

Kinnect

The official newsletter of Zone D, District 1

Zone D Kin

Volume 18 February 15, 2013

Get into the Zone...

Greetings Fellow Kin,

We have had a very interesting month. The best news is the expansion from all 3 Kinette Clubs, with the Fort Erie Kinettes recently welcoming 4 new members to the club. Congratulations!

Founders Night is less than a week away, and The Kin Club of the Garden City is stepping up to the plate to host the event. They promise a fun night of fellowship next Wednesday, February 20th, at the London Arms / Kahunaville inside the Pen Centre in St Catharines. The cost to attend the celebration is \$20 per person.

The deadline for the Kinsmen Zone Conference Award submissions is today, and listed below are the nominees. Members wishing to participate for the Joke Off or Gord Harbison Public Speaking Award are allowed to come off the floor.

After countless revisions, Zone D will be presenting 2 resolutions for Zone Conference. The 1st resolution is to amalgamate under a single leadership for the role of Deputy

Governor, and the 2nd resolution is amalgamate the Kinsmen & Kinette Zone Conferences.

There have been some questions regarding what will happen to Zone Dues under the umbrella of single leadership. We want to ensure all members that there will not be any fundamental changes to the Zone Dues as we are not proposing to amalgamate the Kinsmen and Kinette Zone House Rules. As long as the House Rules remain separate, the Dues and Zone Awards will remain the same.

We are really looking forward the hearing this years group of speakers for the Kinsmen & Kinette speak off competitions. Enclosed with this newsletter is some information for the participants to review for both District and National judging purposes. If anyone has any questions, please don't hesitate to contact myself or DG Kathy.

We have also attached some information from Cystic Fibrosis Canada regarding "infection control." A must read for any clubs that host events. Also, relating to Cystic Fibrosis events, a reminder to everyone that The

Great Strides Walk is May 26th. There is a Walk happening in the Niagara Region at Safari Niagara, 2821 Stevensville Rd. in Stevensville. There is also a Walk happening at Bayfront Park in Hamilton if that location is more preferential.

National day of KINdness is next Saturday, February 23rd. Cristen Quigley from National who has spearheaded this project requests that clubs do their best to document the event and to send your stories and photos for the next issue of Kin Magazine. You can email Cristen directly at cquigley@kincanada.ca.

Lastly for Zone Conferences, Presidents if you wish to make a club report submission for the Conference brochure please do so by February 25th. Otherwise we will be happy to print the club report previously submitted to for the Zone Midterm Meeting.

Happy Founders Day to all on February 20th!

Zone D Team 2012-13

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Coming Events

Founders Night

Hosted by: The Kin Club of the Garden City Wednesday, February 20, 2013 6:30 PM The London Arms/Kahunaville The Pen Centre 221 Glendale Ave. St Catharines

Kinette Zone Conference

Hosted by: Fort Erie Kinettes Sunday, March 3, 2013 The Singing Siren Restaurant 404 Ridgeway Rd. Crystal Beach, On

Kinsmen Zone Conference

Hosted by: Fonthill & District Kinsmen Tuesday, March 19, 2013 6:30 PM Old Pelham Town Hall 491 Canboro Rd, Pelham, On LOS 1CO

Kinsmen Club of Grimsby "Mini-putt for Project X-Ray" Sunday March 10, 2013 9:30 AM Breakfast at Royal Canadian Legion 233 Elizabeth St. Grimsby, On

Zone Conference Awards & Nominees

Kinsmen Zone Awards

Service Project Award

Nominees: Kinsmen Club of Grimsby, Fonthill & District Kinsmen, Kinsmen Club of Fort Erie.

• Bulletin Award

Nominees: Kinsmen Club of Grimsby, Fonthill & District Kinsmen, Kinsmen Club of Cayuga.

Joke Off Award

Public Relations Award

Nominees: Fonthill & District Kinsmen, Niagara on the Lake Kinsmen, Grimsby Kinsmen.

• Zone Expansion Award

Nominees: Grimsby Kinsmen, Fort Erie Kinsmen, Niagara on the Lake Kinsmen.

- Zone Attendance Award
- Gord Harbison Public Speaking Award

Kinette Zone Awards

- Sam Dawson Memorial Award
- Zone Service Award
- Public Relations Award
- Terry Strugar Memorial Award
- Joke Off Award
- Speak Off Award

Congratulations to all for the nominations and best of luck at your respective Zone Conferences.

Important Websites

- www.district1kin.ca
- www.kincanada.ca
- www.portraitsofhonour.ca
- www.terracycle.ca
- www.bullyingcanada.ca

Social Media



District 1 Kin Kinnect - Zone D Kin

Fonthill & District Kinsmen name Fred Disher, Pelham Citizen of the Year

Fred Disher has a big family to call to announce some recent recognition.

The 71-year-old retired Fonthill educator and insurance broker has been a dedicated volunteer and foster parent for years, an effort for which the Fonthill and District Kinsmen will recognize him as the Pelham Citizen of the Year on the evening of Feb. 26 at Old Pelham Town Hall.

"Fred volunteers with a passion for kindness and generosity that truly exemplifies the intent of this award," said Kinsmen representative Kevin Twomey, who noted Disher has volunteered with Pelham Cares, the Pelham Community Policing Committee, the Fenwick Lions and through the town's Canada Day and Santa Claus Parade Committees. Perhaps most notable however is Disher and his wife Bernice's long experience as foster parents.

The Dishers have two children born to them, and seven they have adopted. On top of that the couple has welcomed a host of foster children into their home over the years.

"We've had over 30, probably 35 foster kids," said Disher, who moved to Fonthill from Dunnville 20 years ago. With so many adopted children Disher notes he has upwards of 18 grand kids.

When Disher retired from his second career in finance 8 years ago he joined Pelham Cares as treasurer and has sat on the board ever since. He has also been an official member of the Fenwick Lions for five years, having worked with them several years prior while he worked with the Santa Claus Parade and Canada Day Committees.

Twomey explained Disher was a s tand-out nominee for this year's awards, noting he exemplifies just what the awards are meant to encourage, outstanding community involvement and volunteerism.

"Just imagine ... if everyone took the attitude Fred Disher takes," said Twomey, explaining all too often individuals get bogged down with negativity. He added people like Disher help encourage others to not be "stuck in the mud," and that's what the awards are all about.





Zone D Member Profile



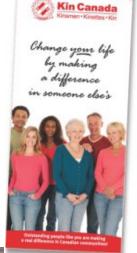
Name: Burt Ward

Club: The Kinsmen Club of Niagara on the Lake

Worth Knowing: Life Member

Years In Kin: 35+

About Burt: "Burt Ward, Life Member of the Niagara on the Lake Kinsmen Club received a Volunteer Recognition Award for his outstanding contributions to Kin and the community. Burt embodies the Kin motto: Serving the community's greatest needs. He has served in all executive positions in the club, helping guide its many fundraising efforts for all major projects during his years as a member. His imaginative thinking has also helped create new fundraising events, and he assists in organizing the popular annual car show. But Burt is probably best known for his love of animals, and the many times he invited local schools to bring their students to his farm to see the farm animals. Congratulations Life Member Burt!"









have your say

Kinnect Service





Together for life* Unis pour la vie*

National Day of CINCLESS

Pass it on!

CONGRATULATIONS!

For 48 years Kin Canada has been an outstanding partner to Cystic Fibrosis Canada and has achieved the \$40 million fundraising milestone this year!

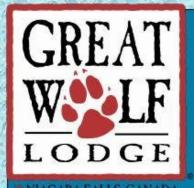
Thank you Kinsmen and Kinettes, for all you do and have done to help Canadian children and adults who are courageously fighting cystic fibrosis, every day.











EXCLUSIVE RATES FOR CAMBRIDGE KINSMEN CLUB

FRIDAY FEBRUARY 22ND 2013 \$182.00 PER NIGHT
SATURDAY NOVEMBER 23RD 2013 \$195.00PER NIGHT

BOOK using the OFFER CODE: 1302CAMB online at greatwolf.com -or call- 1 800 605 9653 for reservations

- Reservations must be booked by Friday January 18th 2013. The rooms and rate are not available after this
 date.
- Rate is based on a family of four in a Family Suite & includes up to 4 water park passes. Passes are not transferable.
- Complimentary parking.
- Additional room types may be available, at an additional cost. Kid Kamp & Wolf Den at \$50 additional per night and include park passes for up to 4 guests. Kid Cabin, Majestic Bear, Loft suites at \$80 additional per night and include waterpark passes for up to 6 guests. Please call to see if the room type can be added to the group block.
- Meal plans are available for purchase. Adult \$45 plus tax, child (4-12 years) \$20 plus tax, 3 years and under are free. To add-on a meal plan to your group reservation you must contact the Lodge directly 1-888-878-1818. Or, you can purchase on arrival at the Front Desk.
- To guarantee a reservation, a deposit is processed at the time of booking for the 1st room night, plus tax.
 On arrival, a \$250 credit card authorization is taken. Personal cheques are not accepted at check-in. The damage deposit can be given as cash. The authorization is released at check out.







Offer valid only at Niagara Falls, ON location for the above dates only. Must be mentioned at time of reservation. Offer is subject to applicable taxes. Limited number of rooms available for each date. Cannot be combined with any other discount or promotional offers. Offer based on 4 guests per room and may be terminated at any time without notice. Additional water park passes are \$40.00 per person/per day. Must have one individual 21 years of age or older staying in each room. Offer is not transferable, and is not redeemable for cash. Other restrictions may apply. Limited availability, rate subject to change.

NEWKIN ON THE BLSCK

New Members Seminar & Pub Crawl

Saturday, May 4, 2013

Grimsby Legion - 233 Elizabeth St, Grimsby, ON L3M 3K5

12:00 PM - Portraits of Honour Flag Presentation

2:00 PM - Barbeque (Courtesy of the Grimsby Family of Kin)

4:00 PM - New Members Seminar

6:00 PM - Pub Crawl

Cost to Attend: \$0

Accommodation: Super 8 Motel - \$89 Per Night includes Breakfast.

11 Windward Drive Grimsby, ON, L3M 4E9 Phone: 1-877-330-7666

For Group Rate Quote "Grimsby Kinsmen"

Grimsby Family of Kin will have a Kin Hospitality Suite Available!

This Members Day is open to all members of Kin. Please invite a guest too.



May The 4th Be With You!

RSVP: DG Shane Walsh shane.walsh@bell.blackberry.net







Hosted by Fergus & District Kinsmen

May 17th-20th, 2013 Ramada Inn, Guelph, ON

Registrant's Infor	<u>mation</u>		<u>Hotel Information</u>
Name:			
Mailing Address:			601 Scottsdale Drive, Guelph, ON N1G 3E7
City/Town:		Postal Code:	Rooms \$ 99.00 per night Plus taxes
Phone:	Alte	rnate #:	
			Telephone 519-836-0231
Home Club:			Registration Details
Is this your first Spi	ring Convention	? YesNo	Enclose Cheque Payable to: "District One Spring Convention"
Full Registration			Mail to: Bruce Lloyd
Full Early (to Apri	1 16 th , 2013)	1-181 St. Andrew St., E Fergus, ON N1M 1P9	
Full Late (after Ap	ril 16 th , 2013)	\$ 165.00 X	9 ,
Individual Meals			Or Fax to: 519-843-4893
Service Dinner Governors Ball	Saturday Sunday	\$ 40.00 X \$ 40.00 X	
	Tota	al Due \$	<u> </u>
Do you have any di	etary or special i	needs?	



The Convention

May 17-20, 2013

HOLIDAY INN Hotel & Conference Centre 601 Scottsdale Drive, Guelph, Ontario

Friday Seussville Opening Ceremonies

Bumble-Tub Club Hospitality

Saturday Green Eggs and Ham Breakfast

The Lorax Lunch

Oh the Things You Can Do That Are Good For You

Cystic Fibrosis/ Service Dinner

Bumble-Tub Club Hospitality

Sunday Horton Hatches the Egg Breakfast

Yurtle the Turtle Lunch

Cats in the Hats Governors Dinner & Gala

Bumble-Tub Club Hospitality

Monday My, Oh My-A Butterfly! Bye Bye Brunch

Registration is only.....

One Cent, Two Cents, Old Cent, New Cent (or \$ 149.00 Canadian)
Rooms at \$ 99.00

Hosted by The Fergus & District Kinsmen Club





FOUNDING MEMBERS SPEAKING AWARD

Objective

- To encourage members to develop and improve their public speaking skills
- To promote self-development in Kin by means of public speaking

Eligibility:

- 1. All active & active life or associate members in good standing shall be eligible to compete for this award with the following exception:
 - a. The finalists of a national public speaking competition will be considered ineligible to compete at club, zone, district or national level for a period of 2 years following the national convention in which they competed
- 2. Each District is entitled to send two finalists to the national competition
- 3. A finalist at the national level shall have been the winner in his/her club, zone, and district competitions all in the same Kin year
- 4. Present and incoming members of the national board of directors are not eligible to compete in the current competition

Judges:

- The National Awards committee will appoint a panel of 3 judges
- At least one judge will not be an active or active life member of the Association
- The judges will select a chair who will be responsible to:
 - Coordinate the judging
 - > Provide the scoresheets to the Public Speaking coordinator

Management:

- 1. The public speakers marking guideline shall be used as a guide for speakers and judges alike
- 2. The speech shall be authored by the speaker
- 3. The speech will be materially the same as presented at District Convention
- 4. The speech will not include or use a power point component and electronic devices such as projectors
- 5. The District Executive shall notify National Headquarters of the winners name, phone number, and e-mail address immediately following the close of District Convention
- 6. Each finalist will be provided with a single return air fare (lowest available rate) between the closest major airports, a single convention registration, and up to four nights of shared accommodation
- 7. Speeches shorter than five minutes or longer than seven minutes thirty seconds will be disqualified

- 8. Lights or flash cards will be used to advise the speaker at the 5 minute, 6 minute and 7 minute point of their speech (there is a thirty second grace to conclude speech)
- 9. *Finalist(s) must be a district winner in order to proceed to the national level

Reward:

- All finalists (winner(s) from District Convention) will receive a keepers plaque
- The winner will be announced at National Convention
- The winner will have their name placed on the national plaque and will receive a keepers plaque

FOUNDING MEMBERS NATIONAL PUBLIC SPEAKING CRITERIA

	Max.	Pts	Comments
PART 1 – MATERIAL			
A) Treatment of Topic			
Organization of material	10		
Development of material	10		
Conclusion	10		
B) Language			
Choice of words	5		
Sentence structure	5		
Grammatical usage	5		
Originality & Inventiveness	5		
TOTAL - PART 1	50		

PART 2 – DELIVERY		
A) General Effectiveness		
Challenge to thought	15	
Sincerity	10	
Conviction	10	
Audience reaction	5	
B) Appearance and Voice		
Stance	3	
Voice and tone quality	4	
Composure	3	
TOTAL - PART 2	50	

GRAND TOTAL (add parts 1&2)	100	

Gnome Travels





Kin Sales



Please call or email for quantity pricing **Dawn Pettit**

Promotional Products Consultant/Account Representative

Direct Line: 519-773-3095
T: 1-800-265-2607 x245
F: 1-800-268-0326
dpettit@talbot-promo.com

PLEASE CONTACT <u>DAWN</u> FOR ANY OTHER ITEMS YOU REQUIRE









Infection Control and Cystic Fibrosis





Introduction

People with cystic fibrosis (CF) are vulnerable to germs that usually have no ill effect on healthy people. Some of these "bugs" can cause serious infections for people with CF and are difficult to treat with antibiotics, so it is very important to try to keep them from spreading.

A few types of bacteria are particularly serious for the CF community:

Pseudomonas aeruginosa

There are thousands of different strains of *P. aeruginosa*. It is commonly found in soil, water, vegetation, on our skin, and in most man-made environments. *P. aeruginosa* can often be eliminated or kept at bay with early antibiotic treatment, however, there is some concern that people with CF may pick up strains of *P. aeruginosa* from each other that are harder to treat than strains found in the environment.

Burkholderia cepacia complex

This family of germs lives in damp or wet places and causes rot in plants such as onions. Some strains of *B. cepacia* complex can be more damaging to the health of persons with CF and may lead to "*cepacia* syndrome", resulting in severe chest problems, fever, and a rapid decline in health.

Methicillin-resistant *Staphylococcus aureus* (MRSA)

Methicillin-resistant *Staphylococcus aureus* (MRSA) are strains of *S. aureus* that are resistant to commonly used antibiotics. MRSA is dangerous if it spreads to individuals who are very ill with weakened immune systems that cannot fight off the infection. Infection with MRSA in persons with CF may result in impaired growth, as well as a decline in lung function.

How are germs spread?

Activities involving prolonged or close contact between people with CF or with infected materials increase your risk of cross-infection, including:

Kissing or other sexual contact



Sharing medical equipment or exercise facilities



Sharing living space



Riding in a car



Indoor meetings where the majority of participants are individuals with cystic fibrosis



Riding in an elevator



Clinic waiting rooms



Using public washrooms



Eating from a buffet



The most prudent approach to protecting yourself is to follow proper hygienic practices and avoid close and prolonged contact with other individuals with cystic fibrosis. In an open air environment, there is less concern for person-to-person transmission of pathogens, but travelling with other people with CF in a car, or meeting them socially increases the level of risk.

How to prevent germs from spreading?



There is nothing you can do to make the risk zero. However, the best measures for preventing the spread of these bacteria are to practice good personal hygiene and follow the infection control measures listed below:

- Wash your hands frequently, particularly after touching infected materials, such as sputum or saliva and before eating. In the absence of hand-washing facilities, use hand sanitizers.
- Avoid close and prolonged contact with other individuals with CF.
- Maintain a minimum distance of three feet from other people with CF.
- Cover your mouth when you cough. Use a tissue or cough into your upper arm, not your hands.

- Throw away tissues immediately after use and wash hands.
- Do not share physiotherapy or respiratory equipment, such as nebulizers, aerochambers, PEP masks, etc.
- Follow the appropriate cleaning instructions for aerosol equipment, nebulizers and PEP masks to minimize contamination.
- Do not share toothbrushes, eating utensils, cans, cups or bottles.
- Cover skin scrapes or cuts with a clean, dry bandage until healed.
- Maintain your general overall health, and follow your prescribed therapy, physiotherapy and nutrition regimens.

What is Cystic Fibrosis Canada's role?

Research and clinical care funded by Cystic Fibrosis Canada continue to be among the best in the world. Canadian CF researchers are studying novel ways to prevent and treat lung infections, including alternatives to antibiotics.

Cystic Fibrosis Canada is pursuing ways that people with cystic fibrosis can participate, interact, and exercise leadership in its activities. To learn more, visit the "Get Involved" section of our Web site or join us on Facebook at http://www.facebook.com/CysticFibrosisCanada.

Infection Control Policy

It is the policy of Cystic Fibrosis Canada that persons with CF who have tested positive in the last 12 months for *B. cepacia* complex and/or Methicillin-resistant *Staphylococcus aureus* (MRSA) **should not attend**, in person, any Cystic Fibrosis Canadasponsored meeting and event where persons

with CF may be in attendance. Individuals without CF, who are colonized with MRSA in the nasal cavity or on the skin, but who are not actively sick may attend.

Furthermore, persons with CF **should not attend** Cystic Fibrosis Canada-sponsored meetings and events held indoors since the risk of close or prolonged contact between persons with CF is increased. Participation is encouraged through alternative methods, such as teleconferencing, web conferencing, or other remote applications.

For the complete Infection Control Policy, Guidelines, and Frequently Asked Questions, visit www.cysticfibrosis.ca, or speak with your CF clinic health care team for more information.

What is Cystic Fibrosis Canada?

Cystic Fibrosis Canada is a national health charity established in 1960, with volunteers in more than 50 chapters across Canada.

Cystic Fibrosis Canada's mission is to help people with cystic fibrosis by: funding research towards the goal of a cure or effective control for cystic fibrosis; supporting high quality CF care; promoting public awareness of cystic fibrosis; and raising and allocating funds for these purposes.

Acknowledgments

Cystic Fibrosis Canada would like to thank Drs. Elizabeth Tullis, Shawn Aaron, and David Speert, as well as members of the Infection Control Task Force Committee. For more information about cystic fibrosis, please contact your local chapter or:



2221 Yonge Street, Suite 601 Toronto, Ontario M4S 2B4 416-485-9149 | 1-800-378-2233 info@cysticfibrosis.ca www.cysticfibrosis.ca

In Quebec, you may contact:



425 Viger Avenue West, Suite 510 Montreal, Quebec H2Z 1X2

514-877-6161 | 1-800-363-7711 Quebec City office: 1-877-653-2086

info@fibrosekystiquequebec.ca www.cysticfibrosisquebec.ca





Breathing life into the future®

www.cysticfibrosis.ca

Charitable registration: 10684 5100 RR0001 2011-07 | Cette publication est aussi disponible en français.

2012-13 Kin Canada at-a-Glance Calendar Please note that FLCs, Midterms, Zone Conferences and District Conventions vary by District



2012-13	12-13 Main messaging: Get on Board, It's a \$ FINE \$ Time to Support Kin Canada Bursaries, Recruitment & Retention							
Month	Causes	Due	NOTE!	Week 1	Week 2	Week 3	Week 4	
Sept	Happy New Kin Year! United Nations Clean Up the World Campaign	Sept. 25: Changes to Club Roster forms	Call for new HREF Trustees & National committee members	October KIN Magazine submissions are due!		HREF Trustee application posted on Nat'l website; student applications posted on bursary.ca	Special Mailing: Kin Canada Bursaries package	
Oct	Breast Cancer Awareness			October 2012 KIN Magazine mailed	Special Mailing: Insurance Reporting Form & Nat'l Club Dues (due Nov. 15)	Wed: CyberNews posted Leadership Conferences (F	Fall KINnections mailed to clubs	
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Nov	MOvember, Veteran's Week, Remembrance Day, CP Holiday Train	Nov. 15: Annual Insurance Reporting Form, proof of incorporation, National Club Dues Billing		Dec. KIN Magazine submissions are due! District FLCs		Wed: CyberNews posted		
Dec	Food Banks, Holiday Ham- pers, Santa Claus Parades	Dec. 31: T2 Corporate Tax Return Filing		December 2012 KIN Magazine posted		Wed: CyberNews posted	T2 Corporate Tax Return Filing	
Jan	Nat'l Non-Smoking Week (3rd week), Family Literacy Day		Student's Kin Canada Bursaries applications due to clubs by February 1	February KIN Magazine submissions are due!		Wed: CyberNews posted District Midterms		
Feb	Founder's Day	Feb. 1: HREF Trustee applications	Founder's Day events	February 2013 KIN	Winter KINnections with	Wed: CyberNews posted		
reb	National Sweater Day, Anti-Bullying Day	due to HQ; student bursary applications due to clubs	Submit Kin Canada Bursaries applications to HQ by March 1	Magazine mailed	Call to Convention, Proxy form and Resolutions	wed. Cybernews posted		
	, , ,			District Midterms				
March	International Women's Day, Earth Hour (8:30 p.m. last Saturday)	March 1: Bursary applications due to HQ	Diane Rogers Kin Pride Award questions posted on Nat'l website	April KIN Magazine submissions are due!		Wed: CyberNews posted	Earth Hour 8:30 p.m. last Saturday	
	3,				Spring Zone Conferences			
April	Nat'l Organ Awareness Week World Health Day, Nat'l Volunteer Week, Earth Day	/, Nat'l Award due to HQ	Volunteer Week; Kin-ODAC KINvention Early Bird Registrations begin	April 2013 KIN		Wed: CyberNews posted		
				Magazine is posted		Spring KINnections with Club Reporting Form		
+			ů ů	Zone Conferences				
May	Cystic Fibrosis Awareness		Kin-CF Day (first Sat.), Great Strides Walks (third weekend)	June KIN Magazine submissions are due!		Wed: CyberNews posted		
	MS Awareness Month		Otrides Wains (tillia weekeria)	Submissions are due:	District Con	District Conventions		
June	Hunger Awareness, World Blood Donor Day June 15: Annual Club Information Reporting Form	Send cheques to HQ for	June 2013 KIN		Wed: CyberNews posted			
		Reporting Form	year-end total. Kin Canada	Magazine mailed				
		June 30: NVP nominations; some	Bursaries recipients posted June 30					
		National Awards	ourie ou	District Conventions				
July	Canada Day	July 1: Delegate Proxy forms			Summer KINnections	Wed: CyberNews posted		
		July 15: Remaining National Awards			with Club Roster Form			
August	KINvention!		National Award winners posted post-KINvention		National Convention/AGM Aug. 14-17, St. John's, NF	Wed: CyberNews posted		