

On Track! With the St Thomas Kinettes

Volume 1, Issue 5 - January 2014

Inside this issue:

Presidents Message	2
VP Blurb!	3
Calendar of Events/Roster	4
Just a Reminder/Alzheimer Society	5
General Meeting Minutes Dec 17/13	6
Giggles & Social Committee Schedule	8
Treasurer's Report/Smoothie Update	9
General Meeting Agenda—Jan 28/14	10
Zone News - London Sugar Bush	12
Zone News - Kinette's Christmas mtg	14
Bulletin Submission Schedule	16
Flashback	17
January Quill by Terry Baldwin	18
National News	20
Membership Challenge Update	22
Let's Cook Blueberry Trifle Recipe	23
District 1 News	24
Cystic Fibrosis News	28
January Kinette Spotlight	30
Closing Thoughts	31



Kin Canada
Kinette Club
of St. Thomas

Kinette's General Meeting

Date: January 28/14

Time: 6:30pm, call to order 7pm

Place: Knights of Columbus

265 Wellington St, St. Thomas

Proud members of Zone F, District 1

President:

Terry Baldwin

president@stthomaskinettes.com

Bulletin Editors:

Jodi & Melissa & Jackie

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harrisville@rogers.com

Greetings from the President, Terry Baldwin



Terry Baldwin

Welcome to the New Year! Lives are back to normal and routines are in place as we all hope for a great year ahead. The winter, so far, has been unusually cold with major ice and snow storms and for many, losing power and heat for days! On a recent trip to Toronto, I heard some wonderful stories from friends who live in Toronto, about the recent ice storms, where many struggled with dark, cold homes and no timeline when they would be fixed by the city workers, who worked tirelessly round the clock. Such a domino effect takes place when nature's disasters strike and there are so many people who have no family or friends close by to seek help. Some live in high rise apartments and condos where

the elevators were not working and it was too difficult to leave their dark, cold apartments and about how people were helping each other buying and delivering groceries, visiting, sharing each other's apartments, meeting in lobbies for company and just making sure others were ok. People in homes were helping neighbours clear properties of enormous tree limbs and ice, bringing food to elderly and others not able to get out on their own, carpooling to get to work, if you were able to use your car and just checking in on each other. Such heartwarming stories and again, in times of trouble, it's refreshing to hear how people come together in the darkest times to help and comfort each other. The goodness that does exist, even in the biggest city that many claim you never know your neighbours and big city living is so lonely.

As Kinettes we strive to work together to help our community and support those that are in need of assistance for many reasons by sharing our time and services and financial resources. So to get the new year off to a successful fundraising start, our January 28th meeting is gearing up to plan the 2014 year with some great ideas and projects. With our 1st year under our belt, the Kinettes will continue to grow, create and reach our fundraising goals to give back to our community and ensure someone receives the help they need.

So watch for the St. Thomas Kinettes out and about at some soon to be fundraising events. Please support your Kinettes to help them achieve their fundraising goals and everyone helps their community! You can make a difference in someone's life.

Please feel free to email me at president@stthomaskinettes.com or our Membership Director, Melissa Bishop at kinettemembershipdirector@gmail.com if you would like to learn more about the Kinettes and what we do or to join our amazing club, we would be happy to have you!

Yours in kin,

President Terry

"If you get, give. If you learn, teach." — Maya Angelou

VP BLURB, JAN. 2014

By: Chantelle McGuffin



Wow! My very first “VP Blurb!” I have deliberated and meditated on what to write about. There are so many thoughts, from so many various desires, visions, and goals we all have for the club! Even though we are excited, we are also very new and uncertain.

Added to this are the stresses over the concerns of a brand new club. So much we would like to do, but of course we currently don’t have the funds to do. One night I was particularly feeling overwhelmed at the commitment I had made to the VP role. I was thinking that perhaps this is a role I may have considered if this was an established club, but that perhaps there was just too much to do in getting our new club off of the ground. Then, I sat down and continued reading about our founder Hal Rogers, and I began to rekindle my hope.

The story I am referring to, out of the many extraordinary accomplishments Hal Rogers achieved, was the \$3 million dollars the Kinsmen and Kinettes raised in order to send 50 million quarts of milk in powdered form to the British children. (p. 17-18, Only in Canada: Kinsmen and Kinettes)

Hal was appointed chairman of The National War Services Committee. Did you know that before they rolled up their sleeves at the annual Kinsmen convention of 1940, cancelled all entertainment for the convention deciding that, “there would be time for frivolity later,” they actually began this major undertaking with \$0 funds, asking each club for \$5 “into the kitty” just to get the fund started? Wow!!

A \$3 million dollar fundraising effort started with a committee and a \$5 donation! Hal saw a need that he knew his beloved Kinsmen and Kinettes could absolutely fulfill!! He did not doubt, but boldly moved forward with passion and compassion to provide milk for children in the midst of war, and he JUST DID IT!!

And we can do it too!! What Hal must have felt as he took on this seemingly impossible task at the time. He did not know where the funds would come from. The book comments that, “The...members geared up for war as if marching into battle.” (p. 18)

At times this year will seem like a battle. I am not going to lie to any of us. At times we will have to also put off our “frivolity” til later. It will seem at times this year that it is a series of work sessions with “shirtsleeves rolled high.” But when we look back on this year, this first year of our new club with us as the pioneers who were brave enough to forge ahead to establish a club that will make a real difference in our community for generations to come, we will know it was well worth it!! I believe it is worth it!!

It is worth it for us to believe in this club. It is important for us to believe in each other. As Kinettes we are apart of a heritage we can absolutely be proud to be apart of. It is an association of women who are passionate to serve and confident that they can make a difference!! We have been adopted into this family!! Let’s just do it!! Here’s to a great year!!

Sincerely, Chantelle

Calendar of Events



- 1) Kinette General Meeting—January 28, 2014 @ Knights of Columbus, 265 Wellington St., St Thomas, 6:30pm social time, followed by Call to Order at 7pm (Wear your PJ's and enjoy being pampered by Airbonne Rep, Kim from London Kinettes)
- 2) January - Alzheimer Awareness Month <http://alzheimerelgin.ca/>
- 3) January 27/14 - Family Literacy Day <http://abclifeliteracy.ca/fld/family-literacy-day>
- 4) Rock the Country hosted by the St Mary Kinettes Feb 1/14, \$25/person (See Chantelle)
- 5) FemeFest hosted by the Tillsonburg Kinettes Feb 15/14, \$20/person (See Melissa)
- 6) London Kinsmen & Kinettes Sugar Bush event, Family Day, Feb 17/14 and every weekend in March as well as daily throughout March Break 10-14
- 7) February 22- National Day of KINdness "Lets get Involved"
- 8) Kinette Executive Meeting- February 10, 2014 @ 6:30pm @ President Terry Baldwin's
- 9) Kinette General Meeting—February 25, 2014 @ Knights of Columbus, 265 Wellington St., St. Thomas, 6:30pm social time, followed by Call to Order at 7pm

2013/2014 St.Thomas Kinette Club Roster

Club Member	Position	Club Member	Position
1. Terry Baldwin	President	9 Lori McClymont	Secretary
2. Melissa Bishop	Membership Director Bulletin Editor	10. Chantelle McGuffin	Vice President
3. Karen Coutts	Awards Director	11. Jodi McLaughlin	Registrar & Bulletin
4. Sandra Craig	Active Member	12. Deborah Murphy	Active Member
5. Brittany Galen-kamp	Active Member	13. Lisa Muxfeldt	Treasurer
6. Jackie Harris	Risk Manager Bulletin Editor	14. Alicia Peters-Smith	Active Member
7. Candy Lesak	Active Member	15. Laura Woermke	Active Member
8. Leslie Lumley	Active Member	16. Anne-Marie Vallee	Active Member

Membership fees Are DUE



Fellow Kinettes, your dues of \$75.00 are now due

Please contact our Treasurer

Lisa Muxfeldt with your payment arrangements

Lisa's Contact Info

Private Message thru our PRIVATE FB Group

Call 519-633-8563 (h)

Text or Call Cell 226-678-0129

Or speak to Lisa directly to arrange your payments after our
General Meeting on Monday, January 28, 2014

IF you have already paid your fees in full or have already made
payments arrangements - **THANK YOU**

Alzheimer Society
ELGIN - ST. THOMAS

Pennies for Memories - New Drop Off Locations

St. Thomas Locations:

- Alzheimer Society
- Locke Insurance Brokers®
- Eye Designs®
- Geerlinks Home Hardware®
- Farmgate Markets®
- Metcalfe Gardens
- St. Thomas Senior's Centre®
- Sunset Café®
- Waterworks Variety®
- Yurek Pharmacy

Tuesday, December 17, 2013

Kinette Anne Marie's House:

167 Erie St., St. Thomas, ON

Fellowship 6:30 pm "Christmas Fun"

Short Meeting: 7:30 pm



Kin Canada
Kinette Club
of St. Thomas

The meeting was called to order at 7:30 by President Terry

Address to the Chair:

"President Terry, guests and fellow Kinette's "Have you been a good girl this year?"

Sergeant-At-Arms: Jackie. Fine session open.

Introduction of Guests – Melissa Bishop, Membership Director

Secretary's Report: Lori McClymont, Secretary

Motion by Lori , second by Karen , that the minutes of the November 26, 2013 General

Meeting be approved as printed in the bulletin with the following changes Kettle Drive Motion and

Sargeant-At-Arms fines report update \$3.90.

Correspondence – Insurance has been paid and accepted by HQ.

Treasurer's Report & Dues: Lisa Muxfeldt, Treasurer

General Account - \$1541.24

Service Account – 1470.68

Bills paid to date - None Bills outstanding – Lisa to pay shirt bill and collect owing.

Dues – Total dues paid to date and outstanding amounts to be presented by Lisa at next meeting.

Motion by Terry Second by Melissa that the Treasurer's report be accepted as presented.

Committee/Executive Reports:

Chocolate Smoothie Update – No update. Please bring money and/or chocolates to Chantelle/Lisa. Chantelle to provide project report for next meeting.

Pamper yourself Lottery Ticket Sales – Karen 11 sold to date, will be sent in for the early bird draw December 19th, 2013.

Salvation Army Kettle Campaign – 2 hour shifts available on December 19th @ Walmart, see Jodi. Student community hours will be honoured. Take Kinette's pamphlets to be handed out if asked.

Jan. Bulletin Deadline January 20th.

Old Business:

Club Shirts – Karen will be placing a new order to go in the Saturday after the New Year. See Union Sports on Center St. for sizes. Contact Dianne.

New Business:

Fundraising Plan 2014 - Terry handed out forms to all members that should be filled out and returned by January before next meeting. Discussion at Jan. meeting will focus on fundraising projects specifically for the 2014 year with ideas and input from all members and voted.

Motion by Karen, second by Terry to close the fine session.

Sergeant-at-Arms Report: \$4.10

New fines jar to be used at meetings, Train Bank to be used for Dimes for CF. Members to bring their dimes for donating to every meeting.

Registrar's Report: Jodi McLaughlin

Total membership (Active) - 16

Total members present (Active) - 11

Percentage in Attendance - 69%

Guests in Attendance - 7

- Karry Dougharty
- Heather Gifford
- Brandy Shackleton
- Jennifer Barsed-Svennson
- Christine Thompson
- Cindy Collins
- Christine Lewis

Announcements:

Kinsmen New Year's Eve Party - Much Music Dance Party \$ 45.00 includes midnight buffet, champagne toast and cabs home locally.

January social committee - Karen & Deborah - TBA

Maple Leaf Award Schedule - Talk - Chantelle, Bulletin Article - Terry

Next Executive Meeting - Monday, January 13, 2014, 6:30 pm - President Terry Baldwin's Residence.

Next General Meeting - Tuesday, January 28, 2014, Knight's of Columbus Hall, 6:30 fellowship, 7:00 pm meeting.

Other Announcements/Comments: Russ and Karen will be hosting a New Year's Eve Party Open House. Can come as an after party to the Kinsmen event if you like.

Adjournment:

Motion by Terry, second by Lori that the meeting adjourn at 8:35 pm.

Inspiration for Women to Live by

1. Aspire to be Barbie - the bitch has everything.
2. If the shoe fits - buy them in every color.
3. Take life with a pinch of salt.... A wedge of lime, and a shot of tequila.
4. In need of a support group? - Cocktail hour with the girls!
5. Go on the 30 day diet. (I'm on it and so far I've lost 15 days).
6. When life gets you down - just put on your big girl panties and deal with it.
7. Let your greatest fear be that there is no PMS and this is just your personality.
8. I know I'm in my own little world, but it's ok. They know me here.
9. Lead me not into temptation, I can find it myself.
10. Don't get your knickers in a knot; it solves nothing and makes you walk funny.



Social Activity Schedule

MONTH	KINETTE	KINETTE
November 2013	Leslie Lumley	Jodi McLaughlin
December 2013	Lisa Muxfeldt	Anne Marie Vallee
January 2014	Deborah Murphy	Karen Coutts
February 2014	Jackie Harris	Alicia Peters-Smith
March 2014	Melissa Bishop	Chantelle McGuffin
April 2014	Brittany Galenkamp	Jackie Harris
May 2014	Jodi McLaughlin	Terry Baldwin
June 2014	ALL KINETTES	ALL KINETTES

Treasurer's Report:

General Acct -	\$1,218.86
Recent deposits	
Bills Paid	
Flowers for McClymonts—Funeral (\$45.20)	
Pam Duguay—Card Class Honorarium (\$25.00)	
Service Acct -	\$1,844.70
Recent deposits	
Bills Paid	
Reimbursement—Chantelle (for Smoothies) (\$240.00)	



Submitted by Lisa Muxfeldt on Thursday, January 23, 2014

Chocolate Smoothie Update



St Thomas Kinettes purchased 400 Rheo Thompson Chocolate Smoothies for a Shopping Event in November, due to poor attendance we were left with several still to sell. Once our ladies put their hearts and minds into this project, we were able to sell all 400 Smoothies.

With a PROFIT of \$ 320.00 to the St. Thomas Kinettes Service account

Thank you to all the ladies who helped and sold the smoothies

JOB WELL DONE!!!!

Agenda - General Meeting #5

Tuesday, January 28, 2013

Knight's of Columbus Hall

Fellowship 6:30 pm - "PJ Party"

2014 Fundraising Plan Meeting: 7:00 pm



Kin Canada
Kinette Club
of St. Thomas

Address to the Chair:

"President Terry, guests and fellow Kinettes "Happy New Year! Let's make some money!"

The meeting was called to order at _____ by President Terry

O'Canada led by _____

Kin Song led by _____

Sergeant-At-Arms: _____. Fine session open.

Introduction of Guests

Maple Leaf Award Talk - Chantelle

Secretary's Report: Lori McClymont, Secretary

Motion by _____, second by _____, that the minutes of the December 17, 2013 General Meeting be approved as printed in the bulletin.

Correspondence

Treasurer's Report & Dues: Lisa Muxfeldt, Treasurer

General Account -

Service Account -

Bills paid to date - Bills outstanding -

Dues - 2013 - \$1200 due - Paid \$_____, Outstanding \$_____

Shirts - payment update.

Motion by _____ Second by _____, that the Treasurer's report be accepted as presented.

Announcements:

February 1 - St. Mary's Fundraiser "Rock the Country" - see Chantelle for ticket ordering.

February 15 - Tillsonburg "Femme Fest" - see Melissa for ticket ordering.

February 17 Family Day & March dates- London Kinsmen/Kinettes Sugarbush - Need Volunteers

February 22nd National Day of KINDness

February Social Committee - Jackie & Alicia

March 2 - Zone Conference - Karen

Maple Leaf Award Schedule - Talk - Jackie, Bulletin Article - Brittany

Feb. Bulletin Deadline

Next Executive Meeting – Monday, February 10, 2014, 6:30 pm – President Terry Baldwin’s Residence.

Next General Meeting – Tuesday, February 25, 2014, Knight’s of Columbus Hall, 6:30 fellowship, 7:00 pm meeting.

Other Announcements/Comments

Motion by _____, second by _____ to close the fine session.

New Business:

Fundraising Plan 2014 – Committee as a Whole - open discussion to select from projects submitted.

Registrar’s Report: Jodi McLaughlin

Total membership (Active) - 14

Total member inactive – 2

Total members present (Active) _____

Percentage in Attendance _____ %

Guests in Attendance _____

Sergeant-at-Arms Report: \$ _____

Adjournment:

Motion by _____, second by _____ that the meeting adjourn at _____ pm.

VISIT THE 2014 KINSMEN FANSHAWE SUGAR BUSH

Zone News

Operated by the Kinsmen Club of Greater London



March is the time of year to get outside and enjoy the “tapping of the trees” at the Kinsmen Fanshawe Sugar Bush. Come join us! Help mark the passing of winter and the coming of spring with tours and activities. Continue a North American native tradition learned by the early European settlers, and then passed down through the generations to us. Experience the tastes and smells of the maple syrup season with the Kinsmen Club of Greater London.

Activities

Enjoy the guided tours, horse drawn wagon rides, demonstrations and displays. Sample MAPLE SYRUP and other MAPLE PRODUCTS and visit the SUGAR SHACK. We provide a complete maple syrup tour, starting with the methods used by the natives, to the modern day evaporator.

Pancake Pavilion Prices

2 pancakes/3 sausages \$5.00

3 pancakes \$4.00

1 pancake/2 sausages \$3.00

1 pancake \$2.00

Hot chocolate, coffee and pop available. All meals are served with pure maple syrup.

2014 Sugar Bush Hours of Operation

All Weekends in March and all of March Break (March 10-14) 9:00 am - 4:00 pm

School tours may be booked during the weeks of March 3-7 and 17-21 featuring a guided walking tour. Pancakes and hot chocolate available by advanced booking only.

Evening tours – please contact us

School Entry Fee Public Entry Fee

\$3.00/tour only Adults \$ 3.00

\$5.50/person or Children 12 & Includes 1 Pancake under \$ 2.00

1 hot chocolate Max per family \$10

Organized groups are always welcome, but must book in advance. Dress warmly. Boots are recommended!

For information or to book a tour?

www.kinsmenfanshawesugarbush.com

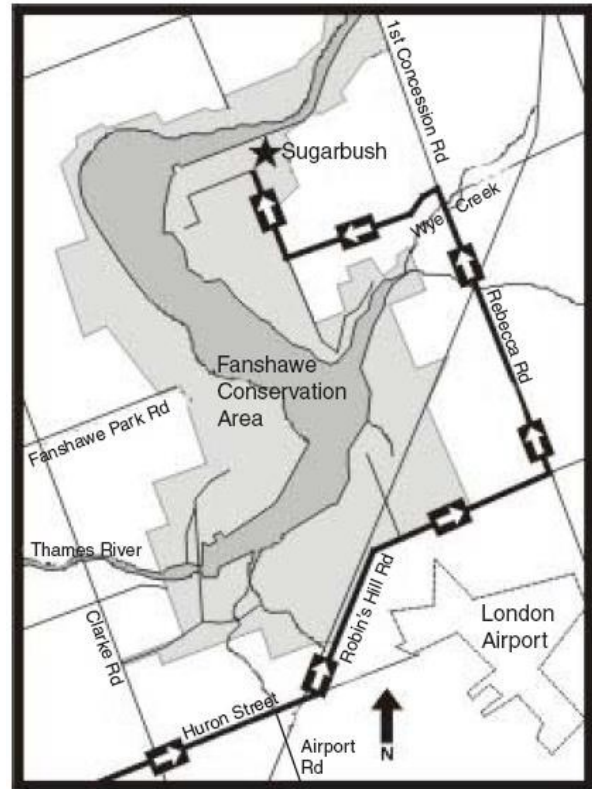
Sugar Bush Hotline: (519) 461-1073

Address: 21201-C Lakeside Dr Thames Centre

GPS Address: 21201 Lakeside Dr Thames Centre

Location

Follow the signs east from the intersection of Huron and Clarke Side Roads



From Highway 401

Exit North onto Veteran's Memorial Pkwy and follow to Huron St. Turn right onto Huron St, travelling east. Turn left onto Robins Hill Rd. Turn left on Rebecca Rd. Turn left on Wyton road. Turn right at stop sign

From Fanshawe Park Road

Turn south on Clarke Rd travel to Huron St. Left onto Huron. Turn left onto Robins Hill Rd. Turn left onto Rebecca Rd. Turn left onto Wyton road. Turn right at stop sign



Zone News



Good Kin Anne Marie opened her home salon to welcome in club members for the December's Christmas Social meeting on the 17th of Dec. Anne Marie and Lisa Muxfeldt invited special guest speaker Pam Duguay to entertain us with Christmas card making kits for our activity that evening.

Club members, 7 guests (including three little ones under 3yrs of age) all enjoyed the festivities, the delicious food and we collected food & clothing donations for Christmas Care.



Save the Date!

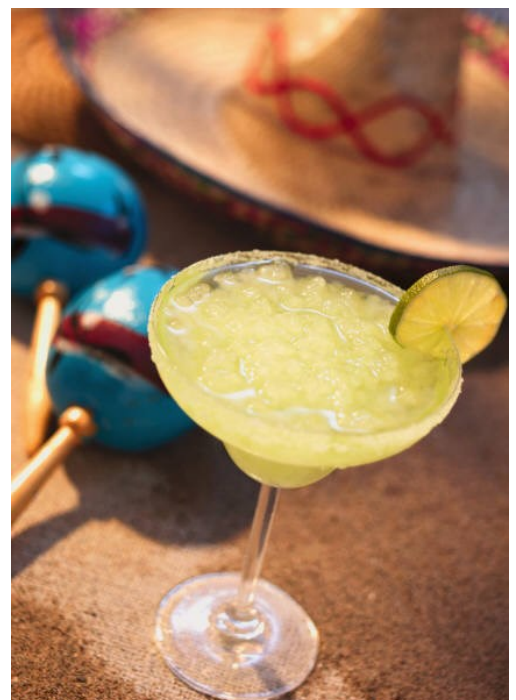
Zone F Conference

March 2, 2014 from 10am to 3pm

Hosted by the St Thomas Kinsmen

Margaritaville THEME - Lunch will be provided

Location and more details to follow



BULLETIN CONTENT	BULLETIN EDITOR	CLUB MEMBER Sign-up						
		Dec	Jan	Feb	Mar	Apr	May	June
Change over Meeting Minutes	Jodi	Jodi						
General Meeting Agenda								
Treasurers's Report		Lisa						
Club Roster		Jodi						
Zone News								
Birthday/Anniversary Announcements								
National News	Melissa	Melissa						
Distribution								
Membership								
Member Spotlight (Kin Profiles)		Jackie	Alicia	VP				
Jokes & Brain teasers								
Closing Thoughts (quote/Affirmation)				Alicia				
Photo editing/Infographics		Melissa						
District News	Jackie	Jackie						
Calendar of Events								
Kin related Quills or Articles		Lisa	Terry	Jackie	Lori	Leslie	Deb	
Editorials								
Cystic Fibrosis News		Jackie						
Kin Education								
Recipes		Jodi	Jodi	Jodi	Jodi	Jodi	Jodi	
President's Report	All 3 Editors	Terry						
Bulletin Editor's Report		Bulletin Editors						
Club Project Reports		Project Chair Person						
Kin Event Feedback		Bulletin Editors						
Proof reading and editing		Leslie						

Flashback



Title: Aylmer Kinette Club - Annual Past-Presidents' Meeting

Date: 1970

Part Of: St. Thomas Times-Journal fonds - Aylmer Kinette Club file

Caption: "Hold Past-Presidents' Meet - More than 50 people attended the Kinettes annual past-presidents' meeting and guest night at the Knights of Columbus Hall in Aylmer last night. The evening was designed to honor the club's past-presidents as well as to give members an opportunity to bring their friends to a club activity. From left to right are, (front) Mrs. Judy Durkee, past-president; Mrs. Mary Anne Campbell, president; Mrs. Helen Foy, charter president; Mrs. Donna Johnson, immediate past-president; Mrs. Betty McTaggart, past president; Mrs. Gladys Carrothers, past-president; Mrs. Muriel Belan, past-president; and Mrs. Jeannette Kebbel, past-president. The meeting was preceded by a dinner, held at the hall."

C9 Sh3 B3 F42 6

You can help those without a voice January quill

Submitted by Terry Baldwin

As 2014 unfolds and we all shake off the holiday haze, put away the decorations and put down the holiday goodies, you probably have your personal list of goals and resolutions set and intend to make it a great year! If you're still looking for ways to make changes in your life, help your community or try something new, I can help by talking about a subject that is dear to my heart and sometimes overlooked in the volunteer organizations and charitable causes.

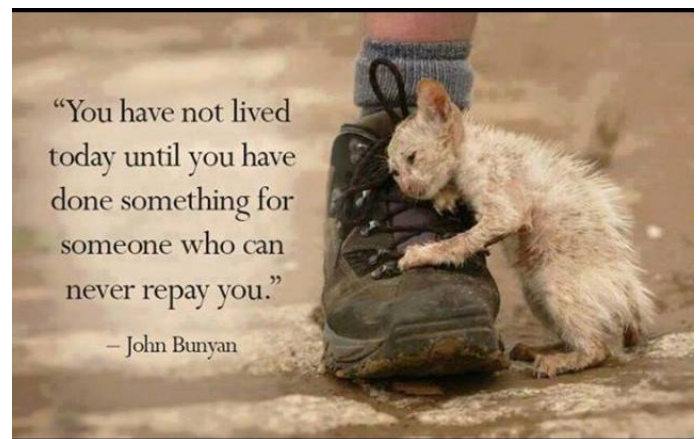
At this time of year when the winter weather can be unforgiving, it's comforting to know that most of us can curl up with our cat under a favourite blanket and start the novel that you've been meaning to read or snuggle with your dog by the fireplace. Unfortunately, this is a very difficult time for homeless animals and unwanted pets, as the shelters and adoption centres are overrun with rescued animals in from the cold and some do not make it to shelters in time, which is a tragedy.

Charities come in all kinds of shapes and sizes. Charity Intelligence Canada offer insight into the way charities use donations to further their causes. Categories include at-risk youth, homeless people, education, health, women's issues, helping children, and animal welfare. The Canada Revenue Agency list 839 charities under the search heading of "Protection of Animals".

Animal-based charitable organizations can raise money for the protection of endangered species, wild animal welfare, veterinary research to improve the health of animals, and the protection of dogs and cats in your local neighbourhoods. Look at a group's mission statement and ultimate goals to ensure that they are ethical and their values align with your own. If you can contribute with a financial donation, how much of your money is going directly to the animals, how much is going to administration and fund-raising? The British Columbia SPCA (Society for the Prevention of Cruelty to Animals) and the Nova Scotia SPCA both report over 70% of donated funds go toward their animal operations. These charities have

been named in Money Sense magazine as two of the top-rated charitable organizations in Canada.

You may choose to donate to a local dog rescue or



feral cat organization when looking for a favourite animal cause. These smaller groups are largely volunteer-run and rely on the big hearts of their neighbours and veterinarians to help individual animals in their communities. These people help to relieve the stress on crowded humane societies and municipal animal services by fostering stray or abandoned cats and dogs or providing transportation of feral cats to veterinary hospitals for neutering before the cats are released back into the community. Spay and neuter programs and those promoting responsible pet ownership are immensely important in minimizing stray and feral populations in urban and suburban areas.

Many people would rather actively volunteer for their favourite animal cause instead of offering financial donations.

Exercising dogs, cleaning litter boxes, and grooming newly rescued animals can be very satisfying work for people from all walks of life. Your favourite humane society or rescue shelter may have a training process that teaches volunteers how to approach and work with fearful or abused animals. Time management, compassion and patience become highly valuable skills in a shelter environment. Think about the kitten who poops in the litter box as soon as you place a fresh tray in her kennel-after you have finished washing and refreshing 25 litter boxes! Possessing a good sense of humor (don't forget a good set of dishwashing gloves) is also very helpful when working with these dogs and cats.

The Canadian Kennel Club (CKC) is a group of dog breeders who come together with the sole purpose of raising high quality dogs that best reflect a breed in terms of physical characteristics, temperament and working instincts. CKC members hold over 3,000 events each year. Run largely by dedicated volunteers the CKC looks for dedicated people to help with conformation and handling classes, obedience and tracking training and to mentor new breeders within the specific breed clubs. Folks looking for a purebred pup or new dog owners will find the most current information about raising a particular breed to the best of their ability from these people. Both the CKC and other like minded organizations also work diligently to communicate the need for responsible dog ownership across the country. If you are interested in becoming a member of the CKC or would like more information about volunteering, go to www.ckc.ca

The Canadian Cat Association (CCA) and the International Cat Association (TICA) offer similar programs for cats. Cat breeders not only promote their certain breed, they also concerned with overall health and wellness in their communities. For more information, check out the CCA at www.ccaafe.com

Another fantastic organization is the Furever's Foster Program. Their aim is to help rescue groups reduce the number of dogs euthanized by placing homeless dogs into temporary foster care until new, permanent homes can be found. Education and outreach is a large part of the answer. Dog rescue volunteers are working hard to decrease the number of dogs euthanized every year because they have been abandoned, neglected or surrendered and end up homeless. Positive strides are being made to make all

of North America a no-kill nation - one state, one province, one city and even one dog at a time. Find out more here <http://furever.ca> or <http://facebook.com/furevernetwork>.

So for your 2014 plan, why not consider supporting your community animal programs and local animal aide centres or become a Foster Pet Parent, we can all help in different ways. The St Thomas Kinettes are believers in supporting our local animal shelters and services available and appreciate that these important agencies are working hard for the protection and care of our pet family members and those still looking for a family. Have a wonderful year and love your pets!

Submitted by Terry Baldwin



National News

New Year Statement from National President

Melodie Morgan-Lemoeligou:

Family of Kin, Happy New Year

I hope you had wonderful holidays with family and friends.

As I write this I am thinking what a powerful year 2014 can be for Kin. We have the opportunity to make positive change for Kin. This is our year fellow Kin. This board and those moving forward to the next board are committed to ensuring a future for Kin.

We ask that you have a open mind, ours is an association with a rich history with much tradition however we cannot survive on that alone. I was thinking about this over Christmas when my niece got an iPad for Christmas. Apple, like other companies are so competitive that they must constantly be changing to meet the needs and demands of the consumer if they want to keep them in their market corner.

They don't leave everything behind as they move forward but they sometimes go out on a limb, take risks, often times without success. However their successes far outweigh their failures because they were willing to try.

The big question we have to ask is - why we do what we do?

We are not here to increase membership or increase service dollars - these are just a consequence of "why" we exist.

Why do we exist - to enrich Canadian communities so they are strong, healthy and engaged. If we do this right, membership and service dollars will come.

However we need to be willing and able to make some changes to how we operate and to the programs and services we offer to you.

One of the values we will be introducing is Excellence.

Excellence: We strive to exceed the expectations of our communities, members, staff and stakeholders and are committed to investing in personal, professional, and organizational development to achieve our vision for the future.

Together we can move Kin forward, together we are makin' a difference.

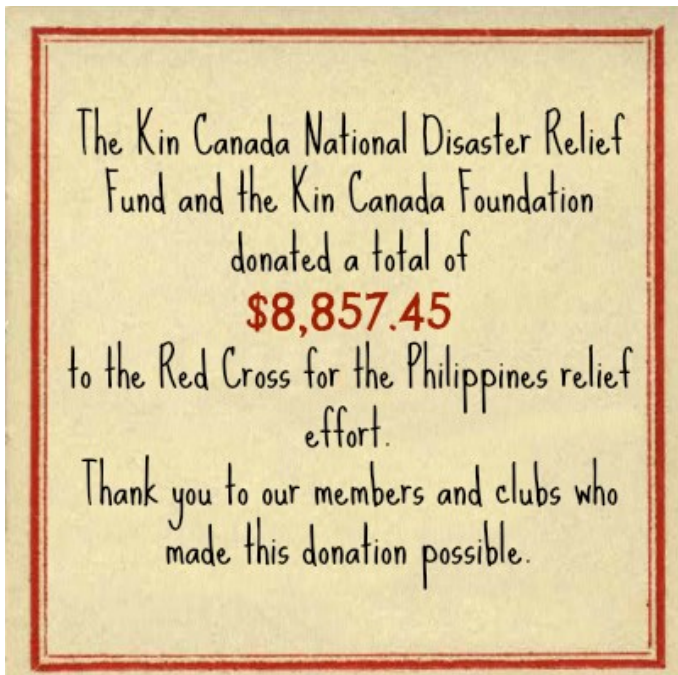
Mel

If you are interested in participating in surveys, please send me your email address so we can add you to the participant list.

Click here to request to join President Melodie's closed Facebook Group:

https://www.facebook.com/groups/498650623551957/?notif_t=group_added_to_group





Founders Night

Thursday, February 20th, 2014

Normanhurst Community Centre 1621 Barton St. East.

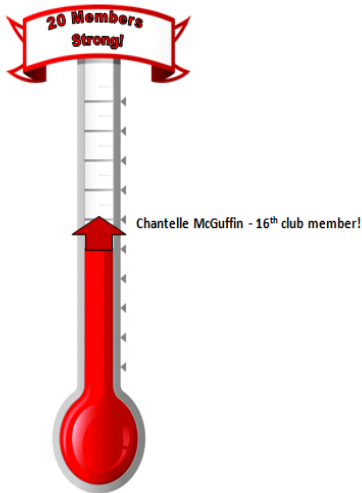
Hamilton, On L8H 7R7

The Kinsmen Club of Hamilton would like to invite you to join us as we celebrate our 94th anniversary. The night will be filled with fun and fellowship. We will be having a wii bowling tournament where you can win a brand new Samsung G3 Tablet.

Cost to attend the event is \$5.00 and we will be providing pizza and snacks. The cost to enter the wii bowling tournament is an additional \$5.00.

We will also be having a bar, music, karaoke and a 50/50 draw. Doors open at 6:30 PM. Please RSVP to Shane Walsh by February 10th. shanewalshcfp@gmail.com

Membership



Update: We are one meeting away from initiating the recruitment process of a new potential club member - how exciting!

With that said I'm just as eager and interested in keeping our current membership alive and strong. To ensure your questions are being answered, I would like you to know that my door is always open. If you have any membership concerns or ideas for recruitment and retention, please do not hesitate to contact me directly.

Yours in Kin,
Melissa
(e) melissa.bishopm@gmail.com
(c) 519-280-4394

Announcing Something New!

I'll be introducing a club suggestion box at our next general meeting. All suggestions are welcome in any form or medium – even if it's an idea on a paper napkin from your lunch that very day! It will be available for you to access at every general meeting.

It's in my opinion that this can be an effective communication tool, especially in situations where you might be hesitant to express a particular concern in person. This will go a long way to help me keep a pulse check on the club's health, as well as bring awareness of any internal membership troubles to the attention of our president and the executive committee.



***A gentle reminder: club membership dues have now come due!
Please contact our club Treasurer, Lisa Muxfeldt, to make your
payment arrangements.
Thank you.***

Blueberry Trifle Recipe submitted by Brittany Galenkamp

Ingredients:

2 cups fresh blueberries, rinsed and dried, divided (I used frozen)
 ¼ cup granulated sugar or sweetener, divided (I used Splenda)
 1 ½ tsp cornstarch
 1 lemon, scrubbed well and dried
 4 oz light cream cheese, at room temperature or half of a regular package
 2 tbsp frozen orange juice concentrate, thawed (I just used frozen, unwrapped the container then threw it back into the freezer covered when I was finished with it)
 ¾ cup non-fat or low fat plain yogurt (I used non-fat vanilla)
 Half 10 oz angel food cake, cut into ½ inch cubes (I used a boxed mix)

Instructions:

1. Combine ½ cup blueberries, 2 tbsp sugar, the cornstarch, and ¾ cup water in a small saucepan. Stir until the cornstarch has dissolved.
2. Bring to a boil over medium heat, then cook, stirring, until the sauce has thickened and the berries have popped, 3-5 minutes. Remove the saucepan from the heat and stir in 1 cup blueberries. Set aside to cool.
3. Using a Microplane grater, remove 1 tsp zest from the lemon and set aside.
4. Beat the cream cheese in a small bowl until smooth. Add the remaining 2 tbsp sugar and the orange juice concentrate. Continue beating until smooth. Gently beat in the yogurt and lemon zest.

Putting it together:

Get out 6 martini glasses, or any other show-stopping glasses you have. Divide half of the cake cubes among the glasses. Top with about 2 tbsp blueberry sauce and about 2 tbsp cream cheese mixture. Repeat the layers once.

Make sure the remaining ½ cup blueberries are really dry. If not, roll them gently between paper towels. Garnish each glass with blueberries, dividing evenly. Refrigerate for at least 1 hour before serving.

OR

You can serve this in a trifle bowl by arranging half of the cake in the base of the bowl, then top with half the blueberry sauce and half the yogurt mixture; repeat the layers once. Garnish with remaining ½ cup berries. Cover and refrigerate for 2 hours.

My Notes:

I did not worry about drying the blueberries but they were frozen. The sauce didn't thicken as well as I thought it would so I wouldn't worry about it too much.

I also made double the recipe to fill up the rather large trifle bowl that I used.

District News

Kinettes' *Ladies Night* ROCK THE COUNTRY

Featuring live music by:



- ★ DJ/MC Gerry Bell
- ★ Line dancing from 8 to 9 PM
- ★ Door prizes
- ★ Lunch provided

SAT., FEB. 1, 2014

Pyramid Recreation Centre

Doors open at 7:30 PM.

Age of majority event.



Kin Canada

St. Marys
Kinette Club

**Come kick up your heels
and have some fun!**

Contact stmaryskinetteclub@gmail.com
or ask any St. Marys Kinette for details.

\$25 / PERSON

Local/St Thomas Kinette contact is Chantelle McGuffin for more information

Call 519-631-8432 or email redneckmama@live.ca

Fellow Kin:

These past few weeks have required your Vice Governor team to do some reorganizing to best serve our District next year.

We are happy to announce 2 additions:

Past Governor Marty Makins has been asked to serve alongside Vice Governor Joanne this year and next as your District 1 Governor.

Sharon Champ of the Oakville Kinettes has taken on the portfolio of District Secretary for the 2014-2015 year.



Joanne Brit

The team welcomes both and believes they will be assets to serving our District next year.

Yours in Kin,
Vice Governor Joanne
Tiffany, Dan, Cheryl and Shane



On Saturday, February 22nd, 2014 and throughout the month of February, Kin Canada clubs will take part in the annual National Day of KINDness, spreading cheer to people in communities across the country.

National Day of KINDness is for our members and clubs to celebrate our founding (February 20, 1920) and commitment to serve the community's greatest need. Every community has a need for kindness and people performing selfless acts, and our clubs are able to spearhead this in their communities.

Each Day of KINDness kit received by participating clubs includes cards to be handed out after an act of kindness is performed, asking the recipient to "pass it on". **In 2013, clubs performed over 4500 acts of kindness**, showing the country how together, we put the Kin in Kindness!

District News

A message from our Governor Melissa Suggitt: Great Things To Come In 2014



I hope that everyone was able to enjoy some wonderful Christmas and New Year's celebrations with your friends and families!

As we draw nearer to the halfway point in our year, things seem to be coming together. I am thrilled to share that we are making great strides on the Membership front. Since the end of October, we have seen an increase of 30 members in our District! We still have a little way to go to get to a positive increase for the District as a whole, but we are definitely headed in the right direction.

Congratulations to all the clubs that have welcomed new members so far this year. And welcome to our newest Kin Members!

Over the next few months, we have several fun projects to look forward to. Here are just a few of the projects coming up:

January 18th - Preston Kin's Snow Golf □ January 25th - Walkerton Kinettes Snow Golf □ January 25th - Dresden Kinsmen Fish Fry Dinner & Dance □ January 25th - Mount Forest Kin Soups On! □ February 15th - Palmerston Kinettes Snow Pitch Tournament & Family Fun Day □ March 1st - Greater London Kinsmen & Kinettes - Kinsmen Fanshawe Sugar Bush (Weekends through the month of March) □ March 1st - District 1 Fundraiser - Marlies vs Bulldogs

This is by no means a complete list. As I find out about events, I will add them to my list. Please send me a note if your club has an upcoming event that I can add. And please don't hesitate to invite our team out to help. We look forward to any opportunities that we may have to work with you!

We are also gearing up for "Zone Conference Season". The Power of One Team is looking forward to spending time with you all at your Zone Conferences! Good luck with planning!

Hope to see you soon!



Hey Ladies, it's time for **Femme Fest** again!

This is a girl's night only event and features numerous comical skits, musical acts and games hosted by the Tillsonburg Kinsmen. Think, **all-male 'Burlesque' show** with CHAMPAGNE COCKTAILS, FRENCH APPETIZERS AND DESERTS!!

There are individual waiters and a private table that are auctioned off for the evening. The winners of the private table have their own private waiter, hot cooked meals and hot hor d'oeuvres served to them all evening.

The night is a **FUN & CRAZY** event!

WHEN: Saturday, February 15th, 2014

WHERE: Tillsonburg Community Centre, Lions Auditorium

DOOR OPEN: at 7:00PM, show starts at 8:00PM

THEME: Evening in Paris!

TICKETS: \$20 p.p

All precedes from this event fund Kinsmen community projects.

Open to Non-members, so **invite your girlfriends!!**

Please contact club member Melissa Bishop, melissa.bishopm@gmail.com, to reserve your spot. Melissa will be arranging to have the tickets held at the door for the St.Thomas Kinettes.





We're on the move!

As of December 1, 2013, Cystic Fibrosis Canada's National Office and the Toronto & District Chapter Office will be co-located at:

**2323 Yonge Street · Suite 800
Toronto, Ontario, M4P 2C9**



**Cystic Fibrosis
Fibrose kystique
Canada**



Attention all St. Thomas Kinettes
Help Cystic Fibrosis Canada by saving your dimes

One Dime at a Time
At each monthly meeting we will have the train available for
your dimes to be collected in

Cystic Fibrosis is Kin Canada's National Charity to support





**Cystic Fibrosis
Canada**

50 YEARS



Kin Canada
Association of Kinmen and Kinettes
Association des Kinmen et Kinettes

ONE DIME

AT A TIME





YOUR IMPACT

Through the generosity of our many donors and corporate partners, we are improving the lives of people with cystic fibrosis (CF). A child diagnosed with cystic fibrosis in the 1960s was not expected to live long enough to attend kindergarten. Today, the median age of survival of Canadians with cystic fibrosis is among the highest in the world, at 49.7 years of age in 2012.

Because of our donors, we continue to advance the battle against this devastating disease by investing in innovative research in the pursuit of the next medical breakthrough and the highest standard of CF care, as well as supporting advocacy initiatives for universal CF newborn screening and access to life-changing medication. We are also carving new paths from research lab discoveries to the development of new treatments, and investing in a national quality improvement initiative for CF care.

HOW YOU CAN AFFECT CHANGE

Find out more about how your generous support is improving the lives of Canadians with cystic fibrosis and the great strides we are making in the CF fight.

Despite our great strides, the fight against cystic fibrosis is far from over. Every week in Canada, two children are diagnosed and one person dies from this disease. Of the Canadians who died in 2011, half were under the age of 34.

Please join the fight against cystic fibrosis. Your donations are more important than ever. We will find a cure or control for this devastating disease.

To learn more, please follow this link:

<http://www.cysticfibrosis.ca/your-impact/your-impact/>



January Spotlight



Say "Hi" to our club member Alicia!

Nickname: Lee

Current position: Member

Years of Kin service: 1

Best thing about being a Kinette:
Meeting wonderful people!

What attracted you to our club: Giving back and being a part of my community

Your biggest Kinette "ah-ha" moment: Being a part of a newly created club and the work it takes to get something like this up and running!

Your biggest Kinette accomplishment: Being able to get to our monthly meetings is accomplishment enough for me!

Age: 39

Birthdate: Sept 13

Occupation: Financial Advisor

Hometown: St Thomas

Children: Sydney

Husband's name: Darrick

Pets: Pug named Coleman

Always wanted to be (when I grow up): My own boss!

I Can't live without: My child and hopefully she'll have my lipgloss in her pocket!

Close friends say this about me: Generous, big heart; always putting others before myself

My strongest skill: Organizational skills

Love to learn more about: Melaleuca – so that I can be a wiser advocate for this amazing company!

#1 on my 'Bucket List': To learn to play the amazing guitar I got for Christmas

My biggest accomplishment: Half Ironman

One strength I admire in other women: Balance

Fav Colour: Pink

Fav Food: Thai

Fav Drink: Pinot Noir or perhaps a very spicy Caesar!

Fav Heroine: Katniss Everdeen!

Fav Book: Lonely Bones

Fav Quote: *"Don't let the behaviour of Others destroy your inner peace"*

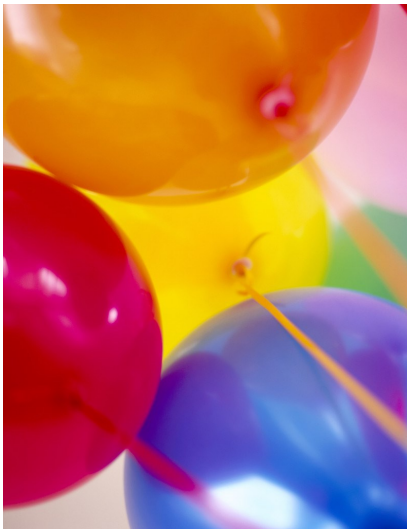
Dalai Lama

Fav Actor/Actress: Jack Nicholson & Julia Roberts

Fav Artist/Musician: Josh Groban & Lady Gaga

Fav Movie: Harry Potter

Fav TV Show: The Biggest Loser



Upcoming Birthdays & Celebrations

January 2014

Happy New Year!

Closing thoughts... (submitted by Karen Coutts)



So there's this guy walking down the street and he falls into a great big hole. A doctor walks by and the guy yells up to the doctor 'hey, I fell in this hole, can you help me out?' The doctor writes a prescription, throws it into the hole, and walks on.

A priest then walks by and the guy yells up to the priest 'father, can you help me? I fell into this hole and I can't get out'. The priest says a prayer, throws down a Bible and walks on.

And then a friend of the guy walks by and the guy yells up 'hey, buddy, I'm stuck in this hole and -' and before he can finish the friend jumps down into the hole.

'What the hell are you doing?' the guy says, 'Now we're both down here!'

'Yup', says the friend, 'But I've been down here before and I know the way out.'