



*Spring
Edition*

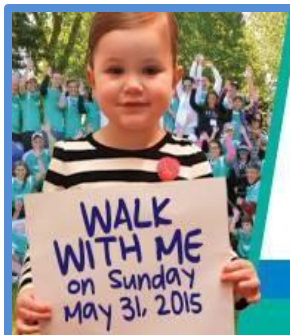
KINSHIP 1



Kin Canada

Kinsmen • Kinettes • Kin

District 1



**Cystic Fibrosis Canada's
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2014-2015

Fellow Kin:

The month of March in our district is very busy with zone conferences. Deputy Governors and their host clubs have been working very hard to provide the members of their zones the best possible experience.

It is more than an agenda full of business. This is a day with fun and laughter, food and cheer. Maybe even a game or two. This is the opportunity for you to find out what is going on in your zone. This is the day when your voice can be heard. This is a day, you should not miss.

Within the next few months, District 1, Zone B, will welcome the “Wingham & District Kin Club”. Thank you to Melissa Penner, Glenn Dobben and Deputy Governor Lisa Orth. Their endless efforts to make this charter a possibility is recognized and greatly appreciated.

We encourage you to continue with your efforts to introduce and recruit new members to this great Association, but let us not forget about the people who currently are our members. Retention is just as important if not the most important factor we need to remember. We cannot grow, if we cannot keep what we already have. We need to remember to listen, and to respect others as we would want others to do for us.

District Convention is ahead of us. Zone G, our hosts, for the weekend in Sarnia have been busy making sure this is going to be a convention to remember. “Bridging the Gap” May 1-3, promises to be a fun filled weekend. Come out and support the member or members from your zone that has won their way with their inspiring speech or their attempt at a funny whether clean or very dirty. April 17th is the final day for early bird registration. Registration forms are available from your Deputy Governor or from the District 1 website. Again this year, we are dealing with Spring Convention being a two day convention. Speak-off and joke-off will be on Friday evening, immediately following the opening ceremonies. Business will begin at 8 am sharp on Saturday. We anticipate a very full, busy, day. Our District Secretary, would like to remind you to get the Accredited Delegates form completed and sent in PRIOR TO APRIL 27th. Any submissions received on or after this date will not be accepted.

District Awards Directors Terri and Wendy are looking forward to having award submissions to review for Spring Convention. The District 1 website is your go to place for all of the criteria and deadlines for all of the awards. Please do not miss the opportunity for your club or a fellow member to be recognized and honoured.

At the present time we have zero applications for the host of Spring Convention 2016. Just so you know, this means we are looking for a club to host the District next year. This will be an amazing opportunity for your club to “Get on Board”.

Remember that anyone of the “Go Team” are only a phone call or email away. We look forward to seeing you in Sarnia at Spring Convention!

Governors Jo & Marty

In District 3, we have a signature fundraiser – TeleMiracle. For 38 years, Kinsmen and Kinettes from across the province have come together one weekend in March and given up time with family and sleep to man the phones, serve the food and make the magic happen. And it has worked, very well. \$107,356,436 has been raised in 38 years and that money is used to support the health care needs of people in the province of Saskatchewan. Anecdotally, every person in this province may not have heard of Kin Canada, kinsmen or Kinettes but the majority of them are familiar with TeleMiracle. For many years, TeleMiracle was seen as ‘the’ thing that Saskatchewan Kin did and even some of our own members were not aware that we had projects or partnerships beyond that. For many years, District 3 had not used TeleMiracle to advertise Kin nor had we used fundraising events pre-TeleMiracle to recruit potential new members.

That is changing. In more recent years, we have begun to appreciate the true reach and magic of TeleMiracle. Please don’t misunderstand – we Kin always knew how much WE loved and valued The Show. What I think we were less aware of was how interesting and inviting it might be to non-Kin. As I said, that is changing. TeleMiracle 38 featured the Kin logo front and center stage. The crawl on the bottom of the screen offered Kin website information, if those at home were interested in finding out more about Kin and TeleMiracle.

TeleMiracle 39 (on CTV march 7 & 8) will bring that and more.

Does your District have a signature event? Does your club? Does EVERYONE in your community know about it? Do your members use that tried, true and successful event to try to interest and possibly recruit potential members? Have you lit up social media and the local paper with information about it? I think we’ve all come to understand that recruiting to meetings might not be the best approach. (The oft-repeated adage that ‘insanity is doing the same thing over and over and expecting a different outcome’ sort of applies here.) In truth, meetings may not be what we like best as members either. It’s more likely that we as members view meetings as necessity, and service and fellowship as what we love to do.

So, what does your club have coming up?

Please, tell us ALL about it.

Yours in Kin

Corie

Member Liaison Officer

Kin Canada

corie@kincanada.ca



Time to Spring Forward

Is your club finding it difficult to recruit new members? Are club finances limited to invest in your membership recruiting efforts?

If that is the case, you should make an application to the District 1 **Membership Fund**. The purpose of the Membership Fund is to support clubs in District 1 that are in need of financial assistance in their membership endeavours. To apply, a club will need to submit a detailed 2 year membership plan. The plan must include financial needs of the club, membership growth expectations, event proposals, and proposed training of current members and new members. In order to be eligible, clubs must be “in good standing” which includes being up to date on paperwork, dues, and other obligations at the Zone, District, and National levels of Kin.

Clubs can receive up to \$500.00 if their application is approved by the District Executive. Clubs can make applications to the District Membership Fund from July 1st to October 31st in a calendar year. The \$500.00 must be used for membership initiatives only and are not to be used to pay dues or any other expenses. A full expense report is due back to the District by October 31st the year following the 2 year plan.

The District has set aside \$5,000 towards this program from the District surplus. The \$5,000 will be replenished every year unless the District surplus falls below \$10,000. The District can approve up to 10 applications a year provided they are submitted on time.

If your club is struggling with membership, I implore you to make an application to the Membership Fund. Your club and your community will thank you for it later for the effort!

The race for the **Phil & Vicki Scalisi Membership Award** will end on March 31st. The award is given to the Kin Member who sponsors the most members from April 1st to March 31st. At the present time, yours truly is currently in the lead with 3 members. There are 13 people tied for second place with 2 members each, so the race to the finish line will be exciting. The winner will be announced at District Convention in Sarnia. Good luck to all in the hunt and remember to sponsor as many members as you can before March 31st. For those who have sponsored 2 new members already, if you sponsor 1 more member before June 30th you will receive a GEM Award.

The next charter in District 1 should be happening soon as we welcome the Wingham & District Kin Club to the Association. I would like to thank Mellisa Penner, DG Lisa Orth, and Glenn Dobben for all their hard work in making this charter a reality. Great job and we look forward to welcoming the Wingham charter with open arms.

DMD Shane



THANK YOU

Although the Zone Conference season is not yet over in District One, we would like to send out a huge thank you to all Deputy Governors for allowing the Back to the Future Team a few minutes on your agendas.

CONGRATULATIONS

Also, a big congratulations to everyone who ran (or is running) for the position of Deputy Governor, has been elected as Deputy Governor and to those who have decided to take on the challenge of being a member on their zone team.

If you are contemplating stepping outside your club, but haven't quite yet, do not hesitate to contact us with any questions you may have. Don't forget that your current zone executive members are great mentors, and you can definitely ask to "shadow" them to see what it's all about. There are many positive aspects of volunteering... some personal growth you will experience:

- Personal and professional development through public speaking, administration and travel
- Potential for many new friendships through kin contact
- Experience to add to your resume and portfolio
- Greater understanding of your personal potential as a leader
- Build your confidence as a public speaker and presenter
- Gain more knowledge and a better understanding of Kin Canada
- Learn about other clubs in your district with great ideas to take back to your own club

We are all very excited to continue forming our Back to the Future Team and to help district one continue to grow, learn, make friends and have fun! We have no doubt that 2015/2016 will be another fantastic year for Kin Canada.

See y'all on the DeLorean!

Katie, Curtis, Monika, Debbie,
Melissa, Wendy, Brad, Terri &
Russ



District 1 Newsletter- National Service Content

National Day of KINdness: This year, 136 clubs will be spreading kindness in their communities. This is up from 115 in 2014, with 29 clubs participating from District 1! Great job D1! We would love to hear about your event to share your good work in Kin Magazine and on social media. Please send your pictures and stories to editor@kincanada.ca.

Kin Canada Bursaries Celebrating 20 years: Did you know that Hal Rogers Endowment Fund (Kin Canada Bursaries) is celebrating their 20th year this year? HREF is a board that brings Kin Canada representatives across Canada together for the common good. We review all bursaries and life stories, and students' financial need, and we then give out as many bursaries as we are financially able to. Thank you so very much to those of who already contribute to this wonderful program. It is so inspiring and so fulfilling to know we are a small part of making a difference in someone's life and it's because of your donations. In 20 years we've given out over 850 bursaries. You are such a major part of changing the lives of hundreds of deserving Canadian students. Please help us continue to build on 20 wonderful years of supporting the future of young Canadians. Give 20 dollars today in honour of 20 years by visiting www.kincanada.ca and clicking the 'donate' button, or by emailing bursary@kincanada.ca. Please give \$20 for 20!

National Service Committee: We are pleased to announce that the National Service Director for 2015-17 will be Davina Thuroo. Davina is finishing her successful term as Chair of the Kin-CF Liaison Committee and we are very excited for her to share her positive outlook and creative ideas on the Service side for the next 2 years. Congratulations, Davina!

Canadian Blood Services: We now have 12 committee members representing all but one District. This month committee members will be connecting with Canadian Blood Services Territory Managers to set goals, learn of recipients in their area, and begin planning communications to clubs. Want to know how to get involved with your club?

Email: **Canadian Blood Services District 1 Champion Elaine Couch**
recouch@rogers.com

Online reporting: Kudos to the 17 clubs in District 1 that have been making use of online reporting. The form is easy to fill out and saves you having to do a year-end service report. Not only that, it allows you to track your own service hours and dollars as you receive a copy of the report to keep on file and track for your donors, sponsors and supporters. Contact your Service Directors or Lindsay at lirvine@kincanada.ca if you have questions, she's happy to help!

Veseys: Planning your spring fundraisers? Veseys (plants, seeds and bulbs) and Kin Canada recognize the great potential for clubs, and Veseys' experience for the past 30+ years will help you generate funds to continue your great work. Your club should now have received the spring 2015 Fundraising Kits, and Veseys encourages you to participate by ordering whatever quantities of free supplies you may need to complete a successful campaign. Call Veseys at **1-800-363-7333** or visit www.veseys.com/fundraising to get started today!

Lindsay Irvine
Projects Coordinator
Kin Canada

To those who have attended Zone Conferences across District One, thank you for allowing us time to introduce you to your Vice Governor Candidates and Proposed Team for 2015 – 2016, the “Back to the Future part deux, the adventure continues” team!!

As mentioned your candidates for Vice Governor are Bill Harris, an 18-year member of the Kinsmen Club of Cayuga and Monika McKean, a 35-year member of the Kinette Club of Collingwood. With a combined 53 years of Kin experience Bill and Monika have held every Club, Zone and District position and as well, both worked on and chaired National Committees. Their experiences and abilities are far ranging and have given them a broad base of knowledge and mentors from whom to draw support and assistance when needed.

This is one team, with one dream; to make YOUR year in Kin the best year it can possibly be. And with that in mind, we thought it would be great to share with you, the best memories that keep our proposed team members inspired and enthused about Kin. Please enjoy these excerpts from their best years (thus far) and an idea of what they are gaining from and experiencing in, Kin.

Dustyn Pumfrey from the Kinsmen Club of Dresden is very proud of his successes while being Deputy Governor of Zone G for two



years. Here is what he has to say: “I have been a member of the Kinsmen Club of Dresden since 2000, and I have been Zone G Deputy Governor since 2013. The goals I set for myself when I accepted the position of DG was to increase interclub activity in my zone. I am proud to say I have been successful in achieving this goal. Our zone has hosted an interclub bowling fundraiser for the food bank two years in a row. My home club helped host a fundraiser for LM Dave “Boomer” Johnson in the spring of 2014. My Tilbury and Merlin clubs co-hosted a fundraiser for a local family this past fall. I credit this success to increased communication within the zone since I have taken over as DG.” Dustyn is obviously a goal setter AND achiever and will work well as part of the proposed CF / Service team. Increase communication within the District will do nothing but benefit Cystic Fibrosis and Service work and successes.

Katie McKean, Kinette Club of Collingwood and the proposed second half of the CF / Service team, has a most wonderful memory that will play well with goals for their year. “My absolute favourite memory (so far) in Kin was the 2014 Cystic Fibrosis Trip to Roatan, Honduras. There were so many incredible moments on that trip, however the one that sticks out the most, and I will never forget, is when the group of us took five suitcases of school supplies to a local school. We had members from four districts, donations from so many friends, family and Kin family members, and 60 smiling kids. I will always remember the “thank yous” and hugs we received that day - Kin helping Kids - wherever the road may take us.”



“In my six years in KIN my best times have been with the many friends I have made, the interesting people I have met and I look forward meeting many more in the future. KIN has given me the ability to develop confidence and many personal skills. Our association has so much to offer individual growth, overcoming challenges and developing a place in our communities that gives us personal satisfaction. I look forward to many more exciting years in KIN with old friends and new!!” These words are from proposed Secretary Eileen Newton-George from the Kinette Club of Fort Erie. Obviously Eileen is very appreciative of personal growth and friendships made .. truly a result of having great years in Kin.

From the Kinette Club of Palmerston, Life Member, past everything Brenda Dineen, our proposed Membership Director, has a wonderful memory. "Best high light would have to be Chair of Kin/CF Liaison committee. It gave me the opportunity to travel across the country and meet so many more Kin than ever before. Also I got the chance to see how things work outside of D1 and gave me some food for thought." This experience will of course be a huge benefit in bringing new ideas about membership and examples from other Districts. We look forward to drawing on Brenda's knowledge.



From the Kinette Club of Collingwood, we are excited to have Barb McArthur as our proposed Treasurer. Barb has an extensive history in banking and as well has been club treasurer numerous times. Along with money management, Barb is an awards junkie and will be half of the proposed awards team. Barb's blurb isn't so much a memory, it's about making memories:

"Don't forget to take a picture! Ask any of our club members and they will agree that is my favourite saying when our club is attending any event whether fundraising or socializing. They know that the pictures are necessary to satisfy my addiction of recording our clubs community involvement and public relations. A true passion of not only volunteering but keeping our history."



Risk Management and co-Awards Chair will be taken on by Cambridge North Dumphries Kinsmen Curtis Thoms. Here are Curtis' highlights "I was told if I was going to date my partner I was going to have to join Kin. I joined Kin and married my partner. In my 1st year in Kin I ran a zone conference and had so much fun I never looked back! I have been in 4 clubs since I joined Kin in 2002 and have never won an award." Curtis obviously gained a lot from Kin ... married Kristina and how has two beautiful children. We think he actually has won awards!

Past Everything Terri Iredale from St. Marys Kinettes, has accepted the position of Communications for another year. We were really impressed by her response and how relevant what she has gained from Kin plays out in her position: "My reply would be the personal development that I have received in Kin. 18 years ago I could not speak in front of a group; hated the thought of a speech and in front of a group of people, regardless of size, terrified me. Today I have many personal accomplishments achieved at the club, zone, district and national levels ALL on account of joining my local Kinette club and setting small goals (or stepping stones) for myself over the years. KIN has gotten me to where I am today in the Association obviously, and has opened up doors for me at my workplace, in other organizations and as well in our community.. Kin - it does a body good!"



We are also very thankful to have the continued support of Russ Jackman, St Thomas Kinsmen, as our Webmaster. Russ brings with him a skillset that this District is exceptionally fortunate to have access to. We are grateful that he continues to support this important communication tool for us year after year.

Now you have met our proposed team and what has influenced them, encouraged them and kept them in Kin for 180ish collective years! This team will be here for you! We want you to make memories, gain knowledge, skills and abilities, but most of all, make this the best year in Kin you could have.

We hope we have your support as the "Back to the Future part deux, the adventure continues" team for Vice Governor 2015 – 2016.

Monika McKean & Bill Harris

CYSTIC FIBROSIS CANADA FUNDS A NATIONAL PRIMARY AIRWAY CELL BIOBANK



Dr. John Hanrahan (centre) with members of his lab and the Primary Airway Cell Biobank at McGill University

Cystic Fibrosis Canada has partnered with the Cystic Fibrosis Translational Research Centre (CFTRc) at McGill University in Montreal to create the Primary Airway Cell Biobank (PACB). Headed by Dr. John Hanrahan, Principal Investigator, and Dr. Renaud Robert, Director, the biobank is the first of its kind in Canada and is intended to be a nationwide resource of high-quality lung cells for cystic fibrosis (CF) research.

Before a potential new therapy for cystic fibrosis is allowed to enter clinical trials, its effectiveness must be demonstrated within lung cells in the lab. Cells from CF lungs are particularly useful because they behave similarly to those within the airways of CF patients and these cells are considered the 'gold standard' for CF research.

Following a lung transplant, the CF-afflicted lungs are typically discarded. However, the PACB uses this tissue to isolate these very valuable lung cells and makes them available to CF researchers across Canada. With informed consent and patient identity kept strictly confidential, CF lung tissue is obtained from the lung transplant recipient and provided by the transplant centre to the PACB, where cells are isolated and banked by skilled personnel.

This amazing resource is made possible with the support of Kin Canada through the funds donated over the years, and allows CF researchers to perform vital studies toward the discovery of new and better therapies to fight CF.

Thank you Kin Canada for the continued support in the fight against CF since 1964. Together, we will strive to find a cure or effective control for CF in our lifetime.

An Honour Deserved

On October 20th and 22nd, 2014, the Canadian landscape was forever changed. Canada lost two soldiers, in senseless acts. Warrant Officer Patrice Vincent was killed in a hit and run and Cpl. Nathan Cirillo was fatally shot while honouring our veterans at the War Memorial in Ottawa. Both tragic, however, with many wars and skirmishes around the globe, these attacks came to our home soil.

Both of these soldiers, performing their respective duties, came to signify a new time. In this country, we as Canadians rallied. We sat vigil, we questioned why and we began to realize that Canada is vulnerable. We came together as a nation. These soldiers both served our country, with the mission to protect the rest of us. It is time for us, as Kin, as Kin Canada to honour and pay homage to them.

Kin Canada responded. These men served as a catalyst for the Kin Canada Foundation to honour these fine soldiers. At a Foundation Board meeting the idea was discussed, a committee formed and within weeks the Foundation Board endorsed what became "The 49th Parallel North Fund." Designed to honour and respect our Fallen and assist their families. The program was expanded to include all Fallen Canadian First Responders, as each of them, placed themselves in danger, for the greater good of Canadians. These First Responders will be honoured with a Hal Rogers Fellow, and a portrait, with each individuals name put forward and sponsored by a nominating club. The Foundation put out a 'Call to Action' for Warrant Officer Vincent and Cpl. Cirillo. Kin Canada clubs heard the call and supported the idea, raising over twenty thousand dollars at one Fall Leadership Conference in November, 2015.



The 49th Parallel North Fund, will honour our Fallen, but will also continue a lasting legacy by working to ensure their families we are able to assist with any educational or training needs in the future. The program will eventually be rolled out to all Canadians; however, we must start with our own clubs. We will need to ensure, that we as Kin, live up to our obligations.

While putting together a presentation for the Cirillo family, we are connected to the Argyll and Sutherland Highlanders Brigade in Hamilton. Founder Hal's barracks. As discussions with the Commanding Officer of the Argyll and Sutherland Highlanders, Lt. Col. Lawrence Hatfield, we find another Kin connection. Ironically Andrew Hatfield (Kin ODAC) is the Lt. Col.'s brother. Their father is a Life Member of Kin.

In the spirit of Founders Day, the Cpl. Cirillo presentation date is set for February 23rd at the armory. The foundation commissioned a painting of Cpl. Cirillo to be donated to the museum, the Cambridge-North Dumfries Kinsmen commissioned a portrait to be given to the family and one of our proud sponsors of the Portraits of Honour National tour, Jim Hammill, also an Argyll and Sutherland Highlander, wished for a portrait of Founder Hal in his regimental dress to be donated to the museum. POH Artist Dave Sopha, completed all three oil paintings.

A contingent of Kin, Argyll and Sutherland Highlanders, Founder Hal's daughter, Diane and grandson Scott, members of the public and the media were gathered for the presentation. Foundation Board members, Kin Canada National Board members, the artist and club

members made various presentations to the brigade and museum. The presentations included a Hal Rogers Fellow, the three portraits, a National President Challenge Coin and Kin Canada Flag. The media interviewed many in attendance and press coverage was extensive. The afternoon was emotionally charged as we honoured one of our own. The kin connections have far reaching tentacles to our communities, we have changed the lives of many and supported Canadians for over ninety-five years.

It is time for us to honour all of our Fallen First Responders, through no fault of their own, have given us the biggest sacrifice. **Their Lives.** It took one to spark a nation in to action, we need to fan that spark to ignite a fire to pay homage to our greatest Canadians. We, as Kin, have many gifts; we also need to count our blessings. There is a tremendous amount of work to be done with regards to the 49th Parallel North Fund, to make it a stable, sustainable lasting legacy. We have the ability to ensure we do our part. Please explore the possibility of you, your club or your community supporting this initiative. We need the families of our Fallen to know, that their loved one made a difference. We will never forget.

*Warrant Officer Patrice Vincent will be a Hal Rogers Fellow and his family will receive his portrait at his home barracks in March.

*More information on The 49th Parallel North Fund is available on the Kin Canada Foundation website;
www.kincanadafoundation.ca



Getting Started with Twitter for Your Club

Clubs across the association have jumped on the power of [social media](#), and are using the growing number of social networks to get the word out about their projects and network with other members of the association.

One of the best parts of using social media is the flexibility clubs have to tailor their use of each network to support their goals and their brand. However, when club use is the focus, it shouldn't be anything goes if you want to present a professional, branded image and attract the right kind of attention.

If you are new to using [Twitter](#) for clubs, this document will help you make sure you have all of your bases covered as you set the stage for effectively using social media in your club.

Do Your Research

The first step before incorporating Twitter (or any social network) into your marketing strategy is taking time to see what other clubs are doing, what seems to work, and where you may have an advantage. While you don't want to duplicate the approach of another club, you can find some inspiration by seeing how others are already using Twitter to reach their audience, make connections and engage in conversation. [Twellow](#) is a good place to start your research by browsing profiles of Twitter users in many different areas.

It's also important to have a solid understanding of how Twitter works so you can reduce the learning curve when you get started.

Create a Plan

Once you have an idea about the different ways you can use Twitter in your club, it's time to incorporate your activities into your overall marketing plan. If you don't have a marketing plan yet, now is the perfect time to create one.

Your Twitter-specific marketing plan should include action steps you plan to take, including how often you will post, what types of information you will share, how you will grow your following, what third-party services you might use, how often you will manage your account, etc.

Complete Your Profile

Once you have been active on Twitter for a few weeks, you become accustomed to looking at people's profiles to see what their avatar looks like, where they are located, what their bio says, and what URL they have listed in their profile. If your own profile is missing any of these components, you could be missing potential connections.

Before starting to follow or interact with anyone on Twitter, make sure you take time to complete each of those four integral parts of your profile. This is what will tell people what you're all about, and give them a clue about what they can expect if they follow you.

Become a Conversationalist

Many Twitter critics will tell you that Twitter is nothing but a lot of noise, with everyone vying for attention, trying to be heard, and screaming over each other. This is absolutely true, if you use Twitter like a microphone, only to spout out one message after the other (and if you follow people who do the same). There is a solution to this, and it's called conversation.

It's easy to get caught up in the numbers game on Twitter by trying to follow and be followed by as many people as possible, as quickly as possible. But that can contribute to the deafening noise. Instead, if you connect with people who are potential consumers, members of the association or others with whom you share a mutual interest, the broadcast will often turn into conversation. And it's the conversation that will help you form relationships.

Track Your Results

After you've been active on Twitter for a month or two, it's time to measure the results. You can do this in a number of ways, including tracking inbound links on your website or blog, using a link shortener that has tracking functionality (i.e., [Bitly](#)), or using a social media dashboard that includes stats (i.e., [Hootsuite](#)).

There are a number of ways to track your results on Twitter so you can tweak your activity and improve your results over a time.

Marty Makins





Kin Canada

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We are pleased to announce that the National Service Director for 2015-17 will be Davina Thuroo (Medicine Hat Kinettes).

Davina is just finishing a successful term as Kin-CF Liaison Committee Chair and we are very excited for her to share her positive outlook and creative ideas on the Service side!

Congratulations, Davina !!

I have been asked more than once what exactly I get out of being a Kinette. If you had asked me this a year ago what I THOUGHT I would get from it is not what I can honestly say I have gotten out of it.

I have faced my fear of public speaking and am starting to feel more confident and able to make it through a presentation.

I have taken risks to help the community and had a fantastic group of ladies cheering me on every step and knowing that every project is a learning experience which can be modified to make the next one even better.

I have met people who are amazing and have the same interests as me and I met them in places I may not have ever ventured to. I would recommend going to Kin Kamp to anyone who is thinking of joining Kin or is a member of Kin and wants to see how we all gather together, have fun and support the community.

I have learned to step out of my comfort zone and try new things no matter how far fetched it seems to me. There have been some amazing adventures and there are many more to come.

I have gained a support system outside of my family and all of the members of the St. Thomas Kinettes have taken myself and my daughter under their wings and made sure we are both emotionally healthy and offering help to keep me sane!

I have learned that other community organizations are willing to help out even when they are not in the same community.

I have gained not only friends but also a new extended family and many new friends.

I look forward to my second year as a Kinette and what new challenges I will face and overcome.



Jennifer Barned-Svensson
Kinette Club of Elgin-St Thomas



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



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

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



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

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

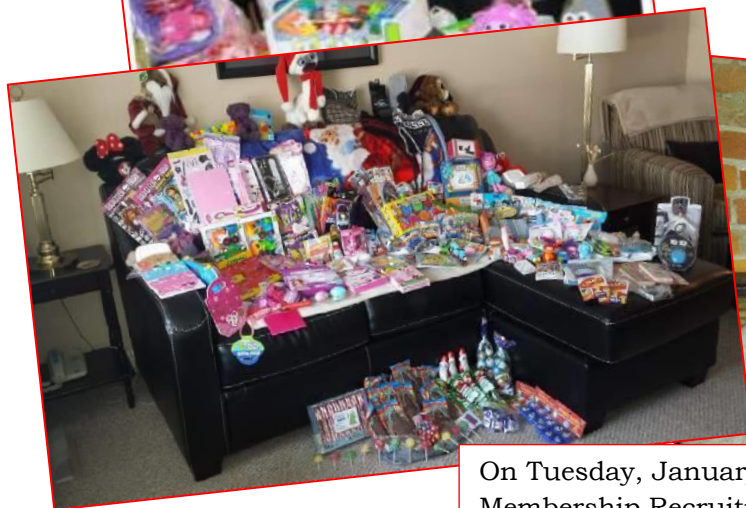


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On Tuesday, January 20th, the St. Thomas Kinette's hosted their second Membership Recruitment & Info Night. Four recruits, who attended the first info night back in Oct. 2014, met with their sponsors to complete their application forms while enjoying dinner at the Beanery. Later the same evening 2 new prospective members join in to learn more about our club and the amazing family of Kin! The Kinettes will be installing four new members at their March general meeting - very exciting!



Fellow Kin,

Our Kin year is now past the halfway point but there is still so much left to do. Projects are ongoing and in the making, club membership is always in everyone's mind, new projects are bouncing around inside your head, leaving you to figure out ways of making it work. The most important thing is to never give up! New ideas can come to you while walking down the street. You try to remember the idea later, but it seems to get lost in the everyday hustle and bustle of busy lives. Be sure to write the idea down or email the idea to yourself. When you bring the idea(s) to your club, don't worry if it's not perfect. Your club should take the time to make the modifications to your new project idea (this could easily take a few committee meetings depending on the project) and a club should never vote to go ahead with any project until all the T's are crossed and the I's are dotted – that includes a realistic budget. New ideas presented to your club can be dismissed; “we have already done that”, “it's too risky” or, the famous, “we tried that and it failed”. Don't let this discourage you. Something old can be revised into something new and fresh.

We are very proud of our Zone F Kin. They have come together in fellowship and a renewed desire to meet with other clubs in the area. Attendance at all Zone meetings has been spectacular! From our New Member Seminar to our President's Round Table, everyone was more than willing to share their club's problems and solutions, learn more about the Kin association, and the importance of fellowship and fun.

The enthusiasm at our well-attended Zone conference was amazing! We were proud to have 9 new members attend their first Zone Conference. We hope Zone Conference gives you a taste of what District conventions are like, except they are usually a lot more fun than the Zone conference. Make sure you attend one.

Congratulations to our award winners,

- Kinette bulletin – Melissa Bishop, Kinette Club of Elgin-St. Thomas
- Rookie Kinsmen of the Year – Clint McGuffin, Kinsmen Club of St. Thomas
- Rookie Kinette of the Year – Jennifer Barned-Svensson, Kinette Club of Elgin-St. Thomas
- Kinsmen of the Year – Russ Howe, Kinsmen Club of Greater London
- Kinette of the Year – Elise Stark & Bonita Stevens-Vere, Kinette Club of London
- Joke off – Karen Coutts and Juliusz Smieja

A new award was created at our conference called the Eric Glover Memorial Fellowship Award. The criteria will be a point system on how much a fellow Kin spends their time in service and fellowship among their fellow Kin. The first award was presented in Eric's name to the Kinsmen Club of St. Thomas.

We would like to thank all Kinettes and Kinsmen of Zone F for taking the time to attend a great Zone Conference hosted by the Aylmer Kinsmen.



YIK

Zone F Deputy Governors Karen and Dutch

“Volunteering as an individual is rewarding. Imagine what can happen when you are a member of Kin”





PORTRAITS OF HONOUR

In the wee hours of the morning on Feb 12, 2015...six of our Canadian Soldiers packed up the cargo van with a precious monument, and headed out From Kingston Ont, to the Portraits of Honour studio that is still proudly in the lower level of the Kin Canada HQ.

The monument that I speak of is that of the “Poppy Memorial”

This is a unique memorial, forged from the wreckage of a tank that hit an improvised explosive device in Afghanistan. On this memorial are poppies...

I think is the one thing that hits hard for me on a personal level. These particular poppies were taken from the last remembrance ceremony in Kandahar in 2011, they were brought home and bronzed and placed on the memorial.

This was a project taken on by Warrant Officer Renay Groves, from 21 Electronic Warfare Regiment on Canadian Forces Base Kingston. Each poppy represented a Canadian serviceman or woman who died in Afghanistan.

What a day for us here at POH. Such emotions, from smiles to tears

It was nice to see some fellow Kin that could make it, old friends, school groups, MP's, MPP's, city councillors from Kitchener, Waterloo and Cambridge, Cambridge Mayor Doug Craig, Members of the CAV (Canadian Army Veterans) WW2 Dispatch rider Harry Watts, National service dogs groups, NATO vets, Members of legions and people in the community that have yet to see the painting and or the memorial.

It was a wonderful and heartfelt day. At 20:00 hrs the soldier that were in attendance had a moment of silence and saluted the Poppy Memorial and Portraits of Honour Painting, in true Military fashion, packed up and proceeded to travel down the 401 back to Kingston to be ready to be set up on display elsewhere.

We are so blessed that we had the opportunity to have this memorial on display beside the painting

May God be with all our Canadian Troops.....Yesterday... today... tomorrow... and always

Yours in Kin

Terri Sopha

District 1 Treasurer's Report

A national day for spreading smiles, Kin Kindness Day behind us, Zone Conferences on our door steps and warmer weather ahead, doesn't it feel great to be out in our communities? Welcome to the new members that have join Kin Canada this year. Congratulations to the "yearling" clubs for successful projects that they have run.

I like to take this opportunity to mention a couple of good treasurer practices.

It is a good practice to have 2 people count and record funds raised at the end of each day of an event. Have those 2 people initial the count slip that is included with the funds and passed along to the treasurer for deposit.

Another reminder is the year-end audits are to be completed by an outside the club person. As soon as the July bank statements arrive and the club treasurer has reconciled your statements contact that outside person to begin the year-end audit. This will help in filing out the next income tax forms. Can you imagine having that ready long before November 15th? Add a memo to your calendars so you may ignore it until the right time arrives to work on this. I know we do not want to think that far ahead, but this in my last chance to share these points.

In the meantime, go share a laugh or two as you spread smiles throughout your communities. I look forward to spending time with you in Sarnia at Bridging the Gap, spring convention May 1 to 3, 2015.

Yours in Kin
Treasurer Cheryl

At this time all is well in zone H. Zone conf. is fast approaching hosted by Lasalle kin and I am hoping the weather will cooperate this year. January was busy visiting all the clubs. I have enjoyed this year working with a fantastic district council and to think in a couple of months it will come to an end, and no I will not be doing it again I think four times is enough of course I will help out the new DG.

Deputy Governor Bob



What's the big secret to **membership recruitment**?

The answer is serving the community.

What's the big secret to **membership retention**?

The answer is realizing that your club is also a community to be served.

"HUH ??? What does that mean?"

If your Club is struggling to recruit members, the answer can be found by looking at the service work you do. Are the projects reflective of the club you are, or the club you want to be?

"Wait... what? "

Think about it for a moment... we do projects and serve the community to make the community better. So really, we serve the community we want it to be (not the community we have now). We work hard all year to make our community the best it can be.

The Club works kind of like that, too. If your service projects are old, stale or just not really making a difference, you might find the club itself aging, becoming stale, tired, etc.

If the pulse of your projects is a strong, pounding one - if they're projects that get you into the community, ones you have FUN doing, that appeal to the kind of people you want in your club and make a difference - chances are your Club's pulse will be strong and you won't have a recruitment problem.

Retention naturally evolves and mimics your service work and club culture. The stronger and more positive/impacting those areas are, retention will closely follow.

When members experience negativity/disrespect, no longer value the service work or start wondering if the work will make a difference, that's when members consider leaving.

When members look forward to meetings, have a blast at projects, feel respected/valued and know they're making a difference, they not only stay, they're more inclined to recruit others.

If you're not sure where your club is at with any of this - or if you think members of your club would answer differently, then your club would absolutely benefit from the Club Identity exercise. It's more of a structured conversation than an "exercise" but it has a proven track record for success.

Intrigued? Want more info? Say so!

We're happy to help

National Membership Committee

Tanya Bettridge – Chair

tbettridge17@hotmail.com

Custom Stained Glass

Lisa Orth 519-291-9359

classicbodycare@hotmail.com

AWARDS

As we're approaching the final quarter of the Kin year, we hope to start receiving many award submissions so that we can begin the selection of winners to be presented at spring convention. Please note the following deadlines:



Within 10 Days of Zone Conference

- Kinette Junior and Senior Bulletin (only winning entries from zone conference)
- John Brooker Senior and Junior Bulletin (only winning entries from zone conference)

April 1st

- Myrtle Wilson Memorial Service Award
- Kinette Quill
- Kinette Public Relations (for those zones that have a PR award, only the winning entry from the zone should be submitted)
- George and Mildred Sinclair Service Award
- Max Westlake Public Relations (for those zones that have a PR award, only the winning entry from the zone should be submitted)
- Bill Esson Memorial Quill
- Kevin Denbok Memorial CF Award for Individual Achievement
- Michael McBeath Memorial CF Award for Individual Achievement
- Dave Russell Memorial Individual Service Award
- District Website Award

April 21st

- Ferne Carter Memorial Speak-Off (name and contact information only)
- Gord Harbinson Public Speaking (name and contact information only)
- Kinsmen and Kinette Joke Off (name and contact information only)

All award submissions should be sent to:

Wendy Rolfe, 160 David Avenue, Hamilton, ON L9A 3T2

Wendy.rolfe@mohawkcollege.ca



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Changes to the New 2014-15 Awards Program

❖ The Maple Leaf Award of Distinction, the Founders Award For Achievement, and the Member Award of Excellence affidavits must be submitted within four (4) months of completion. A pin is awarded to the recipient, but a plaque may be ordered from Kin Sales.


❖ Any affidavit may not be signed by the person submitting the affidavit for the award; it must be signed by another club executive.

❖ The Boake Efficiency Award affidavit has changed slightly for dues and forms to be submitted by the “deadline” rather than “to the satisfaction of the Executive Director.”

- ❖ The Outstanding Club Award affidavit has a change to Category 5 Part H: directing members to “contact Kin Sales” in bulletin rather than placing a Kin Sales ad in bulletin.
- ❖ The Outstanding Zone Award affidavit has a change to Part A number 8: to “Promote Kin Sales” rather than place a Kin Sales ad in bulletin.
- ❖ The Founding Members Speaking Award: Eligibility now excludes past members of the National Board as well as present and incoming National Board members.
- ❖ The Green Club, Green Project and Communication Awards have been retired due to lack of participation.

The National Service Award is to be submitted to the Projects Coordinator. And the Marking Guideline is to be used to ensure that all required elements are included in the presentation.





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Zone D Founders Night



Around the District



DISTRICT 1 CF TRIP 2015

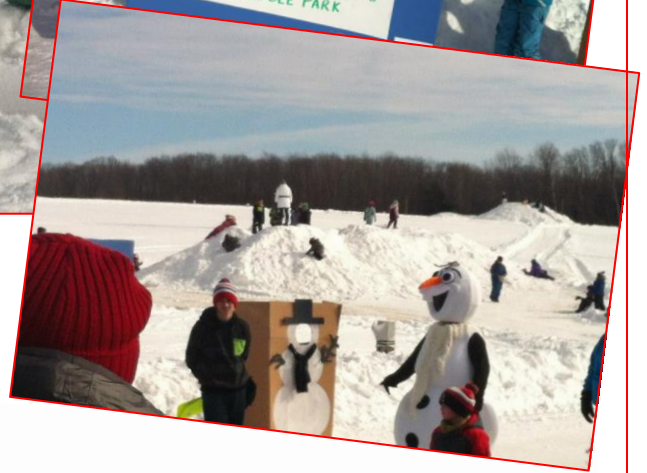


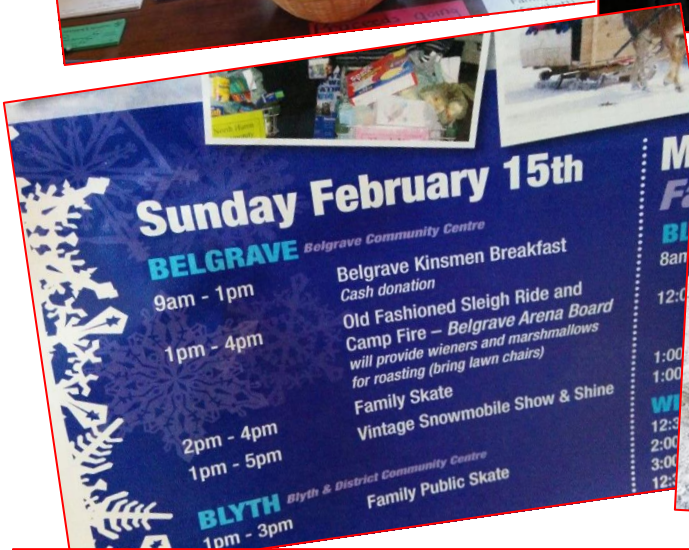
Playa Cayo Santa Maria



National Day of KINdness











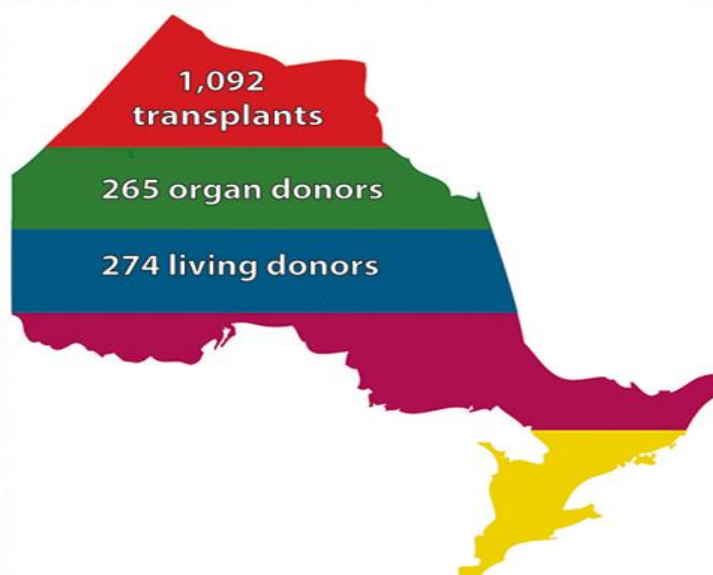


**Thank you District One clubs for supporting
Kin Canada Bursaries & Hal Rogers Endowment Fund**

Clinton & District Kinette Club	\$100.00	Grimsby Kinsmen Club	\$400.00
Collingwood Kinette Club	\$140.00	Hamilton Kinsmen Club	\$250.00
Elgin-St. Thomas Kinette Club	\$100.00	Lucknow & District Kinette Club	\$200.00
Flesherton & District Kinette Club	\$208.00	Stevensville Kinsmen Club	\$100.00
Flesherton Kinsmen Club	\$27.50	Tara & District Kinette Club	\$100.00
Goderich Kinsmen Club	\$100.00	District 1 FLC Fine Pot	\$293.40
Grimsby Kinette Club	\$200.00	District 1 FLC	\$1,600.00

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Kinette Club of Collingwood
Kinette Club of Delhi
Kinette Club of Drayton
Kinette Club of Elgin-St Thomas
Kinette Club of Fort Erie
Kinette Club of Grimsby
Kinette Club of Hamilton-Stoney Creek
Kinette Club of Lucknow and District

Kinette Club of Oakville
Kinette Club of Preston
Kinette Club of Shelburne
Kinette Club of Slave Lake
Kinette Club of Thompson
Kinette Club of Tillsonburg
Kinette Club of Walkerton
Kinette Club of Wasaga Beach
Kinettes Club of Flesherton & District
Kinsmen Club of Cambridge North
Dumfries
Kinsmen Club of Chatham
Kinsmen Club of Dresden
Kinsmen Club of Greater London
Kinsmen Club of Grimsby



Do you know these?

Few leaders are trained in communication, yet experts agree that communication is one of the most important skills leaders should have on their list of competencies.

To ensure successful communications within your club, it is best to start with the very basics: your knowledge of verbal and non-verbal communications. In your club, these types of communications are continually exchanged, oftentimes without much planning or even the thought that such communications are taking place.

The Importance of Non-Verbal Communication

A famous study by Albert Mehrabian found that non-verbal language makes up 55 percent of how we communicate in face-to-face interactions. He also concluded that we communicate as much as 38 percent of our message through our voice (tone, pitch and so on), with as little as 7 percent through the words we actually say.

Understanding and recognizing the signs and signals that make up this 55 percent can help you when you communicate with others. There are times when we send mixed messages – we say one thing yet our body language reveals something different. This non-verbal language affects how we act and react to others, how they react to us, and whether we gain and maintain credibility.

For instance, it's not always just what you say but how you "say" it, taking into account your eyes, your posture, your overall body language, the voice in which you offer the exchange and even your appearance at the time the communication is exchanged. In verbal communication, an active dialogue is engaged with the use of words. At the same time, non-verbal communication takes place, relying on non-verbal cues, such as gestures, eye contact, facial expressions, even clothing and personal space.

Non-verbal cues are very powerful, making it crucial that you pay attention to your actions as well as the non-verbal cues of those around you. If during your meeting, participants begin to doodle or chat among themselves, they are no longer paying attention to you. Your message has become boring, or your delivery is no longer engaging. While eye contact, facial expressions, posture, gestures, clothing and space are obvious non-verbal communication cues, others strongly influence interpretation of messages, including how the message is delivered. This means paying close attention to your tone of voice, even your voice's overall loudness and pitch.

Be mindful of your own non-verbal cues as well as the non-verbal cues of those around you. Keep your messages short and concise. This means preparing in advance whenever possible. For the impromptu meeting, it means thinking before you speak.

Barriers to Effective Communication

Barriers can arise at any stage of the communication process. When communication is failing, it is of primary importance to identify where the causes for failure are within the communication process.

Take a few minutes to think about the barriers to effective communication in your club. Some of the most common barriers that I hear when working with leaders in organizations are:

- Lack of time to communicate effectively
- Don't have the tools

- Cultural barriers
- Educational differences
- Differences in experience of the membership

In reality, all barriers to effective communication fall into three broad categories. These categories are related to the:

1. External Environment — this would include the space in which you are communicating, the communication tools used (handouts, PowerPoint or no tools used), the method of communication (written, verbal, meetings, one-on-one, etc.) and the communication as it relates to your club culture.
2. Speaker — any language barrier between the speaker and listener, lack of training for the speaker, lack of understanding of the audience, or educational difference between the speaker and the audience would be included in this category.
3. Internal Receiver — this would involve any language barrier between the listener and the speaker, lack of experience of the listener, educational differences between the speaker and the listener, or any pre-conceived ideas or opinions of the listener.

It is always best to take the time to plan for any communication. The following simple process will help you overcome these barriers and ensure precise, professional and effective communication in your club. Remember, the communication process is comprised of four basic elements: sender, message, method and environment, and receiver.

The Communication Process

Sender: The sender must establish credibility by displaying knowledge of the subject, the audience and the context of the delivery. The burden of responsibility lies with the sender to ensure that the message is understood and that expectations for deliverables are clearly defined.

Message: Consider the message being sent. Written, verbal and non-verbal communications are affected by the sender's tone, method of communication and what is included or left out of the message. If you choose to send a written message, be sure that it is professional, precise, clear and written in simple language.

Always keep in mind that written communications are open to interpretation.

Proof your written communication for typos, grammar, punctuation and sentence structure to reduce the chances of miscommunication and to ensure that you maintain professional credibility.

Method and Environment: Messages are conveyed through channels. These channels are affected by the method and environment with which you choose to communicate. Potential channels include verbal communication, face to face, telephone, video conference, written communication, meetings, etc.

It is wise to consider the method of communication prior to communicating your message. For example, an e-mail, letter or memo may not be the best way to communicate critical information. All written communication is one-way communication, meaning that there is little to no opportunity for people to ask questions, express concern or gain clarification in a timely manner.

If the message that you are sending is informational in nature, sending it in written form, such as e-mail, is a very efficient way to communicate quickly with many people based in a wide geographic area.

However, if the message conveys critical information – such as changes in policies, processes, procedures or organizational changes – the best method of communication is face to face. You will have to give some thought as to the right environment for the face-to-face communication, e.g., one-on-one individual communication or communicating the information to a group in a meeting.

Receiver: Messages are delivered to your audience, the receivers of the message. Your audience enters into the communication process with ideas and feelings that influence their understanding of your message and dictate their response.

Often, the receivers have pre-conceived ideas or opinions about the topic of your communication. For example, you may be communicating a new initiative, but the audience is already tuning you out because this idea was tried two years ago and did not work.

As the sender, you must also consider the barriers that may interfere with the receivers' ability to understand the message. These barriers include language, ethnic cultural beliefs, level of education and/or level of experience, to name a few.

While creating your plan for effective communication, consider not only the communication process outlined above but also the following four strategies:

Meet Individual Needs

Know the members as individuals so you can understand the receivers' personality traits, gender, generation, education and ethnicity/culture/language.

Utilize resources relevant to members needs to select the right method. These resources may include meetings (monthly, weekly), one-on-one meetings with members (face-to-face, telephone), newsletters, bulletin boards, voicemails, e-mails, and video conferencing.

Regularly assess the effectiveness of communication methods and evaluate the environmental factors and internal receiver factors, such as possible distractions, time and comfort of the room.

Be Timely

Avoid premature communication, but communicate change as soon as possible. Determine the appropriate method for the situation.

Understand the Impact of Non-Verbal and Written Communication

Be aware of how non-verbal communication (body language) affects the message. Also, make sure that written communication sends a concise and professional message. Double-check spelling, grammar and punctuation. Choose a readable font and use humor sparingly or avoid it altogether. If you insist on injecting humor into your written communication, be sure that it is appropriate for all audiences and cannot be misconstrued in any way.

Follow this example format so your written communication is clear, precise and actionable:

What is the key point or message?

Why is this important/ how is it relevant to goals?

Action: What you need them to do.

Contact: For questions or concerns, provide contact information.

In reality, no matter the size of your club, by successfully getting your message across, you convey your thoughts and ideas effectively. When not successful, the thoughts and ideas that you actually send do not necessarily reflect what you think, causing a communications breakdown and creating roadblocks that stand in the way of your goals.

Marty Makins





James Doerr NVP Candidate 2015

Fellow Kin,

I am excited to announce my candidacy for the Office of National Vice President for Kin Canada.

I am running for this office not only on the premise of continuing the great work accomplished, but on forging ahead on our new future as Kin Canada.

This future ensures that Kin Canada remain a viable, recognized and respected service organization that continues to touch Canadian communities from coast to coast to coast. Achieving this requires each and every one of us to be engaged at all levels of this phenomenal association.

I look forward to hearing from you and hope to see many of you at National Convention in Brandon Manitoba in August 2015.

Yours in Kin,
James Doerr



Contact Info...

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Saturday May 2, Breakfast
Saturday May 2, Lunch
Saturday May 2, Governor's Ball
Saturday May 2, Hospitality Suite

Sunday May 3, Breakfast
Sunday May 3, Cystic Fibrosis Brunch

Partial Registration

Saturday May 2, Breakfast	\$25.00
Saturday May 2, Lunch	\$25.00
Saturday May 2, Governor's Ball	\$60.00

Sunday May 3, Breakfast	\$20.00
Sunday May 3, Cystic Fibrosis Brunch	\$45.00

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