

# THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB  
ISSUE NO 8 | APR 2025 | VOLUME 04



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## Inside...

### GARDENING TIPS

Some tree pruning tips from  
Cosmo Angela



### GUESTS OF COSMO

Loan visited the club to share  
their unique diabetes journey

### PHOTOS

### COMMITTEES

2024-2025 committees

### MEMBERSHIP UPDATE

### GOVERNORS CHALLENGE

Focusing on Diabetes

### MEMBER SPOTLIGHT

This month we highlight a long  
time member: Tim Kinniburgh

Editorial Committee  
Cassidy Eldering  
Shawna Large

# SPRING

## IS FINALLY HERE!



## Spring is in the Air!

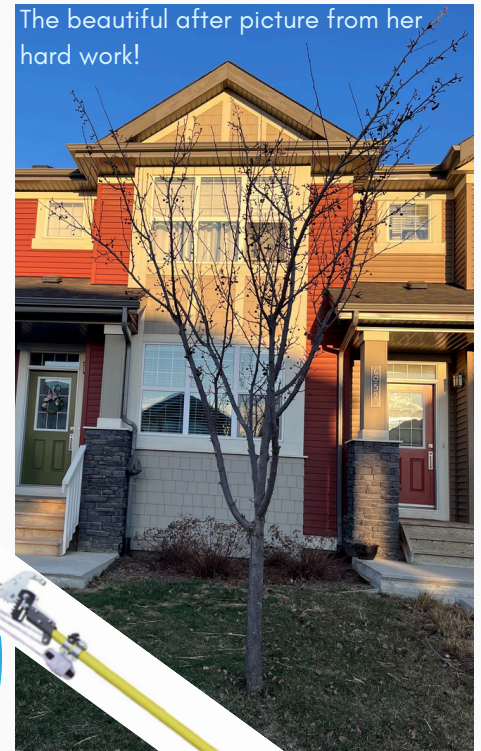
Spring and fall are my favourites times of year. Both bring in great change in weather, plants, and overall feelings about the year to come and the year in review.

I am happy to report I have recently learned how to prune my tree. Exhaustive internet research has taught me that I have a Schubert Chokecherry in my front yard, I have decided to call him Bert, and the internet research really was not that exhaustive.

As an amateur arborist I thought I could share tips with my fellow Cosmos.



A before example that is not Angela's tree - who thinks to take before pictures anyway?



The beautiful after picture from her hard work!

**Tips:**

- Wear proper foot wear (some branches can be heavy)
- wear gloves, some trees can be sappy or pokey
- Check to see the time of year your tree wants to be pruned
- Ideally the shape will continue to move upward and the end result will look tidy

**Tips:**

- Remove any wee stickers at the base and growing from the trunk
- Never remove more than 25% of your tree
- The right tools are important!
- Have your heavy duty snippers handy for smaller lower branches
- Get as close to the trunk as possible and make a clean even cut

**Tips:**

- If you are cutting mid branch be mindful of branch intersections
- If you use a saw, don't cut yourself, pay attention so you don't slip and cut your tree in the wrong spot
- If possible use a tree trimmer, photo above (I borrowed my brothers) these are straight magic!



Good luck and enjoy your gardening!

- Cosmo Angela

# Happy ANNIVERSARY

Angela McFalls (2006)

Kathy Walker (2018)



# Happy Birthday

Tim Kinniburgh



cosmos at the edmonton motor show april 10-13 talking rock'n august, cosmos and diabetes research. thank you to all of our volunteers to helped to raise \$13 000 for the lottery truck!



# Guests of Cosmo

In March, we were lucky to welcome a very special guest, Loan Ky, a friend of Cosmos Tammy and Angela. Loan graciously shared her powerful and unique journey with diabetes.

She was first diagnosed with type 1 diabetes, but taking insulin often made her feel unwell. After more testing, doctors changed the diagnosis to type 2. However, the high number of medications made her sick again. Eventually, further tests revealed she had a rare form of diabetes—type 1.5.

Loan explained that with this type, her pancreas functions at different levels each day. In contrast to type 1 (no function) or type 2 (partial function), hers fluctuates unpredictably. This means daily life is incredibly challenging—something as small as one grape can throw her whole system off.

She also lives with other diabetes-related symptoms, including vision issues and early-stage kidney disease, which she is working to reverse with protein injections. She is even part of an ongoing (and exhausting) case study to help researchers learn more about this rare condition.

Despite the daily frustration and uncertainty, Loan remains incredibly positive and determined. She told us how difficult it is to find support or advice for her condition, but she keeps pushing forward.

Although we can't fully understand her experience, we deeply admire her strength. Her story touched us all, and her positive presence left a lasting impact.

We're so grateful she joined our meeting and shared her story. We're cheering her on in her journey and now she knows she has a whole new support system in us!



## *President's Corner*



Spring is in the air, and it's always so wonderful to see the grass green up, and the trees start to bud. It's the time of year, when many of our volunteer opportunities move outdoors, and I'm very excited about that!

We have some great events coming up. In June, we will help with the Breakthrough T1D Walk, which is always a great event. In August, our club will be volunteering at Rock'n August, as always. The 5 day event, involves nearly every member of our club, in some capacity, and it's a lot of fun!

In March, I was very proud to invite my friend Loan to speak at our meeting about her personal journey with Diabetes. We were all touched by her story, and thanked her for sharing.

Most of us joined Cosmopolitan International because of the focus the club takes on fundraising for Diabetes research. Many Cosmos are Diabetic themselves, or we have people in our lives that are affected by Diabetes. For most of us, this is why we are Cosmos, and why we volunteer our time to be involved in the causes our club supports. For me, personally, Loan is one more reason for us to continue our efforts.

Happy Spring!

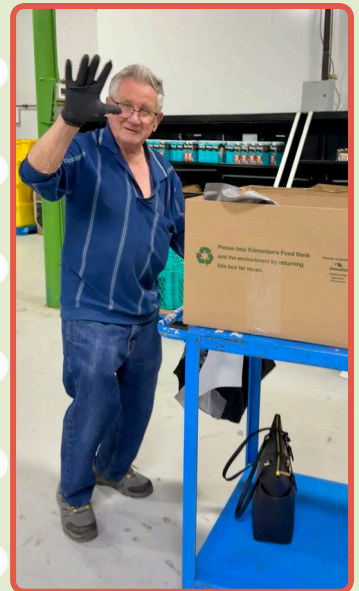


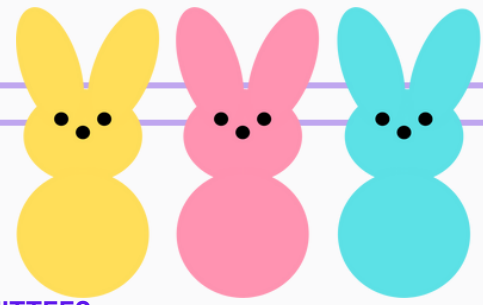


# Cosmo Photo Gallery



Cosmos in Community! In March we volunteered at the Edmonton Foodbank!





# Committees 2024/2025

*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 Large, 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 Large, 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: Kathy Walker - 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 Large, 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 Large (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 Large, Cassidy Eldering**

**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 Large, Cassidy Eldering, Kathy Walker**

**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 Large, Cassidy Eldering, Kathy Walker, Esther Hardy**

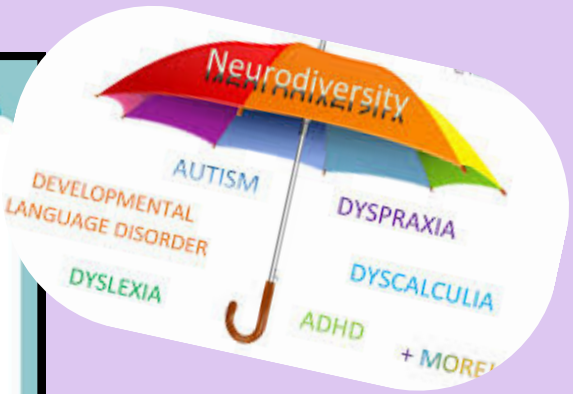


**AUTISM AWARENESS VERSUS AUTISM ACCEPTANCE: WHAT'S THE DIFFERENCE?**

**"Autism Awareness"** centers the experiences of non autistic people and how they feel about autism & disability. "Awareness" is based on fear, pity, and furthers stigma against us. It's about us, without us! "Awareness" HURTS autistic people!

**"Autism Acceptance"** centers the voices of autistic people. It celebrates autistic culture, and tells others that we are valuable to our families, our communities and to the world exactly as we are! Acceptance is creating a better, fairer and more inclusive world for all of us!

AS YOU CAN SEE, IT'S ACTUALLY A PRETTY BIG DEAL!



# April is Autism Acceptance Month

- Autism is under the umbrella of neurodiversity and results in a mismatch from a person's needs and what their environment provides
- Autism acceptance is about intentional inclusion, accepting differences & affirming strengths
- People experience autism differently but all contribute meaningfully and deserve acceptance
- Research shows that a majority of teens and adults prefer "identity first" language such as "autstic person" instead of "person with autism"



## Membership Competition Update

Lazy Lions - Team Captain Tammy  
Totalling 28 points

Mature Judges - Team Captain Cheryl  
Totalling 127 points

Welcome to our newest member, Lisa!



# From Frost to Flourish

barren branches, silent, still,  
cradling echoes of winter's chill.  
roots remember, deep below,  
whispers of warmth begin to grow.

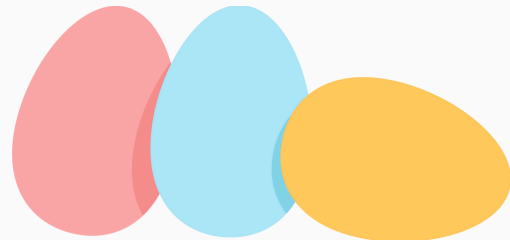
sunlight calls, the ice retreats,  
fragile buds embrace the heat.  
from frozen hush to blooming bright,  
darkness births the gift of light.



The Western Canada Federation (WCF) Convention is **May 23-25** and will take place in **Regina!** Check your email for registration details from Karen Shepard. The email also included a fillable PDF registration - that's right, it's that easy! The early bird deadline is April 30<sup>th</sup>. Conventions are a blast (and that's not just our personal opinion), check one out and celebrate Regina's 30<sup>th</sup> anniversary too!



< From the 2025 St. Albert Lifestyle Expo April 25-27



## 2024-2025 Governor's Challenge

MEMBERSHIP/COMMUNICATION/DIABETES/FUN

Did your club do something with a focus on diabetes (please explain briefly) – **2 points**

Did your club donate to the Cosmo Foundation this month? If yes, **10 points**



# Member Spotlight - Tim Kinniburgh



We took a moment to ask Tim about his time with the Cosmos: "I joined the Edmonton Cosmopolitan Club in December of 1986. I was introduced to the club by a neighbour and my first exposure was the 1986 Christmas Donations Luncheon. Over the years I have held every executive position in the club except secretary. I was Treasurer for many years, starting in the days of paper journals and ledgers--no computer or software--or laser printer. I was president in 1993 ( i think--maybe 1994--check the banner). I was the Edmonton Club's first representative on the Rock'N August Board and served as Treasurer for the first 17 years."

**Favourite Activity:** outside of Cosmo and for public consumption it has to be golfing.

**Favourite Colour:** like so many, purple. even before Cosmo

**Favourite Food:** Paella

**Favourite Vacation Spot:** Jasper. We just love being in the mountains. We have not been there since June 2024 (pre-fire) but will be going in late June this year--it will be different.

**Favourite Cosmo Moment:** There are a few but I'd have to say being co-chair of the 1994 International Convention hosted in Edmonton. It was a great 4-day event with a big turnout. That convention is still considered one of the best ever (by those who remember that far back!--like Esther)

## Our Club:

**EDMONTON COSMOPOLITAN CLUB** Founded: 09/04/1930

Location: Edmonton, Alberta Canada

Email Address: [edmontoncosmoclub@gmail.com](mailto:edmontoncosmoclub@gmail.com)

Club Website: [edmontoncosmoclub.org](http://edmontoncosmoclub.org)

Western Canada Federation: [wcf-cosmopolitan.org](http://wcf-cosmopolitan.org)

International Website: [cosmopolitan.org](http://cosmopolitan.org)

Cosmopolitan Foundation Canada: [cosmofoundationcanada.org](http://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: Tim Kinniburgh  
Treasurer: Kathy Walker  
Secretary: Susan Sevcik  
Sargent at Arms: Angela McFalls

### UPCOMING MEETINGS/EVENTS:

**April 10-13th:** Edm Autoshow volunteer event

**April 14th:** Business meeting @ Boston Pizza

**April 25-27th:** St. Albert Lifestyle Expo volunteer event

## 2024-25 CLUB ROSTER (22):

Allen, Tammy  
Arbour, Carrie (New '24)  
Bavle-Bannister, Amanda  
Bouzane, Amy (New '24)  
Cherwaty, Patti  
Dory, Rick  
Duliba, Kelsey (New '24)  
Eldering, Cassidy  
Hardy, Esther  
Hardy, Lyle  
Kinniburgh, Tim  
Large, Shawna  
MacKenzie, Cheryl  
MacPhee, Jackie  
McFalls, Angela  
Saunders, Kim  
Sevcik, Susan  
VanBuskirk, Jen (New '24)  
Vigneau, Lisa (New '25)  
Walker, Kathy

### Honorary:

Gary & Charlene Jurke

Last Meeting Attendance (04/14/25): 15