

THE COSMO BULLETIN

EDMONTON COSMOPOLITAN CLUB
ISSUE NO 3 | NOV 2025 | VOLUME 05



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#COSMODAY2025



#COSMOSFORACURE

Inside....

COSMO DAY 2025

This year we wen't on an adventure in our purple on Saturday November 1st!

BIRTHDAYS AND ANNIVERSARIES

Big month for anniversaries

WORLD DIABETES MONTH

What we can do, what we are doing and who else you can follow.

RESEARCH UPDATES

New FDA approval for inhaler insulin.

CFCI UPDATE

From Angela, our CFCI President

FUN AND PHOTOS

COMMITTEES

2025-2025 committees

MEMBER SPOTLIGHT

This month we are highlighting Carrie Arbour!



Editorial Committee
Cassidy Eldering
Kelsey Duliba
Shawna Plastow



Cosmo Day 2025



This year for Cosmo Day was Saturday November 1st! With 4 cars and 9 Cosmos and 1 Cosmo adjacent photographer, we made 4 official stops and donated \$30, 000 on behalf of CFCI.



We first took a tour of the Alberta Legislative building. There, we learned that there are marble pillars that are about 32ish bisons tall and real palm trees on the secret top level! No one Knows their origin, what a mystery. After this we made a quick stop in the gift shop, and a photo op with the Leg from afar and then off to the classic Walter Dale Bridge look out spot!



Next stop, the Ronald McDonald house where we are soon to volunteer, then off to the Alberta Diabetes Institute to donate \$15, 000 to ADI and \$15, 000 to ADF on behalf of CFCI. What a great feeling! Then of course we had lunch at Earls with Melanie from ADF and Renae from ADI!



BLACK FRIDAY 🥳



I'm going shopping on Black Friday!

You need to pay that electric bill or it's gonna be Black Saturday, too.



Wednesday	\$ 450,99	
Thursday	\$ 450,99	
Black Friday	\$ 699,99 \$ 450,99	

HAPPY BIRTHDAY

Angela McFalls

HA HA HA HA HA HA HA

How does a pickle celebrate its birthday?

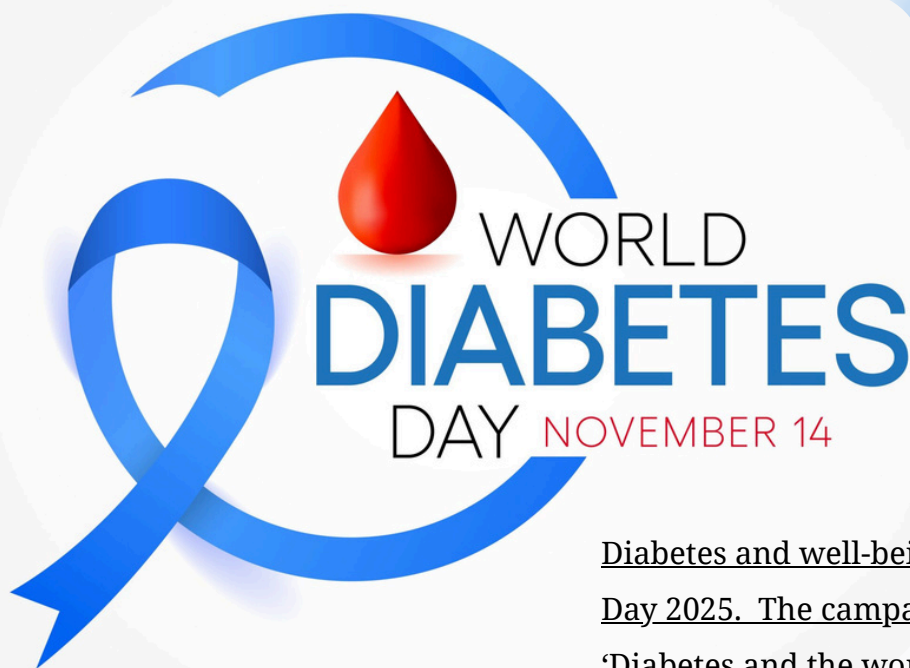
It relishes it.

Happy Anniversary

- Jackie McPhee
- Kim Saunders
- Carrie Arbour
- Jen VanBuskirk
- Kelsey Duliba*
- Amy Bouzane



*was missed in October so we celebrate this month!



<https://worlddiabetesday.org>

Diabetes and well-being is the theme for World Diabetes Day 2025. The campaign focus for November 14th is 'Diabetes and the workplace.' With appropriate access to care and support for their well-being, everyone with diabetes has the chance to live well.

Millions of people with diabetes face daily challenges managing their condition in the workplace, including stigma, discrimination and exclusion. This has a negative impact on their well-being. This World Diabetes Day, join our call on employers and employees around the world to 'Know more and do more for diabetes at work' and start the change for a better.

How does the world get involved? Let's see!

- South Africa has a Walk For Diabetes Awareness that includes a Meeting with exhibits and fairs.
- Uganda has their 10th annual Diabetes Drive 2025 as well as 14 Days of Diabetes Activism
- India has a Detection To Prevention with activities in schools
- Saudi Arabia is having their 9th annual Fun Run/Walk For Diabetes

Another way to get involved is to share your own experience with diabetes in the work place:
<https://worlddiabetesday.org/workplace-survey/>

KEY MESSAGES

Diabetes challenges at work

430 million people living with diabetes are of working age. In the workplace, they face challenges such as stigma, discrimination, exclusion, anxiety and lack of access to care and support for their well-being.

Unhealthy work environment

Many workplaces are an unhealthy environment for employees. The lack of access to physical activity, healthy food choices and support for mental well-being is harmful for people at risk of diabetes and other non-communicable diseases.

Do more for diabetes at work

Employers must take action to create a safe, supportive and healthy work environment for people with diabetes and those at risk. Support our call to 'know more and do for diabetes at work.'

From the World Health Organization..

The theme of this year's WHO World Diabetes Day, "Diabetes across life stages," recognizes that every person living with diabetes should have access to integrated care, supportive environments and policies that promote health, dignity and self-management. It emphasizes the importance of a life-course approach to diabetes prevention, management and overall well-being.

KEY MESSAGES

Diabetes can affect people at every stage of life

From childhood to older age, diabetes prevention and care efforts must be integrated across life stages

Supporting well-being and self-care empowers people with diabetes at every age.

World Diabetes Day provides an opportunity to raise awareness about diabetes as a critical global public health issue. Join us in raising awareness, spreading knowledge and creating lasting change for all affected by diabetes.

LOW BLOOD SUGAR:
FEELS LIKE YOU'RE GETTING NUMB, POWERLESS, SHAKY, SAD AND WANT TO EAT EVERYTHING IN SIGHT.

HIGH BLOOD SUGAR:
MAKES YOU VERY IRRITABLE, GRUMPY, SLEEPY, TIRED, DROWSY AND INSANE!

NORMAL BLOOD SUGAR:
??? "AIN'T NOBODY EVER HEARD OF THAT!"

@diabetesloyal



Win for Californians!

California Caps Insulin Costs at \$35 per Month
Gov. Newsom has signed SB 40 into law, capping out-of-pocket costs for a 30-day supply of insulin at \$35 and removing deductibles for insulin.

@diabetesresearchconnection

T1D AND ADRENALINE

DID YOU KNOW...
The release of adrenaline in the body, often triggered by a very stressful or exciting event, can interfere with insulin sensitivity and triggers the liver to release sugar into the blood (which means higher blood sugars). So if you have ever participated in athletic or academic competition, taken a huge test, or been in any type of exciting or stressful situation, you can know why your blood sugars may be higher than usual!

www.t1dbites.blogspot.com

@t1dbites



Diabetech - FDA Moves Forward With Review Of Inhaled Insulin For Children

The US is making movements towards more treatment options for youth living with Type 1 and Type 2 diabetes, which could potentially lead to diabetes management options for diabetics around the world! As of October 14th 2025, **the FDA has accepted an application to expand inhalable insulin to children ages 4 to 17.** The decision on this application is targeted to be announced on May 29, 2026.

Inhalable insulin is a fast-acting insulin that is an aid that supplements injections and insulin pumps, primarily used for meal time dosing. Adult users of this insulin say that it is great for mealtimes, especially if they are already high and wanting to bring their sugar-levels down prior to eating (as this insulin seems to be faster-acting than injectable insulins). As well, other users have found benefits with this insulin alternative when eating foods with high glycemic indexes, such as ice cream.

Results of pediatric studies with this inhalable insulin are anticipated to be presented at the International Society for Pediatric and Adolescent Diabetes Conference in November 2025.

This is exciting as it brings more options to those living with Type 1 and Type 2 diabetes!

Found and provided by Cosmo Kelsey

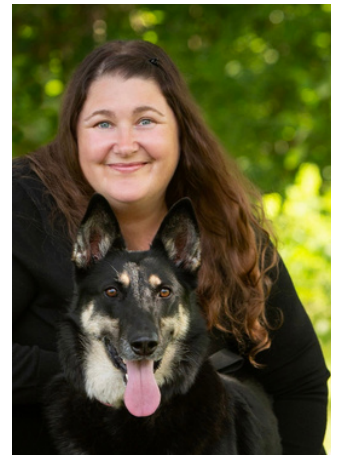
If you want more information: <https://www.diabetech.info/>



CFCI UPDATE

Spotlight - International Project

Launched at the International Convention in 2024 the International Project brings all Cosmos 'Together for a Cure, Uniting for Diabetes Research'.



The 2023-24 CI Board worked throughout the year to learn about Stem Cell Research, talking to many researchers and bringing information back to the Board for consideration. As part of their work, and after many years without an International Project to focus efforts on, the path was paved to present the Funding of Stem Cell Research through DRIF (US Based Foundation) and DRIFCan (Canadian Based Foundation) as the next International Project.

You can learn more about the International Project by visiting [Cosmopolitan.org](https://www.Cosmopolitan.org)

FUN FACT - You can direct your Beacon Donation to the International Project, as always will receive your tax donation receipt.

If you have any questions, please don't hesitate to contact me!

Angela McFalls | angelamcfalls7@outlook.com

CFCI President

**MEMBERSHIP
COMPETITION
UPDATE**

Big Butlers

Team Captain: Cassidy

Points Update: 14

Dizzy Lambs

Team Captain: Carrie

Points Update: 51

Don't forget to update your team captain if you've earned points!



#CosmosForACure

2025: Alberta Leg → Walter Dale Bridge → Ronald McDonald House → ADI



#CosmoDay2025



Oct 27th we went to an Escape Room!



AWARDS SEGMENT

Each month we will highlight one of the awards that our club or one of our members is eligible to win at WCF and International. Now awards season isn't for a few more months but it's never too soon to start thinking about our clubs' potential!

This month I thought we would focus on the **Membership Builder Award**. This is an individual award and is perfect for us to focus on as we have already gained 3 new members this year and we are continuing our membership competition within the club! As team captain of the Big Butlers I am extremely enthusiastic about this one, knowing it will be a great year of competition and win or lose, membership gains are always a win!

This award recognizes membership building achievement. It is presented to the dedicated Cosmopolitan who enrolls new or reinstated members during the award year. Awards will be presented as follows:

- Tier I: 3-5 new or reinstated members: \$100 VISA gift card
- Tier II: 6-10 new or reinstated members: \$200 VISA gift card
- Tier III: 11-20 new or reinstated members: \$300 VISA gift card or watch



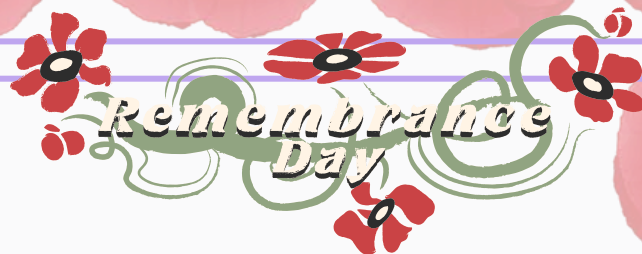
Did you Knoooooow?

The ancient Egyptians mentioned the symptoms of diabetes in manuscripts that date back to 1500 B.C.

In India, physicians used to refer to diabetes as madhumeha, which translates to 'honey urine' since the urine of people with diabetes attracted ants. In fact, to test for diabetes, physicians would analyze urine to see if sugar-loving ants would come to the urine. Today, we know this occurs because extra sugar is expelled from the body through the urine.

In the 2nd Century AD Aretaeus, a great physician during the Greco-Roman period, officially introduced the term diabetes. The word diabetes comes from the Greek word διαβαίνω (diabaino), which means "I pass through".

Early Greek physicians told their patients to exercise to treat diabetes. They recommended that they exercise on horseback thinking that this would reduce excessive urination.



Committees 2025/2026

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 Plastow, 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 Plastow, 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: Cassidy Eldering - 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 Plastow, 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 Plastow (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 Plastow, Cassidy Eldering, Kelsey Duliba

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!

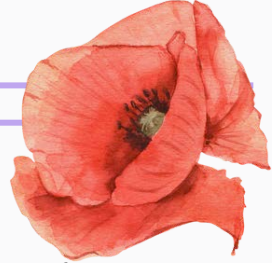
Current Members: Tammy Allen, Esther Hardy, Cassidy Eldering

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 Plastow, Cassidy Eldering, Kathy Walker, Susie Sevcik

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 Plastow, Cassidy Eldering, Kathy Walker, Esther Hardy



Member Spotlight - Carrie Arbour



Carrie has been a member of the Edmonton Cosmos for 1 year and is now team captain for the Dizzy Lambs in our membership competition! We thought it was a great month to ask her more about herself!

Why do you like being a Cosmo: The people are amazing and the cause is so important to me. I enjoy being a part of something bigger.

Favourite time of the year: Fashion is more fun and versatile. Oh, and I love warm beverages :)

Favourite games to play outside: Giant Twister; spray paint dots on a lawn tarp and watch the human pretzels form

Favourite Food: My love language is carbs and I don't play favourites, I eat them all

Farthest place you've travelled: Farthest place for me would be Romanian...my luggage however...

Favourite Cosmo Moment: Whenever we get together to volunteer - all of the events feel special and fulfilling

2025-26 CLUB ROSTER (25):

- Allen, Tammy
- Arbour, Carrie
- Bavle-Bannister, Amanda
- Borin, Leslie (New '25)
- Bouzane, Amy
- Cherwaty, Patti
- Dory, Rick
- Duliba, Kelsey
- Eldering, Cassidy
- Hardy, Esther
- Hardy, Lyle
- Kinniburgh, Tim
- MacKenzie, Cheryl
- MacPhee, Jackie
- McFalls, Angela
- Plastow, Shawna
- Refaat, Amira (New '25)
- Samadzija, Kery (New '25)
- Saunders, Kim
- Sevcik, Susan
- VanBuskirk, Jen
- Vigneau, Lisa (New '25)
- Walker, Kathy

Honorary:
Gary & Charlene Jurke

Last Meeting Attendance
(11/10/25): 16

Our Club:

EDMONTON COSMOPOLITAN CLUB Founded: 09/04/1930

Location: Edmonton, Alberta Canada

Email Address: edmontoncosmoclub@gmail.com

Club Website: edmontoncosmoclub.org

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: Shawna Large

Treasurer: Kathy Walker

Secretary: Susan Sevcik

Sargent at Arms: Angela McFalls

UPCOMING MEETINGS/EVENTS:

November 10th: Business meeting @ Boston Pizza

November 24th: Volunteering at the Edmonton Foodbank

December : Business Meeting & Cosmogiving event

December 13th: Christmas Party