PICK YOUR COSMO CAPTAIN AND BOWL!

A new name, a new venue but still the same great event. With Cristy Beggs heading off to join the CJWW morning team, Pat Dubois has recruited a new partner to sponsor Cosmo’s bowling fundraiser. Her name is Brandi Olson and the two of them can be heard on the BULL 92.9 FM. With the change in personnel we now have the ‘Cosmo Bull-a-thon with Pat and Brandi,’ held this year at Hunter’s Eastview Bowl on Tuesday September 22nd. Teams can choose to bowl either 5 or 10 pin games at 5pm or 7pm. The Bull-a-thon is an event that is close to the hearts of many of our program participants, and the most anticipated event of the year for some. We’d like to ask you to do your part to make this event a success.

Participants look forward to being a ‘Cosmo Captain’ of a team. Your team of five bowlers raises funds on behalf of one of our Participants. The team raising the most money wins an iPad for their Cosmo Captain. If you don’t know someone from Cosmo to bowl with as your Cosmo Captain, contact Cosmo and we’ll recruit one for you. In addition to the big prize for the participant, you also can win an iPad by raising the most funds in the event. Cosmo’s staff are the biggest supporters of this annual event. They get involved, recruit Cosmo Captains and have raised a lot of money to improve services at Cosmo. We’d love to have this event expand throughout the family and friends of our participants and well into the community-at-large.

Get your family, friends or co-workers together and make the Cosmo BULL-a-thon a staff outing or party! We supply the lanes and pizza, you supply the teams and the community spirit. In addition to the food and fun, the goal of this year’s BULL-a-thon is to raise funds for the purchase of a wheelchair van. One of the biggest barriers to our Participants’ involvement in the community is transportation. With your help we can attend more events, have more experiences, and increase the community outreach of our programs.

As usual you can access the dedicated secure BULL-a-thon website through cosmoindustries.com for easy online registration and fundraising. When you register your team, each bowler gets access to ‘Friends Asking Friends’ tools such as their own personal page which they can use to ask for and receive donations from all of their online contacts. There is even a mobile app for those who want to use their smartphone. Every online donation is tracked and a charitable receipt is produced immediately. For those of you who prefer paper, registration and donation forms are available from Cosmo or can be downloaded from our website. Just fax your entry to 306-244-5509.

We’d like to give a big thanks to Cristy Beggs for her support of Cosmo. Her first experience with us was at our 40th Anniversary party, The ‘Miracle on 34th Street’ Festival where she competed in the celebrity ‘Minute to Win It’ challenge. We are proud to call her a friend of Cosmo. We are also excited to introduce Brandi to Cosmo and our participants.

Bowl With Us, Bowl for Us. If you have any questions about the ‘Cosmo BULL-a-thon with Pat and Brandi’ please call Ken at 306-260-7093.
Our Safety Moment this month...

Ten Tips for a Healthier Mental Well-being

http://www.ccohs.ca/oshanswers/psychosocial/stress.html

1. **Build confidence**
   Identify your abilities and weaknesses together, accept them, build on them and do the best with what you have.

2. **Eat right, keep fit**
   A balanced diet, exercise and rest can help you to reduce stress and enjoy life.

3. **Make time for family and friends**
   These relationships need to be nurtured: if taken for granted they will not be there to share life’s joys and sorrows.

4. **Give and accept support**
   Friends and family relationships thrive when they are "put to the test".

5. **Create a meaningful budget**
   Financial problems cause stress. Over spending on our “wants” instead of our “needs” is often the culprit.

6. **Volunteer**
   Being involved in community gives a sense of purpose and satisfaction that paid work cannot.

7. **Manage stress**
   We all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will help to maintain our mental health.

8. **Find strength in numbers**
   Sharing a problem with others who have had similar experiences may help find a solution and will make you feel less isolated.

9. **Identify and deal with moods**
   We all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.

10. **Learn to be at peace with yourself**
    Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.

Dave Parkalub
OHS Committee member

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**Cosmo’s Recreation Coordinators** have worked hard to organize the following upcoming events:

**First Nations Day:**
September 4th 2015

**Cory Morgan (steel drummers):**
October 2nd 2015

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**Top of the Rock Trip to Calgary & Banff**

With: Danielle Bakken, Andrea Larson, Adrienne Pelchat and Shauna Carey-Grosse

We rented a van and set out for our ‘Girls Trip’ to Calgary on Tuesday June 23. We had a great time rocking out to our new mixed disc -- and one of our faves was: “Uptown Funk”!! We stayed at the Best Western Plus Port O’Call Hotel in two pool side rooms which gave us a beautiful view of the pool area including two water slides!! We woke up, had breakfast and then set out to spend a full day at Calaway Park. We loved the rides and especially the Ferris wheel! We woke up the next morning, had breakfast and drove towards the scenic mountain region. We enjoyed the view and our stay at the Inns of Banff! We went shopping, took a ride on the gondola and even got to take a dip in the mineral rich hot springs. We had a great adventure and we want to thank the Top of the Rock Foundation Committee for helping to make this trip possible.

Shauna Carey-Grosse
CES Coordinator
BECOMING GREEN THUMB MASTERS

You’ve probably heard us talk about our Horticulture Club that is run by one of our long time volunteers, Linda Risling. But do you know what topics are explored in each of our monthly sessions?

Linda’s education in horticulture works hand in hand with her teaching background to share her passion for horticulture with our participants. In each session, Linda strives to have everyone learn the name of a plant’s physical parts, ability to identify a type of plant’s signature feature(s), to understand the plant’s ideal environment, to know how much water/food they require and how often, and many more key essentials plants need for optimal growth. All sessions are not complete without a hands on activity following the theory portion where participants get to feel the dirt between their hands!

Some of our featured topics for our Horticulture Club include:

- May: Tour at Mother Earth Greenhouse in Clavet (thanks to Linda!)
- June: Planting Cosmo’s 34th Street entrance barrels
- July: Introduction to the Horticulture Club
- August: Bugs & Fruits
- September: Vegetables
- October: Pumpkins
- November: Succulents
- December: Designing seasonal center pieces (for the participant Christmas party)

We are so grateful to have Linda as part of our volunteer team here at Cosmo and also a huge thank you to Mother Earth Greenhouse who kicked off our Horticulture Club season with a tour of their greenhouses and often supply materials needed for our sessions!

Chantal Gosselin
Volunteer Coordinator

CELEBRATING A BIRTHDAY IN STYLE

The anticipation and excitement grew throughout the week before Shauna left on her Top of the Rock trip to beautiful Victoria, BC to celebrate her 61st birthday. Shauna and her friend Bonnie left Saskatoon on June 21st and boarded the plane from Saskatoon. While waiting to depart Shauna was able to join the cockpit and visit the crew where she was treated like a queen. The flight attendants enjoyed Shauna’s company during the entire flight. When they arrived in Victoria they checked into the beautiful Empress hotel that overlooked the ocean.

During Shauna’s trip she was able to experience many sights, including whale watching which was a huge highlight for her. They toured Butchart Gardens and took pictures of the beautiful flowers and shaped trees. They walked the harbors and saw all kinds of boats and watercraft. She went on a horse drawn carriage and a tug boat ride where they reached another destination to eat fish and chips. Shauna toured the Parliament Building along with the mini museum that displayed many miniature items. Another highlight of her trip and being treated like a queen was being pampered with a manicure and pedicure.

Shauna’s experience was fabulous and where she gained many fond memories of her 61st birthday. Shauna shared stories to her support team in Community Work Groups and showed pictures. It was a trip of a lifetime!

Belinda Harris
Community Work Groups
One year following a memorable trip to Calgary, the gang of Stewart Dombowsky, Joel Birtles, Melanie Harriman and Chantal Gosselin reunited for shenanigans at the Saskatoon Ex on Wednesday, August 5th.

The day began with one of our group’s favourite rides, the bumper cars. Luckily for Joel, Stewart and Mel, my bumper car did not work. Obviously excited with an advantage, their goal was to aim their vehicles and bump me into a corner as I sat there, helpless. We all laughed hysterically as they took their turns hitting me further into the corner. We then gallivanted around to explore the grounds, trying to choose our next ride. Fortunately, we were able to convince Mel that the Wave Swinger ride (consisting of swings that are lifted and spun around a carousel) was just like riding a regular playground swing. Once we were raised in the air and the ride began spinning, we all looked back expecting to see Mel’s “deer in the headlights” expression. But surprisingly, she was smiling and convincing us that she was a bird flying in the wind. We all congratulated Mel for being so brave and were lucky enough to convince Mel to go twice! Joel, being much more of an adrenaline junkie than most of us, convinced me to join him on several heart pounding rides. Some of Joel’s favourites were: Mega Drop, Zero Gravity, and the Wave Swinger. Stewart was wise and selective with choosing his rides. He preferred going on rides that weren’t as extreme, such as the Ferris Wheel and the Wave Swinger. When our feet got tired and the lineups got too long, we decided to head out for supper.

Smiley’s Buffet is always a good choice, especially after a day of walking and rides. We filled our plates (we won’t ever tell how many heaping servings we had) and reminisced about the time my bumper car didn’t work.

We would like to extend a special thank you to Top of the Rock for helping us make these outings with this group so memorable! Our friendships get stronger with each outing we go on, and the jokes of our memories never get old!

Chantal Gosselin
Volunteer Coordinator

Exhibition this year was another wonderful week spent in the sun (only a little rain) and checking out the sights and sounds of the busy fairway! Recreation staff planned a week of BBQ lunches, rides, fairway food and games! To kick off the week, staff took participants to check out the parade through down town. The following days were spent on the fairway watching the rides, and even trying a few! Thank you to The Shriners again this year for the donation of ride wristbands and free admission to the fair on Thursday! Exhibition week is truly a high light of the year and always a busy one! Thank you to volunteers and staff for making this year another fun and exciting week!

Maegen Urdal
Recreation Coordinator

The staff and participants who have had the good fortune of knowing Bob Unruh, a First Student Driver for Cosmo Industries, have likely heard many of his jokes during his ten years of service. Bob is a cheerful and humorous man, very patient and courteous to everyone. He is extremely well organized, and often helps new drivers learn some of the finer points of Cosmo bus driving. Bob is retiring at the end of August after ten years of service as a driver, and he will be greatly missed by everyone. I want to personally thank Bob for the safe transport of the participants on his bus, and the many times that he has gone out of his way to accommodate Cosmo participants. All Cosmo participants and employees wish you the best of health and happiness in your retirement. It has been a pleasure working with you, and it has also been very entertaining!

Helen Topola
Transportation Coordinator

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Helen Topola
Transportation Coordinator

If you are interested in volunteering for the event, please contact Chantal at volunteers@cosmoindustries.com or call 306-664-3158 ext. 241.

We’ll miss you, Bob!
Happy retirement!