



KINSHIP ONE

~WINTER EDITION~

The Official
Publication of
District One



Kin Canada
Kinsmen • Kinettes • Kin
District 1

'TIS THE SEASON

A little fun, a little fundraising and a whole lot of fellowship. A little fun, a little fundraising and a whole lot of fellowship. The St. Thomas Kinsmen recently crashed the annual Aylmer Kinsmen Santa Claus Parade. The Aylmer Kinsmen have agreed to make a \$250 donation to Cystic Fibrosis in the name of Kinsmen Club of St. Thomas for return of their dinner bell, and will present us with the cheque in January when we will host an interclub with them.

Says President Drew .. The St. Thomas Kinsmen recently crashed the annual Aylmer Kinsmen Santa Claus Parade. The Aylmer Kinsmen have agreed to make a \$250 donation to Cystic Fibrosis in the name of Kinsmen Club of St. Thomas for return of their dinner bell, and will present us with the cheque in January when we will host an interclub with them.

And Christmas is
happening around
District One ...



ST MARYS KINSMEN FLOAT ALL LIT UP!!



ST. THOMAS KINSMEN 'CANDY' FOR KIDS

AND THE FORT ERIE KINETTES SHOWING WHO'S BOSS



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



Fellow Kin

As the holiday season approaches; on behalf of the KIN Do Crew we would like to wish you and your families a safe, happy and healthy holiday season.

We encourage all of you to take time to reflect on the past year; the good and the

bad. Reflect on all the things you have experienced, the challenges you have overcome, the lessons learned and the friends you have made. We are all so very blessed to live where we do, to belong to a wonderful Association and to be able to call one another family and friends.

It is our honour to be your Governors and to call you friends. We thank you for your continued support to us, our Crew and of course your community's greatest need. You are making a difference, one project at a time, one fundraiser at a time and one hour of service at time.

Enjoy this holiday season and we look forward to seeing you through the holidays and into the New Year at a KIN Function; meeting and/or project.

Merry Christmas and all the best for 2013!

Yours in KIN

Governors Marty and Terri



HUGE KINGRATULATIONS TO DAVINA THUROO, OUR NEWLY ELECTED KIN – CYSTIC FIBROSIS LIAISON FOR 2013 – 2015.

Davina has been a Member of the Kinette Club of Medicine Hat since 1999

- She has been a District Service Director twice
- She has held a variety of positions in Kin every year from her first year with the Association
- She is a member of the Calgary and Southern Alberta CF Chapter as a Kin/CF Liaison and Chair of Medicine Hat's 1st Annual Great Strides Walk last year
- She is a very motivated and dedicated individual with a lot of enthusiasm about taking on this position



Our District One FLC Award Results

KINGRATULATIONS to everyone who participated in the awards programme 2011-2012! At Fall Leadership Conference we were able to celebrate those who were awarded the grand prizes as follows:

Jay Dunn Memorial Shield Award:

The Kinsmen Club of Hamilton

District Photography Award:

Katie McKean, Kinette Club of Collingwood

Kinette Rookie of the Year:

Kimberley Teetzel, Kinette Club of London

Kinsmen Rookie of the Year:

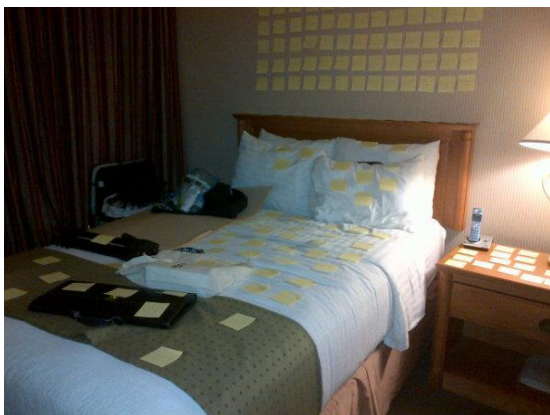
Jamie Craig, Kinsmen Club of Hamilton

Kinette of the Year:

Cheryl Brydges, Kinette Club of London



District One National Outstanding (Zone) Deputy Governors 2011-12



GOVERNOR TERRI'S ROOM

Yes folks, that's what she was greeted by upon arrival .. 200 post it notes with ditty's written on them. Personally, it would have been REALLY cool to have some neon colours in there to spruce up the yellow, however it did go nicely with the décor ☺

FAST FACTS

50%

Total number of District One clubs in attendance at FLC

66.96

Percent of the District One membership that is OVER the age of 40

200

The number of post-it notes that covered Governor Terri's room at Fall Leadership Conference

ATTENDANCE AND PROXIES ARE A MUST ..

Just remember that If you are a club that was not in attendance nor submitted a proxy form for FLC you have no room to argue on any decisions that were made. Make sure you attend or proxy your votes for both Spring Convention and National Convention to let your voices be heard !

FALL LEADERSHIP CONFERENCE HIGHLIGHTS

~2012~



Charting the Future Team reunion at FLC.. so happy to see PG Norm back in action



KW Kinettes ready to take on the membership of District One ..



From the Desk of the National President Penny Lees-Smith

District One, thank you for the warm reception when the National Board attended your Fall Leadership Convention Gala. We thoroughly enjoyed the evening. I never thought that I would have the opportunity to throw a ball (or two) at Past National President Dave; I have to admit that my aim was terrible and I needed Past Governor Elaine to help me out. Thanks Elaine! The receiving line into the gala was a wonderful idea as it allowed the Board to greet everyone coming in. I loved seeing old friends and making new ones. Governors Terri and Marty kept the evening flowing smoothly and proved that the confidence that your District has in their capabilities is well deserved. You are a passionate group of Kin who work hard and play hard, and it was an honour to spend time with you.

Yours in Kin,
Penny Lees-Smith
 Penny Lees-Smith
 National President, Kin Canada



E.N.

Is it just **ME** or does NP Penny seem to be having just a little TOO much fun in this picture .. hmmmmmm



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



Seussical

The Convention

May 17-20, 2013

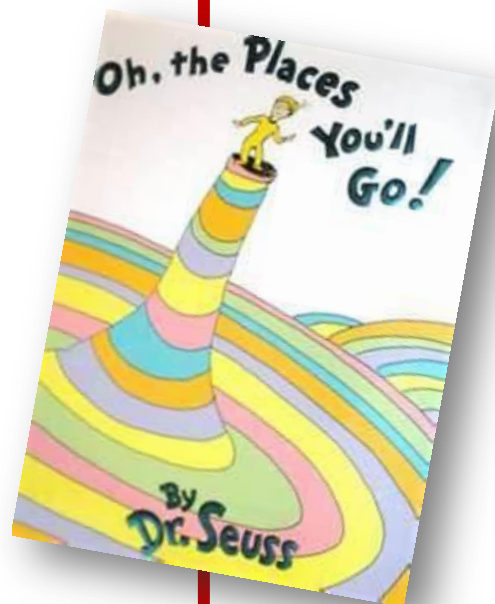
HOLIDAY INN Hotel & Conference Centre
601 Scottsdale Drive, Guelph, Ontario


- 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 ...





The Wasaga Beach Kinettes Christmas at the Beach Tour of Homes took place on the weekend of

November 17th & 18th,

2012. The Tour of Homes is the

principal fundraising event of the Wasaga

Beach Kinette Club. The tour provides a fun opportunity for all residents to promote Wasaga Beach. Hundreds of patrons attend this open house tradition; sharing the warmth and kindness of the season, greeting neighbours and friends, meeting new folk, reaffirming a sense of place. A weekend filled with Christmas Spirit and Décor ideas.

Homeowners graciously let us take over their homes and place on the tour, seven lovely and very different 'homes' for all to enjoy. These homes were decked out in festive fashion - their holiday best by our talented decorators, accompanied by skilfully elegant floral arrangements by



our varied florists and the local stores who all of whom give willingly of their time to work their magic of Christmas.

This event would not be possible without the tireless efforts of what are now hundreds of volunteers over the last 11 years. Volunteers are the lifeblood of a project of this magnitude. Special thanks must go to the ladies of the Wasaga Beach Kinette Club who unselfishly give of their time to organize and administrate this wonderful event, sell ads, recruit volunteers, run the Tea Room and Artisan room, promote this event through print media and social media and who, with many others put in countless volunteer hours. To our most valuable supporter, those who keep the project alive by purchasing our Home Tour Tickets each year, thank you!

All monies raised by this event go back into the community. Recipients have been the Collingwood General Marine Hospital, Battered Woman's Shelter, The Ministerial Food Bank, Kinette Toys for Kids Christmas Toy Drive, Breakfast for Learning Programs within our Schools, the Wasaga Beach YMCA Strong Kids Campaign, Youth Club of Wasaga Beach, the Collingwood General & Marine Hospital, donations to My Friend's House, and the Canadian Breast Cancer Campaign. The Kinette Club of Wasaga Beach continues as an ongoing supporter of Cystic Fibrosis Research.



On behalf of the Wasaga Beach Kinette Club and the Kinette members, we wish to invite you to mark your calendars for the second weekend in November 2013. Take a day; spend some time on the Wasaga Beach Kinette Club Tour of Homes here in Wasaga Beach.

Wishes to each and every one of you for a very happy Holiday Season and an incoming year filled with Peace, Joy, Productivity, Great Health and Prosperity!

Maureen Nolasco, Gloria Smith, Jane Young, Karen Hammond
2012 Co-Chairpersons Kinette Christmas Tour of Homes



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

First of all a quick shout out to all clubs in Zone G. Happy Upcoming Holiday's whatever your faith and a safe and Healthy Holiday season to you and your family's. That goes out to all clubs in District 1 as well. Governor's Marty and Terri accompanied my Wife Sheila and I to the Kinsmen Club of Merlin's successful Cash Club Draw and Supper on Nov 17th and then we scooted over to the Kinsmen Club of Tilbury's Hockey Tournament and Hypnotist Comedy evening with the amazing Fernandez. Both events were on the same night (a two for). Both clubs were very receptive of the Governor's attendance as it had been quite some time since visited by District other than Zone Conferences.

With the exception of Dover I have completed my first round of official visits. Glad to see Blenheim, Chatham, Tilbury and Sarnia show up to FLC in Kitchener and Congratulations to next year's FLC hosts Preston 2013. Great job Kitchener and District council for an efficiently run FLC.

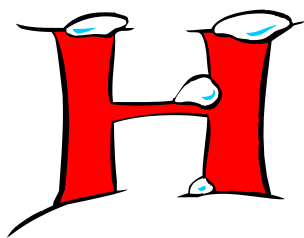
Along with my Zone Bulletin/Awards and Cystic Fibrosis chairs, President Tim from Tilbury and Myself attended Sarnia's Cystic Fibrosis meeting and Chinese auction on Nov 21. The Chinese auction was a riot as usual with many surprise and gag gifts. Dresden, Blenheim and Sarnia all present Santa Claus Parades coming up shortly and Merlin do Christmas Baskets for the needy in their area.

There are a couple of clubs with issues on Membership growth and also Incorporation papers being filled out properly and I will be working with them to take care of these. My team and I are Encouraging membership growth and awards for the upcoming reports for Presidents Mid Term in Chatham and Zone conference in Dresden. I am looking forward to the second half of the year encouraging Fun, Fellowship, Member development and Growth in Zone G. All seems well in our Zone up to this point.



So, what exactly did President Drew do to earn this shirt?





Greetings to my Fellow Kin in Zone H and all across this Great Association,

I am writing this right after our Fall Leadership Conference so I'm still pumped with the Spirit of Kin. I attended workshops on using social media to publicize our Clubs, filling out financial and incorporation papers and pushing fellowship as a tool to increase attendance at our meetings. There was even a new member's seminar and if your Club has any of those, well it's too bad they missed it. I wish I could report a good turn-out from our Zone but on the plus side - I have much to report when I next visit your Club.

My highlite for the Conference was the presentation of over \$7,000 in donations to our Cystic Fibrosis totals. If your Club hasn't yet forwarded their share of the Jim Reid Memorial Golf Tournament proceeds, please get it into the District now.

I also had the chance to meet with our District Executive who were keen to hear about how things are progressing in our Zone. If I haven't had a chance to visit your Club recently, you are on my radar and I will be there soon.

It's not too soon to start planning to attend Spring Convention in Guelph. The Theme is based on the Dr. Suess books. If you really want to plan ahead then you should note that next fall's FLC has been granted to the Preston Family of Kin. They won with an 80's Theme and you will definitely hear more about this as the year progresses.

Don't forget that Leamington will be hosting this year's Zone Conference. We still have to determine a date. It's not too late to get working on award submissions. We do a ton of good for our Communities out here in H and it's a shame that we don't take that last step to finish off our projects by writing them up and submitting them for award consideration. If your Club is also considering having a speaker for the Gord Harbinson Speak-off, please let me know well in advance so I can arrange for judges.

Thanks to all the Clubs who have already paid their dues and submitted their Insurance Reporting Forms. If you haven't, National is compiling a list and you will very soon be listed in the "not in good standing" category.....and you don't want to be listed as NGS, trust me on that one.

Hope to see you all once again before Christmas. Go Lions!

Yours in Kin,
Andy Mantha
Zone H, Deputy Governor.



Have you discovered how to "Be a Legacy"?

Do you want to get yourself one of these spiffy shirts, just like the ones that were presented at FLC?

Tune in to District Membership Director Glenn Dobben's reports both in Kinship One and on the District One Website to find out how one of these limited edition wonders could show up in your wardrobe!!



National Day of Kindness (Feb 23-13)

District Membership Director Glenn Dobben is giving away t shirts to the club in the District that is most ***Kin***spirational. Start your planning now, and let him know what projects you are running this day and get into the running Building **"UP"** Kin. Be a legacy in your community.



BEDFORD FINANCIAL



**Chambers of Commerce
Group Insurance Plan®**

AUTHORIZED AGENT FOR THE
CHAMBERS OF COMMERCE GROUP PLAN

**GROUP • LIFE • RRSP
RESP • SEG FUNDS
CRITICAL ILLNESS INS
DISABILITY INS**

Brad Bedford

**450 Sunset Drive
St. Thomas, ON N5R 5V1**

Tel: 519- 637-0181

Cell: 519-852-0544

Fax: 519-637-4485

Toll free: 1-888-877-2119

brad@bedfordfinancial.ca



PAST GOVERNOR DAN'S 'RAMBLINGS' ..

In this installment of "The ramblings of a Past Governor" I have been asked by our Kinship 1 Editor to address reflections on my year so far as mentor and support for the council, and for those in Kin calling on me to share my wisdom and advice to those "thinking" about the next step.

It has been an interesting year to say the least after having come off a truly incredible journey and past year. Having nothing but supreme confidence in both Governors Terri & Marty, the "passing of the torch" was a very easy thing to do. District One is in good hands again this year as we continue to Build up Kin.

The role of Past Governor is a very interesting position to hold as I am finding out. You first have to learn that you are no longer the center of the circle, for those of you who know me, perhaps a little tougher for me than some others. As Past Governor a large part of the role is to provide support if needed or asked, and in doing so you take on the role of a Mentor to some on Council as well as to other individuals within Kin as well. In that role, as I have found, if you embrace it, you can immediately see the positive impact it can be for that individual seeking it.

By providing individuals who seek it with some knowledge, education and insight to further assist them in their roles, the results of that benefit the group as a whole. In this case the group has many extensions. It will, through that education and sharing of information benefit a Zone, a Zone Executive and the clubs that encompass that Zone. That benefit also extends in other directions as well based on the position the individual holds and can become a benefit to the whole dynamic and effectiveness of the District Council. Remember Personal Development is part of what we provide!

For anyone thinking about taking on the next step, consider this. Are you uncertain? That sounds like a familiar word when describing career change and it is no different in Kin. Taking the next step can be easier said than done, particularly in the context of your career. It's an often quoted fact that the average person will change jobs or careers 6 to 7 times in their life. Life is too short to do work that you are not fulfilled by, enjoy or love. We are all

in Kin because we love making our communities a better place, and by having a strong club, we help to ensure the long term success of just that. SO why not take on another role that provides with that fulfillment and love!

CARE is the word I most often reflect on when approached by someone considering taking the next step. CARE for my Kin family, CARE for the Association and CARE that somebody also cares and likely that is why they are considering "taking the next step. From that we can then craft a strategy to progress a member from where they are to where they want to go, and to ensure that along the way they develop the skill sets necessary to ensure their success once they reach their target goal.

Recently, I was approached by a member who was considering "taking the next step" for them, and shared feelings of doubt, fear, am I doing the right thing, can you help me and so on. I assured them all of their feelings were normal. I acknowledged the fact the decision they made was a pivotal step. It was important for me to first realize as well that this individual came to me because they CARED, and they also trusted and respected me, which allowed them to confide in me in the first place.



Through our work together this individual and I built a solid, open and honest professional relationship. From that foundation of trust and respect, we worked step by step on the individuals' goals and aspirations. In conclusion, that individual is now on a successful path to where they want to be. What was important in my role in this was that the individual identified, that I supported them in order to get clear their outcome, and to take meaningful action step by step and calmly progress to that goal.

To those of you wanting to "take the next step", whether it be from a club member to perhaps a member of your club executive, or maybe you are thinking of getting involved in your zone in an executive role or as Deputy Governor, or perhaps you have higher aspirations, perhaps to be Governor, or yes even National President, the one thing I can assure you of, that regardless of the position you seek, everyone who has been successful has had a mentor helping guide them along the way.

Do not be afraid to seek out help in Kin, we are all in this together, and together we will succeed.

OUT AND ABOUT IN DISTRICT ONE ...

Whining of cosmic proportions and sad puppy dog eyes resulted in a road trip by the Collingwood Kinettes on Tuesday December 4th to the wonderful Kinsmen Club of Fergus! It seems that good Life Member, HREF, Past National President Bruce Lloyd is like a bulldog (not a hound as he suggested) when it comes to chasing what he really REALLY wants .. and that is .. COLLINGWOOD KINETTE CRACK CARAMEL CORN!!!

You see, Bruce was not lucky enough to win the HREF fundraising draw for caramel corn at FLC, and he's been, well, to sum it up, annoying about it ever since. SO .. in the spirit of Kin (and to stop the Facebook comment barrage) good Kinette Kim Dadswell whipped up a batch, good Kinette Katie McKean painted him an everlasting kernel, and good Kinettes President Barb McArthur, Debbie Hodgkinson and LM Monika McKean, all hopped in the car and travelled to the Fergus Kinsmen meeting to surprise Bruce with his gifts.

Bruce .. we loved having one up on ya! And thank you so much for cooking us a special dinner and hosting us. And to the rest of the Fergus Kinsmen, we would love to come back and join you again, thank you for the hospitality!

OUR TAKE HOME PRIZE???????



The Keeper Kernel .. painted by Katie McKean



Bruce and the girls ...

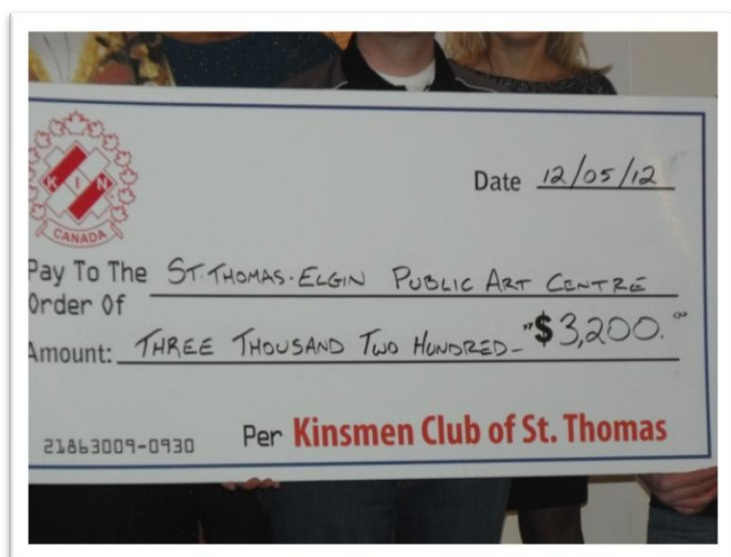


Out and About in District One ...

Moncton Kinsmen Installation Night with Zone B Service Director Brenda Dineen



St. Thomas Kinsmen and proposed St. Thomas Kinettes making a cheque presentation to the St. Thomas Elgin Public Art Centre. Well done!!



“D” Kinettes say .. Hello

Just an update from Zone D, The Grimsby Kinettes have just finished their second annual Trivia night. It was a great night attended by Kin from District One. It turned out to be a great success, thanks in no small part to Vice Governor Chris for being MC and Quizmaster for the evening.

A great showing for the Zone D Kinettes who came out to help the West Lincoln Kin with the Hot Chocolate Float at the Santa Claus Parade in Smithville.

The Fort Erie Kinettes are very busy as well, Their Float came in 2nd place at the Fort Erie Christmas Parade, and their other Christmas projects are in full swing as well, with the Mitten Tree, Gift of Love and Decorating the local Hospital.

The Stevensville Kinettes are working hard with their Christmas projects helping those less fortunate.

On behalf of myself and my team I would like to wish everyone a *Merry Christmas and a Happy New Year. Have a Safe and fun Holiday Season!!*

REV IT UP!!

Zone D Kinette Deputy Governor Kathy

	<p><i>Pastry from Scratch</i> A Taste of Homemade</p>
<p><i>Cheryl Toohey</i> Owner 126 3rd Avenue SW Box 71 Chesley, Ontario N0G 1L0 226-668-4463 cheryla.toohey@gmail.com</p>	

Zone K Kinsmen are ever busy ...

Season's Greetings from Zone K. Club business is as usual here in the zone. Many clubs are continuing to support the causes that make their community's better. Most are taking part in the Sally Ann appeal which is so very important this time of year. There have been some awesome Santa Clause parades in the zone so far and others yet to be held. Some organized by Kin and others supported by Kin.

Two new events to mark on your calender for 2013 will be the International Plowing Match in Sept. It will be held outside of Mitchell and Kin again will be using this event to raise some service dollars. Also next June the Stratford Kin are planning a weekend camp out at their own Camp Tanner. I understand Volleyball will be the sport of choice.

Wishing you all the best in the New Year.
Y.I.K

Zone K Deputy Governor David Proudlove



<p>INTERNET ADVISOR</p>	
<p>Web Design Internet Marketing Social Media Strategy eCommerce for Small Business</p>	
<p>www.InternetAdvisor.ca</p>	
<p>Russ Jackman russ@internetadvisor.ca 519.782.7877</p>	<p>PO Box 20111 St. Thomas, Ontario Canada N5P 4H4</p>



Family, relatives and acquaintances in St Thomas, Port Elgin and Point Clark areas to help us Charter Kin Clubs.

Wow what an FLC! What a group of enthusiastic presenters and Kin from all over the District. Hope everyone took home some great memories and ideas on Building Up Kin in your club, in your community and in Yourself.

We passed out a few Building up Kin shirts and hoped to inspire you to make your club a friendlier place for your guests. Lots more coming up so if you haven't taken the time to use your Bucket List and chart your clubs existence into the next 5 years get on with it.

I would like to thank all of you who have shown your legacy and sponsored a new member into your club. You are the visionaries of the association and understand the need for continuous improvement and growth.

Welcome to all the new members of District One. I hope that you find Kin a valuable resource and invite your friends to join us as well.

In closing I am adding my Christmas wish list. I no longer believe in St Nick, but I do have a strong belief in people!! I wish each one of you time from your hectic life for some rest and reflection with family, the reason for the season and renewed energy and vigor for 2013.



DMD GLENN'S CHRISTMAS WISH LIST

- 1-THAT EVERY PRESIDENT PUTS MEMBERSHIP (RECRUITMENT OR RETENTION) ON THEIR MEETING AGENDA EVERY MEETING.
 - 2-THAT EVERY CLUB FINDS ONE NEW "IN IN YOUR FACE" COMMUNITY PROJECT.
 - 3-THAT EVERY MEMBER STOPS AND THINKS ABOUT THE RAMIFICATIONS OF THEIR WORDS BEFORE THEY SAY OR WRITE AND HOW IT WILL AFFECT YOUR FELLOW MEMBERS.
 - 4-THAT EVERY SEASONED MEMBER FIND THE STRENGTH TO SUPPORT AND MENTOR OUR NEW MEMBERS AND ALLOW THEM TO GROW, LEARN AND HAVE FUN IN KIN.
 - 5-THAT EVERY MEMBER GIVES THE GIFT OF KIN THIS YEAR EITHER IN SPONSORING A NEW MEMBER OR HELPING OUT WITH CHARTERING A NEW CLUB.
- MAY YOU ENJOY THE SEASON .. DMD GLENN



WIELHOUWER
REPLACEMENT HARDWARE SPECIALISTS

Marcus L. Muxfeldt
Sales Representative

1223 Talbot Street • St. Thomas, Ontario • N5P 1G8
Cell (226) 678-0137

Door & Window Hardware • Toilet Partition Parts • Folding Gym Door Repair

1-800-465-2815

marcus@replacementhardware.ca • www.replacementhardware.ca



'A'S ALL AROUND ..

Thank you DG Karen .. you're one travellin' lady ..



Hamilton-Stoney Creek Kinettes at St. Peters - One Stop Shop. Guelph Kinettes at their Craft and Artisan Show. Three new members have been installed, Samantha Mansfield-Kinette Club of Preston, Tricia Trotter-Kinette Club of Oakville and Jessica Payne from the Kinette Club of Guelph. Putting up lights for Wonders of Winter. Zone A Secretary / Treasurer Dee Dee presents Deb with the 2011-2012 Communication Excellence Recognition Programme and 2011-2012 Boake Efficiency Awards



A Fun and Creative way to Fundraise ..

Submitted by Collingwood Kinette President Barb McArthur

Historically at our November General meeting, the Collingwood Kinettes extends an invitation to other clubs within the zone (and it is a Zone sanctioned event too), and each member invites guests, to a fun evening to promote Kin within the community. This is our annual **Collingwood Kinette Craft Auction**.

The premise is that the club members, and guests, make a homemade craft or goodie and bring it to the meeting to be auctioned off. This years' offerings included baked goods, knitted items, candy dishes, pickles, preserves, Christmas decorations, jewellery, caramel corn, bits & bites, fudge and much more!



On November 15th, the club entertained 28 guests for the craft auction. This year, the committee made sure that the meeting hall was decorated with a beautifully trimmed Christmas tree, Christmas wreaths and red tablecloths to get everyone in the holiday spirit. Each person attending pays \$15 to cover their meal, bid card and raffle tickets. They also have the option to buy more raffle tickets and to purchase 50/50 draw tickets. The funds raised from both draws are donated to Cystic Fibrosis. Two of the club members are the auctioneers, and they choose items from the auction table, walk among the guests to show the item off and start the bidding, which sometimes can get carried away when a couple of people want the same item. The bidding is very generous as everyone knows that the funds raised will be donated back to the community. Part way thru the evening, the auctioning stops and the dinner is served. Another group of club members prepare the food for the dinner to help keep costs minimal. This year, the club took the opportunity to promote Kin to the guests advising some details about Kinettes and Kin,

and an invitation

to join Kin or talk to any club member if they would like to know more. We ask guests to complete information sheets and return to the Membership Director so we have follow up information for future events. Once dinner is complete, raffle prizes are drawn and the auction starts again. The evening wraps up with the 50/50 draw and then as a thank you to the guests, a draw for the table centre pieces.

What a fun way to promote Kin and raise funds to assist the community!





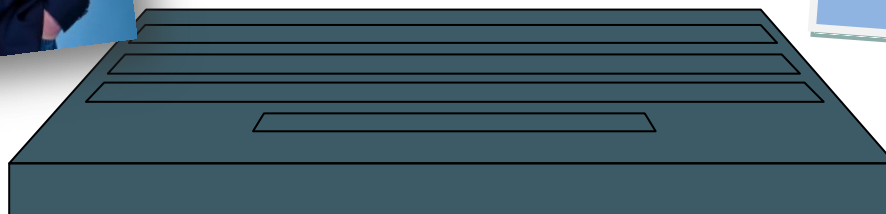
www.district1kin.ca

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.

Don't forget the District Facebook page for up to the minute news, information and celebrations. If you're not already a member, come join the group today!



Kin Sales Store Online

The Kin Sales store is being updated. Please call Talbots to place your order.

Contact Information:

Dawn Pettit's direct phone line:

519-773-3095

Email: dpettit@talbot-promo.com

Talbot customer service rep:

Laurie Robinson

Tel: 1-800-265-2607, ext. 245

Fax: 1-800-268-0326

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



"Building Better Golfers"

CAMERON BURECHAILS

(C.G.T.F. / U.S.G.T.F.)

Teaching Professional

www.baygolfacademy.com

For information:

(705)441-0865

baygolfacademy@bell.net

SEASONS GREETINGS

The holiday season is here and the spirit of giving takes over many of us. Many clubs are busy this time of year in their communities with projects such as the Salvation Army Kettle Drive, tree lighting with seniors, wrapping presents at local malls, and sponsoring a family to ensure that they have a wonderful holiday experience, the list goes on. Thank you to all who give and continue to do so.

F.L.C. was a huge success for Cystic Fibrosis and the Hal Rogers Endowment Fund. Thank you to the clubs that we received cheques from and a big **Thank you** to everyone who contributed in one way or another to the Silent Auction Table and the raffles.

To all of you.....Seasons Greetings and all the best in the New Year!

Joanne and Adrian

Wishing Zone F and all of District One a safe and happy holiday season.

From Zone F DG's
Tiffany & Darryl



For Moments That Matter

CRANBERRY GOLF RESORT PRESENTS
NEW YEAR'S EVE WITH
NARIA

Join us
Monday, December 31, 2012
8:00 pm - 1:00 am
Featuring all local fare buffet dinner, live entertainment from Pop Supernova Group Naria, dancing, party favours, and champagne at midnight!

All for only
\$69.00 per person*

* plus taxes and gratuities



Family New Year's Eve Dinner
4:00 pm - 7:00 pm
Featuring a hot buffet dinner and entertainment from a magician and balloon artist

Adults: \$45.00 per person*
Children (10 and under): \$25.00 per person*

* plus taxes and gratuities

For reservations contact Rebecca Osmond at
(705) 445-6600 ext 633 or salesadmin@thecranberryresort.com

Resort	Golf	Spa	Marina	Conference	Weddings	Dining
--------	------	-----	--------	------------	----------	--------

1-800-465-9077 www.thecranberryresort.com

FLC Seminar Report *"Stepping out of the Box"*

Presented by

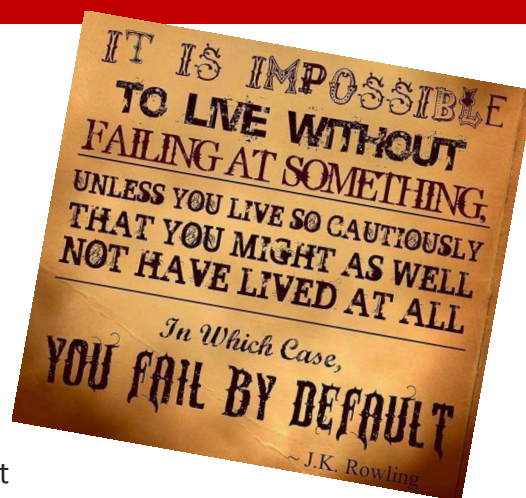
Life Members Monika McKean and Don Cousins

We first of all would like to thank all of the Kin members that attended the "Stepping out of the Box" seminar at FLC. We had a great time getting the views and opinions of all who attended and presenting our views from our past experiences. We certainly hope it didn't deter anyone who plans on moving from the club level to positions beyond, but rather that it helped make the decision easier to take that step. We had a very diverse group of attendees, who helped us greatly with our presentation! Thank you so much for your participation.

If you require any further information or you would like to chat about other positions beyond your club please don't hesitate to contact one of us at the numbers below.

Have a safe and happy Holiday Season ...

Monika McKean 705-293-2436 and Don Cousins 226-777-5241



Katie McKean

Cruise & Vacation Consultant

Cell: 705 441 5086 **Office:** 705 293 0930

Email: kmckean@cruiseshipcenters.com

Website: www.cruiseshipcenters.ca/KatieMcKean



Going south this winter? Spend the night prior to or after your vacation at the Travelodge Dixon Hotel for only \$105 (+HST) per night AND you get to park your vehicle there for up to 15 nights! Call or email me today to book your pre-vacation accommodation!

TICO:
50019198

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





T.E.A.M. Financial Solutions

To Educate And Mentor

every team needs a good coach

Group Drug & Dental Plans ♦ Workplace Educational Seminars ♦ Health Savings Accounts
Group RRSP & Pension ♦ Group Life & Disability Plans ♦ Retirement Planning Course

William (Bill) McBay, CFP, CLU, CHS
Certified Financial Planner

519-744-7325 x 2255 ♦ www.teamfinancialsolutions.com



Focus on road trips,
not market dips.



Look forward to a brighter investment horizon.
Ask me about **Money for Life™** from Sun Life Financial.

I'm **William McBay*** CFP CLU CHS.

T.E.A.M. Financial Solutions

Call, write or visit me any time.

519-744-7325 ext 2255

william.mcbay@sunlife.com

www.teamfinancialsolutions.com

22 Frederick Street, Suite 330

Kitchener, ON N2H 6M6



Life's brighter under the sun

*Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc.
© Sun Life Assurance Company of Canada, 2012.

ZONE D EXCITEMENT ...

**Life Member Skip,
receiving his Life
Membership in April
1969. Cayuga
Kinsmen's 1st ever
Life Member**

Now Eight In Number **Kin Honour First-Ever Life Member**



The Cayuga Kinsmen held a special event in the Metcalfe Hall of the Cayuga Memorial Arena on April 26, 1969 when they bestowed the Club's first-ever "Life Membership" on one of their most valuable members, Kin Sheldon "Skip" Lint. In the photo (from the left) are the 1969 Club President, Kin Doug Baird; Kin Skip and his wife, Jean; and Kin Bob Baigent, who made the presentations on behalf of the Club. Since inducting Kin Skip as its inaugural Life Member, the following have joined that same rank: Bob Baigent, March 6, 1976; Peter Baird, May 27, 1977; Larry Lalonde, April 11, 1981; Grant Burgener, December 11, 1982; John Derby, December 15, 1984; Marty Lalonde, November 30, 1996; Ron Hannah, April 24, 1999.



**Life Member Larry
Lalonde receiving
his Life
Membership from
Past Governor
Grant Burgener in
April 1981**



Hello District One Kin!

On Saturday, November 17th the Cayuga Kinsmen officially retired two of their Life Members in a celebration of Kin. Life Member Sheldon "Skip" Lint has been a Kinsmen for 57 years. He was the 1st Life Member of the Cayuga Kinsmen and attained a perfect attendance record for over 50 years. Life Member Skip was instrumental in bolstering the Cayuga Kinsmen when they were down to just 3 members over 40 years ago. Life Member Skip held numerous positions in the club, including President on a few occasions.

Life Member Larry Lalonde has also officially retired from Kin, and like Kin Skip, had over 50 years of service in our organization. Life Member Larry will be remembered most for his involvement in the building of the Cayuga Kinsmen Community Centre in 1980. Life Member Larry is a tireless worker as he was very involved in the recent club project to beautify the Cayuga Riverfront. Life Member Larry always incorporated "fun" in the club meetings. When he would see that issues were turning into heated debates, he would be the first to request an adjournment so the club could enjoy some fellowship and have fun. As Larry puts it, the next week the issues would work themselves out and the next meeting would be fun from the start.

Their hard work and dedication to all things Kin have not gone unnoticed. Both have served the community's greatest needs on many levels and have helped enhance the lives of many people.

Both are responsible for leaving many legacies that will continue to benefit future generations of Kin and residents of Cayuga.

On behalf of District One, Thank you Life Members Larry & Skip for all that you have done! ~ **Deputy Governor Shane Walsh**



Life Member and Past Governor Grant Burgener (Left) with Life Member Sheldon "Skip" Lint (Center) and Life Member Larry Lalonde (Right) at the Celebration of Kin on Sat, Nov 17th.



Kin Canada
Kinsmen • Kinettes • Kin

General Operating By-law Update Frequently Asked Questions - November 2012

Q: Why is Kin Canada doing a review/update of its General Operating Bylaws?

A: In October 2011, the Government of Canada enacted changes to the Not-For-Profit Corporations Act. These changes require all incorporated entities under the Act to review their operating bylaws to ensure that they are compliant. The deadline to be compliant is October 2014.

Q: What happens if Kin Canada does not meet the deadline of October 2014?

A: Kin Canada will cease to exist as a federally incorporated entity.

Q: Does this impact the members of the Association?

A: Yes. Each member is responsible to participate in the by-law review/update to ensure that they are comfortable with the changes.

Q: Does this work impact my Club?

A: Maybe. If your Club is federally incorporated under the Not-For-Profit Corporations Act, then yes. To date, the committee's research has only identified three (3) "Kin" entities: Kin Canada, Kin Canada Foundation and District 2 Kin Foundation Incorporation. If you are unsure, you should discuss this with your Executive, your Governor or with the General Operating By-Law Committee.

Q: How do I become engaged in the General Operating Bylaw review/update?

A: This is easy. The Governors are members of the committee and can easily ensure that your input/comments are raised. Likewise, there is an online presence at www.district7kin.com/wiki solely dedicated to membership consultation.

Q: What is the process for bringing forward the revised General Operating Bylaws?

A: A motion will be made at National Convention 2013 in order to bring the revised general operating by-laws forward. If there are areas that require further consultation an addition motion will be made at National Convention 2014 in order to deal with the remains areas.

Q: Where can I find more information about the Government changes?

A: Please reference the transition guide located at http://www.ic.gc.ca/eic/site/cd-dgc.nsf/eng/h_cs03925.html for more information. Please read it carefully.

Q: How may I can I contact the general operating bylaw committee?

A: Please contact National Director Mitch Freeman at msfreeman@eastlink.ca with any questions/concerns.



SEASON'S GREETINGS

Greetings Fellow Kin

Christmas is fast approaching and so is the SNOW. I'm sure everyone is working hard on a holiday service project, shopping, visiting with family, or just getting the house ready for guests, either way, we're all very busy this time of year. Up in Zone C the snow had just begun and with that the Santa Claus parades. Every club in the Zone is participating in one.

So if you miss one in your neck of the woods, come on up to Zone C, enjoy the snow and Santa, we even have a couple of night time parades. During this busy time of year I would like to take this opportunity to encourage each and every one of you to take a break from the hustle and bustle of the season and take some time to enjoy the magic of season. Whether you are celebrating Chanukah, Yule, Kwanzaa, Christmas, or another holiday tradition, enjoy a break with an old friend, visit family, and cherish those you love.



Merry Christmas from Zone C

With another successful Fall Leadership Conference behind us, we can continue to move forward with greater knowledge, new friendships and a positive attitude. Thank you again Kitchener-Waterloo Kin Family.

The last couple of weeks have been busy for clubs. We are excited and proud to introduce three new members to Zone A and the Association. Welcome Kinette Samantha Mansfield, Kinette Club of Preston, Tricia Trotter, Kinette Club of Oakville and Jessica Payne, Kinette Club Guelph.

As the holiday season fast approaches, our clubs have been busy with festive projects.

The Kinette Club of Guelph provided lots of unique Christmas gifts with their Craft and Artisan Sale. The Preston Kinettes are shopping to make some families Christmas Day special with Wish Tree. Jingle bells, jingle bells the Kinette Club of Oakville completed a successful Kettle Drive with the Salvation Army while the Waterloo Grand-River Kin family lit up a winter wonderland for the Wonders of Winter. The ladies of Hamilton-Stoney Creek lovingly crafted Christmas cards for the residents of St. Peters and the KW Kinettes are decorating the town with poinsettias.

Thank you to all the clubs in Zone A for bringing some joy and holiday spirit into the lives and homes of your community.

Merry Christmas to you and yours and wishing you love, laughter and happiness in the New Year.

Your Zone A Deputy Governors ~ Karen and Derek



The 12 Hazards of the Holidays for your Pets

1) Ethylene glycol (Anti-Freeze)

This common toxic can cause acute renal failure with as small an amount consumed as 4.2ml/kg in dogs and 1.5 ml/kg in cats. Usually the first signs seen are lethargy, wobbliness, increased drinking and increased urination. If emergency treatment is not instituted this toxin is usually fatal.

2) Chocolate

Seen more frequently during holidays, symptoms can be variable depending on the “purity of the chocolate” Symptoms include increased thirst, vomiting, restlessness increased heart rate and can progress to seizures.

3) Prescription drugs

With the hustle and bustle of holidays added to visiting family and friends, ingestion of our human medications can be a real hazard.

Dogs and Cats do not react the same way as people do. Consulting with your veterinarian or poison control can be a life saver.

4) Poinsettia

Commonly thought to be the “toxin of holidays”; the plant rarely causes more than gastric upset. Having said that, it is best to keep those ornamental plants out of reach (or out of the house) to avoid vomiting and diarrhea in your pet.

5) Raisins/Grapes

Because the mechanism of toxicity is not known, we do not know how much is too much with raisins so please be careful as this “treat” can cause renal failure and even death.

6) Mistletoe

A rather infrequent toxin because of the rarity and expense, mistletoe can cause vomiting, diarrhea, fluid loss and even death has been reported.

7) Macadamia nuts

Although the chemical causing this toxin has not yet been identified this ingestion can cause

depression, inability to use the hind limbs or stand, coordination and vomiting. Fortunately, this toxicity is usually self-limiting but unpleasant during the episode.

8) Bulbs

The Amaryllis is a favorite for many this time of year but its bulb can cause vomiting and diarrhea in both dogs and cats.

9) Road Salt

Rarely is this seen as an acute oral ingestion but road salt can cause significant discomfort on the pads of dog's feet. Combine this with a small cut and that can become quite painful for your pet.

10) Foreign bodies

Toys, ribbons, ornaments – is it any wonder that occurrence of these accidents increases during the holiday season. Just like you would with a baby in

the house- pet proof the holidays and avoid an emergency trip to the veterinarian this holiday season.

11) Table scraps/change in diet

Sure everyone enjoys a bit of turkey during the holidays but allowing your pets to ingest bones or letting grandma feed the dog the leftovers could result in a trip to the veterinarian. Try to avoid changes in your pet's diet as much as possible

12) Hypothermia

During the winter months hypothermia can and does affect our furry friends. Cats are especially prone to this and more so over the busy holiday season when they many choose to stay outdoors to avoid the hustle and bustle inside.

Facts sheet supplied by the Veterinary Emergency Clinic in Toronto.

Don't forget your pets' safety this holiday season.

Yours in KIN, Terri DRM



FORMATION MEETINGJAN 28/80DATE: JAN 28, 1980LOCATION: HEATHCOTE HALLHAPPY HOUR: 7⁰⁰ PM - 7³⁰ PMDINNER: 7³⁰ PM.BUSINESS MEETING CALLED TO ORDER 8:40 PMIN THE CHAIR: KIN GUS FERGUSON - MEAFORD KINSMEN
MINUTES TAKEN BY: PRESIDENT ROGER - BEAVER VALLEY.PRESENT: CHAIRMAN GUS FERGUSON - MEAFORD KIN
DEPUTY GOVERNOR ZONE "C" - MIKE KUSIAR
PRESIDENT BEAVER VALLEY KIN - ROGER HINKSMAN
VICE PRESIDENT BEAVER VALLEY - DON ARTHUR
DIRECTOR BEAVER VALLEY - BRIAN KANE
ZONE KINETTE CO-ORDINATOR - SANDY STOUTENBURG
MEAFORD KINETTE - REGGIE ARTHURKIN WIVES: ① JACKIE MACDONALD

② BRENDA HINDLE

③ ROSE KUSIAR

④ PAT OLDFIELD

⑤ ANN JOLLY

⑥ DENYSE ARDIEL

⑦ BEV ARDIEL

⑧ JOAN SMITH

⑨ ROSEMARY TAYLOR

⑩ BARB SWANSON

⑪ SHARON LONG

⑫ BARB LENNOX

⑬ BONNIE CLARK

⑭ DIANE WINCH

⑮ DOREEN TAYLOR

⑯ LOIS HINKSMAN

⑰ JAN DENTON

⑱ SUSAN FORSYTHE

⑲ LOIS LANKTREE

⑳ JOANNE LOUGHEED

㉑ SANDRA PYATT

㉒ MAUREEN BELL

㉓ BARB BEESLEY ㉔ MARILYN COLLINS

**ZONE C
FLASHBACK ..****BEAVER VALLEY
KINETTES
ORIGINAL
FORMATION ..****HOW MANY OF
YOU
REMEMBER ??**

Page 4

Thornbury, Ontario



The wives of the Beaver Valley Kinsmen have formed their own organization, the Beaver Valley Kinettes. The first meeting was held two and a half weeks ago to elect an executive and to prepare for the coming year. Last week the Kinette officers met for the first executive meeting at the home of President Lois Hinksmen. They are seated from left Rose Kusiak - Vice-President, Sandra Pyatt - Secretary, Lois Hinksmen, Sharon Long - Bulletin Editor, Pat Oldfield - Director. Standing from left are Lois Lanktree - Treasurer, Susan Forsythe - Vice President and Joan Smith - Director. Absent is Ann Jolley - Registrar.

Valley Courier Photo

Have you ever dreamed of getting away – just get rid of everything, buy a boat and sail off to paradise. That's what good Wasaga Beach Kinette Terry Welte and her husband Geb did this summer. Terry is writing a blog and it has been fascinating to live vicariously through her. And yes, they started out on their adventure, just when Hurricane Sandy was coming. I've cut and pasted some snippets from her blog for your enjoyment.



October 2

We have been living aboard for about six weeks. We have sold and given away a lot of our worldly goods and I am totally amazed at what we don't need. We are now removing things from the boat that I thought I could not live without. Not only can I live without them, but they are actually in the way. All space aboard is very valuable so unless it is very important, it has no place on board.

Our evenings are the best time of the day. I thought I would miss the TV but that has not happened. We read, sometimes watch movies or play cards. The best show though is outside. We sit on our lawn chairs and instead of some rerun, we watch the sky change colour. The best sunsets are on the lake.

Well I started this as a way for Geb to live his dream. It is slowly becoming my dream as well

October 7

The last two days have been amazing. We are totally awesome!!! We have done 14 locks in the last few days. We are getting really good at it now. I even survived the Lock of Death which was a 40 ft. drop in the rain and wind. It was the one I was totally worried about. Only 6 locks left to go tomorrow. Five of them are 33 ft. each and drop one after the other.

Last night we went out to a little Irish bar for some Smithwicks beer and then to McDonalds to use their absolutely, lovely bathroom facilities. I am sure the women there were wondering what took us so long. The head works great, but it does not encourage full enjoyment.

October 11

We are both finding new muscles. It is still the suffering stage and we are pretty stiff each morning. Everyday does get better. We figure in a few weeks that we should be in good shape. I am starting to have muscles like Schwarzenegger!

October 13

It went down to zero but we were warm on the boat in our fuzzy socks and fleece tracksuits. We had planned to leave very early but we got up for nothing. At 6:30 the boat was covered with frost and there was a heavy fog on the river. We drank coffee and chipped out the windshield. Tomorrow, we make a run through the harbour and head out to the Atlantic to get to the Delaware River. Hopefully, we have good weather. After that, we should have protected channels and maybe we can take it easy for a few days.

October 21

We are hoping to leave this week and head to Atlantic City which is about 10 hours away. We hope to do that in one day with some good wind. We will put up some sail and also use the diesel.

I thought this trip would always be exciting, but I can now see that there is a lot of work involved just keeping our "old lady" running. I thought I would sit on deck, eating chocolate while Geb was at the helm. That is far from reality. I am lifting, hoisting, crawling in small places and doing things I never thought I could do. I am proud of myself and my body is changing shape. Sometimes, Geb does not recognize me on the street with my new hair and smaller butt.

October 25

We are on our way looking for safe harbour to ride out the storm (hurricane Sandy) We are expecting it to be here on Sunday, so we have two more days to get somewhere safe. We are hoping to hit Cape May and the Delaware River. Tonight, we are anchored in a very quiet cove behind a breakwall. So we are very safe here.

October 28

First of all we are safe. That's the most important thing. We had to evacuate from where we were. We tried to outrun this storm but it was really not possible. We left Sandy Hook NJ because there was no safe place to be. We have done all we can. We are in a hotel in our pjs watching TV. We have a few bottles of wine and some beer and stuff to make sandwiches. At lunchtime, we went out and had a prime rib dinner. It is raining right now and the wind has started. I will let you know if I can. We don't know how long we will have power. We have flashlights and candles.

It should end by Wednesday. The one good thing is that there is a bathtub in our room. I am going to have a bubble bath!

October 29

Sitting here, looking out and watching the rain from the hotel. Evacuation is still in force here. We are all just waiting. We can't see the ocean from here so are watching on TV. The inactivity is making us crazy. I thought I would enjoy the rest because the last few days have been so hectic as we got the boat ready for the storm. We tied up the boat with 400 ft. of 1" rope to make her as secure as possible. Geb and I worked all day for 2 days straight.

October 31

The Michelle M is safe and sound!!! We walked 5 km. today to get to the marina to check the boat. We could not go yesterday as it was all still flooded. As we got closer to the marina, we were very stressed especially when we met some people who told us the marina had been hard hit. We could see her mast in the distance and at least knew she was afloat. When we got close, we could see that she was still attached to all of her lines. She has some new bruises, scratches and a couple of gouges in the teak gunwales where the ropes really sawed in. The important thing is that all the problems are cosmetic from the outside

The inside of the boat did get wet somewhat. Water came in at the mast even though Geb really foamed out all the tiniest openings. Nothing serious. Just some old fashioned putting stuff outside to dry out will do the trick. Our electrical system is somewhat screwed up due to a possible short, perhaps from the water

On a lighter note, we are in the only 3 block section of this whole area that has power. Power will take a long time to restore here because of all the downed trees, and powerlines. We went out for supper tonight at a steak place. It was \$1 margarita night. \$2 Corona night. Yay!!!! We are celebrating Michelle M's survival. We are out of food here at the hotel so I am glad some restaurants have reopened. There are no grocery stores open yet as they have no power. Most of the gas stations are also closed, either no power or no gas.

November 4

Every time I get up and see the destruction around us, I am thankful for what we have. We are both alive, we have a roof over our heads, we have food and we have power because of our generator. The destruction is unimaginable! The night of the hurricane was probably one of the most frightening nights I have ever had. The noise of the wind, the banging, the sounds like explosions and the total darkness made it seem like the end of the world. At least we were far enough away from the water to not feel threatened by it.



November 8

I never expected to see 3 inches of snow on the sailboat. I thought I was heading south. Obviously our delays have changed the scenario. Instead of sandals, we should have brought boots and winter jackets. I am looking forward to seeing warmer temperatures on the weekend. The snow has already started to melt. Great chunks are falling off and hitting the decks. The good thing was that the wind was not too bad here. We stayed on the boat as we have hydro here now. A lot of areas still have no hydro.

November 11

At the beginning of this trip, Geb promised me 50 % ecstasy and 50 % terror. I am still waiting for the ecstasy part.

We had planned to spend about 10 days in Jersey. The original plan included anchoring in some cute inlets so we could walk the Jersey shore. At no time did the plan include a hurricane and a Nor'easter. We were the celebrities of the marina and people showed up for tours of the boat. We were known as the cool Canadians on the sailboat. I don't think I have ever been cool before.

We found a beautiful anchorage opposite a little sandy island. We could see wild ponies running along the sand. It was quiet and still. The sun was shining. I took off my fuzzy socks. Geb is having a nap right now as he really had to work hard the last few days to bring us in safely. It is much warmer here as we are about 120 miles south of Barnegat. The air even smells different. We won't need the heater tonight and I am going to wear regular pjs, not the fuzzy ones. Tomorrow we can cook breakfast out on deck, drink our coffee and watch the ponies run.

Life is good!

http://sailmichellem.blogspot.ca/2012_10_01_archive.html

**~ Submitted by Deputy Governor Lisa Burechails
Zone C Kinettes ..**

Out and About in District One ..



Our own Dave Sopha greeting royalty



VG Chris making the rounds



St Marys apparently has their own Christmas Elf



They haul them in from across Canada for the Walkerton Santa Parade



Oakville Kinettes Seniors Tea

Centre Wellington Kinettes prepping for the parade .. with Gov Marty



Palmerston Kinettes parading their stuff ..

Coins For Change



**Fergus & District
Kinsmen**



**Centre Wellington
Kinettes**

The Next Generation

Coins for Change: The Next Generation

Imagine.....

Twenty years ago the Fergus & District Kinsmen embarked on a unique project. The goal: to cover the Sportsplex floor with pennies. The success of the project garnered \$ 45,000 for Cystic Fibrosis research.

Today, the Fergus Kinsmen and their partners, the Centre Wellington Kinettes are going to do it again. Proceeds from this project will benefit

- **Groves Memorial Community Hospital-** bringing much needed equipment, books, toys and gaming systems into the hospital to entertain patients during their stay.
- **The Elma & Doug Jack Youth Recreation Fund-** assisting financially challenged youth in the Centre Wellington community access recreation, sports, arts and cultural programs through contributions to registration costs.
- **Cystic Fibrosis Canada-** Cystic Fibrosis is the most common fatal genetic disease affecting Canadian children and young adults.

Coins for Change: The Next Generation is a fun family project. The floor of the Centre Wellington Community Sportsplex will be artistically blanketed in coin, an attempt to set a Guinness World Record for largest coin mosaic.

Imagine the funds we can raise with The Next Generation.

Imagine being a part of something that can bring forth new possibilities.

We're asking for your help to ensure success for the community!

Your opportunity to give back

- Corporate Sponsorship
- Monetary Donations
- Square Foot Sponsorship
- Loose Coin Donations

Corporate Sponsorship Opportunities

Platinum Sponsor	\$1500
Gold Sponsor	\$1000
Silver Sponsor	\$ 500
Bronze sponsor	\$ 250

All donations will directly benefit the Centre Wellington community.

Please consider how you are able to help this project succeed.

Coins.TNG@gmail.com

1-181 St. Andrew St. E. Fergus
519-843-4852



District Executive REAL LIFE Responsibilities

Match the job description to the member of the District Executive

Glenn Dobben

Russ Jackman

Monika McKean

Don Cousins

Marty Makins

Terri Iredale

Adrian Helm

Joanne Bint

Karen Coutts

Hose Pimp

Demolition Barbarian

Trained to save your ass, not kiss it

Fruit Fixer

Secret Weapon

Mistress of the Mansion

Bit Player

Tool Guy

Food and Drug Administrator



	<p><i>The Kinette Club of London Proudly Presents</i></p> <p><i>Sweetheart Dinner & Dance</i></p> <p><i>Cystic Fibrosis Fundraiser</i></p> <p><i>Saturday February 6th, 2013</i></p> <p><i>Trissa's Family Restaurant</i></p> <p><i>4008 Dundas St. London Ontario</i></p> <p><i>\$30.00 in advance</i></p> <p><i>\$35.00 at the door.</i></p> <p><i>\$20.00 for just the dance portion.</i></p> <p><i>Contact Kymberley at 226-663-3163 or KymberleyT@rogers.com</i></p>	
---	---	--

DISTRICT ONE HAPPENINGS ..



Hello, my name is Lisa Orth and I am a Palmerston & District Kinette.

Seven years ago my family became involved with a pretty young girl. She was to graduate from grade 8 with my son. These two were in army cadets from the beginning together. In her final year of grade 8 my son told me that "she" was not going to attend graduation due to the fact that she and her family could not afford to buy her a dress. My heart broke when my kids told me this. So my kids and hubby took it upon us to out-fit "her". Being in the aesthetic business I did all the pretty things that I was allowed to do for a 15yr old girl, my daughter and hubby went dress and shoe shopping, and the rest is history.

Now my family has heard that it has come full circle. We heard that "she" in turn did the same thing a year ago.....just like the movie "Pay it Forward". The best part of all this is now that I'm a Kinette this one girl can be many, and not just the girls, there's young lads out there too! So I'm proud to shout "NO MORE KIMMIES & JOHNNIES". We the Palmerston & District Kinettes are starting "Memorable Moments" for young ladies and lads. We are collecting gently used semi-formal wear and accessories for graduation/prom so that the "Kimmies and Johnnies" can come and buy an outfit for graduation/prom that they would otherwise not be able to afford. The saying says "true beauty is on the inside" but I say a little glamour on the outside never hurts! The Palmerston & District Kinettes would just like to make a dream come true for a few that otherwise would not have it. Maybe in years to come they will remember what was done for them and "pay it forward."

NOTE FROM DMD GLENN: **THIS is community service and THIS is the way for your club to chart your existence into the future, and THIS is the way to WIN T shirts for your club to be the most Kinspirational club in your Zone.**

**DON'T FORGET
TO VOTE**

KAIDEN'S CARE KITS

Help KAIDEN with his goal to support over 100 Canadian families a year affected by Cystic Fibrosis

Kaiden's 'Care Kits' helps parents to learn to cope with the devastating diagnosis of CF, while ensuring their babies will be cared for and protected during their early fragile months.

All we're asking for is your VOTE in the Semi-Finals round of the **Aviva Community Fund Challenge!**
Please visit the website below, register and VOTE for idea [acf13829](#)
www.avivacommunityfund.org/ideas/acf13829

Vote daily for Kaiden's Care Kits starting DECEMBER 3rd

BROKER SUPPORTED SEMI-FINALIST

ACTIVE LISTENING .. Courtesy of Governor Marty

Do you ever need someone to listen to you?

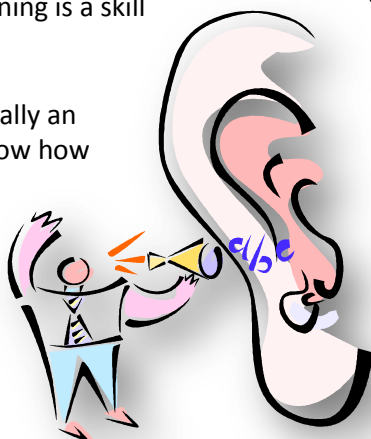
Listening makes our loved ones feel worthy, appreciated, interesting, and respected. Ordinary conversations emerge on a deeper level, as do our relationships. When we listen, we foster the skill in others by acting as a model for positive and effective communication.

In our love relationships, greater communication brings greater intimacy. A parent listening to their kids helps build their self-esteem. In the business world, listening saves time and money by preventing misunderstandings. And we always learn more when we listen than when we talk.

Listening skills fuel our social, emotional and professional success, and studies prove that listening is a skill we can learn.

The Technique. Active listening is really an extension of the Golden Rule. To know how to listen to someone else, think about how you would want to be listened to.

While the ideas are largely intuitive, it might take some practice to develop (or re-develop) the skills. Here's what good listeners know — and you should, too:



1. **Face the speaker.** Sit up straight or lean forward slightly to show your attentiveness through body language.

2. **Maintain eye contact**, to the degree that you all remain comfortable.

3. **Minimize external distractions.** Turn off the TV. Put down your book or magazine, and ask the speaker and other listeners to do the same.

4. **Respond** appropriately to show that you understand. Murmur (“uh-huh” and “um-hmm”) and nod. Raise your eyebrows. Say words such as “Really,” “Interesting,” as well as more direct prompts: “What did you do then?” and “What did she say?”

5. **Focus** solely on what the speaker is saying. Try not to think about what you are going to say next. The conversation will follow a logical flow after the speaker makes her point.

6. **Minimize internal distractions.** If your own thoughts keep horning in, simply let them go and continuously re-focus your attention on the speaker, much as you would during meditation.

7. **Keep an open mind.** Wait until the speaker is finished before deciding that you disagree. Try not to make assumptions about what the speaker is thinking.

Have you tried and tried but your best is still not good enough? Don't know what to do next? Talk to a mentor.

8. **Avoid letting the speaker know how you handled a similar situation.** Unless they specifically ask for advice, assume they just need to talk it out.

9. **Even if the speaker is launching a complaint against you**, wait until they finish to defend yourself. The speaker will feel as though their point had been made. They won't feel the need to repeat it, and you'll know the whole argument before you respond. Research shows that, on average, we can hear four times faster than we can talk, so we have the ability to sort ideas as they come in...and be ready for more.

10. **Engage yourself.** Ask questions for clarification, but, once again, wait until the speaker has finished. That way, you won't interrupt their train of thought. After you ask questions, paraphrase their point to make sure you didn't misunderstand. Start with: “So you're saying...”

As you work on developing your listening skills, you may feel a bit panicky when there is a natural pause in the conversation. What should you say next? Learn to settle into the silence and use it to better understand all points of view.

Ironically, as your listening skills improve, so will your aptitude for conversation.

DECEMBERS' DO IT YOURSELF ARTICLE ..

HOW TO FIX THE TOILET – 3 Common Issues ..



With the Holiday season fast approaching, the worst thing that could happen with all that company and over indulgence, is the toilet going for a crap (no pun intended .. well, maybe...)

Here's how YOU can make things better all by yourself.

Don't call in the plumber! Most toilet problems can easily be fixed by the homeowner. Learn the solutions to three of life's most persistent toilet problems.

Loose or Sticking Toilet Handle

Lift the toilet lid and adjust the lift wires. Also, you may want to detach, clean, and reattach the handle. Handles can get pretty gunked up over the years, which leads to sticking.

Often, it's easier simply to buy a new handle and install that.

If the problem is that the toilet doesn't flush completely, you may need to adjust the water level in the tank.

Toilet Running Continuously

Several things might cause this. First thing to do is lift the lid and examine the lift wires or chain. An adjustment of the wire/chain mechanism is usually enough to fix the problem.

The toilet float ball sometimes can become cracked over the years, allowing water to seep in. If the ball float is not floating correctly, it will allow the toilet to run continuously. Pick up an inexpensive float ball at the hardware store and replace.

The wire that attaches the float ball to the ballcock can easily be re-bent. Try that.

Finally, the ballcock - the operative part to which the float ball is attached - may need adjustment, repair, or replacement. Experiment first by adjusting the ballcock before replacing.

Water on Floor around Toilet

Not as disastrous as it sounds. Usually this is a simple fix.

First, examine the tank to see if there is any condensation or "sweating." If so - and if the condensation is dripping on the floor - you've found it. Insulation kits are available which install within the tank.

Alternatively, the tank may be cracked, also allowing water to slide invisibly down the porcelain to the floor.

The bolts which hold the toilet to the floor are easy to tighten if you believe a loose toilet is the cause (don't tighten too hard, or you can crack the toilet).

Finally, if need be, you can always remove the toilet and replace the wax ring that acts as a gasket between the toilet and floor. This wax typically gets dried and hard over the years, allowing water to escape.

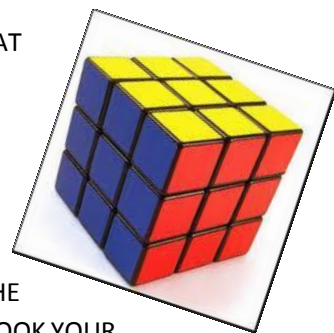


THE PRESTON FAMILY OF KIN WOULD LOVE TO THANK DISTRICT 1 FOR SELECTING OUR CLUBS TO HOST YOU NOVEMBER 8TH 9TH AND 10TH 2013.

IT WAS WITH GREAT PRIDE AND ADMIRATION TO HAVE SUCH A GREAT COMPETITION AND WISH TO THANK THE COLLINGWOOD KINETTES FOR PUSHING US TO BE OUR BEST.

PRESTON IS EXCITED TO BRING AN FLC BACK TO CAMBRIDGE, SUCH AS HONEYMOON IN PRESTON '97.

IT WILL BE ONLY FITTING TO HOST A ROCK KIN ROLL REVIVAL ON THE FRIDAY EVENING, SO PLEASE BOOK YOUR DAY OFF OF WORK AND BOOK YOUR SEAT FOR THE EVENING.



REGISTRATION FORMS WILL BE AVAILABLE IN THE NEW YEAR. PLEASE DON'T DELAY WHEN YOU RECEIVE. YOU WILL NOT BE DISAPPOINTED.

i ♥ 80's

'B' CAUSE SHE CARES

Cystic Fibrosis / Service Update from National Kin CF Liaison and Zone B CF / Service Director Brenda Dineen

This time of year finds all of the clubs in the Zone getting into the spirit of Christmas and giving of themselves and collecting for others! Christmas trees are a selling like hotcakes across the Zone, food banks will see a healthy increase for their shelves as more than a few food drives are in the plans. Bazaars, craft sales and more will have people seeking out the 'just right' gifts. Angels of Hope for Cystic Fibrosis will once again be found on sale by some of the clubs as well. We are all busy but not too busy to remember our fellow members with Christmas socials, dinners and such on the calendar as well. Looking ahead Mt. Forest Kin will be hosting their annual 'Soups On' Luncheon in January, make plans to head up for the fun.



Happy Holidays to all of District One Kin!



KINGRATULATIONS TO THE ST MARYS KINSMEN ON THEIR VERY SUCCESSFUL BOTTLE DRIVE RAISING FUNDS FOR CYSTIC FIBROSIS

IF YOUR CLUB HAS HELD A FUNCTION TO RAISE FUNDS AND AWARENESS FOR CYSTIC FIBROSIS AND WOULD LIKE TO BE HIGHLIGHTED IN AN UPCOMING ISSUE OF KINSHIP ONE, PLEASE FORWARD YOUR INFORMATION TO EDITOR
MONIKA MCKEAN



From me and mine, to you and yours,
may you have the merriest of Christmas's
and an absolutely wonderful kick off to
2013.

Yours in Kin

Monika

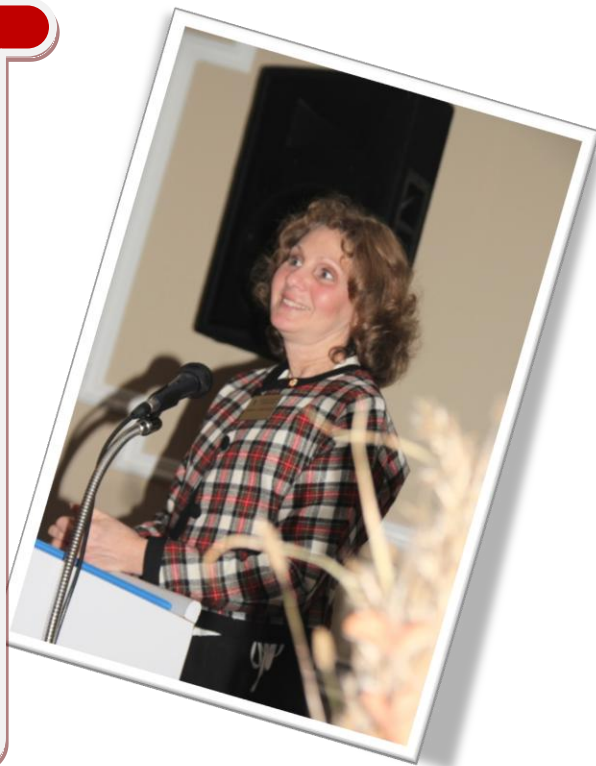




KINGRATULATIONS
TO ... Kinette Cheryl
Brydges who's had a
"double whammy"
this year ..

The Kinette Club of
London bestowed
Life Membership on
Cheryl and as well,
she was chosen as
Kinette of the Year
at District One Fall
Leadership
Conference.

What a year of
memories for you



Fellow Kin,

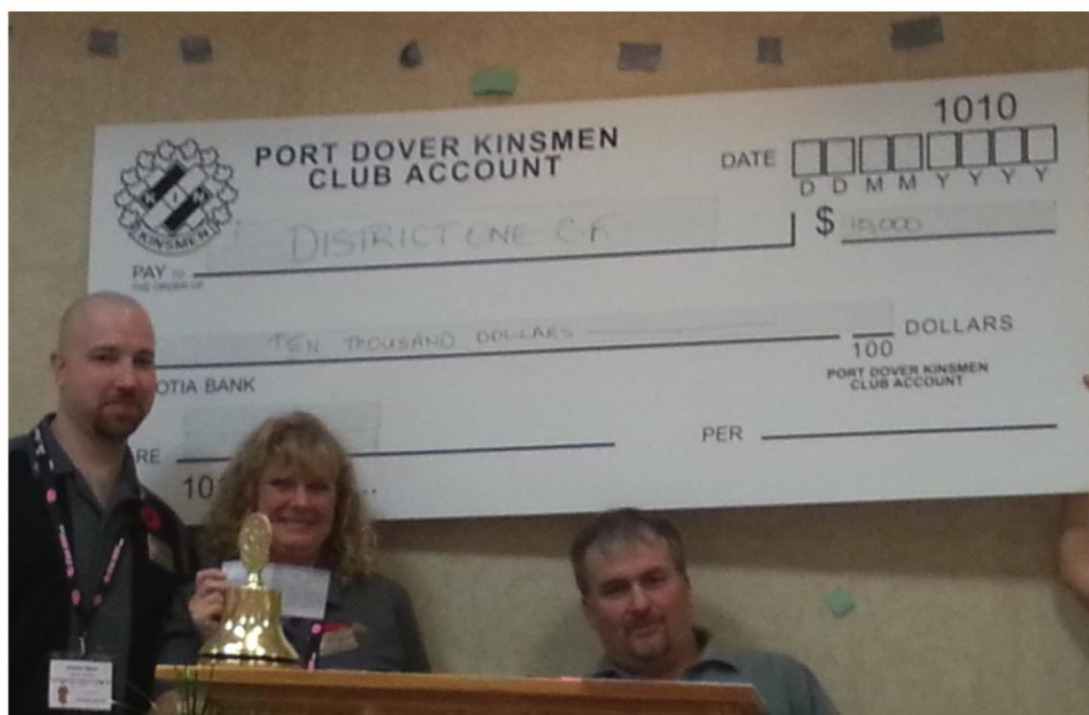
During this holiday season as we gather with our Kin and personal families, I hope we take time to count our blessings and reflect on a year of growing, learning, making friends and having fun in Kin. I hope you all have time to relax with friends and family and enjoy the season.

Wishing you all a Merry Christmas and a very Happy New Year!!!!

Vice Governors Chris & Melissa

**Merry Christmas
&
Happy New Year**





THANK YOU TO THE PORT DOVER KINSMEN

Your generous donation of the parking receipts from Friday the 13th, made a huge impact on the Cystic Fibrosis funds raised already this year.

Thank you Past Governor Brad Rockefeller for presenting the cheque for \$10,000 at Fall Leadership Conference.

Fuzzy Words & Foggy Phrases

Why use...	When you can use...
accomplish	do
ascertain	find out
disseminate	send out, share
during such time	while
endeavor	try
facilitate	help
failed to	didn't
in lieu of	instead of
in the event that	if
in view of the fact	because
is/are unable to	can't
optimum	best, most
subsequent to	after
utilize	use
with regard to	about



Write the way you talk.

Using formal or stilted language doesn't make your writing more impressive, it makes it harder to understand.

We can engage people in conversation easily enough, do the same thing with your writing. After all, what's more important - that you sound like you read the dictionary every day, or that people can understand what you're saying the first time they read it?

Write On!

Communicating with Clarity

Save time, money and stress with Clear Writing strategies offered by the **QUILL Learning Network**.

- ✍ Document review/revision
- ✍ Information sessions
- ✍ Clear Writing workshops



Contact us today:

519-881-4655 or
1-800-530-6852

writeon@quillnetwork.ca



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

Who said there would be **NO** hockey!!!!!!!!!!!!!!

Save the date Saturday February 2, 2013 in Toronto

Hamilton Bulldogs vs. Toronto Marlies

District 1 vs. District 8

Let's get together for a friendly competition and fellowship

\$26.00 a ticket with \$5.00 going to Cystic Fibrosis

More information coming soon from Joanne & Adrian ..



AWARDS....

Are you an award seeker?

If you can answer yes to these questions .. up to three times .. you too can be a winner!

- ☐ Have you worked on a project?
- ☐ Have you obtained 100% attendance?
- ☐ Have you written an accepted article for a Zone or District publication?
- ☐ Have you served on a club executive?
- ☐ Have you entered a club speaking or writing competition?

Yes, this one is ALL ABOUT **YOU** ...

When you work toward your **Founders Award for Achievement**, not only do you gain invaluable knowledge about Kin, you meet many new friends in your travels, learn innumerable new skills and discover many things about yourself.

This award allows you three years to complete .. any three years after your first two in Kin. Start tracking now and use the guidelines to allow you your full Kin experience.

More information can be found in the National Awards Brochure found on the District 1 Website at <http://www.district1kin.ca/index.php/DistrictTeam/Awards> OR by contacting Awards Chair Monika McKean



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

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

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

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



SHANE WALSH, CFP
Financial Advisor
Dundee Private Investors Inc.
Member of the Scotiabank Group®
35 Stone Church Rd. Suite 201
Ancaster, Ontario L9K 1S4
Tel.: (905) 648-3588
swalsh@dundeewealth.com
www.truewealthplan.ca

* Registered trademark of its owner, used under license.

