



*Fall
Edition*

KINSHIP 1



Kin Canada

Kinsmen • Kinettes • Kin

District 1



2014-2015

Greetings District One!

Summer has come and gone and we hope that you had a safe and exciting one. We look forward to meeting with a lot of fellow kin on our travels throughout the district this year.

National Convention was held in Toronto this year. Members from District One took advantage of the close location of the convention and some attended their very first National Convention.

At National Convention this year, a new voting procedure which will affect our usual practice was introduced. The National Education Committee will be putting together the information needed and it will be made available to you when completed.

Congratulations to our District One winners!

Stewart Ruffley from the Fort Erie Kinsmen won the Quill Award and the Founding Members Public Speaking Award. Debbie Hodgkinson from the Collingwood Kinettes won the Diane Rogers Kin Pride Award and Tanya Bettridge from the Palmerston and District Kinettes won the award for Outstanding Kin.

The Ian F. McClure award was introduced this year in celebration of the 50th year anniversary of the partnership between Kin Canada and Cystic Fibrosis Canada. It is awarded to a Kinsmen or Kinette in recognition of their exceptional skills coordinating and motivating groups of donors and volunteers and for fundraising projects for the benefit of Cystic Fibrosis Canada and Canadians living with cystic fibrosis. One award is given out nationally per year and we are pleased to say that the first recipient of this award is LM Bruce Lloyd!

We have had a membership growth of 17 members this past year in District One and we have not finished growing. The Fonthill & District Kinettes are hosting their Charter Night on November 4th. We welcome and congratulate our newest members to District One.

Our Cystic Fibrosis and Service Directors have been very busy these past couple of months planning new and exciting things for the District. If you are adventurous or just in the mood for a vacation, Cuba is only a phone call away. Any questions, need a guest speaker or need information please give Dan or Tiffany a call.

The Windsor Kin will be our hosts for FLC November 7 to 9th. This weekend promises to be action packed and informative. "Boots and Saddles" is the theme of the weekend and we look forward to seeing everyone there. We encourage you to stay in the loop by visiting the District One website. Upcoming events and current news will be posted on a regular basis. Come on out and support your fellow kin!

As always, "The Go Team" look forward to helping or supporting you with any upcoming projects or events you have.

Here, Now, Let's Go!

YIK

Governors

Jeanne & Marty

GET TO KNOW YOUR VICE GOVERNOR TEAM...



Vice Governor Katie McKean:

- Was born and raised in a family of kin with both parents being active in the association which has been a huge support to stay active in Kin.
- Her favourite memory in Kin is her entire year as Cystic Fibrosis / Service Director – there were so many incredible moments during the year that it can't be narrowed down to just one!

Vice Governor Curtis Thoms:

- Has been a member in 4 clubs throughout his Kin career but currently a proud member of the Cambridge North Dumfries Kinsmen.
- In his first year in Kin he chaired a zone conference and had so much fun he never looked back!

Cystic Fibrosis & Service Director Brad Rockefeller:

- Has won numerous awards at club and District level, but the best moment was receiving the Micheal McBeath award for his bike ride across zone F that raised \$20,000.00 for CF.
- Chaired lots of events but the one he enjoys the most is the parking lot at Friday the 13th with everyone having fun helping to raise funds for his community.

Treasurer & Co-Ordinator Monika McKean:

- Chaired "Kick Fit for Breath" as a Cystic Fibrosis fundraiser incorporating Karate and Kick Fit (karate moves to music) in a day long challenge. Had our Member of Parliament "kick" off the event.
- Successfully "HID" during FLC in Port Elgin to avoid the "polar plunge" for Cystic Fibrosis in her Governor year.

Membership Director Melissa Suggitt:

- Worked for 20 hours straight at Telemiracle 25 in District 3. Still top of her list for best Kin experiences. And she plans on heading out to Saskatoon to do it again in 2015 (anyone want to join??).
- When she moved to Ontario, she transferred to the Preston Kinettes as a way to make friends in a new city. To this day, most of her closest friends are ones that she has made through her involvement in Kin.

Secretary Debbie Ruffley:

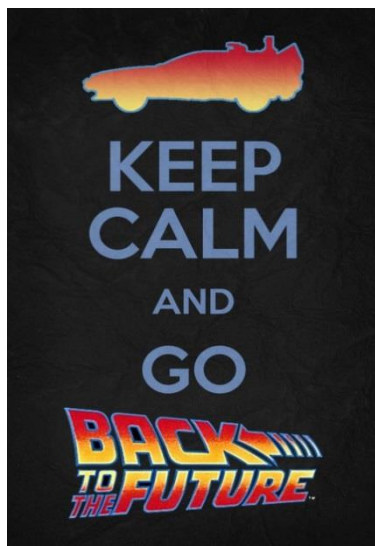
- She has collected many badges throughout her Kin years but her favourite is the one presented prior to National Convention in 2008 in Lethbridge. The title on the badge "Proud Kin Mom".
- The best/worst project she ever chaired was Spring District Convention 1999 Tribute to an Era.

Cystic Fibrosis & Service Director Lisa Orth:

- She is very active in her zone and you can find her helping out at almost any event, even around the district.
- Her favourite project to chair was her clubs dress program which allowed her to shadow her personal life into the program and help children with financial negatives attend graduation or prom.

Communication Director Terri Iredale:

- She is known throughout the district as a "Sexy Beast"
- If you ever find a trail of post-it notes, it's likely you'll find her at the end of the trail...



Hope you enjoyed your summer and are refreshed to go into this new Kin Year. This is the time to ensure we are off on the right financial foot. Below is a summary of upcoming critical finance dates. If you follow this guideline you will ensure your club is in good standing at Fall Leadership Conference 2014.

These items should be completed:

- *District dues paid (due June 30, 2014)
- *Last year's books finalized and audit/financial statements prepared
- *Incorporation papers updated and income tax papers started
- *Proposed club budget drawn up and published in first club bulletin

September 30, 2014:

- *Update club's rosters by this date to ensure National Dues Billing is accurate

By the first meeting in October:

- *Have a passed club budget

October 31, 2014

- *Submit last year's financial statement and this year's passed club budget to the District 1 Treasurer Cheryl Brydges (copy to your Zone Deputy Governor)

November 15, 2014

- *First installment of National Dues and post-dated cheques for next 2 installments must be received by this date at National Head Quarters.
- *By this date Income tax filing and incorporation papers submitted to the Canada Revenue and Kin Head Quarters.

December 31, 2014:

- *Prepare to have a club mini-audit completed by January 31, 2015

January's Presidents' Mid-Term meeting or not later than February 15, 2015

- Submit club mini-audit to Deputy Governor

If you have any questions or concerns please do not hesitate to contact me

With this you are set to **Go**

Thank you for your cooperation

Cheryl Brydges
District 1 Treasurer

Zone **A** Kinettes

It has been a great summer here in Zone A, but as we gear up for another Kin Year, I would like to take the time to introduce my zone team for those who haven't seen it yet. Our Zone Secretary/Treasurer is Elaine Couch of the Kitchener-Waterloo Kinettes. Doing Membership/Awards this year is Wendy Rolfe of the Hamilton Stoney Creek Kinettes, and finally our Zone CF/Service Director this year is Chris Heimpel of the Kitchener-Waterloo Kinettes.

We have 2 main goals this year for our Zone this year. The most important one being increasing our membership, especially for those clubs that are struggling the most as many of our clubs are very small. We would also like to see our clubs interact more. Most of the clubs in our Zone are very small and we are stronger when we work together.

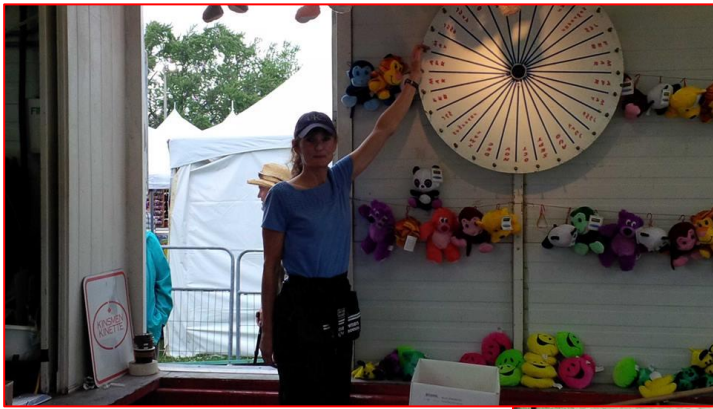
My secretary/treasurer Elaine and I had the opportunity to go visit the Hamilton Stoney Creek family of Kin at the end of August to help them with their booths at the Winona Peach Festival, and we had a blast selling cotton candy, candy apples and slushies. Not only did we use it as an opportunity to get out and visit our clubs, but we also used it as an opportunity to return the favour as they helped our club with TV Auction last year which shows that we are stronger when we work together.

With our Installations almost complete and our 2nd round of visitations underway I think it is going to be a great year here in Zone A.

Yours In Kin,

Zone A Kinettes
Deputy Governor
Jenn Sollows





Zone A

Zone B





By partnering with TerraCycle, TASSIMO is recycling their coffee, tea, espresso, milk and hot chocolate T DISCs.

Here's what you need to do:

- ✦ Collect your used TASSIMO T DISCs & foil packaging in a cardboard box.
- ✦ Collect a MINIMUM of 8.5 KG (APPROXIMATELY 525 T DISCS)
- ✦ Boxes must not weigh more than 18.1 KG (approx. 1145 discs)

Request a FREE shipping label from
District One Service Director Dan Strugar via e-mail at
district1cfservice@gmail.com



Each year millions of personal care product and beauty product packages are needlessly discarded and end up in landfills. TerraCycle is proud to partner with Garnier® to create a second life for these empty containers.

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District One Service Director Dan Strugar via e-mail at
district1cfservice@gmail.com



ELIMINATING THE IDEA OF WASTE®

Veuillez continuer au bas de la page pour voir la version française

Dan, we've made the TASSIMO® Brigade® even more environmentally friendly!

The Tassimo Brigade is one of our most successful Brigade programs to date. Since the Brigade launched, we have prevented thousands of T-Discs from going to landfills. To ensure that the Brigade program remains environmentally-friendly and sustainable, a shipment size requirement will be going into effect in October 2014.

As of **October 1st 2014**, only shipments that weigh **at least 50 lbs** (1436 T-Discs) will earn the TerraCycle point donation.

Our goal is to encourage large shipments because large shipments means fewer shipments. Fewer shipments means less fuel and a smaller environmental footprint. It's one more way that we can all do our part in making this program an even bigger win for the environment.

If you aren't shipping big already, you can learn how by downloading the [**Collect, Store and Ship Guide**](#) which contains tips for collecting larger volumes of waste efficiently and cleanly.

Thank you,

TerraCycle Team Canada



Helpful Resources

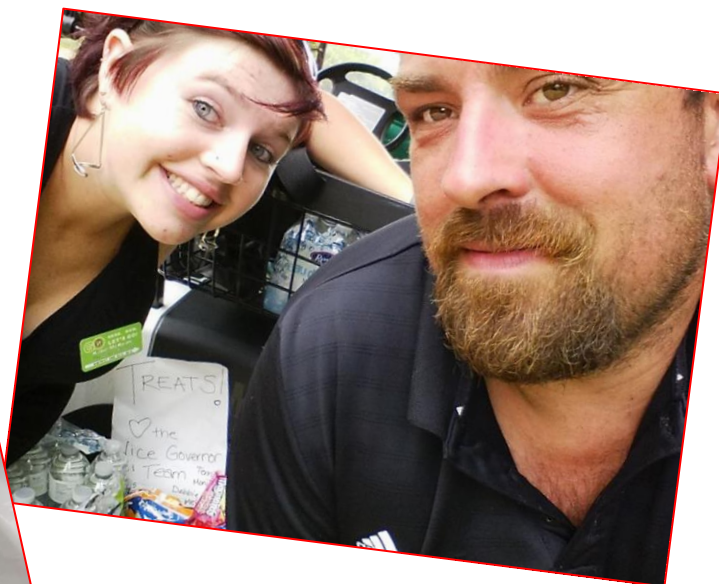
[**TerraCycle's Collect, Store and Ship Guide**](#)

Kinette Club of Collingwood, 6th Annual Golf Tournament

We were thrilled to hold our 6th Annual Tournament on Saturday August 23rd at beautiful Duntroon Highlands golf course. Thanks to all who participated, not only as golfers and helpers, but those in the community who donated as well. Thanks to blasts from the past PG George Bulmer, Paul Sinclair and Dennis Stutt for attending .. it was great to have you!

Also special thanks to Vice Governors Curtis Thoms and Katie McKean for being "hole" monitors for us. They also brought special treats for the golfers.

We're looking forward to our lucky number 7th Annual next year ☺



Zone C

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KINKAMP 2014



Hello Everyone,

The first few months of being District 1 Secretary have been very busy. The learning has centered on District House Rules, President and Deputy Governor Planners, keeping on top of receiving dues payments, and improving my computer skills including the sending of numerous emails.

A benefit of being on the team is meeting and spending time with so many wonderful, dedicated people in both a learning and social setting. DLS, Spring Convention and LSS were fun and inspiring.

The most recent challenges have been gathering information and preparing for September Council and collecting and assembling items needed for the Fall District Mailing. Oh yes, FLC is just around the corner. Never a dull moment and always a new experience.

A big thank you goes out to Karen Coutts, Terri Iredale, Joanne Bint and the rest of the Go Team for all of their past and continued guidance and patience.

I am looking forward to what the rest of my term has to offer and the challenges presented.

If I can be of any assistance please let me know.

Yours in Kin,

Sharon Champ



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Greetings Fellow Kin,

I trust that everyone enjoyed the summer and that everyone is ready to have another great Kin year. We have a lot to be proud of in District One as we finished off last year with some impressive membership numbers finishing the year at +17 members.

How did we do it?

We added 160 new members to Kin in District 1, which included the new Charters in Flesherton, Saugeen Shores, and Drayton. We also reinstated 35 members last year bringing the total to +195 members. Oddly enough in 2012-2013 we also brought in 195 new members to Kin in District 1, but we finished that year -70 members. What was the difference?

In 2012-13 we lost a total of 265 members vs. 2013-14 where we only lost 178 members.

Recruitment clearly isn't the problem in District 1, the issues we're having directly relates to Retention.

The goals for the 2014-15 year are:

1. Club Identity

2. Retention

3. Growth

Club Identity is how a club is perceived by its members and community. Before a Club can think about its membership, it first needs to ask itself, who do we want to be?

The answer to that question is very important as it lays the foundation for who that Club is and what they serve for. All operations of the Club need to reflect its purpose and identity. Everything a Club does needs to be compatible with their projects, cheque requests, donations, volunteers, and members. This is the primary focus of a Club's recruitment strategy.

Retention is rated as the number one membership issue in this Association. When you look at the stats over the last 2 years it's easy to identify how much of a difference Retention makes. Retention is how well your Club keeps its members. Great retention is usually achieved by offering a high quality Kin experience combined with meaningful impact on its community via the service work it does. Other factors for a great retention rate include having fun, networking opportunities, being engaged in Kin outside the Club

and having a solid approach to Kin Education/mentoring. Happy members stay longer and contribute more of their time and energy.

Growth will be achieved through maintaining our recruitment efforts and implementing a successful Retention Program. District 1 can be at +100 members for the year if we focus on Retention. We brought in 195 members in 2012-13 and 2013-14. If we can recruit half that number but keep the members we already have, we can achieve the goal of +100 members.

How will we do it?

At Pre-term in June, I presented your Deputy Governors with Club Resource Packages that focus on Club Identity and Retention. Your Deputy Governor and Zone Membership Directors will be reviewing the Resource Packages with you as they make their visits around their respective Zones. I, too, will be making visits to clubs throughout the year to lend a hand and to provide advice and guidance where applicable.

The main focus of the GO Team for 2014-15 is Membership! Remember, in order to be able to maintain or improve the service work that we do, we need to attract new members, keep the members we have and ensure everyone is happy! Better served membership = better served communities.

Over the summer we have been hard at work supporting Clubs who had an early start in the program and so far the results have been outstanding. One club in particular was able to double their roster and partner with a major community event that attracted over 18,000 people. That club has embraced Club Identity and by the end of the 2014-15 year their roster should triple from where they were this time last year. Clearly the program works if you put forth some effort. We cannot do it alone, we will all need to work together and do our part.

I very much look forward to our FLC weekend in Windsor Nov 7-9 and I promise it will be filled with ideas and resources to continue to improve our Membership. Let's GO!

Here is to another great Kin year!

Yours in Kin,

DMD Shane





Zone 1D

The Fonthill & District Kinettes have had a number of projects in their first year of formation and are looking forward to joining the Family of Kin.

They have just completed a 12 week project this summer, taking a lead role in which they worked closely with other service clubs, the Town of Fonthill, the business community and the public in providing organizational services for a weekly summer event attended by thousands of locals and visitors every Thursday night.

We are very proud of them and honoured to have the NEW club ready to go !!

Doug Freeland

Fonthill & District Kinsmen Club

If you look at retirement like it's a championship golf course, the most successful golfers start by getting the best caddy.



You're the player, which means you're in charge of your game and the one making the shots. Your caddy should be putting you in the best possible position by giving you expert knowledge about the course and selecting the best clubs to use at each hole.

There are many kinds of caddies. But, when it comes to your retirement, wouldn't you want the kind of caddy who helps you achieve the same result without having to make all the risky shots?



By using a focused, tax-based approach, you can reduce risk and worry less about things like hazards and unpredictable rough areas. The course will be yours to master and we'll have you relaxing in the clubhouse after another great round.

You should be able to embrace your retirement like it's your favourite golf course.



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Shane Walsh is a Financial Advisor with HollisWealth Advisory Services Inc., a Scotiabank company. This is not an official publication of HollisWealth Advisory Services Inc. The views expressed are those of the author and are not necessarily those of HollisWealth Advisory Services Inc. Embrace Retirement is a Registered Trademark of Shane Walsh. The production of Embrace Retirement is strictly prohibited without permission.

Fonthill & District Kinette Club

Charter Night

Tuesday November 4th 2014

Lookout Point Golf & Country Club

Fellowship 6:00 - 7:00 pm

Meal to follow

Cost: \$ 25.00

RSVP by October 31st, 14

mobilesigns@yahoo.ca

Congratulations by mail:

Fonthill & District Kinsmen, PO Box 906, Fonthill, Ontario L0S 1E0



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Zone F



The St. Thomas Kinettes Celebrate 1st Anniversary!

Members of the St. Thomas Knette club celebrated their first anniversary. This young service club was sponsored by the Kinsmen club of St. Thomas, and chartered with 15 members one year ago on June 22nd 2013.

First year service and club projects include: A 2nd Dance Dress Re-sale, Grocery bagging at Freshco for KINness Day, participation in Harbourfest Tall ships, Day Out with Thomas, Kinsmen Easter Egg Hunt and Canada Day Fireworks. With this foundation laid, they are looking forward to enhancing the well-being of their community even further while they build momentum in their second as an established club.



Front row (left to right): Jodi McLaughlin, Lori McClymont, Melissa Bishop, Karen Coutts, Terry Baldwin and Alicia Peters-Smith. Back row (left to right): Lisa Muxfeldt, Brittany Galenkamp, Deborah Murphy, and Jennifer Barned. Absent: Chantelle McGuffin, Jackie Harris, Sandra Craig, Leslie Lumley, Paula Hill and Anne-Marie Vallee.

National Convention 2014

Service Surge Continues!

- Total service dollars increased

2010/11
\$18.32M

2011/12
\$18.58M

2012/13
\$20.62M

2013/14
\$21.23M

- Total service hours increased

2010/11
269,883

2011/12
295,105

2012/13
303,094

2013/14
408,580

Based on 67% of clubs reporting



GREAT NEWS!



Kin Canada

Kinsmen • Kinettes • Kin

Total District Service Dollars ~ 2013-14

1. \$1,271,170
2. \$580,134
3. \$8,895,947
4. \$5,544,478
5. \$389,236
6. \$2,064,945
7. 1,641,326
8. \$842,541

**Kin Canada
Grand Total**

\$21,229,777

National Convention 2014



National Convention 2014



National Award Winners

Bruce Lloyd – Ian F. McClure Award
 Lisa Orth – Outstanding Maple Leaf of Distinction
 Debbie Hodgkinson – Diane Rogers Kin Pride
 Collingwood Kinettes – Bill Skelly Award
 Stewart Ruffley – Quill Kin Essay
 Stewart Ruffley - Founding Members Public Speaking
 Tanya Bettridge – Outstanding Kin



Kin Canada
Kinsmen • Kinettes • Kin



Canadian Blood Services
it's in you to give

Together we can save more lives

Many Kin Canada clubs and members across the country are serving the community by volunteering at local blood donor clinics, and by giving blood. Thank you!

Did you know that every minute of every day, someone in Canada needs blood? Hospitals need blood to treat patients with bleeding disorders, individuals undergoing surgery, transplant recipients, cancer patients, trauma patients such as motor collision victims, newborn babies and many others.

Giving blood is one of the most selfless ways that Canadians can give back to their community. Unfortunately though, not enough people donate. Approximately 1 in 2 Canadians is eligible to give blood; last year only 1 in 60 did.

Canadian Blood Services extends our sincere thanks to all clubs and members that are currently supporting the blood system! In the coming months, Kin Canada and Canadian Blood Services will be working together to develop a partnership that will help us to save even more lives together. Stay tuned for more information about this unique service opportunity.

In the meantime, here are some of the ways that you and your club can help:

- 1. Give Blood:** Call 1 888 2 DONATE (1-888-236-6283) to find your nearest clinic and to book an appointment to donate. You can also visit www.blood.ca to find a clinic, and to learn about who is eligible to donate. If you have never donated before and have had your 61st birthday, or if you are between the ages of 67 and 71, and have not donated within the last two years, you must be assessed by a physician who must fill out and sign a letter. You must also meet other standard requirements for donation. To find out more, please call 1 888 2 DONATE. You can also help by encouraging your family and friends to donate.
- 2. Volunteer:** There are a variety of rewarding opportunities for individuals or clubs to volunteer with Canadian Blood Services. Visit www.blood.ca/volunteers for more information.
- 3. Become a Partnership Champion:** As part of the partnership that Kin Canada will be developing with Canadian Blood Services, we will be looking for district and club level "champions" who are passionate about blood donation, to help spearhead our partnership in your area. We will also be looking for Kin members who have needed blood and are willing to share your story. If you are interested or would like to learn more, please contact:

Stephen Wright
Manager, Partner Development
Canadian Blood Services
403-410-2733 or 1-888-248-6004
stephen.wright@blood.ca

Tim McKay
District 2 Champion,
Canadian Blood Services Liaison
tmckayts@yahoo.ca

Lindsay Irvine
Projects Coordinator
Kin Canada National Headquarters
1-800-742-6548
lirvine@kincanada.ca

Canadian Blood Services: A New Way to Give

Fellow Kin,

We often talk about service and the impact it has on people in our community. Recently, Kin Canada has made the decision to partner with Canadian Blood Services as a national Partner For Life. The idea is to have members donate much needed blood products, volunteer at clinics in their area, or even run a mobile blood donor clinic.



This is coming from the grass roots, having started 4 years ago in District 2. Since then, the D2 partnership has garnered close to 700 units of blood donated and has saved and improved hundreds of lives.

In conversations with Canadian Blood Services, it became clear that Kin across Canada are already interested in supporting this phenomenal cause. Over the last 5 years, 37 clubs have done something with Blood Services. There are also 4 clubs that have their own Partner For Life ID number.

The impact is this fellow kin, blood donations save lives. Whether you have cancer, have been in a car accident, or have had a simple day surgery, you are going to require some type blood product.

So, how do you get involved?

This simplest way to start is by registering for the Partners for Life Program. Simply go to the following website www.blood.ca/registerpfl, and register using your district Partner for Life ID which is KINC110223. Then, call blood services at 1.888.2.DONATE (236.6283) to make an appointment.



Zone G





Awards

Welcome back from your summer vacation and to another great year of Kin! The two of us will be acting as District Awards Directors this year and we have made it our mission to promote awards, keep you informed and to have multiple submissions for every awards category.

We would first like to congratulate our National Awards winners (posted separately in this publication). It is fair to say that District One was represented extremely well in the awards category.

As we get back into the swing of things, it is never too early to start thinking about awards. Awards serve three main purposes, including:

- Providing a guideline for member and club success
- Allowing our members to gain personal development through Kin
- Allowing us a means to celebrate the successes of our clubs and members

Your club should start looking at the criteria for Junior and Senior Bulletin awards, as well as the Kinsman/Kinette of the Year. New members can start thinking about the Outstanding Maple Leaf of Distinction and the Rookie of the Year Award.

We have posted the entire 2014-15 awards package on the district website (www.district1kin.ca) which provides information on awards criteria and marking sheets. We have also posted several individual awards criteria which can be downloaded and included in club bulletins. We'll be updating this list periodically.

Many clubs have completed some of their largest projects already this summer. Please look at those and consider submitting them for one of the service awards. Don't wait until the last minute.

If you require any further information on the awards program or would like one of us to do a presentation to your Club and/or Zone – please don't hesitate to contact either one of us. We are here to help.

Yours in Kin,

Terri Iredale (ters@sympatico.ca)

Wendy Rolfe (wendy.rolfe@mohawkcollege.ca)



Membership Liason Officer (MLO)

When Terri first offered me the opportunity to share some information about the new Member Liaison Officer position, I was delighted and I sat diligently down at my laptop and started to write. After multiple attempts, I came up with a few paragraphs that were so boring and dry, I cringed at the thought of sharing them with my fellow Kin. This position is EXCITING, this position is ORIGINAL, and this position has ENDLESS OPPORTUNITY. But I could not seem to put it into words. So I closed the document and walked away. Repeatedly. I did that so many times that I missed the deadline Terri had asked for. I got so far behind that I had to go to Vice Governor's training and FACE Terri and admit to her that I had nothing written. Terri kindly extended my deadline again, and we both participated in the training.

Family of Kin, if you ever have the opportunity to attend any Kin education, be it a Member Education Night at your club, a Spring Zone, a Fall Leadership Conference, or any of the training opportunities that present, please do yourself a favor and DO IT. After spending the weekend working with the current District Vice Governors, Kin facilitators and National Head Quarters' staff, explaining my role to them and getting their feedback and ideas, it became amazingly easy to write this message describing the purpose of this position.

The purpose of the Member Liaison Officer position is to work myself out of a job.

In this new role as Member Liaison Officer (MLO), I will be working with District Membership Directors to support them as they target struggling clubs and assist those clubs in returning to health – clubs have been chosen for this assistance based on indicators such as sudden drop in membership, low or stagnant membership, no set meeting date/time, low or poor community profile, dropping signature projects, lack of funds, non-attendance at functions outside their club, etc. The designation of 'struggling' is not meant as criticism and the assistance will not be punitive. Instead, these clubs will be offered the opportunity to work closely with their DMD to create an individualized plan to help their club get back on track. Clubs can be approached by the DMD or they can self-identify and ask for this assistance. As part of this process, clubs that are functioning well may be asked (or again, can offer) to provide mentorship, support and manpower to assist these clubs. There are other facets of this role, but that is the priority.

So, the piece about working myself out of a job. Kin Trainer Jeff Ainsley of District 7, along with Terri as the Chair of the Education Committee and Sheila Laverty, Kin Education Committee led the Vice Governors through a weekend of learning designed to assist them in their leadership role. As with any Kin meeting, the fellowship and idea sharing continued far after the actual meeting closed. Toward the end of the final day of training, the participants were that odd combination of exhausted, enthused and energized that you

often see in Kin experiences. The conversation turned to the topic of “What IF all our clubs were healthy? What could we accomplish then?”

That’s when I realized that the main purpose of my role is to work with members and clubs to assist them in getting the basic, standard Kin things in line so that we can take that for granted and start spending our considerable energy, innovation and enthusiasm on growing our Association, enhancing member and club health and vitality, and serving our Community’s greatest need better than ever.

If all of our clubs automatically and consistently did their paperwork, ran efficient meetings, recruited new members and retained current ones, participated in zone, District and National events to the best of their ability, we would no longer need to focus on improving these things. Think of the time, energy and resources that would become available as a result.

We already achieve so much; imagine how much more we could do.

Yours in Kin

Corie Ruzicka-Olson

Member Liaison Officer, Kin Canada



KIN CANADA VIDEO PREMIERE

District 1 Kin

CYSTIC FIBROSIS TRIP 2015

Departure January 27th 2015

**Playa Cayo Santa Maria
Cuba**

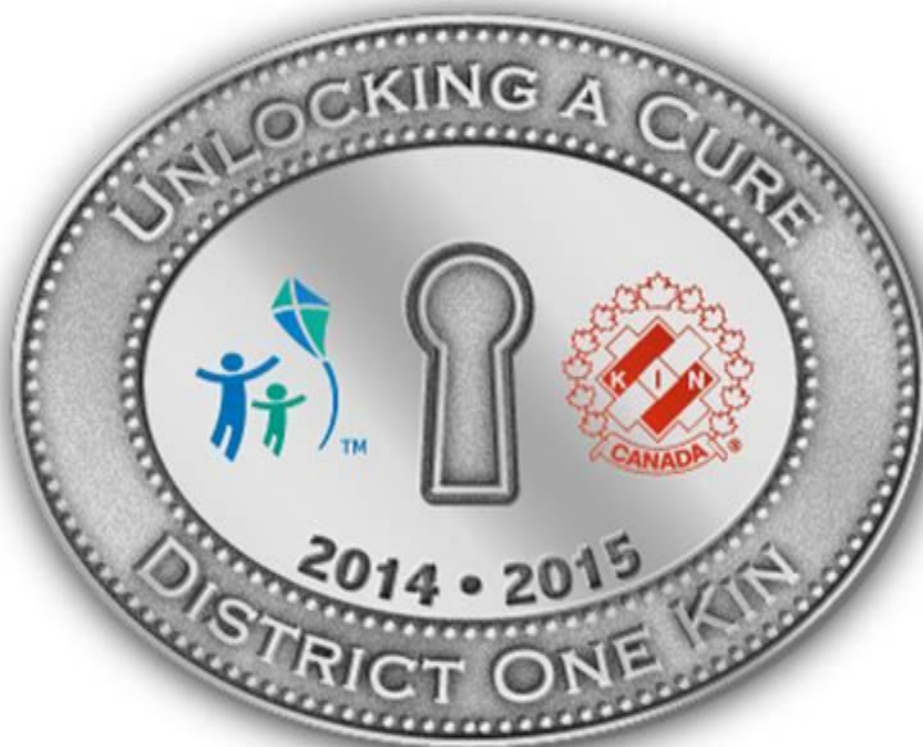
**Registration has been extended to
October 20th 2014**

**Just a few seats remain...book yours while
you still can!!!**

A red beach ball and a yellow shovel are lying on a sandy beach. The beach ball is on the left, and the shovel is on the right, with its handle crossed over the ball. The background shows a clear blue sky and a sandy horizon.

**Contact District 1 Service Director Tiffany Allan
for more information
District1CFService@gmail.com**

The Cystic Fibrosis Education Corner



with Tiffany Allan & Dan Strugar

District 1 Cystic Fibrosis & Service Directors

E-mail address: district1cfservice@gmail.com

Cystic Fibrosis in Canada “Then and Now”

Since 1960, Cystic Fibrosis Canada has invested more than \$150 million in life-saving CF research and care. Cystic Fibrosis Canada’s work relies on the generosity of many individual donors, corporate partners, organizations, and volunteers.

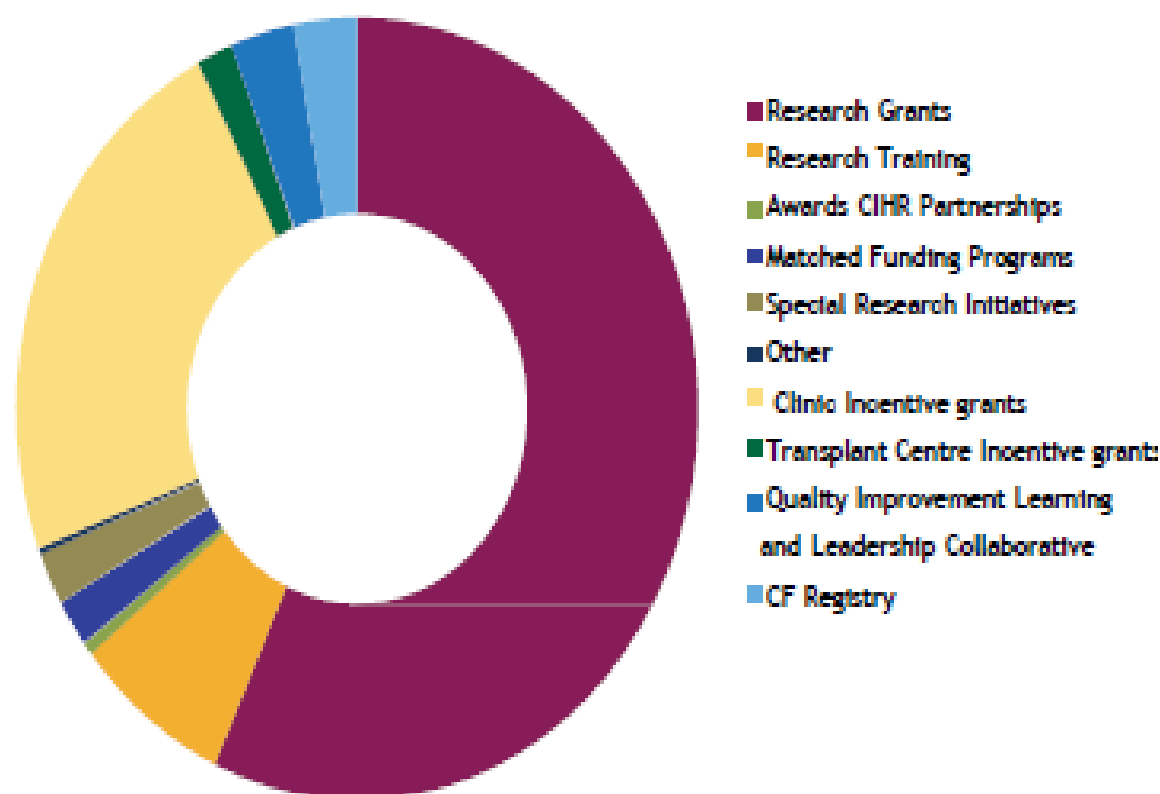
Together we are making a difference. With every stride we take, we never know which breakthrough will lead to a cure or effective control for cystic fibrosis.

Then (Early 1960s)	Now (2014)
Most Canadian children with cystic fibrosis did not live long enough to attend kindergarten.	Sixty percent of Canadians with cystic fibrosis are adults. Many attend university and have families. In 2012, the median age of survival in Canada was 49.7 years of age.
Children born with cystic fibrosis were often misdiagnosed with pneumonia, chronic bronchitis, or whooping cough.	Cystic fibrosis newborn screening saves lives. In 2012, 57 per cent of Canadians newly diagnosed with cystic fibrosis were under the age of six months and 73 per cent were diagnosed by the age of two. Six provinces and two territories have added cystic fibrosis to their newborn screening programs (BC, AB, SK, MB, ON, NS, YT and NU), allowing children with cystic fibrosis to be diagnosed early, and treatment to start immediately. Cystic Fibrosis Canada continues to advocate for universal CF newborn screening in Canada.
Lung transplantation was not performed.	Lung transplantation is an important treatment option for end-stage cystic fibrosis. In 2012, 37 people with cystic fibrosis received transplants. Cystic Fibrosis Canada provides grants to five transplantation centres across Canada.

Children with cystic fibrosis slept in mist tents; it was thought that the moist environment would help relieve congestion.	Canadians were first in the world to stop using mist tents after proving the tents encouraged bacterial growth. Current treatments for congestion include physiotherapy and medication.
People with cystic fibrosis were advised to follow a low-fat diet to avoid digestive problems.	A high-calorie diet and more effective enzyme supplements have helped improve growth and development in people with cystic fibrosis.
There were no permanent cystic fibrosis clinics in Canada.	Today, Cystic Fibrosis Canada provides funding to 42 CF paediatric and adult clinics across Canada.

2014/2015 Investments at a Glance

Total Investment
\$7,491,898



Research Investments - Total: \$5,185,698

Research Grants - Total: \$4,260,530
 Research Operating Grants 4,010,240
 Clinical Research Innovation Grants 220,290
 Clinical Project Grants 30,000

Research Training Awards - Total: \$553,500
 Fellowships 340,250
 Studentships 182,500
 Summer Studentships and Awards 20,750
 Student Travel Awards 10,000

CIHR Partnerships - Total: \$36,667

Matched Funding Program - Total: \$150,001
 Cystic Fibrosis Canada - University of British Columbia
 Clinician Scientist at St. Paul's Hospital Vancouver... 50,000
 Cystic Fibrosis Canada Chair in Adult Cystic Fibrosis Research
 at St. Michael's Hospital, Toronto..... 100,001

Healthcare Investments - Total: \$2,306,200

Special Research Initiatives - Total: \$165,000
 National Lung Tissue Procurement and Cell Distribution
 Initiative..... 115,000
 Cystic Fibrosis Technology Initiative 50,000

Other - Total: \$20,000
 Canadian *Burkholderia copacia* complex Research and
 Referral Repository 20,000

Healthcare Incentive Grants - Total: \$1,856,200
 Clinic Incentive Grants 1,726,200
 Transplant Centre Incentive Grants 130,000

Quality Improvement Learning and Leadership
 Collaborative - Total: \$225,000

CF Registry - Total: \$225,000

The Facts about Cystic Fibrosis

- Cystic fibrosis is the most common fatal genetic disease affecting Canadian children and young adults. There is no cure.
- It is a multi-system disease that affects mainly the lungs and the digestive system. In the lungs, where the effects are most devastating, a build-up of thick mucus causes severe respiratory problems. Mucus and protein also build up in the digestive tract, making it difficult to digest and absorb nutrients from food.
- Cystic fibrosis can cause many symptoms, including: difficulty breathing, life-altering respiratory tract problems, severe, chronic lung infections, impaired growth or weight gain and extreme difficulty absorbing nutrients.
- There are approximately 4,000 Canadians living with cystic fibrosis who receive specialized care at one of the 42 CF clinics across the country.
- Each week in Canada, two children are diagnosed and one person dies from the disease.
- Of the Canadians with cystic fibrosis who died in 2012, half were under 32 years of age.
- In 2012, 57 percent of Canadians newly diagnosed with cystic fibrosis were under the age of six months.
- The median age of survival for Canadians with cystic fibrosis was 49.7 years of age in 2012.

• **Genetics**

- Cystic fibrosis occurs when a child inherits two defective copies of the gene responsible for cystic fibrosis (one from each parent).
- One in 25 Canadians is a cystic fibrosis carrier, with one defective version of the gene responsible for this life-altering disease. Many people are unaware that they are carriers.
- Over 1,900 different mutations in the *CFTR* gene have been identified. However, over 87.5 percent of Canadian CF patients carry at least one copy of the most common CF-causing mutation, deltaF508.


• **Adult Population**


- Nearly 60 percent of all Canadians with cystic fibrosis are adults.
- Thirty percent of female adults and 19 percent of male adults with cystic fibrosis are classified as underweight.

• **Treatment and Care**


- People with cystic fibrosis consume a large number of enzymes, about 20 pills a day, to help absorb nutrients from food and follow a demanding daily routine of physical and inhalation therapy to keep their lungs free from infection.
- Almost 87 percent of Canadian CF patients must take pancreatic enzymes to digest food and absorb nutrients.
- On average, a person with cystic fibrosis spends the equivalent of four months of full-time work doing life-sustaining treatments every year.
- Cumulatively, Canadians with cystic fibrosis spent over 20,000 days in hospital and attended CF clinics more than 15,000 times in 2012.


Leading Cause of Mortality

 Cystic fibrosis-related deaths are mainly due to lung disease caused by a cycle of chronic lung infections and inflammation.


 Nearly half of all patients with cystic fibrosis are infected with harmful bacteria such as *Staphylococcus aureus* and/or *Pseudomonas aeruginosa* in their lungs.

Lung Transplantation

 Lung transplantation is an important treatment option for end-stage lung disease in people with cystic fibrosis.

 Thirty-seven CF patients received a transplant in 2012.

Other Medical Complications

 Sixteen percent of all Canadians with cystic fibrosis have CF-related diabetes (CFRD), and nearly 35 percent of CF patients 35 years of age and older have CFRD.

 Other medical complications in addition to CF-related diabetes include:

- Allergic bronchopulmonary aspergillosis (ABPA)
- Arthritis
- Congenital bilateral absence of the vas deferens (CBAVD)
- Distal Intestinal Obstruction Syndrome (DIOS)
- Liver disease
- Nasal polyps
- Osteoporosis
- Pancreatitis

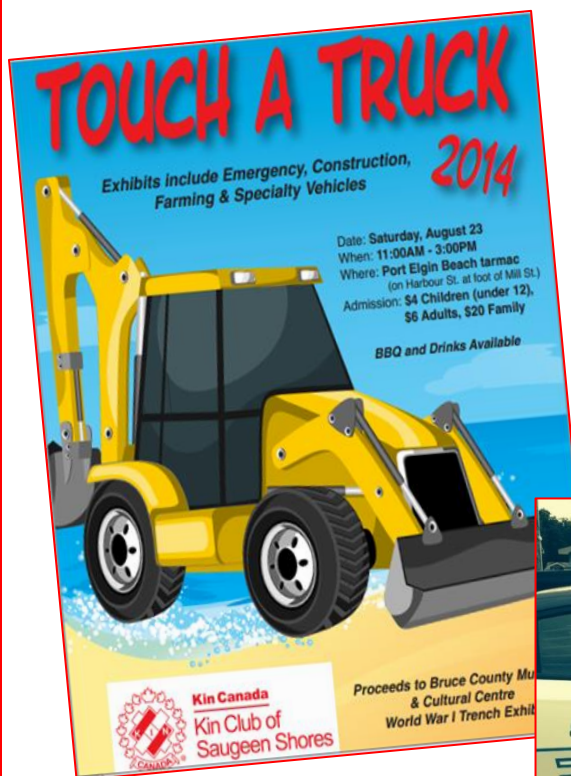
 For more information and to donate, visit www.cysticfibrosis.ca.

Lift Truck



SAFETY TRAINING SERVICES

Glenn Dobben
519.323.1734
Fax 519.323.9980



Zone J



Saugeen Shores Kin Club

At our Touch A truck event, we had about 150 families come out.

Little kids everywhere!

Our event was hosted at the main beach in town, and all of our exhibitors were there on their own volunteer time to help support this big project development at our local Bruce County Museum and Cultural Center.

We had 2 news crews (Shoreline Beacon and Saugeen Times) come for print interviews and had 3 local radio stations come to do live interviews. The exciting part of that was that we only invited one of the three news teams.

We had a great response from the community and everyone who attended wanted to know if we'll be doing it again next summer. We had 13 of our 15 members running the event. (And would you believe that I wasn't the one organizing this! This was totally organized by 2 of our new members who have never organized events before! I'm very proud of them!)

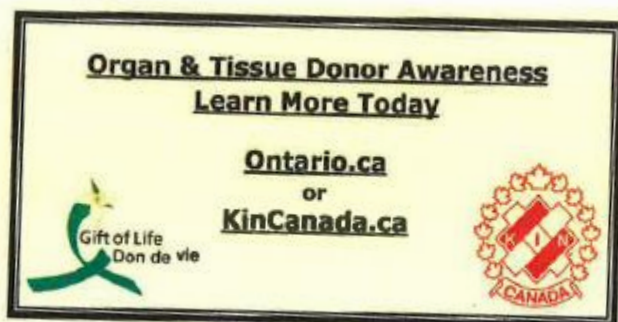
Our club has voted this in for next August and we're already gearing up to make it a bigger and better version of the show we staged this summer.

Next stop for us.... Pumpkin Fest Kin Kiddie Karnival! The town has asked us to design and run the entire kids portion of this huge festival in town. We're pretty pumped.

In kin,

Christine Cooper

saugeenshoreskin@gmail.com



SERVING WITHOUT A PERMIT... DON'T DO IT!

It's only going to be members, we don't need to ...

Have you ever used this line before? We often think that we don't need to apply a lot of care when hosting an event that doesn't involve the public. Often clubs or district groups host events and training sessions and forget that there could be insurance implications. Things can happen during closed meetings, things that might be dangerous or not actually legal. It is important to always remember that just because the public isn't invited doesn't mean you do things any differently.

Recently, a club hosted a members-only meeting/event. The event was or should have been a low risk event. Unfortunately, things didn't go as planned. While investigating a separate incident, it was determined by police that liquor was being served without a permit. Members of the executive host club now find themselves facing charges for serving without a permit. Simply saying 'it's only members, we have been doing this for years' or ignoring potential issues will not protect you.

When hosting any event, for members or non-Kin, remember that the same rules apply; and that as a host club, you hold the responsibility.

For more information please contact Melanie Nieson at 1-800-742-5546 ext 208.

ODE TO THE BEHIND-THE-SCENES MEMBER

You're the member who is the first to arrive and the last to leave,
Who rolls up your sleeves wherever there is a need.
The member who isn't in many photos or articles in the news,
Who probably prefers to hold the camera or let fellow members snooze.

You're that member, the one that everyone truly counts on,
To work projects, help out, be both the brains and the brawn.
You're that member, the first to give credit to other members,
The first that's ready to tackle Kin business every single September.

This is an ode to you, the gem behind the scenes,
The kind of member that could be described as one of the Kin marines.
It doesn't matter if you've been our President or have Kin plaques on all the walls,
What's important is that you're there for your Club or community, whenever it calls.

Whether you're a successful professional or a diamond in the rough,
You're that member that pulls through, when times get tough.
You're the heart of the Club and what drives the Association,
We raise our glass in this ode to you, our quiet, hardworking foundation.



TerraCycle® is proud to provide a second life for cell phones needlessly discarded every year across Canada.

Here's what you need to do:

Collect at least 10 cell phones (Remember to reuse a shipping box or bag and use eco-friendly padding!

Standard cell phone – 100 TerraCycle points

Smart phone – 750 TerraCycle points

iPhone – 1,000 TerraCycle points

Request a FREE shipping label from

District One Service Director Dan Strugar via e-mail at

district1cfservice@gmail.com



E-mail District One Service Director Dan Strugar

district1cfservice@gmail.com

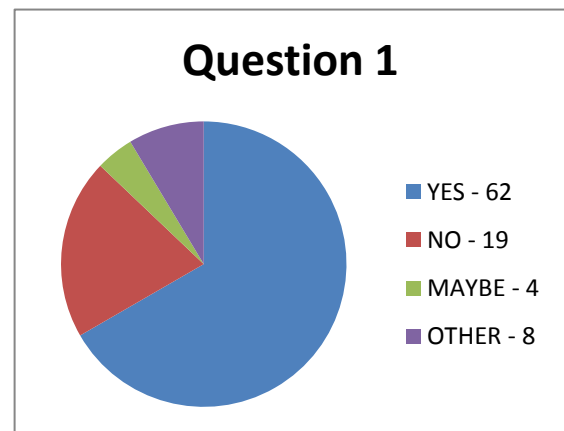
He will get you FREE shipping for you brigade and take it form there.

Your donation will be forwarded on behalf of your club towards your club's H.R.E.F. contribution

Out of the Box Committee Survey Monkey Results

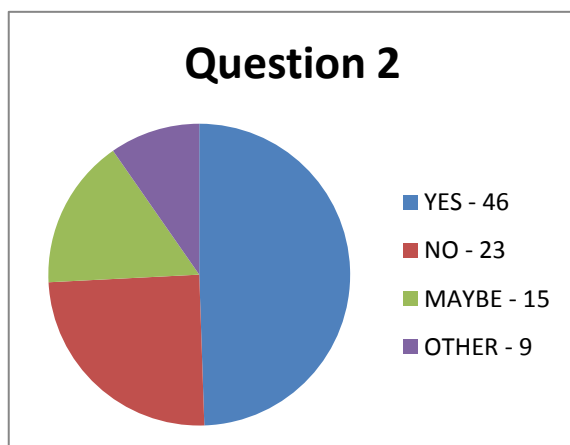
QUESTION 1

What are your feelings about Fall Leadership Conference being a District Council organized and hosted, one day only event, to be run at minimal cost to the attendees, in a central District One location? There would be no voting as financials would be deferred to Spring Convention, and no future FLC hosts would be needed. This would also negate the \$50 FLC levy paid with District dues and make attending more affordable and "do-able" for members to engage in the learning offered at FLC.



QUESTION 2

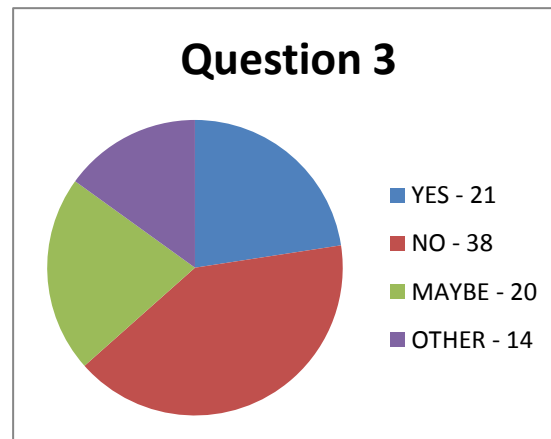
If Fall Leadership Conference were to be reduced to a one day event, with call to order at 9:30 to allow travel time, and finished by 5 p.m., with a minimal charge to cover coffee breaks and lunch, would you be more inclined to attend?



QUESTION 3

Would you consider stepping up to the position of Deputy Governor or a District Executive position if the majority of meetings did not require you to take a vacation day or absent day to attend ie: hold council meetings for FLC / afternoon rather afternoon.

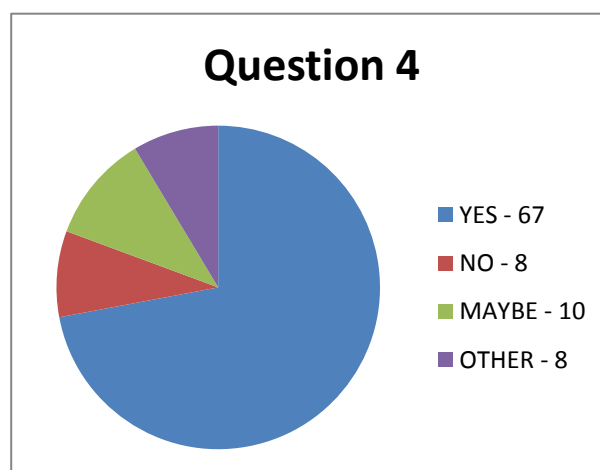
Spring on Sunday than Friday



QUESTION 4

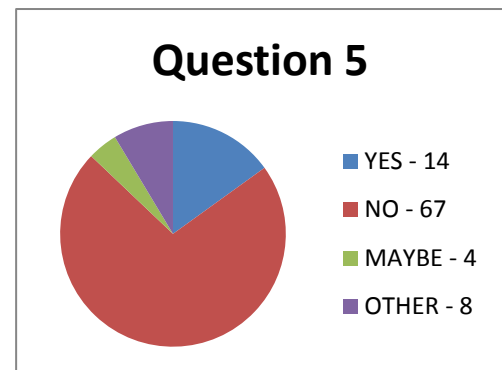
Do you feel that the District Executive Council should have the right to refuse to pay for attendance at FLC and Spring Convention if Deputy Governors and / or Executive members have not fulfilled their duties as required in the District One House Rules?

District One House



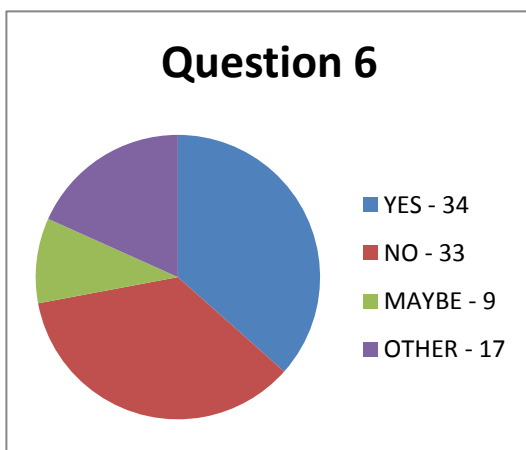
QUESTION 5

With the "GREEN" initiatives that are being implemented, do you have any issue with receiving emails and notifications with respect to upcoming meetings including any documentation for you to pre-read and print out at your own discretion? ie .. Convention brochures being a duplication of District Website, Kinship One and Mailings information.



QUESTION 6

How do you feel about making District One's Annual General Meeting "Spring Convention" mandatorily held on the May long weekend to enable: - all business to be held in a forum that allows proper consideration and time to review - proper respect and honour given to our "Service" and "Cystic Fibrosis" initiatives throughout the year - proper respect given to those participating in the awards programme, not only with due time given to ALL attendees to listen to speeches but also the acknowledgment ceremony - proper respect and time given to the Governors and the incoming team to be acknowledged and appreciated for all they do in Kin



Watch for our

Out of the Box Committee Kin group on Facebook for a closed discussion format on these and more topics of interest to our members.

Kin- Cystic Fibrosis Canada Supplies Form

Club name:

Event Name:

Date of event:

Number of people attending:

Main contact name:

Main Contact's phone number:

Main contact's email:

Address to send supplies to:

Brief event description:

Please email the following completed form to aawweh@cysticfibrosis.ca

All items are available free to your club. Highlighted items below are more Kin specific. **Please use discretion when ordering materials.**

Product Code	Description	Pack Quantity	Quantity Required
322	Cystic Fibrosis In Canada brochure- English	50	
324	Cystic Fibrosis In Canada brochure- French	50	
656	Cystic Fibrosis Canada Balloons- Bilingual	100	
515	Kin-Cystic Fibrosis Canada Brochure- English only	50	
672/673	CF Campaign Poster- English	10	
410	Cystic Fibrosis Canada pens	1	
697	Cystic Fibrosis Canada Coin Box	25	
651	One Dime Coin Box	25	

Kin Canada - Cystic Fibrosis Canada Promotional Supplies

All items are available free to your club. Please use discretion when ordering materials.



Code: 324
Cystic Fibrosis in
Canada
brochure-
French



Code: 322
Cystic Fibrosis in
Canada brochure-
English



Code: 697
Cystic Fibrosis
Canada Coin Box



Code: 515
Kin-Cystic
Fibrosis Canada
Brochure-
English only



Code: 673
CF Campaign
Poster- English



Code: 410
Cystic Fibrosis
Canada pens



Code: 656
Cystic Fibrosis
Canada
Balloons-
Bilingual

Team Kin "Boots & Saddles"

F.L.C. Registration 2014 November 7-9th, 2014

Hosted by the Windsor Family of Kin

Registration Information

Name: _____

Spouse: _____

Address: _____

City/Town: _____ Postal Code: _____

Phone: _____ Email: _____

Home Club: Kinsmen / Kinette / Kin _____

Is this your first convention? Yes ☐

Full Registration

Full early (if paid by October 19th 2014) \$127 ☐

Full late (if paid after October 19th 2014) \$145 ☐

Includes: Friday Evening "Howdy Partners"
Saturday "Chuck Wagon" Breakfast
Saturday "Chow Down" Lunch
Saturday "Country Style Saloon Gala"
Sunday "So Long Cow Pokes" Breakfast

Individual Meals:

Saturday "Chuck Wagon" Breakfast \$25 ☐

Saturday "Chow Down" Lunch \$30 ☐

Saturday "Country Style Saloon Gala" \$55 ☐

Sunday "So Long Cow Pokes" Breakfast \$25 ☐

Amount Enclosed: \$ _____

Please note any Special Dietary requirements:



Bunking Details

Holiday Inn Select
1855 Huron Church Rd.
1-800-465-4329

Ask for:

"Kin Canada Group"

Price

\$115.00 + taxes

Rate Guaranteed until:
October 24th

Mail Registration to:

Robert Fairhurst

2480 Windermere Rd.,
Windsor, ON N8W 2T3

Email: robert162@hotmail.com

Phone: 519-551-5701

Make checks payable to:

Windsor Kin Club

