



# BEAVER TALES

Fall  
2022-23



Canada District West  
Region 5



## 2022-23 C.D.W.

### Board

#### Governor

Pauline Blackwell

#### Governor Elect

Pat McKinney

#### Immediate Past Governor

Darrell Blackwell

#### 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

People helping  
Clubs stay  
united!



Hello CDW members.

I hope you all enjoyed your summer, it sure was an unusual weather one with rain, heat and smoke as the forecasts!

I hope to see many of you at the Region Convention. I know a lot of work and planning has gone into it by the host club, London. However, the numbers are not looking good. It's very disappointing so far.

**Please** let Lyle post your events so that other CDW members can consider attending.

If you have a successful project, that other clubs might be interested to try in their area, please send it along to the Beaver Tales, or Lyle for send out or both.

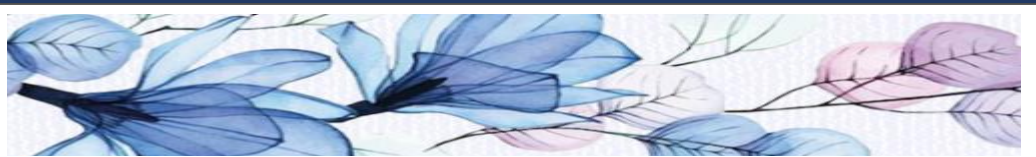
**Thanks** for some interesting club visits during my time as Governor Elect and Governor. Unfortunately, in some instances I was invited but unable to join your event.

As you close your Civitan year, as I am closing out being your Governor, and get ready for another, I wish you much success going forward.

Sincerely,  
Pauline, Governor 2022/23

Thank you  
Thank you

We just  
**Want**  
to say... *Thank You*  
**Pauline for a job well done!!**





# CIVITAN INTERNATIONAL

June 14, 2023

Lyle Armstrong  
Don Mills Civitan Club

Civitan Lyle,

Thank you for giving the board time to review your questions and we hope that we can ease your concerns through this response. During the structural transition this year, we have continued to address matters that are presented to us. In order to be stronger, we must be able to work together in the interest of the overall Civitan organization.

- 1) How are new clubs going to be built outside the U.S.A. with only having clubs at large. If clubs are focusing on their community and building their membership who is going to be focused on building new clubs or is the purpose for Civitan to be **U.S.A. only**?

The club building process has really not changed. However, staff and committees have worked diligently to provide members with more tools to make the process easier for members. We encourage you and others to review the resources available at <https://civitan.org/club-building-center-member-center-icon/>. If you have not reviewed the website recently, you might be pleasantly surprised.

Additionally, at the April board meeting, 100K was approved to be used by EVP Thompson to create a plan for club building. We are looking forward to hearing from her soon. As you know, club building has been difficult in the past few years – especially since the pandemic. We welcome your ideas and suggestions. With this question, it seems there may be interest.

As the name implies, Civitan International is committed to our Mission, Vision and Values wherever there is a need. The board has reinforced this commitment with the newly authorized Vision and Values statements that go hand-in-hand with our Mission Statement. Please see all these statements at [MISSION AND CREED | Civitan International](#)

If there is a club build idea and/or a team ready, we would love to support it.

- 2) With not having an International Director, how is anyone to know when the board meetings are being held so that any concerns can be put forth and addressed at an International Board meeting?

As a past international director, you may remember that any concerns needing to be addressed by the board must be submitted through a board member. Any member in a club at large that wants something presented to the board can ask the EVP, President, PE

## CIVITAN INTERNATIONAL RESPONSES TO QUESTIONS ASKED

or Immediate PP to present it as an agenda item. In the meantime, we will advertise the meeting dates on Facebook in the CI Members group.

- 3) With the minutes now being on Boardable how is anyone outside the U.S.A. who do not have representation on the board to know when International polices are changed.

The board minutes have been sent to Pat McKinney in the last year as the immediate past international director from Canada. The minutes are always available with a quick email request to EVP, Thompson. That information has been mentioned in the *Civitan Magazine* many times in the “World Headquarters Update” section. In the fall, EVP Thompson sent a newsletter out to each club in Canada that had some of the info in it, and another is being prepared to be sent. The policies are still on the website in the “International Governance” section (<https://civitan.org/governance/>) and are updated regularly. They can be opened with the same password as always.

- 4) Will the clubs at large be provided with full International Convention packages INCLUDING by-law amendments that have been proposed, prior to the Convention deadline? As we do not have access to International Board Minutes because we no longer have a seat on the Board, how will we know these proposed amendments are complete and that we are not going to be blindsided at an International Convention, by being asked to vote on something we are totally unaware of? The link to full amended bylaws mentioned in the latest Civitan Connect DOES NOT WORK. There is no proposed bylaws on the Convention page of the website, and the link only pulls up exactly what was in the Civitan Connect.

Great question Lyle. Because members have requested, we are mailing (by U.S. mail) a complete convention package to all clubs for which we have current information. The bylaw amendments will be presented very clearly so there are no misunderstandings as in past years. If you have any questions regarding the amendments, please reach out to any board member.

We want to be sure that you are aware that voting will only be in-person this year. The board did not vote to allow an exception for virtual voting again. At this time, there are only two members registered from Canada. The policy for voting has not changed, so only clubs in good standing will be able to provide delegates to cast votes for their club. For Clubs-at-Large, “good standing” includes an executed license agreement, officers must be trained, we must have a current roster of members, and dues are paid current. Clubs in Canada were notified of this back in the fall via an email from world headquarters.

Please accept our apologies for the link, however it is now working. It currently has the one-pager that was in the *Civitan Magazine*. More information will be available this week and also once we have the physical mailing ready to go out.

- 5) With clubs at large only sending in their membership lists twice yearly are new members going to be recognized for their tenure in Civitan and if so when is their anniversary date. Also, why are members of clubs at large not being recognized after January in Civitan Connect. Are members of clubs at large not Civitans and is their tenure not important?



The membership lists that are requested twice per year do not replace the need for a club to report additions when they happen. This is easily done via the website. Also on the website, you will notice that Clubs-at-Large are now included in the *Civitan-niversary* scroll and they should be included in the June newsletter as well.

6) Will there be a section in the POLICIES on Clubs-at-Large?

As a board, we are in the process of reviewing the entire policy manual and several updates have already been revised due to structure changes. We will still need to review or add more policies regarding Clubs-at-Large, but for now, they are mentioned in several policies including 0321 *Steps to be Taken When a District is Dissolved*, which was amended in July of 2021. This policy specifically speaks to the rights and obligations of Clubs-at-Large. Additionally, policies 1110 *Procedure for Billing American Clubs for Quarterly International Dues*, 1110.1 *Dues Structure for Clubs Outside the United States*, and 1110.3 *Deviations for Canadian Civitan Clubs* were amended in the fall of 2022 and speak to the Canadian Clubs-at-Large.

An updated copy of the Policy Manual is attached to this email. Again, your suggestions are welcome.

7) When Civitan International sends a copy for signing of the Licensing Agreement why is it not signed by Civitan International.

This is standard operating practice of any business entity. Civitan is issuing the document to which the club must agree. The licensing agreement allows usage of the intellectual property of Civitan International. It is not property of the club. The club uses it under the premise of the charter and this agreement.

8) Has membership in Civitan increased since the restructure has taken place? When looking at the website is **members strong** exaggerated? Do we actually have 30,000 members?

1917

YEAR FOUNDED

103

YEARS OF SERVICE

30,000

MEMBERS STRONG

This has been corrected on the website. It was not “exaggerated,” just a simple oversight with the many other priorities of our staff.

9) Who is signing that the clubs have received their officer training. You don’t recognize our District so is the President signing for themselves that they are trained?

The clubs in Canada were sent info on this, based on the officer information we had at the time. The following sentence is straight from EVP Thompson’s email:

*"The Civitan Club in Good Standing policy still applies to at large clubs. Please ensure your club officers have been trained. While there currently is no specific training for at large clubs, to ensure you are trained, you are welcome to utilize the trainings from CI. They can be found at the link below. Attendance is tracked by that website, so I'll know if your club officers have completed them. For the treasurer training, we have also placed the Canadian treasurer training from last year on our Vimeo channel and it's absolutely free of charge. If your treasurer chooses that one, I need to know they have completed it via an email. We had issued a deadline for this officer training to be complete by December 31st in the newsletter that went out to Canadian clubs about a month ago. However, I have extended that deadline to January 15, 2023, considering the last few weeks have held some uncertainty with the trademark discussions. Remember, being in good standing allows the opportunity for the club to submit delegates to vote in the 2023 CI elections. I will share with you that at this time, the 2023 CI elections will happen in person and not virtually. Here's the link for the club officer trainings via CI: <https://www.pathlms.com/civitan-international/courses>*

If there is ever a question regarding training, please let us know so we can help make it happen for the club.

Lyle, at this point, we just want to be sure that we are all on the same page. You mention several times that Canada is not represented by a seat on the board. We are of the understanding that this was the wishes of the Canadian membership. There were several meetings with the Region 5 director during the 20-21 and 21-22 years to try to resolve multiple issues. We would love nothing more than to have an amenable relationship with members of the Canadian clubs and welcome all questions, concerns, and suggestions. There is nothing listed in the items above that cannot be "fixed" so that we can return to a unified organization. This board and staff is dedicated to moving Civitan forward so that we can further the mission, which is why we are all a part of Civitan to begin with.

**"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."**

In Civitan,  
2022-2023 International Board of Directors

Jo Ann O'Toole, President  
Scarlet Thompson, Executive Vice President  
Kearney "Dee" Hutsler, President Elect  
Dan Brown, Immediate Past President  
Joel Hallman, Region 1 Director  
Bill Tolleson, Region 2 Director  
John Sofley, Region 3 Director  
Denise Phelps, Region 4 Director  
Patti Belote, Region 6 Director  
Grace Farmer, Region 7 Director  
Lynda Wheeler, Region 8 Director



**Tastes OF THE SEASON**

CLAXTON FRUIT CAKE SEASON IS ALMOST HERE!!

Sales support our many good causes and provide funds for your club's operating expenses.

Old Fashion Claxton Fruit Cake  
WORLD FAMOUS



## QUESTIONS AND CONCERNS FROM INTERNATIONALS RESPONSE

#3) Policies on the website are currently November 2022 but she states they are “updated regularly”??

#4) Convention packages will be mailed to clubs? Presidents? Why not registered delegates? The comment about the link re bylaw changes “now working” is incorrect. It still only points to the “what’s on the ballot”, not to a full version of revised bylaws

#5) online “Add a Member” form states US only! Policy 801.1 states “adds/delete forms are not necessary”; this is handled by the twice-yearly roster update from the at large clubs

#6) Policy 1110.1 Deviation states that President Council dues MUST be paid direct to Civitan International. Not to Foundation or to UAB so no tax receipt available?

#8) club locator (join a club) lists USA clubs ONLY. President O’Toole states member numbers have been updated online, but where are they?

Don't Forget!

Club rosters are to be sent to  
**Civitan International & CDW Treasurer**  
by Sept. 15



**Peace is not  
when everyone  
agrees. It is when  
we can respect our  
disagreements  
and still play in  
the sandbox  
together.**

*Autumn,  
the season that  
teaches us, that  
change can be  
beautiful.*

FatGalah.com

Sometimes, not  
saying anything is the  
best answer. You see,  
silence can never be  
misquoted.

**Don't find faults.**

**Find fixes.**

## And the winners of Oakville's Community Spirit Awards are...

Oakville | Halton | Community | Latest News  
By [Gene Pereira](#)  
Published June 9, 2023 at 9:53 am



They have demonstrated ongoing leadership, dedication and involvement in the community and Thursday night (June 8) Oakville took time to recognize all they have done.



**Inclusion, Diversity, Equity and Accessibility Award – sponsored by  
Access Abilities**

- Marlyne Van Exan (Recipient)



**CONGRATULATIONS!!!**  
**Marlyne Van Exan**





# BG's Positively Speaking

"One Day More!"

## Have you ever felt that:

- Things have come to a standstill?
- You have done everything that you can think of?
- You have run out of time?
- Nothing is working for you?
- Your efforts are futile; you are doomed to fail?

Let me tell you, I know how you feel. I have been there too. But let me tell you what I found out.

I found out that most people give up too early. They are not patient enough to allow themselves the time it takes to become successful. Instead, they tell themselves that they are a failure, that it's taking too long and is too difficult. Convincing themselves that it's a bad idea or they can't complete the task. As a result, they self-sabotage themselves by quitting. This is the wrong time to give up. Instead, we must understand that failure is an essential part of success. It's how we learn to be successful, whether in our personal or work ambitions. Failures contain the lessons we need to achieve success.

Instead of quitting, we need to say, "I will give it one day more." Then go about our day with renewed enthusiasm. Making sure we do something, no matter how small, to move us closer to our goals.

At the end of that day, get ready to do it again tomorrow, the day after, and the day after. Just take one day at a time. The answers you seek are in there somewhere, don't give up on finding them before you have tried ALL the possibilities. Remember the old saying, "If at first, you don't succeed, try, try, try again."

The people in life who achieve success all have one thing in common.....

## They Kept On Saying – "Just One Day More"

Attitude is the "little" thing that makes a big difference.

# TIME'S A-TICKING

## DEADLINE FOR C.D.W. AWARDS

November 30	Jack Scott	Outstanding Community Service
November 30	Bud Gallop	Outstanding Club Service Mentally/Physically Disabled
November 30	Gerry King	Outstanding Club Service to Youth
November 30	Peter Street	Outstanding President
November 30	Wes Armstrong	Outstanding Non-Civitan Volunteer
November 30	Dick & Mary Ann Ivens "TEAM CIVITAN"	Outstanding Couple Working to Better Civitan
November 30	Bert Palmer	Friend to Youth



He who smiles in a crisis has found someone to blame.

If you can stay calm while all around you is chaos, then you probably haven't completely understood the situation.

How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?



2023 CIVITAN INTERNATIONAL CONVENTION  
AUGUST 17 - AUGUST 20, 2023  
INDIANAPOLIS, INDIANA



Joe O'Toole interviews Dr. Greg Powell  
Director, Civitan International Research Centre



Sue & Pat with Region 6



Sue with her fellow Governors



Albuquerque  
New Mexico

Site of the 2024  
Civitan International  
Convention

Mark Eisinger is replacing Scarlet and  
Michael Morgan was elected President Elect





## Action and Effect

*The principle of cause and effect is the truth that allows us to better ourselves and the world around us.*

All motive and action affects the cosmos in some way. The principle of cause and effect is the truth that allows us to change ourselves and the world around us for the better. However, this same universal law is also at work when change is not at the forefront of our minds. Our intentions flow forever outward in the form of energy, affecting both the people closest to us and billions of individuals we will likely never meet. For that reason, we should strive always to speak, think, and behave with great thoughtfulness and compassion. The virtues we choose to embody can inspire joy and integrity in the lives of countless people, whether we touch their existence directly or not.

The influence we wield is infinite. In an effort to internalize our conscious understanding of the nature of cause and effect, we can never truly know how our thoughts, emotions, words, or actions will manifest themselves on the larger universal stage because it is likely that the farthest-reaching effects will fall outside the range of our perception. We can only look to the guidance of our conscience, which will help us determine whether each of our choices is contributing to humanity's illumination or setting the stage for unintended troubles. When we are in doubt, we need only remember that the cultivation of altruism inevitably leads to a harvest of goodwill and grace. Motivated by a sincere desire to spread goodness, we will be naturally drawn to those choices that will help us express our commitment to universal well-being.

Nothing you do, however minor or mundane, is ever exempt from the rules of cause and effect. From the moment of your birth, you have served as an agent of change, setting forces beyond your comprehension into motion across the surface of the earth and beyond. You can exert conscious control over this transformative energy simply by examining your intentions and endeavoring always to promote peace, positive energy, and passion in your ideas and actions. While you may never fully comprehend the extent of your purposefully heartfelt influence, you can rest assured that it will be universally felt.

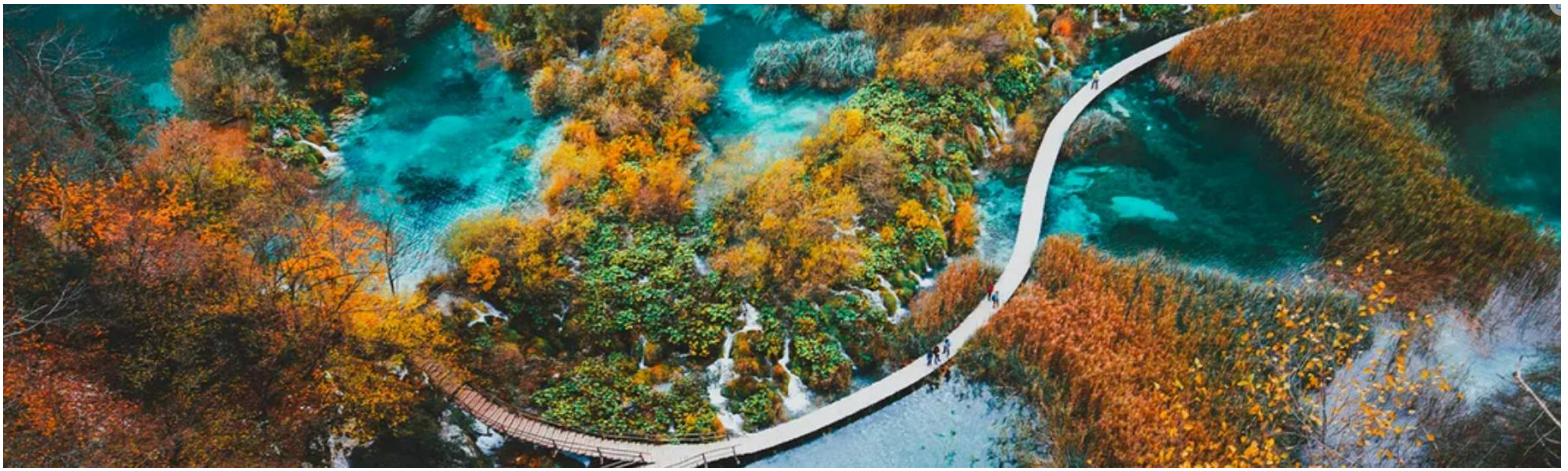


**Every thought and action of anyone affects everyone!**

The world will be a better place if man's urge to be silent was as strong as his urge to speak.





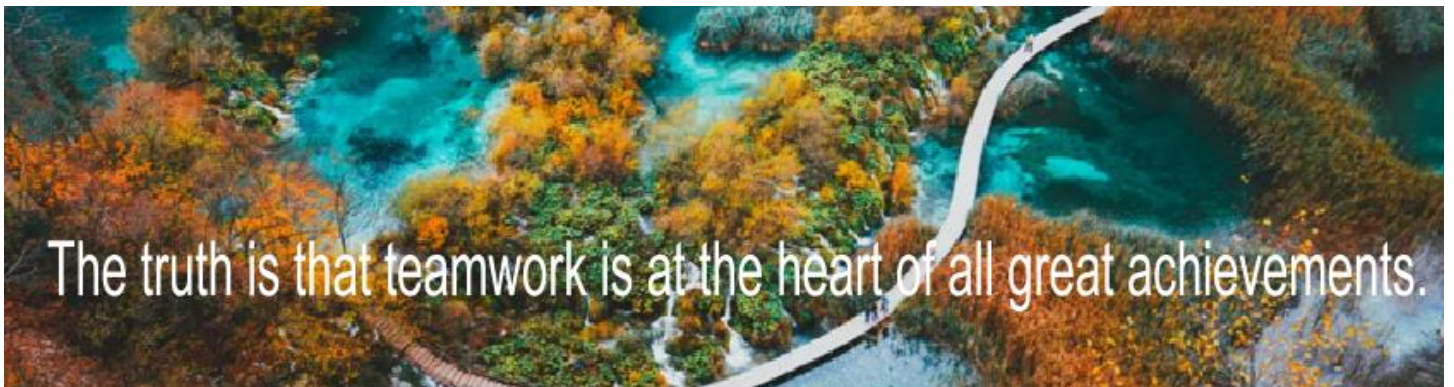


## Cooperation

*Cooperation flows more easily when we let go of the necessity to be right all the time.*

Cooperation — working together toward a common goal for the benefit of all involved — seems simple. But amazingly it can be quite challenging, even when we have so many successful examples all around us. Society is based upon the concept of cooperation, but finding a balance that ensures the good of all members is difficult. In nature, symbiotic relationships form between unlikely allies — a bee and a flower, a bird and a rhinoceros, small fish and sharks — yet nature also shows us instances of constant competition in which only the strongest survive. Given the choice, it seems most people would choose the more peaceful path of cooperation. Intellectually, we know that together we can create something greater than what we can do alone, but cooperation still seems to be one of the greatest challenges people face. We don't always agree on how goals can be reached. Our priorities or our methods may be different, but in the end, cooperation offers the best chance for success.

So how can we learn to cooperate with each other? We can gain greater perspective by trying to understand one another's point of view, perhaps even putting ourselves in their place. We can search for commonalities as well as differences and look for the good in different approaches. There is always more than one way of doing things, and some approaches are better suited for certain situations than others. All this is easier when we let go of the necessity to be right and to call others wrong. More importantly, we must believe that there is a solution that benefits all involved, not just one side.





# CONGRATULATION 2023 CIFOC BURSARY WINNERS

## William Murphy Bursary:

Bill Murphy was a Civitan for 10 years. He was a member of the Midland Civitan Club and served as President as well as in many chairperson positions. He was Governor of the District in 1973-74 and during his year as governor Junior Civitan was formed. This year's recipient of the William Murphy Bursary is **Kate Wilson**. Kate is a graduating member of the Halton Junior Civitan Club and has been an active member of that Junior Civitan Club for several years since it was chartered. She is currently Governor of the Junior District. She will be graduating this summer, and will attend University in September, hoping to follow studies in Business as an undergraduate and then finish her education at law school. As of application date, she did not state which University she will be attending.

## Richard Ivens Bursary:

Dick was a member of the Midland Civitan Club for 25 years. He served his club in many positions and received many awards including distinguished club president. He was instrumental in starting the Midland Santa Claus Parade which is still an annual event. Dick was Governor from 1990-91 and was made a fellow of the Foundation in 1994. The recipient of the Richard Ivens Bursary is **Joshua Schmitchen**, a new private member of the Foundation. Joshua is a neighbour of Marlyne Van Exan and frequently assists her with gardening at Community Living Canada. As a student, he hopes to take Engineering courses and is extremely interested in robotics. At application date, he did not state his preference of University.

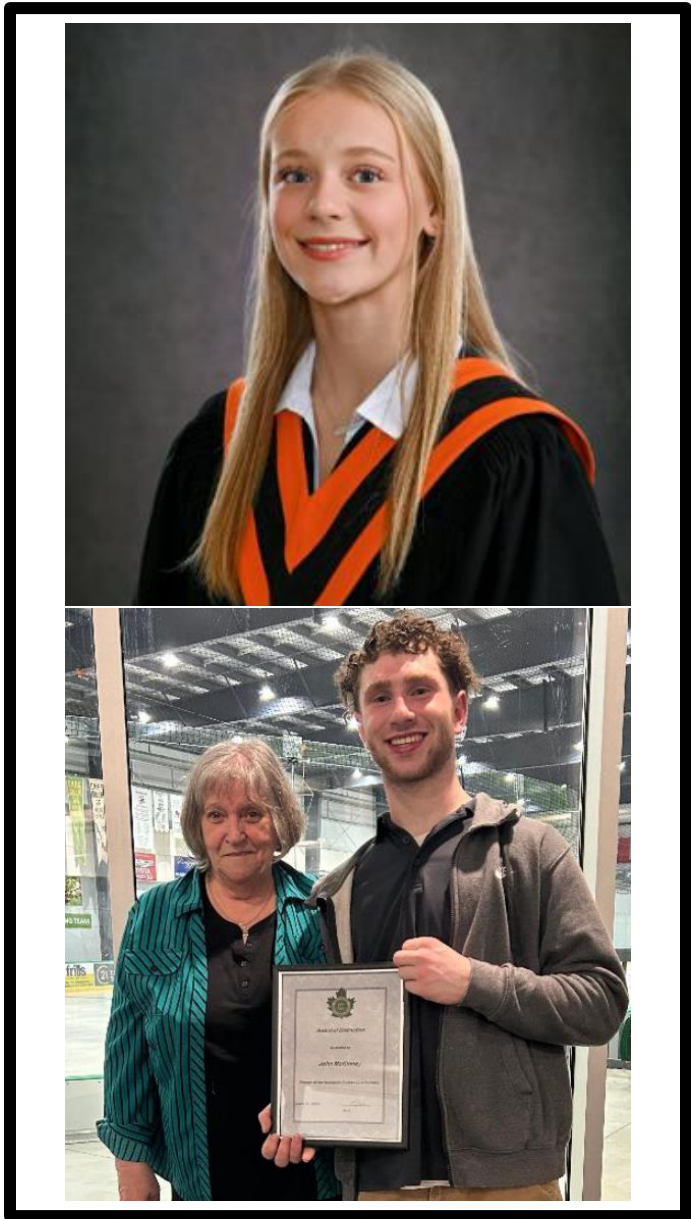
## Palmer-McNeil Bursary:

Bert Palmer was a member of the London Middlesex Civitan Club and was Governor in 1982. At the time of his death, Bert was International Director for Region 5. Bert was devoted to Junior Civitan and Special Olympics. He was instrumental in starting the C.H.I.L.D. Identification Program in London which expanded across the District. Bradley McNeil was born with Downs Syndrome. He was involved with special Olympics in bowling, floor hockey and track & field. He loved to dance, eat out and spend time at the family cottage. Brad was a special friend of the London Middlesex Civitan Club. This year's recipient is **Tristan Stripp**, who is a charter member of the Burlington Junior Civitan Club and has been involved in Civitan all her life through her aunt Tracey Beck. She is hoping to go into Business Management or a Commerce program, at an unspecified University





**The Credit Valley Bursary:** In 2010 the Credit Valley Civitan Club Bursary was inaugurated. This bursary includes grandchildren in the eligibility. The first Credit Valley Civitan Club bursary was awarded in 2011. This year’s recipient of the Credit Valley Civitan Club Bursary is **Madelyn Guthrie**. Madelyn is the granddaughter of an Almonte Civitan Club member, Marsha Guthrie has been very involved in the Almonte organization for many years. Her late grandfather, Peter Guthrie passed away in 2021 just prior to his 50th anniversary in Civitan. Madelyn “grew up” in Civitan and she spent many hours roaming the Almonte Civitan Hall while her grandparents worked at meetings, stocking the cooler, or baking pies for fundraising events. She hopes to one day become a member of the Almonte Civitan Club. Madelyn has applied to 7 universities and is interested in taking a Bachelor of Arts, Biology, Health Sciences Program with a double major in Sports Studies.



**The Brampton Civitan Club Bursary:** This is a ‘one time’ bursary donated by the former Brampton Civitan Club in recognition of their members. This represents the final Brampton funded bursary. The winner of the Brampton Civitan Club Bursary is **John McKinney**, who is grandson of Canadian District West’s Governor-Elect, Pat McKinney who is also a former Brampton Civitan Club member. John is a private member of the Foundation. He is very familiar with the Civitan organization and the benefits we provide but as there is no Civitan club in his area, he has not been able to access membership but looks forward to potentially participating in future events. John has been accepted to several universities and hopes to complete studies in Software Engineering and Electrical Engineering

Wishing all the bursary winners continued success on all their future endeavours.



# SCAM ALERT!

## PHISHING AND SMISHING SCAMS

Be on the lookout. Messages are easily fabricated!

As we spend more time online, fraudsters are getting more creative with scams in the digital space.

Phishing is when you get an unsolicited email that claims to be from a legitimate organization, such as financial institutions, businesses or government

agencies. Scammers ask you to provide or verify, either via email or by clicking on a web link, personal or financial information, like your credit card number, passwords and social insurance number.

Smishing is the same thing, except it occurs via text messages.

These messages often copy the tone and logo of organizations you trust, and usually include a call to

action. They take many shapes and forms but the bottom line is that they seek your personal details.

## PHISHING & SMISHING



### Tips to protect yourself:

- Know that reputable organizations will never ask for your personal information through email or text.
- Ignore communications from unknown contacts.
- Delete suspicious messages as they can carry viruses.
- Don't reply to spam messages, even to unsubscribe, and don't open any attachments or follow any links.
- To verify a hyperlink without clicking, hover your mouse over it. Carefully check if it is accurate.
- Update your antivirus software on all devices.
- Never use the phone number or email address provided in the suspicious message—use contact information listed on verified websites.







## HEALTH AND MEDICAL SCAMS

Watch out for magical cures that offer quick and easy fixes.

There are fraudsters out there who hope to take advantage of people's suffering. The three most common types of health scams are miracle cures, weight loss programs and fake online pharmacies. In all cases, they often appear as sponsored posts on social media or website pop-ups.

Scammers offer products and services that seem to be legitimate

revolutionary exercises; fat-busting devices; or breakthrough products, such as pills, patches or creams.

Fake online pharmacies offer drugs and medications at very cheap prices or without a doctor's

alternative medicines and treatments that quickly and easily treat serious conditions. Some of these may seem to be endorsed by celebrities or promoted by testimonials of people claiming to have been cured.

Weight loss scams promise dramatic results with little to no effort. The scammers might promote unusual diets;

prescription. They advertise on the internet and send spam emails. If you do receive the promised products, there is no guarantee they are the real thing or safe to take.



### Tips to protect yourself:

- Remember that there are no magic pills or miracle cures for achieving quick weight loss or treating medical conditions.
- Don't trust claims about medicines, supplements or other treatments. Get the facts straight from your healthcare professional.
- Never commit to anything under pressure, especially if a large advance payment or long-term contract is required.
- Know that if an online pharmacy is legitimate, it will require valid prescriptions.
- Be skeptical of celebrity endorsements or testimonials.





# SCAM ALERT!

## EMERGENCY SCAMS

Caring grandparents, don't act too quickly!

Emergency frauds usually target loving grandparents, taking advantage of their emotions to rob them of their money.

The typical scam starts with a grandparent receiving a phone call from someone claiming to be their grandchild. The "grandchild" goes on to say they're in trouble—common misfortunes include having been in a car accident,

getting locked up in jail, or trouble returning home from a foreign country—and they need money immediately.

The caller will ask you questions, getting you to reveal personal information. They'll also swear you to secrecy, saying they are embarrassed and don't want other family members to find out what's happened.

One variation of this ploy features two people on the phone, one pretending to be a grandchild and the other a police officer or lawyer.

In other cases, the scammer will pretend to be an old neighbour or a family friend in trouble.



## GRANDPARENT SCAMS

### Tips to protect yourself:

- Take time to verify the story. Scammers are counting on you wanting to quickly help your loved one in an emergency.
- Call the child's parents or friends to find out about their whereabouts.
- Ask the person on the phone questions that only your loved one would be able to answer and verify their identity before taking steps to help.
- Never send money to anyone you don't know and trust.
- Never give out any personal information to the caller.





## KFC COLESLAW

### Ingredients:

1/2 cup mayonnaise  
1/3 cup sugar  
1/4 cup milk  
1/4 cup buttermilk  
2 1/2 tablespoons lemon juice  
1 1/2 tablespoons white vinegar  
1/2 teaspoon salt  
1/8 teaspoon pepper  
8 cups finely chopped cabbage (approx. 1 head)  
1/4 cup shredded carrot (1 medium carrot)  
2 tablespoons minced onion



### Directions:

- \* Be sure cabbage and carrots are chopped into very fine pieces (a little bigger than rice)
- \* Combine the mayonnaise, sugar, milk, buttermilk, lemon juice, vinegar, salt and pepper in large bowl. Beat until smooth
- \* Add cabbage, carrots, and onions. Mix well.
- \* Cover and refrigerate for at least 2 hours, if you let it sit over night it's even better

## SLICED BAKED POTATOES

### Ingredients:

Baking potatoes  
Cheddar cheese, grated  
Bacon, cooked and crumbled  
Green onions, sliced  
Sour cream



### Directions:

Preheat oven to 400°F. Brush both side of potato slices with butter; place them on a cookie sheet. Bake for 30 to 40 minutes, or until lightly browned on both sides, turning once. When potatoes are ready, top with crumbled bacon, cheese, green onion. Return to oven and continue baking until the cheese has melted. Add a dollop of sour cream when done and enjoy! **Note:** You can also poke holes in the potatoes and microwave them for six minutes instead of baking.



Chocolate covered  
chips, Rolos, and a  
licorice string for the  
hat band!

# Boil Potatoes And Slice Them. Arrange With Meatballs And Cheese And Bake For A Delicious French Treat

## THE DISH:

- 3 potatoes, peeled and boiled
- 1 white onion
- 1 package of ground beef
- 1 teaspoon of chopped parsley
- 1 pinch of paprika
- 1 large bag of shredded mozzarella
- bechamel sauce
- salt
- pepper



## BECHAMEL SAUCE:

- 5 tablespoons of butter
- 4 tablespoons of all-purpose flour
- 4 cups of milk
- 2 teaspoons of salt
- 1/2 teaspoon of nutmeg



## HERE'S WHAT YOU DO:

Before anything else, we're going to make a basic béchamel sauce for use later in the recipe! First, get a medium saucepan and melt your butter over medium-low heat. Add in flour and stir it all up until it gets smooth. Keep cooking your mixture until it all turns a light golden color, for about six or seven minutes.

In the meantime, heat your milk in a separate pan until it's almost at a boil. Once it's hot enough, gradually add your hot milk one cup at a time to the butter, continually whisking the entire time until it's smooth. Once all the milk is incorporated, bring the whole thing to a boil and cook for 10 minutes, stirring it constantly. Season it at the end with salt and nutmeg and you're good to go!

Now that your sauce is ready, preheat your oven to 400 degrees. Next, get a big bowl and throw in your package of beef along with your chopped parsley and paprika. Add a little bit of salt and pepper as well. Once all the ingredients are together, mix together all the ingredients until they're evenly combined.

Next, peel three potatoes and boil them until they're semi-soft, around seven minutes. Once they're ready, take them out and chop them into slices, arranging them around the bottom of a round glass baking dish. Lay one layer flat on the bottom and arrange another layer around the sides as well.

After that, get your meat mixture and work it into ice cream scoop-sized meatballs—the entire thing should form about 15 meatballs. Next, arrange them on your slices of potato that you laid out earlier.

Once you've got your meatballs placed together, use your remaining slices of potato to put walls between the meatballs so each one has its own compartment. Pour your béchamel sauce into each one of the "compartments" until it's relatively full and top the entire thing with a thin layer of shredded mozzarella.

Finally, throw the entire dish in your preheated oven for 15 minutes. Once it's done, you'll have a deliciously cheesy and creamy French casserole-style dish that the whole family will love!

**ENJOY!** **ENJOY!** **ENJOY!**





*Be aware of giving from a desire to feel good about ourselves, rather than from a place of connection to all people.*

When we see a person in need, we may want to give them something as a way of helping them, but if we give without taking the time to see who they really are, honoring that most of all, our gift is nowhere near as powerful as it could be. We may want to give a homeless person a sandwich, for example, but if we give it without also taking a moment to look the person in the eye, making authentic contact, we rob them of the experience of being human.

Being in a position of need leaves a lot of people feeling vulnerable and full of self-doubt. The greatest gift we can give is to meet people in need without judgment and with the awareness that we are not superior to them simply because we are not currently in their position. If we take the long view, we can see that we all began life in need of a lot of care and attention, and many of us end life in the same way. Giving and receiving are companion energies that take turns throughout our lives, and we all get a chance to be on both sides of the exchange from time to time.

It's important to be aware of our own tendency to give from a desire to feel good about ourselves, rather than from an acknowledgement of our connection to all people. Letting go of our self-importance allows us to see that, regardless of appearances, we are all givers and receivers. When we are in the position of the giver, we honor those we are helping when we remember the many people who have helped us. Then we can look the person we are helping in the eye, aware that we are making contact with a human being who is our equal.

# Dundas Civitan Club - #3212 President Kelsey Gaudet

One of our town's most beloved annual events is the Dundas Cactus Festival held in mid-August. This year, Dundas Civitans and Special Olympics athletes took part in the parade that traditionally kicks off the festival. Despite predictions of rain for that evening, the weather held up, and there was a good turn-out of onlookers. To top things off, our club's float won an award for "Best Overall Effort". Congrats to all who planned and participated.



Aiden Davey, Bruce Davey and Eva Davey L to R





Ryan Ruaux, Henry Rinas, Michael MacRae, Matt Campbell and Craig Genereaux



Elise and Eva Davey



Ryan and Craig



DUNDAS CACTUS FESTIVAL  
  
ALWAYS THE THIRD WEEKEND IN AUGUST

Speaking of Special Olympics, our Alley Cat bowlers are looking forward to the upcoming season on the lanes, which starts in September.



On June 3, we held our Garage Sale, which was quite successful.



Later that month, members and friends and family gathered for dinner and fellowship on the patio at the venerable Collins Brew House.



Work is proceeding on the reconstruction of the main door at Civitan Place, home of the Dundas Learning Centre. Our sincere thanks go to the Civitan Foundation for its generous donation to help defray the cost of this project.

**Please Note:** On Saturday November 4, we will again be hosting a “Closet Cleanout”. Bring your old clothes and textiles in clear plastic bags to University Plaza, 101 Osler Drive Dundas, from 9 am to 12 am.



We wish all our fellow Civitans and their families a great late summer and fall.



## Halton Civitan Club - #3526-Marlyne Van Exan



The Halton Civitan Club is excited to welcome our newest member, Civitan Karen. She was installed into our club during our May meeting with the help of our Area Director Civitan Bruce and Civitan Marlyne. Karen comes to us with experience as a former Junior Civitan member. She has recently retired and is eager to jump in and help with our many projects.

The Halton Civitan Club would like to congratulate Civitan Marlyne on receiving the Oakville Community Spirit Award. The award honours individuals, organizations and community groups who have demonstrated ongoing leadership, dedication and involvement in Oakville. Civitan Marlyne's award recognizes her dedication to inclusion, diversity, equity and accessibility within Oakville. We are truly inspired by Marlyne's selfless acts of charity.



The Halton Civitan has received the \$1 000 Awareness Money and have decided to donate the entire amount to fight forest fires that are currently raging throughout Canada. We selected the Canadian Red Cross for the Atlantic Wildfires. Federal and Provincial governments of Canada and Nova Scotia are matching every dollar donated to the appeal. That means that we were able to turn our \$1 000 donation into \$3 000. Our hearts are with those who have experienced loss due to wildfires.



The Halton Civitan Club celebrated their 24th anniversary! **The club is small but mighty.** They continue to help many individuals in need with their numerous projects and donations. They recognized this year's Civitan of the Year, Civitan Cathy! Cathy is their treasurer and lends her talents and skills to the club. She has also been recognized beyond our club with the District Honour Key. The club is so fortunate to have such a hardworking and dedicated member. Thanks, Cathy!

Thank you to President Marlyne and to the rest of their members for another successful year!



Happy 24<sup>th</sup>  
Anniversary





## Wasn't that a party--again!

Over 300 local citizens and cottagers packed the lawn of the Kawartha Lakes Civitan Club lawn on Sunday July 2 for an evening of fun, music, ice cream and fireworks. We were told the whole town was packed with vehicles filling the main street, side streets and even the grocery store parking lot as people came to see the show.

Everyone had a blast at the Canada Day celebrations in what seems to have become an annual Civitan tradition in Coboconk.

The crowds and excitement from the 40th Anniversary of the Club celebrations in 2022 must have contributed to this year's huge turnout.

Local band "Disguise" got the crowd in a rocking mood when they kicked off the evening around 7pm and entertained the crowd until dusk.

Similar to 2022, the Club offered free Kawartha Dairy Ice Cream and the 150 single servings didn't last the night.

(Scout's honour, this writer only had one!)

As the gorgeous evening went on and the lawn continued to fill up with young and old, you could sense a buzz of excitement in the air.

"When do the fireworks start?" was the question of the night.

Well, the crowd's patience was rewarded in grand fashion once the sun dropped under the Coboconk horizon.

Professional pyrotechnics company SuperNova and our local volunteer fire department put on a 10-minute show that lit up the skies of Coboconk and delighted everyone.

**Treasurer Karen Luff was thrilled with the event.**

**"Thank you to all the volunteers and that made this night a success and all those that provided the financial support! This event could not happen without all the support we received! We hope to make this an annual event as the success is overwhelming!"**

The Club would like to thank:

Mosquito Buzz for keeping the mosquitoes to a minimum.

Shepherd Environmental for providing the portable washroom and hand wash station.

Kawartha Dairy for donating the ice cream.

Coboconk, Norland and area Chamber of Commerce for their assistance.

And of special note: the event couldn't have taken place without the financial support of City of Kawartha Lakes, the Canadian Government and Canadian District West Civitan.





JULY 2<sup>ND</sup>,  
2023

COBOCONK  
Civitan Club  
Celebrating  
Canada Day





# London Middlesex Civitan Club - #2383 President Darrell Blackwell

Hello fellow Civitans

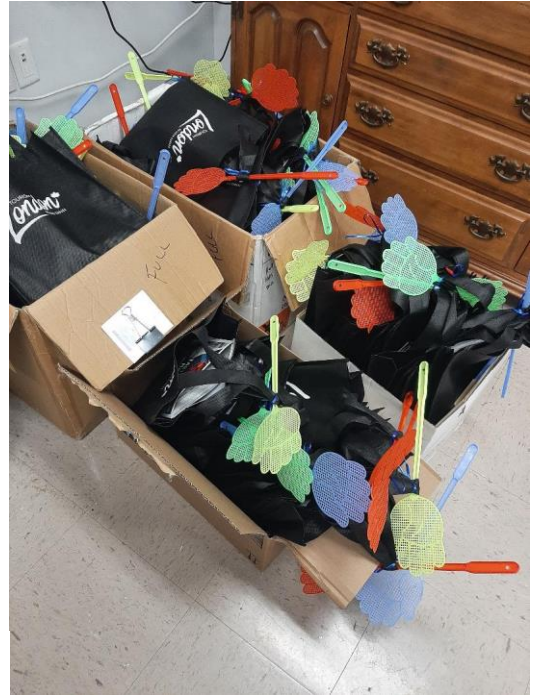
The London Club has been very busy getting ready for the Region five and we are very excited to be hosting it this year.

The London Club put on an outdoor BBQ dance for Community Living London where we had about 80 people show up.

The London Clubs anniversary dinner was a big hit with our area director Bruce Davey and his lovely wife Lynn and we enjoyed great company and food at the pickle barrels, it was a great time.



The Fair brings out the child in everyone!  
Looks like London Middlesex Civitan Club has a great deal of fun planned for us all!



Saturday of the long weekend in May saw members of The London Middlesex Civitan Club hosting a mini golf tournament for the clients of Community Living London. Once again, the weather held and a great time was had by all at the East Park facilities. Mini golf was followed by a hamburger and hotdog BBQ and everyone went home with a prize.



## Midland Civitan Club - #1959 President Norma Johnston

Our June Seniors Information Day went very well as did our Mini Golf for Community Living. All participants had a good time and a Pizza Lunch afterwards.



Seniors Information Day  
Midlands table and lunch for the attendees

July 1 saw our Parade in Midland, which was well attended and then our 50/50 draw in Little Lake Park. Big thanks to Civitan Mike and his crew for the Parade and Civitan Carroll Wilson for running the draw successfully.



Unfortunately, we did not have a Baseball Tournament this year so August not very busy.

We had a General Meeting and Club Bar-B-Q on Aug. 24 and many, many thanks to Civitans MaryAnne and John for hosting.



We had a successful Stuff-A-Bus on Aug 26, our 22<sup>nd</sup> so we have collected over a ton of food over the years. **Way to go Civitans!!!!**

The Club has pledged \$500.00 for CLH's Walk This Way, which was held on Sunday August 27<sup>th</sup>.



# Obituaries

## EUGENE "RUSTY" RUTHERFORD

*22-May-1935 - 18-Jul-2023*



**Former longtime member of the  
Barrie Civitan Club**

The family of Eugene "Rusty" Rutherford is saddened to announce his passing on July 18, 2023, at the age of 88.

He was predeceased by his wife Annmarie. He is survived by his daughter Wendy (Lloyd) Bristow, son Scott, and son Marc (Angelina). He is missed dearly by grandchildren: Kylee, Thomas, Katelyn, Max and Gabe; and five great-grandchildren: Kya, Brody, Colin, Benjamin and Whitney.

A funeral service was held at Adams Funeral Home (445 St. Vincent Street, Barrie) at 2pm followed by reception on Friday, July 21, 2023.

## Robert McIntaggart

*December 12, 1949 - August 30, 2023*



It is with deep sorrow that we announce the death of Robert McIntaggart (Midland, Ontario), who passed away on August 30, 2023, at the age of 73, leaving to mourn family and friends. You can send your sympathy in the guestbook provided and share it with the family.

He was loved and cherished by many people including: his wife Joanne; his children, Scot (Emily) and Sara (Darryl); his grandchildren, Cohen, Jack and Mia; and his sisters, Donna (Mark) and Mary (Ron). He was also cherished by his extended family and many friends.

Visitation will be held on Thursday, September 7th 2023 from 1:00 PM to 2:00 PM at the Nicholls Funeral Home (330 Midland Ave, Midland, ON L4R3K7). A memorial service will be held on Thursday, September 7th 2023 from 2:00 PM to 2:30 PM at the same location.

## GOVERNOR-ELECT MESSAGE – Pat McKinney



It's hard to believe summer is almost over and the start of a new Civitan year is fast approaching.

Sue Gibson and myself had the pleasure of attending the International Convention in Indianapolis from August 17-20 and we were the only ones from outside the USA in attendance. We were able to speak to most of the International Board and address the concerns of Canada District West.

We stressed that Civitan International must decide if they are going to be a USA only organization or are they going to be International. Most people we talked to want Canada back in the fold and asked what they could do to make Canada happy.

The number of registrations for Region 5 are very disappointing. As of August 27, the numbers were less than forty (40) and not all members of the boards from Canada District West and Northern Lights District have registered or plan on attending. **This is very disappointing.**

I know the London Middlesex Civitan Club who are the hosts have put a lot of time, effort and expense into making this a great convention, so it is very upsetting to see the lack of participation by the members of Region 5. On a **positive note**, those attending will have a great time!!

The position for Governor Elect is still not filled so hopefully someone will step forward during our District meeting at Region 5. We all want what is best for Civitan so let's move forward and try and increase our membership here in Canada. Let's focus on retaining our membership and try and grow within our clubs. **Remember**, People working together in a strong community with a shared goal and a common purpose can make the impossible possible.

A special thank you to Governor Pauline who has had a trying year with no recognition by Civitan International. We certainly appreciate your hard work and you keeping us connected throughout these uncertain times. Hopefully, with the downward spiral in membership in Civitan International and new leadership things will improve.

Governor Elect CDW– Pat McKinney



Pat McKinney: [jmckinney01@rogers.com](mailto:jmckinney01@rogers.com)