



KINSHIP ONE

~SPRING EDITION 2013~

The Official
Publication of
District One



Kin Canada
Kinsmen • Kinettes • Kin
District 1

KIN CANADA'S NATIONAL DAY OF KINDNESS HAPPENED AROUND D1

Many of District Ones clubs participated in the first annual National Day of KINDness on Saturday February 23rd. It was an exceptional "feel good" event not only for those treated kindly, but for members of our clubs as well.

FLIP THE PAGE FOR MORE D1 DEETS...

**And KINdness happened
around District One ...**



Kinettes Debbie and Maggie handing out KINdness



Collingwood Kinettes showing The PEAK FM some KINdness



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



Fellow Kin

Zone Conference Season has come and gone and we survived it.

Thank you to all host clubs and Deputy Governors for the hard work in putting together a great day for your Zone.

Congratulations go out to all the newly elected Deputy Governors and all those who applied and won Zone Awards.

How quickly the year for us has flown by and here we are into April already and heading into Spring Convention; Seussical. We hope you are making plans to attend partially or entirely! Engage yourself!

How is your club doing?

Are you hosting a Bring a Buddy night?

Asking Friends to help at projects or inviting them out to a social?

Are you **Building UP Kin**?

Are you using the tools and people available to help you, District Membership Director Glenn, Cystic Fibrosis/Service Directors Joanne and Adrian?

Are you on-line reporting?

So many things to be proud of fellow KIN! So many things we can share with others. Have you thought of an interclub this year? Have you attended one? Have you invited another club to come visit yours?

Thank you to Communications Director Monika and all members who contributed to this edition of Kinship 1; YOUR District newsletter.

Looking forward to seeing you soon! We're only an invite away!

Yours in KIN

Governors Marty and Terri



KINGRATULATIONS TO THE LONDON KIN FAMILY FOR YET ANOTHER SUCCESSFUL KINSMEN FANSHAWE SUGAR BUSH SEASON.



Make sure you
make plans for
next year..



Over 1,000 people attended the Kinsmen Club of Greater London's Family Day event at the Kinsmen Fanshawe Sugar Bush. To celebrate the Kinsmen Fanshawe Sugar Bush's 40th Anniversary, the Kinsmen Club of Greater London offered a sneak peek at the Kinsmen Fanshawe Sugar Bush by offering free admittance, a campfire with marshmallows in the woods, walking tours, free pancakes and hot drinks and a chance to tap a tree.

President Russ Howe said, "The attendance was beyond our expectations and was a bit overwhelming. Everyone seemed to enjoy the weather and the outdoor activities." The cars were parked as far away as Wyton Road, but "the walk outdoors was great" one visitor exclaimed!

The Kinsmen Fanshawe Sugar Bush was started in 1972 by the West London Kinsmen Club. It is the only Sugar Bush in Ontario solely run exclusively by volunteers. The Kinsmen Club of Greater London took over running tours 20 years ago from the Upper Thames River Conservation Authority and now even bottle their own syrup.

The Kinsmen Fanshawe Sugar Bush Maple Festival runs the first four weekends in March and all of March break from 9 am - 4 pm. This year's season was kicked off by the blessing of the forest ceremony by Dan and Mary Lou Smoke and the Aaron Dolson's Red Sky Drummers as well as the London Celebrates Canada Day committee.



CF DNA Strand ..

Lisa Orth, Palmerston Kinettes, has created this stunning stained glass DNA strand which is a travelling fundraiser. For more information contact Lisa or Brenda Dineen. Thank you Lisa, it's stunning!

FAST FACTS

7.5%

Total number of Kin Canada clubs using online reporting

3.55

Total number of service YEARS already reported online

482

Total number of clubs in Canada that should be online reporting

ONLINE REPORTING UPDATE ..

We have a very easy and accurate way of accounting for our service hours and dollars raised across Canada ; a wonderful online service reporting portal. This will enable gathering of information from coast to coast with a few simple minutes of input. Use it .. and show the Nation what your club is doing !

NATIONAL DAY OF KINDNESS, FOUNDERS DAY & MORE ...



**BEAVER VALLEY KINETTES SHOWING TIMMIES
KINDNESS**

ST MARYS KINETTES CELEBRATING FOUNDER HAL



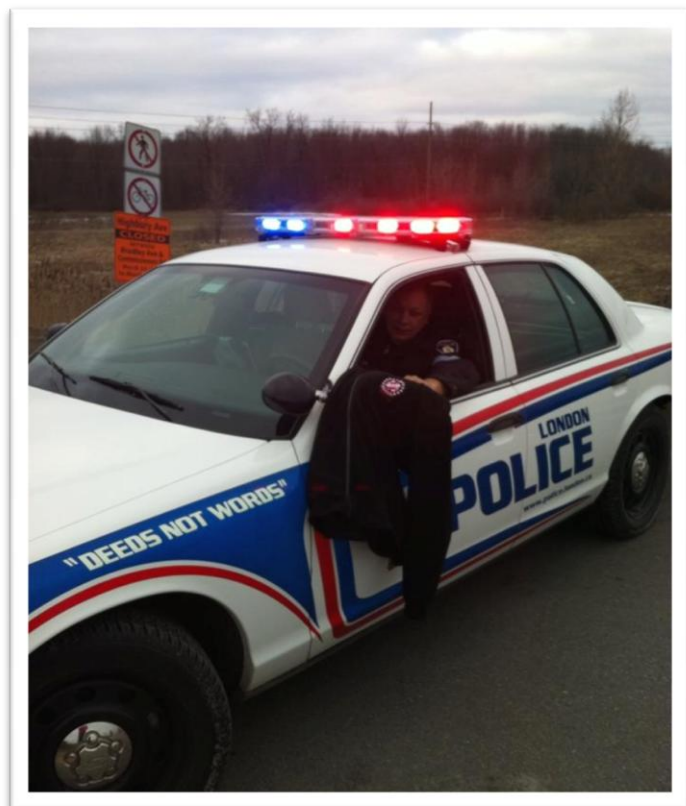
WHAT GOES ON IN D1 GETS PUBLISHED ...



CLINTON KINETTES BEST COSTUME AT ZONE CONFERENCE



ZONE H ZONE CONFERENCE



BIG BLACK THING HAS BEEN CONFISCATED

ZONE F FUN DAY WADDIES TOURNAMENT



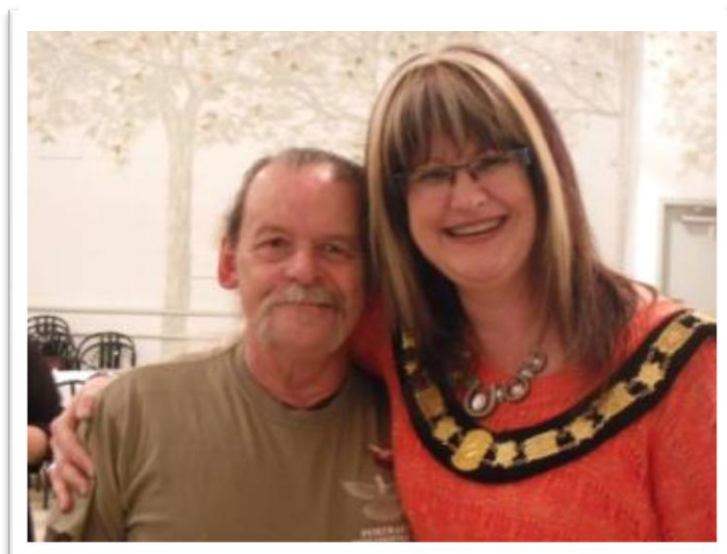


From the Desk of the National President Penny Lees-Smith

Well, this isn't actually from the Desk of Pres Penny, since Pres Penny hasn't been at her desk for a while, as she was busy on a big jaunt across District One from March 22nd to 25th. SO .. a sampling of her travels .. and THANK YOU to Pres Penny for visiting Ontario and to Gov Terri for being chauffeur and tour guide!



PRES PENNY WITH THE ZONE A DG'S



PRES PENNY WITH DAVE SOPHA



PRES PENNY WITH THE COLLINGWOOD KINETTES



PRES PENNY WITH JEN SOLLWS

'B' THERE .. OR 'B' SQUARE!!



Seussical

The Convention

May 17-20, 2013

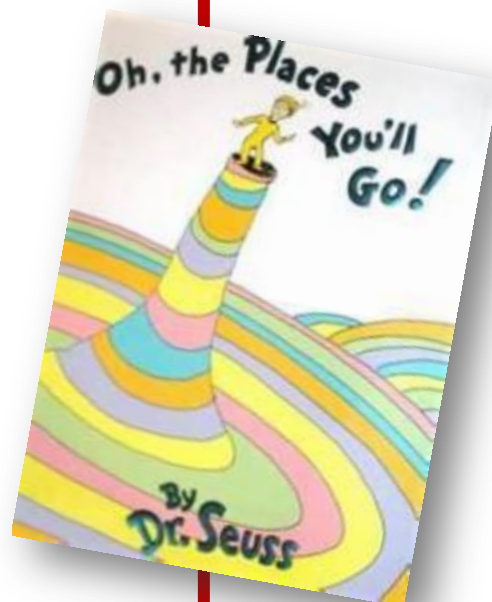
HOLIDAY INN Hotel & Conference Centre
601 Scottsdale Drive, Guelph, Ontario


- Friday** Seussville Opening Ceremonies
Bumble-Tub Club Hospitality
- Saturday** Green Eggs and Ham Breakfast
The Lorax Lunch
Oh the Things You Can Do That Are Good For You
Cystic Fibrosis/ Service Dinner
Bumble-Tub Club Hospitality
- Sunday** Horton Hatches the Egg Breakfast
Yurtle the Turtle Lunch
Cats in the Hats Governors Dinner & Gala
Bumble-Tub Club Hospitality
- Monday** My, Oh My-A Butterfly! Bye Bye Brunch

Registration is only.....

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

Hosted by The Fergus & District Kinsmen Club



LOOK  FOR THE
REGISTRATION FORMS FOR SPRING
CONVENTION ON THE DISTRICT ONE
WEBSITE .. SEE Y'ALL THERE ...



CYSTIC FIBROSIS UPDATES ...



WOW! What an amazing week! Costa Rica was awesome! Kin, family and friends got together. New friendships were made and a good time was had by all. The weather was HOT! HOT! HOT! Not one person complained. There was a plenty of food to eat at the buffet or you could make reservations at the Italian or Mexican restaurant also on the resort. Days were kept busy with water or land tours. If you wanted a lazy day, you could lay at the pool all day and occasionally jump into the water and swim over

to the swim up bar. (This place was very popular) Water aerobics were offered daily and to my knowledge only one kin member took advantage of this. (If you look closely you might recognize "Just Bruce")



This year our focus will be on the "**Great Strides Walk**" May 26th, instead of Cystic Fibrosis Day. By combining the two together we will achieve more. Sign up for the walk at www.cysticfibrosis.ca/greatstrides to start collecting pledges.

Make sure you fill out the special section during registration to identify that you are Kin, including your District and Club name!



The hockey game between Hamilton Bulldogs- District 1 and Toronto Marlies-District 8 was a fun day had by all. Though the Bulldogs lost to the Marlies, District 1 had more in attendance than District 8. The **winner** was **Cystic Fibrosis!** A total of \$260.00 was raised between the two districts.



Keep up the good work, together we are making a difference!

'G' – They're Busy ... *DG Bob Hughes*



I am just beginning my second round of visitations and happy to report that most of the clubs in Zone G are doing well with membership. Chatham Kinsmen are still leading the way with 7 new members as of Feb 28 but just signed up 2 more with 2 coming back as well. Meetings are being held regarding the upcoming Fair in June. Fireworks are next in May. Dresden is at 5 new members as of Feb 28. Sarnia is losing Bayfest and Kinsmen were very involved with that. Ribfest will have to make up for it and I'm sure it will.

Dover Kinsmen and Kinettes are very busy with Perch suppers and other meals planned over the next few weeks. Blenheim Kinsmen down 3 members are busy coming up with a membership drive. They also have Fireworks sales in May. Dresden are preparing for Zone conference and hosting Zone G Kin and National President Penny later on in the afternoon. She's in for a treat (Rabbit Supper). I guess Easter Bunny's will be few and far between. Chatham Kinettes got great publicity

and response to their KINdness day activities. They gave away Coffee at a Tim Hortons, gave flowers away to ladies downtown, gave everyone at morning Bingo a free strip of Jackpot cards and dobbers and paid for 5 cars parking at the Hospital until they were threatened to have the police come and arrest them for soliciting by security.

Should have told them not to dress so sexy. They had one lady ask about how to join Kinettes. They may be doing this on a monthly basis next year instead of just Feb.

Merlin is keeping the Zone CF fundraiser alive with a Perch fry April 27th and have a Yuk Yuk's comedy night April 6. Wallaceburg is up 3 members and are gearing up for their second annual Rib fest in the summer. They continue to do well with owning their Community centre and Bingo Hall and have several clubs renting space from them. Great project and initiative. Kudos to Wallaceburg. Tilbury has their Bike draw coming up again this spring and are looking into Fireworks sales for May long weekend.

I am gearing up for Zone conference by promoting Awards and membership attendance at Zone. I hope we can fill the hall with Kin and have a great Zone conference.



TELEMIRACLE .. what another District does for Service

Submitted by Jacqui Cameron

"The Kinsmen Foundation, through donations to Telemiracle, assists Saskatchewan people to acquire special needs equipment and access to medical treatment." On March 2nd and 3rd, Telemiracle 37 raised \$5,546,712, pretty remarkable for a province with a population of 1,079,958. In 37 years the people of Saskatchewan (and friends from all over the world) have donated over \$100 million through Telemiracle (\$102,070,692 is the all-time total). The first weekend in March 1,100 Kinsmen and Kinettes gather in either Regina or Saskatoon to provide the manpower needed to make the miracles happen; it is like a big family reunion. Talent from across Saskatchewan performs during the 20 hour televised production, taking only a half hour break for the national news. All the food is donated by local grocery stores and restaurants. There are volunteer committees (and shadow committees learning the ropes for the next year) for everything you can think of - souvenirs, food services, corporate, treasury - to name a few. These are a few of the facts.



Here are some of the moments you don't know about unless you've volunteered at Telemiracle. My apologies if they are a little scattered and random...kind of like me.

You never forget the first time you meet Bob McGrath from Sesame Street (TM 30, backstage, gave Bob a muffin; he touched my elbow and said the muffin was delicious). After that initial star struck moment, you realize that Bob and the rest of the national cast are really just an extension of our Kin Family and are touched by the same Telemiracle moments that we all are. Bob has been part of the national cast for 36 out of 37 years and this year he was presented with the Saskatchewan Distinguished Service Award by Premier Wall.



The human chain that forms to pass the stacks of pledges during hour 20 and begins at stage left, then winds all the way down 4 flights of stairs, finally ending in treasury is something that is really special to be a part of. During TM 36 I was the last in the line and handed in the final stack of pledges to treasury. When the chain first starts people are spaced about 20 feet apart...by the end you are standing shoulder to shoulder with your fellow Kin.

You never really get over the thrill of seeing your name or the name of your friend - "Micheal Grattan- Rylan, Peterborow ON" - scroll across the bottom of the TV screen (despite the spelling mistakes we all know who called in a pledge), even better when there is a special message or challenge attached to it.

During Telemiracle 36 I stood at stage left and watched as Rylan's schoolmates (a special needs school with only 28 students) presented a cheque onstage and Telemiracle Teddy was there to hug me and catch my tears. For those who don't know, Rylan has a seizure disorder and in 2012 I applied to the Kinsmen Foundation for financial

assistance. Foundation funded our trips to BC Children's Hospital where he had brain surgery (3 months before Telemiracle) and also purchased a special enclosed bed that keeps him safe at night (bed was purchased through MediChair and Good Kin Jason Kelln did the installation). After TM 36 was over, Ryan (Malley) and I took a very tired NP "Uncle" Dave Ronson, to visit Rylan on the pediatric respite unit that was funded by Telemiracle Foundation. This is the unit that D3 Governor Sandi Barrie nurses on. It is a special feeling knowing that one of my fellow Kinettes tucks Rylan into bed at night when he is there for respite. Family of Kin surrounds me in ways that I never imagined.

The fund-raisers that individuals, schools, dance troops, and businesses come up with are amazing. Seeing a little girl bring out a cheque that is bigger than she is and hearing how she had a lemonade stand at Craven and also pledged all her birthday money to raise over \$3000, makes your heart melt. The Agriculture students at the University of Saskatchewan have had an bed push for over 3 decades which results in at least a \$10,000 annual donation. Kinsmen and Kinette clubs from the tiniest towns present cheques for \$40,000 plus on behalf of the combined efforts of an entire community.

Every kid in Saskatchewan grows up with the phrases "ring those phones", "where are we going?", "HIGHER", and "Go Riders!".

Telemiracle is an incredible experience and I am so proud to be a Kinette and so grateful to be a Telemiracle recipient. I hope this has given you a little bit of an idea of what Telemiracle "is". If you ever get the chance, come volunteer at Telemiracle - we promise you don't have to work the entire 20 hours - unless you want to!

You can find Telemiracle on Facebook, Twitter, (@telemiracle), and online at www.Telemiracle.com, with live online streaming during the show. In 2013 Telemiracle created a You Tube channel - you can watch the opening and closing of the very first Telemiracle in 1977.



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While traveling the world!**



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PADDYFEST .. WASN'T THAT A PARTY ..

Submitted by Tina Glanville



Paddyfest... In a few words, its one heck of a party. But to explain it in terms of volunteerism and community it is so much more. Paddyfest is a large two week long Irish festival that the Listowel Family of Kin host. It has evolved and changed over the years but it is sort of like a home coming if you ask a Listowel native. If you don't see your friends from high school any time in the year because of life commitments or moving out of the area, Paddyfest is most likely the time of year you will see them. An arena filled with 1000+ people on a Saturday afternoon speaks volumes in a town with a population of just 5500. The Listowel Kinsmen, Kinettes and K40 work hard to organize a great two weeklong

event that includes an ambassador competition, gala, lost heir/euchre tournaments, charity casino events, a parade, and great indoor concerts. But it wouldn't be possible without the commitment from other service clubs, members of the community, businesses and charities.

I grew up a Listowel Kin Kid and even though I am not a Listowel Kinette, I look forward to helping out every year... whether it be spinning a crown and anchor wheel for 5 hours on my feet, pouring beer from the taps until I smell like a brewery, selling drink tickets to "happy" men who insist on kisses and flirting (thinking that it will allow them to buy more tickets, which it does not lol) or rushing to get dirty floor boards off the arena floor until 430am with my fellow Kin so that we can get back for a bit of fellowship, fun and breakfast afterwards returning home exhausted at 7 am from a full night of work. I am exhausted after but I feel a huge amount of pride in the Listowel Kin Family and the Community of North Perth for working together to make their community great! I



feel lucky to be included in such a great event!

The money raised builds swimming pools, arenas, supports minor sports, creates a new splash pad, gives playground equipment to parks and schools, learning aids to schools, provides much needed hospital equipment and so much more. If you ever have a chance come to Paddyfest, not only will you have a great time but you will see volunteerism at its finest! Congratulations to the Listowel Family of Kin on another great Paddyfest!

Photo credits to Andrew Smith (photographer) and the Listowel Banner





PAST GOVERNOR 'RAMBLINGS' ..

Up we go fellow Kin! We have now built our way into Zone Conference season and that is a sure sign of spring about to be sprung upon us, and for us to shake the blahs of old man winter.

It is also a time for not only your own personal growth and education, but also to share in the one thing that keeps us strong... Fellowship! What a better way to do so than attending your Zone Conference and seeing all the friends you may not have gotten to see all winter. But even more importantly a chance for you to become part

of a Zone team or lead your Zone as Deputy Governor or to cheer on your zone award winners, give a pat on the back and a "Great Job" to our Public Speaking competitors. Time to rise up and celebrate!

Truly one of the best jobs in the Association is becoming a Deputy Governor and every year we are thrilled to see who will become part of the next District Council. Please make sure that you encourage those who are willing to give of their time over the next year to keep our association strong.

Zone Conference also is the start of our Awards program. District One has had great participation in the Public Speaking department and has done extremely well at the National level the last few years and we look forward to seeing that continue. But remember there are many many awards you and your club should be applying to and for.

Plus it is a great way to keep L.M. Monika busy judging all of them and off Facebook :-) !!

We have both been busy as of late taking on various roles/jobs as asked of us by our Governors and their Executive and we look forward to seeing you in our travels.

Take time to engage yourselves in the business of your Association and educate yourself to the many changes we have been undergoing as an Association as well so you can make informed educated decisions. We have people running for Vice Governor and for National Director and we encourage you to take the time to get to know them and to understand what they stand for and why they are seeking to represent you.

Something we were also very proud to hear about and wanted to share with you is that because of the overwhelming success of the REV program last year (thanks to each and every one of you, the members of District One) you should be happy to hear that both Districts 4 & 7 have contacted us regarding the REV program and are seeking to implement it in various formats in their Districts, and we have been more than happy to provide them with all the information they have required and wish them all the best. So we raise our glasses in a toast to each of you on a job well done District One !!

Yours in Kin

Colleen & Dan

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OUT AND ABOUT IN DISTRICT ONE ...



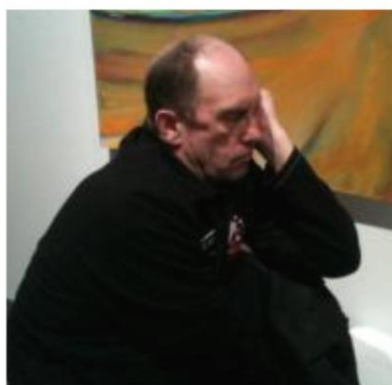
BIG BROTHERS BIG SISTERS BOWLING TEAM



STEVENSVILLE KINETTES



HAMILTON STONEY-CREEK MURDER MYSTERY NIGHT



SOON TO BE ST.
THOMAS
KINETTE'S
MYSTERY BAR
TENDER..
ANYONE?????

Out and About in District One ...

TV Auction assistants, D1 Service Director Joanne and National Kin CF Liaison Brenda



Our own Dave Sopha being interviewed for CTV



Juno award winner Jack de Keyzer in Clarksburg .. a Beaver Valley Kinette fundraiser



Zone K's Got it Going On

It never ceases to amaze me of how great the Kin clubs are in Zone K. Many of them, like other clubs have struggled with declining membership, yet they continue to Build Up Kin. Some clubs have increased or changed their focus and awareness of projects and fundraisers. Some clubs have made fundraisers more family friendly therefore by building ties to a larger demographic of their community. Other clubs have diversified projects to include green friendly initiatives that BUILDs a greater respect of all Kin driven initiatives. Other clubs have had to take the approach of dropping events to avoid further strain of their members. Yet they have lost nothing by doing so. Least not more members. Then we have clubs that are Building Up Kin by introducing new members. And I mean New, all under the age of 24. How many? You will have to wait until District Convention. It is evident that all the clubs have Built Up friendships with their members. They have achieved this by having fewer meetings too having more social get together. Even the odd spontaneous get together at a local watering hole Builds memories. All the while, professionalism at a meeting is maintained. It seems obvious even the presidents with limited Kin experience have been Kin trained by their mentors. I am confident that all Kin clubs in Zone K will continue to Build Up Kin it their community and within their clubs. They all do it differently, but they all do it for the same reason. The future of Kin depends it.

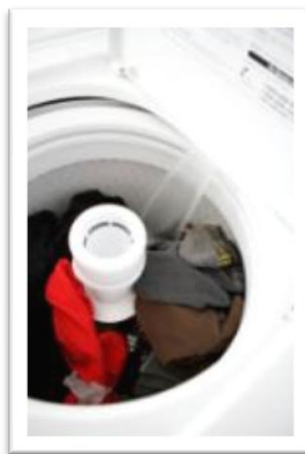
Y.I.K.

David



Dave Crowley's act of KINDness ...

Around this time of year our house is quietly enjoying winter but slowly waking up to spring ,the sun shines bright and feels warmer ,the snow glistens and the phone is ringing with calls for sugar bush information .



The other morning as normal the phone rang as I answered the call the voice on the other end requested for someone to repair her washing machine it was not draining, with my quick sense of humor I responded that we are a service club not a repair shop .The elderly lady replied but I don't know anyone and have very little money. At this time my good nature kicked in and I

volunteered to check the problem ,but could not be there until later in the afternoon .With this response my wife said what are you doing this could be trouble ,but I responded by saying the lady sounded so happy when I offered to help .Later that day I responded to the address only to find a 92 year old lady living alone in a huge house who was so happy to have someone help her .The response was your not a service man for washing machines ,yes ,you are right I then introduced myself was then lead to the basement of this house only to find a 35 year old washing machine with the pump stuck and the transmission malfunctioning .I moved the machine unstuck the pump and removed the water but was unable to repair the transmission. Again this frail elderly lady was so impressed that a service club would go out of their way to assist her she gave me 20 dollars and I in turn gave her an act of kindness card with Darrell Cooper's name on it and told the lady to call any time that we are there to help the communities greatest need .The smile and happiness that I experienced was wonderful Moral always be at your best even on the phone ,I am glad I was that day just to brighten the life of another loving person

Kinsmen Electric Dave Greater London

Almost 100 new Kin in District One

DMD Glenn ..

To all of the clubs and the individual members who took the initiative to Be a Legacy and Build Up Kin by inviting someone to join our association, Your community is forever grateful.

Clubs in District one are working on several potential charters, St Thomas Kinettes, Fonthill Kinettes, Flesherton Kinettes, Brantford Kinettes and Saugeen Shores Kin Club. If you know anyone in any of these communities send me message and I will put them in touch with the sponsoring club.

The sponsoring clubs deserve our unconditional support. It's a lot of work to get a club off the ground and mentor them for the first couple of years. If any of the above clubs are in your zone thank them and offer them any assistance you can.

We have the potential this year to break the trend and end the Kin year with positive growth. Is your club and or zone one of those who is being a legacy in their community and Building Up Kin? If not what are you waiting for...

Still looking for those clubs in each Zone that shows us what Kin is really all about. What project makes your club the Most Kinspirational in your zone? Let your DG know about that special feel great project that makes your club exceptional in your community.

The game is now in the last quarter, Now is the time to take affirmative action. Be a legacy, invite someone to join Kin, show your club the unity and professionalism that it and your community deserves and Build UP Kin.

KINGRATS if you are responsible for someone on this list!

Christina	Corbett
Samantha	Loucks
Bob	Simpson
Bill	Moore
George	Garbutt
Wayne	Croft
Mark	Timson
Eugene	MacArthur
Rosemary	Thomas
Andy	Sheard
Dean	Fritz
Kurtis	Cleary
Stewart	Ruffley
Greg	McFadden
Jason	Badder
Mike	Taylor
Jerry	Janssens
Darren	Logan
Ryan	Hill
Amy	Burdge
Bob	Brown
Derek	Martin
Jay	McKenzie
Lance	MacKenzie

Josh	Boersma
Chris	Wilmans
Kyle	Gould
Paul	White
Doug	McIntee
George	Kuusisto
Doug	Martin
Scott	Bickford
Matt	Wilkinson
Steven	Hall
Stanley	Gore
Dan	Woods
Thomas	Chivers
Steven	Gore
Dustin	Cherry
Samantha	Mansfield
Randi	Mansfield
Jaime	Wolf
Alexis	Kelly
Kyle	Hodgins

Ryan	Munn
Gabe	Myers
Tom	Kelly
Rhonda	Murray
Daniel	Butler
Adam	Ogilvie
Shawn	Willson
Cliff	Sterritt
Murray	Sheehan
Fred	Teichgraf
Jerry	Crowley
Karen	Lavallee
Amanda	Watkins
Cathie	Brillinger
Marg	Holroyd (LM)
Tiffany	Lawlor
Darren	Cunliffe
Joshua	Hatton

Andrew	Scott
Todd	Kneller
Philip	Worrall
Curtis	Tideswell
Paul	McCullough
Claudia	Lamphier
Kim	Campbell
Kelly	Strickert
Jennifer	VanEngen
Bobbi-Sue	Scott
Kim	Schaab
Donald	Alp
Greg	McCullough
Paul	Kersey
Jason	Vince
William	Findley
Nick	Loiselle
Chris	Stoddart
Cheryl	Mark
Melissa	Anderson
Karson	Tennant
Steven	Chemerys
Ryan	Nagy
Brett	Hueston
Shideh	Houshmandi
Brian	Legree
Jennifer	Priestly
Elizabeth	Chambers
Sue	Atkinson
Helen	Lauzon
Aron	Gilard
Terry	Williams
Ken	Bos
Jonathan	Nelson
Chris	Fischer


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Kin Kids do
you
suppose??





MEANWHILE, BACK AT HEADQUARTERS ...

Submitted by Bick Trinh, Member Relations | Avid Cyclist and Optimist (K.. she doesn't mean the club)

Members in D1 have lucked up as they are geographically close to Kin Canada in Cambridge, Ontario. Often, members would 'pop in' for a visit and staff would embrace them with open arms – because it is nice to see someone new and we love to have visitors. Between the 9 staff members; Ric, Carmen, Melina and Bas have been employed at Kin Canada in the double digits. The rest, present company included, are fairly new. I've been employed at Kin Canada for just over a year (November baby). I want to share with you some of my highlights: the process of marking Diane Rogers Kin Pride Award (I felt like a teacher frantically marking papers); I had my latte, cranked up my radio and plough through all the paperwork. No one wanted to come into the office as paper were all over the floor and on my desk. Second was attending the 2012 National Convention in Peterborough, ON. Like many of us who are new, this was our first hand experience to see what transpires at convention. Following convention, I also attended D1's FLC in Kitchener, ON (due to time restraint, I was only able to attend the opening

ceremony); like convention, I had the opportunity to meet more members and spawned more friendships - shaking their hands, giving them hugs and putting faces to names was an immeasurable experience.

When I ask the veteran staff, what makes working for Kin Canada so special? The answer was unanimous: the members. Now, I understand why. My day to day is working on the computer, often the members would call to inquire 'x, y, z' and it a perfect time to chat; getting to know them, hearing their community projects, brainstorming on solutions etc. (I've learn so much by our correspondence so keep them coming).

Outside of work, you can probably find me on the side roads riding my bike. Last year, I rode from Toronto to Niagara Falls – all in one go. It was a challenging journey as the sun was blaring, pollution was high and body felt fatigue. Many times I wanted to give up but I wasn't riding to Niagara alone. I had three other friends and they kept me motivated and vice versa. Nine hours later, we made it and we all felt like a million bucks (that probably because the serotonin was working its magic). This year, my plan is to start early. Get my bike tuned up and start riding before the season officially kicks offs. If you're in the Cambridge area and want to join in on a 50km bike ride, let me know, I'm in!



DOES THE COST OF KIN REALLY EQUATE TO THE VALUE OF KIN?

At the Zone, District and National levels, we are always hearing mumblings about what we pay for dues. Many of our members feel that it is money just being wasted...where is it going? For what purpose are we paying this money? What's in it for ME???

Let's take a look at a breakdown of dues being paid by an average club of 12 members.

Zone Dues (as a guesstimate):

\$10.00 per member annually (including dues and assessments)

District Dues:

\$32.00 per member + 2 x \$50 in Convention assessments + \$5 for house rules = **\$40.75** per member (if you don't attend a Convention and get your assessment returned)

National Dues:

\$157.40 per member as passed this year.

Total amount your club owes for each member -- **\$208.15**

So, cheques have been written to the various levels of governance of Kin for **\$208.15** per member of your club.

What do you get for these dollars?

Zone Dues – The money collected for Zone dues is used to offset the costs of your Zone Deputy Governor, Zone CF / Service Director and Zone Membership Director and any other Zone Team members, which includes, travel, phone, office / postage / etc., meeting supplies / incentives, awards, etc.

District Dues – These funds go toward a multitude of services which include not only basically the same expenses as the Zone team incur only on a larger scale, but also, toward education (District Leadership Seminar, Incoming President's Seminar, Conventions); awards; recognition attendance; administration, etc.

National Dues – A large portion of our National Dues go to expenses for which we have no option but to pay. The per person \$ amount for insurance is around \$30.00. The remainder goes toward administration at the National governance level and the National headquarters level, education, awards, publicityetc. (please note that a portion of these dues can be paid from the club Service account)

Kin costs, there's no doubt about it. And because of that, a per person membership fee is usually charged to each club member. Let's say for example, that your annual club dues are \$100.00 per person, just 48% of what is actually paid out for you through the club coffers. And where does the remaining \$108.15 x 12 = \$1297.80 come from? Look at it in this light....just to make up the shortfall in the dues payment that goes out for each individual member, your club must raise approximately \$8700 from the community. Of that \$8700, 15% is traditionally taken to go into General funds, to offset club operations. That equates to \$750 of personal fundraising that each member of the 12 person club is responsible for, to cover their portion of the dues that are paid. *That's a whole lot of fundraising.*

So, with that being said, take on the challenge to make sure that you are a contributing member of your club. That you participate in every event to the best of your ability; that you take on the challenge of selling tickets, food, candles, whatever your club is promoting, because you DO have an important role to play in not only your clubs' financial success, but the health and growth of your club as well.

So, now that we've covered the **Cost of Kin**, let's talk about the **Value of Kin**. The rewards we receive for being in this wonderful Association, ones that we can't put a price tag on.

What do you see as a benefit be it personal, professional, emotional – to being a Kin member? Think back.....what skills have you developed since you joined this organization? Are you able to stand up in front of your fellow Kin and propose or defend a fine? Are you able to put to paper a project report for something that you have run in your club? Have you jotted down your thoughts and submitted them to the bulletin? Kinship One? Kin Mag? Perhaps the Quill Award? And what about all those times you have assisted on a committee to make a fundraising event happen within your community.... yes, you gained skills and knowledge there. These skills are just a few that many of us seem to absorb through osmosis being in this wonderful Association. Skills that NEVER would you be able to put a price tag on.....ones that you have gained not only while working to better your community but while making friends and having fun at the same time. Heck, school was never this fun!

So, we could list some of the tremendous skills and benefits we gain as being:

- ✓ Friendships
- ✓ Team work skills
- ✓ Travel
- ✓ Project planning
- ✓ Public speaking
- ✓ Networking
- ✓ Sense of community
- ✓ Sense of self-worth
- ✓ Meeting planning
- ✓ Organizational skills
- ✓ Multitasking skills
- ✓ Writing skills
- ✓ Co-operation
- ✓ Debate skills
- ✓ Compromise



What kind of a price-tag can you put on the skills that you receive in Kin? Not only are all of the opportunities available to us just by participating, we have the added bonus of being able to grow our skill set by accepting positions on committees, on the club executive, on the zone executive...district...national...and the list goes on. At each level, there is training provided and a whole new network of people that will help you grow, learn, make friends and have fun.

Think about this the next time you write your dues cheque, and in that little spot in the bottom to say what the cheque was for, why don't you write down ***"to grow, learn, make friends and have fun."***

Help us stride towards the cure for a disease that is cutting young lives short.

Fight cystic fibrosis.



**Cystic Fibrosis
Canada**



Kin Canada
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Tips for Collecting Pledges

Social activities are a simple and great way to have fun while introducing the Great Strides™ walk:

- Hold mini-fundraisers to help you spread awareness and get others involved. Try a bake sale, games night, casual day at work - use your imagination!
- Hold an information / kick-off meeting to recruit Team members, hear from a CF speaker, answer questions, create excitement, and set pledge goals.
- Be creative, be wacky, have fun!



Sunday May 26, 2013

We Can't Wait to See You There!

This May, you can join a movement. More than 12,000 families, friends, and colleagues will unite from coast-to-coast to demonstrate their personal support of Cystic Fibrosis Canada's vital research and care programs for Canadians struggling with cystic fibrosis.

Thank you Kin Canada, for joining us to take great strides in the fight against cystic fibrosis. We can't wait to walk with you once again!



Register Today!

- Sign up for the walk at www.cysticfibrosis.ca/greatstrides to start collecting pledges.
- Fundraise with Facebook - We recommend registering for the walk with your Facebook account information so that you can fundraise directly from within Facebook.
- You can register yourself and your team members online, invite others to join your team, and track both online donations (credit card) and offline donations (cash or cheque).
- Make sure you fill out the special section during registration to identify that you are Kin, including your District and Club name!
- Familiarize yourself with the fundraising resources and tools available to you on the Great Strides™ website that will help you to exceed your fundraising goals.

Connect with us

www.cysticfibrosis.ca/greatstrides

Email: great.strides@cysticfibrosis.ca

Twitter: @GreatStridesCDN

FB: www.facebook.com/cysticfibrosiscanada

greatstrides

Taking Steps to Cure Cystic Fibrosis

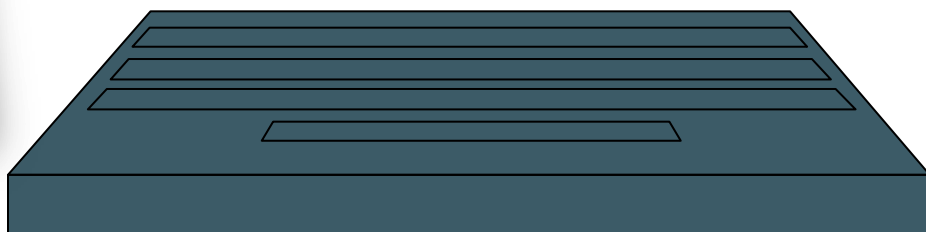


www.district1kin.ca

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

DID YOU KNOW .. to contact Carmen Preston at Headquarters for quotes on all your awards and Kin Sales needs?

Carmen Preston
Office Manager
(800)742-5546 ext 205
cpreston@kincanada.ca

Just a click away

Marty Makins, Governor
mmakins@shaw.ca

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

Adrian Helm, Cystic Fibrosis/Service Director
amhelm@rogers.com

Joanne Bint, Cystic Fibrosis/Service Director
jo_jomb@hotmail.com

Karen Coutts, Secretary
kinkaren@wightman.ca

Russ Jackman, Treasurer/Webmaster
russ@internetadvisor.ca

Glenn Dobben, Membership Director
gwd@wightman.ca

Monika McKean, Awards/Communication Director
mmckean@rogers.com

Don Cousins, Coordinator
cousins1@sympatico.ca



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Zone C Kinette Update .. *Deputy Governor Lisa*

Congratulations to the Kinettes of Zone C who participated in the awards program at this year's Zone Conference held on March 10, 2013 in the Beaver Valley. Christina Corbett, a new recruit in the Beaver Valley (coming from St. Mary's) won the Speak Off Award and will be ready to "Rock your Socks off" at Spring Convention. Odette Houle from the Shelburne Kinettes tickled our funny bone with her award winning joke. It turned out that both of our jokers had very similar themes when it came to their jokes. Hmmmmm.

The Kinette Club of Collingwood, under the skills of editor Kim Dadswell walked away with the Bulletin Award, and also The Kevin Denbok Cystic Fibrosis Awareness Award. Rounding out the day was the Kinette Club of Beaver Valley winning the Zone C Service Award. Congrats to all, and kudos to all that participated.



DG Lisa having a siesta during Governor Terri's address to the group .. hmmmmmmm



Kaiden's Care Kits Wins Aviva's Community Fund

Congratulations to Kinette Helen Meinzingher who won a grant of \$35,000 from



the Aviva Community Fund Challenge for her Kaiden's Care Kits project. Thank you to Kin Canada and every member of our CF community who showed tremendous support and dedication for this project through their votes. With Aviva's generous grant, Cystic Fibrosis Canada will be launching the Cystic Fibrosis Canada Resource Kit pilot project in 2013, which will

provide resources to help support newly-diagnosed cystic fibrosis families.

Shelburne Kinettes CF Act of KINDness

We have a group of ladies that deserve a huge thank you with applause for their generous act to a family in need, in their community.

One of the Shelburne Kinettes works with a woman whose granddaughter has Cystic Fibrosis, and is on a donor list for new lungs.

For the biweekly trip to Sick Kids Hospital, this family spends approximately \$100 for gas and food per trip.

Knowing of the expense this family has, the Shelburne Kinettes purchased \$1000.00 in gift cards for gas at two major stations and donated them to the family to help offset their expenses.

Thank you Shelburne Kinettes! Thank you for doing what you do for your community



If you hear of something that needs recognition, please let us know we want to tell the story.

OUR NATIONAL VICE PRESIDENT SPEAKS ...

Change... are we ready, willing and able?

bystander



or

NAVIGATOR



Fellow KIN, we often talk about needing change. Change for survival, but what are we focusing on? Are we ready to let go, shift our thinking in order to move forward?

Take membership as an example. We focus on recruitment and we are good at it. Over the last 10 years we've brought in, on average, 750 new members per year. What does that mean?

$10 * 750 = 7,500$ plus current membership of 6,000 = 13,500 members

Dues now = \$200 – with 13,500 members = \$89

Problem - we tend to spend less time focusing on retention, as a result we lose on average 750 members per year. We can never get ahead of ourselves. Our National Member Committees work hard on developing tools for clubs to assist them with retention. We need to use those tools to our advantage. Let's ensure that the committees have freedom of creative development to address the changing volunteer environment.

The General Operating By-Law (GOB) is another example. The National Board is currently working hand in hand with the Governors and Vice-Governors on the revised GOB. A great deal of thought goes into each meeting, with the focus being the best interest for the future of KIN. Can we as an organization shift our thinking to accept the changes? Changes that could include structure, governance, etc. There are many possibilities and now is the time to act.

We are all passionate about KIN and it's future. Let work together, be forward thinking. Our future depends on it.

Yours in Kin,
Melodie (Mel) LeMoeligou

National Vice-President





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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!



A new washroom facility for the upper campground at Memorial Park will soon be built on the site of the old facility, which the municipality has already torn down. All that is currently left at the site are some servicing wires and hoses. *Chris Fell Photo*

The Municipality of Meaford and the Meaford Kinsmen Club are teaming up to build a new washroom facility for the upper campground at Memorial Park. Meaford council at its regular meeting on Monday, January 14 approved a tender to go ahead with the construction of a new washroom facility at the popular campground. The project will cost just over \$114,000. The Kinsmen Club of Meaford has committed \$50,000 for the project, the municipality has secured a \$50,000 grant for the work and the municipality will cover the remainder of the project from reserve funds set aside for the park.

At the meeting long-time Kinsmen Club member Tom Bumstead made a presentation about the Club and its long history with Memorial Park. Bumstead explained to council that the local Kinsmen club has been involved with numerous projects at Memorial Park during its 60-year history, including having been involved with the construction of the Kin Hall, the snack bar, the picnic shelter at the beach area, the park's various washroom facilities and the horseshoe pits. Bumstead also pointed out that the Kinettes Club has helped install the playground equipment, the picnic tables and has taken responsibility for the flowerbeds at the park.

Each year the Kinsmen Club hosts the massively popular Kin Kamp event at Memorial Park. "All the money raised from Kin Kamp goes back into the park. It is all re-invested to make Memorial Park a better place," said Bumstead, who asked council to approve the washroom replacement project that was on the agenda for the meeting.

Mayor Francis Richardson thanked Bumstead for his presentation. "Thank you for reminding us how important the Kinsmen Club is to our community," said the Mayor. "Service clubs are the life blood of communities," he said. Later in the meeting the Memorial Park washroom project tender report came before council for consideration. CAO Denyse Morrissey reported to council that the original tender for the project came in at close to \$156,000. That was almost \$36,000 over the \$120,000 set aside in the capital budget for the project.

The municipality received three tenders for the project. However, two were rejected after being deemed incomplete by municipal staff. One tender was acceptable to the municipality. Municipal staff negotiated with the company to discuss how to get the costs of the project closer to budget.

As a result of those discussions, the decision was made to change the building from being a concrete block building to a wood frame building. The savings brought the cost of the project to less than \$115,000.

"We're now within budget again. We're very happy. We know the community will greatly benefit from this project," said Morrissey.

Councillor James McIntosh asked the CAO when the project would start and when would be finished. Morrissey said, assuming the project receives final approval from council at its regular meeting on January 28 (decisions made at the first meeting of the month are preliminary until formally approved at council's second monthly meeting), that work would begin by the end of the month and would be substantially complete by the Victoria Day long weekend in May. The previous upper campground washroom facility has already been torn down.

Come take your own after picture ☺

Welcome to Meaford's 53rd Anniversary of Kin Kamp August 2-5, 2013



WELCOME FELLOW KIN,

to our 53rd ANNIVERSARY OF KIN KAMP!! We know that this year's Kin Kamp will be a Kin-fun-filled weekend, and we are looking forward to seeing you *all* here for all the fun & fellowship that define Kin Kamp. We would like to acknowledge that, without the co-operation, participation and contributions from ALL clubs past, present and future, the Meaford Kin Kamp would not be the success that it is today!

Pre-bookings at the Kamp have started already, so please REGISTER EARLY!

EVENTS / BOODLE BAGS:

Every year we are challenged to come up with new and interesting events. It is our hope that EVERY club will participate, and sponsor an event, game or challenge at some point during the weekend. If your club has a new idea, or a revival of an old one, we would be happy to fit you into our schedule. **Please see Club Registration Form #1 to sign up your event** with your registration package.

If your club cannot run an event, but would like to contribute an item to the *Boodle Bag*, please send 250 of your item to me **at least one week before the Kamp**. All contributions will be gratefully acknowledged.

KIN KAMP BULLETIN:

If you would like your event scheduled in our *Bulletin Timetable* of Events, please let me know the particulars and a contact person/phone number so that we can confirm the details and timing of the event. If you want to include a **FULL PAGE AD** in the *Bulletin*, please be creative, design an ad, and forward 250 copies on 8-1/2 x 11" paper, to myself **at least one week prior to Kin Kamp**.

PARKING LIMITATIONS:

PLEASE HELP us keep the roadways passable and our Kamp safe, by limiting the on-site vehicles to an absolute minimum. As in the past, a parking lot will be setup, in the field beside the sewage treatment plant, outside the park entrance. Due to fire and safety regulations, we can allow only a minimum number of vehicles at each Kamp site: ALL OTHER vehicles must use the parking lot outside the park. Please help us make more room for KAMPERS, not PARKING. As well, there are to be **NO ATV's or off-road vehicles** at Kin Kamp.

*** Kin Kampers are also asked NOT TO PARK in the public day-use parking spots immediately below the hill.**

RESERVING SITES EARLY:

Reservations for before or after Kin Kamp can be made by phoning the Memorial Park Campground at 519-538-2530 (1-800-399-6323). I *hope* to have a copy of the Kin Kamp map layout to the park office by July 1, so that you can reserve the same sites for before or after Kin Kamp. The parks board management has asked the Kinsmen Club of Meaford to remind all Kin Kampers not to disturb other campers in the park before the actual Kin Kamp starts. The Kinsmen Club of Meaford does not have the sole use of the Kin Kamp field until 5:00 p.m. Friday August 2, 2013. Anybody having complaints filed against them by park management will be asked to leave the park with no refund of registration by either the Meaford Parks Board or the Meaford Kinsmen club.

Please fill out and return forms #1 & #2 with Club Cheque for total registration by June 1, 2013.

Make Cheques payable to: MEAFORD KINSMEN CLUB / KIN KAMP 2013

If you have any questions, please call me at Home: 519-538-4138, or *e-mail* me at tweldrick@sympatico.ca.

Yours in Kin,

Tony Weldrick

2013 Kin Kamp Registration Chair

MEAFORD KIN KAMP 2013

CLUB Registration Form #1

(Must be completed and returned with Form #2)



Please send registration form along with ONE CLUB CHEQUE or MONEY ORDER for the total cost of all registrations for each club.

Make cheque payable to: **MEAFORD KINSMEN CLUB / KIN KAMP 2013**

Send Registrations to: **Kin TONY WELDRICK**
30 Edwin Street East,
Meaford, Ontario
N4L 1G5

For further information contact myself at Home: 519-538-4138 or e-mail me at tweldrick@sympatico.ca.

NOTE: Registrations will be ONLY be accepted when accompanied with full payment. All registration fees must be paid in full by JUNE 1, 2013.

CLUB NAME: _____

CONTACT PERSON: _____

ADDRESS: _____ CITY: _____

POSTAL CODE: _____ PHONE NUMBER: (____) _____

E-MAIL ADDRESS: _____

***Site Confirmation** will be e-mailed to the above address upon request only. Reservations for before or after Kin Kamp can be made by phoning the Memorial Park Campground office at 519-538-2530 (1-800-399-6323).

TOTAL NUMBER OF FAMILIES REGISTERED: = _____

TOTAL AMOUNT OF REGISTRATION FOR YOUR CLUB = \$ _____
 Club Cheque



EVENT Sponsored: _____ Day/Time: _____

NOTE: There is a \$5.00 DAY PASS Charge to any Non-Registered Guests. Please see me for a Wrist Band.

Important: We are once again administering **WRIST BANDS**. Adults (aged 19 and up) will be one colour, and Youths (18 and under) will be another colour. So please have EACH family fill in their own copy of **FORM # 2** with the names and ages of all Kampers, so we can purchase the correct number of each colour of arm bands. Registration, Arm Bands, and Boodle Bags will be handed out at the **Bud Eagles Memorial Pavilion**, Friday night, August 2, 2013, between 6:00 p.m. and 7:30 p.m..

All clubs must be registered, and ALL individuals MUST wear their Arm Bands the entire weekend.

FOR SECURITY PURPOSES, THIS RULE WILL BE STRICTLY ENFORCED.

Thank You,
 Meaford Kinsmen

MEAFORD KIN KAMP 2013

FAMILY Registration / Wrist Band / Release Form #2

(Photo-copy this page & have **EACH** family fill out separately -

This form **must** be completed & returned with **Club Registration Form #1**)



"ONE FORM = ONE FAMILY = ONE SITE = ONE BOODLE BAG"

Club Name: _____

Surname Registered Under: _____

Camping in: (check one) Tent ☐ or Trailer ☐ - Length of Trailer (to allow room): _____



NOTE: We have changed Registration to a "PER PERSON" Fee Schedule.

ADULTS 19 and over = \$45.00, YOUTHS 11-18 = \$15.00, and KIDS 10 and under = FREE

First & Last Names of Kin Kampers:

AGE and FEE (Check One)

	Over 19 \$45.00	11-18 \$15.00	10 & Under FREE
Kamper #1: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kamper #2: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kamper #3: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kamper #4: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kamper #5: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kamper #6: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL COST FOR THIS 'FAMILY' = \$ _____



Important: Please remember that all names registered with your family are your responsibility. In the past we have had some Kampers selling or giving their arm bands to other people, not registered at Kin Kamp. If anyone registered with your family is caught doing this, your family will be asked to leave Kin Kamp, with **No Refund**. Also, in this event, the Home Club of that family will NOT receive a registration form for Kin Kamp 2014. Please have each family fill in their names and ages, and SIGN the Release/Wrist Band Form #2 to cover the following LIABILITY CLAUSE.

*The undersigned hereby agree and acknowledge that he/she shall be solely responsible for all persons registered and The Kinsmen Club of Meaford, the Corporation of The Town of Meaford and persons employed by or affiliated with **Kin Kamp 2013** on their behalf shall not be responsible for any personal injury, theft or any other damage suffered by the undersigned and those registered with him/her while on **Kin Kamp 2013** grounds, whether such damage be the property or persons, and whether an act of commission by the aforesaid Kinsmen and related parties.*

Signed: _____ Date: _____



Hello District One Kin!

One Leader!!

We here in Zone D have been a very busy bunch since the last issue of Kinship One. We have just completed our Kinette and Kinsmen Zone Conferences, and we are happy to report that we are moving to Single Leadership for the role of Deputy Governor effective July 1st, 2013. KINGratulations to Deb Ruffley of the Fort Erie Kinettes. She is the Single Leader Deputy Governor elect for Zone D 2013-14. I know DG elect Deb will do an excellent job as Deputy Governor. Her passion and past DG experience will serve her well. At this time I would also like to thank the Kinette Club of

Fort Erie for the warm hospitality at the Kinette Zone Conference on March 3rd, and the Fonthill & District Kinsmen for hosting the Kinsmen Zone Conference on March 19th. The attendance total for both Zone Conferences was 87 present with 100% attendance from all clubs in the Zone.

Kingratulations to all the award winners at both the Kinsmen and Kinette Zone Conferences. For those moving on to District, the Zone is behind you 100%. Last year, under the DG leadership of Life Member Tracy Spalding, we launched the "Kinnect" campaign. The purpose was quite simple; we wanted all members of Zone D to interact and connect with one another on a regular basis. This year, the Zone team wanted to BUILD UP Kin by expanding on the principles of Kinnect. We are extremely happy to report that 100% of the goals we established last April at our District Leadership Seminar (DLS) have been achieved, all thanks to the support of the members of the Zone.

We in Zone D are proving that working together in a team environment absolutely, 100% **works**. Our culture as a Zone is the best it's been in the 12 years that I have been a member of this association. Once again I tip my hat to the members of Zone D. It's your commitment and passion for all things Kin that make our successes possible.

Zone D would like to invite all members of the association to our Membership Seminar on Saturday, May 4th, hosted by the Grimsby family of Kin at the Grimsby Legion. **The New Kin on the Block** event will be a full day of Kin Education and more importantly "KINteraction." Please see the event details for more information.

I can't express enough how much it has meant to me and the Zone D Team to see this Zone "Kinnect" and not only meet but exceed our goals for the year. The personal Kinnections I have made with members and Clubs is something I could never have done had I not taken the opportunity to serve the Zone. This has been an unimaginably rewarding year that has seen tremendous success, growth and new friendships. I am thrilled that DG-elect Deb will have the opportunity to take that journey next year, and I hope to see more and more members each year take an interest in Kin outside the Club. We truly are the best organization in the country!

Yours in Kin, 100%! DG Shane Walsh

NEW KIN ON THE BLOCK

New Members Seminar & Pub Crawl

Saturday, May 4, 2013

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

12:00 PM - Portraits of Honour Flag Presentation
2:00 PM - Barbeque (Courtesy of the Grimsby Family of Kin)
4:00 PM - New Members Seminar
6:00 PM - Pub Crawl

Cost to Attend: \$0

Accommodation: Super 8 Motel - \$89 Per Night includes Breakfast.
11 Windward Drive Grimsby, ON, L3M 4E9 Phone: 1-877-330-7666
For Group Rate Quote "Grimsby Kinsmen"

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

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



May The 4th Be With You!

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



Kin Canada

Kinsmen • Kinettes • Kin

District 1 • Zone D

ZONE C KINSMEN UPDATE .. *Deputy Governor Odette*

I can hardly believe that it is March, that means SPRING is just around the corner. I don't care what the groundhog says we always have six more weeks of winter up here. Don't know how the little guy, who lives in Wiarton, can predict anything but six more weeks of winter. Not that the snow kept any of our clubs from holding events to the betterment of their communities.

With March comes Zone Conferences, and awards, and speak-off, and so much fun. By the time you read this most of you will have had your Zone Conferences. I hope you all enjoyed the fellowship of KIN. Getting together to celebrate our accomplishments, enjoying friendships, planning for the year to come, looking for the next challenge, this is what makes us KIN.

All of the clubs in the Zone have shown the true spirit of Kin as I travelled around for visitations and events. Their fellowship is superb and being out and about with the Kinsmen clubs definitely made for some interesting evenings. In actuality the Kinsmen of Zone C are like no other when it comes to their commitment to their communities and to KIN. They are a wonderful bunch of gentlemen, and yes I mean gentlemen, who are there for each other when the need arises. I feel very privileged to have been totally accepted of this fine group.

Even though it is winter the clubs have been busy. We've had hockey tourneys, curling bonspiels, turkey rolls, trivia nights, and so much more. Upcoming we have heritage dinners, the Stayner duck race, a charity dance, lobsterfest, and of course food, fun, and fellowship.

One of the great accomplishments so far this year is our travelling 'coffee'. The gentlemen of the Zone support each other but haven't had much cause to visit each other just to socialize. So I came up with the travelling 'coffee' idea. The principle is that you take a bottle of 'coffee' to another club on their meeting night, share a drink of 'coffee' with them, and then leave the bottle of 'coffee' for them to take to visit the next club. It has been a successful endeavour with some clubs not waiting for their visit, instead travelling to the club that has the 'coffee', sharing a drink and bringing it back to their club.

The clubs have had a very successful year of service, fundraisers and betterment of their communities so far. The Kinsmen of Zone C work hard, but they play just as hard. Good luck to all those who will be participating in the awards program at Spring Convention; I hope to see some Zone C Kinsmen in there. Speaking of Spring Convention, don't forget to register the early bird deadline is fast approaching. ***See you there.***



KIN ORGAN DONOR AWARENESS CAMPAIGN .. *District One CF/Service Director Joanne*

ORGAN DONOR AWARENESS:

The Kin Organ Donor Awareness Campaign (Kin-ODAC) was adopted in 2001 as Kin's first National Public Awareness Project. Andrew Hatfield, a St. John's East Kin Kid, was born with a complex congenital heart disease. Andrew died waiting for a heart transplant; however, his dream of Kin helping other transplant hopefuls became Kin-ODAC. Kin-ODAC is an extension of our partnership with Cystic Fibrosis Canada because most people with cystic fibrosis eventually need a lung transplant to live.

Did you know that only 15 out of every 1,000,000 Canadians are organ donors? It's true.

Organ donation from one person can save the lives of up to eight people. A single tissue donor can improve the lives of up to 40 people.

Canada's organ donation rate ranks in the bottom half of countries in the western world where transplants are performed.

According to the Canadian Association of Transplantation, there were an estimated 4,330 people in Canada on the waiting list for a life-saving organ transplant in 2008.

A total of 2,083 transplants took place in 2008 and 1,541 were made possible thanks to just 486 deceased donors. Unfortunately, 303 people died while waiting for a transplant.

Talk to your family!

Too few Canadians talk about their decision to donate their organs and/or tissues with their families. Even if you have documented your wishes -- by filling out your province's organ donor card or registering through a provincial registry -- it is vital that your family knows about your decision. In most provinces, hospital staff will still, out of respect; talk with the next-of-kin of potential donors about what their loved one requested.

Ontario's Organ Donor Registrations: 185,430 since April 1 2012 – Dec. 31, 2012.

Less than 25% of Ontarians are registered as organ and tissue donors. Encourage your family, friends and colleagues to register their consent to help us gain 300,000 new registered donors this year. Start your own campaign page or find your community, organization or friend/family member's page.

Canada's National Organ Donor Awareness Week is the last full week in April. For Kin members, it's a time to increase our awareness about organ donation issues and extend that education throughout the communities we call home.

What are you going to do to help promote this cause?

beadonor.ca



WHAT'S UP IN ZONE D ...



Top Left .. Murray Hartrick, newest member, receiving his new members welcome kit.

To Right and Bottom Left .. Deputy Governor Shane being presented his Founders Award and I'm on board certificate.

Bottom Right .. D.G Shane, President Bob Cole "Cayuga" President Dave Walsh "Dunnville" President Steve Skidmore "Caledonia"



Out and About in District One ..



DG Kathy, Zone D Zone Conference



TV Auction host and still smiling!

Preston Kinette President at Zone A Zone Conference



THE BLESSED SHINY THING IS ... SOMEWHERE ..



MARLIES FANS

SNOW PITCH FUN



FUNDRAISING IN TARA



Fellowship Ideas

1. Seating arrangements at meetings – number your seats and/or tables and have members draw numbers out of a hat indicating their appropriate area of seating. Changing of numbers is not allowed. This obviously avoids cliques and creates mingling and introductions.

2. Split your meetings – Perhaps have one meeting per month where a light business agenda is allowed followed by sports or a form of get together.

3. Fellowship chair, complete with a committee – Keep fresh ideas and activities by appointing different chairs throughout the year. Perhaps divide the club into four teams. Each team is responsible to organize a meeting on a selected date during the year. This one seems to work the best of all. No one group is taxed to do all of the organizing.

4. Scavenger hunt – Have a scavenger hunt during a bar breaks or right after the meeting. Each table forms a team. The team with the most items collected wins.



Sports

Much Kinship/fellowship may be obtained from various sporting competitions and a sports committee should:

- foster inter-club sporting events to promote Kinship/fellowship;
- encourage athletic activities within the club;
- promote club participation in any national, district or zone sport contests.

Inter-club relations may be stimulated by sports competitions. Such competition in any sport can result in more interclub meetings and the committee should, if possible, recommend such action. It should make all arrangements for club participation in such competition, which may take any of various forms, such as golf, bowling, and curling.

Inter-club Relations

Inter-club relations are greatly encouraged in the Association and have a strong bearing on knitting the club into a whole unit. It is recommended that each club form an inter-club relations committee. This Committee shall:

- devise ways and means of developing the spirit of Kinship/fellowship between clubs and the members thereof;
- be responsible for club participation in inter-club meetings.

Inter-club meetings offer opportunities for wider acquaintance and increased co-operation between clubs, as well as assisting to ensure unity in the pursuit of the ideals and objects of fellowship. Such meetings may be carried on between clubs as a whole or by smaller groups of members for more frequent visiting to smaller clubs. While in most joint meetings the accent is on fellowship, the visiting club should in no way interfere with the conduct of such business as the host club deems necessary.



ZONE A KINETTES SPRING INTO ACTION

The Guelph Kinettes have been quite busy since the Senior's Lights Tour at Christmas. The club has tried to focus more on social activities and even though they have been busy with projects, have become much stronger as a club. Recently the Kinettes organized a tribute for retiring member Teresa Marchesich. It was a wonderful celebration of the years of service Teresa gave to her club and community.



The Hamilton-Stoney Creek Kinettes have made over 300 birthday, Christmas and Valentine's Day cards for the residents of St. Peter's long-term care facility and Caroline Place. Making the cards is not only a great service project, it has been a great fun social for the club making the cards. The Kinettes just completed a successful Mystery Dinner in Innsville, a fundraiser for Cystic Fibrosis and are in the final stages of another large Cystic Fibrosis cook book project. The cook book is filled with delicious recipes from Kin and Cystic Fibrosis Chapters across



the county. The cook books should be ready for sale by Spring Convention.

Since Christmas the KW-Kinettes have been very busy helping with organizing and supporting the Kinsmen with their annual KW Kinsmen TV Auction. All their hours of hard work paid off towards another successful event.



In the Spring, the Kinettes are planning to sell rain barrels again this year.



The Kinette Club of Oakville had a very success National KINdness Day assisting customers at a local Walmart put groceries in their car and returning shopping carts. In the April the Kinettes are preparing to help the Cancer Society with their Spring fundraiser.



The Kinette Club of Preston are busy preparing for Kinette Zone A Kin Cartoon Conference 2013. Recently they jointly had a successful Wonders of Winter Gala for Cystic Fibrosis presenting two cheques of \$1,000.00 each.



The Kinette Club of Waterloo-Grand River has raised over \$200.00 towards Cystic Fibrosis research thanks to Jenn's dish cloth sales. In May the Kinettes are looking forward to hosting their annual scapbooking event "Making Memories Matter" with all proceeds going to Laasard House.

Because this is important information that we all need to read and then re-read, AND because our own Theresa McColl is using her experiences for personal growth .. this article is reprinted from Kin Mag as a reminder to us all ..

What Would You Do?

BY THERESA MCCOLL, CENTRE WELLINGTON KINETTE CLUB, DISTRICT 1

What would you do if your spouse was in a serious accident? Does he pay the bills? Do you know where they are kept? How they are paid? Do you have access to your bank accounts?

And the BIG questions: Do you have a Will and Power of Attorney? Do you know where they are? If you do, I applaud you.

Most people say: "We're young! We don't need a Will or Power of Attorney — that's for older people!" That's the way my husband thought.

One day we were in the car and passed a place that did Wills and I said: "Let's stop and get them done." We have no kids but wanted to leave our things to loved ones and not the government.

I am so glad we stopped that day because on Thursday, April 28, 2011 things changed for us — forever.

My husband, Past Governor Norm McColl, was in a very bad car accident. The pickup truck he was driving was T-boned and ended up underneath a tracker trailer.

Norm was only able to murmur his name and where he worked before he lost consciousness and was air lifted to Sunnybrook Hospital in Toronto with

head injuries and broken bones.

I got home about 4:30 and the phone rang. It was one of Norm's co-workers from the fire hall, who asked if I heard from Norm. I said he was at the radio station and wouldn't be home until 5:30.

John then told me that Norm never made it to the radio station. I almost dropped the phone! He said he was coming right over and that Norm was in the hospital.

As I waited for John, I paced the floor not knowing what he was about to tell me. When John finally arrived, he said that Sunnybrook is one of the best trauma hospitals in Canada. I just about fell! John then went on to tell me about Norm's extensive injuries.

That was the beginning of my world changing in many ways. You see, Norm was the bill payer and provider of most everything. Not now! Those duties were now mine. But before I could do them, I had to find the Power of Attorney.

The bank accounts were in Norm's



name only. If I didn't have the Power of Attorney to gain access to them, who knows how long it would have taken before I could pay bills and live.

I also needed to cancel Norm's credit cards. His wallet was lost at the scene of the accident. The bank needs the Power of Attorney to cancel credit cards as I could have been an ex-wife out for revenge.

I'm very grateful that Norm listened to me that day we were out for a drive. I'm glad that our Wills were done and the Power of Attorney was in effect. If we had just said: "that's for older people" and driven by, we would have been in a heck of a mess.

After hearing my story, what are you waiting for??? Please don't wait until tomorrow, it might be too late. ■



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So what is Portraits of Honour up to you ask? *Submitted by Terri Sopha and Terri Iredale*

Well let us tell you:

There was a Portraits of Honour Dinner Gala on Feb 16th in Cambridge as a fundraiser to get the painting to Juno Beach France. Attendance capped at 187 with a forecasted \$8000.00 raised. Dave Devall entertained the crowd as Master of Ceremonies for the Gala evening. POH is to be hung in the Canadian war museum. Although the dates have been changed from March/ April for it to go, the Juno Beach center has now requested it for September/October.



Senators game April 22nd, 2013.

Portraits of Honour (replica) is hoping to attend many fundraising functions over this upcoming summer.

Dave has been contacted by a movie company called “Reel to Real” in hopes to produce a movie documentary on Dave and the past, present and future of the Portrait. (If you have the opportunity to ask him about this alone – do it; it is very exciting listening to Dave give snip-its of information)

Portraits of Honour is working very hard on pulling together another Canadian National Tour in 2014. Neither start dates nor cities have been talked about as of yet.

Dave is still in the works of putting his Portraits of Honour Board together. As of the date of writing this, it is as follows: Terri Sopha, Richard Pigeau, Chris Kekes and Beth-Ann Gowing

Next time you see Good Kin Dave, ask him what he has upcoming – I did and I was very intrigued by all his upcoming adventures.

Peter Mackay has been in conversations about having the Portrait (replica) and Dave accompany him to Afghanistan within this year, before the campaign ends and all our troops are pulled out of Afghanistan.

Dave and the Portraits of Honour have been visiting schools and look forward to more school excursions to further educate our children and youth on the realization of our troops and what they do for us

Good Kin Dave and Judy Dallaway from Ottawa have been working diligently to display the Portraits of Honour at the Veterans Appreciation NHL Ottawa





KINgratulations Meaford Kin Family!!!

Shannon Wilkie (third from right) presented the **Tourism Award to the Kinsmen and Kinette Clubs of Meaford, Zone C**. From left: Kinette Kim Lee, Kinsmen Club President Adam Vaughan, Wilkie and Past Kinsmen President Mike Lee.

Volunteer Fast Facts ...

The power of volunteers

- 13.3 million Canadians contribute 2.1 billion hours, the equivalent of 1.1 million full-time jobs (Canada Survey on Giving, Volunteering and Participating, 2010).
- 47% of Canadians volunteer (Canada Survey on Giving, Volunteering and Participating, 2010).
- Volunteers typically contribute 156 hours per year (Canada Survey on Giving, Volunteering and Participating, 2010).
- Young Canadians, aged 15-24, volunteer more than any other age group at a rate of 58 per cent versus the overall rate of 47 per cent (Canada Survey on Giving, Volunteering and Participating, 2010).

Today's volunteer

- Canadian volunteers are more goal-oriented, autonomous, tech-savvy and mobile ([Bridging the Gap](#)).
- Volunteering changes throughout the lifecycle, along with evolving priorities, circumstances and interests ([Bridging the Gap](#)).
- Volunteers are looking for volunteer tasks that involve something different from their work life ([Bridging the Gap](#)).
- Most volunteers are looking for short-term volunteer opportunities ([Bridging the Gap](#)).
- Volunteering is personal and stems from individual preferences and motivations ([Bridging the Gap](#)).
- More new Canadians are seeking volunteer opportunities ([Bridging the Gap](#)).

Today's volunteer-involving organization

- Many organizations do not have the capacity to involve groups ([Bridging the Gap](#)).

Corporate citizenship

- Companies with engaged employees see 26 per cent higher revenue per employee (Drive Business Results Through Continuous Engagement, WorkUSA, 2008-2009).
- 86 per cent of global consumers believe that business needs to place at least equal weight on society's interests as on business interests ([Citizens Engage](#), [Edelman goodpurpose® Study 2010](#)).
- Young professionals aged 18-24 who frequently participate in their company's employee volunteer activities are twice as likely to rate their corporate culture as very positive (Deloitte Volunteer IMPACT Survey, 2007).

Volunteer Canada continues to raise the bar

- Volunteer Canada dates back to 1977 when we were called the Canadian Association of Volunteer Bureaux and Centres (Volunteer Canada).
- His Excellency the Right Honourable David Johnston, Governor General of Canada, became a patron of Volunteer Canada in December 2010 (Volunteer Canada).
- Volunteer Canada works with over 200 volunteer centres nationwide (Volunteer Canada).
- Volunteer Canada boasts a membership of over 1,200 groups (Volunteer Canada).

Becoming the...

Cystic Fibrosis & Service Director, District One, 2013 – 2014

By: Katie McKean

On March 8th weekend I had the pleasure of attending orientation and development training for my incoming year as the district one cystic fibrosis and service director. Leading up to this weekend I was feeling so many different things. I was looking forward to meeting new kin friends however at the same time I was nervous for this – I am one of the younger members in kin and stepping into this role in the district is something quite large with a lot of responsibility.

On Thursday afternoon I headed to Toronto in the Red Rav with my music BLASTING (what else did you expect?). I arrived at the hotel shortly after 7pm since it was right downtown Toronto near the Eaton Centre. Upon my arrival good Kin Bill Harris was waiting for me in the lobby. I checked in and was told there was a message from “Barb in room 527” asking me to give her a call. I headed up to unload my stuff and give “Barb in room 527” a call. The whole way up I’m thinking “Who’s Barb? Should I know her? Have I met her?” and so on. I called “Barb in room 527” and we made plans to meet for dinner. How often do you call up someone you don’t really know and offer to meet them for dinner? Bill, Brenda, Barb and I headed out to a small Irish Pub for some grub. It was great to be eating with old and new friends so quickly after my arrival. Thursday night was a relaxing one; we chatted in the hotel bar and spent almost \$10 on ONE drink there – definitely wasn’t a kin bar.

Friday morning came quite early – had to be in the lobby for taxi rides to the Cystic Fibrosis Canada (CFC) office at 8:15am SHARP. Brenda and I prepped with some Timmy’s Tea and met up with everyone. THIS is when my nerves went all over the map. Here I was sitting in the lobby meeting Kin from across

Canada and giving them big hugs. This moment was the beginning of amazing friendships that I will cherish forever. After arriving at CFC, we finally met Alice from CFC. What an awesome woman! Our morning was jam packed with information – we started with an overview from Alice, welcoming words from Brenda, more welcoming words from our new Kin/CF Liaison Davina, a tour of the CFC offices, meeting CFC Staff and then sitting down to listen to Anna Tsang speak about Cystic Fibrosis in a way that everyone could understand it. She was a fantastic speaker! We also heard from a CF patient and his wife... He brought in all of his meds that he takes in one day (literally filled a table), spoke about living with CF and then his wife explained how different their life together as a couple is compared to couples of the same age. What an eye opener. After lunch we had the pleasure of enjoying a TTC ride to Sick Kid’s Hospital. We sat with a panel of specialists who explained to us what research they are currently working on for CF. This was followed by a tour of their lab so we could see these research assay’s first hand. To sum it up – WOW! Our afternoon flew by – touring the CF Clinic, the physiotherapy area, the baby room... We are truly blessed to have such an amazing medical system in our country.

As you can imagine after a long day it was time for food, drink and fellowship. We headed out (a group of 14 of us) to the “Old Spaghetti Factory”. Can I just say that it was absolutely delicious? Best of all, I didn’t even have spaghetti! After dinner we were on the hunt for some entertainment. Into the Bier Market, out of the Bier Market, into the Irish Pub, out of the Irish Pub, back into the Bier Market, back out of the Bier Market, let’s do a head count and BAM we’re missing two people! Of course panic struck in – Brenda and Barb (from room 527) were nowhere to be found. Long story short, they showed up at the hotel around midnight, they got separated from us and decided that they might as well enjoy a few

drinks before heading back to the hotel... Can't say I really blame them!

So we're onto Saturday morning now. It's a casual morning because we had workshops with one another and with the CFC staff. First off was information about the CF Chapters across Canada and information about the Great Strides Walk (where I might add District 1 totally blew everyone off the charts with fundraising last year). We met Maureen who is the CEO of CFC at lunch and had great discussions. After lunch we were onto workshops in small groups. Even though the cost of a face to face meeting is quite high, I can't explain how beneficial it was to hear about what other clubs do and to bounce ideas off of each other. Alice surprised us with cupcakes – each had our face on them to celebrate our team. I must say, I was delicious!

Saturday evening we headed to a restaurant called “Marche” where you can have pretty much anything under the sun. The fellowship wasn't too far behind when we headed to another Irish Pub (where Brenda and Barb had spent some quality time at on the Friday when they were missing). The atmosphere was perfect... a guy singing and playing his guitar and 10 amazing new friends surrounding me. At one point

I sat there thinking about our dynamic group – school teachers, police officers, travel agents, volunteers, young and old, male and female... What a diverse group of people and looking in I bet you couldn't even tell that some of us had just met two days before. I soaked in every moment of that evening (until 4am) since I know it won't be easy to visit with my new kin family from across Canada. I think the best part of this weekend is knowing that our vibrant and determined group is going to be around when we find a cure or control for cystic fibrosis – we are all together in the fight.

I really encourage you to take any opportunity you have to step beyond your club, not only in the cystic fibrosis and service position, but in any position. The friendships, learning and growth that you will experience are absolutely amazing. I am so thankful to be part of this organization and to have such a supportive kin family!



In Photo ..

Top Row (left to right):

Jesse Shkuratoff, Katie McKean, Lisa Maggrah, Barb Yorke (from room 527), Cristen Quigley, Eric Wilson, Alice Awweh, Mike Croghan, Kelly Woywitka, Helen Meinzing, Bill Harris

Front Row (left to right):

Davina Thuroo (newly elected KinCF Liaison), Maureen Adamson (Cystic Fibrosis Canada), Brenda Dineen (current KinCF Liaison)

EASTER AROUND DISTRICT ONE ...



ON THE SIGNUP LIST TO BE A ST THOMAS KINETTE PUTS YOU IN DIRECT RUNNING TO BE THE ST THOMAS KINSMEN EASTER BUNNY AT THEIR ANNUAL EGG HUNT. GREAT JOB!!!

OUR OWN GOVERNOR, INCOGNITO ... FOR THE ST MARYS KINETTES EASTER EGG HUNT. WAY TA GO!!!!

GOT SOME PRETTY HOT EASTER BUNNIES IN OUR DISTRICT!



GRIMSBY'S 45TH ANNUAL EASTER EGG HUNT .. SOME OLD EGGS IN THAT BASKET .. ☺

Conflict Resolution – Governor Marty

In many cases, conflict in Kin just seems to be unavoidable. We've all seen situations where different people with different goals and needs have come into conflict. And we've all seen the often-intense personal animosity that can result.

The fact that conflict exists, however, is not necessarily a bad thing: As long as it is resolved effectively, it can lead to personal and professional growth.

In many cases, effective conflict resolution skills can make the difference between positive and negative outcomes.

The good news is that by resolving conflict successfully, you can solve many of the problems that it has brought to the surface, as well as getting benefits that you might not at first expect:

- Increased understanding - The discussion needed to resolve conflict expands people's awareness of the situation, giving them an insight into how they can achieve their own goals without undermining those of other people.
- Increased group cohesion - When conflict is resolved effectively, team members can develop stronger mutual respect and a renewed faith in their ability to work together.
- Improved self-knowledge - Conflict pushes individuals to examine their goals in close detail, helping them understand the things that are most important to them, sharpening their focus, and enhancing their effectiveness.

However, if conflict is not handled effectively, the results can be damaging. Conflicting goals can quickly turn into personal dislike. Teamwork breaks down. Talent is wasted as people disengage from the club. And it's easy to end up in a vicious downward spiral of negativity.

If you're to keep your club working effectively, you need to stop this downward spiral as soon as you can. To do this, it helps to understand the theory that lie behind effective conflict resolution techniques:

- This theory is commonly referred to as the "Interest-Based Relational (IBR) Approach". This conflict resolution strategy respects individual

differences while helping people avoid becoming too entrenched in a fixed position.

- Make sure that good relationships are the first priority - As far as possible, make sure that you treat the other calmly and that you try to build mutual respect. Do your best to be courteous to one-another and remain constructive under pressure.
- Keep people and problems separate - Recognize that in many cases the other person is not just "being difficult" – real and valid differences can lie behind conflictive positions. By separating the problem from the person, real issues can be debated without damaging working relationships.
- Pay attention to the interests that are being presented - By listening carefully you'll most-likely understand why the person is adopting his or her position.
- Listen first; talk second - To solve a problem effectively you have to understand where the other person is coming from before defending your own position.
- Set out the "Facts" - Agree and establish the objective, observable elements that will have an impact on the decision.
- Explore options together - Be open to the idea that a third position may exist, and that you can get to this idea jointly.

By following these rules, you can often keep contentious discussions positive and constructive. This helps to prevent the antagonism and dislike which so-often causes conflict to spin out of control.

Based on these approaches, a starting point for dealing with conflict is to identify the overriding conflict style employed by yourself, other members or your club.

Look at the circumstances, and think about the style that may be appropriate.

- Step One: Set the Scene
 - Make sure that people understand that the conflict may be a mutual problem, which may be best resolved through discussion and negotiation rather than through raw aggression.

- If you are involved in the conflict, emphasize the fact that you are presenting your perception of the problem. Use active listening skills to ensure you hear and understand other's positions and perceptions.
 - Restate
 - Paraphrase
 - Summarize
- Step Two: Gather Information
 - Here you are trying to get to the underlying interests, needs, and concerns. Ask for the other person's viewpoint and confirm that you respect his or her opinion and need his or her cooperation to solve the problem
 - Listen with empathy and see the conflict from the other person's point of view.
 - Identify issues clearly and concisely.
 - Use "I" statements.
 - Remain flexible.
 - Clarify feelings
- Step Three: Agree the Problem
 - This sounds like an obvious step, but often different underlying needs, interests and goals can cause people to perceive problems very differently. You'll need to agree the problems that you are trying to solve before you'll find a mutually acceptable solution.
- Step Four: Brainstorm Possible Solutions
 - If everyone is going to feel satisfied with the resolution, it will help if everyone has had fair input in generating solutions. Brainstorm possible solutions, and be open to all ideas, including ones you never considered before.
- Step Five: Negotiate a Solution
 - By this stage, the conflict may be resolved: Both sides may better understand the position of the other, and a mutually satisfactory solution may be clear to all.

- However you may also have uncovered real differences between your positions. This is where a technique like win-win negotiation can be useful to find a solution that, at least to some extent, satisfies everyone.

There are three guiding principles here:

Be Calm, Be Patient, Have Respect...

Key Points

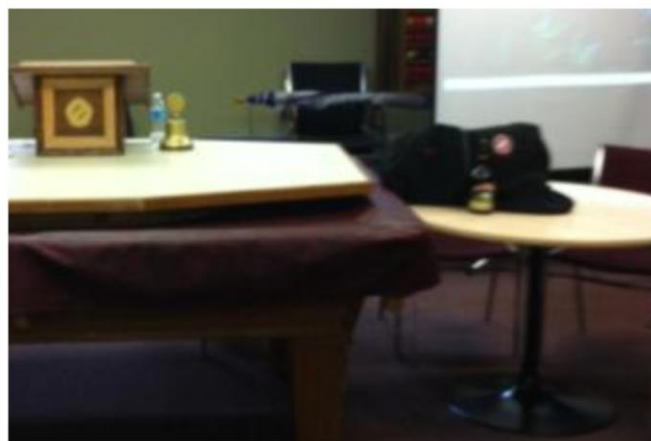
- Conflict in your club can be incredibly destructive to good teamwork. Managed in the wrong way, real and legitimate differences between people can quickly spiral out of control, resulting in situations where co-operation breaks down and the club's vitality is threatened. This is particularly the case where the wrong approaches to conflict resolution are used.
- To calm these situations down, it helps to take a positive approach to conflict resolution, where discussion is courteous and non-confrontational, and the focus is on issues rather than on individuals. If this is done, then, as long as people listen carefully and explore facts, issues and possible solutions properly, conflict can often be resolved effectively.



DISTRICT ONE HAPPENINGS ..



CLOCKWISE FROM TOP LEFT.. DG SHANE AND GNOME; VICE GOVERNOR CAMPAIGNERS IN THE VALLEY; ZONE D ZONE CONFERENCE ATTENDEES; THE BIG BLACK THING IN ZONE A; WOOLWICH KIN AND NATIONAL PRESIDENT PENNY



ACTIVE LISTENING (deux).. *Courtesy of Governor Marty*

Hear what people are really saying

Listening is one of the most important skills you can have. How well you listen has a major impact on your job effectiveness, and on the quality of your relationships with others.

We listen to obtain information.

We listen to understand.

We listen for enjoyment.

We listen to learn.

Given all this listening we do, you would think we'd be good at it!

In fact most of us are not. Depending on the study being quoted, we remember between 25% and 50% of what we hear. That means that when you talk to your boss, colleagues, customers or spouse for 10 minutes, they pay attention to less than half of the conversation. This is dismal!

Turn it around and it reveals that when you are receiving directions or being presented with information, you aren't hearing the whole message either. You hope the important parts are captured in your 25-50%, but what if they're not?

Clearly, listening is a skill that we can all benefit from improving. By becoming a better listener, you will improve your productivity, as well as your ability to influence, persuade and negotiate. What's more, you'll avoid conflict and misunderstandings. All of these are necessary for workplace success!

Good communication skills require a high level of self-awareness. By understanding your personal style of communicating, you will go a long way towards creating good and lasting impressions with others.

The way to become a better listener is to practice "active listening". This is where you make a conscious effort to hear not only the words that another person is saying but, more importantly, try to understand the complete message being sent.

In order to do this you must pay attention to the other person very carefully.

You cannot allow yourself to become distracted by whatever else may be going on around you, or by forming counter arguments that you'll make when the other person stops speaking. Nor can you allow yourself to get bored, and lose focus on what the other person is saying. All of these contribute to a lack of listening and understanding.

Tip: If you're finding it particularly difficult to concentrate on what someone is saying, try repeating their words mentally as they say them – this will reinforce their message and help you stay focused.

To enhance your listening skills, you need to let the other person know that you are listening to what he or she is saying. To understand the importance of this, ask yourself if you've ever been engaged in a conversation when you wondered if the other person was listening to what you were saying. You wonder if your message is getting across, or if it's even worthwhile continuing to speak. It feels like talking to a brick wall and it's something you want to avoid.

Acknowledgement can be something as simple as a nod of the head or a simple "uh huh." You aren't necessarily agreeing with the person, you are simply indicating that you are listening. Using body language and other signs to acknowledge you are listening also reminds you to pay attention and not let your mind wander.

You should also try to respond to the speaker in a way that will both encourage him or her to continue speaking, so that you can get the information if you need. While nodding and "uh huhing" says you're interested, an occasional question or comment to recap what has been said communicates that you understand the message as well.



Becoming an Active Listener

There are five key elements of active listening. They all help you ensure that you hear the other person, and that the other person knows you are hearing what they say.

Pay attention.

Give the speaker your undivided attention, and acknowledge the message. Recognize that non-verbal communication also "speaks" loudly.

Look at the speaker directly.

Put aside distracting thoughts. Don't mentally prepare a rebuttal!

Avoid being distracted by environmental factors.

"Listen" to the speaker's body language.

Refrain from side conversations when listening in a group setting.

Show that you are listening.

Use your own body language and gestures to convey your attention.

Nod occasionally.

Smile and use other facial expressions.

Note your posture and make sure it is open and inviting.

Encourage the speaker to continue with small verbal comments like yes and uh huh.

Provide feedback.

Our personal filters, assumptions, judgments, and beliefs can distort what we hear. As a listener, your role is to understand what is being said. This may require you to reflect what is being said and ask questions.

Reflect what has been said by paraphrasing. "What I'm hearing is." and "Sounds like you are saying." are great ways to reflect back.

Ask questions to clarify certain points. "What do you mean when you say?" "Is this what you mean?"

Summarize the speaker's comments periodically.

Tip: If you find yourself responding emotionally to what someone said, say so, and ask for more information: "I may not understand you correctly, and I find myself taking what you said personally. What I thought you just said is XXX; is that what you meant?"

Defer judgment.

Interrupting is a waste of time. It frustrates the speaker and limits full understanding of the message.

Allow the speaker to finish.

Don't interrupt with counter arguments.

Respond Appropriately.

Active listening is a model for respect and understanding. You are gaining information and perspective. You add nothing by attacking the speaker or otherwise putting him or her down.

Be candid, open, and honest in your response.

Assert your opinions respectfully.

Treat the other person as he or she would want to be treated.

Key Points

It takes a lot of concentration and determination to be an active listener. Old habits are hard to break, and if you're listening habits are as bad as many peoples are, then there's a lot of habit-breaking to do!

Be deliberate with your listening and remind yourself frequently that your goal is to truly hear what the other person is saying. Set aside all other thoughts and behaviors and concentrate on the message. Ask questions, reflect, and paraphrase to ensure you understand the message. If you don't, then you'll find that what someone says to you and what you hear can be amazingly different!

Start using active listening today to become a better communicator, improve your workplace productivity, and develop better relationships.



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SPRING DO IT YOURSELF ARTICLE ..

Tips You Can Use While Renovating to Cut Energy Bills

There is much information out there about cutting energy costs. But little of that information takes into account homeowners who are renovating their houses. Check out these 6 tips you can really use in conjunction with your renovation to cut heating and cooling bills.

Insulate Walls and Attic

With walls opened up, take this opportunity to install real fiberglass insulation. Don't wait until the walls are closed up to blow in that sub-standard fiberglass fluff.

Purchase Highest Quality Windows and Doors

Go for sealed, double- or even triple-glazed windows if you live in a very cold climate. Low e film helps rooms to keep out the sun.

Buy Energy-Saving Appliances

Take this opportunity to switch out your wheezing 20 year-old fridge for a nice EnergyStar-rated box. Or put in a better-insulated water heater or a more efficient HVAC unit.

Warmer Floors

Install extra-thick subfloor, carpeting, or flooring materials such as hardwood designed to retain heat. Heating elements under tile floor feel super on bare feet in the dead of winter.

Reconfigure Windows

Windows may not have originally been placed in the best spots to promote airflow or catch/avoid sunlight.

Re-Think the Fireplace

Unless this is a contemporary, sealed fireplace, it is a notorious energy-waster. Take this opportunity to repair, remove, or replace.



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7 Reasons You're Not as Successful as You Could Be

Feeling down about your forward progress lately? Do you feel like you're running in place? Need some motivation and tough love to help you reinvigorate your success rate? Well, here you go – seven reasons you're not the great success story you could be:

1. You do a lot of thinking without acting.

Too often we think without acting. We do nothing with our ideas. Everyone who has ever taken a long, hot shower has had many great ideas. I'm sure you can relate. But you will only make a difference in this world if you get out of the shower, dry off and do something with them.

The only way to conquer your dreams and doubts is with action. Wondering about them will not get anything done. Avoiding challenges will only make them grow bigger. If you wait until all conditions are perfect, you will spend the rest of your life waiting.

Great achievements are made by starting from exactly where you are right now with exactly what you have right now. Stop wondering and start doing. Once you've made a little progress you'll always know, without a doubt, that you can make even more progress if you try.

2. Your creative mind is completely unfocused.

Constraints nurture productive side of the creative mind. At first it might seem as though complete freedom makes all creative ventures more attainable, but this isn't the truth. Complete freedom makes the possibilities endless, but keeps your efforts scattered and unfocused.

Often, self-imposed constraints, or boundaries, force you to think differently about challenges, leading to more practical ideas and innovations. Instead of thinking 'outside the box' and looking in every possible direction, get inside one box – a specific problem that needs a resolution, a smaller space where big changes can be made, etc. – and focus your creative attention on making a difference.

These boundaries create the foundation from which to launch a productive, creative effort. It's like pushing off from the ground when riding a skateboard, or from the wall of the pool when you're swimming laps – having something solid to push against allows you to move forward with greater ease and more power. And over time, as you test these boundaries by pushing against them, you figure out which ones can be broken and expanded, and which ones need to remain fixed in place.

3. You are focusing too much on fears and defeats.

Your problems are really your blessings if you use them to grow stronger. Never quit just because you feel temporarily defeated. You have not been beaten – this is not a competition. Keep working to be the best you can be. It doesn't matter how slow you go so long as you don't give up on yourself.

In the long run, it usually isn't what you have or where you are or what you've been through that makes or breaks you; it's how you think about it all and what you do next. Focus your conscious mind on things you desire, not your fears and defeats. Doing so brings dreams to life.

4. Your expectations are crushing you.

Drop the needless expectations. Appreciate what is. It doesn't matter if your glass is half empty or half full. Just be thankful that you have a glass and that there's something in it. Choosing to be positive and having an appreciative attitude influences everything you do. The magnitude of your happiness and success will be directly proportional to the magnitude of your thoughts and how you choose to think about things.



Nothing ever works out exactly the way you want it to. Hope for the best, but expect less. Appreciate reality, don't fight it. Don't let what you expected to happen blind you from all the goodness happening around you. Even if it doesn't work out at all, it's still worth it if it made you feel something new, and if it taught you something new.

5. You have become distracted from your core goals.

People might tell you it's impossible, but it's not. Though the challenges may be great, you can make things happen. The odds may not seem to be in your favor right now, but you can change the odds. When something difficult you want to achieve connects deeply with your purpose, it becomes possible. When you are driven and committed and persistent, you will get yourself there step by step.

So look within yourself and unearth the values and goals that you most earnestly feel a deep connection with. In the end, it's the things that are genuinely important to you that will power your greatest achievements.

6. You are playing it too safe.

Pain is a pesky part of being human but it's vitally important. It strengthens the mind, heart and body. You can't grow strong, brave, or successful in this world if you've only had good things happen to you within the safe boundaries of your own little comfort bubble. You need real life experiences, and nothing ever becomes real until you experience it firsthand.

No matter how long you train yourself to be strong, brave, or proficient at something, you never know if you are or not until something real happens to you. So get real, experience life and let it teach you what you need to know to conquer your wildest dreams.

7. You have been resisting forgiveness.

Alexander Pope once said, "To err is human, to forgive, divine." Nothing could be closer to the truth. Your willingness to forgive yourself and others is the greatest sign of your emotional and spiritual maturity. It's a process of acceptance and understanding that allows you to let go of a situation that's over so you can move on with your life.

The key is to be thankful for every experience – positive or negative. It's taking a step back and saying, **"Thanks for the lesson."**

Take a moment and imagine if every person (including yourself) who owed you an apology apologized today, and imagine if you accepted these apologies. What a weight lifted. Now imagine if everyone, everywhere did this. How many problems in the world would evaporate?





Do you even want to hazard
a guess???



hear no evil, see no evil, speak no evil, post no evil

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JAILHOUSE ROCK RETURNS ...

WALKERTON – **(THIS WAS THEN)** The Walkerton Kinsmen Club is making a \$13,445 donation to the Walkerton and District Hospital Foundation.

The funds were raised at the Jailhouse Rock, a unique concert held in September inside the walled courtyard of the former Walkerton jail.



Kinsmen member and concert chair Wayne Holman said the club is thrilled with all aspects of the event. "Over 650 people spent the day in jail with us. We had a great time and we raised a lot of money for a terrific cause," he said in a news release.

Proceeds from the event were presented last Monday to the

Walkerton and District Hospital Foundation, and will be used towards the purchase of a new fluoroscopy/x-ray machine, a vital piece of equipment for the local hospital.

Jailhouse Rock featured eight live bands who performed everything from rock to alternative to country.

Thunderstruck, North America's #1 tribute to AC/DC, was the headlining act, along with The Man in Black, a tribute to Johnny Cash and June Carter. The event also included a special tribute to Elvis by Walkerton's own Dennis Bushell, popular bands Superstack and Broken Caliber, and local talents Katie Eltink and Let's Ride, and Chris Yenney.

"The acts were all amazing and the venue – which was completely unique – really turned this concert into something special," said Holman. "People caught on quickly that this was a once-in-a-lifetime experience."

The Walkerton Kinsmen Club hopes to stage another concert at a local venue in 2013. **HANOVER POST NOV 14 2012**

AND THIS IS NOW ... HELP BY VOLUNTEERING AT ANOTHER TERRIFIC WALKERTON KINSMEN EVENT .. JAILHOUSE ROCK 2013



***We are looking For
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JailHouse Rock 2
Sign up now for a 3 hour
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AWESOME
LITTLE
"FLASHBACK"
MOMENT ...
WHO CAN
NAME THESE
CHARACTERS
AND WHERE
CAN WE FIND
THEM ????

Which would you rather read?

"I hereby give and convey to you, all singular, my estate and interest, right, title, claim and advantages of and in said orange, together with all its rind, juice, pulp and pits and all rights and advantages therein with full power to bite, suck and otherwise eat the same or give the same away with or without the rind, skin, juice, pulp and pits, anything hereinbefore or hereinafter or in any other means of whatever nature or kind whatsoever to the contrary in any wise notwithstanding."

OR

"Have an orange."



Use short, simple sentences.

When reading a sentence, our brains start to lose track of what we're reading after about 25 words. Keep sentences to 12-15 words.

Always writing long, convoluted sentences is like assuming that people have all the time in the world to wait for you to get to the point. Shorter sentences are easier for you to write, and easier for them to read.

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

AWARDS....

DEADLINES...AAGHHHHHH

Don't forget that all awards for consideration at the District level for competition MUST be submitted to District One Awards Chair Monika McKean by April 15th.

Bulletin award winners have 10 days from the completion of their respective Zone Conferences to submit the marking editions of their bulletins for District competition.

Please feel free to contact Monika to inquire as to the best method of delivery of your submission. If in scrapbook, or paper form (such as bulletins) a different delivery address will be given to you when you inquire.

Saturday morning at Spring Convention will be the Speak Of f and Joke Off competitions. Please let Monika know if you will be in attendance to compete so that scheduling can be done.

Sunday evening will be the Governors Ball and Awards Gala .. let's get ready to celebrate all of our individual and club successes together ..

See you at the podium!!!!



DIANE ROGERS KIN PRIDE AWARD

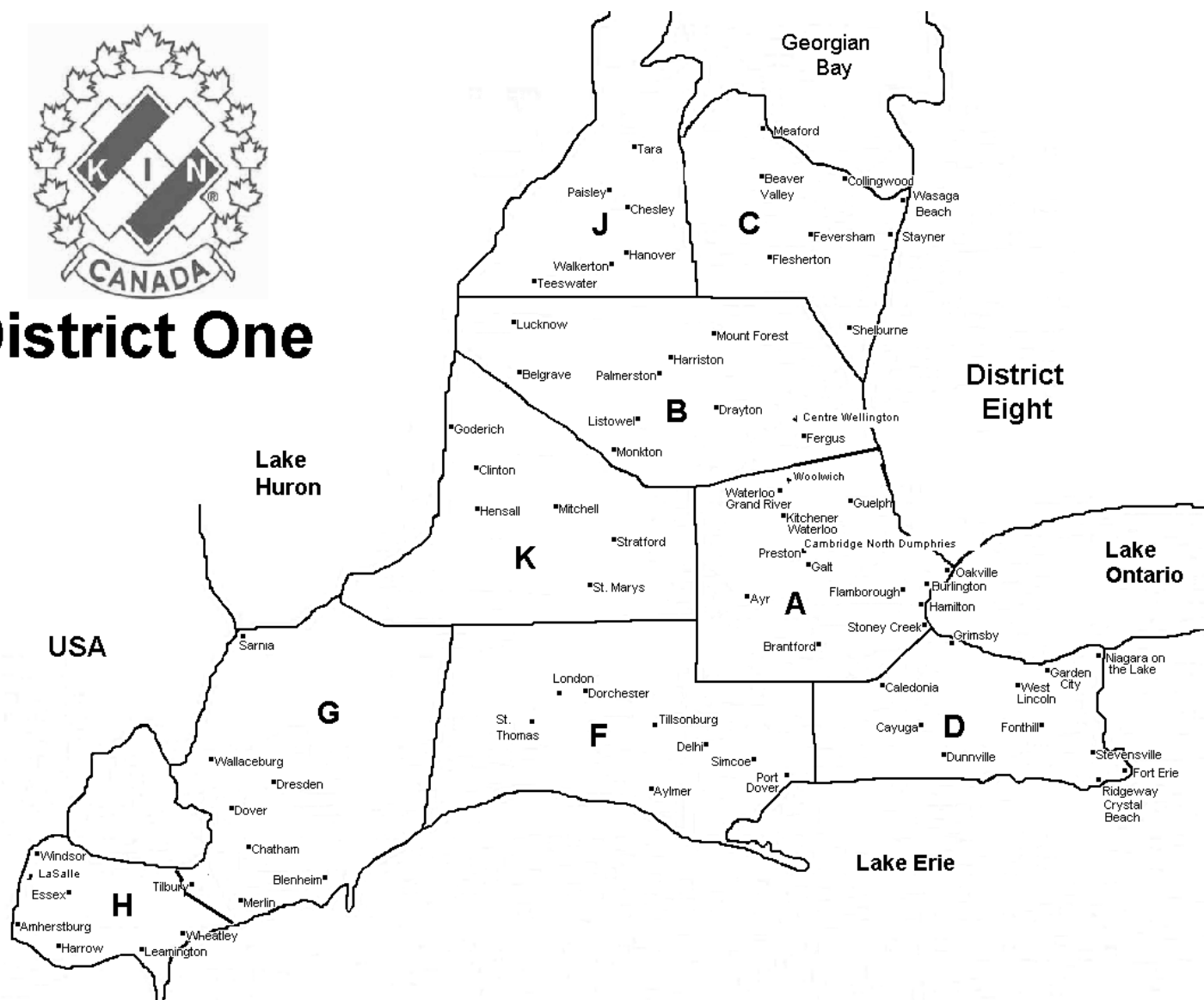
All of Kin are geared up for the 2012-13 Diane Rogers Kin Pride Award! This year, we're doing something different – we are offering our members the ability to submit their answers online. It'll be similar to the Online Service Reporting Form where members can input their final answers and it'll be saved into an Excel spreadsheet. The idea is to help reach our goal to go 'green' and leaving less carbon footprint. However, if anyone chooses to submit via paper route, that is fine too. They won't be entitled to a bonus point if they go the paper route.

The questions were made available on the Kin Canada website on March 1st and all answers are due April 15th. If you have any questions/answers you'll like to bring forward, please contact Bick Trinh at btrinh@kincanada.ca

Finally, last year, we had 52 DRKPA submissions; let's aim for a 10% increase and have 57 submissions! EVERYONE is eligible to participate.. Together, we can achieve anything.



District One



HAVE YOU DONE A ROAD TRIP YET???

Check out the map of District One. How many clubs do you have within easy driving distance that you could fill a car and go and visit?

Contact any one of the Deputy Governors this year to get a schedule of meeting dates for clubs, not only in YOUR Zone, but within driving distance of you in another Zone.

Fill the car, go and visit, share KIN!

Do you know where the proposed charters are happening? Here's a list, you place them on the map!

*St. Thomas Kinettes

*Fonthill Kinettes

*Brantford Kinettes

*Flesherton Kinettes (re-charter)

*Saugeen Shores Kin Club

Have you investigated any Charter opportunities in your neck of the woods? Contact DMD Glenn if you have info!

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

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



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