



# Zone C Newsletter

Serving the Communities Greatest Need in...

Beaver Valley  
Collingwood  
Meaford  
Shelburne  
Wasaga Beach



Congratulations to all of the Zone C Kinettes at this years Fall Leadership Conference.

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## In this issue:

- What's been up with the Kinettes Clubs in Zone C
- President's Reminder List
- Reports from your Zone Team
- Christmas Recipes
- Christmas Trivia

## From your Zone Team...



Deputy Governor,  
Monika McKean

**"It doesn't matter  
how many say it  
cannot be done or  
how many people  
have tried it  
before; it's  
important to  
realize that  
whatever you're  
doing, it's your  
first attempt at it."  
~ Wally Amos**

### *It's beginning to look a lot like Christmas ..... well, not really!*

Usually by this point in December, we have been shoveling snow, struggling with hats, mitts and gloves, scraping ice from car windows and salting the steps to avoid falls. This year, Mother Nature has sure given us a reprieve in those areas. I for one am not complaining. I'm not a "snow" fan, nor a fan of things "snow" (skiing etc.) so this green time is getting two thumbs up from me ☺

With that being said, I hope that this reprieve is also giving you time to visit friends and family over the Christmas season. It's a time to reflect on the year past, relish the time together celebrating and wishing all well for the upcoming year. 2012 promises to be full of excitement and renewed enthusiasm on many levels. As we head into the New Year, take some time to think about your participation in your club and zone; how you could contribute MORE to your club and zone, and what may interest you in stepping outside of the "box" and seeing what Kin can offer you. There's a great big Kin world out there, of which we are but tiny pieces; take a bite, you'll like what you get!

Looking forward to our next round of visitations in the New Year. Please drop any of us a note to let us know when you'd like us to pop by and if there is anything special you'd like us to do while in attendance. Happy Holidays to One and All. DG Mo



## CLUB PRESIDENT REMINDERS ...

Because we're ALL busy this time of year, here are some items to consider:

- Double-check the membership status list that was recently sent to your club in the National mailing. Making sure your members have the correct information at National, will ensure they receive Kin Mag and Kinship One. As well, ensure that their email address is on file with National so that they are included in all emails out, not only from National but from District as well.
- Where are you with awards? Have you looked at the opportunities for your club members and you as a President? Ask someone to take charge of reviewing the awards that are available and make sure that you submit at both Zone and District level. There is nothing more satisfying than receiving recognition for your efforts.
- How many socials have you had this year? Plan one and have some fun!
- Have you travelled to another club yet this year? What a great opportunity to meet and learn from fellow Kin. Plan a visit today!
- Have you begun work on your Financial Statements due to DG Monika shortly after December 31<sup>st</sup>? This is just a "where we are at the moment" reporting that will ensure your club is on track. As well, make certain that your tax information for 2010-2011 is submitted by year end. If you have any difficulty, District Treasurer Terri Iredale would be more than happy to assist you. She can be reached at [ters@sympatico.ca](mailto:ters@sympatico.ca)

Zone C is on the web!

Look for our webpage at:

<http://www.district1kin.ca/index.php/ZoneC/Index>

Follow us as well on Facebook

Please submit information to be posted to your clubs' web page on the District1kin website to DG Monika.

This is a great opportunity to advertise your club ..

USE IT!!!





# More from your Zone Team...

Barb McArthur  
Membership & Awards Director

## **Zone C Membership Update**

As at November 30<sup>th</sup>, 2011, Kin Canada has total members of 6,596 and a total of 488 clubs.

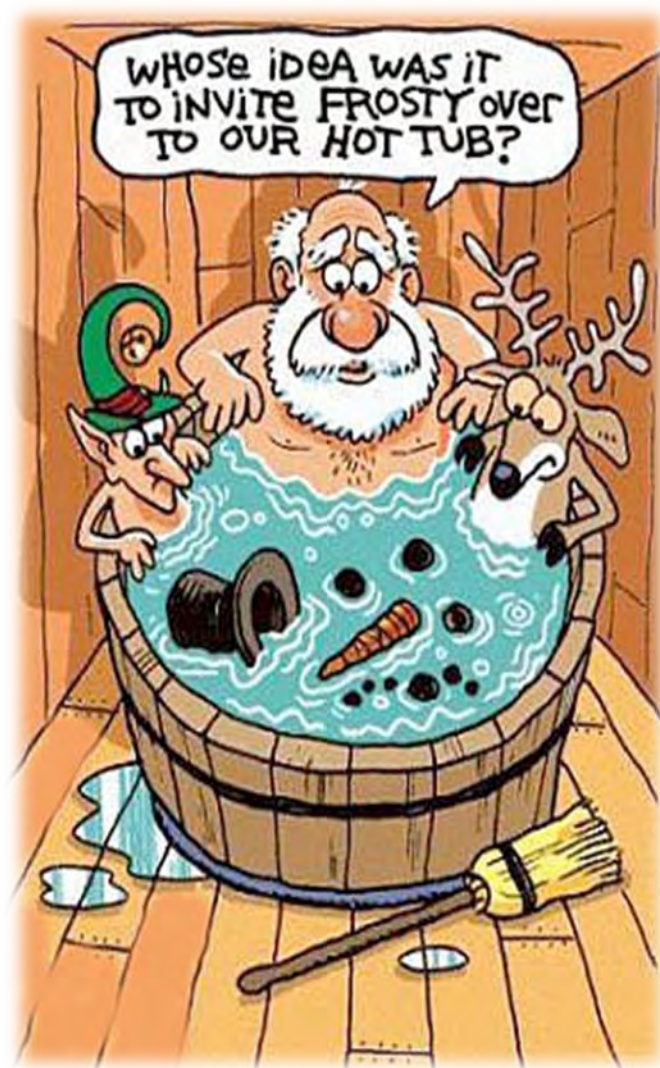
Our Zone C Kinettes are 70 members strong.

The Zone Team would ask that your club considers having a membership night. Talk up Kin to your family, friends, coworkers and acquaintances and don't be afraid to ask them to a Kin function.

Introduce them to different aspects of Kin – meetings; socials; projects; work parties and just having FUN!

Also, consider having a New Member's Seminar within your club to review Kin education for the new members. Invite all members to attend, as our seasoned members can continue to learn as well. The Zone Team would be happy to assist your club with the seminar, just let us know.

Zone C is the best, so let's spread the word of Kin, increase our membership, and continue our Invaluable community work!



***Grow, Learn, Have Fun and Make Friends!***





## More from your Zone Team...

Barb McArthur  
Membership & Awards Director

### Zone C Awards Update ..

Wow, January 2012 is just around the corner, and all clubs will be completing their award submissions for our Zone Conference in March. Club Presidents – plan a club social, work as a team and make a plan so that your club has a submission for the following awards:

1) **Bulletin** – please forward a copy of your bulletin on a monthly basis to myself or

DG Monika. Encourage your members to participate in the submission of articles for the bulletin. You never know but an editorial could be your quill submission.

2) **Speak Off** – please encourage your club members to participate in the competition as this will develop and improve their public speaking skills and promote self-development in Kin. It would be exceptional to have a speaker from each club compete at Zone Conference.

3) **Joke Off** – please encourage your club members to participate in the competition to develop and improve their public speaking skills and promote self-development in Kin. There must be a joker in each club!

4) **Service Award** – this award is to recognize clubs for their participation in service work within their community. Review the criteria for this award and complete your submission.

5) **Kevin Denbok Cystic Fibrosis Awareness** – this award is to stimulate Club Cystic Fibrosis Awareness of the plight of children afflicted with Cystic Fibrosis. All clubs within our Zone are promoting awareness in their community and raising dollars for Cystic Fibrosis. Please take the time to submit for this award. Kevin Denbok was a honorary member of our Association, and he spent the last eight of his twenty-one years writing and singing songs for our Association to help create public awareness of the children afflicted with Cystic Fibrosis.

**Your DG must be in receipt of your Service Award submission; Kevin Denbok Cystic Fibrosis Awareness submission and your bulletins at least 30 days prior to Zone Conference.**

We can't wait for the participation and competition in the Kin awards program this year and the incredible celebration that we will have at Zone Conference!

At the same time, please consider submitting for some of the District Awards including Kinette Myrtle Wilson Memorial Service Award; Kinette Quill Award and the Kinette District Public Relations Award. These awards have a deadline of April 15<sup>th</sup>.

# Kaiden's Care Kits



## More from your Zone Team...

Lisa Burechails  
Cystic Fibrosis & Service Director

Providing support and information to all Canadian families of newborns diagnosed with Cystic Fibrosis. "Kaiden's Care Kits" provide much needed medical supplies, vital support and information to Canadian families of newborns diagnosed with Cystic Fibrosis. This project is national in scope, designed to aid 150 families per year throughout Canada to learn to cope with the devastating diagnosis while ensuring their babies will be cared for and protected during their early fragile months. When a parent receives the news that their newborn baby has Cystic Fibrosis it instantaneously shatters their dreams and can be described as nothing less than devastating, and they are left asking "will my child even have a future?" It is a lonely time for the parents as they are faced with the challenge of understanding the disease and in learning how to cope with it and how to fight it; it is overwhelming and leaves them with a sense that they are alone on their journey. "Kaiden's Care Kits" were designed by a mother of a newborn Cystic Fibrosis child who recognized that something was missing in those early days post diagnosis. Their own need to know and understand the disease as well as to learn to cope with the added needs of their son Kaiden led to the creation of a kit of medical supplies, goods and information designed to support and educate new CF families. All the items and information in the kit were added based upon the family's own trial and error until they found methods that worked to cope and to build their routine. Although every family's and every child's battle with Cystic Fibrosis is different, the care and treatments tend to be similar. The kits serve to be a sort of "Welcome Wagon" for these new parents, providing them with a sense that they are not alone and that there are people out there who have been where they are. In order to accomplish their first goal (providing enough kits to the Children's Hospital of Eastern Ontario (CHEO)), the family partnered with Kin Canada ([www.kincanada.ca](http://www.kincanada.ca)) to fundraise to cover the costs for a one year supply of the kits. Each kit is valued at \$150.00 and includes items to educate (CF Nutrition handbook); to assist in treatments (chest physiotherapy cups); to prevent infection and sickness (antibacterial gel); to connect (local CF Chapter information); to alleviate financial burdens (CHEO parking pass). Although comprised of many smaller items the kit as a whole provides wide-ranging support and a sense of belonging to a larger community, one encompassing people who are there to help and who understand what the family is going through. Many kits have been distributed to date and have been well received and appreciated by the family.

**Following is a message from Helen Meizinger, mother of Kaiden that I wanted to share.**

**Friends, family, family of Kin and all those to whom you have reached to for help, I've been trying to come up with the right words to say thank you but I am at a loss as to how to express my gratitude for all you have done to help me get one step closer to my vision becoming reality. If the judges choose KCK as one of the winning projects and we are able to reach out to CF families Canada wide, each one of you can hold your head high knowing that you've played a part in making a difference. "Obstacles are things people see when they take their eyes off the goal" we have surmounted a pretty huge obstacle to get to where we are.... all I can see now is the goal line!!!!**

**Thank you all and do stay in the group as we will be providing updates as we move forward... we will hear in 3 days the official word we are in the judging round.**



# Juicy Bits of Christmas Trivia

"Hot cockles" was a popular game at Christmas in medieval times. It was a game in which the other players took turns striking the blindfolded player, who had to guess the name of the person delivering each blow. "Hot cockles" was still a Christmas pastime until the Victorian era.

"White Christmas" (1954), starring Bing Crosby and Danny Kaye, was the first movie to be made in Vista Vision, a deep-focus process.

"The Nutcracker" is the name for the ballet performed around Christmas time each year. "The Nutcracker Suite" is the title of the music Tchaikovsky wrote.

"Wassail" comes from the Old Norse "ves heill"--to be of good health. This evolved into the tradition of visiting neighbors on Christmas Eve and drinking to their health.

A Christmas club, a savings account in which a person deposits a fixed amount of money regularly to be used at Christmas for shopping, came about around 1905.

A traditional Christmas dinner in early England was the head of a pig prepared with mustard.

According to a 1995 survey, 7 out of 10 British dogs get Christmas gifts from their doting owners.

According to historical accounts, the first Christmas in the Philippines was celebrated 200 years before Ferdinand Magellan discovered the country for the western world, likely between the years 1280 and 1320 AD.

According to the National Christmas Tree Association, Americans buy 37.1 million real Christmas trees each year; 25 percent of them are from the nation's 5,000 choose-and-cut farms.

After "A Christmas Carol," Charles Dickens wrote several other Christmas stories, one each year, but none was as successful as the original.

Alabama was the first state to recognize Christmas as an official holiday. This tradition began in 1836.

Although many believe the Friday after Thanksgiving is the busiest shopping day of the year, it is not. It is the fifth to tenth busiest day. The Friday and Saturday before Christmas are the two busiest shopping days of the year.

American billionaire Ross Perot tried to airlift 28 tons of medicine and Christmas gifts to American POW's in North Vietnam in 1969.

America's official national Christmas tree is located in King's Canyon National Park in California. The tree, a giant sequoia called the "General Grant Tree," is over 300 feet (90 meters) high. It was made the official Christmas tree in 1925.

An artificial spider and web are often included in the decorations on Ukrainian Christmas trees. A spider web found on Christmas morning is believed to bring good luck.

## CHRISTMAS YUMMIES ..

### Cherry Balls (thank you Doris McKean)

2 1/2 cups icing sugar  
1 1/2 cups desiccated coconut  
1/2 cup butter (soft but not melted, the softer the better)  
1 tsp almond flavouring  
1 tsp cream  
WELL DRAINED maraschino cherries - either green or red (leave them draining for a few hours)  
Graham wafer crumbs for coating

Mix all ingredients together until creamy smooth (it'll be the consistency of thick paste). Wrap the coating around cherries, not too thickly. Then roll the finished balls in graham wafer crumbs. Keep in the fridge.

### Rum Balls (thank you Kim Dadswell)

2 cups crushed Social Tea cookies  
1/2 can Eagle Brand Milk  
1/2 cup coconut  
1/4 cup liquor (rum, rye or whatever you prefer)  
3 tsp cocoa  
2 tsp vanilla  
Icing sugar for coating

Mix all ingredients except icing sugar. Chill in fridge for 2 hours. Roll into 1 inch balls. Sprinkle with icing sugar. Keep refrigerated.

*"There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there."*

Indira Gandhi

## Need More TIME?

How many of these phrases have you said lately, either out loud or to yourself?

- I don't have time.
- I'm running from one thing to another.
- I'm too busy.
- I'm killing time.
- I'm wasting time.
- I have too much time on my hands.
- I'm running behind.
- I'm in a rush.
- This is bad timing.

It's amazing how much of our daily success depends on time. You can't add minutes to your day, but you can learn to be happier with the time you have. Try these easy mental exercises:

**Do nothing.** Take 15 minutes to daydream, look out the window, take a leisurely walk, listen to music or reflect quietly. Refrain from anything that could be termed "productive." Many people find

doing nothing excruciatingly hard. Use this exercise to cultivate more quiet time in your life. This is time your mind uses to find relaxation, balance and creativity.

**Explore how you think about time.** Your attitude toward time was learned as a child. Was your family always early or always late? Was free time seen as a waste? Recognize that as an adult you can form your own, healthy relationship with time. Take steps to get time under your control, rather than letting it control you.





Snow, Snow, Snow! Yes I said the dreaded 'S' word. Well it has been a strange start to winter so far, where is all the snow? There certainly isn't any up here yet, but I hope it is a white Christmas. I know be careful what you wish for.

This has been a fantastic start to a year for the Shelburne Kinettes. We had two 'rookies' attend their first Fall Leadership Council. They had an awesome time, learned lots, and brought their enthusiasm back to the club meetings. They even put forward a bid to host Fall Leadership Conference 2012. Our club was honoured at Fall Leadership Conference this year with "Kinetite of the Year" going to Carol Cote. The club also won the Outstanding Boake Efficiency and the Outstanding Master Club, as well as the Ken Pierce Membership Growth Award. Thank-you to the Mount Forest Kin family for an outstanding weekend.

The Club has been busy with gearing up for Christmas, and plans for a spring fundraiser. We have just recently donated \$5000.00 to the Orangeville hospital for an alarm system for their pharmacy. This system will allow them to be notified if the temperature changes in the cooling chamber as it is critical for some medication to remain in a temperature controlled environment. We will also be helping out the rotary with the local toy drive and distribution at Christmas this year.

As always, this time of year is very hectic with work, home, Kin, and Christmas plans and preparations. We urge each and every one of you to take a little time out for yourselves, your immediate families and the critters too. Over this festive season be sure to really enjoy what Christmas is all about. To all of you, may you find peace, joy and happiness this holiday season and throughout the New Year.

Merry Christmas and Happy Holidays



Odette Houle and the Shelburne Kinettes





## The 10 Commandments of Human Relations

1. Speak to people. There is nothing as nice as a cheerful word of greeting.
2. Smile at people. It takes 72 muscles to frown, only 14 to smile.
3. Call people by name. The sweetest music to anyone's ears is the sound of his own name.
4. Be friendly and helpful. If you want friends, you must be one.
5. Be cordial. Speak and act as if everything you do is a joy to you.
6. Be genuinely interested in people. You can like almost everybody if you try.
7. Be generous with praise and cautious with criticism.
8. Be considerate with the feelings of others. There are usually three sides to a controversy; yours, the other fellow's and the right side.
9. Be eager to lend a helping hand. Often it is appreciated more than you know. What counts most in life is what we do for others.
10. Add to this a good sense of humour, a huge dose of patience and a dash of humility.

This combination will open many doors and the rewards will be enormous.

Hello Zone C

Well, we've done a few things since our last report. I'm going to just do bullet points since I have someone tugging on my arm to watch a Christmas Special.

- ❖ Diva on a Dime – our fall event was another great event. Not as strong as the first but I think we've figured out that Prom season is the better time to do this. The ladies will be getting together on January 15th to make jewelry that will make great accessories to the outfits that we have.
- ❖ FLC – we had 7 members attend FLC! We had a great time! Congrats to Barb McArthur on the Public Relations award, April MacLean on the Rookie of the Year Award, Monika McKean on the Zone Award, and the Club for the Outstanding Club and Boake Efficiency Award.
- ❖ Annual Craft Night – this is a fun time for our club. We had great crafts auctioned off and it was quite successful.
- ❖ One Stop Shop – the 3rd annual shop event took place immediately following our Craft Night. We had about 10 different sales groups there. We have sourced out new ones for next year and will continue to offer this event.
- ❖ Goodall Christmas Brunch – the Kinetite Club cooked brunch for the families of the Goodall. The kids had a great time with Santa. We always enjoy this service project.
- ❖ December General – this meeting has been condensed so that we can celebrate the great year that we have had! Looking forward to a great night with the ladies this week.

That's it for now! Remember to be nice ladies (or naughty if that's what your Santa likes;)

Merry Christmas & Happy New Year!  
Prez Mikey





## What's been happening...

Hi there we have a Christmas party every year for community living people. We contact the group homes in town to come to a church. Santa comes to give them gifts. They get so excited when he comes. We have food and drinks for all, listen to Christmas music and sing songs. It is a very special night for the the Meaford Kinettes and something we look forward to every year!

