**15 Tips for a Positive New Year**

1. **Stay positive.**
   You can listen to the cynics and doubters and believe that success is impossible or you can know that with faith and an optimistic attitude all things are possible.

2. **When you wake up in the morning complete the following statement:**
   My purpose is ______________________.

3. **Instead of being disappointed about where you are...**think optimistically about where you are going.

4. **Eat...**breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.

5. **Remember that...**adversity is not a dead-end but a detour to a better outcome.

6. **Focus on...**learning, loving, growing and serving.

7. **Believe that everything happens for a reason............**Expect good things to come out of challenging experiences.

8. **Don’t waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control...**
   Instead invest your energy in the positive present moment.

9. **Mentor someone...**and be mentored by someone.

10. **Live with the 3 E’s...**Energy, Enthusiasm, and Empathy.

11. **Remember...**there’s no substitute for hard work.

12. **Get more sleep...**You can’t replace sleep with a double latte.

13. **Focus on “Get to” vs “Have to.”...**Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

14. **Smile and laugh more...**They are natural anti-depressants.

15. **Enjoy the ride...**You only have one ride through life so make the most of it and enjoy it.

Read more at [http://www.pickthebrain.com/blog/20-tips-for-a-positive-new-year/](http://www.pickthebrain.com/blog/20-tips-for-a-positive-new-year/)
Update from the EXECUTIVE

PRESIDENTS MESSAGE

After surviving the Holiday Season and anticipating a bright shiny new year, KAVCO is geared up to co-ordinate our efforts to make our Volunteer Management in Chatham, the highest quality possible. Many activities are planned for Volunteer Managers and Volunteers alike. As we hurry toward Spring we urge all of you to continue the “caring and sharing” that we have experienced in this past few months.

KAVCO Committees: Gearing up for an Exciting Season!

KAVCO’s Committees are hard at work planning & preparing events & workshops for the 2014-2015 season! Here are just a few of the details to help you select a committee to participate on.

Public Relations:
For information on this committee please contact:
Public Relations Chair
Lori Meredith
meredith@ciaccess.com

Celebrate Volunteers:
The Celebrate Volunteers Committee is looking forward to another great event for all of the hardworking and dedicated volunteers in our community! After productive group brainstorming, we are all working towards a family friendly BBQ with plenty of activities for children & adults, unique live performances, and door prizes of course!...all hosted at the beautiful Kingston Park (with any luck!) Join us for some fun, networking, and event planning in order to shower C-K volunteers with the appreciation they truly deserve!

appreciation they truly deserve! Our next formal meeting will take place directly following the January 15th.

For information on this committee please contact: Celebrate Volunteers Chair
Cecily Coppola
cecily@rjck.org

Join us for some fun, networking, and event planning in order to shower C-K volunteers with the appreciation they truly deserve!

SAFETY TIP

Candle Safety
While candles can be beautiful, they can also pose a potential fire hazard. If they are not carefully monitored! Statistics show that 5% of residential Fires are caused by candles and 40% of these fires occur in the bedroom.
To ensure maximum safety it is advisable to follow these 3 basic safety Rules:

- Never leave a candle burning unattended.
- Never burn a candle near flammable items.
- Keep Candles out of reach of children and pets.

To burn candles safely:

- Trim the wick
- Always use a candleholder
- Burn candles in a well ventilated room
- Place candleholders on a stable and non-flammable surface.
- Keep the wax pool clear of wick trimmings, matches and debris.

Our organization represents volunteer managers/co-ordinators in approximately 40 agencies in the Municipality of Chatham-Kent that utilize the services of volunteers. We also have as members several individuals who have a keen interest in volunteerism. We encourage quality training in the importance of volunteer management principles in the current work environment paying close attention to consistent principles across Chatham-Kent

Professional Development
For information on this committee contact: Professional Development Chair: Phyllis Switzer
W 519-352-1172 X250 Tues, Wed and Thurs mornings
pswitzer@clc-k.ca
Ontario Volunteer Service Reward - Sunday, January 25th 2015 = Ontario Volunteer Service Awards. Go to their website and nominate on line.
Each organization may nominate 6 volunteers who have minimum of 5 consecutive years service. Awards are in increments of 5yr 10yr etc.
And also can nominate 3 youth volunteers defined as under 24 years old, who have at least two consecutive years of volunteer service.

Active Lifestyle Center - Friday, February 13th 2015 =
The Annual Senior Fair! For more information please call 519-352-5633.

Habitat For Humanity - Saturday, February 28th 2015 =
First Annual Handyman Challenge. Register your team of two to participate in this full day of skill-related fun that will challenge your creativity and resourcefulness.

Active Lifestyle Center - Friday, March 6th 2015 =
Entertainment such as dancers, hoopers, cloggers, and even a little burlesque. This is a day time event, please call 519-352-563.

Chatham Kent NonProfit Network - Friday, April 24th 2015 =
First Annual Spring Conference, CKNN is a community building initiative of United Way of Chatham-Kent. Our objectives are to strengthen our local nonprofit organizations through collaboration and education, and by doing so, bring increased awareness and advocacy for the sector. Our keynote speaker will be Vu Le, who is the writer of the hilarious well-known blog nonprofitwithballs.com. This will be a great conference full of reflection, planning for our sector’s future and lots of laughs in between. Stay tuned for more information on this Spring Conference by following CKNN on Facebook (facebook.com/theCKNN) and Twitter (@theCKNN)! For any inquiries on this or other CKNN events please contact Kim Broadbent 519-354-0430 or cknn@uwock.ca.
**KAVCO WINTER DATES TO REMEMBER**

**Dates to Remember:**
January 1, 2015 – New Years Day (First ball dropped at Times Square in New York City in 1908)
January 25, 1924 – 1st Winter Olympic Games begin in Chamonix, France
February 2, 2015 – Ground Hog Day
February 9, 1964 – Beatles appear on the Ed Sullivan Show
February 14, 2015 – Valentines Day
February 15, 2015 – National Flag of Canada Day
February 16, 2015 – Family Day (AB,ON,SK)
February 28, 1983 – Final Episode of M.A.S.H. is aired
March 8, 2015 – Daylight Savings Time Starts
March 16-20, 2015 – March Break
March 17, 2015 – St. Patricks Day
March 29, 1886 – Coca Cola is invented
March 30, 1964 – Jeopardy debuts on television
April 3, 2015 – Good Friday
April 5, 2015 – Easter Sunday
April 6, 2015 – Easter Monday
April 6, 1930 – Twinkies first hit the market (& were banana filled!)
April 15, 1912 – Titanic hits an iceberg and sinks

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**Winter Greetings from your Newsletter Committee**

First off…thank you for all your kind words of support for the first edition of the re-instated KAVCO newsletter! We couldn’t have done it without you! Which brings us to our second point-- **This is your newsletter** please send us comments, suggestions, safety tips and so on and of course all your Agency’s upcoming events for our Community Happenings page. We really like those “eager beavers” who get inclusions to us quickly. It helps us out more than you realize! For your convenience and ours- please use this KAVCO Family email: kavconewsletter@outlook.ca (Dylan checks it often)

Lastly… the Spring newsletter will cover May, June, July and August so the submission deadline will be April 23, 2015.

Enjoy,
Newsletter Committee: Jan, Linda, Dylan and Karen

WWW.KAVCO.CA
The Kent Association of Volunteer Coordinators (KAVCO) has been promoting volunteerism since 1988 and we are continually growing. Our mandate is to promote, support, and advocate volunteerism and professionalism among volunteer administrators and coordinators in Chatham-Kent. The following is what we try to foster in the Chatham-Kent community:

* To encourage & promote the recognition of volunteers & volunteerism.
* To encourage & cooperate in providing learning opportunities for volunteer administrators & volunteers.
* To provide members with opportunities to share & exchange knowledge & experience in the creative use of volunteer services.
* To cooperate in research on volunteerism.
* To assist in disseminating information on volunteerism.

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**2014-2015 KAVCO MEMBERSHIP**

- Adult Language & Learning—Chris Benninger
- Active Lifestyle Centre—Linda Lucas
- Blenheim Youth Centre—Emily Robert
- Chatham-Kent Big Sisters/Big Brothers Association—pending
- Chatham-Kent Community Health Centers—Darren Wood
- Chatham-Kent Student Nutrition Program—Elaine Lewis
- Chatham-Kent Children’s Services—Jennifer Bowden
- Chatham-Kent Sexual Assault Crisis Centre—Glenda Johnston
- Chatham-Kent Victim Services—Crystal Almeida
- Chatham-Kent Women’s Centre Inc.—Tracy Lucio
- Chatham Outreach for Hunger—Brenda LeClair
- Community Living of Chatham-Kent—Phyllis Switzer
- Community Living Wallaceburg—Stephanie Flamenco
- Copper Terrace Long Term Care Facility
- Epilepsy Support—Christine Canniff
- McDowell/Anne Taylor
- Heart and Stroke Foundation of Ontario—Lori Meredith
- Loads of Love—Ken Powell
- Maycourt Club of Chatham—Sue Cummings
- Meadow Park (Chatham) Long Term Care Home—Lydia Swant
- New Beginnings ABI and Stroke Recovery—Dylan Turato
- Restorative Justice Chatham-Kent—Cecily Coppola
- Riverview Gardens Long Term Care Home—Keri McGregor
- St. Andrews Residence/Meals On Wheels—Melissa Parker/Karen Watson
- Volunteer Centre—United Way C-K—Patricia Weiler
- VON Community Support Programs—Jan Reinhardus/Karen Fletcher

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For KAVCO information or Memberships
Please contact:
chris@adultlanguageandlearning.ca
Phone: (519)354-7424
Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information stored in their brains, scientists believe. Much like a computer struggles as the hard drive becomes more full, so humans also take longer to access information, it has been suggested. Researchers say this slowing down is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more, but just may not be able to access the information.... Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise. **SO THERE!!**

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**Ingredients:**

**Cinnamon Dusted Pecans:**
- 1 tablespoon sugar
- ½ teaspoon cinnamon
- 1 tablespoon butter or margarine
- ¼ cup pecan halves

**Raspberry Vinaigrette:**
- ¾ cup frozen, unsweetened raspberries
- ¼ cup water
- ¼ cup red wine vinegar
- ½ cup corn syrup
- 1½ teaspoons ground mustard
- 1 cup vegetable oil, olive oil (or combination)
- 1½ teaspoons chives
- Dash fine grind black pepper
- Dash salt

**Salad:**
- 150 grams salad greens (Jan used spring mix)
- ½ cup crumbled feta cheese
- Fresh raspberries, optional

**Directions:**

**Pecans:**
Combine sugar and cinnamon and set aside. Melt butter over medium heat in a large skillet. Add pecans and stir constantly until pecans are lightly toasted, about 5 minutes. Remove from heat and immediately add cinnamon sugar mixture. Stir well to mix. Pour onto a foil lined tray. Cool completely. Can be stored in air-tight container for up to two weeks.

**Vinaigrette:**
Combine raspberries, water, vinegar, corn syrup and ground mustard in a blender or food processor. Blend until smooth. Gradually add oil. Stir in chives and season with pepper and salt. Chill until ready to serve. Combine salad greens with feta cheese. Top with fresh raspberries, if desired. Drizzle with Raspberry Vinaigrette and top with Cinnamon Dusted Pecans. Reserve remaining vinaigrette for another meal.