

The Suburban

magazine

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MAGAZINE CONFIDENTIAL

By MIKE COHEN

Soap star Daniel Cosgrove to share Days of Our Lives with Montrealers

Readers may recall my confession that I was addicted to the CBS daytime soap opera *Guiding Light* for an incredible 30 year period. Had the program not gone off the air in 2006, 72 years after its debut on radio, I would still be watching.

Guiding Light took place in the fictitious American town of Springfield and had the usual cast of characters who schemed, lied, died and came back to life. Among my favorite performers on the show was the dashing Daniel Cosgrove, who portrayed Bill Lewis for five seasons. He presently plays Aiden Jennings on NBC's *Days of Our Lives*. Cosgrove is headed to Montreal with co-star Eric Martsolf (Brady Black) for a fan event benefitting Fondation Amal on Saturday evening, June 27 and Sunday morning, June 28 at Fino Restaurant (1616, Rue Sherbrooke O) downtown. The pair of cocktails and karaoke events are being organized by Gena Lesage of CH Elegant Entertainment, who was nice enough to connect me with the charismatic Cosgrove.

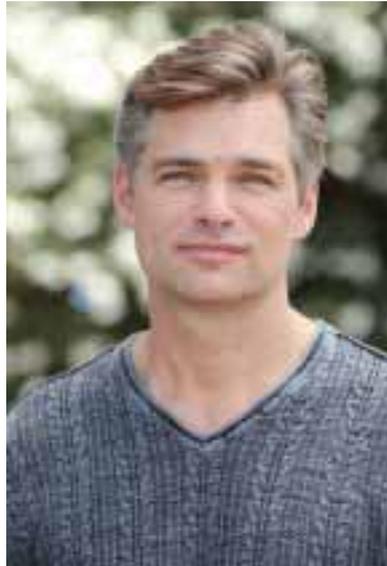
Cosgrove's character Aiden was added to the *Days* cast more than a year ago, a single dad attorney who came to the town of Salem with his nine year old son Chase and eventually became romantically involved with the character Hope Williams Brady (Kristian Alfonso). When I asked Cosgrove about certain storylines he had to be very careful. "When I was on *Guiding Light* we'd film an episode and it would air six weeks later," he explained. "With *Days*, it could be five to six months from when we record until it airs."

I had a blast sharing my *Guiding Light* memories with Cosgrove, getting his take on the cast members he worked with and the patience of a true soap watcher who does not get put off with the unrealistic storylines "People get hooked," he said. "My first job was on the soap *All My Children*. I was actually a bailiff before that. I remember being at a prison cell block one day at noon. There was one television and *All My Children* was what the (prisoners) watched.

Cosgrove has been to Montreal before, notably in 2000 to film a short-lived TV series called *All Souls*. While he is pretty much attached to his busy *Days of Our Lives* filming schedule, every now and then he gets away to shoot a guest spot on a prime time series such as the CBS hit *Person of Interest*.

Who are his fans? Women represent the most significant demographic, be it in university, stay at home moms and seniors. "Because the show is on five days a week, viewers become very familiar with the characters," he says. "That is why it is nice to be able to come to events like the one planned for Montreal, meet people who watch the show and help raise money for a good cause."

For those people who attend the event, you will be able to get autographs, pictures, participate in a Q & A session and



Daniel Cosgrove

even sing with the soap stars. Log on to <http://www.chelegante.ca> or <https://www.facebook.com/cheleganten-entertainment>.

In Canada, more than half a million children and youth remain affected by long-term physical and mental health challenges. Based in Montreal, Fondation Amal is a non-profit organization striving to give hope to these children who struggle on a daily basis with chronic diseases and disabilities. The organization's vision is to provide free and equal access to the different resources necessary for improving the well-being of these children.

Lesage, 43, a resident of Laval des Rapides, admits to being a huge Corey Hart fan. She studied marketing and local area networking and earned diplomas in both disciplines.

Gina has been in the promotional products, sales and event planning industry for over 10 years. Last November she attended an event which was organized by her now partner Shpresa Nela from New York. "I really liked the concept of the event, but I wanted to do something for the benefit of non-profit organizations," she recalls. "I reached out to Shpresa and presented the idea of bringing different stars to Montreal for meet and greet events, benefitting different organizations. Since Shpresa had the out of town contacts and many years of event planning experience and I had the Montreal contacts and years of event planning experience as well we decided to join forces and create CH Elegant Entertainment. We had our first successful General Hospital fan event benefitting the Lakeshore General Hospital Foundation in March and we were able to make a donation to the Foundation which went to help purchase a life size dummy used in the training of new nurses."

St. Lazare resident Jenny Theriault is co-founder and vice-president of Fondation Amal, which she and three MBA colleagues established in 2012. Through public fundraising events that target a young and affluent urban crowd, their mission entails not only fostering a new generation of young philanthropists, but also providing financial support to Quebec-based charities that share a similar vision.

Partners have included Leucan and The Children's Wish Foundation. Last year they raised \$19,000 for the Multiple Impairment Program of the MAB-Mackay Foundation, the only program in Quebec that supports children with a combination of visual, hearing, and motor impairments. "With continuous awareness and tremendous support from our sponsors, donors, and dedicated volunteers, each day we become one step closer to helping children lead a life full of hope," says Jenny, who works full time for a Montreal advertising agency. "Finding time to dedicate to the growth and development of Fondation Amal, reaching out to community members and working in close collaboration with volunteers and partner charities makes all the hard work that much more worthwhile."

President Sherin Al-Safadi, Klemen Ferjan and Mirella Mokbel are the other co-founders while June Svetlovsky serves as treasurer.

Does Jenny watch soap operas? "As a younger child, I remember my mother watching *Days of our Lives*," she notes. "When we were off from school in the summers, my sister and I became hooked! However I no longer watch it today as my schedule doesn't permit, but I'm very

familiar with the older stories of the DiMeras, the Blacks and the Bradys."

CIBC MINDSTRONG FITNESS EVENT

The Jewish General Hospital Foundation has always been a powerhouse when it comes to fundraising, primarily because its members constantly think outside of the box. A case in point is the upcoming CIBC Mindstrong Fitness Event, set to take place on Sunday, June 7 at Midtown Le Sporting Club Sanctuaire in Outremont. This event will benefit the youth mental health program lead by Dr. Karl Looper, Chief of the Psychiatry Department at the JGH.

This all day fitness event will include training, spinning and yoga led by Midtown's top professional trainers, capped with lunch, snacks and entertainment. "We are very excited and grateful that Midtown Le Sporting Club du Sanctuaire is covering all costs of this event which means that almost 100 percent of the money raised will be allocated to the cause," states Mary Etzitian, coordinator or third party events for the Foundation.

Tony Marinaro, the charismatic mid-day host of TSN 690, has agreed to serve as the event's honorary chair. Jodi Mintz and Stacey Herman Serero are the actual co-chairs. Together Their goal is to attract 300 participants who will raise \$500 or more each and attend the fitness event.

"This event will be epic!" promises Stacey.

As a result of this event, Fondation officials note that the Department of Psychiatry will be extending its program to include youth between the ages of 22 to 25. It currently caters to those aged 15 to 21.

Committee member Elana Fogel has written a superb blog about her personal experience with depression. You can read it all here.

For Elana, it was post-partem depression and she opens up as follows: "Bouncing baby boy, husband, career, fabulous friends, devoted volunteer, and postpartum depression. You read that correctly, postpartum depression. I was scared, ashamed, and alone. I didn't want my friends to judge or label me as weak. was in denial for months as I tried to make sense of my illness. I had ruminating thoughts. Should I have educated myself more on motherhood while I was journalizing each moment of my "perfect pregnancy"? Should I have spent more time understanding how my life would change after I gave birth? The truth is that it didn't matter. I was determined to be well again. To be the fun, wacky, benevolent, passionate, ambitious person who I once was."

Elana says there were times when she felt others did consider what she was going through to be a real illness and that she could easily "snap out of it."

Over time, Elana says, "I learned that cycling, consistent therapy, and seizing



Eric Martsolf



Gena Lesage

opportunities to give back to the community is what makes me tick. Research on anxiety, depression and exercise show that the psychological and physical benefits of exercise can help ease anxiety and improve mood. Experts have known that exercise enhances the action of endorphins. Exercise may also help keep anxiety and depression from reoccurring once you're feeling better. This is why I have made the decision to be an active participant, ambassador and fundraiser for the CIBC Mindstrong event."

Proceeds from the event will empower the JGH Department of Psychiatry to expand its services for youth with mental health issues, notably in the following areas: Specific help for youth with autistic spectrum disorder who are transitioning from childhood to adolescence and adulthood; the innovative use of social media in order to reach out to and aid youth who are reluctant to engage in treatment, attend school or work and participate in a social life outside of their homes; interventions for youth who are dealing with substance abuse, aggression, and unlawful behaviours; services to ease the transition from youth to adult psychiatric care; and couple and family therapy to strengthen the family environment for youth in need.

The Department of Psychiatry of the Jewish General Hospital currently serves a



Jenny Theriault

territory that includes 220,000 people, treating patients from childhood to old age. Approximately two-thirds of mental illnesses begin between the ages of 15 and 25. The department's Youth Service is expanding to serve this age range, which covers several critical developmental transitions as well as the onset of illnesses, such as psychoses, depressive, personality and anxiety disorders, substance abuse, eating disorders and sexual orientation conflicts. The transition from childhood to independent adulthood involves establishing healthy life roles at school and work, developing family and interpersonal relationships, as well as taking part in the community. This life transition can be stressful for many youth, which is why interventions during this critical period can make an enormous difference.

Currently, the Youth Service engages three part-time psychiatrists, a half-time psychologist, two part-time therapists, as well as psychology interns. The service offers individual and family assessments for patients who are referred from first line services. Treatments include individual, family psychotherapy, as well as psychopharmacology. There is always a waiting list for assessment and treatment. Additional resources are urgently needed to fill the gaps in the range of services for this highly vulnerable population, which the department is presently unable to offer due to lack of funding.

For more information go to www.jgh-mindstrong.org, log on to their facebook page at <https://www.facebook.com/JGH-MINDSTRONG>. Info: 514-340-8222 ext. 3986. Organizers are still looking for participants and sponsors.

GENEALOGICAL SOCIETY

The Jewish Genealogical Society of Montreal presents a lecture meeting with Gary Davis, Paule Bailey and Merle Kastner on Monday, June 1, 2015 at 7:30 p.m. at the Jewish Public Library (5151 Côte Ste-Catherine Road). There is no charge, but donations are requested. Everyone is welcome to attend. For more information visit www.jgs-montreal.org or call the JGS of Montreal 24-hour Hotline at (514) 484-0969. Three JGS Members will discuss their research in Jewish genealogical and related pursuits. Come and hear them recount their research experiences, share their individual brick walls, frustrations, successes and tips.

COACH K SHOULD BE ON THE JEWEL

St. Lazare resident Kosta Papoulias is one versatile fellow. By day he works as an information technology expert at the English Montreal School Board, with a well-deserved reputation for resolving everyone's problems. However, his true love is the game of hockey.

As "Coach K," his online pseudonym, Kosta blogged for multiple websites. His game analysis and understanding of the nuances of hockey caught the attention of Montreal Hockey Talk, an online Montreal Canadiens post-game show.

As one of the show's panelists, Montreal Hockey Talk grew, gathering a following of an average of 20,000 listeners per show, both live and via podcast, with a worldwide audience. That prompted the fledgling network to start both a Week In Review show (originally hosted by The Jewel FM's Ted Bird) and a pre-game show prior to every Habs' contest to complement their flagship post-game.

With his background in information technology, Montreal Hockey Talk decided to

make Kosta the executive producer of all three show they run on their network, now sponsored by the Desjardins group.

Kosta has also parlayed his online broadcast experience to occasional appearances on CBC Radio One's Daybreak morning show, hosted by Mike Finnerty. He originally joined the show as part of a panel of Canadiens' fans, but now acts as a freelance sports reporter for Daybreak. Last week, on the eve of the Habs' final playoff game in Tampa, Kosta's phone rang at 5 a.m. It was Rebecca Ugolini, a Daybreak producer. It seemed that sportscaster Andie Bennett was stuck mid-transit to Tampa, so she couldn't do the sports from a remote location. Could Kosta come in? "So, with no prep, I drove down to Radio-Canada for 6 a.m and my first hit was at 6:15 a.m.," he explained. "Mike Finnerty was



Elana Fogel

freaking out, because on the way there, I put the sports-cast in my head, ran most of it from memory, and asked Rebecca to cut up some specific clips for me."

Kosta is also the director of media and the play-by-play voice of the Hawkesbury Hawks, a Junior A hockey team in Ontario, owned by former NHLer Shawn Anderson. Last August, Kosta was flown to Calgary by FastHockey, an online hockey video broad-

Montreal Canadiens' regular season and playoff game which translates into next year now. In addition, you can tune into Breaking Habs Radio at www.breakinghabradio.com every Wednesday night at 9 p.m. It only seems logical that the new Jewel FM Radio, which specifically targets listeners in Hudson, St. Lazare and Vaudreuil-Soulanges, to find a spot a star like Kosta in their very midst.



Kosta Papoulias

caster, to serve as their French play-by-play announcer for the Hockey Canada Under-17 Men's Development Camp, held at the Markin-Macphail Centre at Canada Olympic Park. As well, Kosta and his close friend and pre-game show host, Steven Hindle, have started their own show, Breaking Habs Radio on the Hockey This Week Radio Network, based out of New York. HTW boasts the likes of former NHLer Butch Goring, former New York Rangers' General Manager Neil Smith and NHL historian Liam Maguire.

You can listen to "Coach K" and his merry band on www.montrealhockeytalk.com an hour before and five minutes after every

GERDA'S LEGACY

Lee White daughter of the late travel guru Gerda Rosner, has continued her mom's legacy of solid bookings at Imperial Club Senior Residence in Aventura Florida. Apartment rentals for the December to April season as well as special group rates for Canyon Ranch in the Berkshires Lennox, Massachusetts and in Tucson, Arizona are going well. Info: 514 488 5111.

Have you got something to share? Email mcohen@thesuburban.com or call 514-484-9203, ext. 307. Follow me on Twitter @mikecohensl and at <http://blog.thesuburban.com>