

THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB
ISSUE NO 7 | MAR 2025 | VOLUME 04



Inside...

The Power of Volunteerism

Some anecdotes from the last year and thoughts about growing

PRESIDENT'S MESSAGE

From the keyboard of President Tammy Allen

KING CHARLES CORONATION

I bet you can guess who was awarded this prestigious medal

FUN ZONE

Photos and more!

COMMITTEES

2024 - 2025 committees

GOVERNORS CHALLENGE

This years challenge from our WCF Governor, focusing on Fun

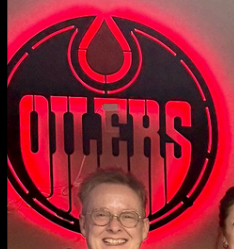
MEMBER SPOTLIGHT

This month we are highlighting our Sargent in Arms: Angela McFalls

Editorial Committee

Cassidy Eldering
Shawna Large

LUCKY TO
BE A
COSMO





The Power of Volunteerism: Growing Our Impact & Membership in 2025

Volunteering is like coffee – once you start, you can't imagine life without it. And much like coffee, it gives you energy, a sense of purpose, and occasionally keeps you up at night wondering, *Did I really sign up for another event?*

As Cosmos, we know that service isn't just about giving back – it's about building connections, creating change, and occasionally mastering the fine art of carrying six folding chairs at once. As we dive into 2025, we're celebrating the impact we've had, the new faces joining our club, and the exciting future of volunteerism in our community.

Over the past year, our club has been busy making a real difference! Whether it's raising funds for diabetes research, supporting local charities, or simply showing up when our community needs us. We don't wear capes (yet), but we do show up in force, ready to help.

One of our biggest wins last year was the funds that were raised at International Convention! Wow we re-wrote that cheque so many times! The result? A stronger international community and maybe even a happy tear or two. And let's not forget surprising Lyle and Esther during the Rock N' August Street Dance with their long time service awards! Thank goodness Esther got flowers to stand behind and Lyle had a speakers!

Let's be honest—volunteering is a lot more fun when you've got great company. (And maybe someone to split the pizza with at our meetings.) That's why we're thrilled to welcome new members who bring fresh energy, new ideas, and an undeniable enthusiasm for making a difference.

This past year, we've worked on growing our club through word of mouth and celebrating together publicly and loudly in purple! We're also stepping up our social media game. I mean, if you didn't post about volunteering, did it even happen?

Know someone who'd be a great fit for our club? Bring them along to our next event! No experience required, just a willingness to serve and maybe laugh at Angela's jokes (optional, but encouraged).

So, whether you're a longtime member or just curious about what we do, we'd love to have you join us. Let's make this year our best yet! One project, one laugh, and one volunteer at a time.



HAPPY
BIRTHDAY

Rick Dory
&
Jackie MacPhee!

Happy
Anniversary

Amanda
Bavle (2021)
&
Lyle Hardy
(1985)



Fellow Cosmos,

Happy St Patrick's Day from the
Edmonton Cosmo Club!!

We dressed in our Irish best for our
recent meeting, and even my new cat,
Winnie, got in the spirit!

Our March meeting was heavy with
business, but we also had a guest
speaker and had a lot of fun.

Here's an Irish blessing that I think is
getting this month:

May green be the grass you walk on,
May blue be the skies above you,
That pure be the joys that surround
you,
May true be the hearts that love you.

President Tammy



President's Corner



King Charles III Coronation Medal



The Coronation Medal was created to mark the Coronation of His Majesty King Charles III on May 6, 2023. It is the first Canadian commemorative medal for a coronation. Administered by the Office of the Secretary to the Governor General, the medal will be awarded to 30,000 deserving individuals.

The Edmonton Club was honoured to nominate Lyle Hardy for this prestigious award. We were recently informed that he was selected as a recipient (of 20). The medal recognizes individuals who have made significant contributions to Canada, their province, territory, region, or community, or have achieved something outstanding abroad that brings credit to Canada. Of course Lyle has been a dedicated member of the Cosmopolitan Club for 40 years, has held various roles within and is a Beacon with the Foundation. Lyle has supported Club fundraising efforts such as Curling Bonspiels, Golf Tournaments, Bingos, Casinos and raffles. His volunteer work extends to organizations like the Edmonton and St Albert Food Banks, Alberta Diabetes Foundation, DRIFCan and Breakthrough T1D. Recently, Lyle and his wife Esther received the Blair Art Volunteer Appreciation Award for their 28 years of service with Rock'n August.

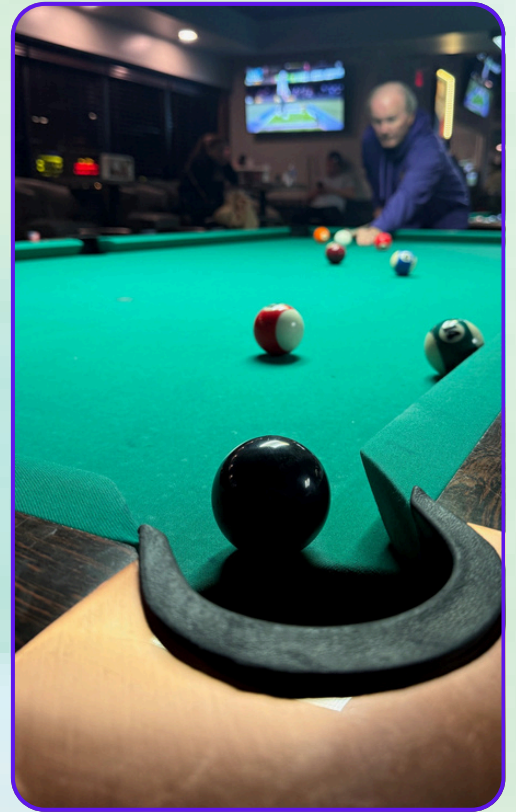
Attending this ceremony were Esther, Gary and Charlene Jurke, Fern Proulx (Lyle's Cosmo sponsor 40 years ago), Cheryl MacKenzie and Colin, a long time friend and neighbour from the lake. Members from several service organizations received this medal and Lyle was proud to represent the Cosmopolitan Club as one of them.

Congratulations Lyle!!!





Cosmo Photo Gallery



Just a few pool sharks



The flat bread was NOT flat – thanks to the true Italian chef! SO even if Tim's game was off (or Cassidy kept setting him up poorly), the food was on!





I N V O L V E D U R T A I
 R R N O M U G V S U G T R
 E N C O U R A G I N G T Y
 L W M R E S P E C T F U L
 I O S B N E R Y M O C D U
 A N L T W T S H I N E A F
 B D Y A E F U H O V M I T
 L E C T I R O J O A O F H
 E R U S M C R T Z W S A G
 N F Y L D N E I R F E A U
 G U F O P D N P F N W B O
 O L I E M G E U S I A T H
 S Y T M L O G O F T C I T

WORD LIST

ACTIVE
AMAZING
AWESOME

DEVOTED
ENCOURAGING
FRIENDLY

FUN
GENEROUS
INVOLVED

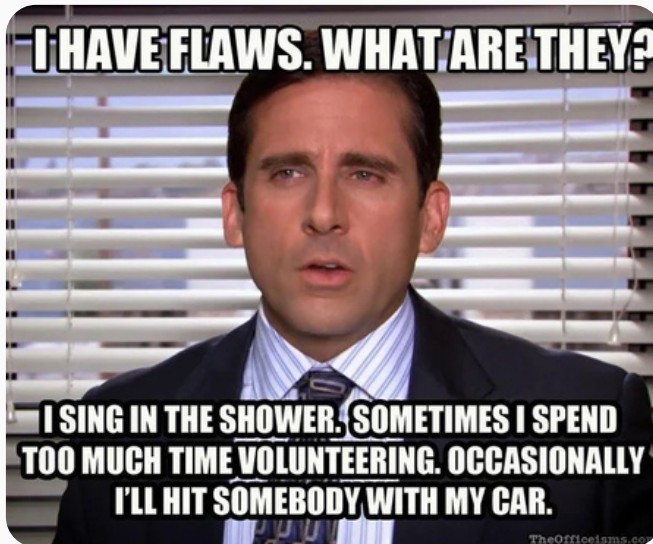
RELIABLE
RESPECTFUL
SPECIAL

TERRIFIC
THOUGHTFUL
WONDERFUL

Happy
St. Patrick's
Day



HOW MANY LEPRECHAUNS DID YOU FIND IN THIS ARTICLE?



The VP of Membership & New Clubs is reviewing structures, bylaws, and growth strategies while seeking club input to provide meaningful support. Change is a long-term journey, and collaboration is key. If you're interested in joining the CI Membership Committee, contact Cheryl Cheryl.mackenzie@cosmopolitan.org. Monthly meetings and additional work will be required.



2024-2025 Governor's Challenge

MEMBERSHIP/COMMUNICATION/DIABETES/FUN

Did the majority of members wear a Cosmo apparel to the meeting? **2 points**

Did the majority of members wear a FUNNY hat to the meeting? **2 points**

Did the majority of members wear two different socks to the meeting? **2 points**



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 Cherwat, 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



Member Spotlight - Angela McFalls



I joined the Cosmo club to help find a cure for diabetes. My brother has had diabetes for almost 40 years and my nephew was recently diagnosed. I joined April 2006, 18 years fighting diabetes! I have held various positions over the years within the club, secretary, vice president, sgt at arms, president. I was the proud winner of the international president of the year award for the membership year 2019-2020. I've also held positions on the WCF board including Governor.

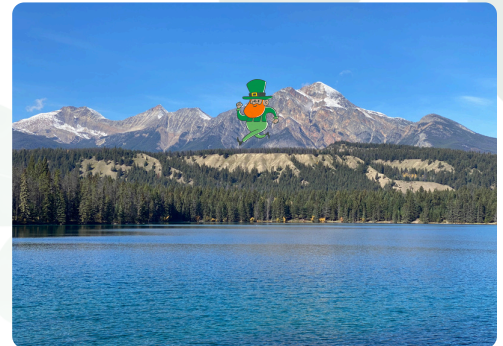
Favourite Activity: Adventures with my dog Emma, Curling, Travelling. Volunteering with my fellow cosmos, curling

Favourite Colour: Blue of Purple

Favourite Food: Lasagna (like Garfield)

Favourite Vacation Spot: Africa!

Favourite Cosmo Moment: our most recent international convention where we gave \$160,000 to DRIFCan, DRIF, and ADF!



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

NEW: FOLLOW US ON INSTAGRAM: @EDM_COSMOPOLITANS

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 24th: Volunteering @ Edmonton Foodbank

April 14th: Business meeting @ Boston Pizza

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

Last Meeting Attendance (03/10/25): 16