

THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB
ISSUE NO 3 | NOVEMBER 2023 | VOLUME 03



L-R: Governor of WCF Karen Shepherd, Edmonton Club President Angela McFalls

Our club was visited by Governor Karen Shepherd during our November business meeting. We presented her with a custom “Gov’na Karen” water bottle to show our appreciation of her visit.

Inside...

COSMO DAY FOLLOW UP

See where we went around Edmonton to spend awareness of Cosmo Day!

WORLD DIABETES DAY

Learn more about what World Diabetes Day is all about and how you can bring this important day to more people’s attention!

TED Talk

Learn new ways to inspire your team with David Burkus

OUR PRESIDENT’S MESSAGE

A message from the pen of our President.

COOKIE RECIPE

See this cookie recipe that would be great for Christmas!

AWARD AWARENESS

Check out this new segment that will be in each issue to educate Cosmos about the awards we submit at the end of each year.

FUN ZONE

Photos and monthly puzzle/challenge/joke.

GOVERNORS CHALLENGE

New in 2023/24 our Governor has issued the challenge. Can we step up?

ANNIVERSARY’S

Check out who has a Cosmo anniversary this month.

MEMBER SPOTLIGHT

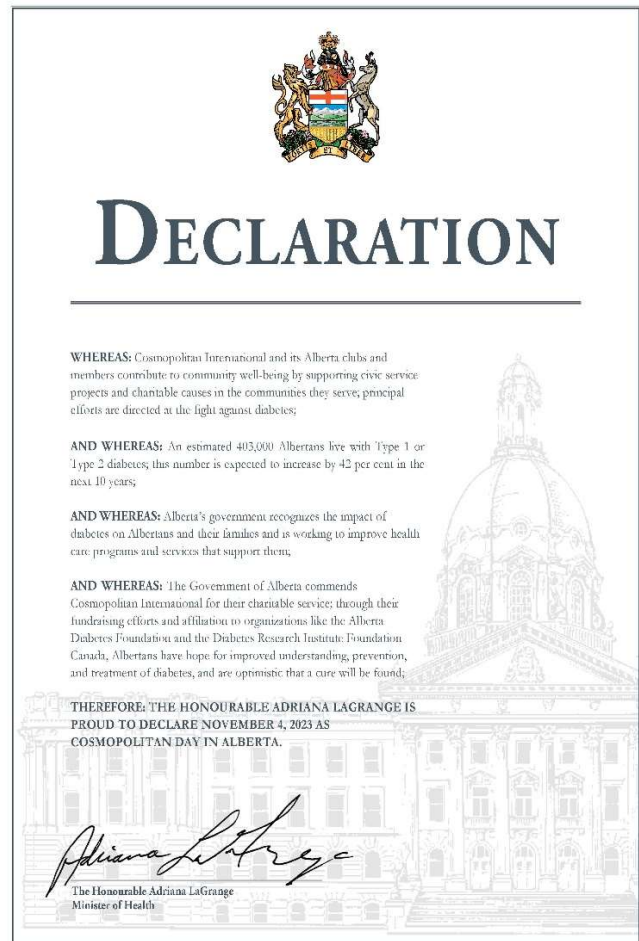
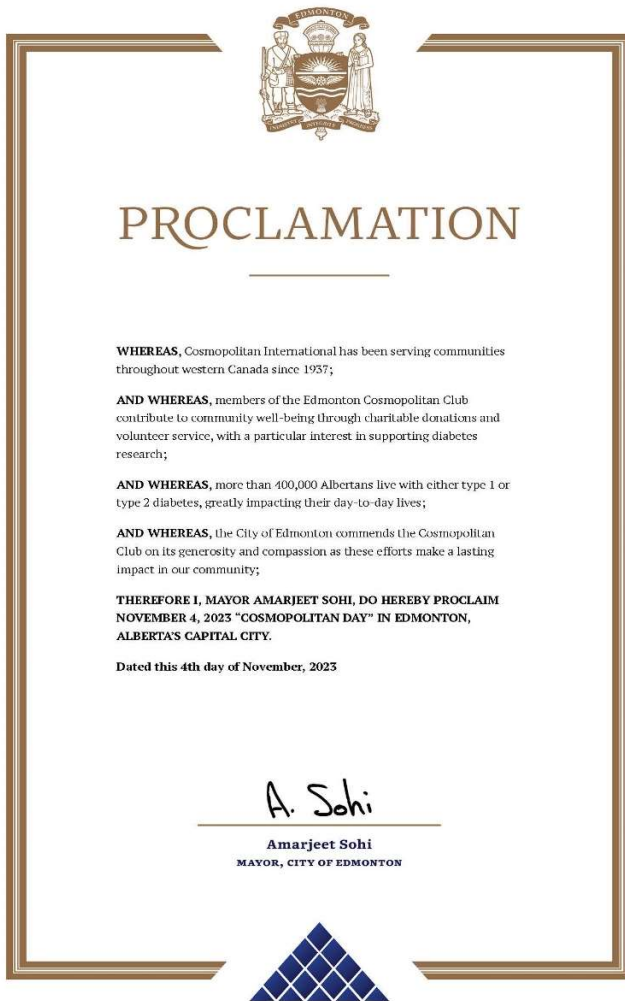
This issue with spotlight our Social Committee Member and Newsletter Editorial Team Member, Cassidy Eldering.

EDITORIAL COMMITTEE

Cheryl MacKenzie
Cassidy Eldering
Shawna Large

Cosmo Day Follow-up! By Shawna Large

The Edmonton Cosmo Club had reached out to the Government of Alberta and the City of Edmonton and received proclamations from both governing bodies declaring that Saturday, November 4, 2023, was Cosmopolitan Day! See images below.



Each Cosmo member wore their Cosmo swag as this November blessed us with beautiful weather for the multiple stops and questionable parking us Cosmos completed this year. As mentioned in the October edition newsletter, we went to multiple locations to provide awareness of Cosmo Day, World Diabetes Day and to inform more Edmontonians our Cosmo Club!

We were also bringing awareness to other Cosmopolitan members outside of the Edmonton area to be aware of all the fun things Edmonton has to offer for the next International Convention taking place in downtown Edmonton in July 2024.



The Edmonton Expo Centre



Rogers Place



The Westin Hotel



Commonwealth Stadium



Art Gallery of Alberta & Royal Alberta Museum



Churchill Square



Sherlock Holmes Pub



Alberta Diabetes Foundation



World Diabetes Day by Cassidy Eldering

World Diabetes Day (WDD) was November 14th, the Birthday of Sir Frederick Banting who you may have heard of as he was a co-discoverer of insulin. As we know this is a large campaign that reaches over 1 billion people to keep us talking and thinking about diabetes. The WDD 2021 – 2023 theme is **Access to Diabetes Care**. This year, their focus is on the importance of knowing your risk of type 2 diabetes and emphasizing the impact of diabetes-related complications. It's all about getting and sharing the right information.

If you are not diabetic, do you know your risk? At <https://worlddiabetesday.org/type-2-diabetes-risk-assessment/> you can find out. It's an 8-question quiz, nothing to lose and knowledge to gain. It got me thinking about factors I can control and factors that I can't but can try to manage.

The WDD Organization reported that in the research carried out by the International Diabetes Federation (IDF) it was found that 72% of people with diabetes only found out they even had diabetes was because of related complications. About 94% of those with diabetes surveyed by the IDF have had complications during their life with diabetes. On top of this, complications can of course be serious and life threatening, thus the stress and worrying were found to affect about half of those with diabetes daily. This of course can cause higher stress levels and further complications.

As we campaign for awareness, we become alarmingly aware that there is not adequate care, support or medication for individuals who need it. Awareness is to equip healthcare professionals, inform individuals with an elevated risk, political figures and anyone who has in some way been affected by diabetes with the proper knowledge and resources along with a clear message that action needs to be taken.

What can YOU do? Spread the word, share posts and pictures with the blue circle (global symbol for diabetes), boost your own knowledge with the WDD free education courses, join and share our Cosmo events!

<https://worlddiabetesday.org/about/>

<https://idf.org/news/more-than-two-in-three-people-with-diabetes-already-have-complications-at-diagnosis/>



A simple way to inspire your team by David Burkus

Using paychecks, perks and carefully worded mission statements plastered on posters, companies are on a never-ending quest to find what drives morale at work. An underappreciated solution lies in the answer to one simple question, says management researcher David Burkus. With notable examples backed by decades of success, he presents a clear path to inspiring your team — and finding your purpose at work.

[David Burkus A Simple Way to Inspire Your Team](#)

President's Corner

November is a great month in the fight against Diabetes!

We welcomed two new members to our club this month. I am excited to announce Kim and Jackie are our newest Edmonton Cosmos, WELCOME! I am sure that our editors will be doing a spotlight on each in the coming editions. I look forward to getting to know them both in the coming months and years.

I was invited to attend the 40th anniversary of the St. Albert Cosmopolitan club, what a wonderful evening. I was proud to represent our club, and to share our heartfelt congratulations to our friends at the St. Albert club for 40 years of great works in the community. Governor Karen Shepherd and her charming husband Keith were also in attendance at the event. There were wonderful words shared by past and present cosmos and a great time was had by all!

Governor Karen and Keith attended our club meeting the following evening. It was wonderful to have them, Karen shared some great information about her term, what she has done so far and how the rest of the year will look. We are very optimistic, thanks for a great visit, Gov'na Karen. Special shout out to

Shawna who took to the cricket and created a personalized design to adorn the gift we presented Karen. She was very touched, and we all marveled at Shawna's craftiness!

We hit the streets for 'Cosmopolitan Day' on November 4th, an initiative put forth by Past International President and WCF member Art Brassard 3 years back. I won't go into too much detail, as I know our editor is putting together a nice article about the day. I will share my great pride and pleasure that once again, we were fortunate to present a cheque on behalf of the Canadian Foundation to the Alberta Diabetes Foundation.

World Diabetes Day was November 14th, we had members present at a very special announcement at the ADI, Governor Karen was also in attendance due to her well-timed visit!

It feels great to be a Cosmo, but in November it is even better!

Yours in fellowship,

Angela McFalls



Keto Cream Cheese Cookies

COURSE: DESSERT, SNACK

CUISINE: AMERICAN

PREP TIME: 10 MINUTES COOK TIME: 12 MINUTES TOTAL TIME: 22 MINUTES SERVINGS: 18 PEOPLE

CALORIES: 200

AUTHOR: [LISA MARCAURELE](#)

These wonderfully sweet and crispy keto cream cheese cookies are simple to make for a perfect holiday treat. You can press them into shapes, decorate them, or enjoy them plain!

INGREDIENTS

- 1 cup butter
- ¾ cup [low carb sugar substitute](#) or other sugar substitute
- 4 ounces cream cheese softened
- 2 eggs original recipe had only one, but two works best
- 2 cups [almond flour](#)
- ½ cup [coconut flour](#)
- 1 teaspoon vanilla extract see note
- 1 teaspoon [xanthan gum](#) optional

INSTRUCTIONS

1. Cream the butter and sweetener until light and fluffy.
2. Beat in the cream cheese.
3. Add in the eggs.
4. Stir in the flours and xanthan gum (if using), then mix in the vanilla.
5. Chill dough for at least 4 hours .
6. Squeeze dough out of cookie press or roll out into a cookie log and slice.
7. Bake at 350F until cookies begin to brown (about 8-10 minutes for pressed cookie or 10-12 minutes for slices). Cook longer for crisper cookies.

NOTES

Vanilla extract can be substituted in part or whole with other extracts like almond, lemon or orange to change the flavor.

Note from reviewer: Decreased the butter by ⅓ and only used ⅔, ¾ cup of erythritol and half ½ cup of stevia. 1 tablespoon of Maple extract and a dash or 2 of cinnamon.

Makes about 75 cookies, 4 cookies per serving

Nutrition

Serving: 4cookies | Calories: 200 | Carbohydrates: 4g | Protein: 3g | Fat: 19g | Saturated Fat: 8g | Cholesterol: 43mg | Sodium: 120mg | Potassium: 15mg | Fiber: 2g | Sugar: 0g | Vitamin A: 415IU | Calcium: 37mg | Iron: 0.6mg

Additional Info

Net Carbs: 2 g | % Carbs: 4.2 % | % Protein: 6.3 % | % Fat: 89.5 % | **SmartPoints: 8**

© LowCarbYum.com

Unauthorized use and/or duplication of this material without written permission from site owner Lisa MarcAurele is strictly prohibited.

<https://lowcarbyum.com/cream-cheese-cookies-gluten-free/>

Award Awareness by Tammy Allen



This segment will be in our newsletters going forward to inform everyone about the awards that are available to all Cosmo Clubs so we can all be prepared at the end of the year to submit awards to the Western Canada Federation (WCF) and Cosmopolitan International (CI). This month we will be looking at the Cosmo of the Year award!

The Cosmopolitan of the Year Award is intended to recognize a hard-working Cosmopolitan whose primary contributions have been at the local level. This award is based 75% on Cosmopolitan service and 25% on community service, family or church activities, or business standing.

Cosmopolitan of the year nominating requirements:

1. Membership in a local Cosmopolitan club for at least two years prior to the time the nomination is submitted;
2. Good standing in the local Cosmopolitan club;
3. Attendance of at least 75% at local club meeting;
4. No remuneration for civic service to the club or to any other organization being considered in the candidate's nomination; and
5. Approval and endorsement by the Board of Managers of the local club.

The official entry form is submitted, along with a photo, and a report on the nominee. We can also use Newspaper clippings, magazine articles (including Cosmo Topics), press coverage, mementos, etc., to support the nomination.

This honour is awarded at the Club Level, then submitted to the Western Canada Federation. The WCF Awards committee will review the submissions and chose the best applicant from the Federation. All Federation recipients are then submitted to Cosmopolitan International, and a winner is awarded at the Annual Convention.

Competition is stiff at the International Level, but a Cosmo that receives the Cosmopolitan of the Year award is not eligible for consideration in future years, at the International level.

Joke of the Month from Cassidy Eldering

Two friends are walking down the street thinking of something to do.

One friend turns to the other and says, "Let's go get a drink, there's this new place that does THE best punch you'll ever drink."

So they make their way to the bar and walk straight up to the bartender "Bartender, two glasses of your best punch please."

The bartender replies in a stern voice, "If you want some punch you're gonna have to get in line like everybody else."

The friends turn and look around but there's no punch line...



GOVERNORS CHALLENGE

You've heard about it, but what can you do to help earn those points?

There are a lot of fun things that club members can do to help earn those all important points. This is a bragging rights challenge! Who's got COSMO Spirit? **"WE DO, WE DO!"**

JUST A FEW ITEMS ON THE CHALLENGE LIST....

- 1 WEAR DIFFERENT COLOR SOCKS! (Yes, good for points!)
- 2 WEAR A TEAM JERSEY!
- 3 HAVE AN IDEA FOR A SPEAKER, LET PRES. ANG KNOW!
- 4 SUBMIT A REPORT TO THE COSMO TOPICS!
- 5 RECRUIT A NEW MEMBER, THE BENEFITS TO THE CLUB ARE ENDLESS, ***GROW COSMOS GROW!***



Member Spotlight – Cassidy Eldering



Cassidy joined the Edmonton Cosmopolitan Club in October of 2020. Since joining she has been a key member on the Social Activities committee, and has volunteered at many events including Rockin’ August, and the casino fundraiser to name a few. She is always there when you need a helping hand, she is on the Newsletter committee, 2024 International Convention committee and Cosmo Day Committee.

We took a few moments to ask Cassidy some questions to help you get to know her:

Favorite Activity: adventuring with her dogs

Favorite Color: Blue

Favorite Food: Spaghetti

Favorite Vacation Spot: Jasper, AB (not the person lol)

Favorite COSMO Moment: my first Cosmo convention in Saskatoon, getting to know everyone was a blast!

OUR CLUB:

EDMONTON COSMOPOLITAN CLUB Founded: 05/04/1955

Location: Edmonton, Alberta Canada

Email Address: edmontoncosmoclub@gmail.com

Club Website: edmontoncosmoclub.org (under development)

Western Canada Federation: wcf-cosmopolitan.org

International Website: cosmopolitan.org

Cosmopolitan Foundation Canada: cosmofoundationcanada.org

Meetings: 2nd (Bus.) & 4th (Social) Monday of month.

Timing: 6:30pm-8:30pm (Dinner optional)

Locations: 2nd Monday – Boston Pizza, 170th Street
4th Monday – Announced at the prior mtg.

OFFICERS:

President: Angela McFalls

1st Vice President: Tammy Allen

2nd Vice President: Tim Kinniburgh

Treasurer: Kathy Walker

Secretary: Susan Sevcik

Sargent at Arms: Tammy Allen

UPCOMING MEETINGS/EVENTS:

December 11th: EDM Business Mtg (6:00pm)

December 11th: EDM Cookies & Prosecco Donation event (6:30pm)

December 16th: Christmas Party at Angelas! (6:00pm)

Remember, every event is a Member Recruitment Event!



2023-24 CLUB ROSTER (15):

- Allan, Tammy
- Bavle-Bannister, Amanda
- Cherwaty, Patti ('23 - New)
- Dory, Rick
- Eldering, Cassidy
- Hardy, Esther
- Hardy, Lyle
- Kinniburgh, Tim
- Large, Shawna
- MacKenzie, Cheryl
- MacPhee, Jackie ('23 - New)
- McFalls, Angela
- Saunders, Kimberley ('23 - New)
- Sevcik, Susan
- Walker, Kathy

Honorary:

- Gary & Charlene Jurke

Last Meeting Attendance (11/27/23): 8