

# The Cosmo Communicator



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## Life Begins at 40

**Forty years ago**, we moved into the Maunders McNeil Building and opened our doors. **Thirty-nine years ago**, we had our first Open House. You would have seen 100 participants sorting magazines, packaging seeds, preparing wedding decorations and doing crafts. **Thirty-eight years ago**, we began packaging cutlery for KFC, had our first external job placement at Mercury Printers and started paying training allowances. **Thirty-seven years ago**, we started making rubber mats that we sold from BC to Thunder Bay. Pierre Trudeau visited us. **Thirty-six years ago**, we were supporting over 200 participants. We began our paper collection program and this year we will make our 300,000<sup>th</sup> bale! **Twenty-nine years ago**, our office paper collection, shredding and golf assembly programs all began. We purchased our first postage meter and started to sort mail. **Twenty-eight years ago**, we moved into our present location, hosted the inaugural Riverside Vipond Golf Classic and picnicked at the Forestry Farm. **Twenty-seven years ago**, we were supporting over 300 participants. Mayor Cliff Wright and City Council agreed to lease a compactor truck to us for \$1 per month. **Twenty-six years ago**, the Kiwanis

Rhythm Band played its first tune and we began our grounds keeping program. **Twenty-two years ago**, the cafeteria was opened and the inaugural donation was made to start the Top of the Rock Fund. **Twenty-one years ago**, the Seniors program was started. **Twenty years ago**, Len Howsam built our first conveyor sort line for the burgeoning newspaper program and the City assumed responsibility for collecting paper from the depots.

**Seventeen years ago**, the Maunders McNeil Foundation enabled us to repurchase our original building to house our golf assembly operation. We began providing day programming at Kinsmen Elmwood Manor and sharing newspaper revenues with the City. **Sixteen years ago**, we produced My Place Video for our 25<sup>th</sup> anniversary. At that time we had 220 bins collecting paper at 110 locations and we started collecting paper from the schools. **Fifteen years ago**, we started cleaning plastic plant pots. **Fourteen years ago**, the first annual summary of participant activities was prepared, the massage therapy program was started and Family and Friends of Cosmo & Elmwood had an inaugural membership of 650!

**Thirteen years ago**, we assembled 294,000 golf clubs and started preparing medi-pacs.

**Twelve years ago**, the dust collection system was installed in the paper area and automatic doors

installed. **Ten years ago**, we received the initial ABEX Strategic Alliance Award in conjunction with the Star Phoenix. **Nine years ago**, eight sky lights were installed. The Riverside Golf mural was installed in the cafeteria. We had our last all inclusive Christmas dinner. **Eight years ago**, we were supporting over 400 participants, the Snoezelen Room was in use and Pathways to Opportunity was our newest program. **Six years ago**, we were struck hard by the Norwalk virus and I lost my office to the Seniors program! **Five years ago**, we started the satellite program at Sherbrooke and the Community Based Work Group program. The Heart of Cosmo wall became a reality. **Four years ago**, we upgraded the Personal Care area and completed the 12,000 square foot expansion to the paper sort area. **Three years ago**, Cosmo Golf Canada was sold having brought \$75 million of business to Saskatoon. The closure enabled renovations that expanded Life Skills Training, Pathways, Paper Sort and Contracts areas. City fire fighters prevented an arsonist's fire of our cardboard bales from spreading to the building. Community and Enriched Supports was added to our programs.

**It has been an incredible 40 years! Join us for our 39<sup>th</sup> Open House on Friday, May 6th, 2011.**

*-Peter Gerrard,  
Executive Director*

**CONFIDENTIAL**

## Cosmo Shred will protect you against Identity Theft for Free!

BHP Billiton generously donated \$50,000 to renovate and relocate our confidential shredding operation, Cosmo Shred. To celebrate our updated facility,

**Cosmo Shred is offering free confidential shredding to the general public at Cosmo's Open House on Friday May 6<sup>th</sup> from 1 pm to 3:30 pm.**



Bring down one box (1 cu foot) of your personal confidential documents and we'll shred them for free. Everyone has old financial records that you don't need anymore but are too full of personal information to be dumped or recycled as is. Every week you are hearing about medical offices who just dumped health records in a dumpster. All of these types of documents need to be shredded before they can be recycled. Keep your data out of the hands of identity thieves, bring your most sensitive personal documents to us and we'll destroy them securely.

### New Staff

**Connor Gettel**– ONP

**Melissa Boutilier**– term Job Coach

**Priyanka Yadav**– Summer Employment Student Contracts Division

### Staff Changes

**Baillie Patton**– full time Seniors Division to casual

**Sheelagh McKay**– casual to term Life Skills

**Tiara Deck**– term Recreation and Leisure

**Edwin Cardeno**– fulltime ONP

**Ashley Evans**– term Seniors

**Julia Francis**– term to fulltime Life Skills

### Goodbye

**Darcy Mazurek**

Congratulations to the winner of the TeleMiracle Easter Basket

**Deilita Custer**

Thank you to all those that purchased tickets!



### New Participant

**Alphonse Turcotte**

*Welcome to Cosmo!*

### Cosmo Say Goodbye

**Lynne Cammidge**

*Best of Luck!*

# Skipping Stones



*By Brian Stones, Contracts Area Participant*

Hello there Cosmo fans, I hope you had as much fun as I did watching the snow melt. It is May and this is the month that I have to say something about technology. Ok now where was I, oh yes, well it just so happens that this month is the month that Justin Bieber's dvd /blue-ray combo comes out. I don't know if I will get one because someone (that's me) forgot to tell mom that the dvd/blue ray combo package is in stores on May 13th. Anyway, I hope everyone has had a great start to Spring.

-Brian

P.S. Lynne, Good Luck. We will miss you!

## Shirley Bidyk

February 23, 1959 - March 17, 2011



Shirley began attending Cosmo in 1979 when she was only 20 years old. She started off in the Contracts Division and then she went on to Waste Reduction and back to Contracts and then finally found her home in Community Work Groups. Shirley loved to work out in the community. She took pride in herself and this is where Shirley truly blossomed.

Throughout these years Shirley set high goals for herself. Some of which being working out in the community along with coffee at Tim Horton's, baking, bowling, music makers, shopping and even hoped to visit Disneyland some day.

Shirley also enjoyed attending Cosmo because that is where her friends were. Shirley was a great friend. She was the kind of friend that stands by you when you need somebody to be there. Shirley you will truly be missed!

## Thank You!

Thank you participants, staff, family and friends for making our annual garage and bake sale a roaring success. Thanks to you we generated even more income than last year to enhance Pathways activities throughout the coming months.

### Top of the Rock Trip to Winnipeg

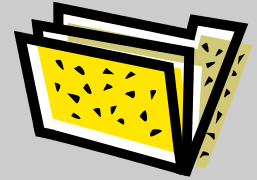
On March 24, 2011 Shane Hall, Jim Matieshen, Jesse Ross, Chris Umperville, Keith Fisher and Richard Donnan drove to Winnipeg for three nights and two days. March 25th, we went downtown to see the Forks. The six of us toured the museum, walked around the grounds and went to market place for lunch. After lunch we went on a tour of the Royal Canadian Mint. We learned how they make between 300 and 1,000 per minute. They also make coins for 72 countries from every continent.

After supper we went to see an American Hockey League game between Manitoba Moose (minor league team of the Vancouver Canucks) and Abbotsford Heat (minor league team of the Calgary Flames). Manitoba defeated Abbotsford 3 to 2 in a shootout. March 26th, we toured the Firefighter Museum, the Winnipeg Zoo. The Winnipeg Zoo had two rare white Albino Bison. We also went to a movie and bowling after supper. March 27th was the long drive back to Saskatoon. Thank you Top of the Rock for helping to pay for our trip to Winnipeg. We had a great time.

-Richard Donnan,  
Pathways Supervisor

### New Shredding Area

The new shredding area has been up and running for a few weeks now. We are happy to report that everything is running smoothly and the new shredder and conveyors have allowed us to shred paper twice as fast as before, so staying caught up is much easier. The new area is painted in bright colours and we all enjoy working down there.



-Tony  
Watson  
Waste Reduction Division  
Coordinator

### Scenic Vancouver Island

Courtesy of the Top of the Rock, Kathy Hoffman, Diane Brooks, Stewart Dombowsky, Lorne Shynkaruk, Bev Brassard and I went to beautiful Victoria from April 6 – 9, 2011. Some of the many attractions we took in were; The Butchart Gardens, Royal BC Museum, Craigdarroch Castle, Pacific Undersea Gardens, Fort Rodd Hill & Fisgard Lighthouse National Historic Sites and Miniature World. We also had a fish and chips supper (Barb's Fish and Chips) at Victoria's Fishermans Wharf then after supper we bought some fresh herring and fed the sea lions!

One of the highlights for everyone was whale watching. The first two hours at sea we saw walrus', sea lions and many birds. After being at sea for 2 plus hours, we finally saw some killer Orca whales! Seeing the whales jump out of the water and hearing them spurt water was a moment that won't be soon forgotten.

Another highlight for the participants was a day drive to Comox. Along the scenic highway, we stopped to see the Little Qualicum Falls which was beautiful. Once in Comox, we stopped at the Air Force Museum and watched the Snowbirds practice their acrobats in the air.

All and all, we had a great time and many laughs in the busy four days. Thank you to Top of the Rock for allowing this tremendous trip to happen for the participants!

-Dave Parkalub, Recreation and Leisure Coordinator



# Volunteer Appreciation 2011

Everyday people ... doing everything things ... making an extraordinary difference!

## Cosmo deeply rooted in Volunteerism

Cosmopolitan Industries prides itself in offering a wide variety of options and choices for participants with many vocational and quality of life programs. We are very appreciative of the volunteers who donate their time to push us closer to this goal with every hour they give. In 2008, Cosmo became a United Way funded agency allocating the financial support to provide a full time Coordinator of Volunteer Services position. Since that time volunteer contribution hours have grown by 50% and some great new initiatives have formed. Last year volunteers gave over 3,000 hours to Cosmo Industries. Volunteers are leading quilting classes, creating artwork, giving computer assistance, providing academic tutoring, leading rhythm band and slideshow presentations. They are providing peer interaction, bringing their pets to visit, playing the piano, assisting with all kinds of groups and assisting on recreation outings.

Students from local elementary and high schools continue to play an important role in the volunteer program with many students completing work placements. Thank you to our loyal students at St. Michael's School and Tommy Douglas Collegiate who continue to give time to Cosmo.

Also, Thank you to Ethos Salon/ Spa who have given over 145 free haircuts since they signed up their salon to volunteer in May 2009. This has been a fantastic and fun partnership, both practical and meaningful for participants who may not have the luxury of a cut from a high-end salon such as Ethos.

Thank you to Galon Insurance who have consistently provided support from their staff every Thursday morning to help in our in-house recreation groups. This wonderful group of people have helped with everything from painting, playing Wii, making decorations for Mardi Gras, macaroni art, setting up Christmas trees and creating the coolest haunted house you have ever seen.

As we mark Cosmo's 40th anniversary we must take time to reflect on the fact that Cosmo was founded by volunteers such as Howard Stenstrud and Al Anderson. Len Howsam, one of our long time, in fact original, volunteers designed the original ONP sort system in the early nineties. Cosmo is an organization based on giving freely for the benefit of others right down to its roots. Let's hope the next 40 years bring as many unique, compassionate, and giving people to the Cosmo community as the last 40 years.

*-Anna McCallum, Coordinator of Volunteer Services*

Find out how you can help at Cosmo by checking out our Volunteer Postings on the

Volunteer Saskatoon Website [www.volunteersaskatoon.com](http://www.volunteersaskatoon.com)

# How we said “THANKS” in 2011

Canadians have a rich history of volunteering and community involvement. With 12.5 million of them dedicating their time across Canada, volunteers are leading positive change on all fronts: community health care, sports and recreation, heritage and arts, environmental protection & advocacy, disaster relief, international development, and volunteer firefighting – the list is endless. The work of volunteers is essential to maintaining resilient communities at home and around the world.

National Volunteer Week (NVW) pays tribute to the millions of Canadian volunteers who graciously donate their time and energy. This year’s 68th annual NVW took place the week of April 10 to 16. It is Canada’s largest celebration of volunteers, volunteerism, and civic participation.

This year Cosmo held “Sundaes on Wednesday.” Volunteers were invited to make their own ice cream sundaes. A few scoops of ice cream with a variety of delicious toppings were our way of getting volunteers together for a special recognition event in their honour. Many participants were invited, which made for a fun afternoon.

To accommodate our youth volunteers we held a Cosmo Matinee during the Easter break. Volunteers enjoyed popcorn and a movie on our new system in the gym.

The recognition events are just a small way that we can say Thank you for all the valuable work volunteers contribute to Cosmo everyday. Without volunteers a piece of Cosmo’s unique entity would be lost.

Volunteers ask for nothing in return for their work, except respect and appreciation. From the dedicated individuals who serve on our board, to those who lead specific groups, and others who provide invaluable peer interaction, we want to say “thank you.” We recognize and appreciate what you are doing.

National Volunteer Week was first proclaimed in 1943 as an initiative to draw the public’s attention to the vital contribution of women to the war effort on the home front. In the late 1960s, the focus was revived and broadened to include all community volunteers. In 1990, the third week in April was proclaimed National Volunteer Week across the country. This week is established as the highlight of the year for paying tribute to Canadian Volunteers.

If you can’t change the world...  
Why not change *somebody’s* world?

- 30 minutes a week shooting hoops...  
gives somebody the opportunity to take part in physical activity
- 45 minutes a week playing the piano...gives someone the joy of music
- 60 minutes a week in money skills group...  
gives someone the tools to count the change for a cup of coffee
- 90 minutes a week leading an art class...  
gives someone the chance to express themselves

Do you have a few minutes to change someone’s world?

Volunteer at Cosmopolitan Industries Ltd. Just call **Anna @ 664-3158** to find a great volunteer position and make a difference with just minutes a day!





# Got Thirst? Get Lemon Boom!

**Cosmo Youth Volunteer makes a sweet entrepreneurial debut!**

Last month we brought you a story about the first ever Lemonade Day in Saskatchewan. 3,000 elementary school children in Saskatoon have been invited to learn and demonstrate the basics of entrepreneurship on Lemonade Day, Sunday May 1st. The Wilson Centre for Entrepreneurial Excellence with the sponsorship of Potash Corp is bringing this outstanding event to Saskatoon. Cosmo is proud to assist in this initiative as a Community Sponsor.

One of Cosmo's very own youth volunteers is taking this opportunity to make his sweet entrepreneurial debut. Derek Duquette is 11 years old and attends St. Dominic School, currently in Grade 6.

His hobbies are hockey, hockey and hockey! He loves hockey and if he isn't playing it, he is watching it or has a basement full of friends playing mini sticks and watching hockey! He is also very enthusiastic about golf, making

things in the kitchen and playing with his friends.

Derek has been coming to Cosmo to volunteer the past number of years during some of his days off from school. He has enjoyed going on bowling outings, movies, helping with various contracts jobs such as plant pot washing, labeling and could not get enough of inflating CFL footballs when we had that big contract! He also has made several connections with the participants especially those that love hockey, like Shaun Roy as he really likes the Leafs too. He also enjoys playing floor hockey with them when he is here.

Derek was told about Lemonade Day and he asked if he could have a stand. (He also likes to build things so this grabbed his attention immediately!) He began to search on the net for a design, lemonade recipes and the hype began. He registered and received his back pack!

Derek will be donating some of his proceeds to the Top of the Rock Fund (as well as buying a new hockey stick and saving some too). Derek loves to hear about trips participants have taken thanks to Top of the Rock. He often sees people he knows from Cosmo at the Blades games too! Derek wanted to contribute to a fund that makes dream come true, like what Top of the Rock does.

Derek has also had the opportunity to meet with Mike Sands and Steve Chisholm from Saskatoon Media Group. They agreed to be partners for this worthwhile cause and are going to provide a location and some media coverage for him beginning the week of May 15, **including an on air spot Thurs May 19<sup>th</sup> on the Magic 98.3 morning show** just prior to the big event being held on Friday May 20, 2011 from 11:00-1:00. Stop by and see him for a glass of fresh squeezed lemonade.

## Lemon Boom! Got Thirst? Get Lemon Boom!

**Owner: Derek Duquette - The Lemonator**

**Email is: [lemonboom@shaw.ca](mailto:lemonboom@shaw.ca)**

**Website: <http://lemonboom.shawwebspaces.ca/>**

