

THE COSMO BULLETIN

EDMONTON COSMOPOLITAN CLUB
ISSUE NO 2 | OCTOBER 2023 | VOLUME 03

The Club that Fights Diabetes

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HAPPY ANNIVERSARY

A number of Club Members celebrate October Anniversaries.

MEMBER SPOTLIGHT

This issue with spotlight our CFCI President and Newsletter Editorial Team Member, Cheryl MacKenzie

EDITORIAL COMMITTEE

Cheryl MacKenzie
Cassidy Eldering
Shawna Large



**“SPOOKTACULAR”
OCTOBER**

A Single Question, Why? by Cheryl MacKenzie

There is a single question that people often ask when we talk about Cosmos and inviting people to consider joining our organization, “Why?”

There are the obvious answers. We are a philanthropic organization that supports local community based organizations, as well as Federation and International Projects. We support Diabetes Research. We volunteer in the community. We are a best kept secret. There are all of those reasons, without question.

In fact, all of those reasons are reasons that I chose to join. As a diabetic and someone that wants to help raise funds that are directed to a cure, it was the perfect fit.

There is more to the answer for me though. *Friendship*. As you know, after the Federation decided to keep our Mid Term Fall Meetings virtual to engage more members, there were a number of members that thought it might be a fun time to get together to have a casual, social, get together. That happened in mid October at a Northern Saskatchewan Retreat called Lost Creek Resort.



What made this a memorable event, Friendship. Getting together with friends that share common bonds. Playing cards, games, walks, or just sleep... yes I did that! This event and the activities are not unique to being a Cosmo but in today's environment it is difficult to meet people in different circles. COSMOS is a great circle to be in and a way to meet people from the community both far and wide.

Cosmopolitan International is an impactful organization within our communities. To continue to be that organization, we need to find ways to express the benefits and bring new members into our Club. Find your why and share it. People can't say yes if they are not asked but the most important part of that question and introduction is to share your passion.

Who are we... what are the components of the 'why' for Edmonton:

- Community Outreach to organizations such as Foodbanks. RonaldMcDonald House etc.
- Sharing proceeds of fundraising with 12-14 Edmonton based small organizations each year at Christmas through our Christmas Giving Program
- Playing an integral roll in the annual event, Rock'n August
- Monthly social activities for club members and often with family members.
- Fundraising for Diabetes Research
- Building a network of like minded friends across 40+ clubs in North America

These are just a few points. To grow, you need to find the list that you best identify with and don't be afraid to share it. Find your WHY!

Grow COSMO's Grow

A COSMO DAY PREVIEW by Shawna Large

November is Diabetes Month, so Cosmopolitan International has collectively made the first Saturday of November, Cosmo Day. The purpose of Cosmo Day is to bring more awareness to diabetes and the impact the disease has on everyone's daily life.

The Edmonton Cosmopolitan Club makes an active effort every year to bring more attention to Cosmo Day. Our club does this by going around the City of Edmonton to different locations that have meaning to the club. The locations in the past few years include the Edmonton Food Bank, Edmonton City Hall, West Edmonton Mall and the Muttart Conservatory, to name a few.

This year the locations that the Edmonton Cosmopolitan Club will be visiting will be based on the International Convention taking place in July 2024. The locations we will be visiting are as follows:

- 1. The Edmonton Expo Centre.** This is where the Edmonton midway, K Days, takes place every year in July. Cosmopolitans will be volunteering at the K Days kick off parade breakfast on the Friday morning.
- 2. Rogers Place.** There will be different events during the convention and parts might be linked to going to the Rogers Place site.
- 3. Commonwealth Stadium.** This is to bring attention to convention goers that there are other events that would be going on during the convention, if they choose to attend additional events.
- 4. Art Gallery of Alberta and the Royal Alberta Museum.** These exhibits are open to the public and will be within walking distance of the convention's location.
- 5. The Westin and Churchill Square.** This is where the convention will be taking place and the public space that is outside of the hotel. Churchill Square is where the Taste of Edmonton event will be taking place. This is a food based event that will be one of the meals Cosmo's can opt into.
- 6. Sherlock Holmes Pub.** There will be different events during the convention and parts might be linked to going to this pub. This pub is also within walking distance of the Westin Hotel.
- 7. River Valley Overlook.** This is to draw people into the convention with the view of downtown Edmonton pointing out landmarks of Edmonton.
- 8. Alberta Diabetes Foundation.** This is where our club will be presenting the Alberta Diabetes Foundation with a donation from the Western Canada Federation.

President's Corner

Greetings fellow Cosmos,

We have a very busy year ahead as we prepare to host the International Convention in 2024! We are off to a great start and have the bones of the convention well in order. The committee has been keeping in touch with all members with monthly teasers to build awareness and excitement. The committee will be reaching out to other clubs in the WCF to request support where possible in the coming weeks / months.

The Bulletin is back! Editors Cheryl, Shawna and Cassidy have already delivered one heck of a great Bulletin and have committed to an amazing monthly addition for the remainder of the year. Yours truly will be submitting a monthly Presidents address (this didn't seem to be optional) we are also looking forward to submissions from all club members to keep the momentum going. We have shared the bulletin via the magic of Clubrunner mass email with the WCF membership, President Dick and ED Melvina. We will continue this each month.

Cosmo Day! We have a great itinerary planned for this year that will highlight the hotel we are using for convention and downtown attractions close by. What a great tie-in, brilliant suggestion, and I can't even take credit for it – way to go Shawna! We will follow this up with a \$25,000 donation on behalf of the Foundation at ADI.

Our Christmas donation event is coming up this December. We transitioned this to an evening 'zoom' call from an in-person lunch. The move saved the club loads of money, and it has been a great way to engage with the deserving charities we are supporting, and to have them network with each other.

We are also putting together a 'new member' guide to ensure a consistent new member experience in our club. Based on the round table at international we are making a move away from having potential members come out to a business meeting as their first point of contact and instead come to a social. We figure once they see how fun we are, how will then not want to join!



CLUB PRESIDENT ANGELA MCFALLS

TED Ideas worth spreading

Can you learn from fear? Let's take a few minutes to hear what Karen Thompson has to say.

[TEDTalk: What Fear Can Teach Us](#)

COSMO Pumpkin Gallery – Oct Fun Nite



HALLOWEEN FUN

BY ADA CLARK

We like to go, on Halloween
All up and down our street,
Dressed up like ghosts and witches bad,
And frighten those we meet.



UPCOMING EVENTS...

NOVEMBER 13 -14: GOVERNOR KAREN COMES TO TOWN.

Governor Karen will be attending the 40th Anniversary Celebrations of the St Albert Cosmos on November 13 and visiting the monthly meeting with Edmonton COSMO's on November 14th.

NOVEMBER 14TH: WORLD DIABETES DAY

Governor Karen and CFCI President Cheryl will be attending a "Defeat Diabetes" Press Conference. We are excited to here of the great things to come!

WEAR YOUR WORLD DIABETES BLUE CIRCLE OR PURPLR IN CELEBRATION OF DIABETES RESEARCH ON THIS DAY AS WELL!

TEN WAYS to have a Safe and Happy Halloween!

1. Do not take ANYTHING from the dead
2. Don't read a demon book of summoning out loud, not even as a joke.
3. Do not search the basement if the power goes out
4. If you hear a loud unknown noise and you think it's 'just the cat', just get out.
5. If appliances start to operate on heir own, don't check for short circuits, also just get out.
6. If you find a town that looks deserted, there's probably a good reason for it, keep going!
7. If you have the benefit of numbers, DO NOT pair off or go alone.
8. If your partner suddenly starts behaving uncharacteristically like hissing, glowing eyes, hunger for blood, etc. It's probably better just to take care of them at the first signs.
9. When it appears you have killed the monster, NEVER check to see if it's really dead, just go.
10. Make sure to display and light your Cosmo carved pumpkin on the 31 st !

MID TERM WRAP UP – COSMOS/CFCI by Cheryl MacKenzie

The Midterm Meeting of both WCF and CFCI took place on Saturday, Oct 21. Watch for minutes in your inbox. This article will give you some highlights.

During the WCF Meeting Governor Karen gave a rundown of her year to date activities. This included work with the Board, the Governor's Challenge, and her engagement with the CI Board.

- **Governors Challenge:** Very good participation out the door. Saskatoon Club took the early lead.
- **CI Board Meetings:** President Dick Gorton is working with the team to identify a new International Project. Early direction is towards DRI / DRIFCan. Dr Walter Alm, Federation Governor is researching the option to work with DRIFCan.
- **CO Board** is looking for input on a new Strategic Plan. The intent is to have it build bottom up from the clubs. Feedback is asked to be submitted early in the new year.
- **Club Visitation:** Governor Karen will be working to visit each of the clubs. Edmonton has a visitation set up for November 14th.
- **WCF Awards:** A refocus with Lt Gov Gord on the Awards Manual and looking at ways to elevate awards and reengaging club participation.

Other Board Members presented reports:

- **Gov Elect Cheryl:** Working on a review of Board Procedures & Cosmo Academy
- **Lt Gov Gord:** Working on Awards with Gov Karen
- **Lt Gov Greg:** Responsible for Conventions. At the meeting, Wascana agreed to host the May 2025 Annual WCF Convention.

There is still a Lt Governor vacancy. If anyone is interested in more information, feel free to reach out to Gov-Elect Cheryl or Past Gov John Kryszak for information.

Club President Reports were circulated.

During the CFCI Meeting, President Cheryl brought programs up to date and noted that she would be working with VP Christine to bring her up to speed to lead the scholarship program for rest of year.

The Board decided to support the International Convention Donation Event with a \$50,000 donation to "Defeat Diabetes". This will be the base donation for a CI wide donation challenge for convention.

Treasurer Dan presented the Annual Audited Financial Report along with Financials through to September 30 2023. Financials were accepted as presented.

President Cheryl and VP Christine will be planning trips to Clubs to update Beacons on funding activity and research project updates.

A reminder was given that the Vice President position will be open in the May AGM. The position is a two year position that generally moves on to hold the President position for the following two years.



Fall in Alberta

N	R	L	E	K	A	R	A	S	R	O	N	N	F
E	Y	N	F	L	L	N	Y	K	O	O	P	S	C
D	L	F	E	O	S	L	Y	L	A	A	L	O	A
M	A	K	O	N	L	A	A	S	I	C	C	T	N
O	O	M	Y	H	D	I	H	B	Y	M	O	I	D
N	E	E	W	O	L	L	A	H	T	I	A	L	Y
T	Y	A	M	D	P	S	S	G	M	O	P	F	Y
O	O	S	O	Y	B	P	B	N	E	Z	O	Z	Z
N	O	C	O	L	O	U	R	S	I	P	O	F	C
C	P	C	Y	E	T	F	K	I	N	C	L	A	L
A	A	O	A	L	S	S	L	E	N	N	A	L	F
T	O	R	H	O	O	B	E	Y	E	K	C	O	H
W	I	N	D	Y	R	T	R	E	B	L	A	T	S
C	S	N	N	O	F	S	N	I	K	P	M	U	P

- COZY
- COSMODAY
- FROST
- COLOURS
- FLANNEL
- RAKE
- HALLOWEEN
- FAMILY
- PUMPKINS
- FOLIAGE
- HOCKEY
- STALBERT
- FOOTBALL
- WINDY
- CANDY
- SPOOKY
- CORN
- EDMONTON

Play this puzzle online at : <https://thewordsearch.com/puzzle/6238334/>



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!"**

FIVE IDEAS FOR THE GOVERNOR CHALLENGE:

- 1 Did the majority of members wear a team jersey to the meeting? 2 points
- 2 Did your club submit at least 4 photos of Cosmo Day to WCF website? 2 points
- 3 Did your club celebrate Cosmo Day with Events/activities? 5 points for Cosmo Day events/activities.
- 4 Did your club produce a newsletter this month? If yes, 2 points
- 5 Did your club do something with a focus on diabetes (please explain briefly) – 2 points





**A SPECIAL CONGRATULATIONS TO CLUB MEMBERS WHO ARE
CELEBRATING THEIR ANNIVERSARY WITH
COSMOPOLITAN INTERNATIONAL!**

- **CASSIDY ELDERING – 3 YEARS**
- **ESTHER HARDY – 29 YEARS**
- **SHAWNA LARGE – 3 YEARS**
- **TAMMY ALLEN – 13 YEARS**
- **GARY & CHAR JURKY (HONARARY) – 29 YEARS**

Member Spotlight – Cheryl MacKenzie



Cheryl shared this picture of her with two of her favorite people. She loves to share about these two. Cheryl joined the club in January 2018 and hasn't looked back. We took a few moments to ask Cheryl some questions to help you get to know her:

- Favorite Activity: Golf
- Favorite Color: Purple (good thing!)
- Favorite Food: Chocolate
- Favorite Vacation Spot: Alaska or Nova Scotia
- Favorite COSMO Moment: Any Convention anywhere!

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:

November 4th: COSMO DAY Event

November 8th: RNA Annual General Mtg

November 14th: EDM Business Mtg (Note, one month only – TUESDAY)

November 26th: EDM Foodbank

Remember, every event is a Member Recruitment Event!



2023-24 CLUB ROSTER (13):

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

Honorary:

- Gary & Charlene Jurke

Last Meeting Attendance (10/08/23): 09