

THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB
ISSUE NO 4 | DEC 2024 | VOLUME 04



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COSMOPOLITAN CHRISTMAS GIVING EVENT

See a recap on all the wonderful organizations we donate funds to

NEW MEMBER RECOGNITION!

Who our newest members are!

COSMO POTTERY PAINTING

See the picturesque pottery our Edmonton Cosmos created!

COSMO ANNIVERSARY

Who has an anniversary this month?

COMMITTEES

Summary of who is on which committee!

RECIPES OF THE MONTH

Ever wanted to try making Ang's famous Christmas lasagna?

MEMBER SPOTLIGHT

This month we are happy to highlight Susie Sevcik!

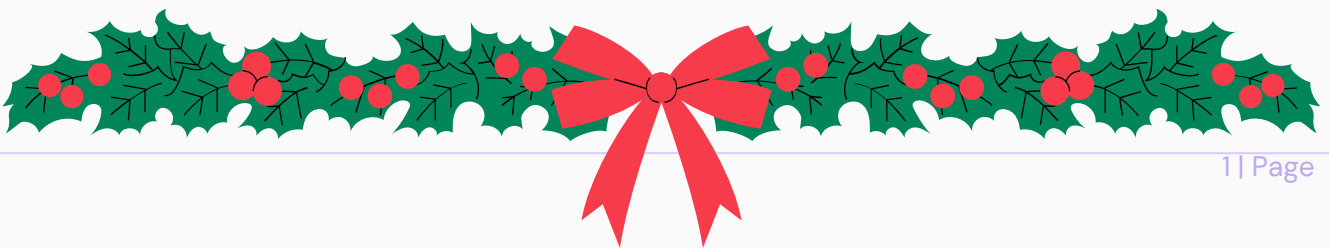
Editorial Committee

Cassidy Eldering

Shawna Large



*In November the
Cosmo's went to
paint pottery!
Guess who
painted what on
page 6!*





Cosmopolitan Christmas Giving Event

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.



This year, William Watson Lodge in Kananaskis continues its mission of providing a welcoming retreat for individuals with disabilities and Alberta seniors. With recently renovated cabins and fully serviced RV spots, the lodge ensures accessibility for all. Our donation will help replace outdated medical equipment like mobile lifts and bath chairs, making each guest's stay more comfortable. Knowing that we're helping people enjoy nature with ease makes our support even more meaningful.

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.



Light Up Your Life Society

Through Light Up Your Life, we're helping bring comfort to individuals in palliative care. This incredible organization trains volunteers in hospice care and recently rejuvenated a garden outside patient windows, adding bird feeders to create a peaceful view. It's heartwarming to know that our donation contributes to moments of beauty and serenity during such a difficult time. Their campaign goal this year is \$100,000, and we're proud to be part of that effort.

CHILDREN'S Autism Services



CASE

Children's Autism Services of Edmonton (CASE) is changing lives for families navigating autism. This year, they opened their first specialized school for children in Kindergarten to Grade 3 who struggle in traditional classrooms. One family shared how their nonspeaking 6 year-old, has made incredible progress since joining the program. His parents described the overwhelming joy of seeing him excited for school each morning, knowing he is in capable hands. Our donation helps fund scholarships so more children like him can access the support they need to thrive.

Kids Kottage

Kids Kottage is a lifeline for children in crisis, providing shelter and support to families facing abuse, addiction, and other emergencies. Each year, they help over 1,500 children, offering a safe space during difficult times. One young woman recently shared how, at just 7 years old, she and her siblings found refuge at Kids Kottage after their mother's overdose. Now 23, she credits the organization for giving her a second chance at life. Our donation helps ensure that children in crisis continue to have a safe place to go when they need it most.



CNIB

FOUNDATION

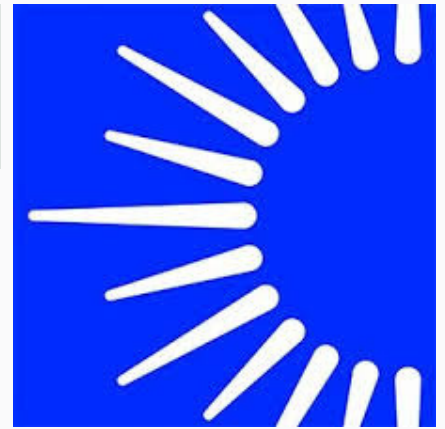
Canadian National Institute for the Blind

For over 100 years, CNIB has been empowering people who are blind or partially sighted to live their fullest lives. Through advocacy, technology, employment programs, and community support, CNIB helps individuals gain independence and confidence. Our club has supported CNIB for over 20 years, and we're proud to continue making a difference. Whether it's helping children participate in play programs, assisting adults in navigating the workforce, or ensuring safe and accessible transit, every contribution brings them closer to a more inclusive world.



Break Through T1D

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. Julie shared how, as a mother of a young adult with T1D, she constantly worries about her daughter's well-being. Our donation helps provide access to life-changing technology, mental health resources, and support for families adjusting to a new diagnosis.



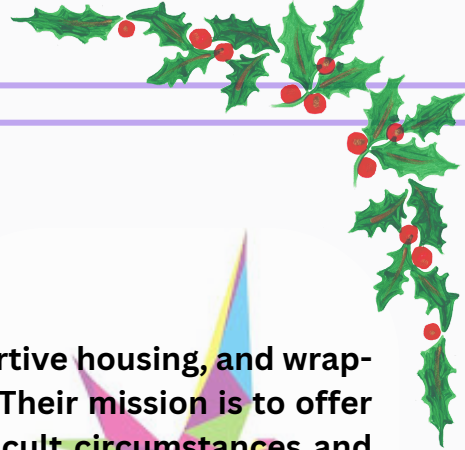
**DIABETES
CANADA**

With Diabetes Canada, we're helping change the lives of over 4 million Canadians living with diabetes. Their work focuses on research, education, support, and advocacy to ensure people with diabetes get the care they need. They also run D-Camps, where youth with diabetes can connect with others who understand their daily struggles. Our donation contributes to their mission of improving lives while working towards a cure. Knowing that we're helping those affected by diabetes live healthier, fuller lives makes this support even more meaningful.

The Veterans Foodbank Association

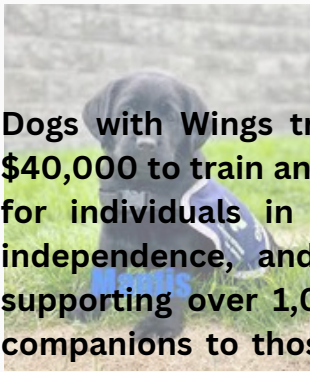
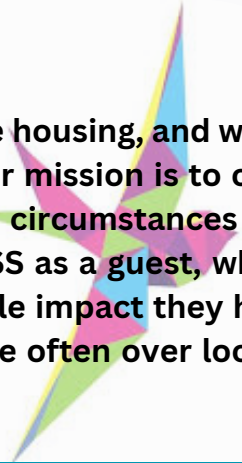
The Veterans Food Bank Association is dedicated to preventing hunger, homelessness, isolation, and suicide among veterans. They operate without government relying solely on grants and community support to provide food hampers, emergency assistance, pet care, job training, and peer support. In November, our club had the privilege of visiting them, where we saw firsthand the impact our support will have and we even met some of the veterans who benefit from their services during the remembrance day event. Every donation, big or small, helps ensure that those who served our country receive the care and support they deserve.





Youth Empowerment and Support Services

YESS provides 24/7 shelter, daytime resources, temporary supportive housing, and wrap-around supports for vulnerable youth aged 15–24 in Edmonton. Their mission is to offer immediate, low-barrier care to help young people navigate difficult circumstances and build brighter futures. This year, we had the privilege of hosting YESS as a guest, where we learned more about their day-to-day operations and the incredible impact they have on youth in need. Their work is truly life-changing to a group who are often over looked and we are proud to support their mission to serve them.



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 children with autism to give families more independence, 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.



For over 30 years, Crystal Kids has been a beacon of hope for inner-city youth in Edmonton. They provide a safe space, food security, and essential life skills to children facing poverty, gang exposure, and other harsh realities. This year, they will deliver 3,000 food hampers and provide Christmas gifts to 185 children—many of whom wouldn't otherwise have anything to open. Knowing that our donation helps make the holidays brighter for these kids is incredibly rewarding. They also invited us to donate gifts for their free holiday market, where children can choose presents for their families.



International Project

The Cosmopolitan International Project is the goal to raise \$1 million for diabetes research in the USA and Canada over the next 5 years. Proposed and accepted in July 2024, we are already working 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.





2025

New Members Alert!



Four months into our 24-25 year and WOW we are off to the races with new members! We are excited to welcome Amy, Jen, Kelsey and Carrie! Your bright ideas and fresh attitudes are just what we needed! We're looking forward to a fantastic year with you in the club!

Edmonton Membership Competition Update:



Lazy Lions: 21 pts
Mature Judges: 72 pts



Cosmo Photo Gallery - Featuring the Cosmo Pottery Painting!



**Guess
who
painted
what!**



Happy Anniversary

Tim Kinniburgh -
1986



A note and a wish from our President:

Our club had a busy, yet productive and fun month.

We hosted our Annual Christmas Giving Event, which was a wonderful evening. I was pleased to emcee the virtual event, and we all enjoyed hearing from our recipients to learn what good work each of them do in the community, and we learn how the funds we give them will help their cause. It's an evening full of community, collaboration, and some incredibly heartfelt moments.

We also held our Cosmo Christmas Party, and a great time was had by all. Our own Angela hosted our group, this year, and she did an amazing job. Our little club has grown this year, and we have almost outgrown Angela's house. It's a very good problem to have, and we will happily search for an alternative venue for next year.

On behalf of the Edmonton Cosmopolitan Club, I wish all of our members and families the very best for a holiday season filled with family, friends, and (of course) delicious food. We wish you all a very happy and successful 2025!.

President Tammy Allen



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 Sevcik, 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



Angela's Cosmo Christmas Lasagna

¾ lb.	lean ground beef	375 g
2	onions, chopped	
2 -6	cloves garlic, minced	
1 can	(26 oz. /796 ml) diced tomatoes (undrained)	
1 cup	water	250 mL
1	can (5 ½ oz. /156 mL) tomato paste	
2 tsps.	dried oregano	10 mL
1 tsp	dried basil	5 mL
	Pepper	
11-12	oven ready lasagna noodles	
2 cups	skim or 2% cottage cheese	500 mL
2 1/2 cups	shredded part-skim mozzarella cheese	500 mL
1	egg, lightly beaten	
½ cup	freshly grated Parmesan cheese	125 mL
1 tsp	granulated sugar	

In large nonstick skillet or Dutch oven, cook beef over medium heat until browned, breaking up with fork; pour off fat.

Add onions and garlic; cook until softened – three to five minutes

Add tomatoes, water, tomato paste, oregano, sugar, pepper, and basil; bring to a boil. Reduce heat to medium-low and simmer uncovered and stirring occasionally, for 20 minutes or until mixture has spaghetti sauce consistency.

Combine 1 – ½ cups mozzarella, cottage cheese, egg, and half of parmesan

Cover bottom of 13- x 9 inch (3.5L) baking dish, sparingly with some of the cooked tomato sauce; top with layer of lasagna noodles.

Cover the lasagna noodles with 1/3 of cheese mixture and third of tomato sauce. Repeat with remaining sauce, noodles and cheeses to make 3 layers of each, ending with the tomato sauce on top. ** make sure you have enough tomato sauce to cover all noodles on top or they get crispy and it's weird. Remember it will fall down to fill in the cracks so keep enough for the last layer!

Sprinkle with remaining mozzarella and parmesan cheese.

Bake uncovered in 350 F oven for 45minutes. Remove from oven and let stand for 5 to 10 minutes before serving.

Member Spotlight - Kim Saunders



Kim joined us last year and has jumped right into action with the club! She is eager to volunteer her time (when she's not working as a nurse) and stay active in everything she and the club does. Her and her husband have supported the club in many ways and still find time for their children, grand children and pets!

Favourite Activity: Music, Reading & Time with Friends

Favourite Colour: Purple

Favourite Food: Soup

Favourite Vacation Spot: Cape Breton

Favourite Cosmo Moment: Rock 'N August

Our Club:

EDMONTON COSMOPOLITAN CLUB Founded: 05/04/1930

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: 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:

January 13th: EDM Business Mtg @ CASE

January 31st/February 1st: Casino Fundraising



2024-25 CLUB ROSTER (21):

Allen, Tammy
Arbour, Carrie
Bavle-Bannister, Amanda
Bouzane, Amy
Cherwaty, Patti
Dory, Rick
Duliba, Kelsey
Eldering, Cassidy
Hardy, Esther
Hardy, Lyle
Kinniburgh, Tim
Large, Shawna
MacKenzie, Cheryl
MacPhee, Jackie
McFalls, Angela
Saunders, Kim
Sevcik, Susan
Van Buskirk, Jen
Walker, Kathy
Honorary:
Gary & Charlene Jurke