me..

Q: Is getting in shape important for my lifestyle?
A: Hey! 'Round' is shape!
Well... I hope this has cleared up any misconceptions you may have had about food and diets.

AND.....

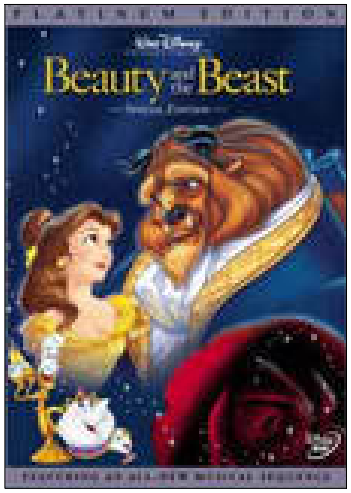
For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans..
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION:
Eat and drink what you like. Speaking English is apparently what kills you.

COMMUNITY EVENTS .. Lori Higdon

Collingwood Collegiate Institute



Proudly presents.....

Disney's
Beauty and the Beast

Collingwood Collegiate Institute Auditorium

Wed. May 26th - Sat. May 29th 2010

7:00 p.m.

Preferred Seating $25

General Admission $15

Children 12 & Under $10

Tickets available at....

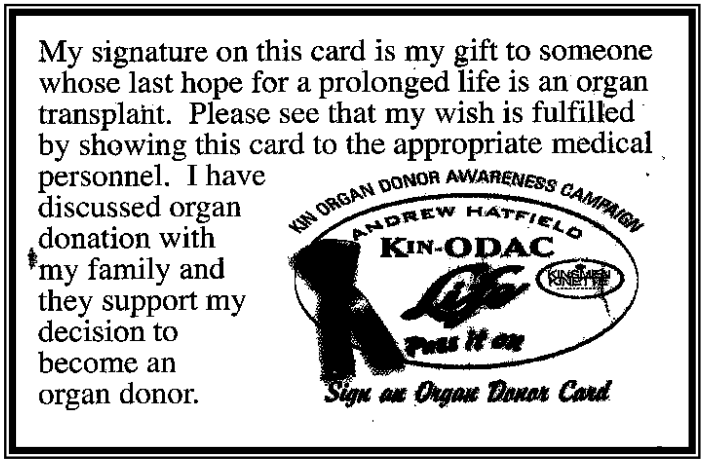
CCI Front Office

Saunders Office Supply

Wasaga Beach I.D.A.

KIN EDUCATION .. ORGAN DONOR AWARENESS .. Patty McCulloch

Just as many of you have been, I just have to tell you that I cannot believe how much information there is on the Kin Canada website. I have spent hours and hours (on numerous occasions) skimming through this website and overwhelmed at the information that is available on this site. I am in awe of the articles and amazed to find out everything that Kin is involved in, is just so amazing! I had a rather difficult time trying to figure out what to write my Kin Education article on and I have finally decided to put some focus on **Organ Donor Awareness.**



The Kin Organ Donor Awareness Campaign (Kin-ODAC) was established in 2001 at National Convention to improve Kin education on issues of concern and importance to organ donation across Canada, and then to extend that education throughout our communities.

It was the dream of Andrew Hatfield, born with a complex congenital heart disease and the first Kin Kid to join the St. John's East Kinsmen Club (his father, Larry, was a life member) that inspired Kin across Canada to get involved with organ donor awareness. Through his Kin connection, Andrew felt a contribution could be made to the program that became his passion, the Organ Donor program. And while thinking out loud one day he revealed his wish to help in some way. That was the beginning of what would eventually become Kin-ODAC, passed at National Convention in Corner Brook 2001 as the first ever, national public awareness project in Kin. It has become an educational avenue for the organ donor program to work through the network of clubs that is Kin Canada.

Annually, the end of April marks National Organ and Tissue Donor Awareness Week. For Kin members, it is a time to increase awareness among ourselves about the Organ Donor program, to assist in the education of our communities, and to be a contact that the National Organ Donor Program can call upon when they need an inroad to a community where we already exist.

Partnership

This partnership with the Organ Donor Program is in fact an extension of our partnership with the Canadian Cystic Fibrosis Foundation. The network of Kinsmen and Kinettes has made great strides in their efforts against CF over the last 40 years. Kin can extend that power to help those who are awaiting transplants. Many of the young adults with CF have reached the age of adulthood due to the efforts of kin, and we can help them further by educating Kin members about the need for organ donation. CF patients and others need transplantation to live.

Organ donation can mean the difference between life and death for many people. For others it represents a total transformation in their quality of life. For example, a person with CF requiring a lung transplant needs the operation to live, while a person needing dialysis requires treatment three days a week for four hours and a kidney transplant would add improvement to their daily life.

"Andrew Hatfield, who died in 2000 while waiting for a transplant, would be very proud of how Kin has responded to this effort, and if he could have seen how far his dream has come he would have said a sincere thank you to all of you. There are many 'Andrews' out there, awaiting transplants to improve, prolong and save their lives." (*Anne Marie Fleming, St. John's East Kinettes*)

Did you know that out of every million Canadians, only 15 are organ donors? It's true.

ORGAN DONOR AWARENESS con't ..

• Canada's organ donation rate ranks in the bottom half of countries in the western world where transplants are performed. More than 3,500 Canadians are waiting for an organ transplant, and every year nearly 150 of them die, waiting.

• We have some of the best transplant technology in the world, some of the most highly skilled surgeons, some of the most prestigious transplant hospitals, but there are never enough organs available to save enough lives.

• Too few Canadians decide to become potential organ and tissue donors. Too few Canadians talk about that decision with their families.

There's good news

The numbers above paint a picture that is hard to face. However, there is some good news (Health Canada 2002-02-27):
• Nearly 98% of all kidney transplants, 90% of liver transplants, and 85% of heart transplants are successful;
• More than 1,800 organ transplants were performed in Canadian hospitals in 2000;
• Donor families say they are comforted by the feeling that their loved one's death was not in vain.
This gives Canadians all the more reason to take the time to make their wishes known either by filling out their province's organ donor card or registering their wishes through a provincial registry. Kin Organ Donor Cards are available through Debbie Moxam at Kin headquarters, dmoxam@kincanada.ca, Anne Marie Fleming at flemingmyc@yahoo.ca or Jason Balaban at the Canadian Cystic Fibrosis Foundation at jbalaban@cysticfibrosis.ca or (800) 378-2233 or ext 240.

Many of you may have questions involving the donation of one's tissue or organs such as:

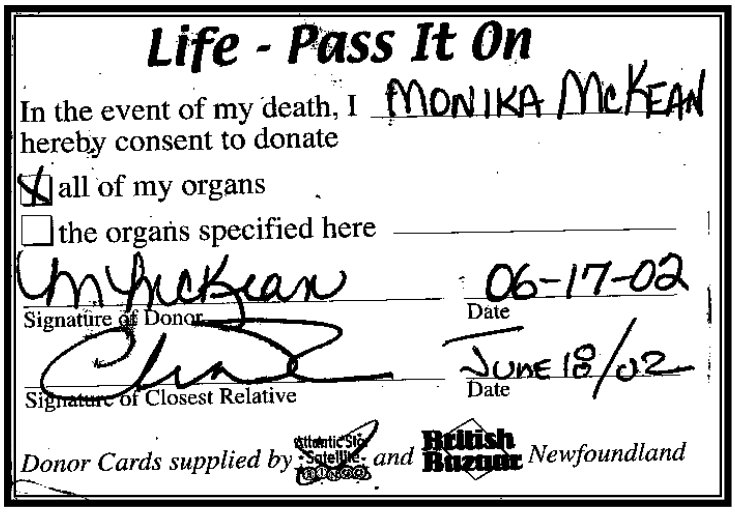
- Can I donate one organ, but not all?
- What is the success rate of transplantation?
- Is my age a factor?
- Is organ donation expensive?

These questions and many others can be found on related websites listed on the Kin Canada website.

Canada's National Organ and Tissue Information Site
www.hc-sc.gc.ca/english/organandtissue/links/provincial.htm

For links, resources and tons more information go to the Kin Canada website and be completely amazed like I was and to be honest….. I still am!!

So one final comment/question…….I have signed my organ donor card – have you?


Life - Pass It On
In the event of my death, I MONIKA McKEAN hereby consent to donate
☒ all of my organs
☐ the organs specified here _____
Signature of Donor — Date 06-17-02
Signature of Closest Relative — Date JUNE 18/02
Donor Cards supplied by Atlantic Sky Satellite and British Buzzer Newfoundland

INTRODUCING … Our newest Kinette Melanie Moss

Melanie Kopperud's journey began in Meaford, ON, October 13th, 1976. She has one older sister, Kristen, who currently resides in Brampton.

At the age of 6, Melanie moved with her mom and sister to Brampton while her father remained in the Meaford area to continue his law practice. Despite the distance, she remained close with her father and would enjoy visiting the area on weekends, holidays and summer vacations.

While in Brampton, Melanie attended Central Peel High School and graduated as Valedictorian of her class in 1995. She got her first job at a local driving range at the age of 13, and immediately became interested in the sport/game (we can debate that later). She was fortunate to receive a full athletic scholarship to Murray State University in Kentucky and headed down south to pursue her athletic and academic endeavours. She received the Ohio Valley Academic Medal of Honour during her second year for maintaining the highest GPA for student athletes in her Conference.

Having quickly realized that the LPGA was out of her reach, she decided to focus more on her academic goals and transferred to Wilfrid Laurier University in Kitchener during her third year. She graduated with a degree in Honours Business Administration in 2000.

From University she went on to work for various companies including, Laidlaw (the School Bus Company), Saputo (fluid milk division) and EB Games.

Melanie was married to Adam Moss, her boyfriend of 16 years in October 2004 and was fortunate enough to have moved back to the area to pursue a career in Real Estate and enjoy the activities the area has to offer (skiing, golfing, kayaking). She has been a Sales Representative for Coldwell Banker for the past 5 years and is thoroughly enjoying her new career. She and her husband currently reside in Wasaga Beach and are eagerly anticipating the arrival their first child in September.

She is excited about the opportunity to join the Kinette Club and looks forward to getting to know everyone.

FALL LEADERSHIP CONFERENCE 2010 UPDATE … Monika

NORTH – 2010 –

The Committee has been hard at work getting all of our ducks in a row to present District One with the best Fall Leadership Conference (FLC) they've seen since, well, 2005 when we did the last one!!!

Barb, Michelle, Katie and myself, are doing a presentation at Spring Convention in London and will be distributing our Registration forms at that time.

Our last meeting developed our critical path to see us through to November 5th, day one of FLC.

The following are the committees we need to fill:

Off Site Hospitality -- organizing the meeting space, food and bar at the Orange Lodge Hall. This will be all day Friday the 5th, so it would need to be at minimum 2 people who can have that day off of work .

Decorations -- Michelle has a handle on some supplies from the Elvis Committee but this will also need some thought for table decorations etc. Anyone with an artistic flair (or just likes to have fun ..) is welcome. They will also be responsible for decorating the main meeting hall for the Saturday evening Gala. (tear down as well). Decorating committee will also be responsible for creating the "WELCOME" banner for the Governors.

Hospitality Suite -- One of the most important aspects (lol) of the weekend. We need someone to chair this venue and organize alcohol and entertainment (sounds system with continual music is all that's really necessary .. Oh and toe socks) for both Friday and Saturday evenings. This will also need a work roster to woman the area during the times it is open. Hours will be from 1130 p.m. to close both Friday and Saturday nite.

Boodle Bags -- Barb is chairing the boodle bag committee. She has a "to do" list of contacts for filler. Michelle is hot on the trail of a number of items as well. Anyone wishing to assist with pickups etc., that would be great. We will have a work party on the Thursday prior to FLC at Cranberry to stuff boodle bags.

This is the general outline of what committees need to be filled. We will have work rosters circulated at a later date , once the committees themselves have been filled.

Please mark these dates on your calendar as they will be meeting dates and planning sessions for what needs to be done.

Wednesday June 2nd, 7 p.m. at Michelle's

Wednesday June 23rd, 7 p.m. at Michelle's

Anyone with any thoughts, suggestions, decorations, please contact one of us and let us know. We hope to see you at Michelle's .

EDITORIAL .. Michelle Federer

Believe it or not, situations like this have been happening in municipalities across our County.

Harassment in Minor Sports has gotten completely out of control. Do you remember the commercials that Hockey Canada put out? One of them had a mother freaking on her daughter while they played Pin the Tail on the Donkey at a birthday party. These commercials were Hockey Canada's way of showing parents just how ridiculous they look when they act in these manners at a hockey game.

The scary thing is that this problem continues to grow and it's not just parents harassing kids anymore. Its coaches telling a 10 year old "YOU lost the game. What were you thinking?" or parents/coaches yelling at **volunteer** referees. It's not just hockey either. Soccer, swimming, figure skating... the list can go on. Another scary point to all this, it happens here, in Collingwood. Collingwood, where half the population knows the other half, where it could be someone you babysat or a relative out there coaching and yet, we don't show them any respect and we act like spoiled little children.

Harassment in Minor Sports is a major concern of mine. I have a 6 year old that plays soccer. I don't expect her to be on the provincial team. I don't expect her to be on the National team. What I do expect is a fun, safe environment for my child to play, get some exercise, and have fun. That's all I want for her. I don't expect her to figure skate or ski or snowboard like I did. I want her to have the opportunity to participate in whatever sport she wishes. It is very hard to watch other parents at sporting events be so rough on their kids or coaches or refs. It's no longer for the "love of the game" anymore.

What would I like to say to these parents? GROW UP, STOP living vicariously through your children, and let them be CHILDREN!

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	brian.vail@sympatico.ca
Collingwood	Monika McKean	Box 578, Collingwood. L9Y 4E8	705-446-2436	mmckean@rogers.com
Meaford	Dana Hawton	Box 4822, Meaford. N4L 1X6	519-538-3985	hawtons@rogers.com
Owen Sound	Ashley Helm	Box 311, Owen Sound. N4K 5P5	TBA	ashleelynnhelm@hotmail.com
Shelburne	Carol Egan	Box 964, Shelburne. L0N 1S0	TBA	tegan@olg.ca
Wasaga Beach	Marian Huchison	Box 425, Wasaga Beach. L9Z 1A4	705-429-5169	hutchesson@rogers.com
Deputy Governor	Christine Cooper	436 Balmy Beach Rd. Owen Sound. N4K 5N4	226-234-9213	Muahaha_productions@hotmail.com
Zone CF/Service Director	Odette Houle	R.R. #2, 774325 Hwy #10 Flesherton N0C 1E0	519-924-2445	zonec@cablerocket.ca

HOSPITAL REQUEST FOR ASSISTANCE .. Janet

The Hospital Foundation has asked the Kinettes if they would be interested in helping Dr. Gillian Yates celebrate her 10th Anniversary of being in Collingwood. The event is just in the planning stages and Kinettes have been invited because of our sponsorship of the baby balloon wall. A couple members would be requested to sit on the committee to brainstorm some ideas, obtain sponsorships if needed etc. Dr. Yates has suggested a bbq/ picnic idea outside on the hospital grounds. All the babies she has delivered would be invited – that would be 2,000 – 3,000. They are assuming not all would come! A few Kinettes would be required the day of the event (likely a Saturday in August) to assist with games for the kids and whatever other ideas are generated. We need to let the Foundation know if we are interested.

KIN CANADA BURSARY UPDATE .. National News

This year's bursary recipients will soon be announced and Club Presidents of the successful applicants will be notified by phone in May. Another 28 deserving students will be selected to receive the $1,000 bursaries and this year also saw 10 additional ***Preferred Bursaries*** granted to clubs that made the minimum required donation.

This was the first year for the ***Preferred Bursary*** incentive, where clubs donating $2500 in a single year are automatically selected to receive a bursary if their applicant qualifies for the final scoring round. This rewarded clubs for sizeable donations (7 clubs donated a total of $26,000) while increasing the total number of bursaries available so that all clubs benefit.

After 15 years, Kin Canada Bursaries has assisted 686 students with their education. So far this year, club donations of $49,450 have been received. Our goal for the year is $75,000 so please send in your donation if you haven't already done so.

In other news, we welcome two new trustees – Murray Yeadon (Melfort Kinsmen, D3) and Leanne Melnechenko (Lloydminster Kinettes, D3), both of whom offer valuable skills and experience as well as dedication to Kin and support of education. We received more applications than usual this year which made the selection a little more difficult, but we are happy to see the interest from Kin and encourage all members to consider applying for this very rewarding committee.

Kin Canada Bursaries is truly a remarkable program that all Kinsmen and Kinettes should be very proud of. Your continued support allows us to continue *"Serving the Student's Greatest Need"*.

SECRET SISTER THANK YOUS ..

Thanks to my super special secret sister:

I am so sorry for not thanking you each month for all your great appreciated gifts. You sure know how to make a girl (old lady) feel special

You're the best

Darlene Weir

I CAN SINCERELY SAY THAT I HAVE THE BEST SECRET SISTER EVER ...

THANK YOU FOR ALL THAT YOU'VE DONE TO MAKE THIS A SPECIAL YEAR.

I CAN'T WAIT TO FIND OUT WHO YOU ARE IN JUNE !!!

MONIKA

Thank you to my SS for the beautiful Tiffany lamp candleholder. It is absolutely gorgeous and has a place of honour in my front room.

Janet

DISTRICT NEWS .. RESOLUTION PROPOSAL

PLEASE take the time to read what this resolution means and ask questions / share your concerns with Monika, Barb and Michelle as we'll be at Spring Convention .

Resolution

Whereas the number of individuals making up a District 1 Executive Council has not changed (save a small fluctuation from year to year) in more than 20 years in District 1;

And Whereas the membership in District 1 has decreased by almost ½ in the last 10 years.

And Whereas the cost of administration should not be prohibitive to the body that it represents;

THEREFORE, BE IT RESOLVED THAT

Article 5 – Organization
Section 1 – District Executive
Sub Section 3

Be amended to read:

Directors as appointed by the District Governor shall consist of one Secretary, one Treasurer, One CF/Service Director, one Vice Governor, one Past Governor (carrying the portfolio of Awards Director). They shall be active members in good standing of a Club within the District providing representation for both Kinsmen and Kinettes.

Current wording is as shown below
Directors as appointed by the District Governors shall consist of Coordinator, Secretary, Treasurer, Bulletin Editor, Membership Director, Risk Management Director, and a Kinsmen and a Kinette CF/Service Director. They shall be active members in good standing of a Club within the District with equal representation by both Kinsmen and Kinettes.

AND BE IT FURTHER RESOLVED THAT

Article 5 – Organization
Section 1 – District Executive
Sub Sections 4 and 5

Be eliminated in their entirety

Current wording is as shown below
4. Immediate Past District Governors.
5. District Vice-Governors.

AND BE IT FURTHER RESOLVED THAT

All language contained within the District House Rules for District 1 be amended to reflect these changes to the District Executive wherever that body (or current individuals with said status) may be referenced.

AND BE IT FURTHER RESOLVED THAT

The above changes take place commencing with the District 1 Spring Convention 2011 election.

INTENT: To better reflect the more accepted position that gender should not "qualify" leadership and to streamline the executive of District 1 in order to reflect a more realistic and fiscally responsible ratio of administration to membership.

WHAT'S UP AT KIN SALES …

COYLE & GREER
Promoting Your Success
www.coylegreer.com www.awards4me.com

New KIN SALES E-Store Launching May 3rd

We here at Kin Sales have been working very hard behind the scenes, re-vamping the Kin Sales on-line store. This project is now completed and we will switch over to the new Kin Sales e-store as of Monday May 3rd.

ADVANTAGES OF NEW ON-LINE STORE

► "live inventory" provides current stock levels for all products we have available in our inventory
► this new site is linked directly to our order processing system, ensuring what you order is what you receive – no chance for data entry errors at Kin Sales
► order confirmation screen provides full cost (products, freight & taxes)
► current/updated images of all products
► with your user name/password you can login to check order status and also view your order history
► watch shortly for an on-line survey to be added to the site, which will include a thank you gift for each completed survey

MAJOR CHANGES/DIFFERENCES

► the first time you order from this new site you will have to set-up your account information (choose your own user name and password and specify your address)
► once you are selecting products (adding them to your on-line "shopping cart") you will then proceed to the on-line "check-out" which verifies the following:

- products ordered
- shipping/billing info
- payment information
- cost of order

Thank you for supporting Kin Canada via Kin Sales.

Sincerely,
Dawn
Dawn Pettit
Kin Sales Account Representative
1-800-265-7083 x253
Fax: 1-800-823-0566
kinsales@coylegreer.com

PLEASE NOTE - WE WILL STILL BE ACCEPTING ORDERS BY PHONE & FAX

KIN KIDS PAGE.. Make a Family Photo Flower Bouquet

A colourful bouquet of flowers is a great way for kids to show Mom just how loved she is on her special day. However, as beautiful as live flowers are, they inevitably soon wither and fade into a happy memory. Make the sentiment last and last by showing your kid how to craft a bouquet that will never wilt—a family photo bouquet, that is. These faux flowers will endure for years to come, and are sure to make her smile every time she passes by!

What You Need:

- Photos of the family
- Construction paper
- Tissue paper
- Pencil
- Scissors
- Clear drying, non-toxic glue

Ribbon

1 What You Do:

1. Choose a variety of photos, making sure that each family member is represented. You may even want to include family pets! Try to find a selection of close ups, group photos, and pictures from special events or holidays.
2. Cut each photo into a circle. Use a coffee can or similar round object as a template.
3. Ask your child to draw flower petals onto coloured construction paper with a pencil. Choose shapes based on the type of flower selected. Daisies may have oval shaped petals, while roses may be more angular.
4. Help her cut the petals with scissors.
5. Now, glue the petals onto the back of the photos. Each photo will be in the center, on top of the paper petals.
6. Encourage her to cut a stem and leaves from green construction paper, and to place them onto each flower (attaching the stems from behind). Set aside to dry.
7. Lay one piece of tissue paper out flat onto a workspace or floor, folding one corner down to meet the opposite corner. This should make a triangle.
8. Place the flower photos inside of the tissue paper, and fold the tissue paper around so that the tops of the flowers are revealed. Tie the tissue with a ribbon. Now you have a beautiful bouquet to give Mom on her special day!

COMMUNITY THANK YOU'S AND GREETINGS ..

Canadian Cystic Fibrosis Foundation

Kin Canada
Association of Kinsmen and Kinettes

Together for Life®

April 12, 2010

Monika McKean
Collingwood Kinette Club
Box 578
Collingwood, ON L9Y 4E8

Dear Monika,

Last September, we sent a letter to each club President asking for their support of Kin Canada's National Service Project - the Canadian Cystic Fibrosis Foundation (CCFF). Many clubs automatically include the CCFF in their annual budget. These continued donations have made Kin Canada a leader in the fight against cystic fibrosis (CF).

Because of their ongoing support, babies diagnosed with CF are reaching childhood, children are growing into adults, and adults are planning careers and families of their own.

We were delighted to learn that clubs that have not been regularly supporting the Foundation did make a donation this year. If yours is one of those clubs, thank you for your generosity.

There are still clubs that have not yet made a contribution. If this applies to you, we urge you to speak to your members about making a donation before the fiscal year end.

The Foundation is celebrating its 50th Anniversary this year. Great strides have been made in the fight against CF in this time, but your support is still needed to help find a cure or an effective control for this disease. We can't do it without you.

We have enclosed a brochure about the Kin-CCFF partnership. This brochure can be ordered free of charge through your District Service Director(s) to be given out at fundraising and awareness events. It is a great way to showcase Kin Canada's accomplishments and commitment to this cause.

Kinsmen and Kinettes are an inspiration to the Foundation, and to the cystic fibrosis community in Canada. Thank you for changing lives and helping to breathe life into the future for thousands of young Canadians with CF.

Warmest regards,

Paul Arsenault
President
Canadian Cystic Fibrosis Foundation

Sean Thompson
National President
Kin Canada

Enclosure

Thank You

For all your help over the past year. Your assistance to me and to the Library are very much appreciated.
I hope to see you at the Volunteer Reception in December.

Karen Berry
Collingwood Public Library

Canadian Cancer Society
Société canadienne du cancer

Barrie & District Unit
64 Cedar Pointe Drive, Unit 1406
Barrie, Ontario
L4N 5R7
Telephone: (705) 726-8032
1 800 338-6610
Facsimile: (705) 726-4073

April 9, 2010

Dear Kinette's Club of Collingwood;

Our daffodils have arrived and been sold with them a sure sign that spring is here.

We at the Barrie and District Unit wanted to take this opportunity to let you know how grateful we are to all for helping us with this endeavour. The selling of the daffodils is one of our signature fundraising events and does well for us every year; but it wouldn't be the success that it is without our volunteers.

Your support and assistance during this daffodil weekend is pivotal and greatly appreciated.

So thank you to all the Kinette's for helping with the daffodils. We couldn't do it without you; our volunteers are truly at the centre of it all!

Sincerely,

Joyce Mayne
Fundraising Coordinator
Barrie and District Unit
Canadian Cancer Society

COLLINGWOOD KINETTE COMING EVENTS

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

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

UPCOMING EVENTS

May 8th	Bring your Kid to the Ball Park, CF Display (Rained out .. Actually, snowed out)
May 12th	Quilt Show in Flesherton, noon at the Pavilion
May 13th	Books on Wheels by Cat
May 13th	Entourage heading to the Barrie Kinette Meeting
May 20th	General Meeting and CF Awareness Evening, Guest speakers in attendance
My 21st - 24th	Spring Convention in London .. FLC presentation being made
May 30th	Collingwood Kinettes and Friends at the Great Strides Walk, Toronto Zoo
June 2nd	First FLC meeting of the whole at Michelle's at 7 p.m.
June 3rd	Executive Meeting at President Monika's at 7 p.m.
June 5th	International Trails Day

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

Project / Committee	*Desired Minimum Commitment*	*Committee Member (s)*
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

BOOKS ON WHEELS SCHEDULE	
MAY 13th	Catherine
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	Crouchman, Catherine		Active
5	Currie, Janet (Treasurer)	Tim	Active
6	Dadswell, Kimberley (Past President)	Andrew	Active
7	Federer, Michelle (Vice President)	Parker	Active
8	Galipeau, Karen	Roger	Active
9	Harvey, Mary	Ken	Active
10	Higdon, Lori	Bruce	Active
11	Maclean, April	Vince	Active
12	MacLeod, Casey		Active
13	McArthur, Barb (Secretary)	Al	Active
14	McCulloch, Patty (Registrar & Membership Director)		Active
15	McKean, Katie		Student
16	McKean, Monika (President & Bulletin Editor)		Active
17	Moss, Melanie	Adam	Active
18	Weir, Darlene	Laurie	Active
1	Cooke, Jean	Charles	Life
2	Gill, Gretta	Bill	Life
3	Holroyd, Marg	Dave	Life
4	Hutchison, Marilynn		Life
5	Jeffery, Kathy		Life
6	McArthur, Sandra		Life

Club Birthdays & Anniversaries .... May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Katie McKean	4	5	6 Gretta Gill	7	8 Rebecca Bishop
9 Mother's Day	10	11 Dave Bishop	12	13	14	15
16 Jaime Gill	17	18	19 Emma Gill	20	21	22
23	24	25	26	27	28	29
30	31					

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

MMMMMMMMMMMMMMM MENU

Dang it all .. Didn't decide again .. Surprise from Tim I suppose

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"