

THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB
ISSUE NO 2 | OCT 2024 | VOLUME 04



Thanks giving

This year Kim hosted the whole club for Thanksgiving dinner. We all had incredibly full belly's after our business meeting. Thank you again Kim!

Inside...

MEMBERSHIP CHALLENGE

See the info behind this challenge AND what team you are apart of!

NEW MEMBER RECOGNITION!

Who our newest members are!

BIRTHDAY'S & ANNIVERSARY'S

WELCOME TO A YEAR OF GROWTH

See Cheryl's article from Cosmo Topics

COMMITTEES

Summary of who is on which committee!

COSMO PUMPKIN CARVING

See what creative carvings our Edmonton Cosmos created this year!

HALLOWEEN BUCKET LIST

Find other things to do to make Halloween fun!

FUN PAGE AND RECIPES!

MEMBER SPOTLIGHT

KATHY!

Editorial Committee

Cassidy Eldering

Shawna Large

WCF Membership Challenge

As mentioned in the September newsletter there is a new Governor's challenge that has been put out to our federation to increase membership. The competition is for clubs to be divided into two teams for friendly competition. \$10 per person to contribute to the pot and the winning team of the federation receives a prize with the funds of \$15 per person for the winning teams dinner. Silver place will receive \$10 per person for coffee and donuts.

Our club has been divided into the following two teams:

THE LAZY LIONS

Team Leader: Angela

Jackie
Esther
Tammy
Kathy
Tim
Rick
Carrie
Amy

The Mature JUDGES

Team Leader: Cheryl

Lyle
Kim
Cassidy
Amanda
Susie
Shawna
Patti
Kelsey
Jen



New Member Recognition!

This month we have four new members! **Amy and Jen, Kelsey, and Carrie!** For anyone that hasn't met them yet, they are four wonderful women. Amy and Jen found our club through Amanda, Kelsey found our club through Shawna and Carrie found our club through Angela.

As our club continues to grow, here are some conversation starters to help our new friends get to know us!

WHAT IS YOUR FAVOURITE KIND OF
COOKIE?

WHAT IS YOUR FAVOURITE TIME OF
YEAR?

Happy
Birthday

October 14th – Susie
October 17th – Shawna
October 27th – Cassidy



October 1st – Shawna
October 15th – Cassidy
October 19th – Patti
October 25th – Esther (30 years!)
October 25th – Gary & Char
October 25th – Tammy

Happy
Anniversary

Welcome To A Year of Growth

Cheryl's article presented in Cosmo Topics!

As I join the CI International Board as your Vice President of Membership and New Clubs, I look forward to what we can find together to help turn the organization into a growing, thriving part of our communities across the six federations. What we do is important, we just need to make sure that everyone around us knows what that is!

I have been a Cosmo since January 2018. I joined the organization for reasons that many of you may have. The tie to fundraising for Diabetes to help find a cure hits very close to home. My mom is pre diabetic and my dad, brother and I are all T2D. Ironically, I had been "around" our local Cosmo Group for many years prior to joining due to a larger affiliation and volunteer tie. You know what? No one asked me to join earlier. My advice to you, don't take this opportunity away from the people around you that have not been asked to join. Allow them the opportunity to say yes. **ASK!**

The Committee – Membership & New Clubs

The Membership Committee certainly has challenges ahead. Our CI President, John Krysak, announced his annual goal of a 10% Net Growth with two new clubs. Our challenge is to assist in seeing that goal successfully rolled out and achieved by July of 2025 in Kansas City.

The reality is that the membership of Cosmopolitan International has been declining over the last decade. Now is the time that we have to critically consider why and make changes. There are no sacred cows (google it, I did!). That is why I stepped forward, to help lead the changes, in support of the CI Board and Members across the organization from the Club and Federation level.

Now, the CI Board has laid groundwork with research efforts and discussions in 2023/24. It is up to us to absorb these assets and create supporting action plans that inspire our grassroots clubs. We need to develop and provide the support that you are asking for.

As the committee meets, we will be considering current structures such as federation alignment, bylaws impacting club size, and commissioned reports focusing on growth and target demographics to name some. Additionally, outbound communications with clubs to identify what it is that they need from our CI Board in support of growth will be critical.

We want to work to support clubs, but we need to hear from you. We want to provide you with the support that you need, not what we think you need. Expect to hear from members of the Board and the Membership Committee asking questions that allow us to get to know you and your pain points better. More importantly this communication will allow you to provide feedback and input on what needs to come next for you.

Make no mistake, there is no solution that will change the tides in a week, a month or even a year. The things that we initiate today will be the building blocks of what we are going to do over the next three to five years. It is a journey, and we want to continue to take it with you.

My Ask: If you or someone you know within your club would like to consider volunteering on the CI Membership Committee, please to not hesitate to contact me directly at Cheryl.mackenzie@cosmopolitan.org. There is always room for one more. We will meet monthly on a regular committee schedule, work outside of that will be needed in support of any developing plans.

A Proud Member of the Cosmo Family, Cheryl MacKenzie
Vice President, Membership & New Clubs, Cosmopolitan International
(Proud member of the Edmonton Cosmo Club)

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

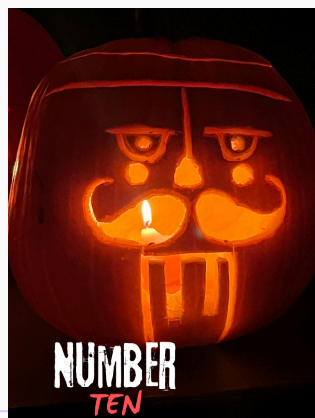
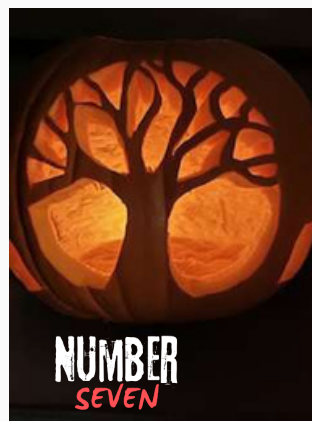
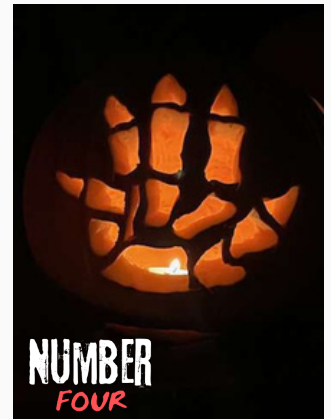
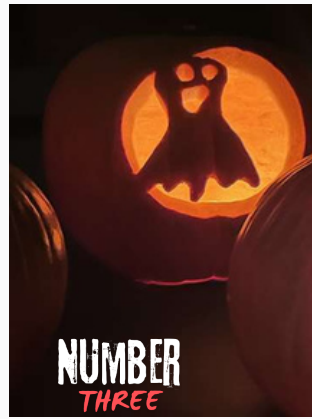
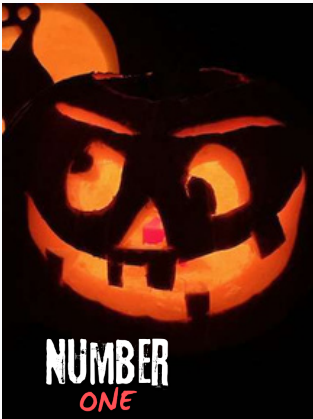
CONVENTIONS: Committee struck in the spring of 2023 in support of the planning for the 2024 Convention

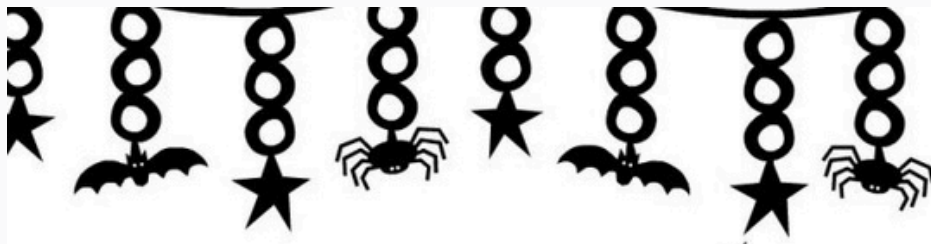
Current Members: Cheryl MacKenzie, Angela McFalls, Tammy Allen, Shawna Large, Cassidy Eldering, Kathy Walker, Esther Hardy

Cosmo Photo Gallery - Featuring the Cosmo Pumpkin Carving Event!



Can you guess who carved which Pumpkin?!





Halloween bucket list

naturalbeachliving.com

1. Decorate the House
 2. Visit a Pumpkin Patch
 3. Make Caramel Apples
 4. Read a Halloween Book
 5. Watch Hocus Pocus
 6. Make Tin Can Frankenstein
 7. Bake Halloween Cookies
 8. Make Pumpkin Pancakes
 9. Bob for Apples
 10. Bonfire S'mores
 11. Make Footprint Ghosts
 12. Go on a Hayride
 13. Make TP Tube Bats
 14. Drink Hot Apple Cider
 15. Play Flashlight Tag
 16. Make Paper Plate Vampire
 17. Buy Halloween Costume
 18. Eat Candy Corn
 19. Escape a Corn Maze
 20. Make Handprint Bats
 21. History of Halloween
 22. Give a BOO Gift
 23. Visit a Haunted House
 24. Tell Spooky Stories
 25. Go Trunk or Treating
 26. Go to a Fall Festival
 27. Paint Mini Pumpkins
 28. Make a Q-tip Skeleton
 29. Carve a Jack-O'-Lantern
 30. Make Milk Jug Ghosts
 31. Trick or Treat
- 31 days of Spooky fun!



- Answers to the Pumpkin Carving!
1. Angela
 2. Jackie
 3. Shawna
 4. Cassidy
 5. Kim
 6. Shawna
 7. Kelsey
 8. Kathy
 9. Rowan & Amanda
 10. Cheryl



Mummy Meatballs

Ingredients:

1 lb of ground beef
1/4 c. minced onion
1/4 c. panko bread crumbs
2 cloves of garlic
2 tbsp of parsley
1 large egg
salt and pepper
1 8 oz tube of Pillsbury
crescent roll sheets
Yellow mustard

Step 1

Preheat oven to 400°
Line a large, rimmed baking sheet with parchment paper

Step 2

In a large bowl, add beef, onion, panko, garlic, parsley and egg. Season generously with salt and pepper. Mix ingredients together with a wooden spoon until well combined, then shape into 1" balls. Place onto prepared baking sheet and set aside.

Step 3

Slice crescent sheet in half widthwise, and then into long, thin strips. Wrap a piece of dough around meatballs to resemble a mummy, leaving a space to make eyes later.

Step 4

Bake until meatballs are cooked through and dough is golden, about 15 minutes. Cover sheet with foil if dough starts to get too darl.

Step 5

Make two mustard dots for eyes on each mummy meatball and serve!

PHOTOS BEHIND PHOTOS!



Member Spotlight - Kathy Walker



We took some time to ask Kathy some questions to help you get to know them better:

Kathy is a grandma who loves doing fun things with her grandchildren! Kathy is also a huge cheese lover!

Favorite Activity: volunteering and meeting people

Favorite Colour: blue

Favorite Food: peppercorn steak

Favorite Vacation: Mexico, or anything with sand, sun and swimming!

Favorite COSMO Moment: attending the International Cosmo Convention in Edmonton this past July



Our Club:

EDMONTON COSMOPOLITAN CLUB Founded: 05/04/1955

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: Tammy Allen

UPCOMING MEETINGS/EVENTS:

- November 11th:** EDM Business Mtg
- November 25th:** Ceramic Painting



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