

Heart of the West District Newsletter 12/2020



Greetings from the Heart of the West Civitans. We have struggled this year with the COVID issues, not being able to meet regularly, having to distance and shelter in our homes, limited fund raising and service projects, zoom meetings and not being able to socialize with our club members. Our District officers want to reach out to express our appreciation for each of you and your families for continuing your membership in Civitan. This is truly an outstanding organization we belong to. I encourage each of you to reach out to your fellow club members to find out how we can help out with our fellowship hands.

I hope you enjoy some of the updates from our clubs across our District. You can see how much they have been doing for their communities. We do make a difference.

I want to thank all the clubs that took the opportunity to donate to the Civitan at the Helm during the recent Giving Tuesday. Your contributions that day tripled your donation to the International Research Center and dollars to your Civitan at the Helm goal. I had the opportunity to visit the CIRC and it is such an awesome experience to see the advancements in research and the help they offer those with disabilities. This is just one reason we are Civitans!

CIRC Milestones

- \$20 million commitment approved by Civitan in 1989
-
- The Civitan International Research Center spans 19 departments and 5 schools at the University of Alabama at Birmingham
-
- More than 130 scientists conduct research, therapy, and treatment under the CIRC banner
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- Efforts at the CIRC cover the entire human lifespan
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- Over the last 10 years, The Civitan Sparks clinics have seen more than 25,000 patients
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- The Rett Syndrome Clinic at the CIRC has become one of the world's leading clinics for Rett Syndrome
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- To date, Civitan International has raised \$19.6 million toward its initial pledge.
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In the meantime keep in touch with your fellow club members and offer support and help when you can. If you need help, reach out to your friends and members for support. Contact your Presidents and Board members if you see needs in the community or let us know on the District level. We all are ready and willing to help out when needed. We just need to know.

I am Wishing you a Happy Holiday and a joyful New Year. I also want to thank the merger team. Thank you for all your hard work and commitment. We will have the best District in Civitan!

Rocky Deschamps
Governor Heart of the West District
Civitan International.



News From International Director Ann McCarty

Happy New Year to All Civitans of the Heart of the West! October brings all of us to the beginning of our 2020-2021 Civitan Year. The Past and future of Zoom communication for Civitans to meet in a large group. Boy how we have learned to communicate virtually! October started the year of Champions of Service where our new International President Frank Kelly and his fellow Governors chose the phrase to be (Leaders.) These Governors and Governors-Elect began their training October 10, 2020, by online webinars. The International Board started their year with the continuations of the past Board members from last year except a vacancy of President-Elect. Our first Board meeting was Oct.10, 2020, where we addressed the merger of the California District to merge with the Heart of the West. The Merger Committee is being led by Teresa Wakeman, HOTW, and Linda Colley, California District. Both these ladies are highly qualified to lead this merger with their history of serving Civitan International as past International Board Directors and Governors of their District not to mention that they both have served as leaders in their local clubs and belong to several different clubs. As the International Director, I have presented to the International Board our timeline, bylaws, policy manuals, and updates of all sub-committees. The Int. board has approved all documents that have been presented, as of November 14, 2020. The International Board will review again updated bylaws, and subcommittee updates on January 9, 2021. Thank You to all the sub-committee leaders from the HOTW and California District for all your guidance and dedication to serve. In January, the International Board will review the final plans of the merger.

October's board meeting was a very rewarding event because the Board attended the Civitan International Research Center Reception via Zoom with Dr. Powell and all the recipients of Science Awards. These outstanding Scientists were Dr. Mathew Alexander PHD receiving the McNulty Award with his research that focuses on identifying new ways to understand the disease pathology and identifying new treatments for childhood neuromuscular disorders. Dr. Alexander is a member of the Research Civitan Club and frequently speaks to Civitan clubs and districts about his work, which utilizes zebrafish. The recipients of the 2020 Civitan Emerging Scholar awards are Austin Svanccaran, M.A., Reagan Pennock, Ph.D., and Norimichi Ito, Ph.D. Svanccara works in UAB's Translational Research for Injury Prevention Laboratory (UAB TRIP Lab) where he studies how to improve the driving safety of individuals with autism and attention-deficit/hyperactivity disorder. Pennock works in the lab of Dr. Jacques Wadiche in the UAB Department of Neurobiology where he uses electrical and high-resolution optical recordings to study a non-standard form of transmission in the cerebellum portion of the brain. Ito works in the lab of Shin-ichi Kano, M.D., Ph.D. where they are addressing the mechanism underlying how our immune system impacts brain function, especially social behavior. Civitan International will once again give out its prestigious World Citizenship Award, at the 2021 annual convention in Jacksonville, Florida. This year's recipient will be Lorri Unumb, an attorney and parent advocate who has pushed for laws nationwide that better the lives of those with autism. The award is rarely given and will put Unumb in a list of recipients who include President Dwight Eisenhower and Eunice Kennedy Shriver, founder of Special Olympics. The Civitan International Board also carried out the following actions October's meeting: Approved a bylaw change for Junior Civitan International that will create flexibility for their elections of International officers. This will still need ratification by Juniors at their convention in June. Appointed an ad hoc committee to review the training program provided by Civitan International. Narrowed down host cities of the Civitan International Convention in 2022 to San Antonio, Texas; Albuquerque, New Mexico; and Indianapolis, Indiana. The membership report for the first month of the 2020-2021 year came out on November 6.

It shows 11,230 adult members in North America. Combine that with Junior Civitan membership and clubs in Europe, Asia, and Africa, the organization stands at around 22,000 total members across the world. The last nine months have been especially challenging because of the COVID-19 pandemic, but many of the clubs that have surrendered their charters were in difficult shape before the emergency. The virus's effects just complicated their issues. Civitan International is here to help any clubs that need support during this time. Please reach out to growth@civitan.org for access to new tools, financial assistance, and ideas to recruit/ hold meetings and projects during this time. Civitan International operates with a mission to build good citizenship by providing a volunteer organization of clubs.

OFFICER TRAINING If your officers are repeating in their positions and trained in 2019, they are NOT required to train again this year to receive certification, but are encouraged to take it to learn new information. If your officers are repeating in their position and did NOT train in 2019 or are new to their officer roles, they will need to train to receive certification. Deadline for officer certification is December 16, 2020. Registration is open for Presidents and Presidents Elect at <https://civitan.org/online-leadership-training/>. Secretary and Treasurer training is also available now at <https://civitan.org/training>. I have had the honor to help facilitate the training session this fall with Past International President Patsy Perkal, Ken Adkins, and Megan Mindel.

Shopping online for the holidays? Support Civitan while you do it. Shop with AmazonSmile and Amazon donates. Choose Civitan International-Birmingham, AL

CLUB GIFT TO LIGHT THE WAY RECOGNIZED Representatives from Civitan International visited the Opelika Civitan Club for their last meeting to recognize them as the organization's first Beacon of Light Club as part of the Light The Way campaign. Light The Way is creating an operating reserve for Civitan to preserve its legacy. The Opelika Civitan Club gave \$25,000 to the effort, and also dedicated a Civitan International Research Fellow to each of its remaining members, after selling a building it had operated for decades.

HOTW Civitans: there are several resources that are out there to keep updated : The magazine is published November, January, March, May .July and September. Go to the Civitan International website

[Civitan Magazine | Civitan International \(mycivitan.org\)](https://mycivitan.org)

Facebook Groups: All Members Civitan International Members Civitan International Presidents
Civitan International Treasurers and Secretaries

If you are not receiving the email updates contact growth@civitan.org

Hope you all got your awards application into International by December 1, 2020. Were you able to donate on Giving Tuesday December 2? All dollars raised helped support the Transitional Autism Core and Civitan International Research Center.

Don't forget to donate to Ella Bunde, HOTW Junior Governor, Pocatello, Idaho, to help her attend All in Summit February 26-March 1 2021.

Merry Christmas and a Happy New Year fellow Civitans!

Heart of the West Junior Civitan Clubs



Most clubs have met on ZOOM calls or in person.

Academy of Tucson

On Wednesday Dec 2, The Academy of Tucson hosted a "First Line Worker Appreciation Day". Some of our club members went to a local hospital and drew encouraging messages on the sidewalk with chalk. We also wrote them letters of gratitude for all of the hard work that they have been doing, and continue to do, They truly appreciated it and response was great. You could tell that it really meant so much to them. Please find little ways to thank the people around you (it doesn't have to be front line worker, just anybody who has impacted your life in one way or another) It doesn't have to be anything big, but a simple thank you could make their day especially in these hard times.

Highland High School

Held a canned food drive in November.

Pocatello High School

On Wednesday, Dec 9 and Thursday Dec 10 wrote Christmas cards to the Pocatello Veteran's home.

Century High School

Held a Blood Drive on Friday, December 11, 2020. They filled a donation spots and 28 units of blood were donated. Members of the community, teachers, administration, students, and parents came to together donated.

Highland, Pocatello, and Century Junior Civitan clubs

On Saturday, Dec 1, 2020 We had our three local Junior Civitan Clubs from three of our high school's volunteer today in the "Rake a Difference". This is a fundraiser for the Pocatello Free Clinic. It was a beautiful day. Thank you for your service Civitans.



Heart of the West Club News

The COVID virus has continued to interfere with most club activities during this Quarter. Because of that, this Club News looks much different from our usual. It is important that all our members continue to practice safe practices and stay healthy!

Area 1, Director Mary Harvey

Phil Schlesinger Club: President: Tommy Berkley (Advisor: Sarah Day, sarahcdy@gmail.com) P.S. club members have met some months in person at a city park with social distancing. In December, they collected and donated 48 stuffed toys to Toys for Tots, about 50 pounds of food for the Food Bank, and 4 dozen pairs of socks for the elementary school that they support. The school is in an area where the families are very poor. They had to cancel a planned 40th Anniversary Party. They are looking forward to being able to meet and resume their normal activities!

Old Pueblo: President: Sharon Allen, slallen04@aol.com: The Old Pueblo Civitan Club is having virtual dances since the COVID19 started. John Day sets it up in his office. Parks and Recreation staff help with the event by getting clients connected. On December 5, 18 people attended. Santa Claus talked to each of them. Zoom meetings were tried, but they were not well attended. Members are still paying dues. They look forward to getting together again soon.

Cresta Loma: President: Carl Mangelsdorf III, customcarl111@comcast.net: Cresta Loma is holding their rescheduled Golf Tournament on January 2. They are making plans for social distancing and are holding it at the place where it began 30 years ago, Cresta Loma Country Club.

Roadrunner Club: President: Scott Gallaher, skyisland@gmail.com: Roadrunners have been meeting on Zoom once or twice a month. Some of the members helped Gospel Rescue Mission for Thanksgiving. Magazine subscriptions were continued for an assisted living facility. Contributions were made to GAP Christian Ministries and the Miracle Center. Personal care items and children's underwear were donated the Emerge! Center for Domestic Abuse to help Stuff the Bus in October. A fun holiday meeting with a Trivia Contest was held on Zoom in December.

Area 2, Director Deborah Maddox



Phoenix Metro: President: Becky Stingle,

cbstingle@yahoo.com: Metro Phoenix held our Installation dinner at Civitan Foundation on Oct. 28th and then we have held regular meetings via Zoom. We are also holding a Holiday Party on 12/19 via Zoom. We were able to deliver Christmas gifts for our Christmas family on 12/13. Metro has joined with Village club on many of the activities. We donated \$800 to Salvation Army again for loss of bell ringing money.

Phoenix Bird Club: President Esther Alper: (Advisor: Chris Stingle): The Bird club will be donating money for a holiday family but not meeting till next year.

Sun Cities Civitan: President Michelle Sniezek, masniezek@cox.net The Sun Cities Club have been busy during this time meeting by Zoom and outdoor meetings at the Sun City Country Club. We have joined donating goods with the Lakeside Methodist Church, about 300 dollars in donations from our members. We selected a member of Sun Cities Youngtown Activities Center which has been Sun Cities Club's project for forty years and delivered gifts to the shut in. For our Holiday family we delivered a gift card and 150 other gifts. We are going forward with our golf tournament on Feb. 13. The club is providing barriers in the golf carts and we will follow COVID guidelines.

The Village Club: President John Aghassi (Advisor: Kristina Ehrle): The Village club is supporting St. Marys food bank this year and donated money to Salvation Army because they are not able to do Bell ringing this year.

Area 4, Director Mike Ryder

Civitan Club on the Greens: President: Mike Ryder, mikaryder@msn.com:

Not meeting at this time.

Lovely Ladies: President: Marjorie Robinson, bonesym64@gmail.com: Lovely Ladies has been meeting since October when we gather in a socially distanced manner in a local park. At that meeting it was agreed that members would write thank you notes to essential workers and first responders. A number of letters were sent.

Other service projects for the coming month involved collecting warm clothing items for Brothers of the Shield and putting together hygiene and toiletry bags for underserved seniors who receive food deliveries. In November we met via Zoom and agreed that we would make ornaments for those in long term care or hospice. Over 100 ornaments were distributed. December is traditionally a time for a social get together, definitely impossible with COVID. However, 8 members gathered for a virtual Bingo party. Prizes were awarded, fun was had by all. Zoom meetings will continue in the new year.

[Area 5, Director DeAnn Wilson](#)

Bannock Civitan: President Manuel Maldonado, manny9@hotmail.com :



Thank you so much to the community and businesses that helped to make this year's Toy Drive a huge success!! We were able to collect over 100 toys!! It wouldn't have been possible without all the wonderful donations and businesses that allowed us to have collection drop offs at their locations. Thanks again to Denny's Wrecker Service, Tough Guy Lanes and Echo Hawk & Olsen.

Our little Civitan elves were at it again. Thank you to everyone that was able to help. We were able to make the Christmas Santa Civitan ~ SEICAA party happen! Nothing stops Civitans from helping out those kiddos. We would like to thank our amazing community partnerships that helped make this happen. We couldn't do it without their continued generosity. Thank you SEICAA, The Home Depot, Powers Candy, TJ Maxx, our Bowling Toys For Santa Committee and donations, all of our private donations, in honor of our beloved Marilyn Raymond and family, Jennifer Dawson and her Santa Party Committee and of course all of our amazing Bannock Civitans



that serve with a Servants Heart! Thank you!

We have our annual coat drive going on with the hopes to collect over 600 coats this year. With over 17 local businesses participating as drop off locations. They will be sorted, cleaned and delivered to local community members in need. Idaho is cold!

We had our three local Junior Civitan Clubs from three of our high schools volunteer today in the "Rake a Difference". This is a fundraiser for the Pocatello Free Clinic. It was a beautiful day. Thank you for your service Civitans.

We paid honor and tribute to a few of our beloved Bannock Civitan family friends that we have recently lost: Juan Hernandez and Marilyn Raymond.

We were able to continue to have a few in-person meetings in October and then were moved to ZOOM! But we kept the meetings going and finished up with our holiday Zoom meeting this week and will be back in 2021.

Friends Civitan Club: President Peter Gollnick: (Advisor Ann McCarty, Johnson4855@gmail.com) The Friends Civitan Club has been meeting on Zoom. They had a Halloween costume Zoom meeting in October, Zoom meeting in November and December. The Friends Civitan Club donated over 160 canned foods and packaged food to Aid for Friends Homeless Shelter .



Twisted Stitches: President: Karen Barker, kbarket1070@yahoo.com: Twisted Stitches Club has had a busy fall! Earlier in the year we decided to concentrate on three of our favorite agencies that we have supported in the past. Thus far we have donated 16 fleece lap blankets, 18 aprons and 22 dishcloths and scrubbies to SEICAA (Southeast Idaho Community Action Agency). These items were given to Seniors through the Socks for Seniors Program. We have also donated several different types of snack items to the Southeast Idaho Behavioral Crisis center. Our third agency is the Hope & Compassion Pregnancy Center. We have donated 19 baby blankets, 15 burp cloths and 2 breast feeding covers, which double as a carrier cover.

We were visited by Rocky Deschamps, Heart of the West Governor, along with his right hand, Nancy. We presented Rocky with his very own Twisted Stitches apron and enjoyed a potato bar with all the fixings! We have been lucky to be able to use the clubhouse at Claudia's condo for our meetings. This provides us with the necessary social distancing room. We had a great work night in November where we brought our sewing machines, material and creative hands to finish up our projects. We had a fantastic night ripping out seams! We were lucky enough to have an amazing amount of fabric and yarn donated to us through Virginia McAfee. In that material, we found two quilt tops that had been hand stitched but not finished. Our Spring fundraiser will include getting these quilts finished and sell chances to win.

Several plastic tubs of yarn and material are being donated to the Women's Prison in Pocatello.

Due to current restrictions we were not able to enjoy our holiday party together. But we are looking forward to a Happy New Year!



Area 6, Director Roger Smart

Idaho Falls: President: Kasi Nelson, kasinelsons@gmail.com: Merry Christmas from the Civitan Club of Idaho Falls. Wow, what a year for our club. After a very successful indoor golf tournament/fundraiser the wicked COVID hit and really put a crimp in our style.

Alive After Five was canceled thus cutting out a substantial financial gain for the club. We also had to stop meeting in person for our weekly lunches. We had drive-by elections, we installed our new officers at a drive-in theater. We recently held a Zoom meeting where our Club President Elect, Michelle Ziel-Dingman, gave us a state of the city update. Michelle sits on the Idaho Falls City Council.



The pandemic might have slowed us down but we still managed to keep a few projects going but with creative adaptations. We kept volunteering at the soup kitchen but without the seating. Box lunches have been provided each month by some of our dedicated members. We continued our annual all-inclusive Halloween party again using the drive-by method where Civitans handed out goodie bags to our guests. We even managed to build a wheelchair ramp. We did blood drives, decorated a tree for the Festival of Trees event for Development Workshop. Several members decorated Civitan Plaza with Christmas decorations. This last weekend members were given lists to shop for kids who have been exposed to abusive situations. The presents were wrapped and then handed over to law enforcement officers who along with Civitans delivered them to 21 children and their families.

Hearts and Hands: President: Brandon Burchett (Advisor Nancy Deschamps, Nancya999@yahoo.com) : We have only had one meeting in October. We met and made a plan for the coming year. We had pizza and painted rocks for Halloween.

The Idaho Falls Civitan Club held a drive-thru Halloween Party. Some of the Hearts and Hands Club members helped hand out goodie bags and helped direct traffic. It was a really fun time!



Butte County Civitan Club: President: Robert Chambers, rchambers@butteschools.org:

The Butte County Civitan has done a meeting by Zoom. Our Big project in these COVID times was a Drive-Through Santa sponsored by the Lost River Hospital on December 4th. Our group jumped on board and collected cans for the our local senior citizen food bank.

California Clubs

Pasadena: President Suzi Hoge, the hoges@aol.com: Club vice president Christ Otero will host a leadership development Zoom meeting with Ability First clients starting in December. Topics covered in the zoom meeting will include public speaking, current events, voting rights, personal rights, and choices.

Pasadena continues to support Villa Esperanza as they provide families with love, care and hope. Pasadena's project to increase employment opportunities for persons with intellectual and developmental disabilities lost a full year because of the COVID pandemic. The Pasadena Civitan October Committee will have its first meeting on December 4. We look forward an active and effective program year recruit and honor employers who recognize this crucial need.

Burbank-Foothill: President Sandie Shapiro, sandie.shapiro@comcast.net Burbank had been meeting once a month but this month we're not meeting due to COVID. We did a food drive for one of the food banks in Burbank.

Oceanside: President Morri Kelsey, abbazabba8@yahoo.com

No information at this time.

Special Friends of North County: President Jose Cuevas (Advisor: Amy Fogo Leaf, dfogo3@cox.net)

Not meeting at this time due to COVID

El Monte/Arcadia: The El Monte/Arcadia Civitan Club has been meeting regularly on ZOOM. The club's current project is providing Christmas stockings and gift cards for the Newcomers' class, a group of 9-12-year-olds at a local elementary school. All are from foreign countries and have been removed from their parents' homes for their own protection. They live with families in El Monte, arrive speaking no English, and have limited resources. The club provides the class with school supplies and holiday treats during the year and visits the classroom (when school is in session) to watch these eager, enthusiastic youngsters as they learn a new language and acclimate to a new culture.

Route 78: President Eleanor Hutchins, screenbiz@yahoo.com: Not meeting currently, but they continue to pick up and deliver bread every Friday to Operation Hope, a shelter for families.

Pasadena Special friends: The Pasadena Special Friends Civitan Club received a VERY NICE and generous donation of \$450 from the California District and also made \$65.55 from recycling donated cans and bottles. With these monies we will be able to work on some new and fun projects when the COVID Stay-at-home order is lifted.

Los Amigos: President Mark Galley (Advisor: Amy Fogo Leaf, dfogo3@cox.net)

Not able to meet due to COVID.

Dollars & Sense: President Linda Colley, sendra@pacbell.net

Only meet at District meetings

Afternoon Tea: President Eleanor Hutchins, screenbiz@yahoo.com:

Not meeting due to COVID

Helping Hands: President Joanne Michener (Advisors: Sandie Shapiro, sandie.shapiro@comcast.net , Kathy Roudebush, khelenr1946@yahoo.com) Helping hands were also meeting once a month but, again, due to COVID they can't meet. They have been very active with collecting cans and plastic bottles and they give the \$\$ to the Modesto Gospel Mission. They have also been making cards for our Veterans.

They had a Halloween gathering at one of the member's homes. Kathy Roudebush had a costume challenge .

She also gave them candy 🍬 and they had pizza 🍕 and sodas.

Brighten a Special Life: President Jerry Stephens, jstephens50@msn.com:

This is a club that has dances for the disabled and are unable to do that at this time due to COVID.

Board of Heart of the West District

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