

THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB
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From the keyboard of President Tammy Allen.

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From Angela, our CFCI President

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MEMBER SPOTLIGHT

This month we are highlighting Amy Bouzane!



Editorial Committee
Cassidy Eldering
Kelsey Duliba
Shawna Plastow



Holiday Greetings,

I hope that all our fellow Cosmos enjoyed a safe and Merry Christmas, and enjoyed spending time with cherished friends and family.

After another amazing Cosmo Christmas party, I spent a few days in Wainwright with my family. There was a lot of snow, food, laughs, and did I mention all that snow?!??!

As 2025 comes to a close, I reflect back upon a wonderful Cosmo Year, and wish all the best for a happy and healthy New Year, to all Cosmos near and far.

I look forward to starting 2026 with a renewed sense of purpose for our club. We have many upcoming events, conventions, and opportunities to do what we do best! Cosmo On in 2026!

Tammy (Edmonton Cosmo President)



Bake cookies for Holiday Party

Wrap present in an inconspicuous way

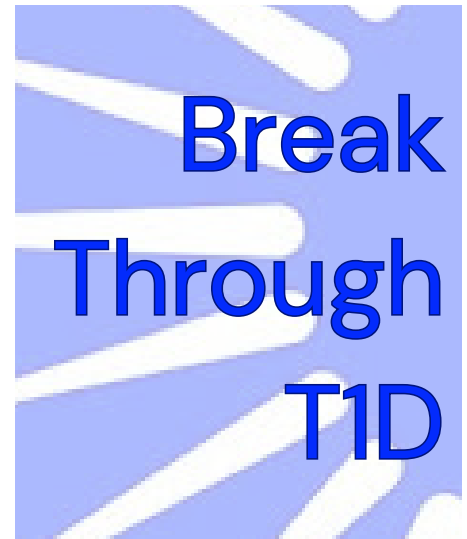




Annual Cosmo-Giving Event

Our club supports a few local organizations to support and empower through an annual donations. We aim to amplify the invaluable work these small charities do, supporting them to expand their outreach, support more individuals, and create a tangible, positive impact to the community. This event serves as a favourite for a lot of the Edmonton Cosmos, this year even our International President John joined us! Let's hear from this year's recipients.

Breakthrough T1D (formerly JDRF) is dedicated to improving the lives of those living with type 1 diabetes while funding research for a cure. Managing T1D is a 24/7 challenge, from constant blood sugar monitoring to making sure it's safe to drive or even sleep through the night. This year we volunteered for the annual T1D walk which was fondly remembered by all. This year they have put a large focus on mental health and on community. They run a few different activities for the community such as coffee groups, bowling, walking Candy Cane Lane together and more.



CHILDREN'S Autism Services  **Jim Jiwani Academy**

Children's Autism Services of Edmonton (CASE), among other services, continues to run their specialized school for children in K to 3 who struggle in traditional classrooms. Terri shared a wonderful video with us from a few families to shared with us just how much it meant to them to be able to be supported financially to send their child to a school where they can have a successful and supported experience.



CFCI International Project

The Cosmopolitan International Project is the goal to raise \$1 million for diabetes research over the next 4 years (1 year down!). We're on our way towards the goal as Cosmos do, straight on fast and furious! Diabetes research has made large strides in the last decade and we want to do all we can to give researchers the funds needed to find the cure once and for all.





Canadian National Institute for the Blind

CNIB

Since 1918, CNIB has been empowering people who are blind or partially sighted to live their fullest lives. **FOUNDATION**

through programs, services and advocating, they help individuals gain independence and confidence. Their current strategic plan encompasses that attitude is everything, to provide safe and accessible journeys, and supporting kids to thrive. Our club has supported CNIB for over 20 years, and we're proud to continue making a difference. We are proud to support moves towards a more inclusive world.



For over 30 years, Crystal Kids has been a beacon of hope for inner-city youth in Edmonton facing poverty, gang exposure, and other harsh realities. They serve about 300 children a year. There are a few older children they support (21 yrs) but mostly ages 6-19. Miri emphasized that every child has their story and behaviours associated with that story. Crystal Kids serves as a safe space with food security, nutrition and teaches essential life skills for these children. Our donation will go to the children's Christmas presents this year, and we are proud to support giving them a deserving Christmas experience.

DIABETES CANADA

D-CAMPS

The work of Diabetes Canada focuses on research, education, support, and advocacy for care. They also run D-Camps, where youth with diabetes can connect with others who understand. These camps can have a large positive impact on the participants, showing them their community and being in a place where everyone understands their needs. Our donation will help ensure that no family or child is turned away due to financials.





DOGS WITH WINGS
ASSISTANCE DOG SOCIETY

Dogs with Wings trains and provides service dogs change lives, but each one costs \$40,000 to train and place with a client. These incredible dogs provide mobility support for individuals in wheelchairs, assist veterans and diabetic individuals, and work as facility dogs in victim services and child advocacy, supporting over 1,000 people a year. Every donation helps bring these life-changing companions to those in need. Together, we can help more people gain independence, security, and support through these amazing service dogs.

kids Kottage



Kids Kottage is a lifeline for children 0–10 years old (about 50% under 4 years old) in crisis, providing shelter and support to families facing abuse, addiction, and other emergencies.

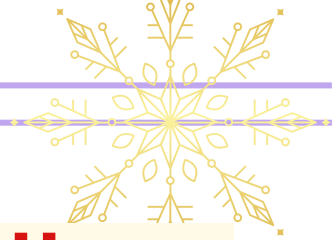
Each year, they help over 1,500 children, by being the front line and protect the children before their situation escalates by for example giving them a better memory of their situation, and giving them 3 meals and 3 snacks a day. Their crisis shelter has 6 bedrooms with 12 beds and is at capacity all year round. However Kassidy shared some exciting news with us. They received a mandate to begin a plan of expansion in different neighbour goods and that includes nurseries! We are all very excited that more children will be able to have a place when they need it. Our donation helps ensure that they can respond to crisis and help rebuild stability for the children.

Light Up Your Life Society

We were accompanied by Sharon, Joyce, Linda and Kathy again this year who shared that our donation will continue to assist those in palliative care and to raise awareness and provide comforting care. They shared their newest addition to their garden, a Wind Phone. This one really hit the heart strings, it's an old rotary phone that patients can use as a

way to talk to someone they've lost with the idea that the wind will carry that message to them. It's the understanding of these small pieces of ones surroundings that can have a large impact on them and their quality in palliative care.





Ronald McDonald House

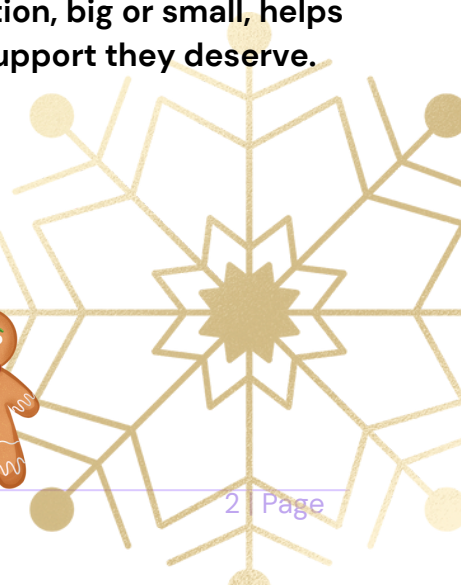
Art therapy and music program

Nicole is an art therapist at the Ronald McDonald House in Edmonton. She teaches and leads classes for children and their families in the NICU and ICU. In this program, Nicole uses metaphor and different tools to support mental health, regulate the nervous system and to help make sure stress can come down and create a place of healing for patients. Some of the projects they have worked on so far are a self care calendar in the style of an advent calendar and a therapeutic escape room type activity. Our donation will allow the Ronald McDonald House to offer more mental health supports within this program.

The Veterans Association



The Veterans Association is dedicated to preventing hunger, homelessness, isolation, and suicide among veterans in Edmonton. They operate without government and rely solely on grants and community support to provide food, hampers, emergency assistance, pet care, job training, and peer support. 300 families have been serviced by the Veterans Association, 1500 people on a yearly basis and that number continues to grow. They also help provide emergency funding such as out of the blue bills available for those when needed. In fact the day before this event some of that fund was used to cover a veterans \$1500 vet bill. Ethan, the new GM shared their new proactive approach. They are now working with transitions centers on bases to help active members transition to working with the Veterans Association when they are out where they can help direct them to different services they may need of even means of employment and how to rebuild their community. They started as a foodbank and have grown into much more. They are even hosting a Christmas party and dinner for single veterans (in which they support 106 at the moment). Every donation, big or small, helps ensure that those who served our country receive the care and support they deserve.





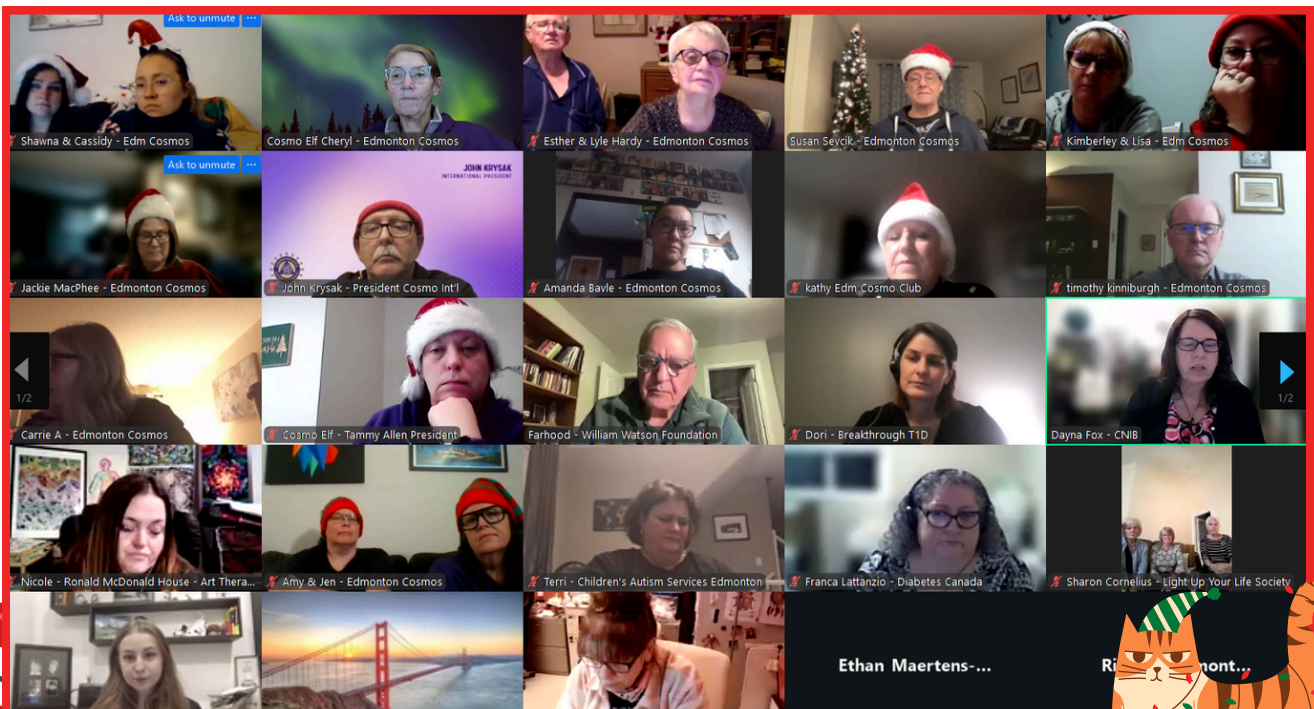
William Watson Lodge Society

With 22 cabins, 10 campgrounds and 1 comfort camping area the William Watson Foundation is able to provide an accessible fresh air, mountain-esque experience in Peter Lougheed Provincial Park. Our donation will help to replace outdated medical equipment like mobile lifts and bath chairs. We find great meaning in contributing to everyone’s enjoyment of nature with ease.

Wings of Providence



At Wings of Providence, women and children fleeing domestic violence find a safe haven and a fresh start. With 20 fully furnished suites and a two-year transitional housing program, Wings helps over 300 families rebuild their lives each year. They provide daily resources, trauma-informed childcare, and a sense of security that so many of these families have never had before. Our donation supports vital programs like their community care closet, where moms can “shop” for necessities at no cost. Hearing the real impact of our contributions reminds us why supporting organizations like Wings is so important.



CFCI *UPDATE*



As we come to the end of another year, I like to reflect on the year that passed and plan for the coming year.

2025 was a year of change, both professionally and personally full of twists, learning curves. I am very thankful for my friends and family that were with me through it all. Overall I am very happy with this past year and am looking forward to continued growth and to seeing what challenges 2026 will bring.

I hope that you have had a fulfilling year and when you reflect are happy with the year and looking forward to the next!

On behalf of myself and the CFCI board I wish you and your family a very Merry Christmas, Happy Holidays, and all the best in the New Year!

Yours in fellowship,

Angela McFalls I angelamcfalls7@outlook.com
CFCI President



Big Butlers

Team Captain: Cassidy

Points Update: 24

Dizzy Lambs

Team Captain: Carrie

Points Update: 51

[Welcome Bernie!](#)

Don't forget to update your team captain if you've earned points!

**MEMBERSHIP
COMPETITION
UPDATE**

Free Holiday Lights in and around Edmonton

Candy Cane Lane

Stony Plain Griswold Home

Maisie's Magical Christmas House

Summerside Grande Boulevard Southwest

Spruce Grove Central Park Lights

7 Patterson Crescent (tune into the radio for music too)

Enchanted Illumination at Southgate Centre



Click the links
for map
directions!

What's your favourite
place to visit for the
Christmas spirit?



AWARDS SEGMENT

This month, I'd like to highlight the **ROOKIE OF THE YEAR** award, given our many new members of the past 2 years!

This award is given to an outstanding Cosmopolitan who has been in the club less than two years at the time the award is presented at the club level. This award is based solely on Cosmopolitan service. It's intended to recognize our newest members who have taken an active interest in the activities of the club and made significant contributions at the local club level.

The nomination requirements are:

1. Is active in the club and participates in all aspects of the local club's activities, having at least a 75% attendance.
2. Becomes involved soon after joining, when sometimes members are less active and observe what others are doing.
3. Serves on one or more committees or the Board of Managers at time of nomination.
4. Is approved and endorsed by the Board of Managers of the local club.



Committees 2025/2026

Remember, it is never too late to join a committee, just let them know and join the next meeting!

MEMBERSHIP & EDUCATION: Arrange membership and education events. Encourage new membership, speak to it often and with enthusiasm! Arrange speakers to join our meetings or arrange educational events outside of our regular business meeting.

Current Members: Cheryl MacKenzie

ENTERTAINMENT & SOCIAL ACTIVITIES: This includes everything from fun volunteer opportunities to fun non-volunteer opportunities! Examples: bingo bowling, food bank, cleaning garbage from the highway, making a meal at the Ronald McDonald House etc.

Current Members: Shawna Plastow, Cassidy Eldering, Jackie MacPhee, Kim Saunders

CELEBRATIONS (CARDS!): This committee is currently managed by Tammy Allen, as she is a card crafter extraordinaire! That being said if you feel you too are a card crafter extraordinaire, you can throw your name in the ring, and we can share occasions!

Current Members: Tammy Allen

SOCIAL MEDIA: Maintenance of website, Facebook, Instagram accounts. Manage campaigns and promotions.

Current Members: Tammy Allen, Angela McFalls, Shawna Plastow, Cassidy Eldering

COMMUNITY ENGAGEMENT: Maintain Communication and Relations with other local organizations including but not limited to ADF, JDRF, DRIFCan, etc.

Current Members: Cheryl MacKenzie

CFCI FOUNDATION: Maintain communication with CFCI, provide updates to the Club on activities, Beacon Program, Scholarship Program etc.

Current Members: Cassidy Eldering – Club Director on Board

FINANCIAL REVIEW/AUDIT: This committee has already been struck for the year as activities have already begun. This is essentially our audit group to be sure our finances are sorted.

Current Members: Kathy Walker, Shawna Plastow, Tim Kinniburgh

FUNDRAISING COMMITTEES:

ROCK'N AUGUST: This is a week of events that take place the week in August following the long weekend. For more details check out the site! <https://www.rocknaugust.com/>

Edm Cosmo Reps: Shawna Large, Kim Saunders

CASINO: Liaison with AGLC, organize volunteers to fill all shifts. We work a Casino about once every 2 years.

Current Members: Tim Kinniburgh, Shawna Plastow (Apprentice), Kathy Walker (Treasurer)

NEWSLETTER: Produced once a month, articles, photos and other items are collected and sent out as an update to members and made available to other Clubs on a request basis.

Current Members: Shawna Plastow, Cassidy Eldering, Kelsey Duliba

PROJECT/FUNDING: Review incoming funding requests, make suggestions to the club on how to proceed. Also bring new funding opportunities to the board!

General Requests – Current Members: Tim Kinniburgh, Kathy Walker

Christmas Luncheon – Current Members: Tim Kinniburgh, Kathy Walker, Susie Sevcick, Patti Cherwaty, Cassidy Eldering

AWARDS: Annual club award submissions, first at the WCF level, then international! This committee has been headed by Esther and Char for the last number of years and they are FANTASTIC! Tammy has been mentored and will now step in as the lead. If you are interested in more information about awards you can talk to Tammy!

Current Members: Tammy Allen, Esther Hardy, Cassidy Eldering

COSMO DAY: Plan activities associated with the annual day which takes place on the first Saturday of November each year.

Current Members: Tammy Allen, Angela McFalls, Shawna Plastow, Cassidy Eldering, Kathy Walker, Susie Sevcick

CONVENTIONS: Committee struck in the spring of 2023 in support of the planning for the 2024 Convention

Current Members: Cheryl MacKenzie, Angela McFalls, Tammy Allen, Shawna Plastow, Cassidy Eldering, Kathy Walker, Esther Hardy



Member Spotlight - Amy Bouzane



Amy joined the Cosmos admist a very intense membership competition! We are lucky she saw our passion and was driven by it and not frightened off! Let's get to know her a bit better:

Why do you like being a Cosmo: What I like about being a Cosmo is that it allows me to step out of my comfort zone. Being out in the city, volunteering and meeting so many amazing new people has be great.

Favourite time of the year: Favourite time of the year has to be Christmas. For no other reason than if you only get to see family and friends once a year it's usually that time.

Favourite games to play outside: Although I don't play outside much these days, I was a kid who loved being outside. Especially playing basketball. I would even play in the winter with gloves when it was too cold for the ball to bounce. These days I like the game of sitting in a lawn chair with my feet in the river.

Favourite Food: As a picky eater the question of favourite food is sometimes tough. But I always come back to pasta, preferably with sun-dried tomatoes, bacon and mushrooms.

Farthest place you've travelled: I'm a repeat Mexico visitor but technically I guess it's the Dominican.

Favourite Cosmo Moment: Favourite Cosmo moment has to be visiting the Veterans food bank. That space is so much more than a food bank.

2025-26 CLUB ROSTER (25):

- Allen, Tammy
- Arbour, Carrie
- Bavle-Bannister, Amanda
- Borin, Leslie (New '25)
- Bouzane, Amy
- Cherwaty, Patti
- Dory, Rick
- Duliba, Kelsey
- Eldering, Cassidy
- Hardy, Esther
- Hardy, Lyle
- Kinniburgh, Tim
- MacKenzie, Cheryl
- MacPhee, Jackie
- McFalls, Angela
- Plastow, Shawna
- Refaat, Amira (New '25)
- Samadzija, Kery (New '25)
- Saunders, Bernie (New '25)
- Saunders, Kim
- Sevcik, Susan
- VanBuskirk, Jen
- Vigneau, Lisa (New '25)
- Walker, Kathy



Our Club:

EDMONTON COSMOPOLITAN CLUB Founded: 09/04/1930

Location: Edmonton, Alberta Canada
 Email Address: edmontoncosmoclub@gmail.com
 Club Website: edmontoncosmoclub.org
 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: Tammy Allen
 1st Vice President: Cassidy Eldering
 2nd Vice President: Shawna Large
 Treasurer: Kathy Walker
 Secretary: Susan Sevcik
 Sargent at Arms: Angela McFalls

UPCOMING MEETINGS/EVENTS:

December 13th: Christmas Party @ Angela's
January 12th: Business Meeting @ Boston Pizza
January 25th: Volunteering at the Ronald McDonald House

Honorary:
 Gary & Charlene Jurke



Last Meeting Attendance
 (12/8/25): 19

