

**Flin Flon
Kinette Club
District 2: Zone 1**

**Special points
of interest:**

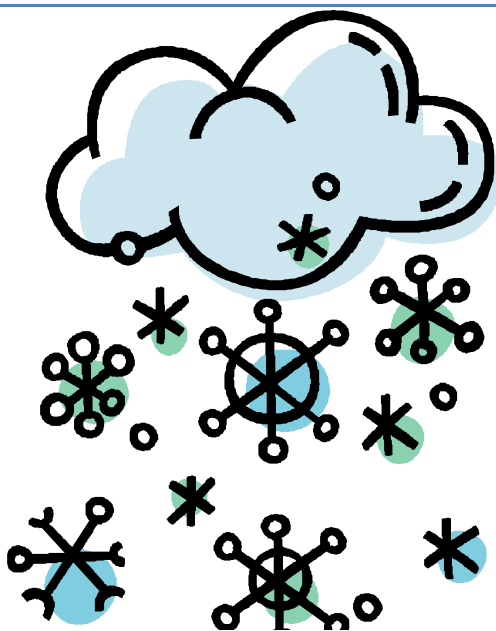
- The Kinettes made Green crafts this month
- Stay Tuned for Great Movies
- How to balance volunteering in your life

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Staying Kin'ected

President's report –February 2014



Wow will winter ever end? Thank goodness for Kinette fellowship and fun keeping all of us warm. February has brought us a lot of love as the Valentine month should.

We started February off with our monthly meeting and working really hard to make our annual Trivia night, which is held in conjunction with the city's Bust the winter blues festival, go off without a hitch. I am very happy to say to it was a great event! Thank you ladies for working so very hard! I also extend my thanks to our Kin brothers and the Scotia Bank ladies. The Kinsmen graciously and efficiently manned the bar for us as we needed the extra hands with a lot of our members having to be away. The Scotia Bank

ladies joined us as part of their community service initiative and boy we are so glad they did. They did a great job selling 50/50 tickets for us and by doing so allowed us to not only make a larger profit than previous years it also allowed us to make one of our trivia attendees super happy. We look forward to working with the Scotia bank again in the future. I guess I should say thank you as well to my husband Kevin for being an honorary Kinette by running the trivia slides for us and lending a hand where needed.

These remaining months in the Kin year are going to go by extremely fast as we have got so many great things going on. March is movie madness month. Madness it is- having already sold out the showing of FROZEN. We have several other movies coming up in March to help us cope with this prolonged winter. We are also gearing up for spring zones, which will be hosted in Flin Flon in April. April will also see our club thinking about nominations. Next thing you know it is May and CF month. Boy that will be busy! May is also time for Districts in Thunder Bay. Whew!!! I am sweating already with all that is going to be happening.

So as you can tell as the year winds up, we gear up to do our best for our club, and association's continuation. All this so we will be able to "serve our communities greatest needs."

Flin Flon Kinette Club
Meeting Minutes
February 11, 2014
Meeting started at: 6:32 p.m.

In Attendance: Hollee, Michelle T., Kelly, Krista, Brandy, Jill, Corinne, Lori N., Amber, Michelle W., Jamie, Marlene, Amanda, Melissa, Vanessa

Sergeant at Arms: Michelle W.

Review of Jan. Minutes:

- Motion to accept December and January minutes: Diane 2nd Brandy
 - All in favour: 12 members - Opposed: 0 members - Motion carried

Secretaries Report (Hollie)

- Donation letter tabled until new business
- Thank-you card from Phoebe Cole's family
- Bills were given to Brandy
- Invitation to Kelly's wedding June 21, 2014
- Two donation cheques for Trivia Night

Treasurer's Report: (Brandy) was presented

Committee Reports

Risk Management (Michelle T)

- Has certificate for Trivia night and will give to Marlene
- Diane mentioned that insurance does not cover members on way to/from Kin events

Membership (Krista)

- a member has asked to be removed from the roster

District 2 (Michelle W.)

- 5-7.5 minutes long
- appearance and voice are also judged
- contains an aspect of Kin
- speech to be delivered at club level, Zones, District Convention and then at National if having won at all previous levels
- Zones will be held at the Victoria Inn April 12th
 - Nomination for 2014/2015 Zone 1 Deputy will take place
- Michelle has 50th Anniversary CF t-shirts for sale (\$20) if anyone is interested

Green (Vanessa)

- Eco friendly Valentines gifts

Movie Nights (Diane for Tauvia)

- Jill will talk to Tauvia about possibly doing a Kinette fun night for second showing of Hunger Games as theater is already booked

Trivia Night (Marlene)

- Marlene passed around the volunteer sign up
- Ticket sales are going well
 - social only will be 11-2
- Looking into a special event while the final scores are being tallied

Please have donations to Amanda by Feb 22

Kin Park (Marlene)

- Marlene talked with the Kinsmen and the city about removing the old pool when they tear down the water tower
 - will be assessed in the spring
- \$3,901.44 in the joint park account and the accessibility swing will cost \$698.34
 - Motion by Diane to purchase the swing, 2nd Jill
 - All in favour: 14 members - Opposed: 0 members - Motion carried

Old Business

House Rules (Diane)

- Notice of Motion
 - Diane read over the proposed changes to the house rules
 - Michelle W. questioned time sensitive material
 - Notice of motion cannot be made and voted on at the same meeting
 - Marlene pointed out there would now be two chances for discussion
 - Option 1 appeals to prospective members
 - Lots of discussion and questions surrounding option 2
 - Option 3 has a number of supporters but needs some more details
 - 4 c) will have a cap of three months in place
 - General account levy % will be left open rather than capping
- Quorum/Proxy
- Memberships
- Revenue
- Diane will redo the House Rules so that they can be accepted at the next meeting
 - Option 1, 2 or 3 for memberships will be added as an amendment at a later date

New Business/Business Arising from Agenda

- Donations**
- Donation letter was received from the son of a Nova Scotia Kinsmen who is wanting to run in a Marathon to support Diabetes on behalf of his father
 - denied

Kin wear (Michelle W)

- Talked to Ped's Threads about clothing will email pictures and prices

Car Rally

- Discussion of possibly holding a car rally in the spring

Spa Day

- Marlene will bring info to the next meeting regarding a possible spa day

Day of KINDness

participate this year

- Lori passed around day of KINDness cards for everyone wishing to

'Secret Sister' (Kelly)

- Kelly brought up the idea of possibly having 'Secret Sisters' in the club
 - forms filled out with all info and then randomly passed out
 - random gifts/kindness throughout the year and revealed at June meeting
- Will organize some questionnaire forms to be distributed

Sunshine (Amber)

- Happy Birthday, Anniversary and Happy Valentine's Day!

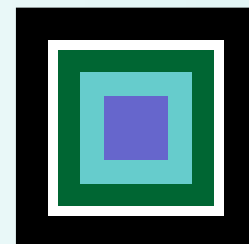
Good of Kin:

- Amber moved into a new apartment
- Melissa took her kids to Disney World
- Diane is going to Phoenix for her Anniversary
- Vanessa received a term position at Creighton School
 - also hosting a Jockey party Feb. 16
- Kelly won a guitar from Rack's Billiards
- Brandy's son was the 7th man at the Bomber game
 - also had two posts on her blog go viral







Sergeant at Arms Report: \$28.00

Meeting Adjourned: 9:25

Next Meeting: March 11, 2014



February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						 1 Amanda's B-day
2	3	4	5	6	7	8
9	10	 11 Kinette Meeting	12	13	 14	15
16	17	18	19	20	21	 22 Movie Night
 23 Fun Night	24	25	26	27	 28	

It looks like we have a winner!



Sizers to come at the April meeting

Option 2 - Hoodie

Full-zip Hoodie (like the Kinsmen have)
replace KINSMEN with KINETTE (big letters across front)

Unisex size:

S-XL \$49.00

XXL-XXXL - \$54.00

(Creighton School Hoodie)

Picture Below about \$65 (in Kin colours)

Colours Available in 50/50 Fleece

White	Gold
Anthracite	Orange
Black	Red Orange
Powder	Red
Turquoise	Raspberry
Denim	Pink
Regal	Maroon
Navy	Slate
Purple	Kelly
Yellow	Forest
Red/Yellow	Deep Teal

Colours Available in 80/20 Fleece

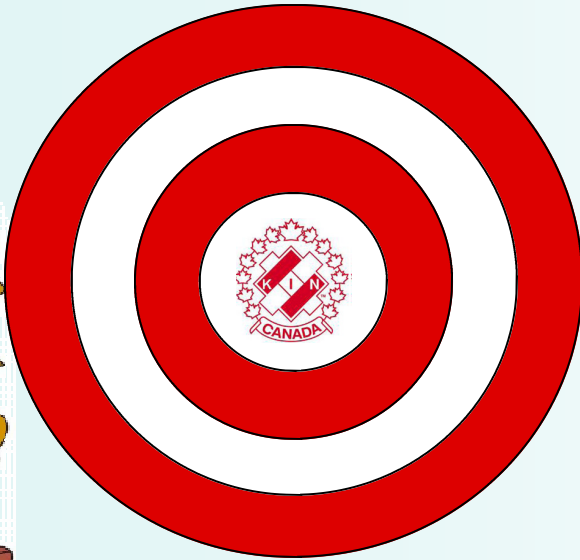
White	Red
Anthracite	Maroon
Black	Forest
Navy	

Alma Mater Full-Zip Hoodie
Style 81/30

A staple for any collegiate wardrobe. Available in your choice of fabrics and colours.

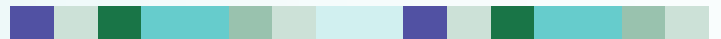
Sizes: YS, YM, YL
S, M, L, XL, 2XL, 3XL, 4XL, 5XL











HUNTING for a Good Time?!?

It's at Spring Zones ... Get Ready!



March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						 1 Hollie's B-day
2	3	4	5	6	 7 Movie Night	 8 Movie Night
9	10	 11 Kinette Meeting	12	13	14	 15 Movie Night
 16 Cari's B-day	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



*Craft and Tell
at the
February
meeting*



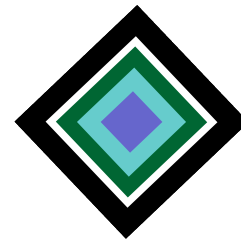
Have a "Green" Valentine's Day?

As many of our Kin Kids get ready to start crafting valentines to hand out to friends and classmates,

Vanessa plans her own 'craft and tell' green report. (as a quick side note—we love 'craft and tell').

Remember Chia pets? I know you do, I'm not that much older than you! How about a Chia heart? In a small heart shaped container add soil, chia seeds, more soil and spritz with water. Now you have your own soon to sprout chia heart. With the addition of a green pencil (made from recycled paper—not wood) and you have a beautiful flower (see left) that your Kin Kid would be happy to give to his teacher or her friends.

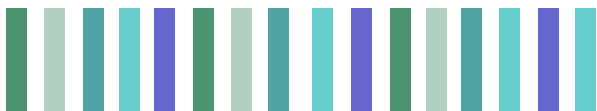
Thanks for keeping us Green!



Vanessa shows us how to make a chia heart



Jill and Jamie make their own



Movies for a Cause

7



Frozen

2 Shows!

March 7 & 8th,

6:00 p.m.

Rated G

Anchorman 2

Friday,

March 7th

7:45 p.m.

Rated 14A

Concession
Available!



Scan here to "LIKE" our FB page and stay up to date on our movies

Operated by the *Flin Flan Kinette Club: Movies for a Cause*



For more info, call: 204-271-2183 - Admission \$6 each per movie, Seating is limited – Hapnot Theatre, 115 Green Street



American Hustle

Saturday,

March 8th

7:45 p.m.

Rated 14A

The Wolf of Wall Street

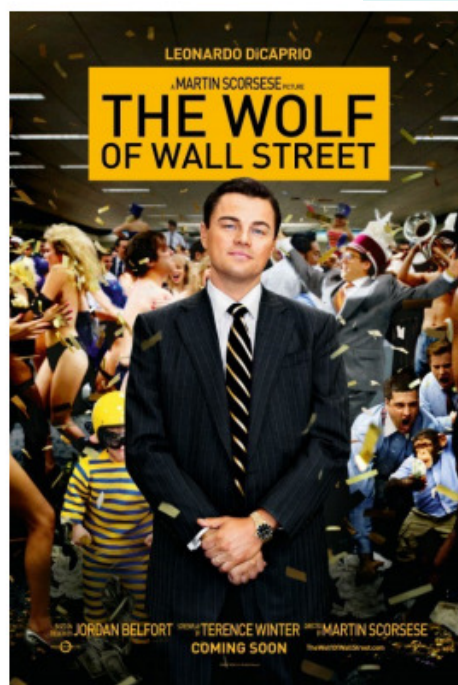
Saturday,

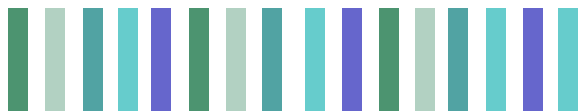
March 15th

7:00 p.m.

Rated 18A

Concession
Available!





*Social only
Tickets also
available*



THE FLIN FLON KINETTE CLUB PRESENTS

TRIVIA NIGHT

in conjunction with the
Bust the Winter Blues Festival

WHEN

Friday, Feb 28, 2014
Cocktails 6:30
Trivia Starts 7:30

WHERE

R.H. Channing Auditorium

TICKETS

Advanced Sale of Tickets
Only

Trivia Night Tickets \$20

Social Only Tickets \$10

Available at Orange Toad &
Gas Bar

TRIVIA TEAMS

Max 6 per team

Bring your own appetizers
(no open flames)

FEATURING

Cash Prizes, Door Prizes,
Penny Parade

ELIMINATION DRAW

Flights for 2 FF-WPG return
on Calm Air

2 Nights Accommodation

@ Victoria Inn Winnipeg

Must be present to win!

HOST

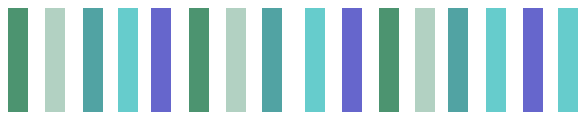
Tim Babcock

SPONSORED BY



Notice to Members and Invited
Guests of the Flin Flon Kinettes
MLCC# 418/13





Find Your Life-Work-Volunteer Balance ⁹

*A Healthy
Volunteer
is a
Healthy
Community*



We give so much of ourselves as volunteers, and sometimes we lose balance in our lives. Work-life balance is one thing, but even more special and elusive is the work-life-volunteer balance “Over the past few weeks, I saw several articles about being “busy,” and how **busy is not something to be proud of**. Certainly, there will be times throughout the year when we are feeling stretched thin and very busy, but to constantly describe your life as busy is not healthy nor is it something to strive for! For many years, it has been encouraged to be busy, with the belief that busy people must be more important and productive, but that is no longer the case. **Busy shouldn’t be glorified**. If you are perpetually busy, perhaps you need to seek help with your time management.

Here are just a few of my favourite tips:

Don’t be afraid to ask for help. Your friends, family and coworkers are likely more than willing to lend a hand with something, but only if you ask them!

Make time for mental breaks throughout your day. Do you enjoy a 15 minute walk on your lunch? Maybe it’s playing poker on your phone for a few hands. Or join the kids for a snowball fight after work before your next errand! Walk away from your desk to grab a beverage and catch up with a co-worker. Simply closing your eyes and taking 10-20 deep breaths has been shown to help clear your mind and calm your nerves.

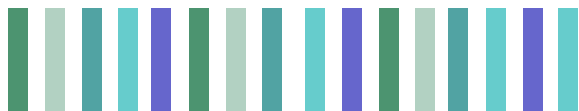
Can’t say no? There’s nothing wrong with literally scheduling time for yourself in your planning, and make sure you commit to it. For me, the most effective trick has been saying, ‘sorry, I have a prior commitment’ when asked to attend something that simply is not a priority, and making that commitment to myself and my ‘balance.’ If someone asks if you’re free, you can honestly say you’re unavailable. Even if your ‘prior commitment’ involves a giant bowl of popcorn and the hockey game, it’s the truth!

Shut it down at night. How many of us are using our phones or other devices until the moment we go to sleep? Not only does this interrupt our natural sleep chemicals and patterns, it takes away from conversation with our loved ones. Have a cut-off time (for me, it’s 8:00pm), plug your phone in somewhere you won’t check it constantly, and let your body start preparing for sleep.

Celebrate the wins! It’s easy to get swept up in the chaos of our lives, brush past the successes, and onto the next thing. Celebrate yourself! Even if the “win” is finally emptying your inbox, take a moment and acknowledge how good it feels to have a big item off your list.

There are countless benefits to feeling balanced in your life. We all do better when we feel better- mentally, physically and emotionally. And for those with Kin kids, while we teach our children to be kind, and about the importance of giving back, we also must teach them how to achieve balance. Because in the end, a healthy volunteer is a healthy community.

Submitted to the Kin Blog by [Lindsay Irvine](#)



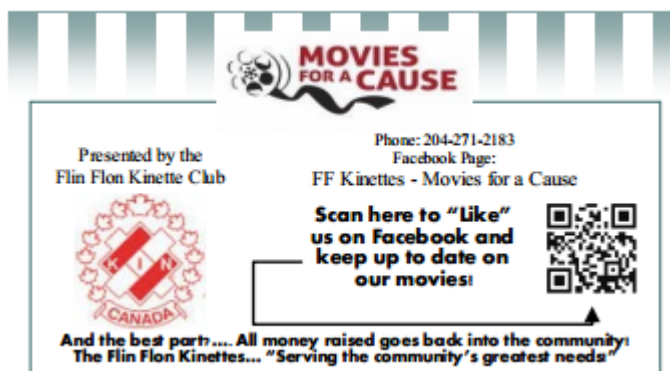
Flin Flon Kinette Club District 2: Zone 1

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WWW.KINCANADA.CA



"Serving the community's greatest needs"

Large and IN CHARGE

President:	<u>Lori Neault</u>	Movie Nights:	<u>Tauvia Alexander</u>
Vice President:	<u>Jill Rideout</u>	Trivia Night:	<u>Marlene Gogal</u>
Treasurer:	<u>Brandy Reid</u>	Sunshine:	<u>Amber Jessup</u>
Secretary:	<u>Hollie Babcock</u>	Deputy Governor:	<u>Michelle Winton</u>
RiskManagement:	<u>Michelle Taylor</u>	Governor:	<u>Diane Therien</u>
Registrar:	<u>Jamie Simard</u>	Members at Large:	<u>Cari McLean</u>
BulletinEditor:	<u>Corinne Mathews</u>		<u>Lori Stevens</u>
Membership:	<u>Krista Eastman</u>		<u>Sharon Kotz</u>
CF:	<u>Brandy Reid</u>		<u>Amanda Masson</u>
	<u>Jill Rideout</u>		<u>Kelly Carrington</u>
Green Initiative:	<u>Vanessa Unrau</u>		<u>Steph Taylor</u>
Kin Park:	<u>Marlene Gogal</u>		<u>Melissa Danis</u>
Christmas Trees:	<u>Michelle Taylor</u>		
	<u>Corinne Mathews</u>		

