

# THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB  
ISSUE NO 8 | APR 2026 | VOLUME 5



John Fraser 1982  
Henry Kishen 1983  
Henry Kishen 1984  
Stan Wolf 1985  
Phil Payne 1986  
Vic Esler 1987  
David Dyck 1988  
John Esler 1989  
John Esler 1990  
John Esler 1991

James Plastow 2007  
Joan Randolph 2008  
Joan Randolph 2009  
Joan Randolph 2010  
Rod Randolph 2011  
Bob Shyns 2012  
Sue Seych 2013  
Sue Seych 2014  
Cecile Shyns 2015  
Rod Randolph 2016  
Tammy Allen 2017  
Tammy Allen 2018  
Angela Hepburn 2019  
Cheryl M  
Angela  
Cheryl M

## Inside....

### RETIREMENT

Congrats to Kathy! It turns out many other members have their countdown on

### PRESIDENT'S MESSAGE

From the keyboard of President Tammy Allen

### DIABETES MOBILE CLINIC

What do they do? Why does it matter to us?

### COMING UP.

Paint Night & Club Elections

### KIDS 'N' US

Annual T1D conference

### PHOTOS

### CFCI UPDATE

From Angela, our CFCI President

### BIRTHDAYS AND ANNIVERSARIES

### COMMITTEES

2025-2026 committees

### MEMBER SPOTLIGHT

This month we are highlighting Cheryl



Editorial Committee  
Cassidy Eldering  
Shawna Plastow



Edm Club Nominees: Lisa (Rookie of the Year), Cassidy (Cosmo of the Year), Tammy (President of the Year)

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Last club meeting Kathy shared some exciting news of **retirement** at the end of the month!  
Congratulations - we hope you celebrate well!  
This got the club sharing the multiple retirement count downs - to the DAY even - such as Cheryl on May 20th 2029 and even Tammy and Angela have their countdown on too (even though its still about 12 years away!)

So when's your big day?

What's your retirement plan? (and I mean the fun stuff, not the financial planning - this is a fun newsletter not a stress-inducing one!)

Fun or inventive - you are only as old as you feel!

Did you know Pablo Picasso was still producing art in his 90s? Or that Thomas Edison invented the telephone at age 84? Even Laura Ingalls Wilder published her first book when she was 64!

Did you know that you can actually swap houses with someone for a portion of the year? When you want to head south as it gets too cold, there are people that want to do the opposite!

[HomeExchange.com](http://HomeExchange.com), [HomeLink.com](http://HomeLink.com) and [IntervacHomeExchange.com](http://IntervacHomeExchange.com)

For those who have already retired - I see you've chosen volunteerism with the Cosmos! Great choice ; )



Fellow Cosmos,

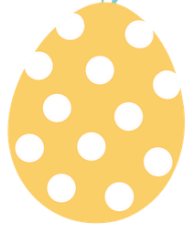
Usually at this time of year, we are embracing spring. A time when we can begin working in our yards and looking forward to warmer temperatures and milder weather. Well, not this year! Instead, we're experiencing cold, snow, and the occasional Spring Snow Squall!! Let's all hope that this nonsense will bring on the May flowers that we are used to seeing at this time of year.

Spring is an exciting time of year for the Edmonton Cosmos, we are gearing up for our Annual convention, which is historically very well attended by the Edmonton Club. We are also getting ready for lots of upcoming events, including some fundraising, some volunteer opportunities and celebrating a great Cosmo year, at our Year End party.

The energy in our club right now is contagious. I am proud of the "sweat equity" our members put in to make our community better. We have a golden opportunity to make a lasting impact in the coming months. Together, let's focus on engagement, bringing new energy to our projects, and inviting others to experience the fulfillment of volunteering with us.

I am looking forward to Springing in to Unity, Service, and Action!

President Tammy



# Mobile Glucose Testing – Diabetes Mobile Clinic



The Diabetes Mobile Clinic (DMC), or “the bus” operations are overseen by an interdisciplinary team from the Alex Community Health Centre Mobile Health Program and the Calgary Diabetes Advocacy Committee. The DMC in Calgary is in the second year of a two-year pilot project funded through grants and donations. Though they recently secured funding that will extend the pilot for another 18-24 months after July 2026.

## How does it work?

Every Wednesday, the four staff members working on the diabetes bus that day could see on average five to 10 patients. Individuals can access the DMC at various locations across Calgary during pre-scheduled appointments or on a drop by basis.

The whole point of the mobile program is meeting clients where they’re at due to the barriers they may face.

There is an initial assessment with a comprehensive point of screening for diabetes and its complications, then the patients receive diabetes self-management education, as well as comprehensive endocrinology care. Follow ups are then determined as well as trauma informed referrals if necessary (such as kidney, neurovascular, and eye specialists)

This is an important step in healthcare as it breaks down many barriers for those who may otherwise not receive help for their diabetes management. The bus allows for individuals to seek help without figuring out transportation, not having to wait for referrals or having to restart if they miss an appointment. There is a higher risk of death and diabetes-related health issues for those experiencing homelessness when compared to those who have stable housing and regular access to preventative health care.

## What’s exciting for us in Edmonton?

For one, if successful, the pilot could extend to Edmonton and surrounding areas! But even sooner, Rock’N August is lucky enough to have ‘The bus’ come for the festival! They will be doing onsite glucose testing for anyone who needs!



**Edmonton Cosmo Club Presents:**

**\$60**

**Paint, Sip, Relax**

Step-by-step painting session guided by a local artist

All painting supplies and light snacks included

Wine, Beer, Coolers available for purchase

**June 6, 2026 6:30 PM - 11:00 PM**

**Purchase your Ticket: West Edmonton Seniors Activity Center**  
 Contact your favourite Cosmo to pay cash or credit card  
**9629 176 St**

E-Transfer: [edmontoncosmoclub@gmail.com](mailto:edmontoncosmoclub@gmail.com)  
 Include your name in the message field & for security answer: Painting

**The Club that Fights Diabetes**



***Don't Forget:***  
**Register for WCF convention by April 30<sup>th</sup>**  
**Check your email - Tammy sent out the forms on March 9th**

**Saskatoon, SK**  
**May 22 - 24**

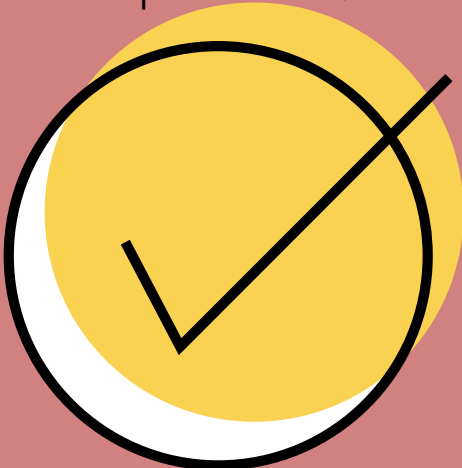
Have an idea for a feature in the newsletter?  
 Send it our way!



Club Elections are in May!  
 The Edmonton club has these officer positions available:

- Vice President**
- Treasurer**
- Secretary**
- 2<sup>nd</sup> Vice President**

Interested in giving a bit more to Cosmo?  
 Reach out to a member for more details on each position!



# LOCAL ORG FEATURE



## FAMILIES FACING DIABETES

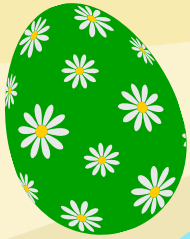
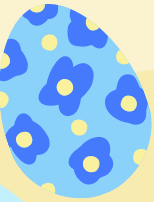
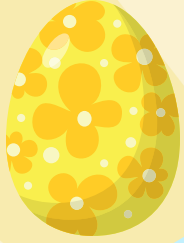
Kids 'n' Us is a committee of volunteers working for Type 1 Diabetes families: a fully volunteer-organized event designed to help families cope with the challenges and realities of living with Type 1 Diabetes. This is the only conference in Alberta that is devoted to the unique needs of those with Type 1 Diabetes and their families.

[Registration Details here](#)

Kids 'n' Us began in 1988 as a support program through the Pediatric Diabetic Education Clinic at the University of Alberta Hospital. In 2004, the Juvenile Diabetes Research Foundation (JDRF) took on organizational responsibilities, and in 2017, the Kids 'n' Us: Families Facing Diabetes Society was formed to ensure the event's continuation.

Today, Kids 'n' Us is an **annual full-day conference** providing practical information and support for children, parents, and caregivers affected by Type 1 diabetes.



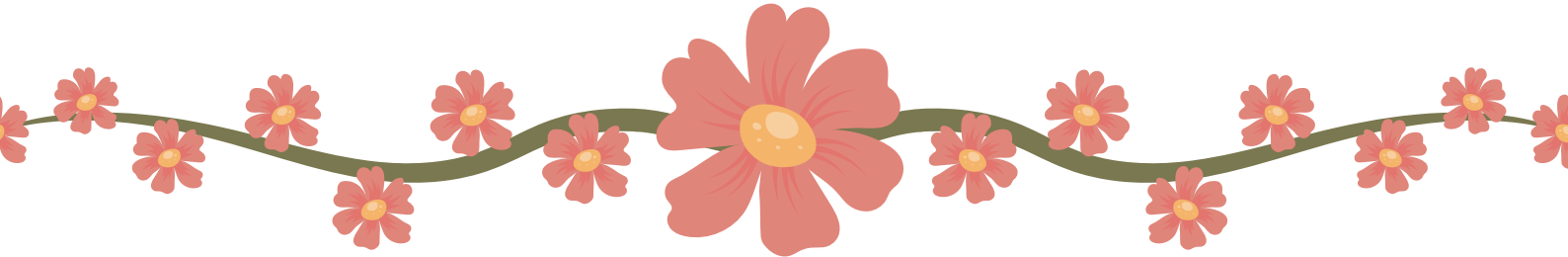




Spring is a season of fresh starts—the days get longer, the air feels lighter, and everything seems ready for a reset. Fun fact: spring is when daylight increases the fastest all year, making it the perfect time to shake off winter and see things in a new light.

Just like spring cleaning clears out clutter at home, it's also a great moment to refresh our website—updating content, polishing visuals, and making sure everything feels current and welcoming. Visit our site <https://www.cosmofoundationcanada.org/> to see what's new and learn more about the Northern Beacon program.

**Yours in fellowship,**  
**Angela McFalls | [angelamcfalls7@outlook.com](mailto:angelamcfalls7@outlook.com)**  
**CFCI President**




**Upcoming Cosmo Events**

- April 9 - 12: Volunteering at the EDM Auto Experience
- April 17 - 19: St. Albert Lifestyle Expo
- May 22-24: WCF Convention in Saskatoon
- June 6: Cosmo Paint Night
- June 7: T1D Walk Volunteering
- June 12-13: Rock'n the Racetracks Volunteering with R'nA

**EDM CLUB NOMINEES**

**ROOKIE OF THE YEAR - LISA VIGNEAU**

**COSMO OF THE YEAR - CASSIDY ELDERING**

**PRESIDENT OF THE YEAR - TAMMY ALLEN**

**CLUB COMMUNITY SERVICE**

**NEWS BULLETIN**

**MEMBERSHIP INCREASE FOR CLUBS UNDER 30 MEMBERS**

**ATTENDANCE PERCENTAGE**

**2025-2026**

# AWARDS SEGMENT

Let's talk about the **BIG C** award!

The highest award given to those clubs that meet the stringent requirements in the areas of commitment, competence, and cultivation.

## **COMMITMENT**

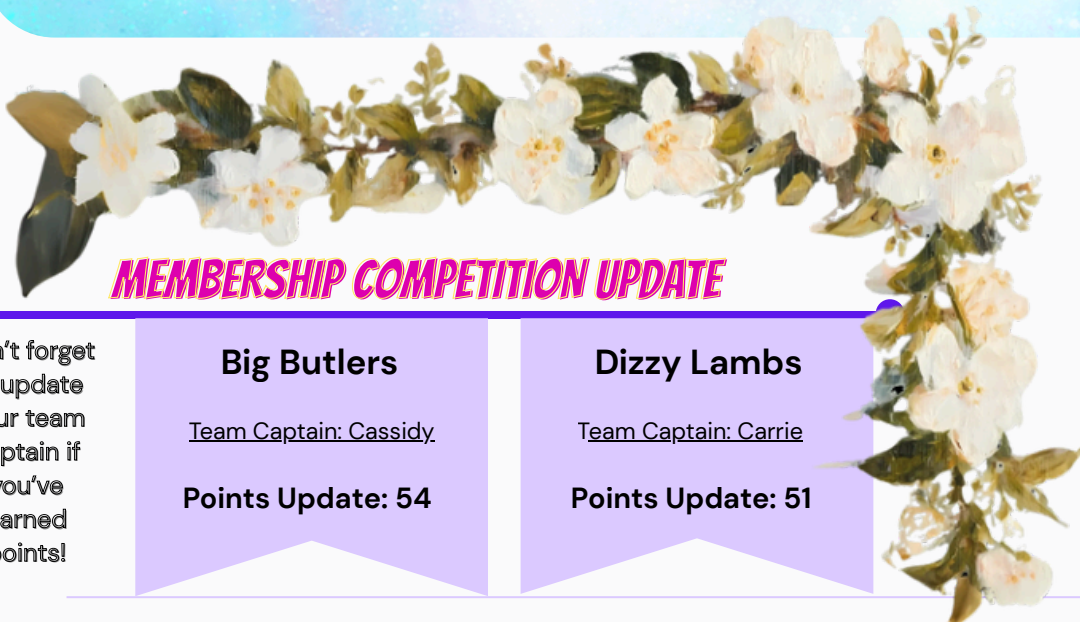
- Cosmopolitan of the Year Award, Patrick J. Hodgins Distinguished Member Award, or Distinguished Service Award presented at club level;
- Community Service Project(s), Cosmopolitan sponsored and publicized;
- Conduct a fundraiser for diabetes or contribute to a diabetes project;
- Club President or current club officer attend immediate past Federation Convention or be registered prior to judging of awards for the current year Federation Convention;
- Club President or current club officer attend immediate past International Convention or be registered prior to judging of awards for the current year International Convention; and
- COSMOTopics article submitted

## **COMPETENCE**

- Current in all accounts;
- Club newsletter published at least once monthly, with Headquarters on mailing list. This includes those received electronically; and
- Club Annual Plan submitted to Headquarters.

## **CULTIVATION**

- Building of new club or a net increase in membership as of the end of the current Cosmopolitan year on June 30.
- Club must be at charter strength (20 members) as of the end of the current Cosmopolitan year on June 30.



## **MEMBERSHIP COMPETITION UPDATE**

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

### **Big Butlers**

Team Captain: Cassidy

**Points Update: 54**

### **Dizzy Lambs**

Team Captain: Carrie

**Points Update: 51**



# Committees 2025/2026

## MEMBERSHIP & EDUCATION:

Current Members: Cheryl MacKenzie

## ENTERTAINMENT & SOCIAL ACTIVITIES:

Current Members: Shawna Plastow, Cassidy Eldering, Jackie MacPhee, Kim Saunders

## CELEBRATIONS (CARDS!):

Current Members: Tammy Allen

## SOCIAL MEDIA:

Current Members: Tammy Allen, Angela McFalls, Shawna Plastow, Cassidy Eldering

## COMMUNITY ENGAGEMENT:

Current Members: Cheryl MacKenzie

## CFCI - FOUNDATION:

Current Members: Cassidy Eldering – Club Director on Board

## FINANCIAL REVIEW/AUDIT:

Current Members: Kathy Walker, Shawna Plastow, Tim Kinniburgh

## FUNDRAISING COMMITTEES:

ROCK'N AUGUST: Edm Cosmo Reps: Shawna Large, Kim Saunders

CASINO: Current Members: Tim Kinniburgh, Shawna Plastow (Apprentice), Kathy Walker (Treasurer)

## NEWSLETTER:

Current Members: Shawna Plastow, Cassidy Eldering

## PROJECT/FUNDING:

General Requests: Current Members: Tim Kinniburgh, Kathy Walker

Cosmo Giving Event: Current Members: Tim Kinniburgh, Kathy Walker, Susie Sevcik, Patti Cherwaty, Cassidy Eldering

## AWARDS:

Current Members: Tammy Allen, Esther Hardy, Cassidy Eldering

## COSMO DAY:

Current Members: Tammy Allen, Angela McFalls, Shawna Plastow, Cassidy Eldering, Kathy Walker, Susie Sevcik

## CONVENTIONS:

Current Members: Cheryl MacKenzie, Angela McFalls, Tammy Allen, Shawna Plastow, Cassidy Eldering, Kathy Walker, Esther Hardy



# Member Spotlight - Cheryl Mackenzie



This month we're featuring Cheryl! Finding a member more passionate about all things Cosmo would be tough! Cheryl is an advocate, a volunteer, a leader, and a friend. Cheryl has served on many board's and committees - currently a lot of her time goes into her position as Director of Membership at CI! Lets learn a bit more!

Why do you like being a Cosmo: Sense of belonging and family. The difference it makes in the community

Favourite time of the year: Spring/Fall

Favourite games to play outside: Golf

Favourite Food: Mexican - Queso & King crab!

Farthest place you've travelled: Bahrain

Favourite Cosmo Moment: Receiving the Cosmo of the Year Award and hearing from the recipients of the Cosmo Christmas Giving Event!

## Our Club:

**EDMONTON COSMOPOLITAN CLUB** Founded: 09/04/1930

Location: Edmonton, Alberta Canada

Email Address: [edmontoncosmoclub@gmail.com](mailto:edmontoncosmoclub@gmail.com)

Club Website: [edmontoncosmoclub.org](http://edmontoncosmoclub.org)

Western Canada Federation: [wcf-cosmopolitan.org](http://wcf-cosmopolitan.org)

International Website: [cosmopolitan.org](http://cosmopolitan.org)

Cosmopolitan Foundation Canada: [cosmofoundationcanada.org](http://cosmofoundationcanada.org)

Facebook: <https://www.facebook.com/Edmontoncosmoclub>

**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: Open

Treasurer: Kathy Walker

Secretary: Susan Sevcik

Sargent at Arms: Angela McFalls

### UPCOMING MEETINGS/EVENTS:

**April 9-12th:** Motor Show volunteering

**April 17-19th:** Lifestyle Expo volunteering

**May 11th:** Business Meeting (Elections!)

## 2025-26 CLUB ROSTER (24):

Allen, Tammy

Arbour, Carrie

Bavle-Bannister, Amanda

Borin, Leslie (New '25)

Bouzane, Amy

Cherwaty, Patti

Dory, Rick

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, Bernie (New '25)

Saunders, Kim

Sevcik, Susan

VanBuskirk, Jen

Vigneau, Lisa (New '25)

Walker, Kathy

Honorary:

Gary & Charlene Jurke

Last Meeting Attendance  
(04/13/26): 15