

The Cosmo Communicator



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Clothing Commemorating Cosmo's 40th Anniversary

Throughout 2011 Cosmo has been celebrating our 40th Anniversary milestone with various events and activities. Back in May everyone was fitted for clothing items with the 40th anniversary logo. There were various choices to suit everyone's taste including golf shirts, 3-in-1 jackets, soft shells, winter sets, fleeces, and the Cosmo 40th anniversary jersey, all in a wide range of colours. After much anticipation the clothing was handed out on Oct 6th complete with a lunch celebration and dance. We received our items in a Cosmo tote bag. It was a very exciting day and everyone looks great sporting their new clothing. Maureen says she loves her pink sweater. Cindy says she loves her new jacket. David likes the fit of his clothing. Janice thinks her new coat is nice and warm. Yvonne says her red blanket is so soft. We would like to thank the Board of Directors for these wonderful gifts. They will be well used for many years to come.

Happy 40th Anniversary Cosmo!

Keep Your Hands Up!

At the start of September, Cosmo joined forces with Nelson Boxing Club. Every Thursday afternoon, 12 eager participants go next door (1302 Alberta Ave, upstairs in the McNeil Building), to take up the skill of boxing and the training regime of a boxer. Trainers and owners, Michelle and Chad, have a wealth of knowledge and experience as Michelle is a former two time Canadian gold champ!

Michelle and Chad teach numerous boxing skills such as proper boxing stance, foot work, blocking and punching techniques and most important "keeping your hands up!" At the end of some sessions, the participants put on boxing gloves and get into the ring to practice the techniques they have learned.

A big thank you to Michelle and Chad, for teaching the participants their love of fitness and boxing. The participants love and look forward to each Thursday!

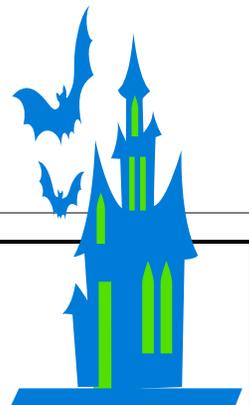
Dave Parkalub
Rec Coordinator



Go Riders Go!

On Saturday, September 24th Paul Cory and I, along with Tim Latimer, Mike Grills, Byron Horner and Chris Boyd went on a trip to Regina, funded by the Top of the Rock, to see a Rough-rider game. The trip down was a blast as we were all in high spirits and confident of a dominating Rider victory. After arriving in Regina we enjoyed some burgers at Boston Pizza and then headed off to Mosaic Stadium. We cheered and jeered as loud as we could but it did not help the Riders to victory this time. After the game we went to Burger Baron for, you guessed it, more burgers before heading back to Saskatoon. Even though the Riders struggled and lost we all had a great time and we would like to thank the Top of the Rock for making the trip possible.

Tony Watson
Waste Reduction
Division



**THANK YOU TO Galon Insurance FOR HOSTING THE
HAUNTED HOUSE AT COSMO OCT 31ST, 2011.**

Have you met Captain and Tennile?

You may have heard of famous couples like Bonnie and Clyde, George Burns and his beloved Gracie but what about Captain and Tennile? Not that singing sensation from the 70's, but rather, Captain and Tennile of Pathways, our budgie mascots!

Tennile is feathered in beautiful blue, decorated with bits of white and touches of black. She is one lean, mean, nagging machine! Captain, on the other hand, is a slightly portly fellow dressed in green with splashes of yellow and flecks of black. He is as affable and mellow as Tennile is not.

At a vet visit it was discovered that Captain, at some point in his life, broke one of his legs. It healed a little bit crooked and a little twisted, but Captain doesn't let that bring him down. He is always cheerful, outgoing, friendly and loves to sing. Now I'm not saying Tennile doesn't break out in song. She can sing with the best of them and has a louder more strident voice. Tennile merely prefers to save her vocal cords for frequent screeches and complaints directed towards poor Captain, punctuated with pecks and chases about the cage that sometimes gets ugly.

Perhaps Tennile has issues because she is Captain's second mate. Maybe Captain sings songs about his lost love and it infuriates Tennile. We may be witnessing only half of the drama, because Captain used to be half of a duo called Salt and Pepper. No one can recall which name was his. Unfortunately Captain was tragically widowed. After an appropriate mourning period, Tennile was adopted from a pet shop to keep him company.

Our little immigrants from Australia love the hustle and bustle of Pathways. They enjoy the many visits from various participants throughout the day. When the buses unload each morning they sing at the top of their lungs in a raucous welcome. If you have not met this charming couple feel free to drop in with a tiny treat of broccoli, cauliflower or a piece of apple.

-Sherri Lowe

Pathways to Opportunity

A Halloween Poem

By Val Horkoff

Pumpkins and witches,
Ghosts and black cats.
Scarecrows and candy
And costumes with hats.

A tin man and lion
Are such a fun sight,
Collecting their treats
On Halloween night!



Congratulations to the winner of the
Rider Basket Raffle...
Melita Penner.
Proceeds to TeleMiracle!

Skipping stones



By Brian Stones, Contracts Area Participant

Well, it is October and you know what season it is? If you guessed fall you're right! I really love fall because the leaves on the trees turn bright red and yellow and dark brown. You get to make leaf piles and kids like to jump in them. You know what I used to like to do to the leaves? I used to scrunch them in the palms of my hands. You know what the best part is? When they fall off the trees and hit the ground. What season is it after fall? If you guessed winter you are absolutely right! Want to talk about the four seasons? (not the band) I mean the seasons Spring, Summer, Fall and Winter. Maybe another time. Hey guess what! Halloween is coming up! I can already feel my teeth chattering from eating too much candy. Happy Halloween!

New Participants

Brent Ives
Curtis Reid

New Staff

Lee Ledoux– term LSTD
Spencer Kukurudza– term
Pathways to Opporunity
Edwin Cardeno– fulltime ONP
Jr. C. Enriquez– fulltime ONP
Isidro Cabato– fulltime ONP
Brittney Arcand– casual ONP
Tianna Boddy– casual

Staff Changes

Adrienne Pelchat– full time
Community and Enriched Sup-
ports
Jennifer Graefer– maternity
leave

*Hoping everyone had
a wonderful
Thanksgiving 2011*

Terry says Thanksgiving to him means the family getting together and having turkey supper, being thankful for all our blessings and our health.

