

THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB
ISSUE NO 6 | FEB 2025 | VOLUME 04



COSMOS GETTING ROWDY AT
BOSTON PIZZA WITH OUR
VICE PRESIDENT CASSIDY!!

Inside...

THE INTERNATIONAL PROJECT
Catch a brief summary of The International Project and what it means for our club!

PRESIDENT'S MESSAGE
A message from our lovely President Tammy

CASINO UPDATE
Learn some facts about Alberta Casinos and why we volunteer there!

COMMITTEES
Summary of 2024-2025 committees

THROWBACK PHOTO GALLERY
See some photos from the 2024 WCF convention!

FUNZONE & IMPORTANT DATES
Check out Sean's Dodgers poem, featuring Chat GTP and Cosmo Birthdays and Anniversary's!

VALENTINE'S RECIPES
Check out some sweet and savory recipes!

MEMBER SPOTLIGHT
This month's feature: Susie!

Editorial Committee
Cassidy Eldering
Shawna Large

NEW! FOLLOW US ON
INSTAGRAM:
@EDM_COSMOPOLITANS

The International Project

At last year's international convention, our outgoing president, Dick Gorton proposed the International Project which was quickly passed. It's about time to get serious about it! In case you missed it, here is a quick recap and what our club can do to contribute.

The International Project of CI is a movement to raise one million dollars over the next five years to donate to diabetes research. Seeing the amazing work and valuable results from Dr. Shapiro's & Dr. Buteau's research, we can clearly see how close we are to some form of a cure. As it is in our mission statement, our focus is to support efforts to find a cure for diabetes. We have a good start but this project will really help take it to the next steps!

If you're interested in the nitty gritty of how and where our money raised will go - US funds contributed are sent to the Cosmopolitan Diabetes Foundation and all Canadian funds contributed are sent to the Cosmopolitan Foundation of Canada, Inc.

How can our organization raise such a large amount? SIMPLE! (well maybe not but we can definitely get there). With help from each member of each club of each federation we can find ways to raise the funds. With such a great cause there is no doubt that with a bit of effort we can get to one million in five years.

You might be thinking.. "our small club?" well from the wise words of our International President, John Krysak, "More members. More funding." Not to mention we are small (and growing) but mighty!



**Out-going President
Dick Gorton and his
wife Candy**

An Evening with Dr.
James Shapiro

Dr. Andrea Haqq's exciting
research Type 2 Diabetes
research

Future Diabetes
Treatments: Tech, Bio,
Drugs



**In-coming President
John Krysak and his
wife Kathy**

President's Corner

Every February, we can all feel that unmistakable vibe, and we all know that Love is in the air!! Whether you spent February 14th with a special romantic someone, or perhaps enjoyed a gal-entine girls night, or indulged in a little self-care, I hope you had a fabulous day of love.

I think that February is so much more than the short month with that one special "Day of Love". It's a great time to reflect on what we do, as Cosmopolitans, to love and support our causes and our communities.

Throughout the year, our club is involved in several events, with a number of important organizations. It's incredible that we can share our love of community and passion for volunteering with others in our world of service. We can also share this with those people who are closest to us – our friends and family. Not only will they get a chance to see the great works we do, and see how much fun we have, but they may also decide they want in on the fun, too!

Let's carry on with the idea that every event is a "membership" event, and be loud and proud to share what we do. We might just get some new members out of it.

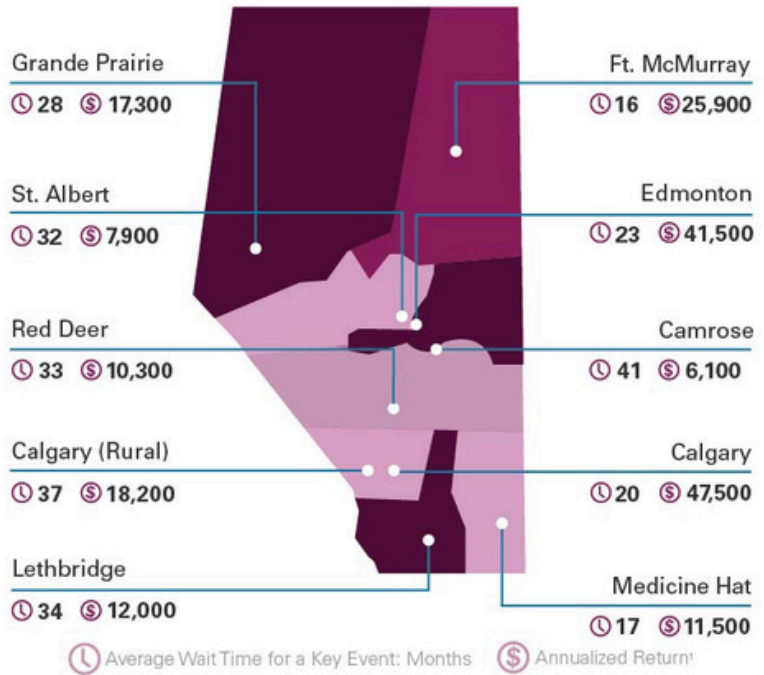
President Tammy



CASINO UPDATE

At the end of January and beginning of February, our club volunteered at the Grand Villa Casino in downtown Edmonton. As part of the Casinos rules and regulations, we are not allowed to take photos within the Casino in the cage or of confidential information. This rule made it next to impossible to get photos of all our smiling faces throughout the two days. But I thought I would take this opportunity to detail why we do the volunteering at Alberta casinos and how it works! As per the Alberta Gaming, Liquor & Cannabis (AGLC) these are some details about charitable gaming.

Proceeds from Casino Events and Average Wait Times by Regions



1. Product of wait times and proceeds earned from casino events

Data current as of May 2024.

As per the Canadian Criminal Code, only charitable or religious groups may conduct charitable gaming activities; and groups that conduct charitable gaming activities must use the money for charitable or religious purposes only.

Alberta is the only province that licenses charities to conduct and manage casino events that support charitable organizations.

Programs and services charities support include:

- Youth and older
- Social and community development programs
- Sports
- Donations
- Cultural
- Business, employment, research
- Training/education

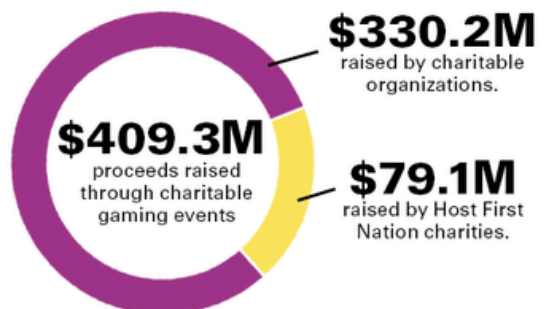
AGLC's charitable gaming model enables

23,055

charities to make a difference for Albertans and communities across the province.

67.7%

of gaming funds raised by charitable organizations came from casino events, showing the impact of Alberta's unique charitable gaming model.



What is charitable gaming?
Charitable gaming in Alberta includes casinos, raffle, bingo and pull tickets.

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: Cassidy Eldering, Tammy Allen, Angela McFalls, Shawna Large

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

Cosmo Photo Gallery - Winnipeg WCF Throwback



WCF board being sworn in for the new year



Edmonton gets to Winnipeg!



< After banquet dance!



Winnipeg welcome introductions ^ and ice breakers! ^



Cosmo International Board Meeting

Cosmo's visit The Leaf!



Cheryl receiving the Cosmo member Community Service Award, and Edmonton receiving the Club Community Service Award



Cosmo's visit The Leaf!



a poem about *Shohei Ohtani*

With all the excitement in our house about baseball season starting soon, Sean wanted his Chat GPT poem included in the newsletter. I hope you enjoy!

Shohei Ohtani, a name that rings true,
A legend in baseball, both fresh and anew.
With a bat in his hand, he sends balls to the sky,
And when on the mound, he makes hitters cry.

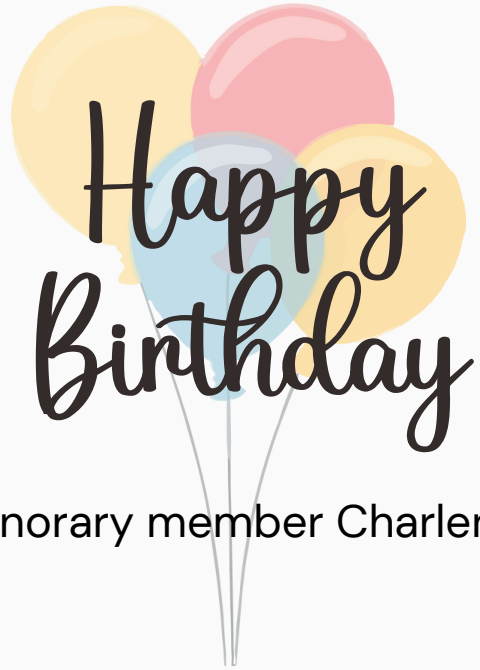
A pitcher, a slugger, he does it all,
Breaking through records, defying the call.
From Japan he arrived, with a fire in his soul,
Determined to conquer, to shatter each goal.

He runs like the wind, with grace in his stride,
No base too far, no limit to his pride.
A hero for many, a marvel for all,
In the world of baseball, he stands tall.

Shohei Ohtani, a wonder, a star,
His brilliance shines brightly, both near and afar.
In the annals of history, his name shall stay,
A two-way sensation, redefining the play.



CONGRADULATIONS TO
SUSIE SEVCIK ON 21 YEARS
OF BEING A COSMO!



Honorary member Charlene!

Valentine's word Scramble

VOEL _____
ANCYD _____
TRHEA _____
GUSH _____

WEFOLR _____
DRCA _____
INEENLTAV _____

HEART-SHAPED CAPRESE SKEWERS

Recipe from Pretty Wild World

Start your appetizer lineup with heart-shaped caprese skewers. These charming bites combine fresh mozzarella, cherry tomatoes, and basil, all drizzled with balsamic glaze. They're not only cute but also packed with flavor. The mix of creamy mozzarella and sweet tomatoes offers a refreshing way to kick off your gathering.

Tips: Use small cookie cutters to shape mozzarella into hearts. Arrange them on a platter with basil for a pop of color. A sprinkle of sea salt and cracked pepper can enhance the flavors.

CHOCOLATE-COVERED STRAWBERRY BOUQUET

Recipe idea from Pretty Wild World

Wrap up your evening with a bouquet of chocolate-covered strawberries. These charming bites combine fresh strawberries and any kind of chocolate you like. Start with washing your strawberries and sticking a barbecue skewer through the stem end of the strawberry, going half way through. Lay the strawberries on a parchment paper covered cookie sheet. You can either dunk the strawberry in melted chocolate or drizzle melted chocolate on each strawberry. Once the chocolate is on the strawberry, you can decorate with sprinkles or drizzle a different type of chocolate on top. Once the chocolate hardens, you can arrange them in a vase for beautiful presentation!

Member Spotlight - Susan (Susie) Sevcik



We took some time to ask Susie some questions to help you get to know her better! Susie has been a Cosmo since 2004 and just celebrated 21 years a proud Cosmo this month!

Favourite Activity: anything involving fabric and thread. (Least favourite activity...attending long meetings! In case you wondered)

Favorite colour: In the Laurentian pencil crayon package -Peacock Blue.

Favorite Food: Potato Chips. Is that considered a food?! If not, then anything that I don't have to make myself.

Favorite Vacation: Disneyland...the most magical place on Earth even with little princesses having meltdowns in ride line-ups.

Favorite COSMO Moment: Any of the Cosmo Days I have attended. I love the fun my Cosmo friends bring to every activity they do!



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:

- March 10th:** EDM Business Mtg
- March 24th:** Edmonton Food Bank Volunteering

2024-25 CLUB ROSTER (21):

- Allen, Tammy
- Arbour, Carrie (New 2024)
- Bavle-Bannister, Amanda
- Bouzane, Amy (New 2024)
- Cherwaty, Patti
- Dory, Rick
- Duliba, Kelsey (New 2024)
- Eldering, Cassidy
- Hardy, Esther
- Hardy, Lyle
- Kinniburgh, Tim
- Large, Shawna
- MacKenzie, Cheryl
- MacPhee, Jackie
- McFalls, Angela
- Saunders, Kim
- Sevcik, Susan
- Van Buskirk, Jen (New 2024)
- Walker, Kathy
- Honorary:
Gary & Charlene Jurke

