



BEAVER TALES

Canada District West
Region 5

Winter
2021-22



2020-21 C.D.W. Board

Governor

Darrell Blackwell

Governor Elect

Pauline Blackwell

Immediate Past Governor

Paul Scudds

Past Governor Director

Joyce Evans

Agincourt, Don Mills,
Kawartha Lakes

Area Directors

Bruce Davey

Halton, London Toronto Lung

Marlyne Van Exan

Barrie, Dundas, Midland,
Oakville

District Secretary

Cheryl Taylor

District Treasurer

Sue Gibson

Judge Advocate

Bill Hiscott



Governor's Message



Hello fellow Civitans,

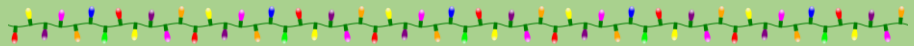
I am back and happy to be here again. It has been a fun year as the GE. I am so happy that my predecessor Past Governor Paul went through the hard part.

The organization as a whole is lacking in members just like most of the organizations out there but in Canadian District West, we have been keeping our numbers pretty good through these unusual times so be proud of yourselves.

I have noticed that some clubs are getting back to in person meetings which is a very good sign just remember to be careful whatever you do and where ever you go. At this rate with the booster shot now available maybe we can do a spring convention, Dundas still want to put it on so let's keep our fingers crossed.

The board including the snow fun'd have been looking at raising money for a new project, it is called Water First and we should be meeting soon regarding this. It will be a joint effort with our junior and senior clubs to be involved in together and we hope to help make this district stronger with a focus on all of us working together.

If you have any Questions or concerns please let me or one of the district members know and we will help you as much as possible. Also, the district zoom meetings are in the calendar book and all the club Presidents are encouraged to listen in to see what is going on, if you wish to watch please send Sue Gibson an email a couple of days before the meeting so she can invite you.



MAY YOUR CHRISTMAS SPARKLE WITH MOMENTS OF LOVE, LAUGHTER AND GOODWILL, AND MAY THE YEAR AHEAD BE FULL OF CONTENTMENT AND JOY. MERRY CHRISTMAS & HAPPY NEW YEAR!!

DARRELL BLACKWELL
GOVERNOR CDW

International Board of Directors-2021-22

International President-Dan Brown

Dan Brown was elected as the 2021-2022 International President at the 2021 International Convention in Jacksonville, Florida.

Phone: 505-228-1553

Email: civitandan@outlook.com



International President Elect-Jo Ann O'Toole

Jo Ann O'Toole was elected as the 2021-2022 International President-Elect at the 2021 International Convention in Jacksonville, Florida.

Phone: 301-606-0542

Email: joann.otoole@comcast.net

Past International President Frank Kelly

Frank Kelley was elected as the 2019-2020 International President-Elect at our Convention in Greenville, South Carolina. Phone: 727-631-9354

Email: awacs85@gmail.com

INTERNATIONAL DIRECTORS, JUNIOR INTERNATIONAL PRESIDENT & EXECUTIVE VICE PRESIDENT

Region One Director, 2021- 24

Joel Hallman

Region Two Director, 2021-24

Bill Tolleson

Region Three Director, 2021-24

John Sofley

Region Four Director, 2021-24

Denise Phelps

Region Five Director, 2019-2022

Pat McKinney

Region Six Senior Director, 2019-22

Michael Morgan

Region Seven Director, 2019-2022

Marcia E. Dechand

Region Eight Director, 2021-2024

Lynda Wheeler

Director, European Division, 2021-2024

Sheana Hafner

Junior Civitan International President

Kyndall Herring

Executive Vice President

Scarlet Thompson



Mission Statement

The worldwide mission of Civitan International is to build good citizenship by providing a volunteer organization of clubs dedicated to serving individual and community needs, with an emphasis on helping people with developmental disabilities.

January, February, March Flowers & Stones

january
BIRTH FLOWER

- admiration
- deep love
- affection
- purity
- luck
- gratitude



CARNATION



• Garnet •



february
BIRTH FLOWER

- modesty
- spiritual wisdom
- faithfulness
- humility



VIOLET



• Amethyst •



march
BIRTH FLOWER

- new beginnings
- vanity
- good luck
- prosperity
- faithfulness



DAFFODIL



• Aquamarine •



S





CANADIAN DISTRICT WEST

September 25, 2021

Virtual Convention



**2021-22 President Dan Brown
Installing the
2021-22 C.D.W. District Board of Directors.**

2021-22

Canadian District West Board



Governor
Governor-Elect
Immediate Past Governor
Secretary
Treasurer
Past Governor Director
Area Director
Area Director

Darrell Blackwell
Pauline Blackwell
Paul Scudds
Cheryl Taylor
Sue Gibson
Joyce Evans
Bruce Davey
Marlyne Van Exan





Marlyne Van Exan from the Halton Civitan Club receiving her honour pin (pictured here with Bruce Davey from the Dundas District Civitan Club.)

Marlyne has been an Area Director for many years for Canadian District West. Marlyne has served many executive roles for her club.

She was nominated for the District Honour Key because of the work she does in the community, such as her involvement with junior Civitans, the Oakville Market, bingo and assisting the Oakville Civitan Club with their community efforts.

Marlyne spearheaded her club through the pandemic maybe somewhat differently than usual; but they continued to assist the needy in Oakville and beyond, including senior's homes and women's shelters. They did their monthly meetings on Zoom and got a lot of work done as a result. A very deserving recipient.

Congratulations Marlyne.

Well
DESERVED



TRUST BUILDING
MEANINGFUL PARTNERSHIPS
LASTING RESULTS

Breathing life into our Strands of Success

- 56** COMMUNITIES WE'VE COLLABORATED WITH TO DATE
- 38** TOTAL YOUNG INDIGENOUS ADULTS TRAINED SO FAR
- 580** HOURS OF VIRTUAL TRAINING SUPPORT IN THE PAST YEAR
- 550** SCHOOL STUDENTS TAUGHT THIS YEAR
- 32** COMMUNITY PARTNERS INTERESTED IN HOSTING OUR PROGRAMS IN THE COMING YEAR

Beyond the technical skills

The [Internship Program](#) is breaking the mold of technical training programs by ensuring young Indigenous adults can overcome barriers to advancing in a career in water science.

Interns are also supported in areas such as resume writing, interview preparation, employment coaching, and in the Indigenous water field. Graduates of the program become part of the Water First Alumni Network, providing ongoing career development opportunities and an ever-expanding professional network.

Financial Snapshot

Through meaningful collaboration and respectful relationships we blend traditional knowledge and western science, and hire and train locally. These partnerships with Indigenous communities have been the catalyst for developing relevant and sustainable solutions. This is only possible with the support of donors who invest in our approach to education and training.

Category	Percentage
DRINKING WATER	61%
INDIGENOUS SCHOOL WATER PROGRAMS	14%
ENVIRONMENTAL WATER	12%
FUNDRAISING	9%
ADMINISTRATION	4%

CIVITANS

Help is needed!!!

- 5** UPCOMING ENVIRONMENTAL PROJECTS
- 8** FISH HABITAT RESTORATION TRAINING PROJECTS
- 17** WATER QUALITY-RELATED TRAINING

UAB and Civitan International celebrate longstanding partnership while making plans for the future-[by Bob Shepard](#)

Funding from Civitan International has resulted in the development of numerous research projects. The most recent project is the Civitan Autism & Neurodevelopment Research Database & Biorepository, which began enrolling research participants in 2021. CANDR is a research project that includes diagnostic testing by a licensed clinical psychologist, providing critical clinical diagnosis. With the patient's consent, biological samples are collected for future research and analysis. Participants who complete diagnostic assessments are provided with a written report that includes test results, recommendations and referrals. This service is provided at no cost to the participants and would not be possible without the support of Civitan International.

The [University of Alabama at Birmingham](#) and [Civitan International](#) have enjoyed a long and beneficial partnership, beginning in 1989 with a \$20 million commitment from CI to fund research in the neurosciences at UAB. That commitment has been fulfilled, and leaders of both organizations will celebrate reaching that milestone this October while planning on ways to continue the partnership in the years to come.

In the late 1980s, Civitan International conducted a nationwide search for a partner that would share its vision of assisting individuals with developmental disabilities. A small group of faculty collaborated to submit an application on behalf of UAB. With Civitan International's distinguished record of public service focusing on assisting individuals with developmental disabilities and with UAB's record of exceptional

achievement and contributions to the improvement of human health and welfare, the UAB proposal was selected. A partnership was formed in 1989, and the [Civitan International Research Center](#) was established at UAB.

With the fulfillment of that original commitment, the Civitan International Board of Directors and Selwyn Vickers, M.D., senior vice president and dean of the UAB Marnix E. Heersink [School of Medicine](#), along with other UAB leaders, will honor the partnership at an event Oct. 14 and announce a new funding commitment from Civitan International for the future.

"Civitan International and its members around the country and around the globe have been instrumental in the establishment of the research center here on the UAB campus that bears their name," said Craig Powell, Ph.D., professor of neurobiology and director of the UAB Civitan International Research Center. "Their support has provided care for children and their families, as well as groundbreaking research aimed at identifying novel therapies for developmental disorders. Our goal is to continue working together to make a difference in the lives of patients and their families every day."



UAB and Civitan International have met a \$20 million philanthropic milestone.



The Civitan International Research Center added a research focused MRI machine, called an fMRI, in 2014 to greatly enhance the research opportunities at the center.

The impact the original agreement has made on the lives of individuals with developmental disabilities has been immeasurable. The Civitan Sparks Clinics provide many essential clinical and community services for individuals and families, including several interdisciplinary specialty clinics that conduct more than 4,500 patient visits each year. The clinics provide evaluation and intervention services for individuals with a broad range of physical, developmental, learning and/or behavioral challenges in a family-centered, culturally sensitive setting.

The CIRC's mission is to improve the well-being and the quality of life of individuals and families affected by intellectual and developmental disabilities. Civitan International is focused on creating a world full of opportunity and a more open, welcoming,

accessible, inclusive and friendly place to live for individuals with intellectual and developmental disabilities.

"All of us at CIRC are looking forward to this next chapter in the relationship between Civitan International and the Civitan International Research Center," Powell said. "We share a renewed sense of excitement as we strive to fulfill the missions of both organizations."

The Civitan International Research Center held a reception October 14, 2021 to celebrate the original pledge of \$20 million for research and treatment of brain disorders being fulfilled.



CIVITAN INTERNATIONAL BOARD DIRECTORS



CIVITAN INTERNATIONAL STAFF



MAIL TO BE SENT TO:

P.O. BOX 130849

Birmingham, AL

35213



2022 INTERNATIONAL CONVENTION DATES ANNOUNCED

Join us in San Antonio Texas, July 4th-7th, for the 102nd Civitan International Convention!

Few destinations provide a sense of place like San Antonio. Here, the bell towers of Spanish colonial missions have greeted mornings for almost 300 years. Mexican, European and Western cultures blend into a unique personality. Much of the city's unforgettable landscape has grown along the banks of the River Walk where stone paths run beside the San Antonio River connecting hotels, restaurants, shops and the Henry B. Gonzalez Convention Center in the downtown core. The 15-mile River Walk also links Spanish Colonial Missions (a World Heritage Site, along with the Alamo), museums, public art and the Pearl, a former brewery reborn into an eclectic mix of shops, restaurants and entertainment.

Famed for Tex-Mex, San Antonio is gaining attention for Tex-Next as the nation's next big culinary destination. From notable restaurants to the Culinary Institute of America, there's something to satiate every palate. Plus, over 50 golf courses and theme parks like SeaWorld San Antonio and Six Flags Fiesta Texas make the city a wonderful place for families.

HOTEL INFORMATION

- The Westin Riverwalk, San Antonio, Texas
- Civitan Special Rates: \$129.00 per night

TENTATIVE GENERAL SCHEDULE

These events are subject to change as convention planning develops. Stay tuned for updates and more details!

Monday, July 4

Evening: Opening Session & Welcome Party

Tuesday, July 5

Breakthru Golf Benefit

First Business Session

Workshops

Walk & Roll for Research

Wednesday, July 6

Membership Extravaganza

Wednesday, July 6

Membership Extravaganza

Workshops

Philanthropy Session

President's Council Reception

Thursday, July 7

Workshops

Second Business Session

Service Project

Closing Ceremony & Installation

Welcome New Employees!



Tyler Hill-Whatley has been hired as a **Membership Specialist.**

Tyler comes to us from Impact America, where she was a FocusFirst Coordinator – working with daycares and preschools to arrange vision screenings and scheduling volunteers to help with the trainings. Before that task, she was part of a team at Impact America that offered free tax preparing sites. She has a degree from UAB in Public Health and has a Master’s from Liberty University in Higher Education.



Priscilla Denard has been hired as **Office Manager.**

Priscilla comes from Alabama Vision Center where she has worked as an ophthalmic technician and front office specialist. She has spent most of her career at the Levite Jewish Community Center where she was the Director of Programs and Events, the CARE coordinator (accounting, membership database) and the Front Desk Manager. While at the LJCC, Priscilla was a graduate to the Jewish Experiential Leadership Institute for the Southeast, an elite program for staff of non-profits that serve the Jewish community. Priscilla attended Troy University.

REMINDER

Nominations for Honorary Canadian may be made by any Civitan Club or Member from Region 5 who is in GOOD STANDING. Applications must be made in writing and received by the District Governor or Governor Elect prior to March 15th. Only nominations received in accordance with the provisions of this policy will be eligible for consideration by the committee.

The individual will be chosen from the nominations received by a committee consisting of the International Director, Governor and Governor-Elect from Canadian District West, Canadian Northern Lights and Canada True North at the Region Five Governors Update.

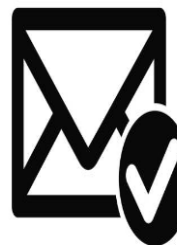
Should the Committee feel there is not a suitable candidate there will not be a Honorary Canadian named in that Civitan Year.



HONORARY CANADIAN – PLEASE SEE YOUR DISTRICT DIRECTORY FOR INSTRUCTIONS ON HOW TO SUBMIT.

APPLICATIONS FOR HONORARY CANADIAN

DUE MARCH 15



WINTER TIPS

Herbal Tea Health Benefits



Peppermint

Relieves:

- Abdominal Pain
- Gas
- Bloating

Reduces:

- Nausea

Ginger

Relieves:

- Cold/Flu Symptoms

Reduces:

- Nausea

Chamomile

Relieves:

- Cold/Flu Symptoms
- Insomnia

Other:

- Acts a Calming Sedative
- Helps Digestion

Lemon

Relieves:

- Headaches

Reduces:

- Anxiety
- Cramps

Other:

- Helps Digestion

Milk Thistle & Dandelion

Helps:

- Digestion
- The Liver to function

Rooibos

Reduces:

- Signs of Aging

Other:

- Contains Antioxidant
- High in Vitamin C

4 diffuser Blends For sore throat

1. sore throat relief

- 2 drops clove oil
- 2 drops lemon oil
- 2 drops cinnamon oil
- 2 drops eucalyptus oil
- 2 drops Rosemary oil

2. Breathe easy

- 2 drops eucalyptus oil
- 1 drop lemon oil
- 2 drops peppermint oil
- 2 drops rosemary

3. Germ fighter

- 3 drops lemon oil
- 3 drops sweet Orange oil
- 2 drops ginger oil
- 2 drops frankincense oil

4. headache relieve

- 4 drops lavender oil
- 4 drops peppermint oil
- 2 drops frankincense oil
- 2 drops basil oil

STAGES OF FROSTBITE



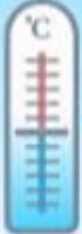
Normal

Frostnip

Superficial frostbite

Deep frostbite

SYMPTOMS OF FROSTBITE



At first, cold skin and a prickling feeling

Numbness

Red, white, bluish-white or grayish-yellow skin

Hard or waxy-looking skin

Clumsiness due to joint and muscle stiffness

Blistering after rewarming, in severe cases

DID YOU KNOW ?

ITS FREEZING COLD..



- COLD WEATHER PUTS A STRAIN ON YOUR HEART, EVEN WITHOUT EXERCISE.
- BE CAREFUL WHEN SHOVELING SNOW, PUSHING A CAR OR OTHER EXERTION.
- REGARDLESS OF YOUR AGE OR PHYSICAL CONDITION, AVOID OVEREXERTION IN THE WINTER.

BRRR!!!
It's COLD OUT!!!



Christmas Salad

PREP TIME
10 minutes

CHILL TIME
1 hour

TOTAL TIME
1 hour 10 minutes

Contains all the colors of Christmas! This fresh, bright Salad is made with broccoli, cauliflower, red onion and Cherry tomatoes mixed with a creamy dressing.

Ingredients

- 1 broccoli, chopped into florets
- 1 cauliflower, chopped into florets
- 1 red onion, thinly sliced
- 2 cups cherry tomatoes, halved

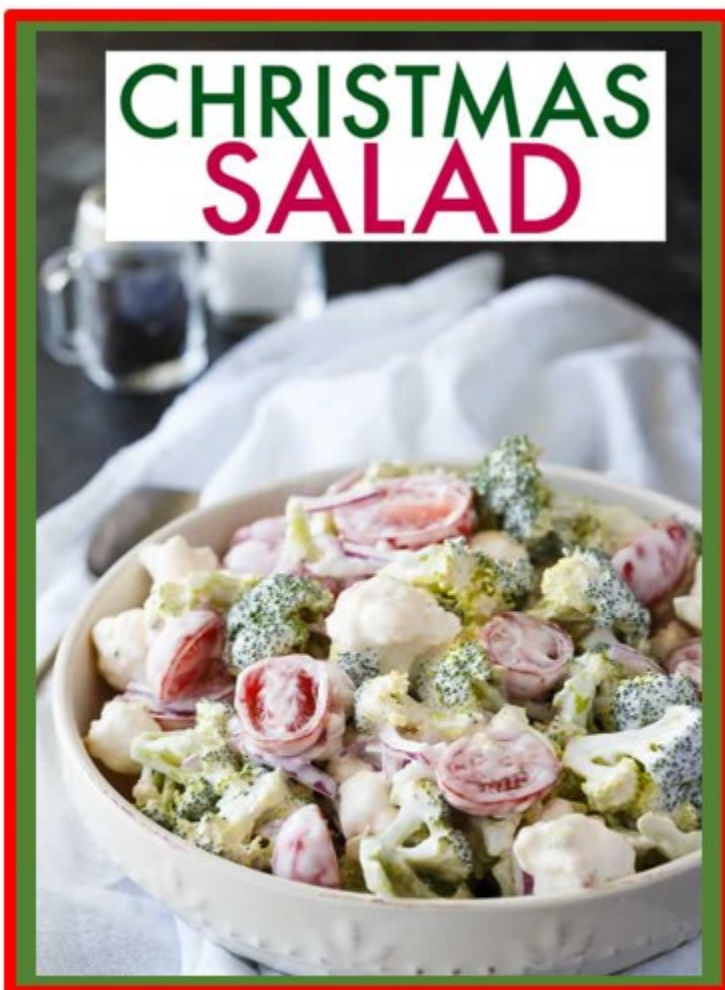
Dressing

- 1 cup mayonnaise
- ½ cup sour cream
- 1 tbsp sugar

Instructions

Add veggies into a salad bowl
In another bowl, whisk together mayonnaise, sour cream and sugar. Pour over veggies and Toss together.
Chill in the fridge one hour before serving.

In another bowl, whisk together mayonnaise, sour cream and sugar. Pour over veggies and toss together.
Chill in the fridge one hour before serving.



Mock Winter Sangria Prep Time 10 mins Servings:12 Calories: 154

Mock winter sangria that's perfect for festive parties, so easy to make and delicious!

Ingredients

- 1 pear diced
- 1 apple diced
- 1 orange sliced
- 1 cup fresh cranberries rinsed
- 1/4 cup fresh raspberries rinsed
- 1/4 cup blueberries rinsed
- 2 cups pineapple juice
- 2 cups cranberry juice
- 1 2-liter bottle ginger ale


Instructions

Combine all ingredients except ginger ale in a large pitcher.
If desired, let sit in fridge for 1-4 hours to let flavors mingle.
Add chilled ginger ale.
Serve immediately.



**NO
ALCOHOL**

REQUIRED




Double Chocolate Coca Cola Cake

1 cup Coca Cola (real thing, not diet)
 1/2 cup oil
 1 stick butter
 3 Tablespoon cocoa
 2 cups sugar
 2 cups flour
 1/2 teaspoon salt
 2 eggs
 1/2 cup buttermilk
 1 teaspoon baking soda
 1 teaspoon vanilla

Frosting:

1 stick butter
 3 Tablespoon cocoa
 6 Tablespoon of cream or milk
 1 teaspoon vanilla extract
 3 3/4 cups confectioner's sugar

In a saucepan, mix Coca Cola, oil, butter and cocoa and bring to a boil. In another bowl, combine the sugar, flour and salt. Pour the boiling Cola mixture over the flour mixture and beat well. Add the eggs, buttermilk, soda and vanilla and beat well. Pour mixture into a greased and floured 13 x 9 inch baking pan and bake at 350 degrees or 20 to 25 minutes. Remove pan. Cool for about 10 minutes before frosting.



HOLIDAYS OF YESTERYEAR



Christmas Peppermint Patties

Prep Time 15 mins **Total Time** 10 mins **Servings:** 80 mints

Ingredients

- 1 (8 oz.) cream cheese, softened
- 4 tbsp salted butter softened
- 2 pounds confectioners' sugar plus additional for rolling
- 2 teaspoons peppermint extract
- red and green gel food coloring
- 1/2 cup sugar



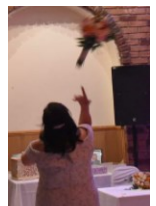
Instructions

1. With an electric mixer, cream together the cream cheese, butter and peppermint extract.
2. Gradually add the powdered sugar. Mix on low speed just until combined.
3. Dust a non-stick surface with additional powdered sugar.
4. Divide evenly in 4 even pieces. Add a few drops of desired food coloring into each of the peppermint mixtures.
5. Roll each color into a 20-inch rope. Cut into even 20 even pieces. Dust with additional powdered sugar between batches to prevent sticking. Roll each cut piece into a ball then roll into the granulated (if desired). Press the center with a fork dipped in powdered sugar (like you would a peanut butter cookie).
6. Leave on a wax paper lined baking sheet for 2 hours or until dry. Store chilled with wax paper between layers.

To Have And To Hold



OCTOBER 23, 2021



MERRY
everything
AND HAPPY
always



Agincourt Civitan Club - #1870 Anna Scudds

The Agincourt Civitan Club has continued to meet remotely by ZOOM for their regular meetings and look forward to getting back to in person meetings in January as city meeting rooms are finally opening up to fully vaccinated clients.

President Anna has started her new Civitan year and has even completed the mandatory international training.

The Gliders's Skating Club should be ready to go in January at the Agincourt Arena which has been newly restored and renovated after the fire. We are looking forward to getting this project back on track.

The club has been active in Claxton Fruit Cake sales with cake chair David Birtwell and Past President Rhonda Thomson attending the Glynwood Retirement Home and selling 120 bars of cake within one hour. Sales were being made even before the event opened. Agincourt is now out of cake. Well Done!

On Nov 11th, Civitan David and his nephew 2nd Lieutenant Jimmy Birtwell laid the Agincourt Club Remembrance Day wreath at the Scarborough Cenotaph. The ceremony was attended by several Government officials including Bill Blair and the Agincourt Civitan Club and approximately 100 members of the public.



The Agincourt Civitan Club is hosting their Christmas Dinner event on Sunday December 5th, 2021 at Mastro's Ristorante Italiano at 890 Wilson Avenue. This will be the first time the club has met in person for a long time. We are looking forward to this. Governor Darrel Blackwell and his lovely wife Pauline (Governor-Elect) will also be in



Barrie Civitan Club - #1777 Bill Hiscott

Although the Barrie Civitan Club is still not holding meetings because of the pandemic they are looking to 2022 to try and meet again.

The Club has picked up their Claxton cake from the warehouse and sales of the fruitcake are well underway.

RECIPE FOR ANY LEFTOVER CLAXTON FRUIT CAKE

Holiday Cupcakes

1 1-lb. Claxton Fruit Cake

1 box French vanilla cake mix

3 large eggs

1 cup water

1/3 cup vegetable oil

2 1/2 16-oz. containers cream cheese frosting



Preheat oven to 350 degrees. Prepare cake mix as directed using eggs, water and oil. chop or crumble the fruitcake into marble-sized chunks and add it to the prepared cake mix. Fill muffin cups about two-thirds full with mix and cook for 17-20 minutes or until toothpick inserted in center comes out clean. Cool in pan or on wire rack for at least 30 minutes; frost only when cool. Can be refrigerated in sealed container overnight. makes 24 cupcakes.



Don Mills Civitan Club - #746 Jeff Simpson

The last year and a half dealing with Covid has presented challenges for all of us; minor hockey included.

With this in mind, I am writing to let you know that we have reached an agreement with Victoria Village Hockey to merge our house league program into theirs. What this means is that if you have registered to play hockey at Don Mills, you have a spot secured with Victoria Village Hockey if you choose to take advantage of it.

It also confirms that the challenges our league has faced, before and during the pandemic, have reduced our numbers to a level that doesn't allow us to run a viable house league program. Our hockey committee agreed that the best thing for our young players and their families was a robust, competitive house league with full rosters and divisions. Our merger with Victoria Village Hockey makes that a reality.

We understand that not everyone will want to move in that direction; there are other excellent hockey groups that would be happy to register your son or daughter. We will work to facilitate whatever move works best for all our hockey families providing refunds and releases as requested.

While this is a sad day for Don Mills Civitan Club's house league hockey program, it does represent a great opportunity to bolster hockey in the area. The Don Mills Civitan Club will continue to operate its other community-based programs such as our highly successful hockey school and the Donaldson's Diamonds hockey program in support of developmentally delayed athletes.

On behalf of the Don Mills Civitan Club I would like to thank all our volunteers, officials, and hockey families for the years of support and participation. It has been an honour to be part of so many great memories.

DON MILLS CIVITAN CLUB
Merry wishes you
CHRISTMAS AND A HAPPY *New Year*

The MEMORIES REMAIN



After a long hiatus, we were finally able to hold our first "in-person" meeting in October. It had been a long time since many of us were able get together, so it was uplifting for all. A prospective new member was also present that night. To keep up the momentum, we followed that with a meeting in November.

There was a lot of enthusiasm in the room on both occasions. it was evident, given discussions about starting some new fund raising efforts. These included the idea of initiating a craft beer raffle , and organizing a clothing drive with a local re-use business. As a result, at our upcoming meeting in January, we plan to set up committees to further develop these projects.

We also discussed our newest fund raiser, document shredding . Over the past two years, we have been trying to widen community awareness of this event. Most recently, we held one on October 2. Among ideas for publicizing this event, we are considering placing a large illuminated sign along the heavily-travelled route near the shredding site in Ancaster a week or more prior to our next shredding day.

We will make an effort to solicit donations from the community to help pay for the shredding service, the major overhead expense for this event.

In November, a Cootes Drive Trail clean-up took place, with a large number of potential junior Civitan members participating alongside us. We're encouraged by the enthusiasm of these young people, and we again thank Tracy Beck for her great efforts as advisor.

The fire escape at Civitan Place, home of the Dundas Learning Centre, will be getting some much-needed re-construction work in December.

Our members strongly supported covering the cost of this project.

The Learning Centre is also the focus of a review we have started, with the help of our local Rotary club, of its heating and cooling system. The goal is to reduce our carbon footprint by improving them. This is a timely action, considering the heightened concerns about climate change and the environment.

We fervently hope that some time in the New Year, we will be able to get our Alleycats Bowling League back on the lanes. This team-building activity has been sorely missed by our Special Olympics athletes.

Dundas Civitan Club * continued



On Sunday morning (November 14, Tracy Beck and Bruce Davey got all of these young folks out for a brisk cleanup along the south side of Cootes Drive. Most of these students are new with the junior club that is in the building process as most of the former club from the last couple of years have graduated and moved on to college and university.

Dundas Junior Civitans help with Adopt a Road Clean up.



Dundas Civitan Club held a Document Shredding day.

Merry Christmas
HAPPY HANUKKAH
JOYOUS KWANZAA

Dundas Civitan Club extends best wishes to all our fellow Civitans and their families for Christmas, Hanukkah, and Kwanzaa, and for a happy and healthier New Year

Halton Civitan Club - #3526-Marlyne Van Exan

The Halton Civitan Club has been busy with our winter projects. Our main fundraiser is selling Claxton Fruitcake. Civitan Pat has sold almost 4 cases of cake, making her our highest seller excluding our President. We have sold out of cake for the year, but plan on exploring online sales through our club's social media page next year. You can find us on Facebook under Halton Civitan Club if you'd like to keep up to date with what we are up to.

Our club also came together to fill 67 gift bags for our friends at CWSDS. Our gifts included a decorative bell, crayons, note pad, colouring book, and handmade hat and mittens. These gifts are always appreciated. In past years they were handed out by Santa during the Christmas BINGO, but due to Covid-19 restrictions, they will be distributed by staff at CWSDS.

Finally, our club is meeting next week to complete our purse project. Civitan Denise organizes this initiative on behalf of The Purse Project Network. We will be filling a number of purses with essential items and they will be distributed to a variety of places including women's shelters in Hamilton, Burlington and Oakville. If you would like to get involved with this project, we are always looking for donations of gently used purses.

Filling bags for their friends at CWSDS
Its Christmas in the heart that puts
Christmas in the air.



Kawartha Lakes Civitan Club - #2721-Ken Luff

The major renovations to the club house are now complete.



Kawartha Lakes club now plans to meet again for their regular meetings, on the agenda for the next meeting will be who they make their donations too.

They are setting up their schedule with the Salvation Army to man the donation Kettle's at different sites

The Food Bank has moved out of their building.

Due to Covid they cannot sell the chocolate bars.

Kawartha Lakes club held 2 successful Yard/Garage sales. It was set up with the Covid regulations in place.



President Ken Luff and Karen Luff presented [Lady Mackenzie Public School](#) Principal Kevin McMurray with a donation to assist with student needs.

Donation to [Ridgewood Public School](#)! Left to right - Civitan Johnny Cormier, Civitan Steve Phillips, Civitan Karen Luff presenting to Sarah Crowther TLDSB, Civitan [Dean Michel](#) and Bronwyn Michel. Absent were Civitan Ken Luff, Civitan Dave Ried, Civitan Debbie Cormier and Civitan Ed Fildey.



Donation to Mr Arkwright, Principal at [Fenelon Township Public School](#), presented by Emma Marshall and Civitan Karen Luff.

'Tis the Season of Giving

It is Christmas in the heart that puts Christmas in the air."



'Tis the season for the Fenelon Falls Salvation Army Kettles!



London Middlesex Civitan Club - #2383 President Darrell Blackwell

London has been meeting via Zoom. In Dec we will have our first in person meeting for our Christmas dinner party. We will have a Swiss Chalet festive dinner, desserts by our member Susan's "Layers by Design", exchange gifts of "not so tacky" this year, and play "Friendly Family Feud". Area Director Bruce Davies is planning to attend and install our new member Steph. Welcome Steph! We also have a guest attending, who is a potential new member. Santa Darrell will be in attendance to hand around gifts and Santa chocolates. The club has donated money to "Basket Brigade" for the Christmas hampers again this year. We are holding another zoom Christmas party for CLL, where they will sing carols, play bingo and have an ugly sweater contest, all with prizes that members shopped for and stuffed this past Sunday. Since our dances are still on hold, we have been thinking outside the box and have purchased a blow-up screen in hopes of holding outdoor movies for CLL in warmer weather. The members were able to visit with our new sponsor horse Ace (unfortunately during the pandemic's first year our former horse Vixen, passed away suddenly) at SARI, while all the horses were having a week off. We have donated thousands over the years to SARI, at \$3000 a year to keep a horse in feed. We recently filled a request for \$1375 help that was needed to pay for a special-order wheel chair for a tall person. Members walking Sundays have continued despite the bad weather



Members of the London Middlesex Civitan Club enjoyed a night of fellowship at The Tin Cup mini golf. Civitans Cheryl, Tracy, Brittany, and Bill each got a hole in one!



London Middlesex Civitan club visited the new horse Ace, last night. Ace replaced Vixen who passed suddenly last year. The horses are on vacation this week and enjoying the mud, so Ace was a little on the muddy side tonight but we are told he is a great horse for therapeutic riding!!



Santa Darrell hard at work while the reindeer take a well-deserved break.



ho ho ho
ho ho



Midland Civitan Club - #1959 Maire Fairbanks

The Midland Civitan Club continues to meet, via Zoom. A huge Shout Out to Carol Fredericks for being our IT Guru.

We again supplied Community Living with funds to buy pumpkins for their carving contest, courtesy of funds held in trust in memory of Civitan Dawn Locke. Civitan Norma was again asked to be a judge in this event.



We also donated funds to GBGH in Memory of Civitan Vern's late wife, Hughette.

We held our inaugural on Nov, 25, 2021. Thank you, Governor Darrell and Area Director Marlyne, for attending. We are also doing a Static Xmas Display in conjunction with the BIA on Saturday, Dec. 4, 2021.

We have picked up our cake and have started sales which are going very well.

The Bingo Hall has resumed limited Bingo action but tap tics are going strong and we are back doing screening so our Bingo Funds should be increasing.



Recently, the Midland Civitan Club generously made donations to honour the memory of two long-standing members, Huguetta Fahrentholz and Dawn Locke. These gifts will support the GBGH Foundation's Impact Fund, providing critical support for the highest priority equipment and technology needs at [Georgian Bay General Hospital](#). Thank you to this dedicated group of volunteers for their service to and support for our community.



Midland Civitan Club
wishes you all a
Merry Christmas
&
Happy New Year!



OAKVILLE Civitan Club - #1434 Chris Smith

The Farmer's Market continues to be successful and attendance is strong. The Donation Jar continues to fill up every Saturday. The vendors are happy as they continue to sell out their products.

Farmer's Market Chair, Civitan Doug Guthrie, will retire this position at the end of November after more than 20 years.

Congratulations Doug for a long and successful run. **Y**ou will be missed. **Y**ou will now be able to relax and sleep in on Saturday mornings.

Their first quarter meeting was held recently and are ready for a great year.

Delta Bingo continues to bring in good revenue and hopefully will soon be live.

Planning a golf tournament in spring 2022.

SANTA

HERE'S HOPING WE CAN HAVING
OUR GOLF TOURNAMENT IN 2022



May your home be filled with
the joy of the Christmas season.
Here's wishing you a



**Merry
Christmas
and Happy
New Year**

Toronto Lung Transplant Club - #3543 Russell D'Abreu

President Russell has reported that a lot of things continue to happen; they are as follows:

Just so all can keep touch with this club here is the address for the hope newsletter.

www.tltcc.com\TLTCC Hope Newsletter 2021-07-08-09.pdf

The club still continues to register your consent through my campaign for Organ and Tissue donation at beADonor.ca/russell-d-abreu . (Please discuss your wishes with loved ones.)

Some of the club members attended the CDW meeting on Sept. 25th and they are pleased that Canada will remain with districts for now.

They completed their online training for the President's role.

Enzo a previous president issued the Hope Newsletter for July-Sept. to all of their subscribers.

The club announces a potential new member might join the club.

Another member Mavis is busy working on closing the club's fiscal year end.

A couple of new items that the THTCC is exploring is the new Spirometry options for lung transplant recipients, so that they have the ability to send vital patient data using IOS/Android devices and app to the TGH transplant support team.

Also, Enzo has been looking for Club Honour Key submissions.

There are so many things that are happening with this club that could affect any one of our families. I as a fellow Civitan am heartened by the efforts displayed here that can help make families and Civitan members better.

Congratulations to President Russell for his leadership and passion.



The Toronto Lung Transplant Club
wishes that peace
and joy that
Christmas brings
always be with you
and your family!

MERRY CHRISTMAS
&
HAPPY NEW YEAR

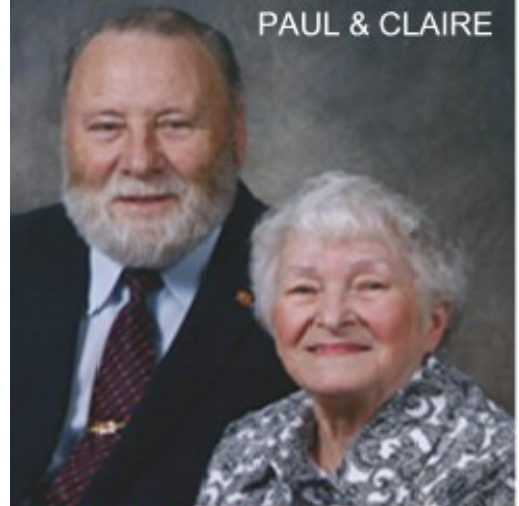
Obituaries

CLAIRE LEBLANC

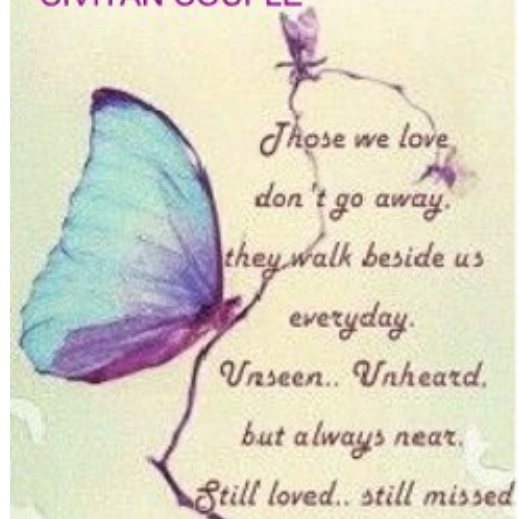


It is with heavy heart that I want everyone to know Claire LeBlanc, widow of Past Governor Canadian District East, Paul LeBlanc and a long-time member of the Canadian International Foundation of Canada Board passed away on October 7th.

PAUL & CLAIRE



They were a dedicated CIVITAN COUPLE



**When someone
you love dies,
it changes your
life forever.
It's not something
you get over.
The loss now
becomes a part
of who you are.**

Beautiful memories
Silently kept
Of one that we loved
And will never forget

There are special'
People in on lives
Who never leave us
Even often they are gone

The song is ended but the
Melody lingers on

Christmas can be a difficult reminder of the love we shared with our loved ones. Focus on the love you shared and the feelings that made you smile, not the sadness and pain of losing them. Love is the most powerful and wonderful emotion and it is something that should be treasured. Share the love inside your heart for those loved ones we have lost and will no longer be with us at Christmas.

A VERY MERRY CHRISTMAS and Happy New Year!



CANADIAN DISTRICT WEST CIVITAN BOARD

wishes you Love, Joy and Peace
this Christmas Season and
throughout the New Year



Civitan International Foundation of Canada

Wishes your Christmas be merry
Your heart be light
Your Christmas Season be happy
And your New Year bright.



Governor Elect Message



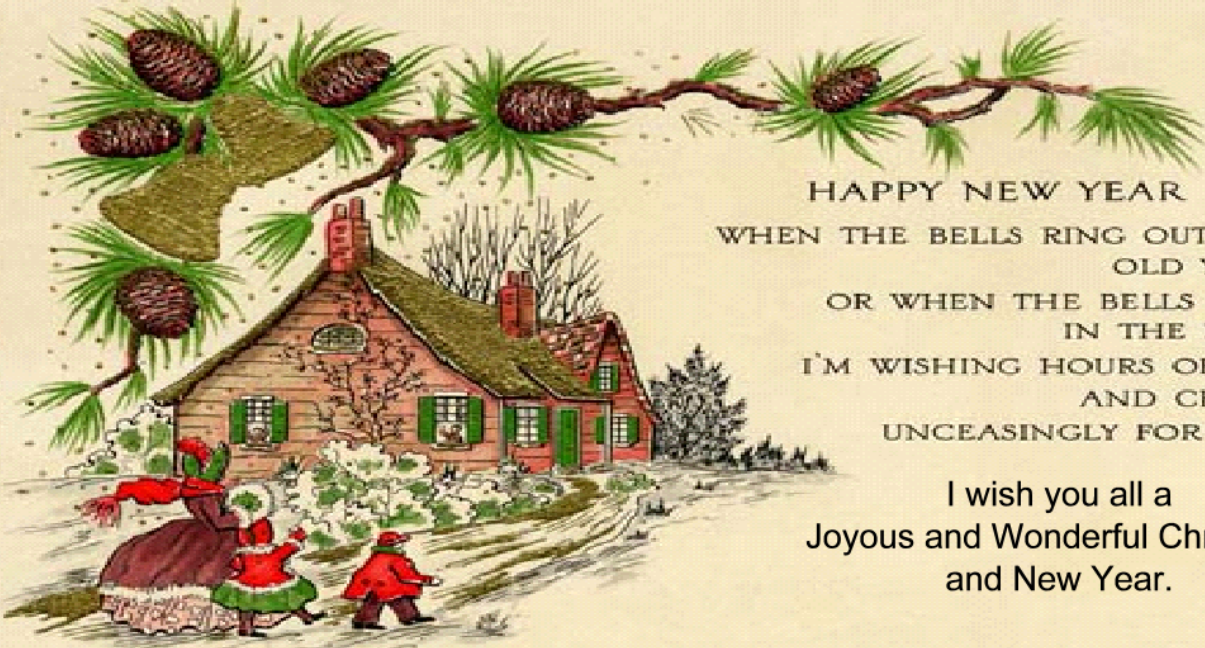
Hello fellow CDW Civitan's,

I hope this message finds you all well and safe.

Things are slowly opening around the district. Some clubs are meeting in person, while some are still meeting via zoom. Either method is dependant on how your membership feels and what works for you. I hope your boards had a chance to get trained online. If you missed it, you can still access it at <https://civitan.org/training/>. Unfortunately, late training doesn't give your club "club in good standing" according to International. However, it will help your member if they are new to the role, or just in general, to know their position.

I'd like to make up helpful training booklets that the clubs can access on our own website that people new to a position, rusty, or considering running can access. This could include running a fundraiser or project. If any of you have any tips for a position you hold that you would like to pass on to help your fellow Civitan's please feel free to email me. Or perhaps your club has already done this. I did do it several years ago, for my own club, but in all the floods at our club house, I believe they got lost. I think sometimes fear of what a position entails holds people back. If I can be of any assistance to your club, please feel free to contact me.

2021



HAPPY NEW YEAR
WHEN THE BELLS RING OUT THE
OLD YEAR,
OR WHEN THE BELLS RING
IN THE NEW,
I'M WISHING HOURS OF JOY
AND CHEER,
UNCEASINGLY FOR YOU.

I wish you all a
Joyous and Wonderful Christmas
and New Year.

Pauline Gov. Elect, CDW



Pat McKinney: mckinneyo1@rogers.com

