



**Serving the communities greatest need since 2002!**

*Kinette Club of Lethbridge*

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**Sept. 16<sup>th</sup> - General Meeting at 6:30pm**  
**Luigi's Pizza & Steak House 306 - 13<sup>th</sup> St. N.**

## *Presidents Report*

*September can be a rollercoaster of emotions for us all. For some of us it is goodbye as we send our young adults off to work, college, and universities across Canada; and for others it is the start of school here in the city. We have mixed feelings of joy and sadness as we watch our children grow. However, the children are also full of mixed emotions. The older ones are moving on to cities where they may only know one person, if they are lucky. Somewhere they know no one, as a parent it is scary for us too. The youngsters move onto classes they don't understand, and schools they still have not found the bathroom in. The excited children are the lucky ones... they are with children they know and are going back to schools that are familiar to them. So all of that being said, September is a busy month of emotion and meshing schedules.*

*Don't forget to take time for the most important person... you. With all you ladies do for your families during this busy time of year don't forget yourself. Tape a do not disturb sign on your door and take some time to relax. We all need to look after ourselves so we are prepared to look after those we love.*

*The Kinetite Club of Lethbridge has been busy this past summer. It was great to see so many of our members over the summer participating in club events and socials. I think our club was seen multiple times this summer in our community. Our song says, 'Kinetites we've work to do!' There are several things we have on the go with events coming up fast. I want to take this time to remind you that each person has different commitments. One member may have the ability to volunteer 20 hours a month, and another may have the ability to volunteer 4 hours a month. The person who volunteers 4 hours is just as important as the person who volunteers 20 hours. Please remember to respect each others commitments. Many hands make for light work... but please don't over commit yourself.*

*I am truly looking forward to this next year. Because of my work schedule for the months of September and October, I may not always be at the committee meetings or General meetings. That does not by any stretch mean I am not available. If you need something you can always reach me on my cell phone at 403.892.3443, and I will get back to you as soon as possible. This is the time of the year I work 6 days a week and between 8-14 hours a day. Depending on the weather and how fast the farmers bring their beets in. If you want to check out what I am doing I have a Facebook photo album with pictures of the process. It is called 'Work at the Lab'.*

*Yours In KIN,  
Christine*



## General Minutes

August 26, 2010

Lethbridge Public Library –Main Branch

810 5 Ave S

403 892 3443 – Christine's Cell

### Call to Order: 6:55

Attendance – Christine, Rachel Y, Marlene, Gayle, Amy, Kelly, Sherry, Suzanne, Jody, Sarah, Marla

Missing – Kim, Karen, Susie, Rachel S, Kalyn, Lynn

O' Canada–

Kinette Song–

Objects & Aims–

Kinette Grace– Sherry

Introduction of guests– Tammy, Linda

Address to the chair- (*Begin with a KIN fact*)

*President Christine, fellow Kinettes and guests.*

### Correspondence & Correspondence business arising:

- Crohn's & Colitis Foundation of Canada - Donation committee
- CYA Report – email from national head quarters, let Christine know if you would like it forwarded to you
- Cyber News – email from national, Christine can forward this to you as well
- Family Centre – Grand Opening Thursday Sept 9 1:00 – 4:00 RSVP to Jessica [jessica.macdonald@famcentre.ca](mailto:jessica.macdonald@famcentre.ca) or by phone at 403 320 4232 by Sept 1
- Lethbridge Family Circle Association – AGM on Sept 13 @ noon with lunch to follow: do we want to send someone to check it out? The Kinette Club has been invited to join with them to help with the goal of a Family Village.

### Reports:

**Secretary** – Rachel Y minutes

Motion to approve minutes from July general meeting as printed in the bulletin

Seconded by Sherry. All in favor opposed Kelly. Motion carried.

**Treasurer** – Christine for Susie Motion to approve treasurer's report as presented. Seconded by Marlene, all in favor, motion carried.

General \$4087.24

Service \$4737.67

Gaming \$2068.11

**Membership** – Sherry

Need date and method of payment from Sherry for Tammy's application for membership

**Registrar** – Kelly

17 on the Roster; 11 members present; 6 members absent; 65%

**Awards** – Kelly

Personal awards: Jody presented Marla with the Kinette of the Year Award

Club awards: going for the website award, bulletin award, travel award, efficiency award, outstanding club award, rose bowl award

**Bulletin** – Marlene

Deadline for submissions will be the 10<sup>th</sup> of each month, in October the deadline is still 10<sup>th</sup> but publication date is bumped a bit

**Web Master** – Gayle Sabey will bring back a print out to next week for club members to review as she is still in the process of designing the website. Amy to price out photographer for club picture

## **Committee Reports:**

**Whoop Up Parade** – Kelly: great job! Will plan earlier in advance next year and have a theme for the float

**ALS** – Jody: BBQ coming up on Saturday, Henderson Lake is booked, advertising is out, club members need to hand out flyers and keep track where you put them and how many pledge forms are given. Looking for volunteers the day of the walk and BBQ. Price for food at the BBQ will be \$2-\$3. We will meet the night before the walk. Friday Aug. 27 at 6:30 Jody will be interviewed on 'Seen and Heard.' There are training sessions to help be successful at putting the ALS walk on. There is one Nov. 11-14 and registration is at the end of August, whoever goes should be the chair or co-chair for the following year. Sarah and Tammy are interested.

BBQ – Marla, Jody, Tammy, Cheryl, Sarah,

**Walk** – Jody, Kelly, Rachel S, Suzie, Marlene, Sarah, Rachel Y, Marla, Sherry, Gayle, Tammy

**Donation** – Marla

- Weekend to end breast cancer: Vicki with Claresholm Kinettes was unable to meet commitment of \$2000 and had to put balance on credit card. Discussed donating \$200
- Motion: Marla moves that the club donate \$200 out of the service account towards Vicki's Weekend to end breast cancer pledge. Kelly seconded. Motion carried.
- Women's Face Resource Centre: federal funding and has lost majority of government funding this year. Marla will get more info and bring to club next month

**Box of Life** – Marlene: sent emails to the 3 elementary schools of choice and faxed details. Each school will have 2 months to have these boxes in children's homes and around Remembrance Day collect boxes count the money and present to each school as the money is cut 3 ways: our club, CF, and the schools

## **Old Business:**

- Murder Mystery – Deadwood Saloon – Suzanne Webb: Kinsmen are interested, the date we booked is Sept 25 at Army and Navy Hall downtown 515 5<sup>th</sup> Ave. S. start time is 7:30 and will be an appy potluck. 20 parts are scripted – 10 female, 9 male, 1 neutral. Suzanne will send an email out in regards to a deadline for commitment.
- Motion: Suzanne motion that the club covers \$75 out of the general account to cover the hall for the murder mystery on Sept 25. Seconded by Amy. Motion carried
- Secret Sisters – Starts September till June
- Letter Head – for all club use and working out great
- Club Credit Card – table till Sept after Susie's wedding
- On Line Reporting – table till Sept

## **New Business:**

- Presentation – Christine presents new member kit to Gayle
- FLC – Fall Leadership Conference Oct 23 & 24
- Casino – Oct 28 & 29 Start planning as this is a important fundraiser
- Shifts are 11 am to 7 pm & 7pm to 3 am
- Day shift requires 4 people and night shift 5 people
- Give bills to Christine for reimbursement
- Motion: Christine motion that we pay our bills presented
- Seconded by Marlene, motion carried
- Mother daughter tea – Marlene, Sat or Sun Nov. 20-21, 1-4, fruit and veggie trays, finger sandwiches, etc. budget is approx. \$1000 or less, fashion show, teddy bear raffle, auction items, mad hatter table raffle
- Christine has pamphlets and posters to be handed out and put up in businesses and events around town

## **Next General Meeting**

Sept 16, 2010 6:30pm Crossings Branch Library

## **Next Executive Meeting**

September 2, 2010 7:00pm Kelly Crittenden's home

**Sergeant At Arms:** IOU for dinner – Christine, Kelly

**Good of Kin**

**Adjournment 8:45**



**Executive Minutes**  
September 2, 2010 7:14pm  
Kelly Crittenden's home  
1710 19 Ave N  
403 942 1988

**Call to Order:**

Attendance – Marlene, Sherry, Kelly, Christine, Rachel Y  
Absent – Susie Bettenger, Marla, Gayle, Rachel S, Jody

**Correspondence**

Official Call to FLC  
Double Vision – identical twin magic act with clean comedy and amazing magic  
[www.doublevisionmagic.com](http://www.doublevisionmagic.com) or 306 682 7585 out of Saskatoon. Marlene to look into for the mother daughter tea, or pass along to the LNO committee.

**Correspondence business arising**

**Reports**

**Secretary** – Rachel Y minutes from August meeting  
Business arising from the minutes  
Motion: Rachel motions that the club accept the minutes as presented from the August executive meeting. Sherry seconds, motion carried.

**Treasurer** – Susie (same as August general meeting)  
General \$4087.24      Service \$4737.67      Gaming \$2068.11

**Fellowship** – Christine for Rachel S  
Looking into North Luigi's back room for our September General meeting

**Membership** – Sherry  
Memberships processed and paid – who for? How paid? What day?  
Tammy Lasente has her paperwork but it is not filled out yet

**Registrar** – Kelly  
17 on the Roster

**Awards** – Kelly  
Personal awards – Who is working on personal awards? Christine, Marlene, Kelly...  
Club awards – still organizing the list from the last General Meeting

**Bulletin** – Marlene - refer to the email that Marlene sent out in regards to submissions for this month. Note for Christine: send Marlene description of each executive position

**Old Business:**

- ALS – Kelly moves that the club cover costs in the amount of \$299,99 (**need to decide out of which account still**) for food, beverages, and supplies for the ALS walk on Sept. 18. Sherry seconded, motion carried.
- Credit Card – tabled till Susie is back
- FLC- Kelly will organize lodging, registration, costumes, etc. Some fun costume ideas were discussed please talk to Kelly if you have any ideas to add.
- Posters from National –where do we want to put them up: libraries, hospital, community centers, hockey/curling rinks, spas, fitness centers, University, College ..... will distribute at General

## **New Business:**

- Meeting Space- ideas? Luigi's, Miro's, Firestone, Georgio's...
- Protocol- meetings have been pretty lax but we are back full swing as it is now September. Please set an example....address to the chair, name tags, etc.
- Lethbridge Library Crossings Branch- \$50 for room rental , executive decided we are fine with paying the fee for the 3 or 4 times a year we will use it
- District 4 website- please get yourself set up so when we are at the General meeting the executive can say we are set up and how easy it was.
- [www.d4kin.ca](http://www.d4kin.ca) then at the top right there is a little man with a pencil click on him and a registration page opens you can edit the info later but the top 6 boxes must be filled. The rest of the info can be edited at a later time.
- The Engravers – will do name badge add-ons \$4.00 for at least 25-40 ordered at a time to stock up or magnet name badge add-ons to be passed around each time the position is filled by a different person.
- Motion: Kelly moves that we order the magnet nametags for each executive position and that they be the color red and are to be traded around at the end of the year as each position is filled by a different person. Marlene seconded. Motion carried.
- Chain of office has being repaired -will be ready next Friday
- Stepping outside the box- this is how we will Grow & Learn challenge yourself by choosing to be outside your comfort zone. Example: sit by someone different at each meeting to attend or oppose a motion so that the members of the club can assess the pros and cons
- New Members Seminar: New member and executive seminars will be held at different times. The new member seminar is tentatively scheduled for Sept. 30 at the Lethbridge Library Crossings Branch. Sherry will call the library phone # for booking space 403-380-7336. Rachel Y to bring her laptop
- Executive Seminar: will hold the executive seminar closer to nominations, looking for sometime in January. Note: There will be a new member and executive seminar at the FLC as well.
- Budget meeting – Christine and Suzie will be having a budget meeting; Christine will send out an email to the club if they have any line items to add into the budget
- Received more tri-fold pamphlets for booth at the college – September 9
- Who would like to host the next executive meeting? Sherry

## **Next General Meeting**

**September 16, 2010 6:30pm location: TBD**

## **Next Executive Meeting**

**October 7, 2010 7:00pm @ Sherry's house**

**Adjournment: 8:30**



## ALS Meeting Minutes

September 7<sup>th</sup>, 7pm

Marlene's House

259 Peigan Court West

**Attendance:** Jody, Christine, Rachael, Marlene, Sarah, Kelly

**Start:** 7pm

**RACHAEL:** Not worried about parking people to direct traffic as parking is very simple

**JODY:**

- No EMS will get EMR
- **Randy** (Suzan hubby) - need to write a formal email to ask if he is willing to be MC, and to be prepared to start race just in case mayor does not show up as he has been invited but have not heard anything yet, fillers a couple of jokes etc (keep it clean)
- **Sign** - will follow up on sign with Gord

**SARAH:** Signs will call running room regards to the signs they are going to set the signs up

**MARLENE:**

- **List of volunteers for:**
  - 4 walk rout and pick up garbage get help for anyone that needs it
  - 1x cooker of BBQ
  - 3x ticket collector, bun, pop + chips
  - 2x registration
  - 2x guarding money
  - 6x 3 water stations
- **Email out of LNO database** - will contact Marla to see how that's going
- **District Governor** - Will email Leanne to advise that she will be making a speech about how to be a Kinette fluff up etc
- **T-Shirts** - going to scratch the idea of volunteer T-shirt, going to \$1 store to get leis

**KELLY:**

- **Ice** - organize ice from soup kitchen
- **Chips** given 200 little bags, from Frito-Lay pick up on 16<sup>th</sup> 9am we also have some at Marlene's house
- **HD buns** - McGavins just under \$2 for 12
- **Sausages** - we have 250 at Marlene's house
- Will hit up Safeway's to see if we can get gift cards
- Will find out how many walkie-talkies can borrow from terry

**Meet at the walk 9am**

**Next Meeting: meet at the grounds 6.00pm Friday before**

## Halifax in the Summer

I LOVE the Maritimes! And I love getting together with all of my Kin friends from across Canada to celebrate all that we are and all that we do. National KINvention 2010 in Halifax was another amazing conference with lots of fun, fellowship, and learning.

If you haven't heard, Past Governors Terri and Clarence took home the coveted Decew/Phee Outstanding District Award and our "Feel the Love" Patrick Dower was awarded the National Outstanding District Membership Director Award as well. Boy, we sure do have an amazing crop of Kinsmen and Kinettes here in Alberta (present company included!).

Prior to conference starting, Gord and I got some touring in with our friend Brian from Cornerbrook NL (we met him at National in Cornerbrook in 2001), and Corie from Mayerthorpe, our Kinette Public speaking competitor. We had some ice-cream in Peggy's Cove, dined on mussels in Mahone Bay, and got an education in Lunenburg at the Lunenburg Academy. We also managed to tour ourselves around Halifax along the Boardwalk and up the hill to the Citadel. The weather was absolutely perfect for us.



Corie, Brian, and Gord at the base of the lighthouse at Peggy's Cove NS

My site-seeing was cut short as I started meetings Monday night with a Board supper. But that was OK, because being on the National Board of Directors for Kin Canada has been an eye-opening experience. I'm getting really excited seeing some of the notions being discussed at that table that can affect the direction this Association takes in the years to come. Great times are ahead!

In asking many friends what their highlights from the week were, many seem to answer with the "Portraits of Honour" unveiling. Well, that was a biggie for me too. Check it out at:

[www.pofh.ca](http://www.pofh.ca)

We were also honoured to have guest speaker, Terry Kelly come and speak to us about dreams and his vision. He has an amazing story to tell and sang a few of his songs including "A Pittance of Time" (I'm sure many of you have seen this one. If not, give it a Google). Many options were given for workshops including, Successful Service Projects, How to File a T-2 Return, Keeping Morale High, and Volunteer Management. And we were ecstatic with the announcement that we had the first year of positive growth across the Association in over 2 decades. WooHoo!

These notes just don't do the conference justice, so please don't judge by this attempt to inspire you. Everyone should have the opportunity to really feel what it is like to be a part of something so special. No matter where your interests lie, with service, with camaraderie, with membership or anything else, there is something for everyone to come away with. And I hope that you all get the chance to feel this next year in Regina. You never forget your First Time, and from then on you're hooked for LIFE.

From this LIFER to you.  
Kim

# SparKIN the Flame

Distict 4

Zone F



Welcome Back!

I know that most of you are busy getting back into the swing of the Kin year and nobody is more excited than I am to get things going. I truly feel that if we keep up with the positive momentum we will have the most amazing year ever.

For those who still don't know me, My name is Lisa Maggrah and I am proud to have your support in serving as Deputy Governor for Zone F for both Kinsmen and Kinettes. I couldn't be more excited to forage ahead with all of you.

I returned from National Kinvention in Halifax at the end of August and let me tell you, what an inspirational time it was! If you ever need reminders of why we do what we do in Kin, just travel to an FLC, a District Kinvention or a National Kinvention. There is no better way to renew or rebuild your faith and focus.

I want to remind everyone that FLC is coming up for Kinsmen in St. Albert on Oct 1st and for Kinettes in Medicine Hat on Oct 22<sup>nd</sup> & 23<sup>rd</sup>. With such fabulous hosts and a promise of a fun and informative time, I hope that many from our zone plan to attend.

Our district and in particular our zone, had an amazing show of growth in membership and service alike last year. My challenge to all of you is to not lose your passion and keep up the positive momentum. Lets make this year our best year ever!

YIK  
Your Deputy Governor  
Lisa Maggrah



## **Murder at the Deadwood Saloon**

Suzanne Webb

There are 20 parts with scripts available for this evening. At our last meeting we have decided to allow Kinettes and Kinsmen first choice for parts. If we have scripts available after the September 7th (Kinsmen Meeting) these will be available for spouse and friends. If your spouse does not have a part they are most welcome to come and dress up "Old West" and assist in solving the murder. It is still a lot of fun, even if you don't have an "actual script".

Hope to see many of you out for this fun night of Mingling and

***MURDER!!!!!!!!!!***

If you have any questions regarding this event or are interested in attending please contact:

Suzanne Webb at 403-320-8728 or [webb4@telus.net](mailto:webb4@telus.net).

### **Deadwood Saloon A Knette/Kinsmen Night of Murder and Fun**

Place: Army and Navy Dieppe Hall - 515 5th Avenue South

Time: 7:30 pm

Food: Appetizer Potluck - everyone in attendance bring an appy to share

Bar: Full cash bar with bartender available all evening - very reasonable prices

Dress: Come dressed in your best "Old West"



**District 4  
Governors Message  
September 2010**

"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it." Marianne Williamson

Welcome Back Everyone!

As for most of us, life moves much too quickly, as so do our summers. Sheesh, can't believe another one has whizzed by us again. We took a tiny hiatus after National Convention. Took advantage of the fact that since we were going to the East Coast of our nation, it was just as well we continue on and hop the ferry and continue to "da Rock" and spend some time with family and friends.

But now we are back. The summer is over, kids are back to school and our calendar is filling up with "to dos" and "gotta get dones" and "ASAPs".

We have encountered a couple of hiccups along with way with our website since changing over with the new one and are still working out the bugs. We thank you for your patience and we'll get to these as fast and as best possible so you all can take advantage of the great resources and information it has to offer.

We've hit a few places since our journey begun in May – check out our page on the website “Around the District” – and check out where we've been.



**National Kinvention:**

The Halifax Kinvention Committee was absolutely outstanding in providing the best hospitality ever. Once again District 4 stood out, thank you to the following clubs who sent representation (this is sooooo awesome!!):

- |                        |                       |                        |
|------------------------|-----------------------|------------------------|
| Spirit River Kinettes  | Grande Prairie Kin    | Edmonton Kinsmen       |
| Fort Edmonton Kin      | Wetaskiwin Kinettes   | Edmonton Kinettes      |
| Leduc Kinettes         | Cold Lake Kinettes    | Fort McMurray Kinsmen  |
| Fort McMurray Kinettes | Red Deer Kinsmen      | Red Deer Kinettes      |
| Settler Kinettes       | Stettler Kinsmen      | Calgary Kinettes       |
| Calgary Kinsmen        | Stampede City Kinsmen | Stampede City Kinettes |
| High River Kinsmen     | High River Kinettes   | Milk River Kinettes    |
| Medicine Hat Kinsmen   | Medicine Hat Kinettes | Lethbridge Kinsmen     |

Lethbridge Kinettes  
Stony Plain Kinsmen  
St. Albert Kinsmen

Claresholm Kinsmen  
Mayerthorpe Kinettes  
Drayton Valley Kin

Spruce Grove Kinsmen  
Hinton Kin



Ching-a-ling, ching-a-ling - we did manage to bring some brass back with us. Congratulations and kudos to the following for winning these National Awards:

Terri McMillan & Clarence Lee  
(Governors) - rocKIN D4 Communities

Decew/Phee Outstanding District Award

Patrick Dower  
(District Membership Director)

Outstanding District Membership Award

Cameron Kemp  
(Medicine Hat Kinsmen)

Diane Rogers Kin Pride Award

Ed Gordon  
(Calgary Kinsmen)

Runner-Up Public Speaking Award

Patrick Dower  
(St. Albert Kinsmen)

Outstanding Kin Award

Doug Christiansen – DG Zone B  
Christine Priel – DG Zone F  
Wayne Sitala – DG Zone G

National Outstanding Deputy Governor  
National Outstanding Deputy Governor  
National Outstanding Deputy Governor

Tracy Bergquist  
(Zone C Deputy Governor)

Charter Champion

Leduc Kinettes – Mayerthorpe Kinettes

Bill Skelly CF Award

#### Other Highlights

Keynote Speaker Terry Kelly: for 90 minutes we were entertained and in awe of this man who taught us that a disability is not necessarily a disability. Blind since birth, his parents taught him that his blindness would not stop him from doing great things – he truly is an inspiration to us all in believing in ourselves and in what we can give.

#### Portraits of Honour:

The Portraits of Honour ("POH") has officially been adopted by National HQ as the National Service Project to pay tribute to the Canadian Armed Forces personnel who gave the ultimate sacrifice, their lives, in Afghanistan. In July 2011 the POH will begin its cross Canada tour to honour and pay tribute to these men and women. There was not a dry eye in the house during the presentation, very moving. There will be much more coming out on this in the next few weeks and months that follow. To see more go to [www.portraitsofhonour.ca](http://www.portraitsofhonour.ca)

Vision 2020: District 4 is continuing in the path that our National Headquarters set out last year. Communication was the path of rockKIN. SparKIN will continue with this, but will add in membership as our goal. More to come on Vision 2020 at the up and coming FLCs and throughout the year – the more we talk about it, the more we will all "get it".

If you missed National Kinvention this year or had so much fun at this that you want to attend another...stay tuned. Regina will soon be around the corner. Stay tuned as we will bring you more information in the new year.



September is executive installation time for our Deputy Governors. They have been hard at work preparing for their visits and have given their time and have dedicated themselves to visit your clubs to get your executive "officially" on the map so you can all get started. They don't ask for much, just for a little respect and courtesy to let them do their job that we all have entrusted them to do. Welcome them and give them the hospitality you are all so famous for. They are there to help and assist where needed. Our Deputy Governors are your communication and key link to the District - if they know, we'll know. That's team work!

Fall Leadership Conferences are right around the corner. Kinsmen FLC - October 1<sup>st</sup> & 2<sup>nd</sup> in St. Albert, Kinette FLC "Go the Distance" - October 22<sup>nd</sup> & 23<sup>rd</sup> in Medicine Hat. Registration forms will soon be out - keep on the lookout. We look forward to providing you all with education (the fun way), sharing ideas for projects, making friends and having some great fellowship. Hope to see as many of you as possible - safe travels!

*Yours in Kin*

*LeAnne & Doug  
District 4 Governors  
2010-2011*

**Submitted by: Christine Priel**

You learn something new every day.....

**Manure:** In the 16th and 17th centuries, everything had to be transported by ship and it was also before commercial fertilizer's invention, so large shipments of manure were common.

It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, it not only became heavier, but the process of fermentation began again, of which a by product is methane gas.

As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up below decks and the first time someone came below at night with a lantern, BOOOOM!

Several ships were destroyed in this manner before it was determined just what was happening.

After that, the bundles of manure were always stamped with the term 'Ship High In Transit ' on them, which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold would not touch this volatile cargo and start the production of methane.

Thus evolved the term ' **S.H.I.T** ', (Ship High In Transit) which has come down through the centuries and is in use to this very day.

You probably did not know the true history of this word.



# September

2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <b><u>Executive Meeting</u></b> <b><u>7 pm</u></b>	3	4
5	6	7 <b>ALS Meeting</b> <b>7pm</b>	8	9	10 <b>Bulletin Cut Off</b>	11
12	13	14 <b>Bulletin Publication</b>	15	16 <b><u>General Meeting</u></b> <b><u>6:30 pm</u></b>	17 <b>ALS Meeting</b> <b>6pm</b> <b>Henderson Lake</b>	18 <b>ALS Walk</b> <b>Henderson Lake 9 am</b>
19	20	21	22	23	24	25 <b>Murder Mystery</b> <b>7:30 PM</b> <b>Army &amp; Navy</b>
26 <b>Jody Joined</b> <b>2006</b>	27	28 <b>Suzanne's Birthday</b>	29	30 <b>Membership Seminar</b> <b>7pm</b>		

\*\*\*PLEASE BE SURE TO UPDATE YOUR CALENDAR'S\*\*\*

RED = DISTRICT ACTIVITIES

BLACK = CLUB ACTIVITIES

GREEN = NATIONAL EVENTS

BLUE = IMPORTANT MEMBER DATES

# October

2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>BOX OF LIFE KICK OFF FLVT</b>	2
3	4	5	6	7 <b><u>Executive Meeting</u> 7 pm</b>	8	9
10	11	12 <b>Gayle's Birthday</b>	13	14	15	16
17	18 <b>Bulletin Publication</b>	19	20	21 <b><u>General Meeting</u> 6:30 pm</b>	22 <b>FLC MEDICINE HAT</b>	23
24 <b>FLC MEDICINE HAT</b>	25	26	27	28 <b>\$\$CASINO\$\$ 11 AM - 7 PM 7 PM - 3 AM</b>	29	30
31						

\*\*\*PLEASE BE SURE TO UPDATE YOUR CALENDAR'S\*\*\*

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BLUE = IMPORTANT MEMBER DATES

## KINETTE CLUB OF LETHBRIDGE AUGUST 2010 ROSTER

NAME DATE JOINED STATUS	Contact Information	ID #	IMPORTANT DATES	ALLERGIES
<b>Kelly Crittenden</b> Joined 25/03/10 AWARDS & REGISTRAR	1710 -19 <sup>th</sup> Ave. N T1H 5M2 H: 403-942-1988 C: 403-892-1854 <a href="mailto:Kelly@slashnstaple.com">Kelly@slashnstaple.com</a>	120359	BDay: 13/06/82	
<b>Sherry Davis</b> Joined 14/01/2 MEMBER	317 Sherwood Pl. W T1K 6E3 H: 403-317-1521 C: 403-308-1074 sherrydavis@shaw.ca	111908	BDay: 19/12/73 Ann: April 12th	<b><u>Nuts, fish and bananas</u></b>
<b>Karen Hanson</b> Joined 15/12/08 SUNSHINE	35 Assiniboia Rd. W T1K 6Z1 H: 403-381-2286 <a href="mailto:Karen.hanson@sunlife.com">Karen.hanson@sunlife.com</a>	118890	BDay: March 7 <sup>th</sup>	
<b>Marla Horn</b> Joined 01/04/08 VICE -PRESIDENT	P.O. Box 383 Coalhurst, AB ToL oVo H & C: 403-382-9434 madrina67@yahoo.com	118204	BDay: 9/5/67	
<b>Jody Killoran</b> Joined 26/09/06 RISK MANAGER	2004 – 13 <sup>th</sup> Ave. N Unit H – 205 T1H 5B1 H: 403-328-0758 C: 403-382-5976 Keeblerelf!telus.net	116250	BDay: July 15th	
<b>Kalyn Ogle</b> Joined 03/08/10 MEMBER	311 – 75 Temple Blvd W. H: 403-894-9055 <a href="mailto:Jesusjunkie17@hotmail.com">Jesusjunkie17@hotmail.com</a>	120290	BDay: April 25th	
<b>Amy Pedersen</b> Joined 20/01/98 MEMBER	143 Mount Crandell Cres. W T1K 6L8 H: 403-394-3515 C: 403-642-7427 <a href="mailto:Amykp133@yahoo.ca">Amykp133@yahoo.ca</a>	103612	BDay: Nov. 28 <sup>th</sup> Ann: Mar 2 <sup>nd</sup>	<b><u>shrimp/ seafood</u></b>
<b>Kim Peters</b> Joined 22/01/99 NATIONAL DIRECTOR	111 Kodiak Blvd. N T1H 6V1 H: 403-320-7223 C: 403-308-8771 <a href="mailto:kpeters@acn.net">kpeters@acn.net</a>	105820	BDay: Mar 24 <sup>th</sup> Ann: May 23rd	<b><u>Kiwi's</u></b>
<b>Sarah Peters</b> Joined 15/12/08 MEMBER	49 – 2715 Westside Dr. W T1J 4M9 C: 403-593-0581 <a href="mailto:Mrs.sarahpeters@hotmail.com">Mrs.sarahpeters@hotmail.com</a>	118892	BDay: 28/06/83	
<b>Christine Priel</b> Joined 20/01/98 PRESEDANT	1616 – 15 <sup>th</sup> Ave. N T1H 1W5 H: 403-329-8412 C: 403-892-3443 gjsilver@telus.net	103611	BDay: Feb 25 <sup>th</sup>	<b><u>Eggs (MAYO)</u></b>
<b>Marlene Rugg</b> Joined 08/03/10 BULLETIN & HISTORIAN	259 Peigan Crt W T1K 7N2 H: 403-317-1427 C: 403-360-9116 <a href="mailto:Night61@hotmail.com">Night61@hotmail.com</a>	120291	BDay: 04/01/82 Ann: 02/10/04	<b><u>Penicillin</u></b>
<b>Gayle Sabey</b> Joined 10/05/10 WEBMASTER	78 Mt. Blakiston Rd. W. T1K 6P8 W: 403-328-9323 C: 403-715-2566 <a href="mailto:gayle@pixelworks.ca">gayle@pixelworks.ca</a>	120525	BDay: Oct 12th	

<b>Rachel Sieban</b> Joined 23/03/09 FELLOWSHIP	608 Margaret Sutherland Cres. N T1H 5R9 H: 403-524-2995 C: 403-332-8604 <a href="mailto:siebenrachel@yahoo.ca">siebenrachel@yahoo.ca</a>	119284	BDay: 14/02/82	
<b>Lynn Trotz</b> Joined Member	2169 Palm Rd. South T1K 3N2 H: 403-388-4592 C: 403-382-7785 Lreichert88@hotmail.com		BDay: 09/05/75	
<b>Susie Stewart</b> Joined 03/25/10 TREASURER	1604 18 Ave. South T1K 1B9 C: 403-308-3739 <a href="mailto:Susie.stewart@hotmail.com">Susie.stewart@hotmail.com</a>	120360	BDay: May 8th	<b>table salt, Sulfa (medication), poppy seeds</b>
<b>Suzanne Webb</b> Joined KINSMEN LIAISON	H: 403-320-8728 webb4@telus.net		BDay: Sept 28th	
<b>Rachel Yamada</b> Joined 15/12/08 SECRETARY	C: 403-393-9315 <a href="mailto:Racheldawn3@gmail.com">Racheldawn3@gmail.com</a>	118891	BDay: 11/05/83	

**\*\*\*DON'T FORGET PATRICK DOWER'S CHALLENGE: 15 NEW MEMBERS = FREE DINNER PREPARED BY HIM\*\*\***

### LINKS TO KNOW

KIN CANADA

<http://www.kincanada.ca/>

DISTRICT 4

<http://www.d4kin.ca/>

KIN SALES

<http://coylegreerstore.com/kinsales/default.aspx>

NATIONAL KINVENTION

<http://www.kinvention.ca/>

CANADIAN CYSTIC FIBROSIS FOUNDATION

<http://www.cff.ca/>

STARS

<http://www.stars.ca/bins/index.asp>

ALS

<http://www.als.ca/>

CCFF Calgary

<http://www.cfcalgary.ca/>

### **\$\$ CASINO 2010 \$\$**

**Kim is in need of all our help to work this year's casino, remember most of the money we donate back to our community depends on this event! The casino is October 28<sup>th</sup> & 29<sup>th</sup> and there are 2 shifts available, 11am - 7pm (4 people needed each day) & 7pm - 3am (5 people needed each day). Please e-mail Kim asap with your preference.**

# Go the Distance...

**Kinette Fall Leadership  
Conference 2010  
October 22<sup>nd</sup> & 23<sup>rd</sup>**



## Make Your **KIN**nection in Medicine Hat

### Your Resort Contact Information:

Travelodge Hotel - Medicine Hat  
1100 Redcliff Dr SW  
Medicine Hat, AB T1A 5E5

Direct Toll Free: 1-800-578-7878 / (403) 527-2275 Bus / (403) 526-7842 Fax

[www.travelodge.ca](http://www.travelodge.ca)

Booking code – Group Code #G00031-86 Med Hat Kinettes

All rooms cost \$98.10 including tax.

### Your Travel Itinerary

#### **Friday**

Your Activities Director will have a variety of fun filled events planned for you upon your arrival including: a meet & greet, a nice light meal that will be provided, an international market (so bring your souvenir money), island karaoke, and drink specials in the Kin Hut.

#### **Saturday**

Registered delegates will receive a personalized passport, reserving your seat to “Go The Distance” on our FLC Pub Crawl.

Many prizes are to be awarded including: Best Travel attire & best decorated room door.

#### **Sunday**

Before you depart, enjoy a complimentary continental breakfast.

**All meetings & activities are in the convenience of one location.**

**NOTE: For anyone who is not sure if they should attend FLC or if they will enjoy it, I encourage you to reach the following re-printed articles done by Susie and Kelly. They were both unsure about attending District Convention in May but were both pleasantly surprised at what they found.**

### D4 ROCKS!

Submitted by: Susie Pickles (Bettger)

Printed: May 30<sup>th</sup> 2010

I had the opportunity to attend the Kinette and Kinsmen District 4 Convention. At first I wasn't sure I wanted to attend, not sure what I would learn or what it was all about, being new and all to the Club. I was not able to make all the sessions as I had to work. All day Friday while at work I was fighting with myself wondering "should I", "shouldn't I". I had just finished a photo shoot at our new Cancer Center at the Lethbridge Regional Hospital, and it hit me. I need to go, I joined the Kinette Club for a reason and now I need to do my part as to why. I drove out to High River the Friday right after work and I arrived at the hotel about 4:30 only to be greeted by a bunch of excited screaming Kinette girls from the hotel windows. I thought to myself OMG what did I just get myself into.

As I carried my bags up to the room I was greeted by a great group of people that I have never met before. Once settled in and did a freshen up before the Steak Out Dinner at the park. Marlene and Kelly took me upstairs to meet everyone. Well I was overwhelmed with smiles, nice to meet you, and the "Oh your Susie". The sense of friendship and love for each other was really cool. I will never forget the moment I met our favorite "Feel the Love" district membership guy Pat Dower. I know why he was chosen for that position on the board. If that guy doesn't get you excited to be there, I don't know who would. Oh right everyone else. Had an amazing dinner the Friday night, and met some incredible people.

It was Saturday and 7:30 came way to early, went over to the hall and had some breakfast. Awesome stuffed French toast. The day began with Roll Call. Well I was shaking in my shoes for Lethbridge Kinettes roll call, I was talking to Kelly and Marlene - are you sure, are you sure. Then they called us. We looked at each other and had that look of "What the hell" so here we are being back in high school making our kin girls proud. Well long story short, we won the Roll Call of the day. I was super pumped.

Like my title D4 Rocks, that's because it truly did. I learned a lot about service, friendship, membership, and how we truly need to keep in touch with our girls and the girls in our club. Not only do we make friends we make everlasting friends while being a Kinette. I learned a lot about numbers and where our money goes, and whose lives it touches. CF is an amazing foundation, and does so much not only for young children but adults. WOW makes you cry.

The Governors Ball was great, how excited everyone was for the evening, the awards, the entertainment. All in all, I am glad I went, I was truly impressed. I would encourage everyone to go. Even if it just to meet all the ladies around our district. But if I would to say what is one thing I learned from D4 would be. "Service." Service is the key to make a name for ourselves, service makes you feel warm inside. Helping people to those who can't help themselves. Giving back to our community who give us so much. "Friendship" Forever Kinette friends, these girls are here for life. They will help you grow, they are there for you no matter what.

Thank you for the opportunity to attend District, because D4 ROCKS!

## DISTRICT CONVENTION 2010

Submitted by Kelly Crittenden

Printed: June 16<sup>th</sup>, 2010

Going to District was the best thing I could have done this year. I went to District not knowing what was going to happen, having heard mixed stories about what it's all about..... 'oh you have to sit in meetings the whole time' or 'you start drinking as soon as you wake up' - both of which is true for some people!

So still being new to the whole Kin thing I thought..... well hey maybe I'll learn a little bit and meet some new people and a weekend away from the kids won't hurt as well.

So here's what I have learnt and why I will be going next time:

- You don't just keep to your own group, everyone there is SUPER friendly, welcoming and geared up to meet YOU!
- There is no way you don't come back with extra contacts to add to your facebook account.
- That District 4 is a LOT bigger than I expected.
- Everyone feeds off each other's energy and ideas, it almost makes your brain explode with excitement.
- You will cry with sadness & happiness (learning about CF), and at other times because your whole body is sore from laughing too much.
- Make sure you have extra cash in your pocket in case you get fined for something.
- There is no such thing as NO - everything is possible

and the list goes on.....

With the ideas and all the brain storming we did at District I have a feeling that we are going to explode in both the service and fundraising area in our community over the next few years.



## **Kinvention Insider**

### **Saturday, August 28, 2010**

#### ***One on One***

In the following interview, National Vice President **Lee Burry** shares about his priorities for his upcoming year as National President of Kin Canada and his sources of inspiration.

#### ***Why did you join Kin Canada?***

I joined Kin Canada largely because I was looking for a channel to continue my involvement in the community. It's something that I developed an interest in early in my life. I can remember, for example, raising money and participating in the Terry Fox run with a best friend of mine back home in Lewisporte, NL when I was seven. From there, my involvement with the Canadian Cadet Movement (617 Royal Canadian Air Cadet Squadron) played a huge role in fostering a strong desire for citizenship and helping others in my life. When I started university, and moved to St. John's, I was very interested in continuing to build upon that desire, and maybe try something new. The Kinsmen Club of Notre Dame have been (and continue to be) a staple in ensuring the viability of my hometown in Lewisporte. (It was awesome to see such a large article on their recent anniversary in the latest edition of *KIN Magazine*!) So when it came to seeing what type of organization might be the right fit for me, Kin Canada immediately stood out, and I'm so happy it did.

#### ***What's your vision for Kin Canada?***

Really my vision for Kin Canada isn't any different than the draft Vision we've been communicating throughout the Association this past year. Striving to positively impact the life of every single Canadian ... I'm not sure if you can get a much better vision than that. The beauty about it is that while "vision" statements are often supposed to be these unattainable goals, I really think this one is achievable for Kin Canada.

#### ***What's your top priority for the first month of your presidency?***

I think when I look at the National Board of Directors' side of things, my top priority is to have everyone up and moving and maximizing the skill sets we have at the table. There are a lot of items that we are lining up for next year that are going to help propel us forward, and I just want to ensure we hit the ground running so as to maximize our potential in addressing the items before us. My other big priority is on communication.

By now many people will have had a chance to visit my blog site for next year, [www.believekin.ca](http://www.believekin.ca), and the intent for this site is to maximize communication, both internally with the membership and externally as well. This is just one tool that I hope will bring people closer together from a communications standpoint, keeping people informed, seeking their feedback, and providing an opportunity to celebrate the great things that are happening across the country due to our efforts.

#### ***How would you define service?***

It's interesting because "service" in the Kin context isn't a heavily used term for my generation ... so first and foremost ... when I think of service ... I think of citizenship, and of volunteerism. That being said, after being in Kin for a decade, what differentiates "service" from citizenship or volunteerism for me, is the innate desire and the ability for a group to come together around a variety of causes, with the goal of serving the community's greatest need. It's this compassion we have for helping others, this empathy for our communities and the individuals within them that really makes us unique as an Association. and defines us as Kin.

### ***Who inspires you?***

Inspiration has always been a key motivator for me. If I'm going to give something 100 percent, I need to feel inspired by the cause, or the objective I'm working towards.

To state that my parents have been an inspiration for me would be an understatement, but it's certainly true. Likewise for my wife, Jennifer, and son Daniel. It's been these family relationships that have given me a sincere appreciation for life and all that it offers.

It goes without saying that Kin has also been an inspiration for me. Not just the members of Kin, through our desire to help others for the sole purpose of enhancing their lives. It's often been the individuals, the families or the communities that have experienced difficulty that inspire me. They inspire me because of their will, because of their ability to overcome the challenges they face. I think of our efforts with the Canadian Cystic

Fibrosis Foundation and the Multiple Sclerosis Society here in District 7 and the key driver for me has always been seeing the results we have made, simply hearing the thank you's from those impacted and their families for the difference we have made in their lives, that means the world to me.

Finally, I'm inspired by the potential that exists for Kin Canada right now and for the future that awaits us. We have taken some amazing steps in recent years, looking at our future strategically, better utilizing our staff resources and empowering them through the adoption of a policy governance structure at the board level, and having leadership across all levels of the Association begin to align their operational plans so we all move forward together. These steps are instrumental to ensure Kin Canada's success, and I'm inspired by the opportunities and challenges that await us all. It's going to be a great year!

## **National Vice President**

Dave Ronson, national director from District 8, has been elected as the next incoming National Vice President. In his acceptance speech, Ronson emphasized his campaign message of growth, responsibility, innovation and teamwork. "This is our Association; we will move forward," he said.



# Portraits of Honour

<http://www.portraitsofhonour.com/>

[http://www.kincanada.ca/en/index.php/service/portraits\\_of\\_honour](http://www.kincanada.ca/en/index.php/service/portraits_of_honour)

Like most Canadians, Ontario's Dave Sopha has watched the media reports of our Canadian Forces' activities in Afghanistan. He, like so many others, has been heartbroken each time we learn of the loss of life of another Canadian soldier, sailor or aircrew.

Each of these news reports took a toll on Sopha but on December 5, 2008 it became too much. It was on this date that three soldiers, Warrant Officer Robert Wilson, Pte. Demetrios Diplaros, Cpl. Mark McLaren, all from 1st Battalion, Royal Canadian Regiment, were killed by an IED.

Pte. Diplaros' death brought the number of Canadian troops killed in the Afghan war to 100.

Sopha is an accomplished artist. He's also a proud member of one of Canada's most prestigious service clubs: Kin Canada. At that moment in time, Sopha decided to combine his love for community service with his passion for painting and made the conscious decision to dedicate the next two years of his life to honoring every fallen soldier, sailor or aircrew through a mural he called Portraits of Honour.



\*\*\*\*Bylaw reminders!\*\*\*\*

From: Lisa Maggrah

Good evening presidents!

It has come to my attention over the past little while that we, as a whole, are forgetting our manners where our fellow Kin are concerned. This may not apply to all of us but it's important to remember for future reference anyway.

I would like to remind all of you, and please pass it on at your general meetings, that when you are planning to visit another town to advertise, sell tickets or in any other way represent your club, that you are expected to make the home clubs in those towns aware of your intent.

It is stated in the bylaws that it is not just courtesy but rather required that clubs inform home clubs when intending to sell or display/promote in their area.

I know that it is not common practice for clubs to deny access when we all want each other to be successful but those of us who are in smaller areas and who want to move in to larger areas for greater exposure or more profitable sales opportunities must always remember that we owe it to our fellow Kin to make sure we aren't stepping on toes or overstepping bounds.

All it takes is a simple phone call or a letter to make sure that we aren't double booking or coming in at inopportune times.

I appreciate your attention to this issue and trust that it will not be a concern for any of the clubs in our zone in the future!

I apologize for not attaching a copy of our zone bylaws but I am suffering technical difficulty and can't access my other computer right now. I will forward them at my earliest opportunity.

Thank you

YIK  
Lisa

**DISTRICT 4, Zone F BY-LAWS**  
**Effective March 15, 2008**

**Article 1.0 – ZONE NAME**

The name of this Zone is Zone F in District 4 of Kin Canada, and shall remain named as such until the time that Kin Canada changes their Zone naming requirements.

**Article 2.0 - INTERPRETATION OF ZONE BY-LAWS**

The by-laws contained within this document shall be an addition only to those rules and regulations set forth by both Kin Canada and District 4 with regard to their operation, policies and procedures, and by-laws as is currently in place. The by-laws contained here shall not contradict the aforementioned Kin Canada or District 4 rules and regulations.

**Article 3.0 - BOUNDARIES**

**Section 3.1** - The geographical boundaries of Zone F are those that are set forth in the District 4 By-laws.

**Section 3.2** - All clubs shall obtain permission from neighboring clubs, in writing, when fundraising or conducting other programs that may occur or extend outside the geographical area of the originating club.

**Article 4.0 – ZONE OFFICERS**

**Section 4.1 - Kinette, Kinsmen and/or Kin Deputy Governor (s)**

The Kinette, Kinsmen and/or Kin Deputy Governor (s) shall be elected at the annual Spring Zone Conference in accordance with the District 4 By-laws. Candidates for these positions must be nominated and stand for election on a separate candidacy.

Qualified candidates must be active members and in good standing within their club. Their club must also be in good standing within the District and the Association.

The Kinette, Kinsmen and/or Kin Deputy Governor (s) shall be the presiding officers of all Zone Conferences held in the Zone.

The Deputy Governor may not run consecutive years for said position in a Zone without permission from the present District Executive.

Any past Zone Deputy Governor cannot have their name stand for the position of Deputy Governor until the third call has been made so as to let a new person come forward for the position.

**Duties of Kinsmen and Kinette Deputy Governors**

In addition to the duties defined in the District 4 By-laws the duties of the Deputy Governor(s) shall include the following::

- (a) assist and advise the Kinsmen, Kinette and Kin Clubs of the Zone,
- (b) attend one regular meeting (excluding installation) of their respective Kinsmen, Kinette or Kin Clubs in the Zone. The Club being visited shall be responsible for the Deputy Governor's meal, plus the meal of a traveling companion during such official visits.
- (c) publish, at regular intervals during the Kin year, a Zone newsletter to communicate Zone and District news to the Clubs,
- (d) follow-up with new clubs and promote inter-club visits and communication,
- (e) plan and hold a joint Kinsmen and Kinette President/Club Executive Seminar,
- (f) plan and conduct such Zone Council meetings as may be necessary for the effective administration of the Zone.

The Kinette, Kinsmen and/or Kin Deputy Governor (s) shall be the Chief Executive Officers of the Zone. Under the direction and supervision of the District Council, they shall have the duty of implementing the general policy adopted by the District Council and of furthering the objects and aims of the Association and of promoting the interests of the clubs within the Zone.

**Section 4.2 - Other Zone Officers**

Other Zone Officers that may be appointed by the Kinette, Kinsmen and/or Kin Deputy Governor (s) may include a Kinsmen, Kinette and/or Kin for each of the following positions: Secretary-Treasurer.

Zone officers must be active members and in good standing within their club. Their club must also be in good standing within the District and the Association

### **Section 4.3 – Zone Council**

The Zone Council is the title for the administrative body of the Zone. The Zone Council shall consist of the Kinette, Kinsmen and/or Kin Deputy Governor (s), the Past Kinette, Kinsmen and/or Kin Deputy Governor and the Presidents of the clubs in the Zone. A club may appoint an alternate to represent the President at any Zone Council meeting that the President is unable to attend. Such alternate must be a member in good standing of the club represented.

## **Article 5.0 – SPRING ZONE CONFERENCE**

### **Section 5.1 - Official Call**

The Kinette , Kinsmen and/or Kin Deputy Governor (s) shall mail an official Call at least forty-five (45) calendar days prior to any Spring Zone Conference.

### **Section 5.2 - Agenda, Resolutions, Past Minutes**

The Kinette , Kinsmen and/or Kin Deputy Governor (s) shall distribute the agenda, resolutions and any past minutes as required to be dealt with at the Zone meeting no less than thirty (30) working days prior to the Zone meeting.

### **Section 5.3 - Spring Zone Newsletter**

- a. The Kinette , Kinsmen and/or Kin Deputy Governor (s) shall require a report from each member of the Zone Council to be submitted to them for publication in a Newsletter format, for the use of the delegates, no later than 30 calendar days prior to the Zone meeting.
- b. The Kinette, Kinsmen and/or Kin Deputy Governor (s) shall prepare one copy of the Spring Zone Newsletter to be presented to the host club.
- c. The host club will be responsible for making one copy of the newsletter for each of the expected attendees.
- d. The associated costs for reproduction of the newsletter shall be the responsibility of the host club.

### **Section 5.4 - Delegates and Delegates at Large**

Any member of the club in the Zone who is in good standing may be a delegate to a Zone Conference. The following persons shall be Delegates at Large at a Zone Conference:

- i) The Zone Executive,
- ii) The District Kinsmen Governor or his designate,
- iii) The District Kinette Governor or her designate,
- iv) The National President or his/her designate,
- v) Each Past National President who is a members of a club in the Zone,
- vi) Each Past Kinsmen or Kinette Governor (District Kinette Coordinator included) of District 4 who is a member of a Club in the Zone,
- vii) Each past Kinsmen Deputy Governor or Kinette Deputy Governor (Zone Kinette Coordinator included) of Zone F who is a member of a Club in the Zone.

### **Section 5.5 - Voting**

- a. A Delegate at Large shall be entitled to one vote at a Zone Conference, but in no case shall he or she be entitled to proxy their vote.
- b. A delegate shall be entitled to one vote unless a completed, proper and approved proxy form has been given to that delegate.
- c. Proxies, if desired, must be filed with the secretary before the meeting is declared open at the Conference. The president and secretary of the respective club shall sign the proxy.

### **Section 5.6 - Resolutions to Zone Conference**

Any resolutions to be presented at a Zone Conference shall be presented to the Zone Executive no later than forty-five (45) calendar days prior to the date of the Conference. The Zone Executive shall circulate such resolutions to all Clubs in the Zone and the District Executive no later than 30 calendar days prior to the conference.

### **Section 5.7 – Spring Zone Conference Budget**

The host club of a conference shall present for approval a budget and a schedule of events to the Zone Executive at least forty-five (45) days prior to the conference.

The host club shall submit a copy of the financial statement for a conference within thirty calendar days following the conference.

### **Section 5.8 – Spring Zone Minutes**

The Deputy Governor (s) shall forward the minutes of the Spring Zone Conference to the District Governor(s) and Zone Club Presidents within 30 days after the Conference.

### **Section 5.9 – Registration, Accommodations & Travel**

The host club of a conference shall be responsible for the registration and accommodations as required by the following:

- i) District Kinsmen Governor or District Kinette Governor or their designate,
- ii) Kinette, Kinsmen and/or Kin Deputy Governor (s) or their designate,
- iii) The host club of the conference shall reimburse the Kinette, Kinsmen and/or Kin Deputy Governor (s) any appropriate travel expenses required to organize and attend the conference at the current rate established by the District Executive Council.
- iv) Spouse or significant other of above

The host club shall give due consideration to those individuals making presentations at the conference. This would include District/National Convention Committees, Vice District Kinsmen Governor and & Vice District Kinette Governor candidates, and charge them only for the cost involved during their presence at the conference up to a max of 50% of Registration costs at discretion of the host club.

Each club in the Zone shall be responsible for a guaranteed registration of 1 member of the club membership, to be prepaid prior to the deadline established by the host club for the Zone Conference.

Host Clubs for Zone Conferences are designated on a rotating basis, in alphabetical order of city or town.

The first \$500.00 in profit realized from the conference shall be the benefit of the host Club(s). The remaining profits shall be donated to a charity of the host clubs choice.

All losses incurred by the host club as the result of the hosting of Spring Zones are the sole responsibility of the host club.

## **Article 6.0 - INTERCLUBS**

### **Section 6.1 – Definition**

A Zone Inter-club will be defined as Fall Zone Conference, Spring Zone Conference and any function hosted by a Club to which all Clubs within the Zone are invited and sanctioned by the Deputy Governors.

### **Section 6.2 – Purpose**

The Deputy Governor (s) shall ensure that the function encourages fellowship within the Zone.

### **Section 6.3**

If a Kinsmen or Kinette states that he/she will be attending a function at another club and does not attend he/she will be responsible for the cost of the meal unless he/she notified the host club in time for the meal to be cancelled. In the case of inclement weather due to traveling risk the cost will be divided between the two clubs.

## **Article 7.0 - TURN OVER MEETING**

The turnover meeting shall be held prior to July 1st. All zone items and bank accounts if applicable will be turned over at that time.

## **Article 8.0 – STOLEN REGALIA**

Within the Kinsmen and Kinette Clubs of the Zone, only Kinsmen and Kinette gavels may be taken. A Kinsmen or Kinette may retain possession of the stolen gavel for a maximum of two (2) months. The Kinsmen or Kinette Club sustaining the loss must be notified within two weeks of the loss of its gavel and arrangements made within two (2) months to regain possession.

## **Article 9.0 – AWARDS**

The Zone Awards and Trophy Rules may be changed or amended by a 75% majority vote of the Zone, provided that the effect of such change or amendment is only to bring the awards/trophy rule into conformity with the District and National Trophy Rules.

### **Section 9.1 - Zone Kinsmen and Kinette Awards**

- a. ALL CLUBS MUST BE IN GOOD STANDING TO COMPETE AT ZONE LEVEL.
- b. The rules for the below listed awards shall follow those set by the District or National Award rules. If the award is Zone specific, it will have individual rules established and recorded herein these Zone by-laws.
- c. The respective Kinsmen and Kinette winners shall be the only representatives from the Zone eligible to enter District Award competitions for the same award
- d. The Zone Executive shall maintain and keep track of the trophies/bannerettes for all Zone, District and National Awards.
- e. Listed below are the current Zone awards:
  - ii. **Travel Award**  
Zone F Travel Award shall be judged in accordance with the District Travel Award. Mileage as per Table in Addendum B.
  - iii. **Rose Bowl Award**  
Kinette Zone Rose Bowl Award shall be judged in accordance with the District Rose Bowl Award.
  - iv. **Joke Off Award**  
Kinsmen & Kinette Joke Off Award shall be judged by the delegates in attendance at the Spring Conference
  - v. **Most in Attendance**
  - vi. **Privileged Member Award**  
Award to be received by nomination  
Winner to be determined by the Deputy Governor.

### **Section 9.2 - Deadlines**

- a. All Zone and District Trophies and Banners must be returned to the Deputy Governor (s) by Feb 1 each year.
- b. The Deputy Governor(s) shall set a submission deadline in order to allow for sufficient time for submissions that need to be sent away to be judged.
- c. Late submissions will not be accepted, unless prior arrangements have been made.

### **Section 9.3 – Award Maintenance**

- a. The Zone D.G.(s) is/are responsible for keeping the Zone Awards in a reasonable state of repair.
- b. All Zone and District Trophies and Banners must be returned to the D.G.(s) by Feb 1 each year.

## **Article 10 – AMMENDMENTS**

### **Section 10.1 – Voting**

Amendments to these by-laws may be made at any Zone Conference on the vote of 2/3 of those entitled to vote at that conference but in no case shall they be amended individually by the Kinettes or Kinsmen. Proposed amendments to these by-laws shall be received by the Deputy Governors at least forty five (45) calendar days prior to the Zone Conference at which the amendment will be considered. The Deputy Governors shall circulate such amendments to the zone clubs at least thirty (30) calendar days prior to the Zone Conference at which the amendment will be considered.

### **Section 10.2 – Effective Date**

Any amendments made to these by-laws shall not be retroactive nor shall they take effect until the start of the new Kin year.

### **Section 10.3 – Annual Updates to Clubs**

An annual update of these by-laws shall take place after the Spring Zone Conference and a set of Zone by-laws with any changes from the Spring Zone shall be distributed to each Club in the Zone. These revised by-laws shall be printed in each Club's bulletin in order that they may be maintained by each Zone member.

## **Article 11 – MEETINGS**

### **Section 11.1 - Special Circumstances**

Should the need arise the Club Presidents of the Zone, with a 50% majority, may call a meeting to discuss the business of the Zone. Said meeting must be held within 14 days of being called and must include the Governors of District 4, as well as the Deputy Governors of Zone F and a majority representation of the clubs in Zone F.

### **Section 11.2 - Notice**

The Kinette , Kinsmen and/or Kin Deputy Governor (s) shall advise each Club President at least fifteen (15) days in advance of any meeting requiring their attendance. In the event of an emergency meeting being required a teleconference of the Presidents in the Zone may be set at the discretion of the Kinette, Kinsmen and/or Kin Deputy Governor without the required fifteen (15) day notice.

### **Section 11.3 - Voting**

A simple majority of the Zone Council in attendance shall constitute a quorum for the transaction of all business at any Zone Council meeting other than at a Spring Zone. In the case of a spring zone it will be a simple majority of those registered delegates unless it is otherwise required by the District or National By-laws. A poll or ballot vote may be requested by only:

- i. The Kinette , Kinsmen and/or Kin Deputy Governor(s); or
- ii. at least three President's of club's within the Zone or their alternates; or
- iii. at least ten delegates and/or delegates at large.

### **Section 11.4 - Minutes**

Within thirty (30) days after any meeting of the Zone Council and/or Spring Zone Conference the Kinsmen Deputy Governor, Kinette Deputy Governor, or Kin Deputy Governor (s) shall have minutes of the proceedings prepared and distributed to all the Club President's in the Zone. A copy of the said minutes will also be sent to the appropriate Kinsmen Deputy Governor, Kinette Deputy Governor, or Kin Deputy Governor. These minutes may be circulated as part of a Zone Newsletter.

“ADDENDUM A.”

FALL and/or SPRING ZONE CONFERENCE AGREEMENT

This indenture made this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

BETWEEN

\_\_\_\_\_  
(Hereinafter called the ZONE)

AND

\_\_\_\_\_  
(Hereinafter called the HOST CLUB)

Whereas: The parties desire to enter into an agreement with respect to the management and control of a Zone Conference for the year \_\_\_\_\_ to be called \_\_\_\_\_

And whereas: The parties desire to clarify their respective financial and other responsibilities for the said Zone Conference (hereinafter called the Conference).

Now therefore this agreement witnesses that:

1. The Host Club covenants and agrees:
  - a. To establish a committee with chairperson(s) who shall have authority to act on behalf of the Host Club in carrying out its responsibility to the Zone under the terms thereof. The Conference committee chairperson(s) shall be \_\_\_\_\_
  - b. To prepare a cost estimate and written budget outlining the proposed registration fees and revenue anticipation together with expenditures to be made in the operation of the conference. The said budget shall be submitted to the Zone Deputy Governor on or before \_\_\_\_\_
  - c. The full registration fee shall be \$\_\_\_\_\_.
  - d. To reserve/rent and pay such halls and rooms for the necessary business meetings, banquets and entertainment.
  - e. To provide the following audio / visual aid equipment:  
\_\_\_\_\_
  - f. To print sufficient copies of the Zone Brochure, which will include a minimum of the meeting agenda, messages, and reports from each club, zone Deputy Governors, District and National, and any resolutions coming to the floor at Zone and District.
  - g. Complimentary registrations shall be provided for the two Zone Deputy Governors and one District representative.
  - h. Complimentary registrations shall also be provided for the following additional guests: (i.e. National representative, guest speakers, presenters, speaker judges etc.)  
\_\_\_\_\_
  - i. To provide gifts, value not to exceed \$50.00 for the following people:  
\_\_\_\_\_
  - j. Bar prices will be fixed at \$\_\_\_\_\_ per drink of liquor and \$\_\_\_\_\_ per drink of beer.
  - k. Provide the following entertainment to follow the Conference:

- l. An unaudited statement of all receipts and expenditures for the Conference shall be filed with the Deputy Governors within 30 days of the Conference.
- m. The host club is responsible for any deficit incurred in hosting the Conference.
- n. To actively promote the Conference within the Zone so as to stimulate and encourage proper attendance.
- o. To provide sufficient personnel to work the registration desk at all such times as are required for the orderly registration of delegates, members, and guests.
- p. To collect such registration fees as may be prescribed and agreed to by the Zone Deputy Governor(s) and The Host Club.
- q. To provide a recording secretary to record the minutes of the meeting. An electronic copy of the minutes to be provided to the Deputy Governors within 15 days of the Conference.
- r. To take all possible precautions to guard against accidental injury to anyone attending the Conference. The Host Club shall in this regard, ensure the event is covered under our National Insurance Policy.

2. The Zone hereby agrees and covenants:

- a. To provide reasonable assistance to the Host Club in fulfilling their covenants and obligations as set out herein.
  - b. To provide Conference Chairperson(s) with a complete agenda and all necessary reports for the Convention brochure 15 days prior to the Conference.
  - c. To cooperate with the Conference Chairperson(s) in coordinating the business sessions with the social functions of the Conference.
  - d. To actively promote attendance at the convention throughout the Zone.
  - e. To restrict all kinds of ticket sales at the convention to only those authorized by the host club. The approved ticket sales are:
 

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  - f. To arrange and coordinate all awards, trophy presentations, and public speaking presentations made by the members of the Zone during the Conference.
  - g. To arrange and organize all business sessions, open forums, and other discussions to be placed on the convention agenda.
  - h. To provide at the request of the Conference Chairperson(s) any chairman for all special meetings at the said Conference.
  - i. To pay for all travel and miscellaneous expenses for the District Representative not covered by the District Executive
  - j. To pay for all travel and miscellaneous expenses of the Zone Representative to co-ordinate and liaison with the Conference Chairpersons and committee before the Conference.
3. The parties hereto covenant and agree that at the option of the Host Club any member of the Host Club attending the Conference may have their registration fees set at a value required to cover the fixed costs of the convention..
  4. This agreement shall endure to the benefit of and be binding upon the parties hereto as well as their respective successors and assigns.

In witness whereof the parties have hereunto set their seals under the hands of their proper officers on the date first written above:

Kin Canada – Zone \_\_\_\_\_

Per: \_\_\_\_\_  
Kinsmen Zone Deputy Governor

Per: \_\_\_\_\_  
Kinette Zone Deputy Governor

Kinsmen, Kinette or Kin Club of \_\_\_\_\_

Per: \_\_\_\_\_  
Club President

Per: \_\_\_\_\_  
Club President

Per: \_\_\_\_\_  
Club Secretary

Per: \_\_\_\_\_  
Club Secretary

“ADDENDUM B.”

***Return Trip***

<b>6</b>	<b>Claresholm</b>	<b>Brook</b>	<b>Cardston</b>	<b>Idale</b>	<b>Lethbridge</b>	<b>Medicine Hat</b>	<b>Milk River</b>	<b>Taber</b>
<b>sholm</b>	0	399	206	216	180	515	351	286
<b>ks</b>	92	0	460	274	302	200	360	200
<b>ston</b>	572	460	0	186	158	488	230	260
<b>dale</b>	350	274	186	0	28	302	168	74
<b>bridge</b>	414	302	158	28	0	330	172	102
<b>cine Hat</b>	292	200	488	302	330	0	348	228
<b>River</b>	436	360	230	168	172	348	0	160
<b>r</b>	312	200	260	74	228	228	160	0

## **Susie got MARRIED!!!!**

By: Marlene Rugg

I would like to take this opportunity to congratulate Susie and Barette on their new life together. They were married on August 28<sup>th</sup> 2010 in a private ceremony for family and close friends.

Christine, Kelly and I did attend their wedding reception; which was very much a reflection of Susie and Barrett, nice, simple, and fun. Susie has never been much for flashy things, which is one of the things I love best about her, and as a result their reception was attended by those they love the most.

They say a picture is worth a thousand words and I am counting on that since there is no way I can express how happy I am for them both.

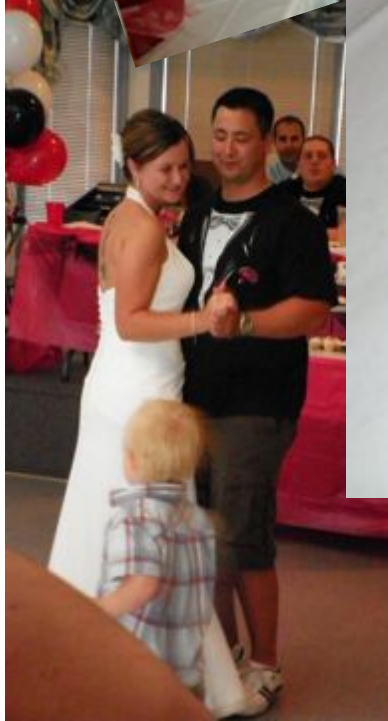
**May** the road rise to meet you.

May the wind be always at your back.  
May the sun shine warm upon your face,  
The rains fall soft upon the fields.

**May** the light of friendship guide your paths together.  
May the laughter of children grace the halls of your home.  
May the joy of living for one another trip a smile from your lips,  
A twinkle from your eye.

**And** when eternity beckons,  
at the end of a life heaped high with love,  
May the good Lord embrace you  
with the arms that have nurtured you  
the whole length of your joy-filled days.

May the gracious God hold you both  
in the palm of His hands.  
**And**, today, may the Spirit of Love  
find a dwelling place in your hearts.  
**Amen.**



*WISHING YOU HEALTH, WEALTH AND HAPPINESS,  
a c a l a n c e*

## DELANO BONDED TEXTURED FLEECE



**Men's Style: #18113**

Sizes: S-3XL

**Ladies Style: #98113**

Sizes: XS-2XL

This full-zip front garment features SMARTech™ 300 fabrication. Engineered with jersey bonded to texture knit fleece. Exposed zipped front side pockets. Sleeves have stylized contrast cut and sewn details with coversitch. Collar and sleeve hem in reverse side of the main fabric.

Fabric: 100% Polyester jersey bonded with texture knit fleece. 300 gm/m<sup>2</sup> (14.7 oz/linear yd).

Colours Available: Reeler Blue/White, Navy/White, Black/White.

Embroidered with Kin logo on front left chest.

**Order by Sept. 30, 2010 for mid-October delivery and receive FREE SHIPPING (ground postage).**



**\$28.32**

### COLOUR BLOCKED PIQUE POLO

**Men's Style #16303**

Sizes: S-3XL

**Ladies Style #96303**

Sizes: XS-2XL

This pique polo features asymmetric colour-blocked mesh side panels engineered with 3M™ developed wicking to further enhance moisture transfer and help keep you dryer and more comfortable. Heat-transfer label for a friction-free wear.

Fabric: 100% polyester WETech™ 300 series.

Colours: White/Silver, Sunburst White, Chili/Silver, Navy/Silver, Fern/White, Black/White

Kin logo embroidered on front left chest.

### KOMATI RECYCLED TECH TOP

**Men's Style #16374**

Sizes: S-3XL

**Ladies Style #96374**

Sizes: XS-2XL

Raglan sleeve top features WETech™ 300 wicking fabric for breathable moisture management. Seams highlighted with narrow, fashionable contrast coversitch. Colour-block detail and contrast collar. V-neck crew (women's).

Fabric: 52% micro polyester/48% recycled micro polyester pique with in-house wicking. 145 gm/m<sup>2</sup> (7 oz/linear yd).

Colours: Red/Grey Mist, Ocean Blue/Grey Mist, Navy/Grey Mist, Grey Mist/Cherise, Black/Grey Mist

Kin logo embroidered on front left chest.

### RUGBY TOP

**Men's Style #17876**

Sizes: S-3XL

**Ladies Style #97876**

Sizes: XS-2XL

Authentic Rugby like finish with durable cotton twill collar and three-button front placket in contrasting hues. Placket features one exposed button and two rubber hidden buttons. Dynamic contrasting horizontal stripe across front, back, chest and sleeves. Cover seams for stronger reinforcement. Contrast tape at neck and side slit.

Fabric: 100% cotton.

Colours: Vintage Red/Black, Navy/Gold, Navy/Natural, Woodland/Natural, Black/Natural



**\$21.24**



**\$28.32**