

THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB
ISSUE NO 4 | DECEMBER 2023 | VOLUME 03

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CHRISTMAS GIVING NIGHT

A night to highlight organizations that will benefit from our donations

DIABETES TIPS AND RECIPE

Get yourself out of the post-holiday blues starting with working on your health!

OUR PRESIDENT'S MESSAGE

A message from the pen of our President.

TEDTalk

AI and doctors, from appointments to diagnosis

2024 CONVENTION UPDATE

Some changes and progress

ARTICLES BY THE EDITORS

Take a read through Cheryl's membership piece

FUN ZONE

Group photos from the years and recapping some fun events from 2023

GOVERNORS CHALLENGE

New in 2023/24 our Governor has issued the challenge. Let's keep up the commitment!

MEMBER SPOTLIGHT

This issue with spotlight on our 1st Vice President and Sargent at Arms, Tammy Allen.

EDITORIAL COMMITTEE

Cheryl MacKenzie
Cassidy Eldering
Shawna Large



L-R: Amanda Bavle, Susie Sevcik, Cheryl MacKenzie, Esther Hardy, Lyle Hardy, Angela McFalls, Tammy Allen (EDM)

“GETTING WITH THE CHALLENGE”



2023 Cosmo Giving Night



Every year, the Cosmos choose a few local charities Our volunteer group believes in the power of community support, especially during the holiday season. Each December, we carefully select local charities to uplift and empower. By providing donations we aim to amplify the invaluable work these small charities do, enabling them to expand their outreach, support more individuals, and create a tangible, positive impact to the community. Together, we strive to foster a spirit of generosity that fosters a brighter, more compassionate community for all.

Total Gifting to all recipients: \$32,000



St. Albert Merchants - Represented by Brad Laporte

The St. Albert Junior B Merchants play in the 14-team Capital Junior Hockey League (CJHL), composed of 14 teams from the Edmonton area.

The Merchants program provides a brand of hockey that is developmental yet competitive. Players can usually find balance between their time on and off the ice. Including community involvement such as volunteering at Rock n August and the Salvation army.

The Merchant’s Board is a group of volunteers who establish and follow a responsible budget that supports all team operations. Revenue comes from modest player fees, sponsorships, and fundraising initiatives. Expenses for the team include ice time, officials, and operating costs that average approximately \$60,000 per year or higher.

Veterans Foodbank Association - Represented by Bob Cotton

MISSION: The Veterans Association Food Bank is dedicated to enriching the lives of Veterans by providing assistance and support. No Veteran will be denied a safe and welcoming environment. The Veterans Association Food Bank recognizes any person who is currently serving or has honourably served in the Canadian Armed Forces. The Veterans Association Food Bank also recognizes and offers support to those currently serving, honourably discharged or honourably released Commonwealth Allies, members of the Royal Canadian Mounted Police, Peacekeepers, Merchant Marines, or Ferry Command (Coast Guard). Support will be extended to spouses, widows, widowers, and any dependent children in need. Proof of military service or affiliation required.

VISION: Veterans Helping Veterans. Our Vision is to implement programs in a safe, welcoming environment - a place Veterans can call home. To build strong relationships within the Veteran Community and regain the sense of Brotherhood that has been lost for some. To never forget that when Veterans need us, under no circumstances, will they be denied. To encourage our Veterans to unmask that silent voice and let them be heard.



CNIB – Represented by Ashley Rolheiser

One of Canada’s oldest charities driven to change what it is to be blind today. They deliver innovative programs encompassing 5 major themes: live, tech, play, work and learn. These have been expanded post-covid to empower people impacted by blindness to live their dreams and tear down barriers to inclusion. Their work as a blind foundation is powered by a network of volunteers, donors, and nationwide partners.

MISSION: To change what it is to be blind through innovative programs and powerful advocacy that enable Canadians impacted by blindness to live the lives they choose. Their vision includes words such as **Empowerment, Inclusiveness, Passion, Innovation, Collaboration, and Integrity.**

DEFEAT DIABETES (ADF/DRIFCan Partnership) – Represented by Melanie Hibbard



MISSION: On World Diabetes Day, the University of Alberta, along with the Alberta Diabetes Foundation (ADF) and the Diabetes Research Institute Foundation of Canada (DRIFCan), are joining together to celebrate a major milestone in their quest to defeat diabetes. Together the partners are announcing a \$10M campaign to fund research toward a cure, reduce the impact of diabetes in people’s lives and improve early diagnosis of the condition. Already the campaign has led to critical research helping patients in Alberta and around the world.



Light up your Life Society – Represented by Sharon Cornelius

The Light Up Your Life Society oversees Spruce Grove, Stoney Plain and Parkland county. They are 100% volunteer-run since 1992 working to promote awareness & support for palliative/hospice & continuing care. They promote awareness of palliative/hospice and continuing care by raising funds to enable the purchase of enhanced equipment and special services in order to assist clients and their families. Each year they set a goal of \$100, 000 and they have been able to surpass this for the past few years because of groups like the Cosmos

Diabetes Canada – Represented by Tyler Wiebe

Diabetes Canada provides resources for patients, advocacy to government, camps and fund diabetes research. They do their best to make sure those with type 1 diabetes know about disability tax credits and get provinces to get access to medication and equipment easier. They also provide education and supports such as clinical guidelines. Currently, they are funding 55 research projects, 5 of which are in Edmonton and 5 in Calgary.



DOGS WITH WINGS
ASSISTANCE DOG SOCIETY

Dogs with Wings – Resented by Amanda Bourgouin

The goal: to change lives for the better.
A leader in the international community of assistance dog training schools, their mission is to foster integration and independence for individuals with disabilities by providing them with highly trained assistance dogs and aftercare.
Dogs with Wings trains and provides Guide Dogs, Service Dogs, Autism Service Dogs and Facility Service Dog and Companion Dog Programs.
Each dog is free of charge to the recipient but costs the organization about \$40, 000 to get to that recipient.

This year was a busy one for them as they revamped their website, worked on getting re-accredited internationally and secured a new training transport vehicle as well as received a lot of puppies to train! They have over 200 volunteers to raise the puppies and are always looking for more.

Kids Kottage Foundation – Represented by Amanda Adkins

Kids Kottage is a crisis prevention and early intervention service that keeps infants and children safe and families strong. When a family is under toxic levels of stress whether it be from job loss, homelessness, the effects of poverty, mental or physical health issues, abuse, or whatever the case may be, they help take care of the children and family. Amanda described them as small but mighty with this past years statistics showing 1865 counselling crisis interventions and over 500 children sheltered. She confidently added that our donation makes a difference.



Not able to attend the 2023 COSMO Giving Night Event but also receiving funds...

William Watson Lodge Society – Wayne Pelletier, President



MISSION: William Watson Lodge provides year-round, barrier-free, wilderness lodging for persons with disabilities, seniors and their families. It is situated in beautiful Peter Lougheed Provincial Park, on Lower Kananaskis Lake. The goal of this facility is to connect people of all abilities, all ages and all cultures to recreational opportunities in nature through providing needs-based accommodation and inspiring more accessible experiences.

Crystal Kids Youth Centre – Miri Peterson, Executive Director

MISSION: To provide community based intervention and prevention services for youth with outcomes based service delivery, including nutritional support, mentoring, life skills coaching, and athletic and artistic programming in a safe and supportive environment for children, as well as providing both social and nutritional support for seniors.



MISSION: WINGS saves women and children who are escaping domestic abuse by delivering secure long-term housing and wrap-around support services to help families 24/7. While these fully furnished apartments provide needed shelter for survivors, WINGS does much more than provide a roof over their heads.

WINGS creates a safe and welcoming home for women and children. Our trauma informed approach, intensive counseling, onsite childcare, life skills training, as well as child and youth programs - encourage healing for the whole family. We give women time to process and the tools they need to recover from the horrific trauma they have experienced. Our full-circle healing helps women and children become more stable, access new skills and set a healthy course for their lives.

We deliver our programming with kindness and compassion and provide transformational support that changes the lives of women and children.



Youth Empowerment & Support Services – Margo Long, President & CEO

MISSION: Based in Edmonton, Youth Empowerment and Support Services (YESS) provides immediate and low-barrier 24/7 shelter, daytime resources and services, temporary supportive housing, and individualized wrap-around supports for young people aged 15–24.

Some diabetes-focused tips post-holidays:

- Watch your portions
- Eat healthy carbohydrates
- Eat more whole foods and less highly processed foods
- Drink water
- Be consistent with carbs
- Plan meals ahead!

<https://www.diabetes.ca/resources/tools---resources/basic-meal-planning>

To help you get started, here are some daily meal plans from Diabetes Canada:

Breakfast: 1 cup (250 mL) corn meal porridge (made with low fat milk), measured after cooking, 1 egg, scrambled or boiled, and ¼ cup (60 mL) berries (511 calories, 37 g carbohydrates, 3 g fibre, 34 g net carb)

Lunch: 3 oz. (90 g) baked chicken, 1 cup (250 mL) yam, cooked, sautéed greens (spinach, callaloo, kale)*, and ½ medium-sized mango (433 calories, 54 g carbohydrates, 7 g fibre, 47 g net carb)

Dinner: 3 salmon or cod fritters, 1 cup (250 mL) brown rice and peas, cooked (measured after cooking), and mixed vegetables (okra, eggplant)* (680 calories, 65 g carbohydrates, 5 g fibre, 55 g net carb)



Breakfast: 1 serving of **crustless apple and roasted fennel quiche** and 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage) (20 g carbohydrates, 4 g fibre)

Lunch: Green salad with grilled chicken, ½ cup (125 mL) chickpeas and 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage) (15 g carbohydrates, 9 g fibre)

Dinner: 1 serving of **oven roasted salmon with sriracha and lime**, ½ cup (125 mL) mashed sweet potato, green salad (38 g carbohydrates, 4 g fibre)

Breakfast: steel-cut rolled oats (½ cup/75 mL dry), 1 tbsp peanut butter added to cooked oats, ½ cup (125 mL) low-fat milk (324 calories, 37 g carbohydrates, 5 g fibre)

Lunch: green salad (lettuce, cucumber, tomato) with 3 oz.(85 g) grilled chicken breast and ¼ cup (60 mL) croutons, 1 tbsp (15 mL) light salad dressing, ½ cup (125 mL) low-fat yogurt, 1 fruit (example: medium-sized apple or small banana) (435 calories, 49 g carbohydrates, 5 g fibre)

Dinner: 1 serving **chicken and white bean stew**, 2 oz. (55 g) whole grain bread or roll (450 calories, 52 g carbohydrates, 10 g fibre)





President's Corner

Greetings all,

Somehow another year has come and is nearly gone, where does the time go?

When I reflect on the year that is about to pass, I am happy to look back on all the fellowship shared during volunteer activities, conventions, meetings, and social gatherings.

Our annual donation event is always a highlight for me personally. To get together with so many wonderful individuals that work with great organizations day in and day out, doing their best to help folks that need a hand fills my heart with hope and joy.

I hope that this holiday season has given you time to gather with friends and family to enjoy each other's company, to share past memories and make new ones.

Cheers to an eventful 2023 and looking forward to a great 2024!

Angela McFalls

President – Edmonton Cosmo Club





Can AI catch what doctors miss?

AI could propel the biggest transformation in the history of medicine, says physician-scientist Eric Topol. He explains how sophisticated AI models can interpret medical images as well or better than human experts can — and, beyond that, even pick up things that human eyes can't see. Learn all the ways AI is poised to make a difference for both patients and doctors.

https://www.ted.com/talks/eric_topol_can_ai_catch_what_doctors_miss

2024 CI International Convention

The Committee has been busy at work with Budget and Itinerary approvals from the International Board. As promised, we are working to have registration open this month. The wheels are turning and its about to get extremely busy.

One notable change, we have opted to remove the Pancake Breakfast on Friday Morning. Although this saddens us as we wanted to incorporate a Legacy Event with the Convention, the logistics and timing of the event became problematic with the city's set up for Taste of Edmonton.

All in all, it is going to be an amazing event and we look forward to opening the doors in Edmonton and WCF to the rest of the Organization. It is going to be an amazing event!

The 2024 CI Int'l Convention Organizing Committee.

SHARE A SECRET! (Bring A Friend)

Cheryl Mackenzie

As we look back and reflect on our year, we see what an impact a small group can make. In this vein, we challenge each of you to "Bring A Friend". Share the experience of being a COSMO and making a difference in our community.

If you take stock of what our group has been able to accomplish...

- Visiting Foodbanks
- Building Friendships across the "Cosmoverse"
- Making a difference to Newcomer Ukrainian Families during some of their most challenging times.
- Raising incredible amounts of money to fund the search for a cure for Diabetes.
- Financially Supporting local organizations that are needed in our community and make a difference.

It's something to be proud of and something worth sharing. Bring a friend to one of our upcoming Social Events and introduce this amazing group of people. You never know, they may just be waiting to be asked. Don't keep this secret from them. Help us GROW!

COSMO Photo Gallery - Reflections



What a crowd for our business meeting from 2022



Our Honorary members, Gary and Char



A low key hang out among Cosmo members from all around!



Cosmo Day 2021, after we travelled and delivered our cheque, our annual stop at Earls!



Having fun and excited about her creation at our paint night!



Unmatching socks for the win!

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 SUBMIT AN ENTRY FOR EACH AWARD AT THE MAY CONVENTION
- 2 PARTICIPATE IN A COSMO FUNDRAISER (RNA/DRIFcan extended their raffle date- hint hint..)
- 3 HAVE AN IDEA FOR A SPEAKER, LET PRES. ANG KNOW!
- 4 WEAR YOUR COSMO GEAR TO MEETINGS!
- 5 RECRUIT A NEW MEMBER, THE BENEFITS TO THE CLUB



Happy Anniversary to....

Tim Kinniburgh

Congratulations on celebrating an amazing 37 years with the Cosmos! Now that's dedication!



Member Spotlight – Tammy Allen



Tammy is our Edmonton clubs' 1st Vice president and Sargent at Arms, past Governor and past President, holding many titles with a ton of experience and countless hours of dedication in the Cosmo club! She is a go-to for any travel advice or for funny travel experiences. Such as when she took this great selfie with a Barbary Ape in Gibraltar.

Favorite Activity: I love games!! Cards, dice, board, etc. They are all great.

Favorite Color: Blue

Favorite Food: This is a tough one, but I have to go with Italian - there's nothing better than a properly made Carbonara.

Favorite Vacation Spot: Also a tough one - I've been fortunate to have quite a few destinations to choose from. Costa Rica is a favourite, but I really loved Portugal, when I was there this summer, and would love to go back.

Any pets/names: None of my own - like Children, I prefer pets that I can spoil and give back to their parents. I'm a great Dog Auntie!

Favorite COSMO Moment: There have been many moments that have made me very proud to be a Cosmo, but I would have to say the first Cosmo Day, when we

presented Dr Buteau with the donation of \$50000, on behalf of the Cosmopolitan Foundation of Canada Inc.. That was really meaningful to give that kind of donation directly to a researcher, working on a cure for Diabetes.

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 |
| 1 st Vice President: | Tammy Allen |
| 2 nd Vice President: | Tim Kinniburgh |
| Treasurer: | Kathy Walker |
| Secretary: | Susan Sevcik |
| Sargent at Arms: | Tammy Allen |

UPCOMING MEETINGS/EVENTS:

January 8th: EDM Business Mtg
January 13th: Cosmo Christmas party
January 22nd: Volunteering at the Foodbank



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 (12/11/23): 13

Remember, every event is a Member Recruitment Event!