



## Contact Info

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# Zone C Newsletter

Serving the Communities Greatest Need in...

Beaver Valley  
Collingwood  
Meaford  
Shelburne  
Wasaga Beach



Happy Spring Ladies! See you all  
in the Roaring 20s at the Zone C  
Zone Conference on March 25<sup>th</sup>!

### In this issue:

- **President to-do list**
- **Club Updates**
- **Event Information**
- **Reminders**
- **Awards information**
- **CF breaking news**



Deputy Governor,  
Monika McKean

## From your Zone Team...

In like a lion, out like a lamb; that's the saying isn't it for the month of March? Let's hope that's true because the 1<sup>st</sup> of March weather sure left a lot to be desired.

We are just speeding through this Kin year, I cannot believe that Zone conference is almost upon us. Deadlines, deadlines, deadlines .. I know how hard it is to keep on top of what all is required of you, but the reason I set the deadlines is because others are relying on information too; it's that old "trickle-down" effect. What you send to me has to be reconfigured into what I have to send to District and so on and so on. So please, find an hour a week to set aside to complete your requirements to Zone and that will save us all a whole lot of headache and explanation.

You'll find in this newsletter, some information for upcoming events and documents to share with the membership. As well, a bit of information to help through the upcoming months has been included. I'm sincerely hoping to see most of you at Zone Conference this year; it promises to be a great informational and fun day.

*Monika*

### GUEST SPEAKER INFO FOR ZONE CONFERENCE...

I am thrilled to announce that we have two guest speakers attending Zone Conference on March 25<sup>th</sup>.

Patricia Robinson and Christine Webb from the Georgian Bay Family Health Team will be joining us with a presentation on Women's Health and Menopause. They will be speaking for approximately thirty minutes and will entertain questions.

I know that I personally am looking forward to an explanation of my "tropical moments".

### PRESIDENTS AND CLUB MEMBERS...

Mark **June 24<sup>th</sup>** on your calendar and plan to attend the District President / Executive elect seminar being held at Camp Stevenson.

This is a very informative training session for all levels of club executive and should be attended by at minimum the club president. Why not get a car load together and plan on attending ... girls day away!!!

More details will be coming out in the near future.. just want you to get the big red circle on the calendar now!!

## CLUB PRESIDENT REMINDERS...

### March

- Appoint delegates to Zone Conference, District and National Conventions and budget their expenses
- Discuss resolutions for Zone Conference, District and National conventions
- Potential District Officers? Nominate them
- Ask for nominations for Club Executive 2012-13
- Organize Club Executive Elections
- Order material from Kin Sales for installation and turnover
- Promote member attendance Zone Conference, District & National Convention
- Submit for District Awards
- Check Outstanding Master Club Award criteria—are you on the right track?

### April

- District Convention registration deadline .. be there!!
- Club elections must be held before May 15th
- Order supplies for initiation and installation
- April is membership month, what do you have planned?
- Are you in the running for any club awards?
- How are your new members doing? Are they working toward their Maple Leaf of Distinction?
- Have you submitted your proxy forms for District Convention?
- Any changes in your membership? Don't forget to do the membership status forms.

### May

- Remind your executive to start organizing material and working on year-end reports and recommendations for their incoming counterpart.
- Set a date for a change-over meeting with the new executive for latter part of June but no later than the first week of July.
- Follow up with your registrar and member attendance awards.
- Attend District Convention
- Advise President Elect of necessity of attending district convention and Club Leadership Seminar
- Is there anything outstanding you owe to Zone, District or National?
- Your third National Dues Installment is due on May 31st. Did you send in your cheque?
- Where are you on your Outstanding Club award????

Have you held an event and took some photos that you'd like to share? Forward them on Secretary Katie at [katie.mckean@hotmail.com](mailto:katie.mckean@hotmail.com)



Let us know what your club has up its' sleeve this Spring and we'll forward those items on to District as well!



## More from your Zone Team...

Barb McArthur  
Membership & Awards Director

### DISTRICT AWARD DEADLINES – SEE YOU????? AT THE PODIUM .....

With Spring Convention fast approaching, here are the submissions that are due in the hands of the District on April 15<sup>th</sup>.

- ❖ Kinette Myrtle Wilson Memorial Service Award
- ❖ Kinette Quill Award
- ❖ Kinette District Public Relations Award
- ❖ District Website Award
- ❖ Kevin Denbok Memorial Cystic Fibrosis Award
- ❖ Michael McBeath Memorial Cystic Fibrosis Award for Individual Achievement

Make sure that you check out the District Website for all of the criteria for the District AND the National awards. Take some time to get involved in the awards process; there's SO much to learn and gain from the awards and recognitions offered.

<http://www.district1kin.ca/index.php/DistrictTeam/Awards>

### *The Diane Rogers Kin Pride award ...*

This award is open to all members regardless of experience; it is designed to ensure that new Kin not only learn about their glorious past, but to also learn where and how to find answers to be a better informed member.

To complete this award in full, you should have access to the Kin website and others such as Cystic Fibrosis Canada, Kin materials such as the Club CD, Cross and Square, various historical documents as well as recent publications of Kin Magazine.

Now available on-line.

Due to  
[btrinh@kincanada.ca](mailto:btrinh@kincanada.ca)  
no later than April 15<sup>th</sup>.

What are you waiting  
for??

**Cystic fibrosis  
patients urged not  
to get together  
New guidelines aim  
to prevent cross  
infection**



More from your  
Zone Team...

**Lisa Burechails**  
Cystic Fibrosis & Service Director

Kim Witkowski always took comfort in chatting with other cystic fibrosis patients at Cystic Fibrosis Canada meetings. She could see others who were managing well and inspire hope in families with children who just got the dire diagnosis. But no longer is that possible for Witkowski or others with cystic fibrosis. Cystic Fibrosis Canada now urges patients to not attend its meetings or events where more than one person with cystic fibrosis may be present due to the risk of cross infection with potentially deadly bacteria in newly adopted infection control guidelines.



"So it's becoming a very lonely disease," said Witkowski, a volunteer on the executive board of the Kitchener-Waterloo and District Chapter, although the only one with cystic fibrosis. Yet Witkowski recognizes the importance of reducing the chances of spreading illness. "I understand it completely. It's to protect us," she said. But that doesn't make it much easier to accept knowing how it will dramatically change how Witkowski connects with other patients or stays involved with the organization's events. "This is how it has to be and it's not going to be fun," Witkowski said. Pushing the policy change was the emergence of the new bacteria strain *pseudomonas aeruginosa*, as well as other powerful antibiotic-resistant bacteria transmitted easily among patients and seriously affecting lung function and greatly increasing the chance of death. Cystic fibrosis is a genetic disease primarily affecting the lungs and digestive system. "We really need to be more vigilant," said local chapter president Katie Schulz. "We're really trying to protect the health of everybody with cystic fibrosis." Cystic Fibrosis Canada, which funds research and supports care, reviewed the latest scientific data about disease transmission and looked at policies for other organizations. Along with the restrictions to its sponsored indoor events, precautions are urged for outdoor gatherings where the risk of transmission is lower, such as the Great Strides walking fundraiser every May. Those who are carrying dangerous bacteria are told not to attend any event where other patients are present. Others with the disease may attend outdoor events, but are encouraged to follow the normal infection control practices long in place. That includes not travelling together, avoiding events where there is crowding and staying at least a metre apart from other patients at all times.

Schulz said people at first resisted the new policy when it was announced, but she hopes that won't last long. The focus now is on finding other ways to involve patients, including telephone or video conferencing and using videos as an alternative to speaking at meetings. Many people involved with the organization will be unaffected because a huge portion of volunteers are family members of someone with the disease, said Schulz, whose three-year-old daughter has cystic fibrosis. The lifespan of people with the disease has lengthened substantially from the 1960s, when most children didn't live long enough to go to kindergarten. Now half of Canadians with the disease are expected to live into their 40s and beyond. Despite not being diagnosed until her early 30s, Witkowski is doing well at 42, helped by antibiotics, inhalers and physiotherapy for her breathing and replacement enzymes and vitamins for her ailing digestive system. Then there are all the tests, doctors appointments and visits to the cystic fibrosis clinic at St. Mary's General Hospital. "I spend a lot of time taking care of myself," Witkowski said. She said the infection control precautions were strict before — hugs or shaking hands was discouraged, getting close in general — but the new policy will hamper personal connections even with the move to technological alternatives.

"There's ways around it, but I do miss the support of other people with cystic fibrosis," she said. "It's just not the same."



# Spring Cleaning! Not just for your home ..

This time of year always gives one the feeling that everything is bright and clean, new and fresh.

It is time for weeding out the garden and time for doing some extra housecleaning.

With that in mind it's also a time to reflect on life. Ask yourself if maybe you need to do a little weeding out and some spring cleaning in your life. This is the time to be totally honest with yourself. Are you living the kind of life you want to be living?

We could learn a lot from crayons:  
some are sharp, some are pretty,  
some are dull, some have weird names,  
and all are different colours....

**Attitude** – do you let everything get you down?

**Negativity** – are you associating with people who bring you down?

**Temptation** – do you find yourself giving in to temptations?

**Career** – are you in a job you find very satisfying and you love going to work every day?

**Relationship** – are you in a relationship you really don't want to be in?

**Stress** – do you constantly worry about things you cannot control?

Once your garden is weed free then you can begin planting new seeds. Seeds you will nurture and grow over time. What new seeds can you plant that will bring happiness and satisfaction in your life?

**Happiness** – Greet everyone you meet with a smile!

**Confidence** – Love who you are and it will show!

**Optimism** – Adopt a positive outlook on life!

**Acceptance** – Be willing to accept any necessary changes!

**Career** – Enjoy your job and look forward to working each day!

It's up to you what you want to do with your life. Pick out the weeds and start planting those new seeds. When you're done, clean your windows so you can clearly see what a difference these changes can make for you. Let your life shine through and soon others will see you as the gentle breeze that has touched their life.





*The Kinette Club of Collingwood Presents...*

# Diva on a Dime!

Are you on a tight budget? Looking for that special dress to wear to an event – Prom, Graduation, a Wedding, or just because?

Come find that perfect dress for under \$50 and you too can be a ***diva on a dime!***

**When:** April 28<sup>th</sup>, 2012

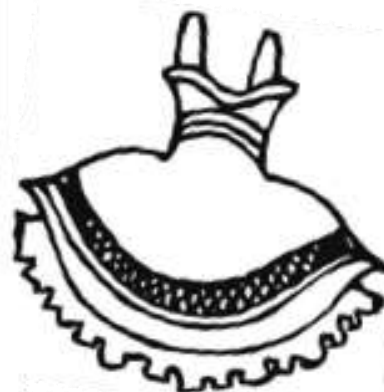
**Time:** 10am – 2pm

**Where:** Collingwood Public Library

*Dresses Donated By:*  
Exchanging Vows Bridal  
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**EXCHANGING VOWS**  
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Seamstress will be  
on-site for small  
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[pampermespa.ca](http://pampermespa.ca)

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705.446.1286



Funds Raised are Going to Support the CCI Breakfast Program  
"Providing Students with a Healthy Start to Their Day"

## What's new in the Valley you ask?



Our latest project was inspired by the 90 for 90 for Founder's Day. Early February saw our group of ladies gathered around a kitchen table, gluing and sticking glitter on heart shaped doilies to make Valentine decorations for our local nursing home. We then cut out old fashioned Valentine cards and signed one for each resident. On a snowy day (haven't had many of them this year), two of our Kinettes delivered them to our Nursing Home. It was so nice to see the residents smile when they received them.

We are following up this project with giving birthday cards to each of the 60 residents on their birthday. Some of these dear folks don't have anyone around anymore and a card on their birthday is surely appreciated.

We were busy in the late fall with catering a dinner for our local Masons, our local grocery store Christmas party and then we had the pleasure of tending bar for the Town's Christmas party. Lots of fun had by all!



We're looking forward to our Annual Bottle Drive for CF in May and of course the Annual Shop til you Drop trip to Pennsylvania in April – always a good time!

Yours in Kin

The Beaver Valley Kinettes





## Shelburne Kinettes



Well here we are, its February 29th and just when we should be starting to think about spring, winter is finally here. Snow, freezing rain, ice pellets now that sounds more like Grey County, actually squalls usually just covers it. Around here we usually just say drive ten minutes and the weather will change and that has certainly been true this winter. But with spring just around the corner the Shelburne Kinettes are gearing up for our busy season.

We have quite a few projects in the works. Our regular projects are cooking for the Kinsmen meetings, Heritage Car Show, fireworks celebration, and of course Fiddleville. Coming up soon we have our semiannual Fantasia party. Be sure to look for the flyer in your email soon or ask your president if they have received the invite. We have a great time, share a little food and drink, and just have fun. The Kinettes are also participating in the 90 for 90 National Service Campaign. We are hosting a "Bring an Old Bag Night" for the women's shelter. This is a fun and easy service project. Each of us brings an "old bag" to the meeting. In the "bag or purse" we put things like toothpaste, soap, pen and paper, nail polish, hair supplies, toiletries, a deck of cards, deodorant, a pair of gloves or a scarf, basically anything that will fit into the bag that woman might need. We donate all the bags and their contents to the local women's shelter. Many of the women there have left their homes with nothing and this helps to make their transition a little easier. We are also considering participating in the "Bring an old bag" for kids. In doing this we would be using knapsacks instead of purses and filling them with school supplies, small games, toiletries, and maybe some clothes if they will fit. They are also donated to the local shelter for those kids who have come with their Moms to the shelter.

This year one of our goals was to have more fun at the meetings. So we have had a few theme nights and it has been a success. We have had a Halloween theme, a pajama party which the zone team attended (see the pictures below), a wear red for veterans night, and a pancake supper. We hope to have a movie night, a come as you were night, and of course our bring an old bag night. One of our other goals was to see more of clubs around the zone, so if any of you would like to come visit us we would love to host you. We are trying to get a carload out for Zone Conference. I am hoping one of the ladies will participate in the joke-off, and I know the speakers will be informative. I look forward to seeing all of you soon.

Yours In Kin

Odette Houle

President, Shelburne Kinettes



P.S. It is now a thunder storm.

## Fun "what NOT to do's"

1. Never race down a hotel hallway on a cooler with wheels.
2. Never canoe near waterfalls.
3. Never climb a ladder in heels to take pictures.
4. When you're a man wearing a bikini, don't believe your friends when they tell you "no one else will see this picture."
5. Never make a team jersey bet with Gord.
6. Never try bowling after having 3 bottles of wine.
7. Always wear pants when shovelling your driveway.
8. Remember that weddings are not meant for table dancing.
9. Never run up an escalator going the wrong way. It can be bad for your pants.
10. Having a "Marty" kind of day is not a good thing.
11. Wearing duct tape clothing is never cool.
12. Never act stupid thinking it's ok because you don't know anyone there. Kin are everywhere, even in Mexico.
13. *And most importantly:  
Never Never Never tell  
NVP Penny Lees-Smith  
she has too many shoes!*



**KINGRATULATIONS to Kim Dadswell of the Collingwood Kinettes... Proud to announce the arrival of her new bundle of joy!**

**Samantha Rayne Whitehead**

**Date: February 24<sup>th</sup>, 2012**

**Time: 7:35pm**

**Weight: 7lbs., 7 oz.**

**Length: 20.5 inches**



Hello Zone C

Here are some exciting things our club has been working on since my last report:

- December General – the celebration was a blast. We brought in a token male for the bartending so that everyone got to relax and enjoy. At one point all Kinettes were asked why they joined the club or what they get out of it. It was a great reminder of why we are all sitting around the table on the third Thursday of the month!
- Jewelry Party – the ladies got together on a Sunday afternoon at VP Janet's house to make some beautiful jewelry. This jewelry was to be an enhancement to our Diva on a Dime project. When we took the jewelry to our next meeting, we sold most of it! HAHA, so we will be planning another work party.
- January General – this was our visit from the Zone Team. We had a great team building exercise and learned what the District has been up to.
- Strategic Planning – the members participated in a brainstorming/strategic planning session at the January General. Leading up to that, the members filled out a survey about the club and what direction they would like to see the club move. That information was then published in our bulletin. We will be having a follow-up to that in the Spring.
- February Meeting – it was our annual visit from the Beaver Valley Ladies and I hear it was a blast! Sorry I missed it but had a special little birthday party to attend.
- Diva on a Dime – is fast approaching. The Committee has been working very hard on new and exciting ideas. Check out our Facebook page! The date of the event is April 28<sup>th</sup>. We have teamed up with the CCI Breakfast Program this time. All proceeds will be donated to the program.
- Golf Tournament – we are moving forward with our golf tournament this year. Be sure to watch for more information! (I think the "Save the Date" will be in the newsletter with this report... ☺)

That's it for now!

Prez Mikey

**SAVE THE DATE**

**COLLINGWOOD KINETTES  
ANNUAL GOLF  
TOURNAMENT**

**DUNTROON HIGHLANDS GOLF CLUB**  
Tenth Line,  
Duntroon, Ontario

**Sunday | August 26th | 2012**

 **Kin Canada**  
Kinetite Club  
of Collingwood

For more information  
contact:  
**Monika McKean**  
Phone: (705) 293-2436  
Email:  
[mmckean@rogers.com](mailto:mmckean@rogers.com)

# What's been happening...



## ANNOUNCING . . .

To One and All

I would be honoured to serve as your next **Zone C Deputy Governor** for the upcoming year. As most of you know, I took over the position of Deputy Governor late in the 2008/09 and I would like to do it properly this time around.

My ears are always open, and I would love to hear from you what you would like to see in Zone C, and where the future of Kinettes lie across Canada.

Remember this is our organization, and it is only as good as its members.

**To a wonderful 2012/13 year!**

*Yours in Kin*

Lisa W. Burechails, Beaver Valley Kinettes

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!!!

## IMPORTANT REMINDER TO ALL ....

Please note the RSVP date is March 15<sup>th</sup> ...



Take a step back in time to the Roaring  
Twenties

Think gangsters and glamour....

Join the Collingwood Kinettes in celebrating Kin

### at the Zone C Kinette Conference

Sunday, March 25, 2012

Social 8:30, Meeting 9:00  
\$15.00 (includes lunch)

Orange Hall  
33 Simcoe St., Collingwood

RSVP to Registrar  
Debbie Hodgkinson  
(705) 444-2844  
dahspicelady@rogers.com  
by March 15, 2012

Each club to bring a raffle prize

