

THE COSMO BULLETIN

EDMONTON COSMOPOLITAN CLUB
ISSUE NO 5 | JAN 2025 | VOLUME 04



HAPPY NEW YEAR!

2025



Inside...

AWARDS

Awards season is right around the corner (and not just the Grammy's)

PRESIDENT'S MESSAGE

From the keyboard of President Tammy Allen

CHRISTMAS PARTY MEMORIES

December 13th was our club Christmas party, lets hear all about it

COMMITTEES

2024 - 2025 committees

ACTIVITY ZONE

Try some Sudoku and get motivated about your mental health

GOVERNORS CHALLENGE

This years challenge from our WCF Governor, focusing on Membership

MEMBER SPOTLIGHT

This month we are highlighting our favourite RNA volunteer coordinator: Jackie MacPhee

Editorial Committee

Cassidy Eldering
Shawna Large



Time to think about Awards!



As we roll into the new year, it's time to set our sights on the most exciting season of all—awards season! That's right, it's time to start thinking about who deserves recognition for their hard work, dedication, and (let's face it) ability to make us all look bad in comparison. Soon it will be your chance to nominate and vote for the best of the best and maybe even put yourself in the running. Here's the scoop on what's coming up:

Club Awards



Yearbook
Newsletter
Club Community
Service

Rebuilding Friendships
50th and 75th Anniversary
Club
Medal of Merit

Big "C"
Sponsorship
International Presidents
Award

Individual Awards



50th Anniversary
Membership Builder
Club Builder

Club President of the Year
Governor of the Year
Rookie of the Year

Member Community Service
Cosmo of the Year
Patrick J. Hodgins
Distinguished Member

As a club, we are on the right track to compete for many of these awards and there are many individuals within our club who qualify for the individual awards too! There is still time to continue to do great things as a club or individually. You can start to think about who's been quietly (or not so quietly) going above and beyond and may deserve a nomination. Maybe it's the person who always has a great idea or the one who's always there with a helping hand and a smile. And hey, if you're thinking, "Wow, I'd love to be in the running," now's the time to step up your game. Volunteer/attend more, bring in some more potential members, or bring some treats to the next meeting (just kidding, bribery definitely does NOT work...).

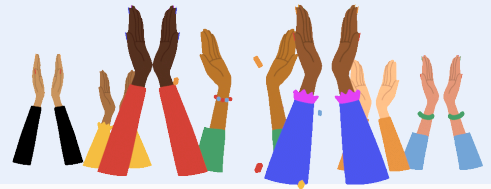
"Awards are a celebration of effort, a nod to excellence, and a reminder that even small actions can lead to big recognition."

Happy Birthday

**Amy Bouzane,
Patti Cherwaty
&
Jen Van Buskirk!**

January Anniversaries

**Cheryl
MacKenzie -
Thank you for a
strong 7 years!**



A note from our President

Fellow Cosmos,

Our Cosmo Christmas Party is always a fun event, and this year was no exception. I was very pleased to see our largest turn out, since I've been a member of the club. We had a delicious meal, and played a hilarious gift exchange game. Our Club always does a re-gift gift exchange, and this always promises to be good for a laugh. As usual, some items returned for re-gifting again, which is like seeing an old friend that you didn't really want to see. Due to some of our new members, we were introduced to some nearly-new gently used items, which was great!

One of our next projects to work on is awards. Soon, we will be celebrating the worthy recipients at the club level and will be preparing the submissions for WCF, ahead of the spring Annual Convention. This is an exciting time, as I believe awards to be a very important part of our club's culture. It's vital that we recognize those individuals who go above and beyond, and awards solidify our connections within WCF and with CI. Good luck to all of our members, who are eligible for awards!

Tammy



President's Corner





We sat for a delicious Christmas Lasagna curtesy of Cosmo Angela (and I'm sure Emma helped too)

And then onto our 'up-cycle' gift exchange. We like this one because it's easy on the wallet and cleans out your house!

Annual Cosmo Christmas Party - *the recap*

This year we let a die decide who gets what gift - lots of moving and uncertainty, it really kept us engaged.. it was a real mix of worry and excitement!



Sometimes we have to explain the gift a bit... like cowboy Santa or an accidentally feminine vase - one of the gifts that has circulated at more than one Cosmo Christmas





Cosmo Photo Gallery



Merry Christmas and Happy New Year from the Edmonton Cosmos!



Emma stealing socks, among other items



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!

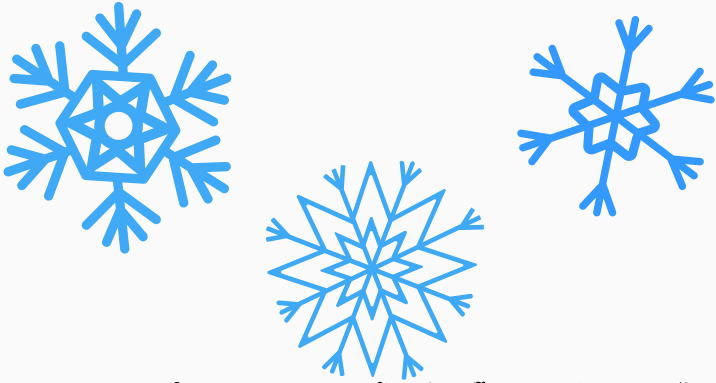
Current Members: Tammy Allen, Esther Hardy, Cassidy Eldering

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



You've spent the last month (or couple of months) focusing on others and sacrificing rest for friends and family. It's time to switch up the focus to you!

Find ways to recharge by doing what makes you feel good inside and out. Mental health is important in itself but it is also connected to your physical health. So feel your feelings, get enough sleep, work out, get some sun, eat some good food - whatever you need to do!

Here's an easy start: Breath in... (1..2..3..4) and breathe out (1..2..3..4)



Ideas to get you on track to self care

1. Acknowledge and accept your feelings
2. Practice self-compassion
3. Establish a routine
4. Stay physically active
5. Get enough sleep
6. Connect with others



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Feeling artistic? Don't forget about the Cosmo Logo competition! It has been extended so if you think you have a good idea for a new logo, check out the criteria you can find more information in the latest version of the International Newsletter or contact Shiela for more details
sheila.anderson@cosmopolitan.org



2024-2025 Governor's Challenge

MEMBERSHIP/COMMUNICATION/DIABETES/FUN

Did you club have a membership event this month? If yes, **2 points**

How many potential members did you teams/clubs identify this month? **1 point for each potential member identified.**

How many potential members were contacted this month? **1 point for each potential member contacted.**

How many potential members attended a meeting or event this month? **5 points for each potential member in attendance**

How many members were signed up this month? **20 points for each person signed up.**

Did you hold a membership event only (not in conjunction with a regular meeting, fundraiser or social)? **If yes, 5 points**

Member Spotlight - Jackie MacPhee



Jackie joined us recently but has been volunteering along side us for some time as she is on the board of Rock 'N August too! She loves being a part of planning events because she enjoys bringing people together and supporting a good cause!

Favourite Activity: Planning parties

Favourite Colour: Red

Favourite Food: Seafood; king crab

Favourite Vacation Spot: Italy (love!)

Favourite Cosmo Moment: Rock 'N August cosmo merch team

Our Club:

EDMONTON COSMOPOLITAN CLUB Founded: 05/04/1955

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: Tim Kinniburgh
Treasurer: Kathy Walker
Secretary: Susan Sevcik
Sargent at Arms: Angela McFalls

UPCOMING MEETINGS/EVENTS:

Jan 31st & Feb 1st: Grand Villa Casino Volunteer event

February 10th: Business mtg @ Boston Pizza

February 24th: Social event – creating Lifestyle Expo Booth posters and such



2024-25 CLUB ROSTER (21):

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
Van Buskirk, Jen (New '24)
Walker, Kathy
Honorary:
Gary & Charlene Jurke

Last Meeting Attendance (01/13/25): 11