



WELCOME KINETTE CLUB OF ST THOMAS .. MAY YOU ENJOY YOUR KIN EXPERIENCE!

KINSHIP ONE

~WRAP-UP EDITION 2013~

The Official
Publication of
District One



FLIP THE PAGE FOR MORE D1 DEETS...

Our newest Kinette Club has great things planned ...

The St. Thomas Kinettes are proud to be chartering, after much hard work on the part of a handful of very dedicated souls. A small celebration was had at our last meeting, along with a delicious cake made by our "resident pastry chef," Lori McClymont. We have already begun to work on a few joint projects with the Kinsmen; selling popcorn at their Easter Egg Hunt and most recently lending a hand selling fireworks for Victoria Day. We'll be taking part in more joint ventures in the future, as well as going out on our own for others.

This Canada Day, we'll be helping the Kinsmen at Pinafore Park, and when Thomas the Train comes to St. Thomas, we'll be a few of the hundreds of volunteers who work to make it such an exciting Day Out for the families who visit him. This summer will also see three Tall Ships come to Port Stanley for Harbourfest, and the Kinettes will be on hand to welcome visitors to the ships and share with them a bit about us and what we do. But of course, one of the events we're most looking forward to is the Gala Charter night at 6pm on the 22nd of June at the Timken Community Centre in St. Thomas. If you're able to make it out, it promises to be a great event - we'd love to see you there!



GREETINGS FROM THE GOVS ... TERRI IREDALE & MARTY MAKINS



Fellow Kin

Well here we are at the end of our **Building UP KIN** term. Where did those years go? It seems like just yesterday we were putting our heads together and building some plans.

We have so many people to thank for this adventure that we cannot do it all personally without missing someone; so

THANK YOU DISTRICT 1 !

It has been our pleasure to serve as your Vice Governors and as your Governors. We hope our **UP** message of Unity and Professionalism was received at some level in your club, your zone and in our District as a whole.

Thank you Kitchener Waterloo family of Kin and Fergus and District Kinsmen with the help of Centre Wellington Kinettes; for providing to us great facilities and great KIN gatherings this year. We could not have had such a successful year without your assistance in **Building UP Kin** for our District.

From our DLS Weekend; Canada Day celebrations; the Amazing Race; Life nights; Cystic Fibrosis nights; special celebrations; working projects and fundraising with you it has been a great year for us.

With a passionate team behind us; together we did our very best to provide to you an educated and dedicated council to lead our District into endless possibilities for this year and the future.

It is with a melancholy feeling we write this; happy to be done our term and sad at the same time. We have tried our very best to provide committed and passionate leadership for our district this year and we feel we have worked very hard to accommodate our membership.

Words cannot say enough on how we have been made to feel like a part of the family in all our visits this year with you.

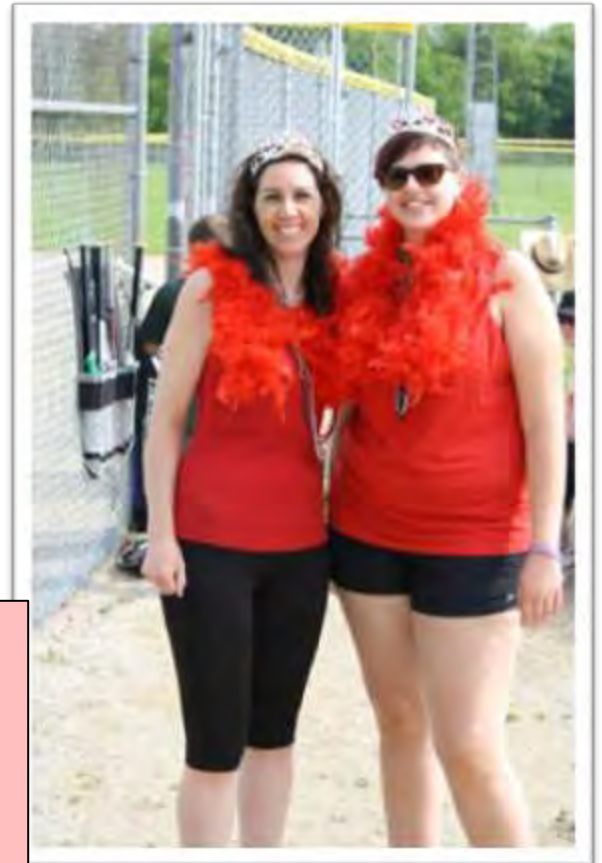
Congratulations to all Award participants at the Zone and District levels this year. Job well done! To those winners at District just a few short weeks ago – Congratulations!! If you move onto National we wish you the greatest of luck and we will be there to cheer you on at National.

Spring and Summer keeps our clubs busy with projects. We are wishing you continued success with your summer projects and we hope to see you at some of them over the summer months.

Please remember we are always; 2 more sets of hands if you need help.

Sincerely Yours in KIN, Marty and Terri

KINGRATULATIONS TO THE DRAYTON KINSMEN AND PALMERSTON KINETTES FOR A VERY SUCCESSFUL **GRAND SLAM WEEKEND**, RAISING FUNDS FOR CF, HREF AND LOCAL PROJECTS



CLOCKWISE FROM TOP LEFT:

I shaved my legs for this ...

B Division Champions

Divas on a Diamond

Who's that womaning the fry truck??

FAST FACTS

50%

Total number of CF patients who will live into their 40's and beyond

25000

The amount of cumulative days CF patients in Canada spent in hospital in 2011

52

Total number of CF patients that lose their fight annually. **1 person each week.**

The Canadian Facts & Figures on Cystic Fibrosis

Did you know...

- Of the Canadians with cystic fibrosis who died in 2011, half were under 34 years old
- One in every 3,600 children born in Canada has cystic fibrosis
- 50% of Canadians with cystic fibrosis are diagnosed by six months of age, and 73% are diagnosed by the age of two
- Approximately 4,000 individuals with cystic fibrosis attend one of the 42 specialized cystic fibrosis clinics across Canada
- One in 25 Canadians carries a defective version of the gene responsible for cystic fibrosis
- More than 1,900 mutations in the CFTR gene have been identified, however nearly 91.5% of individuals with CF in Canada carry at least one copy of the most common CF-causing mutation, $\Delta F508$
- In the 1960's, most children with cystic fibrosis did not live long enough to attend kindergarten
- Nearly 60% of all individuals with cystic fibrosis in Canada are adults
- 86% of individuals with cystic fibrosis must take pancreatic enzymes to digest food and absorb nutrients
- 30% of female adults with cystic fibrosis and 17% of male adults with CF are classified as underweight
- 44 CF patients received transplants in 2011, more than double compared to a decade ago

FIRST PITCH

Will and Lisa Orth assisting 2 year old Stephanie with the opening pitch of the game. Stephanie has Cystic Fibrosis, but that sure doesn't slow her down.



MEAFORD KINETTES SWING FOR A CURE

Women's Golf Tournament for Breast Cancer hits milestone, over \$105,000.00 in 14 years.....

Where do new ideas come from for service projects? The idea for our Breast Cancer golf tournament started at a Ford Introduction car show in Toronto, spring of 1999. The President of the Ford Motor Company of Canada was telling the dealers about Ford's involvement with the CIBC "Run for the Cure". My mother had battled breast cancer and I just had a strong desire to do something. What could we do to help fight this dreadful disease? How about a golf tournament?



When I presented the idea to the Meaford Kinettes they were more than willing to get involved with this very worthwhile project. We started with Bumstead Ford of Meaford as our major sponsor, now it is Peninsula Ford Lincoln Meaford. We set up a Kinette committee and the ideas were flowing. We designed a logo for our golf tournament with the title "Swing for the Cure". The decision was made to go with an 18 hole golf tournament, best ball, shotgun start, open to golfers and non-golfers alike. We wanted it to be a fun day that everyone could be involved in and not feel intimidated. We had many people sign up who had never been on a golf course before. That was the start of an inspiring project for the Kinette Club of Meaford. We have only gotten bigger and better every year since 2000.

The entry fee is \$ 100.00 per golfer. This includes breakfast snacks, lunch, supper, 18 holes of golf, golf cart and every golfer receives a boodle bag. We take individual team pictures, which they all receive a copy of to take home.

Our raffle table has so many beautiful gifts, thanks to our many sponsors. As well as our raffle table we sell draw tickets on a set of Women's Breast Cancer Golf Clubs, framed photograph and handmade afghan. We have a competition for Best Team Costumes. We run a hole called "Swing with the Meaford Kin". For \$5.00 you receive a sleeve of golf balls and you can use one of our dedicated Kinsmen's drives as your own. This year we had a fancy golf cart to raffle off compliments of VanDolder's Kitchen & Bath. The winner and her foursome used the cart for the day. Our hole sponsorship has really helped with our donation to The Breast Cancer society of Canada. All funds raised go directly to Breast Cancer research.

As a club we wanted to be sure all of our sponsors were recognized. The Print Shop in Collingwood designs us a pamphlet and it is given to every golfer at dinner. It lists all the businesses and individuals that have helped to make our golf tournament a success. We also send a pamphlet and thank you, **personally**, to each and every one of our sponsors.

We have had 100% involvement from our club, our community and all the sponsors. Without all their support this would not have been possible. It is at times like this that you love belonging to a service club and to have the feeling that you are helping so many people. We all realize that this cause is a great one and we have to do our part to find a cure for this dreadful disease.

Life Member Bonnie Bumstead
and The Kinette Club of Meaford



Committee: Chris Weldrick, Dana Hawton, Bonnie Bumstead, Chris Caesar, Joan Knight, Mya Armitage, Krystal Armitage, Calleigh Caesar, Alyssa Coleman, Barb Coleman, Brooke Caesar and Michelle Lobsinger

Best Costume, Meaford SWING FOR A CURE.

Susan Hodgkinson, Karen O'Donnell, Barb Sheridan and Shelley Wiebe

And our youngest fundraiser, my granddaughter Mya Armitage. She raised \$204.00 on her own selling handmade bracelets and collecting pennies for breast cancer over the last year. Oh so proud of her.



KINGRATULATIONS ...
**20 YEARS FOR CHESLEY KINETTES &
LIFE MEMBERSHIP FOR SUE GODIN**



**What a wonderful time I
will never forget!**

~LM Sue

WATERLOO GRAND RIVER KINETTES – REFLECTIONS OF THE LAST 29 YEARS ..



THEY DO SAY A PICTURE IS WORTH A THOUSAND WORDS. THESE PICTURES ARE PRICELESS. LADIES, WE WILL MISS THE WATERLOO GRAND RIVER KINETTE CLUB, BUT ARE SO GRATEFUL YOU WILL ALL BE REMAINING IN KIN AND READY TO MAKE MORE MEMORIES.



Get Electrocuted, Go Green and Make Money !



Yes yes yes, the St. Marys Kinsmen followed up a successful NEW project in Storage Battles, with another successful NEW project which we held on May 11th

Again, looking to expand on new projects we looked within our community, one which is pretty green friendly community, and decided to hold and Electronics Drive. After all how hard could it be ? Drive around town and collect peoples electronic crap..errrrr stuff!

In advance of the project we made arrangements and negotiated on prices for different categories of electronics items with our local scrap yard, as prices are typically based on weight and naturally got a good deal, after all the local scrap yard guy is a past Kinsmen, Go Figure! We also had a large dumpster placed at Harris Garage, and yes another shameless plug, which is owned/operated by good K-40 member Kin Mike Harris, who 's son is also a current member of the St. Marys Kinsmen as well, good Kin Ryan Harris. It should be noted that upon the arrival of the dumpster Mike was quoted as saying 'Holy smokes, you really think you're going to fill that thing, good luck with that". We took that as a challenge!

Naturally, various forms of advertising were done, thru the local paper, electronic media, and posters at various community buildings. Word spread quickly to say the least.

We structured the electronics drive almost identical to the way we do our Christmas tree pick up service project. We all gathered for breakfast at one of our local restaurants and enjoyed some fellowship and fun and laid out a game plan of who was covering off what areas of the town before disembarking on our mission.

Within a few hours we had the town covered off and to Mike's shock and disbelief, and loss of a certain wager of beverages, we had the dumpster literally overflowing with items. We can't tell you what his words were exactly but let's just say he was impressed.



Following the event the club again as we always do, got together and shared some stories and laughed as we enjoyed the provision of beverages from Mike, and as we just learned at our last meeting. For 3-4 hours work we did, we raised in excess of \$750.00. Given the amount of members that helped that day, that transposed into just over \$22.00/hour per member, not too shabby!

ZONE A KINETTES .. NEVER STOP!!!!

Zone A has had an incredible year with successful projects and plenty of fun and fellowship. It is true when they say being Deputy Governor is one of the most fun and rewarding positions you can do in your Kin career. One of the best rewards was witnessing the gift of Kin in the growth of members as they stepped outside their comfort zone to join a committee for the first time or chair their first meeting. Congratulations to Tricia Totten for her participation in her first District Speak-Off competition and to the Hamilton-Stoney Creek Kinettes for winning runner up for the Jr. Bulletin Award and Myrtle Wilson Memorial Service Award in bringing a little love with Greeting Cards for the residents of St. Peter's. Thank you Zone A for your submissions and participation in our Award Program.

I would like to thank President Debbie Decker, Kinette Club of Guelph, President Wendy Rolfe, Kinette Club of Hamilton-Stoney Creek, President Theresa Hynes, Kinette Club of KW, President Sharon Champ, Kinette Club of Oakville, President Tricia Totten, Kinette Club of Preston, and President Jennifer Sollows, Kinette Club of WGR for always welcoming me into your club meetings and events with a bright smile and warm hug. I salute your efforts in leading your club to the successes and accomplishments achieved this year. Thank you to all the Kinettes in our Zone for your continued dedication, enthusiasm and pride you take in making a difference in your communities and making a positive change in the lives of those you've touched. You have touched and made a difference in me.

Special thanks to my partner Deputy Governor Derek Ciuciura and Zone Team, Secretary/Treasurer Deanna Norris, Membership Director Nancy Loughlean and Cystic Fibrosis / Service Director Barb Pollard for their time, leadership, hard work and most of all friendship.

I would like to give my sincere gratitude and appreciation to Governors Terri and Marty for always

making yourself available to answer questions and give constructive support. You are true champions of Unity and Professionalism in leading the Kin Do Crew team and District One in "Building "UP" Kin. It has been an honour to be a part of your team.

Thank you to all the clubs in our Zone that participated in this year's Great Strides Walk. Because of you, each step is getting us closer to a cure for Cystic Fibrosis. We saw proof at the Cystic Fibrosis Research Information Night with Professor Sarah Wootton hosted by the Guelph Kinettes.

Tonight I had fun helping out the Preston Kin Family at their Preston Kinsmen Carnival with one of my

favorite Kinettes, Jenn Sollows. I cannot count the times someone came to the booth and asked if we needed anything or wanted a break. We felt so cared for and appreciated. The Kitchener-Waterloo Kinettes have just completed their first Garage Sale and the Oakville Kinettes will be helping the Oakville Literacy Council with their book sale fundraiser June 7-10th.

There will be a few more fathers feeling a little special this Father's Day at St. Peter's

thanks to the cards from the Hamilton-Stoney Creek Kinettes. At at Spring Convention I purchased "Cooking for a Cure" Cookbook for Cystic Fibrosis. I love it! Be sure to get in contact with one of the ladies for Hamilton-Stoney Creek for your copy.

I would like to wish Incoming Deputy Governor Nancy much success. I had the pleasure of working with Nancy this year and know her enthusiasm, drive and focus will lead her team and our Zone in having a spectacular year!

Respectfully yours in Kin,

Karen Lemieux
Kinette Deputy Governor, Zone A



CO-ORDINATOR REPORT ~DON COUSINS

Having had time to relax and reflect on my year as District Coordinator. I have had a great time working with all of the Deputy Governors and District Executive. We had a lot of laughs and great fellowship from DLS at the YMCA Camp where we all learned how to serve the members of District 1 just a little better and learned a little more about each other. Then we had the opportunity to pass some of that information we learned onto the members at CLS where I gained a whole new appreciation of the game of euchre.



Then we were all onto FLC hosted by the KW family of Kin Another opportunity To Learn Grow and of course Have Fun. Then the finally at District Convention hosted by The Fergus & district Kinsmen and the Centre Wellington Kinettes, a great weekend of learning, Fun & Fellowship. Business was well organized and operated efficiently, great job Governors Terri & Marty and District 1. Congratulations to Governors elect Melissa & Chris and Vice Governors elect Joanne and Dwayne. With these dedicated Kin at the helm of District 1 we are in good hands for years to come. Again I would like to thank all of the following DG's Derek, Karen, Katie, Odie, Lisa, Shane, Kathy, Tiffany, Darryl, Bob, Andy, Chris, Cheryl, and Dave for doing such a great job operating your Zones. In addition I can't forget our District Executive. Secretary Karen, sorry about the bad convention minutes, but thank you for your friendship, Membership Director Glenn sorry about not bringing in a new member, but thank you for your tireless efforts making the Kin dream come to life for so many, Service Directors Joanne & Adrian, sorry we couldn't find the elusive cure, but you have made it a possibility, with your efforts, Communications Director Monika sorry for this long submission but thank you for keeping all of the District membership informed, Treasurer Russ, sorry we didn't have more working capital, but thank you for make the most of what we had. Last but not least Governors Terri & Marty, sorry I wasn't always there for you, but thank you for allowing me to be a member of your great team.

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ZONE J INAUGURAL GREAT STRIDES WALK



The inaugural Zone J Great Strides Walk was hosted by the Hanover Kinsmen. With a very short time to organize, the dedicated committee, led by Kinsmen Adam Ward, hosted 24 walkers (plus a few little riders!) and raised just short of \$2000. We're looking forward to building on this excellent start!

The Walkerton Kinettes team quadrupled their fundraising goal for the Great Strides Walk in Hanover. Participating are Nadine Noble, Candice Weber, Corien Sinclair & her son Denton, Rochelle Worthington. (Club trivia – none of these Kinettes have the same last name now as they did when they joined Kin!).



WORDS FROM OUTSTANDING ZONE AWARD WINNER LISA BURECHAILS

Where has the time gone? I think most DG's are thinking the same thing. It was just a short year ago that we started on this wonderful adventure, and here we are just a month away from year end.

I was very lucky to get out to all our Clubs at least twice this year. They all seem to be doing well, and I'm happy to report that Zone C has a positive growth in membership. Way to go girls!

It was a true pleasure working with Governors Marty and Terri and their team this year. Learned lots, made new friends, renewed old friendships and along the way had lots of

laughs. A special thank you to Katie, my travelling companion, who is going to be an amazing Cystic Fibrosis / Service Director for 2013/14.

It has been an honour to be your Deputy Governor this year – thank you to everyone for all your help.

P.S. I will try this year to come out of my shell a bit more, so people will know who I am and what my name is! I promise 103%! And for you Shane – I'm working on Wienerfest!

Yours in Kin
Zone C Deputy Governor
Lisa Burechails



THANK YOU FROM JO AND ADRIAN



Spring convention is over and soon most clubs will take a hiatus for the summer. It is hard to believe that the end of the kin year is fast approaching.

This year, our position as your District Cystic Fibrosis/Service Directors, has been one of the most rewarding experiences for both of us. We have memories and

new friendships that will last forever, both in and outside of Kin.

To those clubs and individuals that contributed to our silent auction table at Spring Convention, thank you. Your support helped us to raise almost \$1400.00.

As we end our year, please welcome Katie McKean and Bill Harris to the position of your District Cystic Fibrosis/Service Directors. We take comfort in knowing that we leave this position to two very devoted and caring individuals ready to do the best for our district.

Your continued support is, and always will be appreciated. So from the words of a Fleetwood Mac song, " don't stop thinking about tomorrow."

Yours in Kin
Joanne and Adrian

ZONE K'S GOT IT GOING ON!

Zone K has had a great year with more awards being submitted and won than in the past. Congratulations to all those who participated. I am also hopeful we will see continued growth and participation in the awards. Gratefully Zone K will be run with two D.G.'s next year, Kin Dave Van Beers is back at it and Kinette Betty Kelley from Clinton brings a lot of enthusiasm. I am sure we will see increased interaction between clubs next year.

As you have read elsewhere in this publication St.Marys has had some great new fundraisers brought on by newer members. This I believe is important in making community leaders for the future. Other important happenings for Zone K include; Clinton Kinsmen attracting new members of an age when I joined Kin. Goderich Kinettes concerned enough about decline in membership they asked for help, and hopefully they continue to do so until they see a turn around. Stratford Kinsmen one of the busiest in our Zone continue to strive to keep Kin as the premier club in Stratford. This is an amazing accomplishment given the competition they have and the size of there own club. Other clubs continue to operate as they always have and that's Ohh "K" too.

Thank you Gov's Terri and Marty for the experiences I gained working with such great leaders.

Y.I.K.
David



ZONE C KINSMEN UPDATE ...

Greetings Fellow Kin

Summer is fast approaching and our Kin year is **coming to an end. I can't believe how quickly this year** has flown by. This has been an amazing year and I would like to say a big THANK-YOU to all the Kinsmen Clubs of Zone C. You are a wonderful bunch of gentlemen, your hospitality is superb, and you are so dedicated to your communities.

This year the Kinsmen have banded together and enjoyed many interclubs with the help of a **little "coffee". It is nice to see the old camaraderie of Zone C return. We had a record** amount of Kinsmen join us for Zone Conference and I know next year will see the whole Zone out to participate. You have gone above and beyond in your efforts to revitalize the fellowship of the Zone. You have made me feel so at home in your clubs and have responded so favourably to all my requests. Thank-you once again for allowing me to become part of the Kinsmen of Zone C. I look forward to next year as I continue along on this journey.

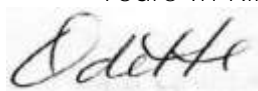
Congratulations to all the award winners at both the Zone and District level. It is so great to see everyone out there participating and being recognized for their efforts. You have had some fantastic fundraisers and events and I thank-you for all the hard work you put into making these events a success. Your communities are truly lucky to have such devoted and enthusiastic **gentlemen work for each and every member of the community. You truly are an example of "serving the community's greatest needs" motto.**

I would also like to take a moment to thank my home club for allowing me the opportunity to be Deputy Governor this year. You are an extraordinary bunch of ladies and I have enjoyed my time in your club. I would also like to thank-you for encouraging me to re-charter the Flesherton Kinettes. Without your support **I couldn't have done it so quickly. I will miss my time in Shelburne but it will** always be a second home.

My family has been an incredible source for support. I thank-you for allowing me to once again join council and be tied up a lot of the time with KIN duties. I love you all. I am pleased that my daughter Kayla has decided to join me in my endeavours this year as she takes on the role of Zone Service Director. It will be a fun year with her at my side and David Wilson from Meaford as the Membership director.

As the Kin year comes to a close remember that all does not stop for KIN. There are still many projects that occur over the summer, Fiddleville, road tolls, road clean ups and our favourite Kin Kamp. So make sure you get your registrations in quickly, spots are filling up, and this promises to be another awesome year. Just remember to come prepared and watch out for critters!

Yours In Kin






On behalf of **T.E.A.M. KINada**, Thank you District One for your support.

From Zone conferences up to and including Spring Convention, we had a great time campaigning. We look forward to serving the membership of District 1 as your Vice Governor TEAM.

Yours in Kin

Joanne Bint & Dwayne Loughlean
Vice Governors Elect 2013-2014

Tiffany, Dan, Cheryl, Shane & Terri
TEAM KINada



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LIVING THE DREAM UPDATE from DG LISA BURECHAILS

Remember at the beginning of the year, I put a piece into Kinship 1 about a former Wasaga Beach Kinette who has given up everything to follow her husband's dream of sailing down to the Caribbean. They got caught in Hurricane Sandy, but made it through and spent the winter in Florida. The boat is now in dry dock, as they spend their summer with their children, but plan to be back on board in the Fall. Terry has written a poignant piece that I would like to share with you. There are many good ideas that I think we all should think about at certain times. Enjoy!

As this part of our trip is coming to a close, Geb and I found ourselves talking about what is different now and what we have learned. This made me think back to how I was feeling when this whole thing came about.

When this all started I was a somewhat reluctant participant. I always wanted adventure but this was not the one I had planned for myself. I thought I would go along to make Geb happy. I never thought about making myself happy. Little did I realize that I would find out a lot of things about myself on this trip and about our relationship.

Things I have learned:

- I don't need a lot to live happily
- I am stronger than I think
- relationships can grow when times are stressful
- clothes are not important
- money is not important
- relying on each other is important
- thinking about throwing husband overboard is normal
- I REALLY have a different idea about what the word "neat" means than my husband
- meeting people I would never have had a chance to meet before
- finding things in common with people who are very different from ourselves
- appreciating beauty in nature
- appreciating things I took for granted before
- liking beer
- taking pleasure from very small things
- I don't need to buy things to make me happy

- reading books I would never have read before
- not watching the news lets me sleep better
- I can be quiet for long stretches of time
- I can do things that I was afraid of
- not to say "I can't"
- not worrying about what I don't have
- appreciating my good health
- not worrying about getting older
- liking my wrinkles and saggy parts
- worrying less about everything and everybody
- finding my playful self
- trusting Geb 100%
- trusting the boat that she won't role over
- having fun when the dinghy goes really fast
- learning to stand in the dinghy while it is moving
- getting in and out of the dinghy without embarrassing myself
- loving the wind and the storms
- cooking without a full kitchen and all the utensils
- living off what we can carry
- conserving energy
- conserving water
- looking forward to each day
- loving uncertainty
- how to live day to day in the moment

Not a bad list. I am sure there will be more things to learn as the adventure continues.



WORDS FROM OUTSTANDING ZONE AWARD WINNER SHANE WALSH

What a fantastic year we had in Zone D! All Clubs across the Zone have a lot to celebrate. From club awards and individual achievements to personal development, as Deputy Governor I see it happening everywhere across the Zone. It seems like it was only yesterday that my term as Deputy Governor started and now we are almost at the finish line. My how time has flown by!

As the Zone D Kinsmen Deputy Governor, I was privileged to work with the best 14 clubs in District One. I am blessed to have the best Zone Team anyone could ask for. Life Member Denny, Life Member Tracy, Dale, and Deputy Governor Kathy, thank you so much for your efforts over the last 2 years. More importantly our Zone is growing, with the addition of the Fonthill & District Kinettes in hopefully 2013-14.

I would like to thank all of the clubs in Zone D for welcoming me and my team with open arms. From club meetings and events and embracing our “Kinnect” platform, to your efficiency with paperwork and dues, it’s because of you, the members, that we achieved 100% of our goals this year.

I would like to thank my home club, the Cayuga Kinsmen. I did my best to stay involved in club affairs even though I was toiling around the Zone and District. I have really enjoyed my time as a member of Cayuga, (12 years to be exact) but it’s time for me to try and make a difference in



bettering my own community. I would also like to participate in expanding Kin in my area and for those reasons I will be a Hamilton Kinsmen effective July 1st. I know Zone D will be in excellent hands next year with Deputy Governor Elect Deb Ruffley at the helm. She is putting together a great team of her own featuring her husband Stew Ruffley and Eileen George. I know they will do an excellent job and I wish them all the best in their coming year. I know these last 2 years working on the Zone team are by far my best years in Kin. I assure anyone who is interested in working on a Zone Team or even the role of Deputy Governor will provide the same rewards to you as it has for Kathy and me.

I would like to close by congratulating the Zone D award winners at District Convention this year. Congratulations to Life Member Denny Pyatt on winning the John Brooker Junior Bulletin Award. Congratulations to Charlene Stafford of the Fort Erie Kinettes for winning the Ferne Carter Knette Speak-off Award. Congratulations to the Fort Erie Kinsmen for winning the George and Mildred Sinclair Service Award, and lastly to my partner in crime, DG Kathy Manners, on winning the Governors Award of Excellence in Personal Development. It was so nice to see members and clubs in the Zone to be rewarded for their efforts; I hope to see more submissions from Zone D next year as there are some amazing people and clubs that should be recognized for their hard work.

I'm looking forward to all of the opportunities that my new Zone and the District are providing, but I want you all to know that Zone D has, and always will have, a large piece of my heart and my utmost respect. Zone D is the marquee Zone of District One.

Thank you!! YIK, DG Shane



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District 1

Pasta Bar

Pre-sale tickets available for \$10 per person, limited tickets will be available at Kin Kamp.

Your dinner includes pasta (with all the fixings) and garlic bread.

Please contact Bill Harris or Katie McKean to reserve your ticket!

Bill

10ddgm11@gmail.com

Katie

katie.mckean@rogers.com

(or message me on facebook)

Saturday Night

5 - 7 p.m.

Campsite 129

Kin Kamp 2013



Proceeds going to help find a cure or control for Cystic Fibrosis

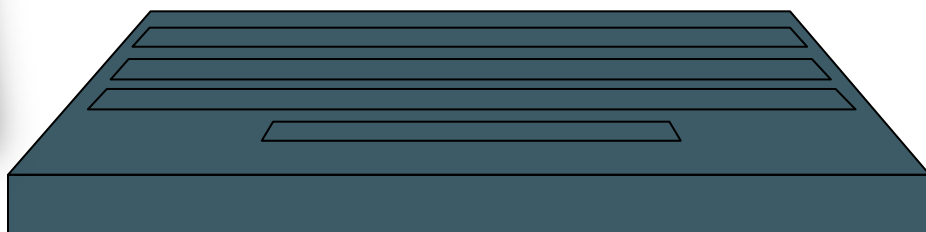


www.district1kin.ca

Your reference and information source!!

Don't forget to check in regularly for updates about Clubs, Zones, District Executive and happenings around District One.

If you would like to post on the website, contact any District Executive member OR your Deputy Governor.



Kin Sales

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mmakins@shaw.ca

Terri Iredale, Governor/Risk Manager
ters@sympatico.ca

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amhelm@rogers.com

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Glenn Dobben, Membership Director
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Monika McKean, Awards/Communication Director
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Don Cousins, Coordinator
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“Thinking outside the Box” Committee

Calling all interested KIN



- ❑ Are you a “go with the flow member” or a “what if we looked at this” member?
- ❑ Do you have a vision?
- ❑ Are you a thinker and detail oriented?
- ❑ Do you have follow-through?
- ❑ Are you familiar with our District House Rules?
- ❑ Are you familiar with our District Operations i.e.: Budget?
- ❑ Are you a member of more then 3 years?
- ❑ Are you experienced outside your club?
- ❑ Are you available for conference calls/monthly updates?
- ❑ Can you prepare written reports?
- ❑ Can you facilitate a seminar or workshop?

Did you answer yes to most or all of these?

Well come join us in our think-tank!

Please submit your name to Chairs (Past) Governor Terri Iredale and LM Past Governor Monika McKean before July 1st/13 - Committee announced by July 15th/13

We are looking for at least 2 Kinsmen and 2 Kinettes; active and in good standing to brainstorm for the betterment of District 1 membership, moving into the future.

THINK about it!

Contact us at: ters@sympatico.ca and munckean@rogers.com

Please note that this will be a self-sufficient committee

No District funds will be used for this committee and no remuneration will be given to participants.



St. Marys Kinsmen prepare to celebrate 39 years of Summer Festival

Nothing says summertime in St. Marys more than the Kinsmen Summer Festival. It is the event of the season, the event that brings those who grew up in St. Marys and have moved on back home. They plan their summer vacation around it, make plans with those who also are returning from faraway places, as a chance to rekindle friendships, share in laughs, allow their children to experience St. Marys and to proudly say yes I grew up here!

What started out as a simple beer garden has grown into the clubs largest fundraiser, and the biggest event of the summer. Going into its 39th year now it has seen many changes over the years and it continues to grow. For many years as noted it was simply a beer garden. The actual fair and midway rides used to be run separately by the Fair Board. When the fair board unfortunately folded in 2008, the Kinsmen Club of St. Marys stepped up to the plate once again and took on that event and incorporated it into what you see today.

Some of the past events have included what was once our annual duck race which well attended on the Saturday afternoon of the Festival as you see below was well attended but as time wore on new ideas came forward



Governor Terri,
back in the day
completely.....
"Quacked"



Long before Duck Dynasty and beards. Meet the real
Duck Catchers! Kinsmen Al Strathadee, Wayne Barber
and Mike Richardson.

Bagging the winning ducks as they flow down the
Thames River with about 150 onlookers

The Summer Festival has also been known to be a good recruiting tool. A number of years ago we were approached by a member of the St. Marys Youth Centre, Andrew Hodges, who wanted us to assist in running the youth Centre's Dodgeball Tournament as part of the festival, which we were happy to do and assist them in their fundraising. It should also be known that Andrew Hodges is now good **KIN** Andrew Hodges, and no we didn't blackmail him at all, well maybe a little.

Today we can proudly say Kin Andrew is an integral part of the club and the Youth Centre has continued to benefit from the work of him and the involvement of the St. Marys Kinsmen.



As is important with every community, involving our youth to help shape the future of a community is a key element and something that we have made not of to include. So on the Saturday while the dodge ball tournament we also host the "Afternoon Celebrating our Youth", where we let them take to the stage to perform and entertain, and show off our local talent while providing them a place to grow, learn, make friends, and have fun. Want to enter a team into this event? Let us know, maybe we get a few Kin teams together and create some sort of little Kin wager!

In providing something for everyone we must first think family here and what is a festival without a midway full of games and rides for one and all to enjoy. Advance tickets are sold which include all day pass tickets and in the past we have had various local groups assist with those sales and return we show our support back for their assistance based on their participation and sales. The midway opens Thursday afternoon approximately 4 pm and runs thru until Saturday evening, and yes for those who need a "beverage" the beer tent is open all day long.

WHAT IS A SUMMER FESTIVAL WITHOUT LIVE MUSIC AND COLD BEER!!

This year we have really stepped up the nightly entertainment while at the same time including some homegrown talent. Kicking off the evening entertainment lineup on Thursday we welcome the group *Howzat*, a 4 piece classic rock act which includes one of our very own home grown talents. Howzat has been together since 2003 performing acoustic original music throughout Ontario, and have recently changed things up and decided it's time to ROCK!! A powerful live act with soaring guitars, a wicked rhythm section and soaring vocals makes HOWZAT a must see act. Check out their music and bio at <http://www.reverbnation.com/howzat>

Friday night, we again keep it local and real with *The Right Arms*, which are not only local to St Marys but include one of our own, good Kin Chris Swarthout. When asked to describe the band good Kin Chris summed it up this way "A 4 piece band from the town of St. Marys that Lester Bangs once described as "The musical equivalent of an orgy with the Valkyries". Got it? Neither do we, but they rock and are definitely worth seeing and supporting! Check them out at <https://www.facebook.com/pages/The-Right-Arms/195043740528944>

Now Saturday of course is the big day, lots going on that day and a great day to spend the whole day. Dodgeball, Celebration of Youth going on, the midway and hey that can make anyone so the St. Marys are going to cook you dinner, after you pay for it of course! New to the Festival this year, A pork Chop Dinner for the adults and Bacon Burgers for the kiddos (\$15.00 & \$6.50). Contact any St. Marys Kinsmen if you are coming and want in. There are only 250 tickets available for this!

Now that you're well fed it is time to catch your second wind and get ready as we bring the house down and shake the streets of St. Marys with an incredible headline band. **THE MUDMEN !!** Formed in 1998, always entertaining and definitely unique, The Mudmen are a blast of Celtic energy whose members are known to be characters both on and off stage. The Mudmen have appeared on CBC television many times including multiple live performances on Parliament Hill for Canada Day, The McKenzie Brothers special, the recording of the new Hockey Night in Canada theme song, and much more. The Mudmen also have 6 studio albums and have opened for ZZTop, The Guess Who, Biff Naked, Nazareth, Finger Eleven and many more. The Mudmen have toured extensively throughout Canada, U.S.A. & Europe. Check them out and hear them play at <http://www.mudmen.ca/> . **YOU DO NOT WANT TO MISS THIS SHOW!!**



We as always could not do this without the help of many people including our partners in Kin, the St. Marys Kinettes, and those who have helped bring this event to where it is today, our K-40 boys and as always they have our thanks as well.

For anyone interested in more information drop any of your St. Marys Kinsmen a line or visit our Facebook event page at <https://www.facebook.com/events/448088068604375/>.

We promise you it will be a great time and we look forward to seeing you!

Listowel Splash Pad to be Ready For Summer



Work on the new splash pad at Listowel Memorial Park is nearing completion. It has been close to 5 years, since the local Kinette Club began planning for the estimated \$180,000 dollar project. Strong community support, substantial donations and successful fundraising activities made it all possible.

That according to Project Committee Chair Cathy Vesnaver who reports the water features have been installed and tested so only a few finishing touches remain. Vesnaver says everyone is very excited to finally have a splash pad in Listowel. The grand opening was held on Saturday, June 15th from 11 a.m. to 1 p.m.



Does anyone recognize this sexy couple from Spring Convention?

How about this sexy couple??



Friday September 13th, 2013

We need YOUR help!

- Parking Lot
- Food Pavilion
- Campground
- Clean up on
- Beer Tent
- Saturday

...there is no shortage of work!

Together we can work as a team, raising money to help find a cure or control for Cystic Fibrosis.

Please contact Bill Harris or Katie McKean for more information on how YOU can help us in Port Dover on Friday the 13th!

Bill Harris: 10ddgm11@gmail.com

Katie McKean: katie.mckean@rogers.com



Kin Canada
Kinsmen • Kinettes • Kin

Together for life®

New Members, New Ideas, and New Enthusiasm



Looking to invigorate your club? Looking for new revenue streams? Look to your new members!

On April 27th the Kinsmen Club of St. Marys did just that and launched a new project, a spinoff from the popular T.V. Show Storage Wars, which we entitled as *"Storage Battles"* chaired by, of course, the brains behind the idea and one of our newer members, good Kin Chris Swarthout.

Good Kin Chris brought the idea to the club back in late October/early November and like all good Kinsmen do, we told him we liked his idea so much that we "voluntold" him to be the chair. We are fortunate to have a K-40 member, good Kin Al Strathadee who happens to own St. Mary's Mini Storage, & yes that is a shameless plug for him, and he allowed us to use one of his empty units and also donated a unit that had been left behind and in arrears. THANKS KIN AL!

Kin Chris for the most part entirely on his own began collecting new, used & donated items, with some assistance from a couple of our truck owning members when needed. From organs/pianos, to guitars, to furniture, drum kits, antiques and so on, you name it, it slowly began to add up to the point where we needed a second locker and a third.

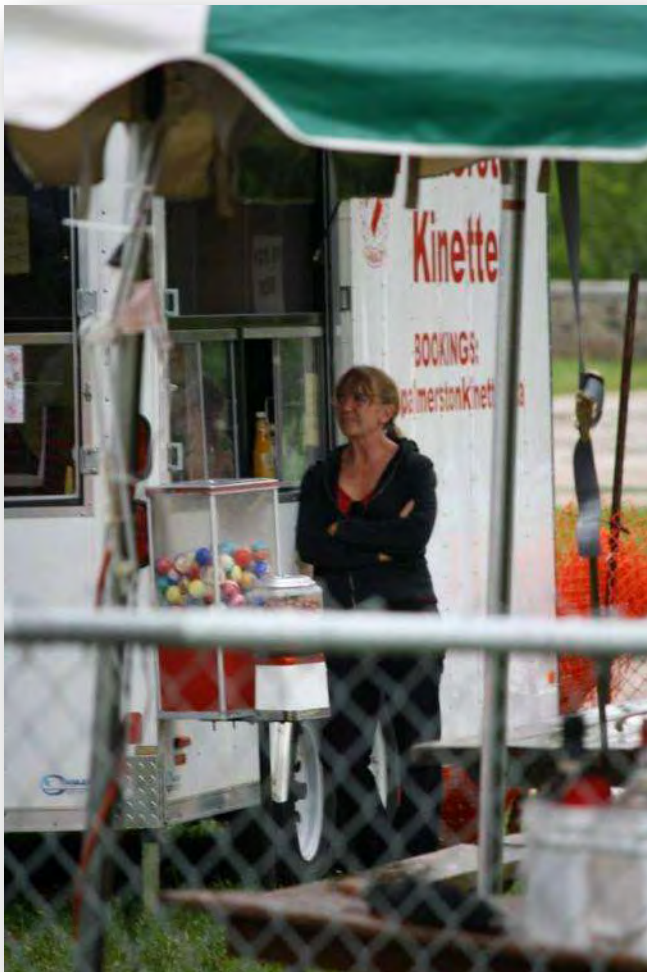
At every meeting Kin Chris briefed us with updates and more ideas, such as approaching Richardson Foods, and Schneider's so we could have a BBQ that day as well, and also asking two of our local auctioneers to donate their time for the cause, which they gladly did, and slowly it all came together. With each briefing you could see the excitement growing in good Chris' eyes, and the enthusiasm in his voice.

Advertising was done throughout the St. Marys area through various platforms and come the day of *"The Battle"* they came and came, we even had attendance from the family of Kin, including District Membership Director Glenn Dobben, who kindly donated the contents of his wallet (and then some) in exchange for a locker. THANKS GLENN!

Come the end of the day we had a very successful NEW project and after all expenses were settled up we were approximately \$800 ahead because of the work, and imagination of really one individual, Good Kin Chris Swarthout who not only provided a great new project for us but who got us excited about it at meetings leading up to it and on the day of the event as well.



A happy recipient of good Kin Glenn's purchase. Soon to be Rock Star and member Andrew Dobben



ANYONE RECOGNIZE
THIS SLIGHTLY WET
LADY HANGING
AROUND THE
PALMERSTON FOOD
TRUCK ???



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Life's brighter under the sun

NEW WASHROOMS FOR MEMORIAL PARK IN MEAFORD- Thanks Meaford Kinsmen & Kinettes for all you do!

The “before” shot of the upper washrooms

The “AFTER” shots of the new upper washrooms ...



Clockwise :

The outside of the new building; BEWARE they've switched the men's and ladies' 😊

The new counter in the ladies'

New shower stalls

From Tony (registration god):

Kin Kamp is going well as usual, and the washrooms are great..

The BIG news is, that after being condemned for mould last year, the new building has wonderful showers .. clean and (oh god, let's hope) SPIDER FREE!! ... hahaha

The brilliant 'KIN' red steel roof on the washroom, matches that on the Bud Eagles Pavilion, our other Kin Kamp meeting spot.



ZONE B CYSTIC FIBROSIS AWARENESS NIGHT

The Palmerston & District Kinette Club held the Zone B Cystic Fibrosis Awareness Night on April 2nd, 2013. It was a great success! I did my research and learned that Zone B had not done a Cystic Fibrosis Night is some time so I brought to the club and voted to do it. Just because you're fairly new to Kin just mean your ideas won't be a hit.

We had a great work party just before so with could make our delicious lasagna, which we had a pre-kin member help out too.

Fun was had by all and you seems to get everything done ahead and with socialize and getting to know your fellow member better. As well as every Palmerston Kinette came out that night to help out.

Cystic Fibrosis Sucks but we are all doing our part to fix that. So our night began! We start selling tickets for some amazing door prizes. As well as, DNA raffle tickets (a stain-glass shadow box made by our very own Lisa Orth) and "Rose pins" for Cystic Fibrosis (designed by another Palmerston Kinette Melissa Penner) both are sell available for anyone interested!

Our night stated off by District Cystic Fibrosis/Service Directors – Joanna Bint and Adrian Helm. Followed by the H.O.P.E Chapter president – Donna Mitchell, who spoke about the H.O.P.E (Huron, Perth and Oxford counties)

Chapter and her life involvement with Cystic Fibrosis. Donnas' 15 year old has Cystic Fibrosis. The National KIN/Cystic Fibrosis Liaison – Brenda Dineen, shared her experience with all that she does to raise awareness for Cystic Fibrosis.

We had a special guest speaker: Melissa Pyke a newly double lung transplant recipient and a cystic fibrosis suffer. It was her first public speaking engagement. Melissa talked about living

with Cystic Fibrosis, feeling so sick she wasn't sure if she can fight another day to way to hear she was going to get her new lungs, the surgery, the kind family that choose to be donor, to her life today breathing a little easier. Dawn Funk Poels was also a guest speaker. Dawn is the aunt of Melissa and has been through thick and thin with Melissa ever since her diagnosis.

I am proud to bring beador to Zone B and am glad it was

such a success with everyone that came. This night raised awareness and almost \$1,000 in the fight for a cure. I'm so proud all the Palmerston & District Kinette Club, everyone helped and supported me in making this night the success it was. Without your skills and knowledge, I would have been lost. Sue House you're a great co-chair. Thank-you everyone!

Submitted by Melissa Penner, Chair





Colleen won Tix for her and her son Alex to go see KISS in Concert in London thru a radio station and they had to go down to the station as part of "the deal"...lol..and get their faces painted.

I think she can compete w Gene Simmons w that tongue !! lol

EN .. submitted by PG Dan Strugar



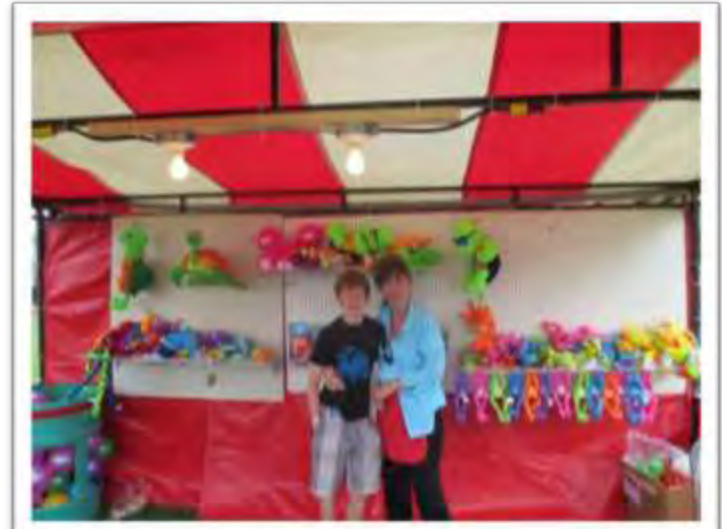
Great Day at our Yard Sale for Cystic Fibrosis where we made \$140. A special congrats to our two little Kin Kid entrepreneurs Ella and Emma!! Their Lemonade Stand made \$115 which they donated to Cystic Fibrosis!! Thanks to Kinettes Maggie, Deb, Pres. Barb, Kin Tom for all the help and DG Kathy for the location!! It was a great Day!



Out and About in District One .. Preston Carnival



What happens at Carnival



Tyler Norris & Diane Ciuciara

Kin Kan Smile ☺

Prize Queen Dee Dee





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National Awards and Recognition

MAPLE LEAF AWARD OF DISTINCTION

From the Kinette Club of Collingwood, Debbie Hodgkinson.

DIANE ROGERS KIN PRIDE AWARD PARTICIPANTS

From the Kinette Club of Centre Wellington

From the Kinette Club of Collingwood

From the Kinette Club of Delhi

From the Kinette Club of Grimsby

From the Kinette Club of Palmerston

From the Kinsmen Club of Goderich

From the Kinsmen Club of Listowel

Amanda Christine Brown

Katie McKean

Barb McArthur

Brenda Bishop

Debbie Hodgkinson

Kim Dadswell

Janet Currie

Leana Serrador

Marie Clausen

Lisa Orth

Dave Van Beers

Paul Schnarr



District General Awards

The District One Joke Off Awards

Kinette Joke-Off Winner Kinette Club of Shelburne,
Odette Houle

Kinsmen Joke-Off Winner Kinsmen Club of Preston,
Mark Stansbury

Jim Sterling Memorial Costume Award

The Kinette Club of Palmerston AND
the Kinette Club of Collingwood

Kinette District Public Relations Award

The Kinette Club of Collingwood

District Website Award

The Kinsmen Club of St Marys

The Kinette Junior Bulletin Award

Runner Up - The Kinette Club of Hamilton-Stoney
Creek, Life Member Marni DeRoche, Editor

Winner - The Kinette Club of Collingwood, Kim
Dadswell, Editor

The John Brooker Junior Bulletin Award

The Kinsmen Club of Grimsby,
Life Member Denny Pyatt, Editor

The Kinette Senior Bulletin Award

The Kinette Club of St Marys,
Life Member Phyllis Spearin, Editor

The John Brooker Senior Bulletin Award

The Kinsmen Club of Kitchener Waterloo,
Life Member Ron Couch, Editor

District One Kinette Quill Award

Tanya Bettridge, Kinette Club of Palmerston and
District

District One Kinsmen Quill Award

Life Member, Bruce Lloyd, HRF

The Ferne Carter Memorial Speak Off Award

Sharlene Stafford, Kinette Club of Fort Erie

Gord Harbinson Public Speaking Award

Mike Austin, Kinsmen Club of Goderich

District Cystic Fibrosis and Service Awards

The Myrtle Wilson Memorial Service Award's

Runner Up - The Kinette Club of Hamilton-Stoney Creek.

Winner – The Kinette Club of Collingwood

The George & Mildred Sinclair Service Award

Runner Up - The Kin Club of Windsor

Winner - The Kinsmen Club of Fort Erie

Kevin Denbok Memorial Cystic Fibrosis Award

The Kinette Club of Collingwood.

Michael McBeath Memorial Award

Brenda Dineen, Kinette Club of Palmerston and District.

District Membership Award

Phil & Vicki Scalisi Membership Award

Larry Sheard, 5 members, Kinsmen Club of Flesherton

Governors Awards and Recognition

District One Kin Spirit Awards (Governors special Awards)

William Orth and Dean Kitchen

District One Governors Award for Personal Development (Governors special Awards)

Deputy Governor Zone D Kathy Manners

Kinette Outstanding Zone Award

Lisa Burechails, Zone C

Kinsmen Outstanding Zone Award

Shane Walsh, Zone D



JOKERS & JUNIOR BULLETIN AWARD WINNERS





PERSONAL AND CLUB AWARDS





SPEAKERS

MEMBERSHIP AWARD

CYSTIC FIBROSIS / SERVICE AWARDS



GOVERNORS AWARDS



So you think you 'Kin' dance?



Linda Earl, vice-president of the Kinette Club of Delhi stands with Jeff and Lisa Wheeler during the Kin You Dance 'Til Midnight fundraiser to support epilepsy awareness in honour of their son Tanner, 3, who died in March.

DELHI - Residents in Delhi put on their dancing shoes on Saturday to support epilepsy awareness. The Kinette Club of Delhi hosted the Kin You Dance 'Til Midnight dance-a-thon at the Knights of Columbus hall from 8 a.m. to midnight in honour of Tanner Wheeler, 3, who died in March. "We thought we would do something (in his honour)," said Leana Serrador, president of the Kinette. "Everyone in town knows what happened." Tanner was diagnosed with epilepsy when he was 10-months-old.

"He battled every day," said his father Jeff Wheeler at the dance-a-thon. Dancers paid \$10 per person to dance all day with all proceeds going to Epilepsy Canada. "It means a lot to have people actually come together like this," said Tanner's mother Lisa. "It's an inspiration. Tanner would have been really thankful," added Jeff.

While the Kinettes didn't see as many movers and shakers as they would have liked to see at the dance, those in attendance had fun dancing to a DJ, eating chili and playing games. "We are having fun, which is the whole point," said Serrador. Epilepsy is also an important cause for at least one of the Kinette's members. Cindy Deelen has lived with epilepsy her entire life. "There is not much of a spotlight on (the condition)," she said. She also noted most people don't know what to do when a person has a seizure. Many people believe you should insert something into the mouth of a person having a seizure, which isn't true said Deelen. The dance is the first large-scale event the Kinettes have hosted themselves since being officially chartered last April after a 10-year hiatus. The club is going strong, while still in its infancy. "We are always looking for new members," said Serrador.



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WATERLOO GRAND RIVER KINETTES SAY THANK YOU

On behalf of the Waterloo Grand River Kinettes, I would like to thank everyone who came out to our farewell dinner to celebrate with us. It is not easy making this kind of decision, but I truly believe that by going out with celebration and sharing our memories, it made it a lot easier. We had a lot more people than expected come out to celebrate and share memories, and it wasn't only our past members. We also had people from almost every club in our Zone and a few outside our Zone as well. We also had quite a few members of our district team come out too. Thank You Governors Terri and Marty, Vice Governors Melissa and Chris and our CF Service Directors Joanne and Adrian. There were also a few Deputy Governors out too. It was incredible.



I would like to thank our past members for their support. Not only by digging out old photos and bulletins and stuff, but also by coming out and celebrating with us. It proves that although you ladies are no longer active in kin, we are still family. I would also like to thank our new clubs, you know who you are, as you have all welcomed us with open arms, and basically treated us like members of your club for awhile now, and it is greatly appreciated, I don't know what we would do without you guys. I would also like to say Thank You to the Preston family of Kin: Kinettes for catering our dinner you ladies did an amazing job and the Kinsmen for letting us use their hall. Thank You DJ Dwayne

for providing us with some awesome music from 1984, our charter year, and Governor Terri for taking some amazing photos.

A special Thank You goes out to the Waterloo Grand River Kinsmen. Not only because without them we might not have chartered, but also for all their support over the past 29 years. Especially this year as they not only let us use their club rooms and their mailbox, but they also provided us with manpower for our projects as we did for them as well. We wouldn't be who we are today without the Waterloo Grand River Kinettes so a special thank you goes out to all members past and present. Finally I would like to thank all the members in District 1 for their support. Many of you, if you were not able to attend our dinner sent messages via e-mail or Facebook, and it is very comforting and heart warming to know that we are part of such a loving and caring organization.

Thank You all so much.

President Jennifer Sollows





Before and after
pics of the WGR
Kinettes in the
Great Strides Walk
.. can you tell which
is which?



**And the Kitchener
Waterloo Kinettes
hosting their yard sale.**




Kin Canada
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ANNUAL GOLF TOURNAMENT
SUNDAY AUGUST 25TH, 2013
DUNTROON HIGHLANDS GOLF COURSE
SUPPORT YOUR COMMUNITY AND HAVE SOME FUN!

- ☞ Registration will take place between 11:00am—11:45am
- ☞ Registration includes: dinner, green fees, golf cart and prizes
- ☞ Best Ball Format
- ☞ 12:00pm Shot Gun Start
- ☞ Silent Auction Table, Raffle Prizes & 50/50

TEAM CAPTAIN CONTACT: _____

ADDRESS: _____

CITY: _____ TELEPHONE: _____

EMAIL: _____

PLEASE LIST YOUR TEAM MEMBERS AND INDICATE THEIR MEAL OF CHOICE:

(Vegetarian also available)

- | | | |
|----|-------|-----------------|
| 1. | _____ | CHICKEN / STEAK |
| 2. | _____ | CHICKEN / STEAK |
| 3. | _____ | CHICKEN / STEAK |
| 4. | _____ | CHICKEN / STEAK |

 Cheques are payable to: **Kinette Club of Collingwood**

 Please return entry form and payment before **August 15, 2013** to

Kinette Club of Collingwood, C/O Monika McKean

294 Fifth Street

Collingwood, ON L9Y 1X8

 FOR MORE INFORMATION CONTACT: MONIKA AT (705)888-3800 FAX (705)445-8030 EMAIL mmckean@rogers.com
OR ANY COLLINGWOOD KINETTE

MEMORABLE MOMENTS ~ Lisa Orth

I had a dream, and like dreams sometimes they're pleasant, warm and enjoyable, and sometimes they are scary and foreboding.

Fortunately for me this dream became reality with the help of 5 Kinette clubs; Walkerton, Collingwood, Centre Wellington, Listowel and my home club Palmerton. But first I must start at the beginning, for the sake of privacy her name will be "Kimmie".

Kimmie is a friend of both my kids who we (my family) helped. Long story short we dressed her for her grade 8 graduation and in turn she did the same thing several years later. When I heard this I asked my club to help, and they sent me to Kat and Karen who told me where to start.

My biggest fear was my club would not have enough dresses, and to my surprise the local bridal shop White Romance donated 19 beautiful formal gowns, jewelry and to my surprise, one of her competitors BK's, matched as well! But better yet was my co-chair Lori, she by far was the most active advocate for my dream! As matter of fact almost overnight she managed to collect the majority of the gently used gowns, shoes and bling!

I in turn printed 119 personal invitations....small job compared to Lori's.

In total we hung and tagged 130 dresses, & 20 reused from Walkerton. It was an awesome day we had 16 young ladies all walk out with their dress and bling....and even better yet we had our

"Kimmie" moment, when one who inspired my dream showed with her invitation showing creases from being folded and re folded many times.

This and a conversation we received after the fact, told us we had made her grad!



DISTRICT ONE HAPPENINGS ..



COME JOIN WITH ME FOR AN AFTERNOON OF KIN FUN!
RCB KIN OPEN GOLF TOURNAMENT JUNE 22/13 AT FORT ERIE
GOLF CLUB. \$55EA OR \$100.00 TWOSOME. REGISTRATION 11 AM.
TEE TIME NOON. – TIM HAGGERTY

An e-blast about a new discussion series on the Kin Canada website has been circulated.

The discussion series is a place for members and staff to discuss topics on services / support, as well as strategic direction (this will be lead by Ric). You have to sign into the website as this is a members-only conversation. The first question has been posted in the forum.

www.kincanada.ca/discussion-series/

Kin Kamp is coming sooooooon .. Have you sent in your registrations yet?

tweldrick@sympatico.ca



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**Grow, Learn, Make Friends and Have fun...
While traveling the world!**



7 WAYS TO SAMPLE LIVING WITH LESS

1. Clothes. According to statistics, we wear 20% of our clothes 80% of the time. That means that many of us have closets full of clothes that we no longer like or no longer fit us correctly. They are just taking up space. The simple exercise of going through your closet and removing all unused clothing leaves your closet lighter, your mornings less stressful, and your wardrobe full of things you love. Give your lighter wardrobe 30 days to work its magic... you'll never miss those unused clothes.

2. Decorations. Many of the decorations in our homes hold no personal value to our lives. They just simply happened to match the color of the carpet or be on sale when we walked into the store.

Unfortunately, they are distracting you and your guests from the decorations in your home that share your story and highlight your values. Take a moment to walk through your home with a discerning eye. Leave only the decorations that are the most meaningful and the most beautiful. Your home will begin to share your story in a beautiful way. And your old decorations will likely end up on sale at your next garage sale.

3. Toys. Too often, we fall into the line of thinking that says more is better... and so do our kids. We begin to purchase and collect far too many toys for our children. As a result, our children have no need to learn how to be creative, helpful, careful, or sharing. In that regard, fewer toys may benefit your kids in numerous ways. Although you may want to consult your children before you relocate their unused toys, there's a pretty good chance that after only a few weeks the old, unused toys will be forgotten (except by whomever used to pick them all up).

4. Cooking Utensils. There never seems to be enough storage space in our kitchens. Yet most of our grandmothers cooked far more often, far more elaborately, and far better than many of us today... in much smaller kitchens. The truth is that when it comes to cooking, simple is almost always better. We need far less cooking utensils than we currently own. As a result, our drawers, cabinets, and countertops can be far better

organized and useful if we simply owned less. To give this experiment a shot, check out this article from the New York Times: [A No Frills Kitchen Still Cooks](#). Then, store all your unnecessary utensils in a plastic bin, put them away out of sight, and see if you just enjoy cooking a little bit more in your new, clutter-free environment.

5. Televisions. According to [Nielsen](#), the average person watches 4 hours, 35 minutes of television each day. And the average American home now has more television sets than people. That threshold was crossed within the past two years. There are 2.73 TV sets in the typical home and 2.55 people. In the average American home, a television set is turned on for more than a third of the day — 8

hours, 14 minutes to be exact. We are literally sitting on the couch while life passes us by. Experiment with owning less televisions. As a result, you will watch less. And when you do, you will be more apt to do it together as a family.

6. Counter-tops. Clutter is a form of distraction. It pulls at our attention and redirects our thoughts — even for just an instant. Everything sitting out on your countertops competes for your attention. Unfortunately, we have become so accustomed to these distractions that we don't even notice them anymore... until they are removed. Experiment, even for just 7 days, with keeping your

countertops completely clear. Store things in drawers, cabinets, pantries, or temporary storage boxes. After one week, you'll likely return some of it for the sake of convenience, but I'd bet my bottom dollar that you won't return all of it.

7. Furniture. It may require some heavy-lifting, but if you're up for the challenge, removing excess furniture from your rooms will immediately open up significant space and airflow in your home. The rarely-used pieces of furniture in your home are quickly recognizable and taking up more space than you realize. Oh sure, this experiment requires a place to store your furniture during the trial period, but it's a quick and easy way to remove some of the largest clutter from your home.



A FEW PARTING WORDS FROM KINSHIP ONE EDITOR MONIKA



When Governors Marty and Terri approached me what seems like FOREVER ago, and asked if I'd join them on their journey on the Kin Do Crew and take on the portfolio of Kinship One / Communications and Awards, I was thrilled. I hadn't dabbled in KS1 since Dave Muir and I did it as Governors way back when. Times have changed, and so has technology and I had some ideas that I really wanted to put into play. And AWARDS??? Well .. 'nuff said ☺

To say I was both thrilled and honoured would be an understatement.

I want to take a small part of this, my final edition, just to say thank you to these two wonderful people who have give this District their "ALL" this year. I have never met nor do I expect to meet, two more dedicated Kin who have served you with their complete hearts. They have travelled many many

miles to attend as many club fundraisers and events as possible. They have given of their personal time to support clubs that have smaller numbers by lending a hand at their fundraiser. They have spent countless hours communicating to assist with issues or concerns. I cannot praise them enough for their efforts this year, and I know that I do not stand alone. Thank you both for being you!

And, thank you personally for giving me this opportunity. I have thoroughly enjoyed being able to put together my version of Kinship One for this District. I do hope that you've enjoyed your reads this year and I look forward to sitting back with anticipation for its arrival next year.

Wishing you all a safe and happy summer .. I'm certain we'll meet once or twice and most definitely at Kin Kamp.

Yours in Kin

LM Monika McKean



Choice, Not Chance

One day long ago, a general decided to attack the enemy, even though he had only one soldier to the enemy's ten. He was sure they could win, but his soldiers were full of fear. On the way to battle, the general tossed a coin and said "If it is heads, we shall win. If tails, we shall lose. Destiny will now reveal herself." He tossed the coin and it was heads. The soldiers were so excited and full of determination that they wiped out the enemy. The next day, an onlooker approached the general and said, "I heard what you told your soldiers, but I don't believe anyone can change destiny." "Right", the general chuckled, showing him a coin that has heads on both sides.

Anything is possible when you set your mind to it.

Good luck to everyone who has taken on the challenge to step outside of your comfort zone next year. Whether it's your first time chairing a project, being on a club executive, joining a zone team or climbing the ladder of Zone and District opportunities .. you are on your way because you set your mind to it!

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**If it's worth writing,
it's worth writing clearly.**

Get to the point.

It doesn't accomplish much to leave your most important information buried in the middle of a paragraph or letter where it might get missed.

Make your key message stand out by using tools such as

- point form
- lists
- bullets

Using these tools increases the white space on the page, and sets your information out where it can be easily found, read, and understood.

Isn't that what you
want to happen?



AWARDS....

FALL CONFERENCE AWARDS

The awards listed below are available for submission until June 30th. I'm certain there are many submissions that could be made so get your thinking caps on and do it!!

If the award is presenting you with a summary / scoring sheet, such as the Kinette of the Year Award, please submit a separate synopsis as to what you're attributing the points. For example -- dates for attendance at functions listed, dates for bulletin submissions, etc. When in doubt, ADD INFORMATION .. too much is better than too little.

GENERAL AWARDS

[District One Kinette Rookie of the Year](#)

[District One Kinette of the Year](#)

[District One Kinsmen Rookie of the Year](#)

[District One Kinsmen of the Year](#)

[District One Perc Dawson](#)

[District One Photography Award](#)

MEMBERSHIP AWARDS

[Kinsmen John Hughes Peckitt Memorial Trophy](#)

[Kinsmen Jay Dunn Memorial Shield and Jay Dunn Improvement Awards](#)

CYSTIC FIBROSIS AWARDS

[Challenge for a Cure Award](#)

[Sixty Five Roses Award](#)

The hot links will take you directly to the District One Awards page and the documents needed for submittal.

Not all of these awards are "submission" awards; some will be awarded through your hard work this past year, and decided by our Membership and Service Directors.

See you at the podium!!!!

NATIONAL AWARDS

Don't forget that there are many National Awards available to you as well. Personal and Club .. all are there for the taking. Check out www.kinCanada.ca for the awards criteria and submittal forms. Due Date .. JUNE 30th ...

The St Thomas Kinsmen Club cordially invite you to join them in welcoming:

The Kinette Club of St. Thomas

to the Association of Kin Canada

Saturday, June 22, 2013

Timken Community Centre

2 Third Ave

St. Thomas, Ontario

~

Fellowship: 6:00 pm

Dinner: 7:00pm

~

Dance to follow

~

Cost: \$ 20.00

RSVP to Matt Sharpe: stthomassharpe@hotmail.com

Home: 226-785-0359

Cell: 519-495-2818

RSVP deadline: June 15th, 2013

**Be a Volunteer:**

Want to be a part of Brantford Kinsmen Annual Ribfest? You can become one of our volunteers, who every year are an integral part of our success, making sure that everything runs smoothly from beginning to end!

You are your Community. Help us make it a Great Place.

Get Involved - Have Fun. Giving some of your time as a volunteer shows you care.

Thinking about getting involved? Our Volunteers make the difference and we appreciated their help. Please join us this year. Your community needs you and so do we at the Brantford Kinsmen Annual Ribfest. We are looking for volunteers to work in various roles. If you've enjoyed visiting a Ribfest in the past, sign up to be a part of the Brantford Kinsmen Annual Ribfest team. As this is an outdoor event, ALL volunteers should be prepared to work in ANY type of weather. Everyone over 14 years of age welcome, Any volunteer under the age of 18 MUST submit a signed, application waiver to complete their registration. There is something to do for everyone.

If you are interested in becoming a part of "Brantford Kinsmen Annual Ribfest", print off the (PDF) application form and mail it to the Kinsmen Club of Brantford - Ribfest Volunteer Coordinator (the contact information is available on the application form) or sign up online to volunteer. Shifts will be posted for 2013.

- [Printable application \(PDF\)](#)
- [Online application](#)
- [Volunteer Handbook \(PDF\)](#)
- Volunteers accredited to work in the beer tents must be 19 years of age and Smart Serve Certified. Smart Serve Certification can be obtained on line [here](#).

Please note that by applying to be a volunteer does not mean that your application will be accepted. We have stringent requirements for all volunteer applicants and an established process to determine applicant suitability. If your application is accepted you will be contacted by our Volunteer Coordinator.

Adults

Get to know the community & your neighbours better. If you want to make new friends, volunteering is a great way to do it. And if you want to make the world a better place, you can start by volunteering. The real question is, why NOT volunteer? Families and friends can volunteer as a group, allowing them to be placed in an assignment together.

We are looking for hard working individuals to help set up the various tents, unload trailers, and do other important tasks which will allow the great event to take place. The work is physically demanding, but guarantees a great atmosphere in a beautiful setting.

Think you're up for the challenge?

Download the [application form](#) print off (PDF) and mail it to the Kinsmen Club of Brantford - Ribfest Committee (the contact information is available on the application form) or sign up online [click here](#).

It is a great way to meet some great Kinsmen and Ribfest people.

Volunteers gracious enough to help out at the event will receive a complimentary t-shirt, a food voucher (consisting of meal and water), a Volunteer Handbook, an appreciation certificate and a great team-building experience..

The Kinsmen Club of Brantford wishes to thank all our volunteers for their help, and we welcome your support. Without our volunteers we would be unable to manage this summer family showcase. We are very grateful for your continued support and we appreciate your hard work. Thank You.

2013

Fri. Aug. 9, 4pm to 10pm

Sat. Aug. 10, 11am to 10pm

Sun. Aug. 11, 11am to 7pm

TASSIMO BRIGADE®

ACCEPTED
WASTE



See the picture above for what you can send in through this Brigade. Then, every time you enjoy a great-tasting TASSIMO beverage, save the T DISC and recycle it with TerraCycle®.

TASSIMO Brigade accepted waste:

1. All types of TASSIMO T DISCS including coffee, tea, espresso, milk and chocolate syrup
2. The outer foil packaging for all of the types of TASSIMO T DISCS listed above

Contact

Katie McKean at katie.mckean@rogers.com and Bill Harris at 10ddgmrl1@gmail.com for further information about this exciting programme which will raise funds for Cystic Fibrosis!



TASSIMO



MOST INSTITUTIONS WANT YOU TO COME IN FOR A SECOND OPINION. WE WANT YOU TO COME IN FOR A BETTER ONE.

As a DundeeWealth Advisor, I am committed to helping you create, manage, and protect your wealth. Having the right Financial Plan in place can take the worry out of Retirement.

We use a unique Wealth Management process that focuses on reducing taxes, maximizing income opportunities, and converting investment management fees as a tax deductible expense.

Let's discuss how I can help you do more with your wealth.



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