



WESTERN CANADA FEDERATION FOCUS

CLUBS OF CALGARY, EDMONTON, PRINCE ALBERT, REGINA, SASKATOON,

ST. ALBERT, WASCANA, WINNIPEG

WORKING TOWARD A CURE FOR DIABETES
THROUGH UNITY, SERVICE AND ACTION

VOLUME 6 – FEBRUARY 2024

Editor – Karen Shepherd

WCF EXECUTIVE:

Governor Karen Shepherd
Governor-Elect Cheryl Mackenzie
Lt. Governor – Vacant (Membership)
Lt. Governor Gord Hendrickson
(Awards)
Lt. Governor Greg Nicol (Conventions)
Treasurer Keith Shepherd
Secretary Kathy Walker
Judge Advocate Art Brassard
Past Governor John Krysak

WCF PRESIDENTS:

Calgary – Jennifer Wiebe
Edmonton – Angela McFalls
Prince Albert – Denis Korniski
Regina – Tim Leipert
Saskatoon – Jack Ostoforoff
St. Albert – Rick Renouf
Wascana – Rick Lockyer
Winnipeg – Gary Wensel

LEADERSHIP OPPORTUNITIES

This year is whizzing by and before you know it we will be meeting in Winnipeg for our WCF Annual Convention. One of the tasks that happens at the convention is the election and induction of the new Executive.

This year, we will have at least two openings for Lt. Governor. I will become Past Governor. Cheryl will be our new Governor and Gord will be moving up to the position of Governor-Elect. As a result, two Lt. Governors are required. One for the vacancy that has not been filled and the other as a result of Gord moving on up! Here is the opportunity for you to help the organization and serve on the Executive. It is a wonderful learning experience. I've learned a lot more about Cosmos and its given me the opportunity to engage more with members and clubs. I've had the opportunity to sit on committees and provide input. I've had to do a bit of public speaking! Best of all, I've been able to meet more club members, learn about their clubs, their fundraisers and the good work we do as Cosmos. It is a pleasure to be one of the leaders of the Federation. As a Lt. Governor, you will be tasked to handle one of three areas - Awards, Membership, or Conventions. There is a manual that outlines tasks for each of those areas and other Executive members who have been around for awhile are always willing to mentor and assist. If this is something you might consider and want more information, please contact John or me. If you definitely know you want to run as Lt. Governor, contact John at john.krysak@cosmopolitan.org

FOCUS - GOVERNOR'S CHALLENGE

Here is the scoop folks. The **Saskatoon Club (number one)** is still leading the pack. The **Wascana Club (number two)** has pulled into second place. **Edmonton (number 3)** is now trailing in third place but with some entries still to come it is anybody's game!

It's getting close. After this month, we have only two more months, March, and April, to earn points. Check with your secretaries or presidents to learn how to earn points. If you put the "petal to the metal," your club could pull ahead of Saskatoon and give them a "run for their money." Wascana and Edmonton, you are closing in. Winnipeg, Calgary, and Regina – if you keep going and get those points in, you have a chance. Prince Albert and St. Albert – it's never too late!

I want to thank everyone for their participation in this challenge. I'm sure you do not want to miss out on the Governor's prize for first place and I'm sure you do not want to be in last place – "just saying".

FOCUS – WCF COSMO NEWS

January and February have been quiet months in terms of Board activity!

- We are gearing up though as Awards information was emailed to all members and Gord will be approaching three members to sit on the Awards Committee to select the winners.
- The Winnipeg Club is finalizing their plans for the upcoming May convention.
- Cheryl is also formulating plans and ideas for the training application that WCF has acquired. She will be contacting club and/or club members for input into the development of the application content.
- Our next Executive Board meeting is March 4th – if there are any items that you want the Executive to address, discuss or any ideas for us, contact me.
- The Regina Club has a new President effective immediately. Jerry Grywacheski has decided to step down as President but will remain as a club member. Thank you to Jerry for his many years of service as the Regina Club President. Welcome to Tim Leipert who is the new President. I look forward to continued success of the Regina Club with Jerry as Past-President and mentor and Tim as President.

FOCUS – CI NEWS

The Cosmopolitan International Board meetings are being held in Omaha, Nebraska from March 1st to 2nd. I will be in attendance as the Western Canada Federation representative. John Krysak will also be in attendance as he is the incoming CI President. I will provide a summary of the meetings in the March newsletter.

Governor's Visit – Mexico

Six Cosmo members gathered in Mexico for fellowship and to discuss the formation of a Mexico Cosmo Club. It might consist of the six members that gathered on the sunny beaches of Mexico and be a seasonal club that meets from December to February. As a result of all the travelling and challenging work trying to set up this club, we are requesting approval from the membership to have our travel, meals, and beverages funded. We are close to forming a new club down south!



Photos above depict the New Mexico Cosmo Club Executive & Members already in place! You are free to join if you want! Mention this to me – I want to know how many read the newsletter!

FOCUS – WINNIPEG CLUB

The Winnipeg Club currently has 17 members. Their club is the oldest club in the Western Canada Federation with a charter date of April 1927 so this year they will be celebrating their 97th anniversary year. For many years, they held a golf tournament, but this fundraiser has been discontinued. The legacy, however, lives on because they donated \$50,000 over the years to support Dr. McGavok, University of Manitoba with his research related to postnatal Indigenous diabetes. The Winnipeg Club along with other service clubs also supported Camp Manitou which was a camp for diabetic children for many years. It was initially formed in 1900. The clubs eventually sold the camp to the Winnipeg Jets who now use it for sports camps for Indigenous children. In 1952, they initiated the Cosmo Homes Project whereby the club had 82 suites that they used to rent out to low-income individuals. However, they needed to raise over three million dollars to update and renovate and decided at that time, to sell it. The proceeds went into the Winnipeg Foundation which invested the monies along with other monies from other charities. Today the club receives \$35,000 to \$40,000 each year which is used to support their various causes. Current fundraisers include Grey Cup ticket sales, and they are currently looking at other fundraising ideas.

They meet every 2nd Tuesday so if you are ever in the city, drop by as they would love to have you. They have various social events, one of the most recent is their Christmas Dinner. Rather than buy gifts for each other, they buy newborn baby outfits and donate them to a charity for single mothers. This past year, they purchased over 50 outfits for the newborns. Way to go Winnipeg Club. This year the Winnipeg Club will be hosting the May Annual Convention. Their club has been hard at it and will be delivering a top-notch convention. Plan to attend!

The Winnipeg Club continues to serve its community and the Federation. Frank Dojack was the Governor in 1954 and Bob Dojack (Frank's son) was Governor in 1991-92. Bob is still a member today. I apologize if I have missed any other members who served as Governor. Our current WCF Lt. Governor Greg Nicol is a member of the Winnipeg Club. Thanks to all members for their hard work. Congratulations to the Winnipeg Club for being the oldest club in the Federation and still going strong! Your legacy of service provided to the City of Winnipeg and the province of Manitoba for the many years your club has been in existence is exemplary!

Here are a few photo shoots of club members at a meeting, having fun, and giving back



FOCUS – AWARDS

What stars should your club nominate for the upcoming awards?

A reminder that all awards except for the Yearbook and Distance Travelled Award are **due by March 31st**.

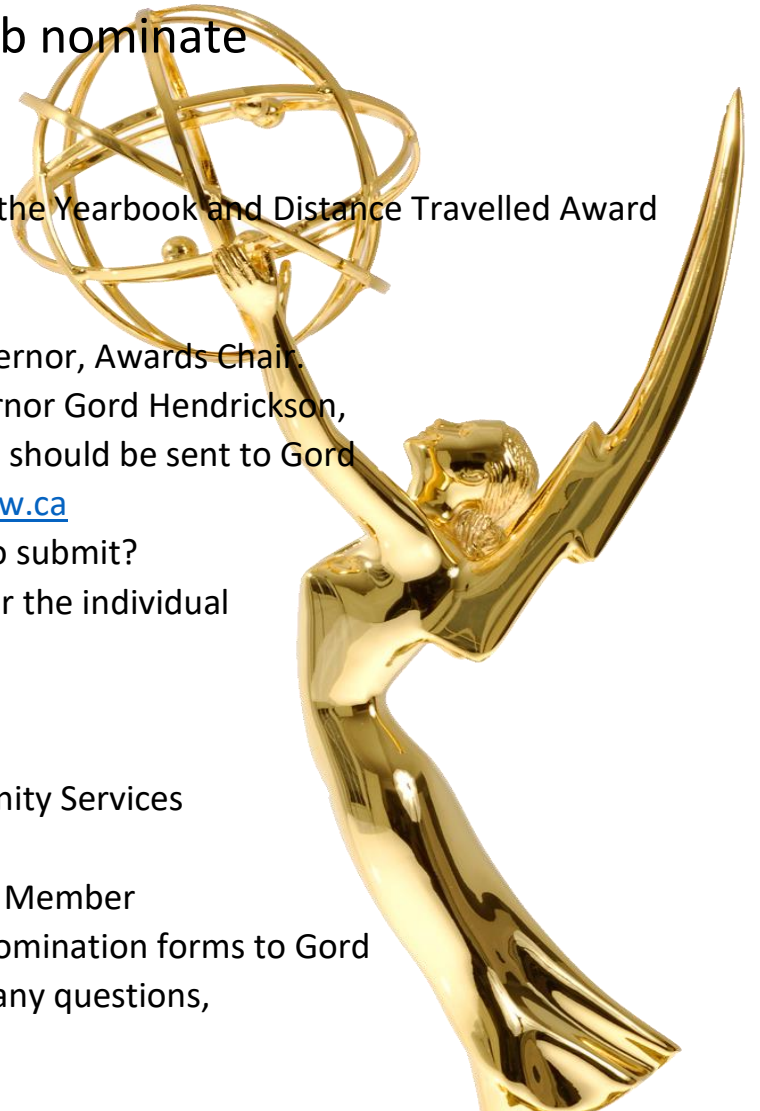
The submissions should be sent electronically via e-mail to the Lt. Governor, Awards Chair. This year the Awards Chair is Lt. Governor Gord Hendrickson, so all award submissions or questions, should be sent to Gord at: ghendrickson@shaw.ca

What club awards is your club going to submit?

Who is your club going to nominate for the individual awards which include:

- Club President of the Year
- Rookie of the Year
- Cosmopolitan Member Community Services
- Cosmopolitan of the Year
- Patrick J. Hodgins Distinguished Member

Check out the criteria and email the nomination forms to Gord before the deadline date. If you have any questions, contact me or Gord.



FOCUS – UPCOMING EVENTS

May 17 to 19th 2024 – May WCF Convention in WINNIPEG



WCF BOARD MEETINGS & FOUNDATION MEETING

– WE ARE GOING TO GET THE WORK DONE!



**AND WE ARE GOING TO HAVE SOME FUN
GAMES & ADVENTURES**

**LIVE BAND AT THE GOVERNOR'S BALL
VISIT SOMETHING NEW IN WINNIPEG
"THE LEAF"**

REGISTER AS SOON AS YOU GET THE FORM

**LET'S BRING INCOMING
GOVERNOR CHERYL MACKENZIE
IN WITH A BANG!!**

FOCUS – MEMBERSHIP EVENTS

Clubs are encouraged to have membership events to invite individuals to join our great organization. I know all clubs are committed and want new members to join. CI is examining ways to help clubs meet that goal. I recently attended a meeting of a CI Membership Committee and Governors. The committee is examining how they might support clubs regarding membership. At the meeting, there was some informal sharing of ideas about membership and members. This list is in no way formal or a recommendation by this committee, but if you find some ideas useful or inspirational that great. Here is a summary of some of the ideas:

- It is important to maintain the history of the club. As well as trying to attract new members, it is important to retain current members.
- Talk as a club about what is going to attract new members
- When you think of asking someone to join – drop a decade – if you are 77 years old, speak to someone who is in their 60's, if you are 40 years old, speak to someone who is in their 30's
- Networking is important
- Remain upbeat & positive
- We need to have a digital platform and presence. Ask young individuals to join. Get new members to help with the development of social media for your club (what we do and why we do it)
- Have a “meet the club” night but don't pressure individuals to join. A cocktail and appetizer night is one option
- Ask individuals to join in your events or membership events
- It's great if the events are somehow connected to our cause (diabetes or diabetes research)
- Work at water stations at local “Walks” or “Marathons” and wear your Cosmo apparel. Have a label on the water bottle with contact information.
- Have a social event “paint and beverage” night
- Support other charities and network
- Have club business cards and brochures made up
- Make sure your website has access to contact information for potential members
- Talk to the people that you give money to
- Ask every member to bring one new potential member to an event, a meeting, or membership event
- Any events that you work at, be sure to wear your club shirt
- Set up a booth at trade fair

After further CI meetings and the CI Board meeting, I'll provide more information regarding membership.

FOCUS - COMMUNICATION

Club Newsletters – there are clubs that have monthly newsletters. Check out the newsletters now available on the WCF website.

Cosmo Topics – if you would like to highlight activities of your club or promote what you are doing, consider sending a submission for inclusion in upcoming editions. To send an article for the next edition, submit it to sheila.anderson@cosmopolitan.org and headquarters@cosmopolitan.org.

WCF Website – <https://wcf-cosmopolitan.org>. The website has a wealth of information for WCF members. If you want to update any information or add information about your club, please contact Cheryl.

CI Website – <https://www.cosmopolitan.org>. If you want to update your personal information or to see what resources are available, enter your username and password. If you have forgotten them, click on “forgot username” or “forgot password.” If you have any questions or problems, contact Melvina Newman, Executive Director at headquarters@cosmopolitan.org

Thought for the day: “We see things not as they are, but as we are.”