



*Winter
Edition*

KINSHIP 1



Kin Canada

Kinsmen • Kinettes • Kin

District 1



2013-2014

Issue 2

Season's Greetings Fellow Kin!

This year is just flying by, it seems. Christmas is almost here, and with that comes all the fun Kin activities and projects that we associate with the holiday season. It has been awesome to see the pictures from the events that have been shared so far, such as the various Santa Claus parades, and we look forward to seeing more as the holiday unfolds.

Fall Leadership Conference is already in the books, and I hope that everyone enjoyed themselves and took some new information home with them. Thank you so much for supporting the Power of One Team! We would like to say a special thank you to Tanya Bettridge, for sharing the Rejuvenation Series presentation with us.

The Power of One Team has had the pleasure of sharing in some special events over the past few months – Life Memberships in Stayner, Flesherton Kinettes Charter Night, Lucknow's 40th Anniversary and Life Membership night, Cambridge North Dumfries 5th Anniversary – just to name a few. In addition, we are looking forward to attending the 60th Anniversary of the Caledonia Kinsmen on December 7th. I have also heard that the charter of the Kin Club of Saugeen Shores is coming along nicely – we are looking forward to hearing some good news from them soon!

We know that there are a lot of great events and projects still to come for this year, along with charters, Anniversaries and Life Memberships. Please let myself or Secretary Karen know well ahead, so that we can plan to share in these events with you and share it with the membership of District One.

As we continue on our Kin journey for the 2013-14 Kin year, we want to encourage you all to learn, love and laugh. Experience all that you can, and be the best that you can be. Forgive each other, mentor each other, dream big, plan and execute the plan. You the members are the driving force of our great association, and without you, there is no Kin. Remember, there is power in the individual. When powerful individuals work together, great things will happen!

Wishing you and your families a safe and happy holiday season.

Merry Christmas, from the Power of One Team!

Yours in Kin,

Melissa Suggitt

District 1 Governor



“It’s the most wonderful time of the year.” Fellow Kin as I sit here writing this, the snow is falling and I am reminded of the time with friends and family to come. For most of us this is a season of joy and good cheer. However, there are others who will not be so fortunate this holiday season. That is why I am passionate about Kin and all we do to help others who are less advantaged than us.

Your Board has been hard at work on a strategic plan that will be a foundation for our future success as an organization. We are preparing a communiqué on what we have been working on and where we need to go, so as to ensure that you are with us every step of the way. This is OUR plan fellow kin.

Over the next while we will be asking for your input. Now more than ever we must work together as a team. By working together we can build a strong future for Kin.

*Coming together is a beginning.
Keeping together is progress.
Working together is success.*

- Henry Ford

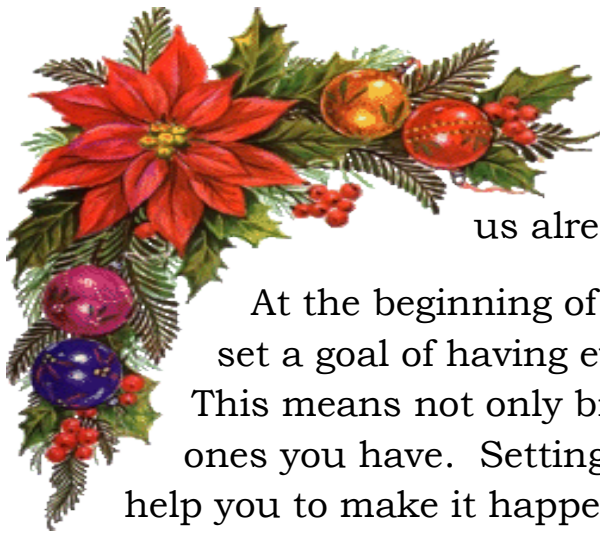
As we move ahead, remember the child-like magic of the season. Take a deep breath and enjoy Christmas to its fullest potential, and know this; everything will have a way of working itself out in the New Year no matter how much we worry about it.

Fellow Kin, thank you for all you do. From my home to yours, I wish you all the best for this Christmas season and bright and prosperous New Year.

Yours in Kin,

Melodie
National President





Greetings, District 1

It's hard to believe that Christmas is upon us already – time flies when you're having fun!

At the beginning of my term as District Membership Director I set a goal of having every club in District 1 grow by 1 member. This means not only bringing a new member in, but retaining the ones you have. Setting the goal was the easy part – now I have to help you to make it happen. I have visited several clubs already, and look forward to visiting many more. And I'm always available by phone or e-mail if you have any questions or concerns.

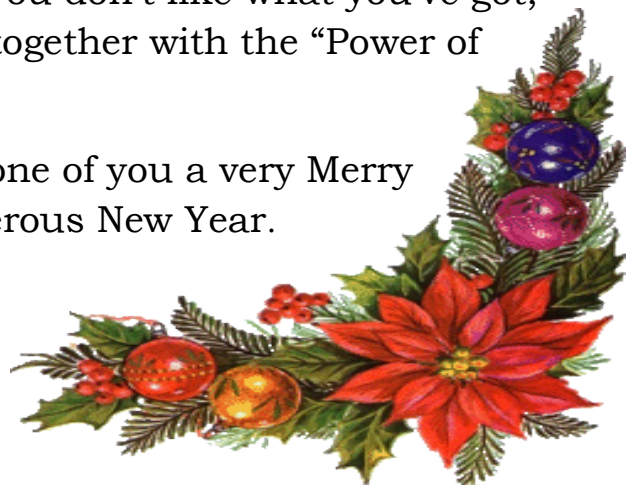
Of course, as always happens, clubs cleaned up their rosters over the summer, and as of September 30, we were down by 70 members. However, I am happy to report that the October membership stats showed that we had gained 14 members over September. That is fantastic news! And the interesting part is that a lot of that growth was former members returning to the fold. Once Kin gets in your blood, it's there forever! This is an area that we need to pursue. Members leave for many reasons – often it is because family or work commitments make it difficult to do anything extra. But situations like that can change, and the former member has some free time again, and maybe they miss the good times they had in Kin. I would like to suggest that you reach out to former members and invite them back – you never know what might happen!

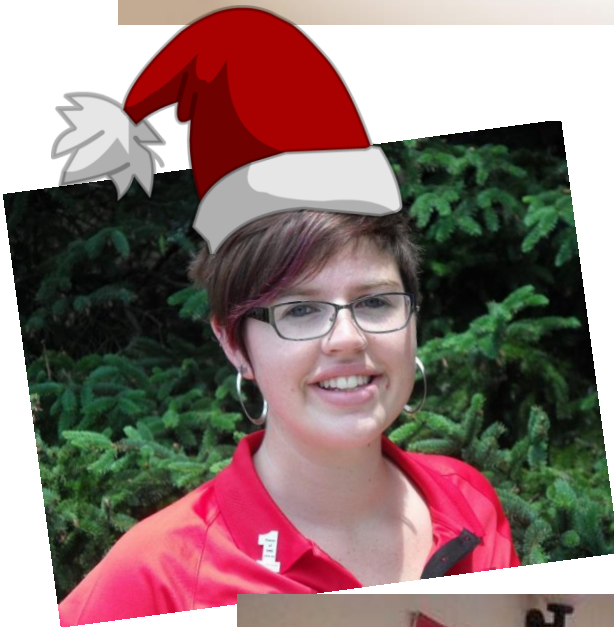
As I'm writing this, a great song came on the radio – “Raise A Little Hell” by Trooper. One of the lines in that song is “If you don't like what you've got, why don't you change it”. Put that thought together with the “Power of One”, and great things can result.

Finally, I would like to wish each and every one of you a very Merry Christmas, and a happy, healthy and prosperous New Year.



DMD Elaine





Katie
&
Bill



Did someone say “Road Toll” ?





KIN Fall Fun



Fall Leadership Conference: Fun



Fall Leadership Conference: Education



Fall Leadership Conference: Awards

DISTRICT ONE AWARDS 2012 – 2013



District One Photography Award

Melissa Penner, Kinette Club of Palmerston and District

District One Kinette Rookie of the Year

Carrie Smith, Kinette Club of Tillsonburg

District One Kinsmen Rookie of the Year

Stewart Ruffley,
Kinsmen Club of Fort
Erie



District One Kinette of the Year

Lisa Orth, Palmerston
and District Kinettes



District One Kinsmen of the Year

Chris Swarthout, St Marys Kinsmen



CYSTIC FIBROSIS / SERVICE AWARDS

CHALLENGE FOR A CURE AWARD

Zone K



SIXTY FIVE ROSES AWARD

Grimsby Kinsmen



MEMBERSHIP AWARDS

John Hughes Peckitt Memorial Trophy

Stayner Kinsmen

MEMBERSHIP GROWTH AWARD

Cambridge North Dumfries Kinsmen

KW Kinettes

Oakville Kinettes

Preston Kinettes

Stoney Creek Kinsmen

Harriston Kinsmen

Listowel Kinettes

Lucknow Kinettes

Palmerston Kinettes

Beaver Valley Kinettes

Collingwood Kinettes

Stayner Kinsmen

Grimsby Kinsmen

Fort Erie Kinettes

Niagara on the lake
Kinsmen

Stevensville Kinettes

Dorchester Kinsmen

Simcoe Kinsmen

St Thomas Kinsmen

Chatham Kinsmen

Dresden Kinsmen

Merlin Kinsmen

Sarnia Kinsmen

Chesley Kinsmen

Teeswater Kinsmen

Walkerton Kinsmen

Clinton Kinettes

Hensall Kinettes

St Marys Kinettes



I had the privilege to be a speaker at FLC. The topic given to me was “How to survive”. Easy, right! Ya not so much, what works for me may not work for you. Fortunately for me and harsh as it sounds I do what’s right for me and my “ego” a.k.a. self esteem. There are many words and actions that I have done and will do that I should probably think twice about doing, but where’s the fun and learning in that? I firmly believe that the “ask a mentor” path is too easy. I am who I am.

I find it hard to circle the field like a herd of sheep do. I want the fresh grass, the un-trodden path, but I still want to do the best I can. I will ask that revered mentor, but 9.5 times out 10 I do what I feel is right. The best way to survive is to be yourself, not what the rest of your club thinks you should be. You are you and they are them.....

YOU ARE WHAT YOU THINK.

If you think you are beaten you are;
If you think you dare not, you don't;
If you want to win but think you can't;
It's almost a cinch you won't.

If you think you'll lose you're lost;
for out of the world we find
Success begins with a fellow's will;
it's all in a state of mind.

Life's battles don't always go
to the stronger and faster man,
but sooner or later the man who wins
is the man who thinks he can.

Author Unknown

Have you ever wondered why, a lot of times, you just can’t seem to make progress in Kin despite the fact that you know so much about what it takes to succeed? There just seems to be a gap between what you know and what you actually know. Let’s call it “The Gap between Knowledge and Action”. Over the years I have come to see that the reason people don’t change is simply that they do not dare to be different.

WHAT DOES BEING DIFFERENT MEAN?

Being different means: Not being afraid to challenge the normal. - Being willing to take a chance.- Asking why.- Making your own track, not just following the well trodden path.- Charting your own course and destiny.- Being the person that you were meant to be.

I believe that everyone is born unique. But through the years we work very hard to be like everyone else. We conform to society’s so-called “common-sense.” Unfortunately it is just that – “common sense.” That does not mean its “good sense.”

THE FOLLY OF EDUCATION.

If I were to take just the people reading this, it is likely that most of you have spent any where from 15 to 20 years getting an education so you can get the jobs you have. Doesn’t it strike you as irresponsible that one can spend so much time getting an education and yet so many people don’t make any deliberate effort to develop their greatest asset – themselves! Most people think once they have a qualification that’s it. They have arrived. Is it any wonder they don’t grow?

Yours in Kin.
Lisa (Sally) Orth Zone B Deputy Governor

A “Newbie” Collingwood Kinette at her first Fall Leadership Conference 2013

I attended my first FLC on November 8-10, in Cambridge, Ontario, hosted by the Preston family of Kin. Our small group arrived at our destination, Friday evening, and we were warmly greeted by so many of our fellow Kinsmen and Kinettes.

As the theme of this FLC was **“Take a step back and relive everything 80’s”**, Friday evening started off with a display of costumes worn by various clubs. What not a better way then as Ghostbusters! **Who are you going to call - the Ghostbusters of Collingwood!** Don’t we look awesome in this picture?



Saturday morning, the conference opened with the introduction of clubs, members. I can honestly say that we had a full agenda of speakers, presentations and a chance to attend 3 out of 9 seminars offered, during the day. I wish I could have attended all 9, but I decided on the following: **Looking Beyond Social Media, New Members – How do I survive** and **Project Planning**. As it is said: ***You are never too old to learn*** – and I did.

The evening continued with a Gala Supper and presentations of awards. Everyone was a winner whether you received something or not. But being partial to Collingwood, I can honestly say that I was proud as a Peacock when our Club was called up numerous times. What a great feeling!

And then suddenly it was over. It was time to say our goodbyes and head home, in the slush and rain.

Will I do this again – You bet! Again Preston family of Kin, thank you for a great weekend!

See you all at our Spring Convention 2014 in Collingwood.

Barbara Tarczyński-Sparling



On behalf of the Preston Family of Kin, we would like to thank the Membership for supporting FLC Everything 80s and helping make this years event a success

Also, we would like to congratulate Governor Melissa and her team for running a flawless Conference with great Breakout Sessions, Fun and Fellowship.

Congrats to Our Windsor Kin who will host next year.

Merry 80s Christmas Everyone

Dwayne Loughlean and Deedee Norris

Co-Chair of Everything 80s 2013

Pastry from Scratch



126 3rd Avenue SW
Chesley, Ontario NOG 1L0
226-433-2091
Facebook: Pastry from Scratch
pastryfromscratch@gmail.com



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REJUVENATION Q&A

What does Rejuvenation mean?

In terms of the Rejuvenation Series, including its seminar, Rejuvenation is about resolving the issues that distract from, or prevent, our purpose as Kin. Whether it's gossip/rumours, generation gap, not respecting each other, or a lack of (fun) mentoring, there are issues in a club that prevent it from being ultimately successful. These obstacles prevent the club from realizing its potential in terms of its purpose; serving the community's greatest need. (Not to mention... fun, fellowship, development, etc.)

The Rejuvenation Series/Seminar aims to address those issues. Once a club identifies, addresses, and then resolves its retention issues, the awesomeness that is Kin can take over and POW! The club is not only rejuvenated, but becomes a powerhouse in their community and in the association. Kin, in its truest form, is the most rejuvenating thing that can happen to a person and a community. If we as Kin can remove the obstacles that prevent us from being Kin in that truest form, rejuvenation will happen naturally.

Do we have to have someone come to the club and present it?

Not at all! Clubs, of course, have that option, but a club can use the program itself, easily. Visit www.kincanada.ca/rejuvenation and download the resources. There are six topic-specific brochures, each of which comes with a description of a club with that issue, an exercise to get the club to start addressing the issue, follow-up/outcome questions to ask and discuss after the exercise, and even some maintenance/follow-up information the club can use as it moves toward rejuvenation.

There are also a few case studies available. Using them is as easy as someone reading the case study out loud, then asking the questions and discussing, as a group, how it relates to issues within the club.

The Rejuvenation Series is a fantastic way to do something different for a meeting or social. For those clubs that are really struggling, this could be that turning point in the club on the path back to success.

How can we get someone to visit us and present it?

Super easy! Contact any member of the National Membership Committee or your District Membership Director. We'll work with you to make sure someone comes to visit your Club, Zone or District.

My Club/Zone/District just had a Rejuvenation Series session done. Now what?

There are a few “now what” items to choose from:

- Visit www.kincanada.ca/rejuvenation and click on the feedback survey link. The survey only takes a few minutes, but your feedback will contribute to the program's success for years to come.
- Try your hand at presenting some of the things you learned at the session to another District, Zone or Club, or your own club!
- Spread the word! Tell your fellow Kin, Clubs and Zones about the success you or your Club/Zone/District had with the Rejuvenation Series

What if my Club is already successful and doesn't have those issues?

With great awesomeness comes great responsibility. The way we see it; if your club is that darn awesome, then your club and its members have an obligation/responsibility to help other Kin/members be more awesome! Every Zone has a club that is in need of something... more fun, more projects, more fellowship, more education or just has disconnected and needs to be brought back in to “Kin”. As a Club of Awesomeness, your next task should be helping out another club.

You won't just be helping a club... you'll be helping a community keep its Kin elements and you'll have directly and positively impacted the Association. In advance... THANK YOU!

How can I tell if my club needs to be Rejuvenated?

Ask yourself the following questions:

- Do all members feel they are respected and that they respect everyone else in the club?
- Does your club have great current and future leaders?
- Do all or most of the members participate in meetings and projects?
- Does your club have as many members as it wants to have?
- Do your club and its members communicate well?
- Do young/old, new/experienced, men/women get along in the Club?
- Does your club operate without being distracted by rumours, gossip, personality conflicts or “blow-ups”?
- Does your Club keep all its current members from year to year, with the exception of those that move away?

If you answered “Yes” to ALL of the questions, congratulations, you're probably one of those awesome clubs that we hope will help other clubs. If you answered “No” to any of the questions, the Rejuvenation Series is here to help.

National Membership Committee

50 YEARS OF PARTNERSHIP

Collector T-shirts



Please contact your District Service Director for more information:

D1 – Katie McKean @ katie.mckean@rogers.com or Bill Harris @ 10ddgm11@gmail.com

D2 – Tim McKay @ mckayts@yahoo.ca

D3 – Jesse Shkuratoff @ jesseandclint@hotmail.com

D4 – Lisa Maggrah @ lisa.maggrah@gmail.com

D5 – Kelly Woywitka @ four.kids@shaw.ca

D6 – Helen Melnzinger @ hmelnzinger@rogers.com

D7 – Barbara Yorke @ barbyorke@ns.sympatico.ca

D8 – Mike Croghan @ mcroghan@cogeco.ca or Eric Wilson @ eric.wilson@saint-gobain.com

Kin/Cystic Fibrosis Canada Liaison Committee Chair – Davina Thuroo @ davina.thuroo@prrd.ab.ca

Past Governor's Message

Hello Fellow Kin,

I realise that a lot of people this time of year are inundating you with greetings for the season. Mall Santa's and Jingle Bells plastered everywhere you go and everyone is getting the warm fuzzy feelings that we associate from our childhood with this time of year.

Whether it is a Norman Rockwell tobogganing scene in your memory, or something a little more edgy, or simply spending time with good friends in family, everyone has some good memory that they can wrap themselves up in like a warm blanket this time of year.

While cloaking myself in this metaphorical blanket, it makes me reflect on what is truly important in our lives. Not just in Kin, but in everyday life, what is truly important to each of us. That which helps us get through the long days and even shorter nights.

I ask each of you to take a minute and think about what is truly important to you.

When I ask myself that question, I know my immediate answer right away. There are two things that really jump out at me right away.

The friends that I have met along the way in this journey, some are no longer around, some are still here and some are

new, but each of them have transformed me in some way to the individual I am now.

The other is a little harder to express.

Being a Past Governor, has allowed me a chance to grow and expand my knowledge, and maybe, just maybe, become a better individual.

However, this opportunity would never have happened without my support structure.

Undertaking a role like being Governor of District will undoubtedly affect you in many ways, but without those who support you throughout that year, it will be an empty year.

I have had 2 opportunities to thank one person in particular and each time have forgotten to do it. When standing at the front of a room with a microphone in your face, sometimes all logic escapes your brain and something gets overlooked.

Quite simply fellow Kin of District 1, Tanya Bettridge needs to have her praises sung. It's not easy being with me, you really got to want it, because despite all my efforts, I make it very hard for someone to be with me.

Starting a relationship with someone while undertaking this role couldn't have been the smartest thing to do, but pressing forth, almost 2 years later, she is still with me.

It's because of her that I am the man I am today. Still rough around the edges, still growing, still trying to be a man worthy of her love and respect. (Ok, it's a long journey, but I'll get there one day!)

Quite simply fellow Kin, she inspires me to be a better man than I am right now.

I could sing her praises all day and all night, but for your benefit right now, I'll keep it brief.

If I take away everything she does for me and only what she brings to the table in Kin, I'd still sing these praises.

She constantly thinks of others and rarely of herself. Her biggest pride in Kin is seeing a member of her club grow and learn and get the acknowledgment for their contributions to the association.

Beyond that, and I don't think I can do it justice here, but her rejuvenation series might just be the most important thing brought forth from National in my tenure with Kin. It's well thought out, has longevity to it and is relevant to everyone in the association.

I realise this has gotten long winded, and believe me, there is another 10 volumes I could put in here, but for the sake of trying to keep it relatively brief, my support is beautiful, smart, patient and most importantly passionate.

Fellow Kin, three final thoughts. Take the opportunity to thank Tanya or give her a hug the next time you see her, and two, think about your own support structure, and take the opportunity to thank them at every chance you can. We can't always know what is going to happen in the

future, so let those people know how you feel about them while you can.

Thank you fellow Kin for reading what is important to me at this time of year.

Yours in Kin,

Marty Makins

Past Governor



lia sophia
Looks to Live In

Monika McKean
Advisor



705-888-3800
mmckean@rogers.com
www.liasophia.ca/monikamckean



Fines and a Fines Session



The Sergeant-at-arms is responsible for the physical order and control during the General meetings, and the collection of fines that have been levied against the members during the meeting or listed at the end of the meeting, prior to adjournment.

The purpose of a fine and fine session are numerous;

- a) to ensure proper protocol and decorum is maintained throughout the business meeting
- b) to acquire funds for your general account



- c) to teach our members the skill of thinking on their feet and speaking off the cuff
- d) they are fun!

The amount of each fine per infraction (i.e. Infractions relating to rules, procedures, conduct, order, attendance or other misdemeanors), along with the maximum amount of fines levied on any one member, should be reflected within your club's house rules so they don't get too far out of hand.

However, there are some protocols observed in certain clubs which add to the fun of a robust fines session. Fines can be levied at any time or a prescribed time during the meeting by any member. All members except the Sergeant-at-arms and guests are usually fair game. Any member wishing to challenge or a respond to a fine levied against him/her may do so, but it costs them double regardless if they are right or not. It really doesn't matter if the fine is substantiated or not as the best ones are usually fictional anyways.



Fines are levied for any reason, real or manufactured and are intended to liven up the meeting and poke good natured fun at those who deserved it, or usually tend to have trouble follow them around...that is why, I personally have never been fined!

PNP Doug Anthony, HRF



Where has the time gone? It seems that only last weekend we were taking advantage of growing, learning, making new friends and catching up with old, at FLC.

A big thank you to Governor Melissa, her team, and to the Preston Family of Kin for a job well done. **“Everything 80's”** will go down in the history books as one to remember. Great costumes, great characters, great music!

For those of you who were not able to attend FLC in Cambridge, you will have the opportunity to experience FLC 2014, in Windsor on November 7 to 9. Mark the date on your calendar, get out your finest western attire pack a gun or two and get ready for the boot scootin' boogie. Doe-Si-doe, way we go, yee haw!

With Christmas fast approaching, we want to take this time to wish you and your family a very Merry Christmas and Happy New Year. Enjoy the holiday season with your loved ones and the time off from your jobs, you all deserve it.

YIK

Joanne and Dwayne
Vice Governors



There are many gifts under the Christmas tree, but the best one is the gift of your friendship.

Christmas is a day of meaning and traditions.

Christmas is family, friends, hope, joy, memories, peace and love.

We wish you all of the joys of the season and a very Happy New Year

Yours in KIN

Marty and Terri
Past Governors



Kin Resource Manuals – A Key to Club Success

One of the basics of Kin is educating our members to ensure our clubs have success and as a result we provide service to our communities. To make sure clubs and members have the tools they need, the National Education Committee has developed and/or revised a number of resource manuals that can be used to answer any questions which might arise. The manuals can be found on the Kin Canada website by clicking on the Member Centre and then the Resource Library link.

Developed for use by the entire Club, the Successful Club Manual provides all members with information on the management of club operations including meetings, finances, committees, protocol, service, membership and club responsibilities districts and Kin Canada. Additional manuals for use at the club level include the following:

1. The Rules of Order handout provides a complete description of the Association's Rules of order and is designed to be printed using the two sided option, and can be left on the table for use by members during club meetings.
2. Critical Path: A step-by-step monthly path for clubs to follow to ensure all responsibilities within the club, to the district and Kin Canada are fulfilled.
3. Kin Education Manual: This manual is a consolidation of Kin information and has been designed as an educational tool for use by new and experienced members. This manual is designed to be used at the Zone and Club level and includes topics such the history and structure of the Kin Canada association, parliamentary procedures, elections, awards, conventions, membership and service projects. A club may also choose to use the Kin Education Manual Powerpoint to educate members at regular general meetings.

If club members are interested in looking beyond the club for additional Kin experience, also available are the Successful District Manual and the Successful Zone Manual. Providing information for the next levels of Kin leadership, the Zone manual provides the Deputy Governors what they need to work with their clubs to meet district and national requirements and to be successful within their communities. The District Manual has been developed to provide the district council the tools they need to lead their districts within Kin Canada.

Educating our members is fundamental to Kin. The National Education Committee encourages all clubs to designate one member as the Education Director. By utilizing the manuals as education tools, the Education Director can take one or two topics per meeting and provide both new and seasoned members with valuable information for the success of their clubs.

Sheila Laverty – Chair National Education Committee



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



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

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



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

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



SHANE WALSH, CFP®
Financial Advisor

Dundee Private Investors Inc.
Member of the Scotiabank Group®
35 Stone Church Rd. Suite 201
Ancaster, ON L9K1S4
Tel.: (905) 648-3588
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Tillsonburg Kinettes donate
\$ 500.00 to Tillsonburg Food Bank

Santa is making his list and "chequing" it twice!!

Dave Hearn, team trainer and coaches Jeff Larmer and Mike McMillan joined in the photo with the Collingwood Atom AE Team as they were presented with a cheque for \$300 from the Kinette Club of Collingwood.

Included in the photo representing the Collingwood Kinettes are Vice President April Maclean, Secretary Katie McKean and President Monika McKean and itty bitty Kinetetelet Payton Falby.





St Thomas Kinettes



celebrate Movember



Movember



CYSTIC FIBROSIS CANADA VOLUNTEER ENGAGEMENT CONFERENCE

The inaugural CFC VEC was held the weekend of November 8th-10th in Toronto and was billed as being “about volunteers, designed by volunteers and led by volunteers”. It represented an “exciting opportunity for Cystic Fibrosis Canada to honour and inspire its volunteer community as we all press to cross the goal line for our Cystic Fibrosis Community” – CEO Maureen Adamson.

The conference and the weekend lived up to its billing, offering education, inspiration, and networking and of course a great deal of Kin Fellowship.

Kin Service Directors from all districts were invited to participate in the weekend and our time was well spent in a variety of educational sessions and volunteer recognition celebrations.

Friday evening opened with a warm welcome from the CFC cast and crew, followed up by guest speaker and CF researcher, Dr. Neil Sweezey who addressed the genetics behind CF and the current research being done. Dr. Sweezey provided a look inside a cell and provided an easy to understand explanation of the five different types of CF mutations and how the greatest breakthrough drug, Kalydeco, is correcting the defect at the cellular level. He provided a real insight and understanding as to why there is so much hope for a cure in the near future. The evening concluded with a hospitality suite and stakeholders “fair” in which each stakeholder had a booth to promote what he or she does for Cystic Fibrosis. Our service director team ran a Kin booth and sold our “50th Anniversary” CF blue t-shirts and shared some good Kin spirit which was of course carried on into the wee hours of the morning in the “real” hospitality suite!

Saturday was jam packed with business with the morning kicking off with a second research oriented presentation by Dr. David Speert. The real focus of the day though was on volunteer engagement and knowledge sharing. This year, CFC is focusing their sites on the 10th anniversary of Great Strides with a goal to raise in excess of 4 million dollars. Best practices and successes were shared and changes to the CFC’s website were introduced. Of note this year is the early opening of the Great Strides page with teams and individuals able to register in November instead of the usual February kickoff. So get registered and start raising now for May.

Saturday evening’s theme was the “Wizard of Oz” with a great deal of fancy red shoes being sported by both ladies and men in attendance. The evening was a wonderful celebration of Chapter and individual achievements.

This weekend could have been put together based solely on the education and knowledge sharing that occurred but for me as both a Kin member and a CF parent, what was most impactful was the added personal stories and thank you messages built into the weekend

and the conference booklet. During each session a video message was played featuring a CF sufferer or family member sharing how CF has impacted them while simultaneously thanking all the volunteers who have worked so hard to raise money over the years. Our family was asked to create a video message for the conference. What an honour it was to be given the opportunity to say thank you and to share our son with the CF volunteer community.

This is my second year as D6 service director and I can honestly say the CFC Volunteer Engagement Conference has been the best CF / Kin run event to date. It is unknown whether this will become an annual event, but I highly encourage anyone who has the chance to attend a future CFCVEC, do so and prepare to be educated and inspired.

Helen Meinzinger
D6 Service Director
Kin Club of Russell



We're on the move!

As of December 1, 2013, Cystic Fibrosis Canada's National Office and the Toronto & District Chapter Office will be co-located at:

**2323 Yonge Street · Suite 800
Toronto, Ontario, M4P 2C9**



Cystic Fibrosis Canada:

Cystic Fibrosis Canada's national office and the Toronto & District Chapter office are moving to a new location effective December 1, 2013. Our new co-location address is 2323 Yonge Street, Suite 800, Toronto, ON, M4P 2C9. Update your contacts, like and share this post to help us spread this important news

Life Memberships



**Life Members;
Garry Burkholder & Theo Schaap
Stayner Kinsmen**

**Lucknow Kinsmen celebrate
40 years!!**



**Life Member Tracey Simpson
Lucknow Kinettes**



Caledonia Kinsmen Celebrate 60 years



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Zone H

As I write this FLC is over thank you to Preston for a wonderful weekend. Now Windsor will be gearing up for next year.

Windsor welcomed Sandy French into our club on Tuesday night. Sandy is a past member of the Orangeville club and came to our last meeting in June. As for the other clubs in the zone they have not gained any new members yet but have not lost any. At this time I would like to wish everyone one a Happy Christmas.



Zone H Deputy Governor Bob Fairhurst

Hello fellow Kin

This has been a fantastic busy first half of my year as Deputy Governor with great things yet to come in Zone A,

The ladies of Zone A have been working hard on some fantastic projects, including Wish Tree in Preston, and Christmas Lights in Guelph.



After a fantastic FLC, hosted by my club in Preston, and Governed by Governor Melissa, my team of Sharon Melanie, and Tricia are ready to jump in and continue exploring Zone A.

Finally, on behalf of my Team, we would like to wish each one of you a very Merry Christmas and beat of the Holiday Season.

Deputy Governor Nancy Loughlean

Zone A Kinettes



Kin Canada

Kin e-Club of Atlantic Canada

Greetings Fellow Kin:

I am honoured to be the Charter President of the first interactive, e-Club, in Kin Canada. This is not a new concept in non-profits, just new to Kin. I have been asked by many to provide some details on how the club started and how it works, so I have provided this brief summary.

In late 2011 a small group of former members who were no longer members of traditional clubs, for various reasons, and wished to rejoin Kin started to talk. We realized there was no meaningful way to be a Kin member without belonging to a club. We were a group of eight living in different communities and we realized that there must be other former members out there that would want to rejoin and that other service groups have e-clubs, why couldn't Kin?

In December I reached out to HQ and spoke with E.D. Ric to discuss our idea. He was intrigued by the idea and encouraged our group to submit in writing a proposal on our concept and how we would operate and function as a potential pilot club. We submitted this in January to the charter and expansion committee and had discussions and meetings over the next few months.

We had a few bumps on our journey and at times the idea would die and then something new would happen and resurrect the concept, until April of this year when Steve Lowe of the Charter expansion committee pushed us again to give it another try. We once again met and submitted our concept, budget and club by-laws. After a few discussions and under the condition we met our minimum membership number we were given the blessing to proceed and try to charter a new club, not a pilot!

Our group went to work again, this time with a great support network. Melanie Nieson from HQ and Jen Burry from the District 7 executive were incredible with their encouragement, support and advice and were instrumental in getting the club going. We were able to get to our required membership numbers and have received many inquiries from others.

In September of this year our potential members included a past National President and 3 past Governors to go with 2 new members and our other former Kin members. These

members live in four different communities in NB and NS. In October of 2013, after almost two years of work, we held a fully online club election. Then on November 4, 2013 we had our first official meeting and at that meeting a motion was made and passed to officially seek to become a member club in Kin Canada! On Wednesday Nov. 13, 2013 we were officially notified that our application was accepted, and we have officially become a part of Kin History as the first interactive/online club. We are members of Kin Canada!

Our potential members can be from anywhere in Atlantic Canada, provided they are not an active member of another Kin club. We have an upper limit of 16 members and this will be reviewed each year. Our goal is to focus fundraising efforts on larger causes as opposed to local ones. We will raise funds for CF, MS, Kin Canada Bursaries, Kin Canada Foundation, IWK and the Canadian Cancer society to name a few.

We meet on the first Tuesday of each month, via telephone for now, but we are looking into alternative online methods and technologies. We are currently in the process of incorporating in NB as an extra-provincial non-profit which is a slow process, but it is moving forward. We are doing our first project as a club, a CF fundraiser that clubs in District 7 have been partnered with the Atlantic CF chapters for three years now.

We will be moving slowly at first when it comes to fundraising, small projects to get a sense of our capabilities, and our limits. We are also being careful to not intrude on the fundraising of traditional clubs in the areas we live. We will be setting up committees to look into traditional fundraising ideas as well as another to seek out online fundraising opportunities. We are actively seeking out corporate partners and have had preliminary discussions with two about fundraising opportunities.

We hope to have an official charter night in March or April 2014 and hope to have a large turnout of members from other clubs. Where we will have our charter has not been determined, but it will most likely be in Halifax or Bridgewater, NS. Our sponsor club is the Bridgewater and Area Kinsmen and we are very happy to have their support and advice. There have been a couple of other clubs that have expressed an interest in assisting us getting going and we are very thankful for them reaching out and hope that we will be able to partner.

We realize that this is not going to be an easy start but we are all invested in the club and are convinced that with patience and hard work that we will succeed! We look forward to seeing you all again and are honoured to be part of the future success of Kin Canada.

Yours in Kin,

Pat King

Charter President Kin e-Club of Atlantic Canada



Greetings Fellow Kin

Christmas is fast approaching and so is the SNOW. We have a lovely white carpet up here in Zone C and it promises to be a white Christmas. Right now all our clubs are busy working hard on a holiday service projects, shopping, and visiting with family. They are getting the house ready for guests, decorating and hanging lights. We are all very busy this time of year especially with Santa Claus parades. Each club in Zone C participates 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.

Even though we are all very busy at time of year I would like 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. Don't get too tangled up in the lights of the season or you will miss the stars. 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

Odette



It was with great pleasure that Life Member Monika McKean installed Beaver Valley's newest Kinette Lauren Burechails at their November General Meeting on November 27th.

Kingratulations Lauren and welcome to the family of Kin



Well District 1 half the year is done. And what a ride it has been so far. We in Zone B wish all of you our “Kinsmen, Kinette and Kin family” a very Merry Christmas.

We have had a busy November in zone b, with FLC, Remembrance day services, a little money giving like our Lucknow Kinsmen on their 40th anniversary and \$40,000.00 to Cystic Fibrosis.

We also had the Lucknow kinettes celebrate their 40th with a small party for their newest life member Tracey Simpson all on the same night.

It was my Honor to be a guest at such an event. It was great to see firsthand at what “kin” means to a community.

And not to over shadow my other clubs, I must congratulate the Belgrave Kinsmen on the tremendous amount of funds that they have raised for their arena....by the way it is still an “old fashioned rink” that’s right to my surprise when I stepped on to the floor expecting to slip, I found concrete. These “Duck Dynasty except the Swiss dude” are very proud to have one of the only natural ice surfaces in ZONE B!

In short the zone is settling down for the winter and using the short break to gear up for our zone conference in March to go along with Listowels Pattyfest.

See you all around the District and happy New Year.

DG Lisa Orth aka Sally



Obstacles in the Road

I heard a fable about a king that placed a boulder in a gravel roadway many, many years ago. Then he hid and watched to see if anyone would remove the huge rock. The king's wealthiest merchants and courtiers came along and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon seeing the boulder, he laid down his burden and tried moving the large rock. He spent much time pushing and straining, and finally succeeded in clearing the roadway. After moving the boulder, he noticed a bag lying in the road where the boulder had been, which contained several gold coins and a note from the king indicating that the gold was for the person ambitious enough to remove the boulder from the roadway.

Here's the way I see it: While tasks typically present obstacles that require extra effort, they often present an opportunity to better ourselves.



“ F “ alalalalala



One Stop Shops and Bazaar's
Delhi, Simcoe and London Kinettes





Our Zone K Kinette Clubs have been very busy this fall. Many of our clubs presented awards to High School Graduates for their achievements including Kin Bursaries. 2014 Kin Bursary applications should be available to high schools and graduating students now.

Our "Spooky Kin Kids" enjoyed "Trick or Treat" parties sponsored by local Kinettes for Hallowe'en.

The Preston Kin did a great job hosting FLC with the "Back to the 80's" themed event. Attendees took part in the many interesting and informative seminars. The Awards Gala on Saturday highlighted the outstanding achievements made by members of our District and Zone. A definite highlight for Zone K was to be the recipient of the "Challenge for a Cure" award which is presented to the Zone with the largest total contribution to Cystic Fibrosis for that year in their District. Congratulations to all for your dedication and hard work!

Remembrance Day saw Kinsmen and Kinettes from across our Zone participating in services, laying wreaths and paying homage to the brave men and women who gave the ultimate sacrifice to keep us free.

With the holiday season fast approaching our clubs are supporting our communities by their participation in Santa Claus parades and parties for children, or serving Christmas dinner to seniors and the disadvantaged. Many are taking orders for poinsettias to add a seasonal touch. Tours of homes decorated for the holidays have been well received by the community. Our Kinettes also support other essential services in the area by volunteering time at Blood Donor Clinics, Salvation Army Kettle Drives, Christmas Bureau, Meals on Wheels and providing Care Packages for Teens in need and those hospitalized over the holidays. Kin Kids bring smiles and joy by making Christmas cards and presenting them to seniors and shut-ins with the help of Kin Moms.

A few of the other projects in planned are, Ladies nights, Spa Session/Vendor nights, live and TV auctions, Thompson's popcorn and Scentsy sales, catering, collecting grocery tapes and Tassimo disks to raise funds. It is also time to start planning your events for National Kindness Day on Feb. 22/14. This is a great day to do something in your community, promote your club and possibly bring in new members.

Zone Conference, hosted by the St Marys Kinettes is in the planning stages for March.

To honour the 50 year association of Kin Canada and Cystic Fibrosis Canada, council is promoting a 50th Anniversary T-shirt as well as a raffle for a "Kin Camp" weekend. DG's will have these for order/purchase. It would be wonderful to celebrate by having a whole room of "CF Blue" in Toronto at National Convention 2014. Plan to attend since it's close to home this year!

Best wishes to all for a Happy Holiday Season and looking forward to seeing everyone in the New Year!

Betty Kelly, DG Zone K Kinettes



Zone D Interclub & Meeting

On November 21st Zone D were hosted by the Cayuga Kinsmen for the President's Round Table and Interclub. The format of the evening was fellowship followed by a wonderful pasta dinner prepared by good Kin Bill Harris.

For the Fonthill Kinsmen representatives; President Steve and LM Barney, fellowship meant setting up the hall. Thank goodness Fonthill is always ready to lend a hand. The cost of the meal - a donation to Cystic Fibrosis.

Then there was a very quick president's round table meeting. As each of the presidents had submitted their reports in writing and a collated version had been circulated the meeting was short and sweet with just additions or highlights mentioned by each president. The zone budget was finally passed and then we could focus on what everyone was anxious to hear and that was our 3 guest speakers.



Kin Shane Walsh spoke on Kinpliance and the importance of getting all the sometimes tedious paperwork submitted on time. He circulated a cheat sheet on important dates and a handout on completing the T2, which has already come in handy for a few of the clubs.

Next we had past Governor Marty Makins speak on recruitment, using a great recruitment tool, a video developed by Past National President, LM Doug Anthony.

Finally it was time for our last speaker, the lovely Tanya Bettridge who gave her highly acclaimed presentation on Rejuvenation. It was well received and quite entertaining to watch as Zone D attempted the beach ball challenge. No surprise to me the clubs in Zone D were quite successful at working together to keep the ball afloat but as with most groups once those rumors started the task seemed much more difficult. Perhaps though that was directly in response to the shock that was felt when it was mentioned in the rumors circle that Past Governor LM Dan enjoyed wearing all things pink and lacey.

The evening concluded with the end of business and our fine session, well once the fine pot could be located. Apparently our Sgt at Arms was neglectful with his duties and left the pot and all the fine money unattended. You would think a past governor would know better. But in the end Past Governor LM Dan topped the fine pot up to \$40 which also was donated to Cystic Fibrosis. All in all a great night and we are looking forward to our next interclub.



Respectfully DG Debbie

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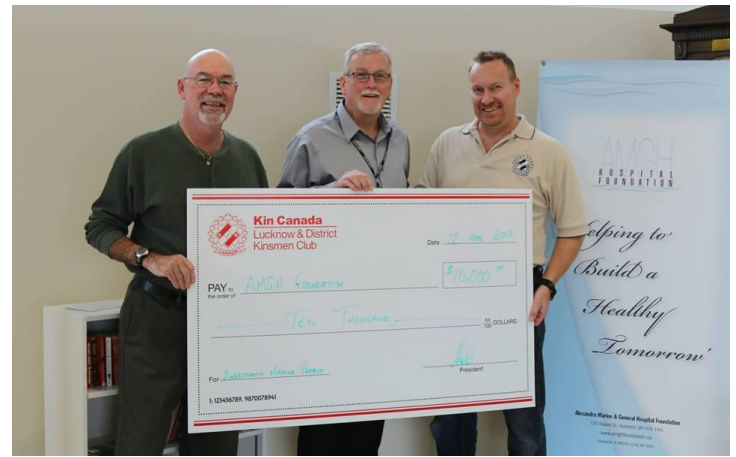
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KINETTES MAKE GOOD ON PLEDGE

President Lisa W. Burechails and the Beaver Valley Kinette Club recently presented Shannon Fry and Gary Huber from the Meaford Hospital Foundation with a cheque for \$2,000 the last portion of their \$10,000.00 pledge. The Beaver Valley Kinettes have been busy over the past 10 years fund-raising and doing service projects for the area. From hosting the annual Thanksgiving Pancake breakfast to their Cystic Fibrosis BBQ, the club has been able to support the local Relay for Life, Beaver Valley Athletic Association, Commencement award at GBSS, Grade 8 Ottawa trip, Beaver Valley Fall Fair and many more worthwhile projects. The ladies meet twice a month from September through June and are always looking for new members who are interested in giving back to their community while having fun! CONTRIBUTED PHOTO



Cheque it out !!





Woolwich Kin Club presents a cheque to Parents for Community Living, Executive Director Kathy Loveys for \$5,717.35 from the Grand River Amazing Race.

Woolwich Kin Club presents a cheque to Skate Elmira's Ruby Weber for \$6,213.00 from the Grand River Amazing Race

Woolwich Kin club presents a cheque to Kourtney Beckman from Women's Crisis Services of Waterloo Region for \$24,618.73 and one for just over \$900 that represents the final instalment of the club's \$125,000 Capital Campaign Pledge



Woolwich Kin Club presents a cheque to Woolwich Community Services, Leigh-Anne Quinn for \$5,749.50 from the Grand River Amazing Race.



*To look Forward you need to go Back to the Future to see
What WE did right in the past
Vote Kate McKean and Curtis Thoms as your next
Vice Governors 2014-2015*



Motivator, mentor, cheerleader, workaholic, & dear friend. Just a few of the words that I can use to describe the wonderful Bick Trinh, who has been such a bright light at headquarters for the past two years.

Bick came on board with a passion and enthusiasm that was apparent from my first communications with her as Chair of the National Awards and Recognition Committee. She wanted to learn and get involved as quickly as she could, and by golly, that she did!

I was fortunate to be able to work one on one with Bick during her time with us, and I cannot tell you how thankful I am that Kin has had her for even this short period of time. Her passion for Kin, for helping those of us who chose to take on out of club challenges, and for people in general is a quality that shines through her daily.



I know that those who are fortunate to spend time with Bick at her new position will quickly see what not only myself but all those in Kin Canada know. She is a "GEM" and will certainly have the same impression on all those she meets moving forward.

We will miss you Bick,
but we wish you nothing but the best.

Kingrats Cystic Fibrosis Canada,
you are lucky to have her..





Seasons Greetings!
As the busy holiday season
approaches I hope each of
you will take time to enjoy
Family, Friends, Kin and
Good Times.
Wishing you all the joys of
the season and every happiness
throughout the coming year.
Merry Christmas!

Betty Kelly
DG Betty Kelly

Season's Greetings from Zone D.

The clubs in Zone D have been extremely busy the last month and anticipate being even busier through the month of December. With numerous Santa Claus Parades, community / senior's dinners, toy and food drives, poinsettias for the hospital and for sale, and tree lightings just to name a few, the clubs of Zone D calendars are very full. But I know each of the clubs and their members will find time to enjoy each other's company and celebrate the season. This is a magical time of the year, for at this time of the year particularly, the heart of Kin, the spirit of giving to each other and our communities, shines through and is displayed in society as a whole. It really becomes the world we as Kin would like to see each day of the year. So enjoy the coming holidays, slow down and take a minute to breathe in while enjoying the sights and sounds that add to this season and enjoy that special family time because all too soon the New Year will be upon us and it will be back to the routine.



So as good Kin Stew would say "Happy Christmas and may Father Christmas be good to you and yours."

DG Debbie and Kin Stew

Get a bunch of ladies together for free meals and what happens? Lots of fun and friendship and laughter abounds.

The Collingwood Kinettes would like to thank the Beaver Valley Kinettes for the invitation to join them for their November meeting and then a social at Bridges Tavern in Thornbury. That's where Glamapalooza was held. Bridges offered free meals to ladies on Wednesday November 27th so there we were, 7 Collingwood Kinettes and 7 Beaver Valley Kinettes enjoying the festivities. Thank you to President / Deputy Governor Lisa for encouraging a trivia game as well. Questions were made about our club members and the ladies had to socialize to find out who makes world famous cheese cake and who does dealers weekly.



Get out and join another club for a meeting and social. There is nothing but fun to be had.

Submitted by Collingwood President Monika McKean

Santa and his helpers busy at parades in D1



It's that time of year for Merry Christmas and Ho, Ho, Ho and with that comes the excitement and thrills of Christmas Parades. This year the **Kinsmen and Kinettes of Fort Erie** merged in making a Christmas Float for the Annual Santa Claus Parade in Fort Erie on November 17th.

With the theme being open to whatever we wished, we opted to build Santa's Workshop. We began three weeks prior with a plan being set. We were able to set up in one of our town's closed fire stations allowing for work to continue whenever possible. A trailer was borrowed and brought on site and to work we went. While some of us were off learning and enjoying FLC, our elves went in and built the exterior on the workshop with siding and even roofing shingles. The float began to take shape. We add a Christmas tree, a fireplace and rocking chair. We had our elves sitting around a table building toys in preparation for the big day. Our banners 'KIN Christmas' lined both sides.

This year we asked for donations to the Kinsmen Gift of Love program. We were extremely happy with receiving over 40 gifts. We are hoping to make this an annual tradition so we can 'Serve our Community's greatest needs' ensuring the children of our town have a great Christmas.

We are proud that our float won for 'Best Service Club'. We look forward to next year when we can show our Kin pride again, being part of an exceptional organization that gives so much. Respectfully,

Eileen George – President
Kinette Club of Fort Erie



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Around the District

Greater London Kinsmen and Kinettes

Tree lighting with the Stevensville
Kinsmen and Kinettes

Past Governor Marty and Kin Kid
Paxton enjoying time at Cayuga
Breakfast with CF/Service Director Bill



**IF YOU HAVE
THE POWER TO
MAKE SOMEONE
HAPPY, DO IT.
THE WORLD
NEEDS MORE
OF THAT.**



St Marys Kinsmen Bottle Drive & Fort Erie Kinettes at Cayuga Breakfast



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Flesherton Kinette Charter Night



Santa's helpers still at it:



Have you put a smile on a child's face lately? Past Governor Marty did..



Meet Cameron Walsh

Kinsmen Club of Hamilton



Collingwood One Stop Shop



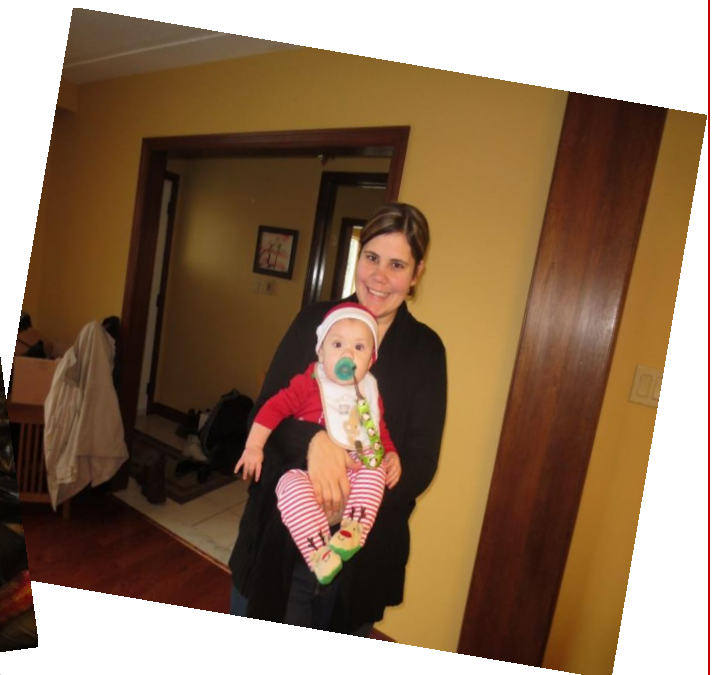
The Kinette Club of Hamilton-Stoney Creek, along with Kin Kid Braydon, shopped for our adopted Christmas families on Sunday, December 1st. We met, all bright-eyed and bushy-tailed (NOT!) at 7:30 am at the Stoney Creek Walmart to start shopping. After convincing a nice shopper and his son to take our picture - we split up the lists and started out on our mission. Every once in a while we would run into another club member frantically trying to buy as much as possible, on a budget. We saw smiles, looks of panic, and a few tears (both good and bad) throughout the day.

This year we adopted four families with a total of 15 kids and 7 parents. We then went back to Marni's house where we "bagged and tagged" all the items to be dropped off to St. Matthew's House to distribute to the families. We also included everything they would need to wrap all the presents as well as stockings for all the kids.



In addition we once again purchased a number of items to donate to the Wesley Urban Ministries "No Charge" Store. The "No Charge" store is a place where needy citizens can visit to pick up gifts to give to members of the family. We purchased household items, games, toys, etc. to be dropped off for this worthwhile event.

Shopping for our adopted families is one of the highlights of the year for our club! It's something we all look forward to doing together and really helps us kick off the Christmas spirit!





National Day of

KINDness



The National Service Committee (NSC) is launching
Kin Canada's National Day of KINDness,

in celebration of Founder Hal on Saturday, February 22, 2014.

What better way to celebrate our founder than to serve your community
and possibly recruit a few new members?

This project is a great way to connect directly with members of your community. All you need to do is provide club members with Day of KINDness calling cards and have them perform acts of kindness on February 22. The act can be anything from buying a coffee for the person behind you in line at Tim Hortons to visiting a seniors' home to play cards or just chat. You could read to school children or push someone's shopping cart to their car and help them unload it.

This day is simply to encourage Kin and your community to be a little kinder and spark a few smiles throughout the day.

If your club is interested in taking part in the Day of KINDness and receiving a KINDness kit, contact Susanne Marchment, Administrative Assistant at Kin Canada's National Headquarters at 1-800-742-5546 x212 or email smarchment@kincanada.ca.

Note: The last day we can ship kits to your club in time is February 1, 2014.

You will find more information about Kin Canada's National Day of KINDness at www.kincanada.ca.

National Day of KINDness kits will be sent to participating clubs. The kit includes:

- Day of KINDness idea sheet
- Day of KINDness calling cards to hand out to members of the community who are touched with KINDness. These cards will have space on the back for your local club contact and meeting information.
- Social media cheat sheet for Kin's National Day of KINDness
- Promo tips and tricks leading up to Day of KINDness

**MAKE SURE TO SAY
YOU ARE FROM
DISTRICT 1**



**KIN DISTRICT 1 vs. KIN DISTRICT 8
IN SUPPORT OF
CYSTIC FIBROSIS CANADA**

SATURDAY

MAR 1

3PM

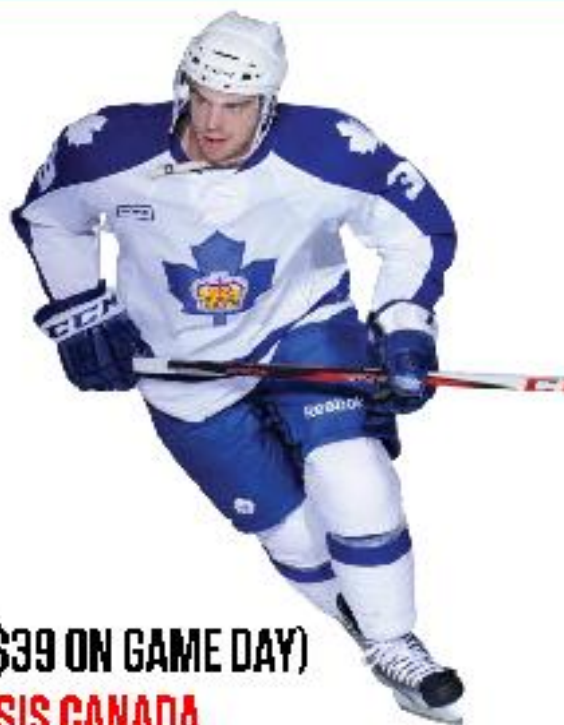
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Adam Halberstadt – 416-263-3912

Adam.Halberstadt@MLSE.com

12 Tips for Holiday Home Safety



The [holidays](#) invite all sorts of fun activity, from lighting candles to hanging fresh greens and stringing lights. Here's how to keep your house and family safe from fire and injury.

As you're sprucing up your home this season, keep an eye out for these common [holiday](#) trip-ups, fire hazards, and other [safety](#) snafus.

1. Merry and Bright: Carefully inspect holiday light strings each year and discard any with frayed cords, cracked lamp holders, or loose connections. When replacing bulbs, unplug the light string and be sure to match voltage and wattage to the original bulb.

2. Lights Out: Always turn off holiday lights when you leave the house unattended or when going to bed.

3. Fresh Is Best: Try to purchase a freshly cut tree, as they are more resistant to ignition. Keep your [Christmas](#) tree watered and away from open candles.

4. Timing Is Everything: Use an outdoor timer certified by CSA International to switch lights on and off. Lights should be turned on after 7 p.m. to avoid the electricity rush hour.

5. Check for the Certification Mark: When purchasing light strings, extension cords, spotlights, electrical decorations, gas appliances, or carbon monoxide alarms, look for the certification mark of an accredited certification organization such as CSA International, UL, or ELT to ensure that the products comply with applicable standards for safety and performance.



6. One and Done: Never connect more than one extension cord together; instead use a single cord that is long enough to reach the outlet without stretching, but not so long that it can get easily tangled.

7. The Great Outdoors: When hanging outdoor lights, keep electrical connectors off the ground and away from metal rain gutters. Use insulated [tape](#) or plastic clips instead of metal nails or tacks to hold them in place.

8. Climbing Up: Using a ladder when you put up lights? Choose the correct ladder for the job and double check for a certification mark to ensure your portable ladder complies with applicable standards.

9. Keep the Gas Behind Glass: Do not use your gas fireplace if the glass panel is removed, cracked, or broken, and only allow a qualified service person to replace fireplace parts.

10. Sound the Alarm: Test your smoke alarms monthly to make sure they work, and be sure to install smoke and carbon monoxide (CO) alarms on every level of your home -- especially near sleeping areas.

11. Filter-Friendly Furnace: To help prevent CO hazards in your home, have a qualified heating contractor perform a yearly maintenance check of your furnace and venting system, and clean or replace your furnace filter frequently during the heating seasons.

12. Clean the Clutter: Do not store combustible materials such as gasoline, propane, [paper](#), chemicals, [paint](#), rags, and cleaning products near your gas furnace. Gasoline or propane cylinders should be stored outside the home.

Source: CSA International

DRM Terri



The ABCs of Happiness

Accept others for who they are and the choices they make.
Be thankful for blessings you have.
Create a family of friends that you can share your life with.
Decide to have a positive outlook on life.
Explore the world while learning more about yourself.
Forgive and forget, and remember that everyone makes mistakes.
Grow toward the future and try something new every day.
Hope for the best and never forget that anything is possible.
Ignore negativity and focus instead on your goals.
Journey to new worlds and new possibilities.
Know there is always a light at the end of the tunnel.
Love instead of hate.
Manage your time and your expenses wisely.
Never ignore those that need kindness and understanding.
Open your eyes and enjoy the beauty around you.
Play and have fun along the road to success.
Question and learn answers.
Relax and remember that things always work out in the end.
Share your talent, skills, knowledge, and time with others.
Try and try again. You'll be amazed by what you can accomplish.
Use your gifts to your best ability.
Value the friends and family members that are important in your life. Work hard every day to and do your best.
X-ray and always look for the best qualities in others.
Yield to commitment and staying on track.
Zoom to happy memories when hard times visit and focus on a brighter tomorrow.



Do you remember???

1964 was important for many things ..

- Elizabeth Taylor marries Richard Burton for the first time
- Sidney Poitier becomes the first black actor to win the "best actor" Oscar
- "Hello Dolly," "Funny Girl," and "Fiddler on the Roof" premier on Broadway in New York.
- The Rolling Stones release debut album, "The Rolling Stones"
- The Beatles make their first appearances on the Ed Sullivan Show.
- The Beatles have 13 singles Billboard's Hot 100 at the same time
- The first pirate radio station, Radio Caroline, is established
- The Beatles hold the top five positions in the Billboard Top 40 singles in America
- Bob Dylan releases "The Times They Are a-Changin"
- BBC2 starts broadcasting in the UK.
- Pablo Picasso painted his fourth Head of a Bearded Man
- The Sun Newspaper is first published in the United Kingdom
- Hasbro launch G.I. Joe an action figure for boys to join the Barbie Doll For Girls.
- Buffalo Wings (deep fried chicken wings coated with hot sauce) are made at the Anchor Bar in Buffalo, New York
- One young loud talented boxer by the name of Cassius Clay won the Boxing World heavyweight championship from Sonny Liston.
- The Boston Strangler, Albert DeSalvo, was captured.
- Warren Commission report on the assassination of President John F. Kennedy concludes Lee Harvey Oswald had acted alone
- The first Ford Mustang from Ford Motor Company is made.
- U.S. Surgeon General reports that smoking may lead to lung cancer
- Sony introduces the first VCR Home Video Recorder
- Canada's Prime Minister is Lester B. Pearson

Join us in Collingwood May 2 - 4th, 2014 for a celebration of something NOT on the list .

Do you know what it is???

Registration information will be coming to an electronic format near you soon .. stay tuned!!



CAMPING FOR A CURE

**Purchase your raffle ticket for \$10 and you
could win a package including...**

- 2 Adult Registrations for Kin Kamp 2014
 - *Donated by the Meaford Kin Family*
 - Kin Canada & CF Logo Fire Pit
 - *Donated by the Cayuga Kinsmen*
 - 2 Pasta Dinners (Saturday at Kin Kamp)
 - *Donated by the "Misfits" Campsite*
 - 2 Roast Beef Dinners (Sunday at Kin Kamp)
 - *Donated by Cambridge North Dumfries Kinsmen*
 - A cooler of beverages for the weekend
- All proceeds going to help find a cure
or control for Cystic Fibrosis**



**Cystic Fibrosis
Canada**



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Save the Dates

☞ **May 2 – 4 2014 Spring Convention in Collingwood, Ont**



☞ **August 14 -16 2014 National Convention in Toronto, Ont**

Marketing Materials

Through Kin Canada, you can order:

- Free marketing materials for your club
- Print-quality files to send to your own printing company

Don't hesitate to give Lauren or Nadyne a call! They will answer any questions and send you the materials you need ☺

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MAY-McCONVILLE
INSURANCE BROKERS LIMITED
Matt Sharpe, C.I.P.
Commercial Account Manager

797 Talbot Street
St. Thomas, ON N5P 1E3
msharpe@may-mcconville.com
Telephone: 519-637-1054
Fax: 519-637-2970
1-800-586-5038



Lisa Orth
Miche Purse Rep

Phone: 226-868-1368
www.homepartyrep.com/lisa_orth

Don't forget that this is **YOUR** District newsletter; project photos, editorials, content and comments to the editor are always welcome. Don't wait until the deadline, send your tidbits now and I will do my best to publish in a future edition of Kinship 1.

I hope you have enjoyed this edition.

**Merry Christmas
& all the best for 2014**

Yours in KIN,
Terri Iredale

District One Communications Director
ters@sympatico.ca