



# BEAVER TALES

Winter  
2025-26



Canada District West  
Region 5



**2025-2026**

## C.D.W. Board

**Governor**

Darrell Blackwell

**Governor Elect**

TBD

**Immediate Past Governor**

Pat McKinney

**Past Governor Director**

Pat McKinney

Halton, Kawartha Lakes

**Area Directors**

Cathy Dunn

Dundas, Midland, Oakville,

Jadzia Weir

Barrie, Don Mills, London

**District Secretary**

Susan Heatherly

**District Treasurer**

Tracy Appleyard

**Judge Advocate**

Bill Hiscott

People helping  
Clubs stay  
united!



Greetings, fellow Civitans,

We hope you are well. As most of you know, I have been Governor twice already, and I have been following what is happening with this organization all along.

Like many other charities, we have our own problems, especially with membership numbers, but the numbers we have are doing a great job in their communities, and that is what counts. This organization has been in Canada since 1925 and has endured through the ages, and we are not done yet.

I am proud to be Governor again, and I believe we can still make a big impact in our communities as we have been doing for 100 years. We will keep doing what we do best, and that is helping people and maybe just maybe lay down more roots to keep Civitan Canada going for another 100.

Thank you for all your help, and feel free to contact me for any of your concerns.

Darrell Blackwell  
Governor C.D.W.



# Canadian District West Fall Convention

Hosted by London Middlesex Club at Best Western Plus/Stoneridge Inn in London, ON

London setting up for Friday games



Raffle Prizes



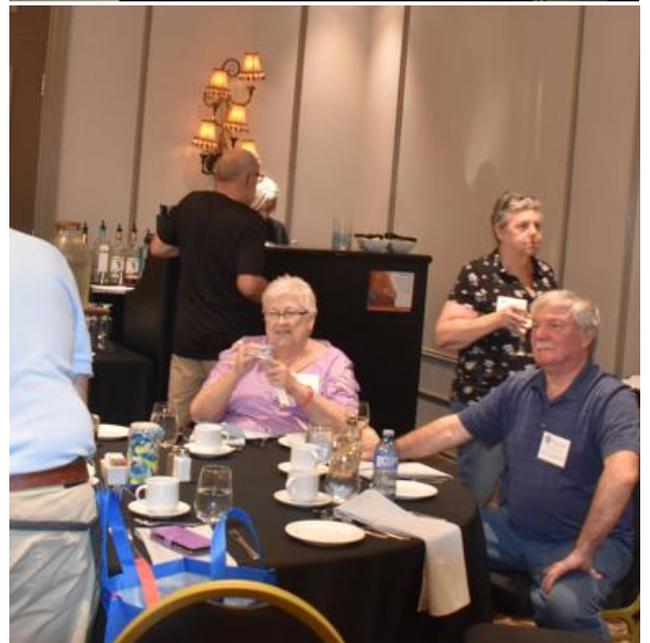
Ticket Sales



Ticket & Bar Sales



# Friday Evening Food, Drinks, Fun & Games



# CIVITAN INTERNATIONAL FOUNDATION OF CANADA MEETING



CIFOC presented both Sue & Lyle with a star as they will both be coming off as trustees of the Foundation. Sue is moving to Vancouver and Lyle is retiring.



## Certificate & Star Map

BIG  
 Congratulations  
 TO BOTH  
 of  
*You!*



Shine  
 like the  
 STARS

# CDW Saturday Business Meeting



At the end of the meeting Governor Pat thanked her team and then turned the meeting over to incoming Governor Darrell Blackwell.



# Saturday Evening Dinner & Casino



Heel Sue Gibson presented Pat with the Heel Award



FORMER HEEL RECIPIENTS



The Heel Award was created by Owen Marchand to honour members of Civitan who created discord in order to keep the District Board on their toes. Owen took the heel from his cowboy boot and created a necklace as well as having a trophy made.

Over the years the award has been given for many reasons, be it friendship, trying to reinvent the wheel, eating too much ketchup, creating more work for the board or simply asking too many questions.

**This is a fun award and all receiving it should be honoured to be among the past recipients.**



Cathy was presented with the Douglas Jordan award

**"CIVITAN OF THE YEAR"**



Well  
DESERVED



This award is presented to the individual in Civitan who has contributed of her/himself in time and effort for the betterment of Civitan and the community in which he/she lives. The committee will consider such things as office held in his/her local Club, committees chaired or served and results of individual effort in leadership for the betterment of Civitan. The committee will also consider the individual's contribution and involvement outside Civitan in such organizations or associations which help the mentally and physically challenged, Churches, Cancer Society, minor sports, rate payers groups or projects to which he/she has served to provide a better community in which to live.

## Banner Exchange



## Canadian District West Board Installation





Our incoming Governor was kept very busy both Friday & Saturday evenings!!



## 5-INGREDIENT SHEET PAN MEATLOAF

*Juicy, simple & baked golden!*



### Don't Lose This One:

#### Ingredients

- 1½ lbs ground beef
- 1 cup breadcrumbs
- 2 large eggs
- ½ cup ketchup (divided)
- 1 packet onion soup mix

#### Steps

1. Heat oven to 400°F, line sheet pan.
2. Mix beef, crumbs, eggs, soup mix + half ketchup.
3. Shape into loaf, spread remaining ketchup on top.
4. Bake 35–40 mins until 160°F inside. Rest 5 mins, slice & serve.

Easy Family Recipes  
© 2018-2024





## CHERRY CHEESECAKE FLUFF

*Sweet, Creamy & Irrestible!*



### Ingredients



- Cream cheese (8 oz, softened)
- Granulated sugar (1/2 cup)
- Whipped topping (8 oz, Cool Whip)
- Cherry pie filling (21 oz)
- Mini marshmallows (10 oz)

### Method



1. Beat cream cheese + sugar until smooth
2. Fold in Cool Whip
3. Stir in cherries + marshmallows
4. Chill 1 hr & serve

*A Delicious Dessert Delight*

# Nanaimo by Mrs. Browns Kitchen- No Bake Recipe

*Thanks to Pauline Blackwell for submitting*

Prepare a 9x13 dish, lined with parchment

## **Base layer:**

1/2 cup brown sugar

1/2 cup coco powder + 2 tbs spoons

Whisk together

Add 1 cup hot melted butter

Whisk together, incorporate well

Add 2 beaten eggs (*before the butter cools*)

## **Stir in**

1 cup oats

2 cups shredded coconut (*could use less*)

3 cups crushed gram crackers (pieces no bigger than 1/2 inch) I used 1 bag out of the box of Gram Crackers. (*Some people use Walnuts*)

## **Refrigerate**

## **Middle Layer:**

1+1/2 cup softened butter, creamed

Stir in

1/3 cup birds custard powder (*or 1 pkg vanilla pudding powder*) I used the custard powder

2/3 cup whipping cream (not made into whipped cream) as is

5-6 cups icing sugar (I used 4)

Spread over base layer

Refrigerate again

## **Top Layer:**

3 cups milk chocolate melted, could use milk chocolate chips (*I used 3 milk chocolate jersey bars*)

Pour over the other layers, spread with spatula

Refrigerate for 4 hours

Lift out of pan with the parchment onto a cutting board

Run a sharp knife under hot water as you slice the pieces so that the chocolate top doesn't Crack.

Cover with saran and keep in the fridge, or freeze in an air tight container for another day/company.

These were so good; they didn't make it a week in my fridge!

Pauline



# Sweets & Treats

# Christmas Simmer Pot



## Add:

- 2 SLICED ORANGES
- 1 SLICED LEMON
- 2 CINNAMON STICKS
- 3 SMALL PINE BRANCHES
- CRANBERRIES

ADD WATER AND SIMMER!

## Sweetened Condensed Milk (Homemade)

### Ingredients

- 3/4 cup powdered milk
- 3/4 cup sugar
- 1/2 cup hot water



### Instructions

1. Add the powdered milk, sugar, and hot water to a blender.
2. Blend until completely smooth and creamy.

### Yield:

Makes the equivalent of one standard can of store-bought sweetened condensed milk.

gh

## BG's Positively Speaking

### PMA.....What Is It?

You will find the abbreviation PMA referred to frequently in writings and discussions related to personal development, success principles, and human relations. It stands for **Positive Mental Attitude**, which allows our minds to be filled with positive thoughts and ideas while eliminating or considerably reducing negative thoughts. When we have a positive mental attitude, we think, act and speak in a way that encourages those we interact with. We see the good in people, situations and challenges that present themselves to us each day. We are less judgmental, and we see opportunities where we once saw problems. Nothing we face in life is entirely negative; there is always something positive in everything. We often focus on the negative side of our problem, but if we take the time to analyse it, we will discover its positives, which will give us the motivation to move beyond the problem.

People who display a positive mental attitude tend to accomplish more, attracting others to them because they are supportive and encouraging. They believe in someone when they perhaps don't believe in themselves; they make people feel better for having spent time with them. A person with a positive mental attitude helps others think they're capable of achieving more. Encouragement and praise are two of the most significant motivating factors in life, especially for children. If you want people to be the best they can be, then you must display a positive mental attitude and lead others by your example. When you have a positive mental attitude, you look at what can be done, not what can't be done, because you have more confidence in yourself. You then let others know that they can also do it because

**PMA Is A 'Can-Do' Attitude**

# SURPRISE!

Three Members of the Halton Civitan Club who are trustees on Civitan International Foundation of Canada got a nice surprise when they showed up for the October foundation meeting and Jack MacInnis presented the Halton Civitan Club with a box of new purses for their purse project.

Halton Civitan are very grateful to Jack for the very thoughtful and surprising donation.





# WATER FIRST -Water Internship



*Four out of six Environmental Water Internship graduates celebrate alongside Water First trainers, North Shore Tribal Council community members and leaders, and their families at the graduation ceremony.*

## **Celebrating the First Graduates of the EWI!**

**Congratulations to the very first graduating class of the Environmental Water Internship. The 15-month program in partnership with Mamaweswen, The North Shore Tribal council, led interns through 2,000 hours of skills and technical training both in the classroom and on the land.**

**Upon graduation, participants become part of the Water First Alumni Network, where they can connect with other past interns and find information related to their industry and career, including mentorship opportunities, job boards and further certification opportunities.**



## Barrie Civitan Club - #1777 President Bill Hiscott

The Barrie Civitan Club have their meeting in person with the option of attending by zoom. The club is very busy now with the Christmas Season and selling Claxton Fruit Cakes. The president of the Barrie Club, Bill Hiscott took time out of his busy schedule to take pictures of the Midland Santa Parade and his wife Debbie was a judge at the parade. The Midland Civitan Club is thankful for the support of Bill and Debbie during this holiday season. Here to a very successful selling of Claxton Fruit Cake.



## Don Mills Civitan Club - #746 President Jeff Simpson

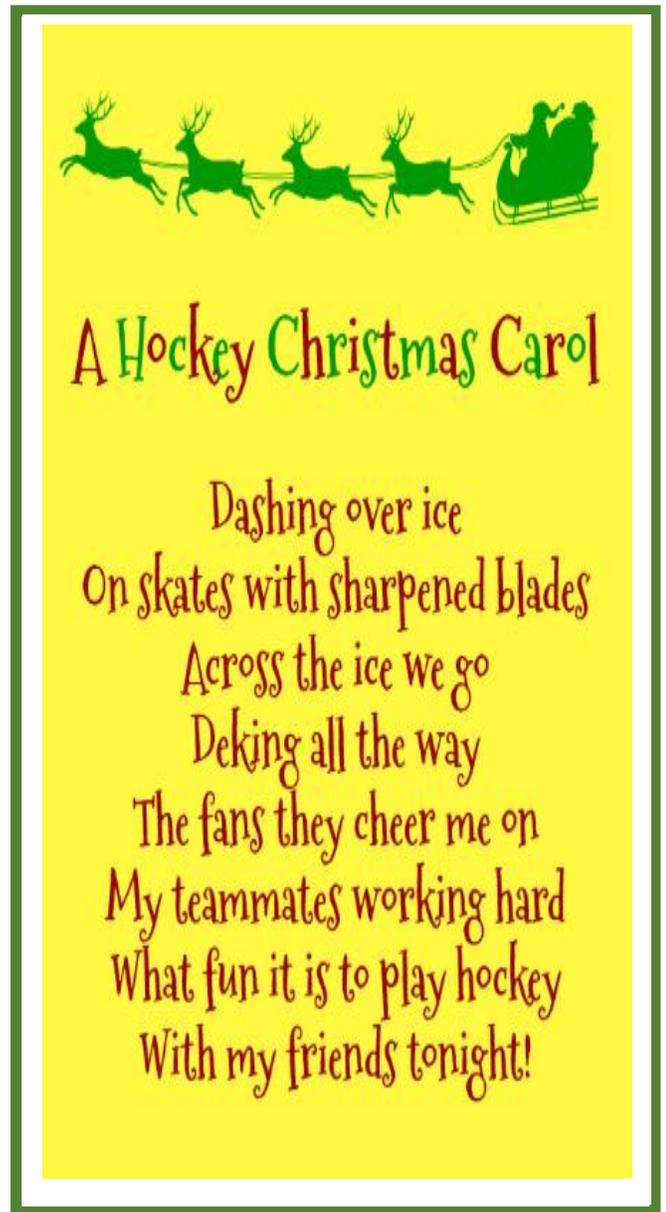
Don Mills Civitan Club, the oldest active Civitan Club in Canada, chartered October 21, 1953.

In 1997 John Donaldson realized the need for a Hockey Program for Special Needs Hockey in the Don Mills area, always promoting the idea of Specials Hockey across the city. John founded the Don Mills Diamonds in 1997 which begin with ten players playing other teams in the Don Mills Civitan House League and other Special Needs hockey teams within the GTA.

The Donaldson Diamonds are back on the ice and the Don Mills Civitan Club is supporting this program via financial assistance and managerial experience. The Diamonds have three teams in action this year and a full schedule of practices, games and tournaments.

One of the focuses this year is to bring more people to the team via community outreach.

November sees the club preparing for their Families in Need at Christmas program. The Don Mills club along with local social workers distribute gift cards to help families enjoy a warmer holiday season.



# Dundas Civitan Club - #3212 President Kelsey George Gaudex

In November, we held our first ever Craft Sale at Civitan Place. We were able to bring in \$1293 from the sale. Many thanks to the vendors and all Civitans who helped organize the event. We have decided to host another craft sale next year.

We also hosted a “Closet Clean-out” in November, this time at two locations. Our next cloth drive will be held in April 11 2026.

Our Club 95 group gathered on November 29 for a “Winter Wonderland” dance. Thank you to Civitan Jean and fellow volunteers for planning this fun event.

On December 15, we plan to combine our annual Christmas social with a group project. We will get together that evening to fill 35 Christmas stockings. These stockings will be donated to residents of a downtown Hamilton home for persons with special needs. Donations of items will be welcome.

We’ve recently been informed that when our local Dundas hockey team, the “Real McCoys” play at home on January 9, proceeds from the evening’s ticket sales will be donated to our club. For each \$15 ticket, \$10 will be donated. Our sincere thanks go to the Real McCoys organization.



It’s that time of the year.... Time for Claxton Fruit cakes! We are selling them at Lee’s pharmacy in Dundas as well as at the Dundas Learning Centre. Regular or Dark, \$10 per cake.



Dundas Civitan Club wish our fellow Civitans and their families a Merry Christmas and Happy New Year.



# Halton Civitan Club - #3526 President Marlyne Van Exan

## Special Olympics Ontario Bowling Tournament

This December brought wonderful moments of community spirit as several of our dedicated members volunteered at the Special Olympics Ontario Bowling Tournament. Their enthusiasm and kindness shone brightly throughout the event.

One of the photos from the day features two cheerful young athletes who hold a special place in the heart of Civitan Marlyne. She has known these boys for many years through CLO, and seeing them participate brought her great joy.

Another touching moment captured on camera shows James with a very meaningful recognition. Although Anita Anand, our Liberal MP from Oakville, could not attend due to federal commitments, her associate Liz attended on her behalf. Liz proudly presented James with a Recognition Award for his leadership, encouragement, and ongoing support of Special Olympics athletes. Civitan James has chaired Special Olympics Ontario for many years and continues to serve with remarkable dedication. This award is truly well deserved, and we celebrate his outstanding commitment.



## Claxton Fruit Cake Fundraiser

Our hardworking team has been joyfully spreading holiday cheer across the Halton region and surrounding area by selling our much-loved Claxton Fruit Cake. Members set up welcoming displays at the Dorval Crossing Civitan Farmers' Market, Christmas bazaars, and several retirement homes. We are

also fortunate to have many supportive vendors who help us share the tradition by selling cakes on our behalf.

To every Civitan who volunteered time, energy, and heart, thank you. Your dedication has once again made our largest annual fundraiser a tremendous success. We are grateful for each one of you and the spirit you bring to our community.



*A Fruit Cake  
You'll Love*

## Congratulations

Warmest congratulations to Civitan Cathy for being honoured as District Civitan of the Year. This is an exceptional achievement, and we are very proud of her. Thank you, Civitan Cathy, for your outstanding service, ongoing dedication, and the positivity you bring to our club.



## Christmas Market Celebration

A special and heartfelt thank you goes to Civitan Karen and our wonderful partners at the Oakville Civitan Club for hosting our very Orst Christmas Market. The event was filled with festive magic. Seasonal vendors joined talented artisans to create a colourful and inviting marketplace, with many decorating their stalls beautifully for the occasion.

Music filled the air as the jazz ensemble Tea for Two delighted guests with holiday favourites. Visitors were treated to special appearances from a Christmas Elf, Olaf, the Elf on the Shelf, and of course Santa Claus himself, bringing smiles to children and adults alike. It was a joyful celebration of community and creativity, and we are grateful to everyone who helped make it such a memorable event.

We extend an extra warm thank you to Civitan Karen for heading the Christmas Market project with such enthusiasm, organization, and heart. Her leadership helped bring this wonderful new tradition to life, and we are deeply grateful for her dedication



## Kawartha Lakes Civitan Club - #2721 President Steve Phillips

Community fundraising seems to be the order of the day for the Kawartha Lakes Civitan Club.

We have many partnerships in the local Coboconk and area community and when we can we help foster these partnerships for fundraising.

The organizers of a popular annual car show--the Rat Rod Ruckus--approached us last spring to see if we could help with ticket sales--not to the show, but to a number of prizes. Funds from the tickets were earmarked to help a local elementary school's (Ridgewood Public School) new playground initiative.

The October car show was a roaring success--as were the ticket sales--\$4,750.

The Norland Cornhole team also donated another \$900 to cover the costs of a new fence around the school's new playground.



Another partnership is with the local Salvation Army.

For yet another year, Kawartha Lakes Civitan will play an important role with members taking shifts during the local Christmas Kettle Campaign.

The campaign kicks off in a few short weeks and the goal for the local area is \$70,000.

**Ring those bells!**



### Joyful & Heartwarming

*May your home be filled with laughter,  
your heart be light and free,  
this Christmas bring you blessings  
as bright as the Christmas tree.*



## London Middlesex Civitan Club - #2383 President Darrell Blackwell

The London Civitan Club have been very busy after hosting a very successful fall convention. The club has three members on the District Board, Governor, Secretary and Treasurer which are all time-consuming jobs.

In October the London Middlesex Civitan Club held a Halloween dance for the London Community Living.

Currently the club is focused on Claxton Fruit Cake Sales.



## Midland Civitan Club - #1959 President Mike Tinney

The Midland Civitan Club has once again demonstrated its deep commitment to local healthcare with a \$5,000 donation to the Georgian Bay General Hospital (GBGH) Foundation, supporting the Foundation's efforts to bring a Mammography program to GBGH.



October 8<sup>th</sup> the Midland Civitan Club held their annual Inaugural Dinner and Awards Night. Governor Darrell, Past Area Director Marlyne and current Area Director Cathy Dunn were invited to install a new member as well as install the new Board.



The club annual Claxton Cake campaign is well underway and donations were made to 7 local legions for their poppy campaigns. The Club continues to work weekly Bingos, and recently made donations to the Victoria Harbour Pathfinders, Silver Sticks Hockey, Independent Living Services, and donations to their 7 local Legion Poppy campaigns. The club also donates to 11 organizations that supply food to the homeless. The club had a very busy November, besides all the preparations for the Santa Parade, members worked bazaars selling Claxton Fruit Cake, and worked a Bonspiel for Community Living and a Tankard for Special Olympics.

The 49<sup>th</sup> Civitan Santa Parade was a huge success as you can see from the following pictures.



**MIDLAND CIVITAN CLUB WISHES YOU MERRY CHRISTMAS AND HAPPY NEW YEAR**

## Oakville Civitan Club - #1434 President Chris Smith

The Oakville Civitan Club has been running their Oakville Farmers Market every Saturday from May to November. On the last market day, November 28, the club hosted, in conjunction with the Halton Civitan Club, a Holiday Market in addition to the regular market. The Halton Civitan Club has been sourcing craft vendors, will have a Santa Claus, and is encouraging all the regular market vendors to decorate their booths. There will be prizes for the best decorated booths.

The club works multiple Bingos a month at Delta Bingo, with help as needed from the Halton Civitan Club.

The club is wrapping up a multi year funding project in honour of their late member Dough Guthrie. The Oakville Club is running a Christmas Family Project where they sponsor somewhere between 4-8 families (upwards of 15 children) with gifts and fully packaged turkey dinner kits.

OAKVILLE  
CIVITANS  
WISH YOU  
MERRY  
CHRISTMAS  
&  
HAPPY  
NEW  
YEAR



Civitan Club of Oakville & Halton Civitan Club

*Our First Ever*  
**Holiday**  
*Farmer's Market!*

**NOVEMBER 29<sup>TH</sup> 8:00-1:30**

**HUGE FOOD DONATION & DRIVE FOR KERR STREET MISSION!**

Over 40 Vendors, With Holiday Shopping!

Seasonal Music! Entertainment! Fun Activities!

**Kidz!! Santa and Olaf Will be Waiting for You**

Award-Winning 5-pc Student Combo  
Tea for Two "Jazz Does the Holidays!"

Holiday Music from Market DJ Roger Lapworth!

**Prizes! Raffles! Draws!**

**THE BIGGEST HOLIDAY CELEBRATION OF THE SEASON!**

Dorval Crossing (East) - N Service Road and Dorval in Oakville!



## **EDWARD BAUM** May 29, 1935–Oct. 18, 2025

Edward (known to many as “Ed”) was born in New York City to Rosalind (Fields) Baum and Edward Seymour Baum. His family left New York for Los Angeles, Calif., in the fall of 1935 and Edward was reared in the area. Graduating from Excelsior Union High School in Norwalk, he earned a bachelor of arts in international relations and a doctorate in political science from UCLA, where he met and married Jean Carswell and they had a daughter, Sandra.

In 1964, Edward, Jean and Sandy moved to Ohio University in Athens, Ohio, where Edward continued his career in the Department of Political Science with a few side trips. The first side trip was four years, 1965-1969, in Kano, Nigeria, with an OU educational project funded by USAID. Returning to Ohio University, Edward progressed through the academic ranks including time as Assistant Dean of Faculties (now titled Associate Provost) and Director for the Center for International Studies. In the early 1980s, Edward took another side trip, this time to Ohio State University in Columbus, Ohio, to undertake studies in public administration because there was a need for the classes at OU and no one to teach them. His last side trip was a six-month sabbatical with an assignment examining policy development at the Pentagon.

After marrying Anita James in 1980, Edward became more involved in community service when he joined the Morning Kiwanis Club. That was a steppingstone to building (with Ray Wagner and Ted Kohan) the Athens Civitan Club where, in 1985, he served as Charter President. Building the Athens club was followed by service as the Governor of the Ohio District in 1991-1992; he represented Ohio and the mid-Atlantic coast on the Civitan International Board of Directors from 1999-2001 and was elected International President for 2005-2006.

Teaching public administration brought Edward to local government, where he was elected four times as Athens City Council Member-at-Large (1996-2003). He served on the Athens Strategic Planning Commission from 1998-2003, chairing it from 1998-2001. From 2013 until 2019, Edward was a member of the Athens City Board of Zoning Appeals.

As an early retiree from OU, Edward became active in the O.U. Emeriti Association. He served eight and a half years on the executive board, three of which were as president, two as immediate past president, and three and a half as treasurer.

In the broader community, for 13 years Edward volunteered at the office of Habitat for Humanity of Southeast Ohio, preparing and sending out the weekly updates and maintaining volunteer records. He was a charter member of The Athens Village (helping members age in place in their homes), eventually serving on the board for six years and as president for three years.

The roles highlighted thus far encouraged intellectual activity but remaining physically active was also on Edward’s agenda. He founded the Southeast Ohio Chair Volleyball Tournament in 2003 and directed it until 2018. He was an advisory board member of the OhioHealth-O’Bleness Hospital’s SeniorBEAT program for 12 years and an exercise instructor in the program for 15 years.

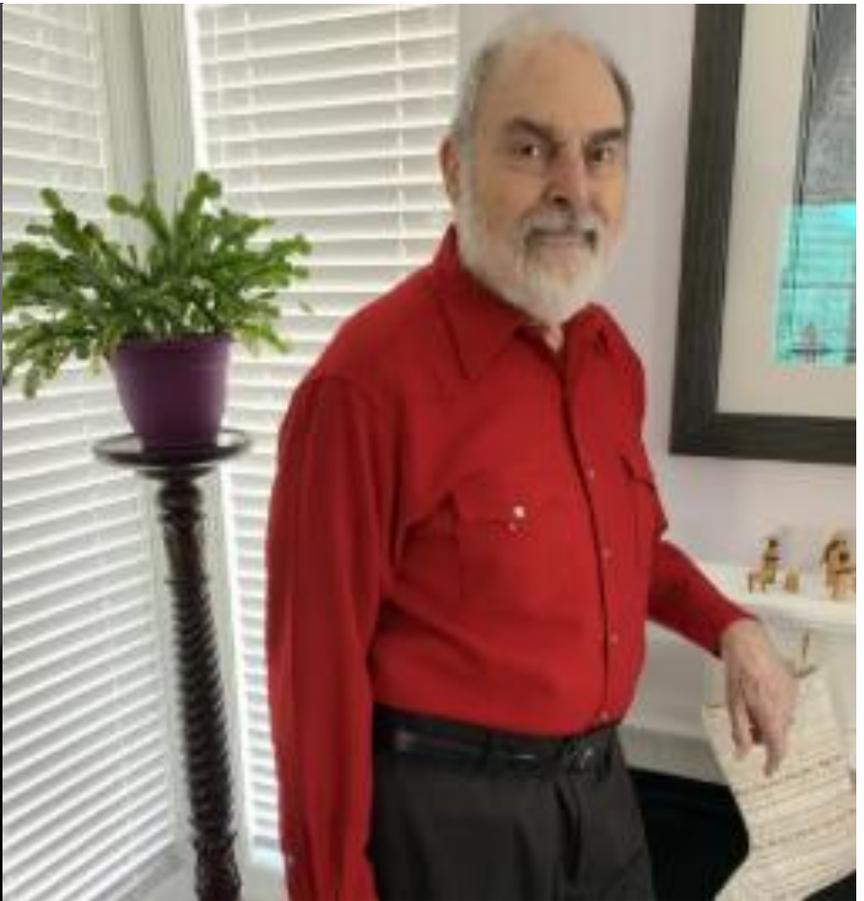
Edward and Anita chose Kendal at Lexington, a Life Plan Community (formerly labeled CCRCs) in Lexington as their final home in 2019. Moving to a community where they had no ties did not slow down Edward. Even before arriving at Kendal, Edward introduced the staff at the fitness center to chair volleyball and brought balls, a net and guidelines with him. Within weeks of arriving in Lexington, Edward signed up as a volunteer at the Rockbridge Public Library and continued working there until mid-2025. He served as a grant reviewer for the United Way of Rockbridge, attended Lexington City Council meetings, and remained interested in city happenings until the end.

At Kendal, in addition to introducing chair volleyball to residents across the campus, Edward shared his knowledge and expertise as an at-large member of the Residents Council including a term as vice-president, and on the Facilities and Wellness committees. Edward also made several significant donations (anonymously) to further the quality of life on the campus.

So, as Pulitzer Prize-winning poet Rabindranath Tagore opined, “I slept and dreamt that life was joy; I awoke and found that life was service. I acted, and behold, service was joy.” A fitting tribute to a gentle man and a life well-lived.

Edward is survived by his wife, Anita James; daughter Sandy Spades; Anita’s son Robert Capps (and his wife Dina Facciolo); and half-sisters Lorrie Baum (and her wife Ann) and Betsy Weston. There are also two Capps’ grandchildren serving in the U.S. Navy in the U.S. and Italy.

A celebration of life for Edward was held on Saturday, Nov. 15, from 2 to 4 p.m. in Kendal Hall, Kendal at Lexington.



**“To live in hearts we leave behind is not to die.” – Thomas Campbell**



# *Merry Christmas*

In this festive season, joyous and bright,  
Wishing you Christmas filled with pure delight.  
May the New Year bring laughter and cheer,  
Every happiness to you, throughout the year.

*Canadian District West Civitan*



# *Merry Christmas*

In the hush of Christmas, a quiet delight,  
Moments of joy, wrapped in pure starlight.  
May simplicity bless your festive cheer,  
Bringing peace and warmth throughout the year.

*Civitan International Foundation of Canada*

