

# ON TRACK!

*With the St. Thomas*

# KINETTES!

February 21, 2014 • Volume 1 • Issue 6



## Femme Fest 2014!

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Proud Members of District 1, Zone F



**Kin Canada**

**Kinette Club  
of St. Thomas**

### WE INVITE YOU TO JOIN US!

Next General Meeting

**Date:** Tuesday, February 25<sup>th</sup>, 2014

**Time:** 6:30pm, Call to order 7:00pm

**Place:** Knights of Columbus  
265 Wellington St.  
St. Thomas

**Club President:**

**Terry Baldwin**

(e): [president@stthomaskinettes.com](mailto:president@stthomaskinettes.com)

Editors: Jodi McLaughlin, Melissa Bishop & Jackie Harris



# Greetings from our President

With February still in the tight grasps of a very cold and snowy winter, we all tend to feel a little shut-in and the gloomy winter blahs hits us...we long for springtime soon and sometimes negative feelings take over. Even when we do venture out into the world just walking down the street, there are so many messages, many of them negative: Cars honking, don't walk, lineups at the grocery store, pumping your gas in the blizzard and someone just ran into the back of your car! But February is also the month that represents love! Love is in many

forms, not just for starry eyed couples, its about loving your family, friends, neighbours, pets and anyone you may encounter that just needs a kind word, understanding or action to show you care.

On February 20, 2014 Kin Canada is celebrating its 94<sup>th</sup> Anniversary and in recognition of Founder Hal, the National Service Committee (NSC) is launching Kin Canada's National Day of KINDness on February 22, 2014. Kin Clubs across Canada will be participating in this big community event. The St. Thomas Kinettes are excited to be participating in our community on Saturday, February 22, helping and offering kind services hoping to brighten someone's day. So watch for the Kinettes out and

about and let us do something nice for you!

Ladies, if you would like to find out how you can brighten someone's day and be part of our great organization, please feel free to email me at [president@stthomaskinettes.com](mailto:president@stthomaskinettes.com) or our Membership Director, Melissa Bishop at [kinettemembershipdirector@gmail.com](mailto:kinettemembershipdirector@gmail.com), we would love to have you.

Words from a famous song and celebrating the 50 year Anniversary of coincidentally arriving in America in February, the Beatles! They said it then and it applies more than ever today, **"All You Need Is Love"**. Do something nice for someone every day!

Yours in Kin,  
President Terry

As a new member of the Kinetette Club I find there is a little bit of a learning curve as I seek to immerse myself into "Kin Culture." What I see as I meet fellow KIN is a warm hearted group of people from all different aspects of community, coming together in a common goal of fellowship and service.

As I continue my reading of "Only in Canada Kinsmen & Kinettes," I am inspired by Kinsmen founder Hal Rogers for accomplishing what others may have deemed an impossible goal, which was to expand and grow a national service club while not losing sight of the original dream of a concept. The book explains on Pg. 42 that, "The founders proceeded methodically, intent that their concept not be lost for lack of planning."

I already respect that Hal was a brilliant businessman. As was his father C.F. ("Pop") Rogers. Pop Rogers offered a lot of guidance and advice as Hal worked to establish his club. One thing both men clearly understood is that communication takes planning. This is something many of us do not consider, my self included, I do not fully appreciate all that could be accomplished if we were more diligent in

our planning and consideration of how we communicate with others. This is especially vital when communicating in a group. Communication can be conducted methodically.

This is the main component that contributed to Kinsmen's steady growth across Canada. Hal and Pop were expert communicators of what Kinsmen's purpose and goals were. Prospective members could clearly identify, and make a personal decision regarding their involvement.

One such experience occurred during a fund-raising drive for the YMCA in 1920. Service clubs were asked to organize teams to canvass for donations in their communities. Hal wrote a letter to the service committee chairmen. He stated, "Phone your team at once, and find out from your (members) what they are going to do to put OUR Club on the map....Remember the City and ALL are watching us to see if we mean business and are what we claim to be. Is Your Team Going to do its Share???" (Pg. 45)

This year is our year to put OUR Club on the map!!! As a new club in our City, ALL

may be watching us to see if we are what we claim to be!! Let's help Hal in his determination that, "the message of fellowship, nationalism, and service through Kinsmanship be spread across the country." (Pg. 46)

I am so excited to be a part of a new Kinetette Club of St. Thomas!! We are helping to fulfill Hal's "dream of a network of Kinsmen clubs, sharing common values and building toward a better Canada.



# Calendar of Events

**General Meeting** – Tuesday, February 25/14 @ 6:30pm Social time, Call to order @ 7pm, at the Knights of Columbus, Downstairs Hall, 265 Wellington St., St. Thomas

**Kinsmen and Kinettes Week** - February 16th - 22nd, 2014, a celebration of Kinsmen and Kinettes in Canada!

**KINdness Day** – February 22<sup>nd</sup>, 2014, at 10:00am, the St. Thomas Kinettes will be bagging groceries at Freshco downtown

**Rare Disease Day**- February 28, 2014 (see Cystic Fibrosis News)

**Zone F Conference** – Sunday, March 2 from 10am – 3pm, \$15/person, RSVP by Feb 18 to Matt Sharpe (President of St Thomas Kinsmen) @ [president@stthomaskinsmen.com](mailto:president@stthomaskinsmen.com)

**St. Patrick's Day**- March 17<sup>th</sup>

**KINSMEN FANSHAWE SUGAR BUSH** (March 10-14) 9:00 am - 4:00 pm; All Weekends in March and all of March Break

## 2013/2014 St.Thomas Kinette Club Roster



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



# 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

## Just for Laughs!

Always keep several get well cards on the mantle... So if unexpected guests arrive, they will think you've been sick and unable to clean.



# Kin Education

## Kin Education – Article 1

**Rules of Order** – Since we'll be having project proposals being presented at the meeting on Tuesday, I thought it would be a good time to share the rules of order (procedure) that will help us get through the decision making process quickly and easily. This is an abridged version to save space, and keep you from falling asleep. ☺

1. The proposal is presented (ideally, a few hard copies are available for members to read). No discussion takes place until after step 2.
2. Someone (usually the person presenting the proposal) will make a motion to accept the proposal – the motion clearly states the key details of the project, since this is what will be recorded in the minutes. A seconder is required.
3. The chair will call for speakers for or against the motion. The person who made the

motion can request to speak last. Often, there will be a limit to the number of speakers (3 for and 3 against is common) in order to save time. Each person is only allowed to speak on the motion once. If someone makes the same comment that has been made before, the chair can interrupt them and move on. The chair will first call for speakers against the motion. If there are none, they can move directly to the voting. If there are, the next call will be for a speaker for the motion, and alternate back and forth until we get to the limit, or run out of speakers for one side.

4. The chair will "call the question", which means call for the vote. If there have been amendments to the motion, or a great deal of discussion, having the secretary read back the motion is a good idea.

## Kin Education Article 2

Now that we're well into the second half of our Kin year, it's time to look forward to see what still needs to be done, **SPRING is election time!** Since our General Operating By-law states that all club elections must be held **by May 15**, this means that our April meeting will be elections, and that puts nominations onto our March agenda.

**Please give some thought** as to what position you would like to hold in the club for the 2014-2015 year, including nominating members who may not have put their name forward, but you believe they have what it takes to excel in an executive role.



## Kin Education Article 3

**Awards** – I'll have the Maple Leaf Award tracker at the meeting, please take a moment to check with me to make sure that I've got everything marked off that you've done so far! ~ Awards Director, Karen Coutts

# Treasurer's Monthly Report



General Acct Balance	\$1713.06
Dues total due	\$ 985.00
Dues total paid	\$ 825.74
3 Kinettes still owe	\$ 159.26

2 Outstanding bills to be paid

- \*Membership cheque to Melissa for Jennifer's Membership \$ 15.00
- \*Cheque to Union Sports for Lori's t-shirt \$ 24.86

Service Acct Balance	\$1918.71
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Fellow Kinettes, your membership fees are **PAST due**. Membership fees for all Kinettes is \$75.00. 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 Tuesday, February 25, 2014

IF you have already paid your fees in full or have already made payments arrangements

**THANK YOU**

**Agenda - General Meeting #5**  
**Tuesday, February 25, 2014**  
**Knight's of Columbus Hall – Downstair's Hall**  
**Fellowship 6:30 pm - "Valentine's Day Fun"**  
**2014 Fundraising Plan Meeting: 7:00 pm (Part 2)**



**Kin Canada**  
**Kinette Club**  
**of St. Thomas**

**Address to the Chair:**

**"President Terry, guests and fellow Kinettes "Have we had enough of Winter yet?"**

- ☞ 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 - Brittany

**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 -

CF Donation Total -

Bills paid to date - Bills outstanding -

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

Motion by \_\_\_\_\_, second by \_\_\_\_\_, that the Treasurer's report be accepted.

**Membership:** Melissa Bishop, Membership Director

- ☞ Roster Update for Feb. 28
- ☞ Club vote for Jennifer Barsed-Svensson's Membership.

Motion all in favour \_\_\_\_\_ against \_\_\_\_\_ abstain \_\_\_\_\_. Carried \_\_\_\_ Defeated \_\_\_\_

**Announcements:**

- ☞ February 22<sup>nd</sup> National Day of KINdness – Terry Report
- ☞ London Kin Olympic Event – Feb. 27 Palasad South - \$22.00 – RSVP by Feb. 20
- ☞ InterClub Visit March – Which Club? Sign Up Sheet? – Terry
- ☞ March Weekend/Spring Break dates- London Kinsmen/Kinettes Sugarbush – Need Volunteers
- ☞ March Social Committee – Melissa and Chantelle
- ☞ March 2 – Zone Conference – Karen
- ☞ Maple Leaf Award Schedule - Talk – open, Bulletin Article – Lori
- ☞ March Bulletin Deadline
- ☞ Pamper Yourself Lottery Tickets – Karen – Draw Date Mar. 8.
- ☞ Next Executive Meeting – Monday, March 10, 2014, 6:30 pm – President Terry Baldwin's Residence.
- ☞ Next General Meeting – Tuesday, March 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 and Final vote on each project.

**Project Proposals:**

- 1) Prom Dress ReSale: Karen and Brittany
- 2) Pancake Breakfast: Melissa
- 3) Diamonds and Denim Dance: Jodi
- 4) Christmas Gift Wrapping: Jodi and Brittany
- 5) Beer Tent at Fire Muster: Brittany
- 6) 50/50 Draw: Chantelle & Terry
- 7) Tupperware Party: Leslie
- 8) Partnering with Preferred Fundraising Partners: Brittany

- 🌀 Replacement Projects as approved if necessary

**Registrar's Report:** Jodi McLaughlin

- 🌀 Total membership - 17
- 🌀 Total membership inactive – 2
- 🌀 Total members present \_\_\_\_\_
- 🌀 Percentage in Attendance \_\_\_\_\_%
- 🌀 Guests in Attendance \_\_\_\_\_

**Sergeant-at-Arms Report:** \$\_\_\_\_\_

**Adjournment:**

- 🌀 Motion by \_\_\_\_\_, second by \_\_\_\_\_ that the meeting adjourn at \_\_\_\_\_ pm.

## CHANGE-OVER MEETING MINUTES

Minutes - 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 7:10 by President Terry
- ☞ O'Canada led by                      Passed
- ☞ Kin Song led by                      Passed
- ☞ Sergeant-At-Arms: Deborah. Fine session open.
- ☞ Introduction of Guests: Deputy Governor Drew Else, Carolyn Freedin, Jennifer Barned, Kinette Kim Crowley.
- ☞ DG Drew spoke on matters pertaining to Kin:
  - Tillsonburg Kinsmen Femme Fest Feb 15<sup>th</sup> \$20.00, Drew has tickets.
  - Zone Conference March 2<sup>nd</sup> \$15.00 @ Art Gallery in St. Thomas, Margaretville Theme - all Kinettes are encouraged to go.
  - Spring Conference May 2 - 4/14 Collingwood Theme 1964
  - Tillsonburg Kinettes have our Fine Pot we need to steal it back. The St. Thomas Kinettes should consider doing an interclub with Tillsonburg.
- ☞ Chantelle - Did her talk for the Maple Leaf Award on Paying Down Debt

### **Secretary's Report:** Lori McClymont, Secretary

- ☞ Motion by Karen , Second by Melissa, that the minutes of the December 17, 2013 General Meeting be approved as printed in the bulletin. Motion Carried.
- ☞ Correspondence - None to report.

### **Treasurer's Report & Dues:** Lisa Muxfeldt, Treasurer

General Account - \$1218.86

Service Account - \$1878.70

Bills paid to date - Flower Arrangement for Lori and Scott - Bills outstanding - None

Dues 2013 - \$1200 due - Paid \$355.74, Outstanding \$844.26

Balance of dues from Members by deadline Jan. 31, 2014 or special arrangement made with Lisa. 2013 Dues must be paid in full by June 1, 2014.

Shirts - payment update all paid except 1 shirt for Sandra Craig not paid.

- ☞ Motion by Chantelle, Second by Melissa, that the Treasurer's report be accepted as presented. Motion Carried.

### **Announcements:**

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

## Page 2

- 🌀 February 15 – Tillsonburg “Femme Fest” – see Melissa for ticket ordering.
- 🌀 February 17 Family Day & March dates- London Kinsmen/Kinettes Sugarbush – Need Volunteers for all dates, Feb 15<sup>th</sup> is orientation day March weekends and March Break.
- 🌀 February 22<sup>nd</sup> National Day of KINdness – Members forward ideas to private group Facebook Page, need volunteers to organize event for the day – one idea to contact grocery store management and get permission to help pack groceries or take groceries to customer’s vehicles or event with seniors?
- 🌀 February Social Committee – Jackie & Alicia - TBA for event details.
- 🌀 March 2 – Zone Conference – Karen to provide further details.
- 🌀 Maple Leaf Award Schedule - Talk – Brittany, Bulletin Article – Jackie
- 🌀 Feb. Bulletin Deadline February 18<sup>th</sup> - Jodi asked for Spotlight volunteers
- 🌀 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. Chantelle to do Minutes for Lori as she will be away on vacation.

Motion by Lori, Second by Jodi, to close the fine session. Motion Carried.

### New Business:

Fundraising Plan 2014 – Committee as a Whole – President Terry presented the fundraising plan as an open discussion to select from projects submitted by members. Full Project Proposals to be submitted at the February General for final project approval vote.

#### Projects selected are as follows:

- Prom Dress Resale - Karen & Brittany
- Pancake Breakfast - Melissa
- Diamonds and Denim Dance - Jodi
- Christmas Gift Wrapping - Brittany & Jodi
- Beer Tent Fire Muster - Brittany
- 50/50 Draw - Chantelle
- Partnering with Preferred Fundraising Partners - Brittany
- Tupperware Party - Leslie

**Registrar’s Report:** Jodi McLaughlin - Lisa acting as Registrar for Feb. meetings, while Jodi is away on vacation.

- 🌀 Total membership (Active) - 14
- 🌀 Total member (Inactive) – 2
- 🌀 Total members present (Active) - 12
- 🌀 Percentage in Attendance - 85%
- 🌀 Guests in Attendance - 4

**Sergeant-at-Arms Report:** \$2.50

**Adjournment:** Motion by Lori, Second by Karen that the meeting adjourn at 9:05 pm. Motion Carried.

# Find Your Work-Life-Volunteer Balance

We give so much of ourselves as volunteers, and sometimes we lose balance in our lives.

Work-life balance is one thing, but even more special and elusive is the work-life-volunteer balance.



I had a chance to see Emmy Stuebing, Executive Director of the Alberta Emerald Foundation, speak at a conference this year and found her words inspiring. I caught up with her again to ask for some nuggets of advice.

"Over the past few weeks, I saw several articles about being "busy," and how busy is not something to be proud of. Certainly, there will be times throughout the year when we are feeling stretched thin and very busy, but to constantly describe your life as busy is not healthy nor is it something to strive for! For many years, it has been encouraged to be busy, with the belief that busy people must be more important and productive, but that is no longer the case. Busy shouldn't be glorified. If you are perpetually busy, perhaps you need to seek help with your time management. So, the next time someone asks you how you're doing, don't respond with "busy"... it just isn't something to be so proud of!"

*"...a healthy volunteer is a healthy community."*

**Here are just a few of my favourite tips:**

1. **Don't be afraid to ask for help.** Your friends, family and coworkers are likely more than willing to lend a hand with something, but only if you ask them!
2. **Make time for mental breaks** throughout your day. Do you enjoy a 15 minute walk on your lunch? Maybe it's playing poker on your phone for a few hands. Or join the kids for a snowball fight after work before your next errand! Walk away

from your desk to grab a beverage and catch up with a co-worker. Simply closing your eyes and taking 10-20 deep breaths has been shown to help clear your mind and calm your nerves.

3. **Can't say no?** There's nothing wrong with literally scheduling time for yourself in your planning, and make sure you commit to it. "For me, the most effective trick has been saying, 'sorry, I have a prior commitment' when asked to attend something that simply is not a priority, and making that commitment myself and my 'balance,'" says Stuebing.

If someone asks if you're free, you can honestly say you're unavailable. Even if your 'prior commitment' involves a giant bowl of popcorn and the hockey game, it's the truth!

4. **Shut it down at night.** How many of us are using our phones or other devices until the moment we go to sleep? Not only does this interrupt our natural sleep chemicals and patterns, it takes away from conversation with our loved ones.

Have a cut-off time (for me, it's 8:00pm), plug your phone in somewhere you won't check it constantly, and let your body start preparing for sleep.

5. **Celebrate the wins!** It's easy to get swept up in the chaos of our lives, brush past the successes, and onto the next thing. Celebrate yourself! Even if the "win" is finally emptying your inbox, take a moment and acknowledge how good it feels to have a big item off your list.

There are countless benefits to feeling balanced in your life. We all do better when we feel better- mentally, physically and emotionally. And for those with Kin kids, while we teach our children to be kind, and about the importance of giving back, we also must teach them how to achieve balance. Because in the end, a healthy volunteer is a healthy community.

Kin Canada blog article by:  
Lindsey Irvine, Project Coordinator

# PJ-Spa Party!



January's meeting found both members and guests (including DG Drew Else!) indulging in an extra special treat – a PJ-Spa Party! At the generosity of Good Kin Karen Coutts, winner of an Arbonne spa party, who kindly arranged to have London Kinette and Consultant Kim Crowley pamper the members with foot soaks, hand scrubs and mini-facials. Each member attended in their favourite lounge attire and warmest jammies.

***Thank you Kim and Karen!***

The evening also included our VP Chantelle McGuffin who gave her 2 minute speech about insights on attaining financial freedom as outlined in one of her favourite books - The Total Money MakeOver by Dave Ramsay.

TL: Kim Crowley & Brittany Galenkamp; TR: Chantelle McGuffin, Leslie Lumley & baby Elvira; BL: Anne-Marie Vallee; BC: DG Drew Else, guest Jennifer Bared; BR: Deborah Murphy & Lori McClymont

# What's cooking??

## Chicken Tortilla Soup

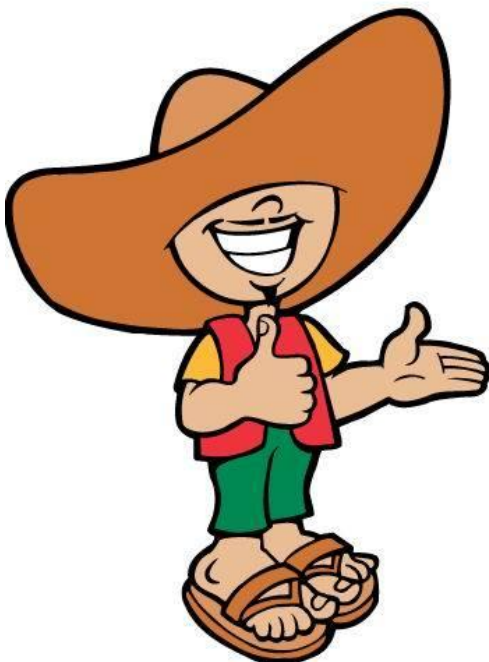
### Ingredients

1 tbsp olive oil  
1 onion – chopped  
2 gloves of garlic – minced  
4 jalapeno peppers – chopped  
1 tbsp chili powder  
1 tbsp cumin  
1 pound of chicken thighs – bite size pieces  
4 cups chicken broth or stock  
1 – 28 oz can of diced tomatoes  
1 – 10 oz can of salsa verde  
1 tsp dried oregano  
1 bay leaf  
Salt and pepper to taste  
1 cup corn kernels  
3 tbsp of chopped cilantro  
Tortilla chips, sour cream, grated cheese, sliced avocado



### Directions:

- 1) Heat oil in pan, add onions and sauté for 3-5 mins
- 2) Add garlic & jalapeno peppers and sauté till fragrant approx. 1 min
- 3) Add chili powder and cumin
- 4) Add chicken, stock, tomatoes, salsa verde, oregano, bay leaf, salt & pepper
- 5) Simmer for 1 hr
- 6) Turn off heat and add corn and cilantro
- 7) Serve with garnishes of tortillas, sour cream, shredded cheese and avocado



"Thank you to Sandy Andersen who made this soup for a SOUP PARTY I attended. Definitely a soup worth making."

Submitted by Lisa Muxfeldt

# Bulletin Editors' Report

On Track Bulletin 2013/2014								
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								
Zone News		Jodi						
Birthday/Anniversary Announcements	Melissa							
National News		Melissa						
Distribution								
Membership								
Member Spotlight (Kin Profiles)		Jackie	Alicia	Chantelle	Brittang	Anne-Marie	?	Melissa
Jokes & Brain teasers								
Closing Thoughts				Alicia	Chantelle			
Photo editing/Infographics	Jackie	Melissa						
District News		Jackie						
Calendar of Events								
Kin related Quills or Articles		Lisa	Terry	Jackie	Lori	Leslie	Deb	
Editorials								
VP's Report		Chantelle						
Cystic Fibrosis News		Jackie						
Kin Education								
Recipes				Lisa	Brittang			Melissa
President's Report	All 3 Editors	Terry						
Bulletin Editor's Report		Bulletin Editors						
Club Project Reports		Project Chair Person						
Kin Event Feedback		Bulletin Editors to ask an attending member						
Proof reading and editing		Leslie						

## Bulletin Editors:

**Jodi McLaughlin:**  
jodi\_mclaughlin@hotmail.com

**Melissa Bishop:**  
melissa.bishopm@gmail.com

**Jackie Harris:**  
harrisville@rogers.com



Would you like to sign-up to submit content for the **March issue of On Track?**  
Just let us know!

# Zone News

VISIT THE 2014 KINSMEN FANSHAWE SUGAR BUSH  
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.



## Volunteers are NEEDED

please call 519-641-3943 if you are available to volunteer

### **2014 Sugar Bush Hours of Operation**

All Weekends in March and all of March Break

(March 10-14) 9:00 am - 4:00 pm

### 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.

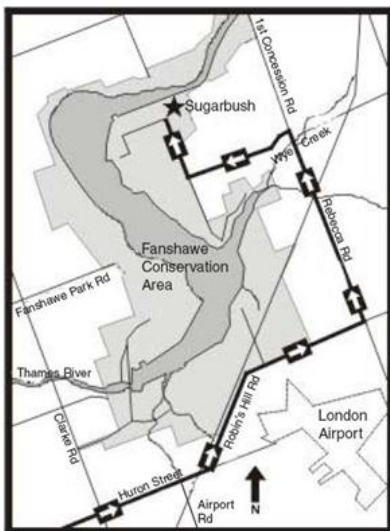
Organized groups are always welcome, but must book in advance. Dress warmly.

Boots are recommended!

**For information or to book a tour?**

[www.kinsmenfanshawesugarbush.com](http://www.kinsmenfanshawesugarbush.com)

Sugar Bush Hotline: (519) 461-1073



**Location:** Follow the signs east from the intersection of Huron & Clarke Side Road.

Address is 21201 – C

Lakeside Dr, Thames Centre

**GPS** address is 21201 Lakeside Dr, Thames Centre

### 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



### Join us on Thurs Feb 27 @ 6pm For Palasad Olympics

Hosted by Presidents Dave & Beatrice Crowley  
(Greater London Area Kinsmen & Kinettes)

**RSVP by Feb 20** to submit your team  
Call 519-461-1073

email [dcrowley@quadro.net](mailto:dcrowley@quadro.net)

\$22 per person includes 4 events, amazing wood fired pizza and prizes. (Doesn't include drinks) Be there at 6 pm to register and be prepared for KIN FUN!

Palasad is located at 141 Pine Valley Blvd,  
London, Ontario N6K 3T6

## Zone F Kinsmen & Kinettes Zone Conference 2014



Immunity!

Prizes!

Cheeseburgers!

Fellowship!

**Sunday, March 2, 2014**

**Cost: \$15 per person**

**10:00 a.m. to 3:00 p.m.**

**St. Thomas Public Art Gallery, 301 Talbot Street**

Come dressed for the island experience!

Hosted by the St. Thomas Kinsmen

### **Guest speakers:**

Life Member Dave Sopha, HRF, Portraits of Honour Artist

Preston Knette President Terri Sopha, Portraits of Honour General Manager

**Due date: Tuesday, February 18th**

RSVP for meals to Matt Sharpe:

[president@stthomaskinsmen.com](mailto:president@stthomaskinsmen.com)

Presidents reports to Zone Secretary Leana:

[kinettesdelhi@yahoo.ca](mailto:kinettesdelhi@yahoo.ca)



# District News



## *Beautiful You Night*

### **Beautiful You Night**

Thursday, May 8 at 6:30pm

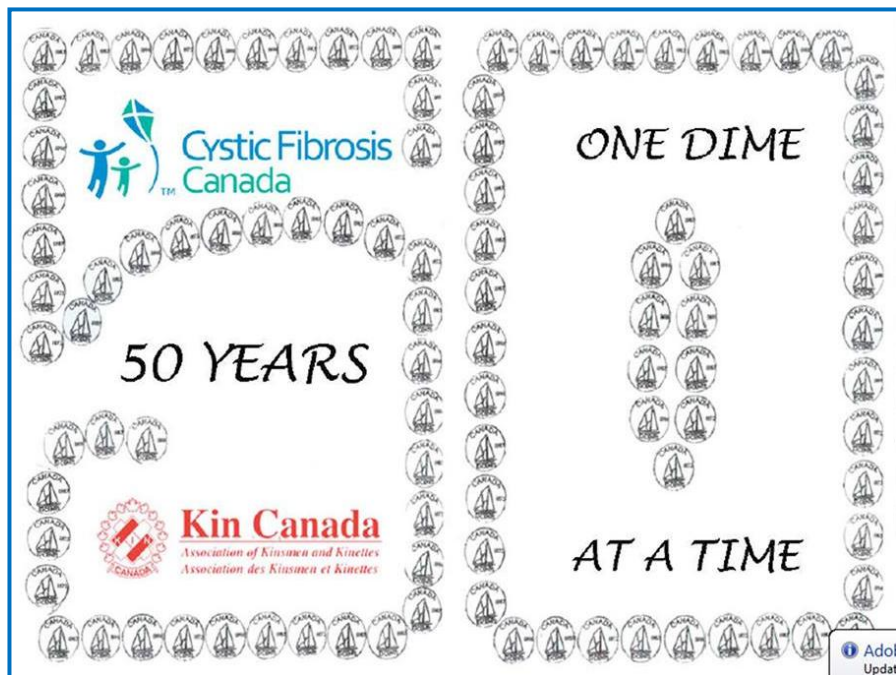
My United Community Hall Clinton, Ontario



### **2014 Kinsmen TV Auction**

Saturday, March 8 at 12:00pm

Kinsmen Club of Kitchener-Waterloo in Kitchener, Ontario



Congratulations to all the St. Thomas Kinettes on collecting one dime at a time for CYSTIC FIBROSIS

FIRST night – Jan 28/14 General Meeting a total of **\$50.00** dollars was raised for the charity. Cystic Fibrosis Canada is the national charity of Kin Canada, and as a local group we are contributing to the cause of finding a cure!

Keep an eye on your dimes and set them aside for our next General Meeting, Tuesday, February 25/14 where we will have our TRAIN available to fill up!



**Rare Disease Day is Friday, February 28**, and we will again join the world campaign to raise our voice for Canadians with cystic fibrosis through an online social media campaign. Watch our Facebook and Twitter communities and join the conversation. Together, let's raise awareness and drive donations for CF research and care!



Follow us on Facebook:

<https://www.facebook.com/CysticFibrosisLondon>

# National News

Stampede City Kinsmen announcement:

**38 members** have signed up for the University of Calgary Kin Campus Club!

*"Great Job!"*

If you're passionate about volunteering, consider starting a Kin Canada Campus Club.

Learn more: [www.kincanada.ca/campus-clubs](http://www.kincanada.ca/campus-clubs)

## CAMPUS CLUBS

A photograph of four young adults (two women and two men) smiling and standing together. They are holding various items: a spiral notebook with the Kin Canada logo, a blue folder, and some papers. The image is framed by a red and white wavy banner at the bottom.

**Kin Canada**  
Kinsmen • Kinettes • Kin

**Give Back - Learn to be a Leader - Make Connections - Have FUN!**



# Membership



## Membership update:

As our Membership Goal Thermometer indicates, our club has decreased by 2 valuable members.

Please wish these amazing women much continued success in their ongoing endeavors when you see them out in the community!

On the upside, I look forward to walking our club through the voting process of a prospective member at the upcoming general meeting.

## As a reminder:

Our Club Suggestion Box will be present at our next general meeting. **All** suggestions are welcome, including member recognition for a job well done, submitted in any form or medium.

Please do not hesitate to contact me directly with your membership & recruitment ideas or concerns.

Email: [melissa.bishopm@gmail.com](mailto:melissa.bishopm@gmail.com)

Yours in Kin  
Melissa Bishop  
519-280-4394

# St. Thomas Kinettes at Femme Fest 2014!



*"Firstly, I would like to say thank you to the Kinsmen of Tillsonburg for putting so much time and effort into making an incredible ladies night – Femme Fest 2014! This show was done with so much taste and class. The hours of preparation that went into the organization of these skits were incredible. This event I am sure will be a yearly [St. Thomas Kinetite] ritual. I cannot say enough good things about our purchased waiter for the evening, [DG] Drew Else – he didn't skip a beat and kept us well nourished. A night to remember!"*

*~ Kinetite guest,  
Carolyn Fredin*



**Oh, what a night!** There's so much to say about this fantastic annual event. The Tillsonburg Kinsmen club put on a well-run, creative and highly entertaining all-male Burlesque show – it's truly a MUST attend event, well worth the \$20 ticket price!

This year's VIP table came with the theme "An evening in Paris" which sold for over \$500 and has sold for as much as \$1,300 in previous years! The St. Thomas Kinetites welcomed Governor Melissa Suggitt

to their table where everyone pooled their resources together to purchase special guest waiter DG Drew Else for a cool \$170! Drew was worth every penny, keeping the ladies entertained and well-tended to.

Guest Carolyn Fredin was the winner of a Teeth Whitening Gift Certificate, one of MANY door prizes handed out that evening. Ironically, this very door prize was won by Kinetite Alicia Smith the previous year! Total funds raised will be reported soon.



As for what exactly goes on during the show? Well, you'll have to find that out for yourself by attending this event next year! We REALLY couldn't include the rest of the pictures here. ☺

**Read what a few of the Kinetites had to say:**

*... "Long overdue Girls Night Out!" ~ Kinetite Karen Coutts  
... "Met lots of lovely ladies!" ~ Kinetite Brittany Galenkamp ...  
"Love Potion No.9 lol" ~ VP Chantelle McGuffin*

*... "Amazing. Hilarious. FUN night out!" ~ Kinetite Melissa Bishop  
... "Fantastic evening, thank you Tillsonburg Kinsmen!" ~ President Terry Baldwin*

# Club Member Spotlight



**Name:** Chantelle Margaret-Rose McGuffin

**Nickname:** Darlin' (by my husband :-) )

**Current position:** Vice-President

**Former club:** N/A

**Past positions:** N/A

**Years of Kin service:** 7 months (give or take, I was participating long before I was an actual member, lol )

**Best thing about being a Kinette:** The amazing ladies I get to hang out with. The friendships :-)

**What attracted you to our club:** The opportunity to give back to the community.

**Your biggest Kinette "ah-ha" moment:** When I was inducted into the club, and sworn in as Vice President. I felt the spirit of Kin and mission of the organization.

**Your biggest Kinette accomplishment:** My first successful fundraiser! We sold 400 yummy chocolate mint smoothies and raised \$320 for our club. Now I know I can organize something successful :-)

**Age:** 37

**Birthdate:** July 16, 1976

**Occupation:** Marketing Executive

**Hometown:** London, ON

**Children:** Brenden (12), Colton (5), Caitlyn (19mths)

**Husband:** Clint McGuffin

**Pets:** None :-)

**Always wanted to be (when I grow up):** A Mom :-)

**I Can't live without:** My vitamins, I would never be able to keep up with my kids, Lol :-)

**Close friends say this about me:** I don't know, but I hope its good :-)

**My strongest skill:** My ability to see the bright side in all things, I am resilient!

**Love to learn more about:** The Kinsmen/Kinette Organization as a whole.

**#1 on my 'Bucket List':** buy a cottage on Georgian Bay and spend all summer there with my family. The weeks I can't go there, to be able to just "give" it to others to use at no charge. To give others the chance to make the memories with their families, that I hope to make with my family while I am there.

**My biggest accomplishment:** I am at peace with the loss of my parents and my late husband.

**One strength I admire in other women:** I admire just the essence and strength of womanhood that I see in all women.

**Hobbies:** Boot camp, reading, sewing

**Fav Colour:** Red

**Fav Food:** Depends on the day. Today- the mint smoothies my husband got me for valentine's day.

**Fav Drink:** Dutch Chocolate Protein Shake manufactured by the company I work for.

**Fav Heroine:** Holly Kennedy (Movie: P.S. I love you)

**Fav Book:** The Total Money MakeOver by Dave Ramsey

**Fav Quote:** Love is always patient and kind, it is never jealous. Love is never boastful or conceited, it is never rude or selfish. It does not take offense, and it is not resentful. Love rejoices not in iniquity, but delights in the truth. It is always ready to excuse, to trust, to hope, and to endure whatever comes. Love is eternal. (1 Corinthians 13)

**Fav Actor/Actress:** Hugh Jackman

**Fav Artists/Musician:** Lady Antebellum

**Fav Movie:** Australia

**Fav TV show:** Ghost Whisperer

**Fav Sport:** Ice Dancing (Used to be a competitive Ice Dancer when I was younger)

**Fav Team:** None really

**Anything else you believe other club members (and perhaps the world of Kin) would be surprised to know about you :** My son Brenden was born at 11 lbs, 4 oz. That was sort of crazy, lol ;-P



## Upcoming Birthdays & Celebrations!

### FEBRUARY 2014

Valentines Day – February 14/14

FAMILY DAY – February 17/14

Founders Day – February 20/14

### MARCH 2014

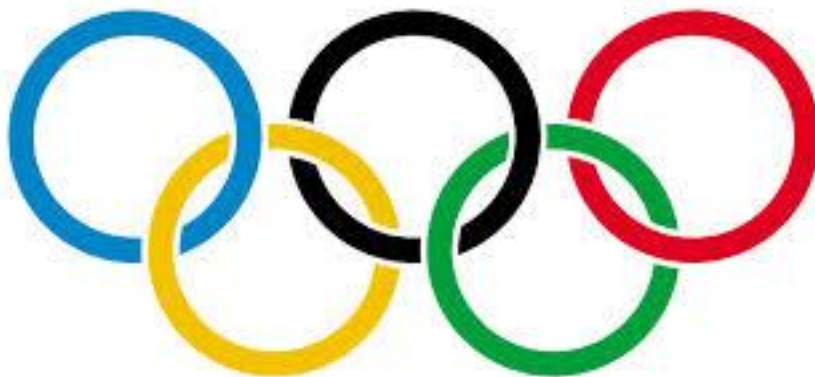
Lisa Muxfeldt's Birthday – March 4

## Closing thoughts...

"Each of us has a fire in our hearts for something. It's our goal in life to find it and keep it lit."

**Mary Lou Retton, winner of gold medal at 1984 Los Angeles Summer Olympic Games**

Submitted by: Alicia Peters-Smith



Show us some Facebook love! Follow us at:  
<https://www.facebook.com/StThomasKinettes>