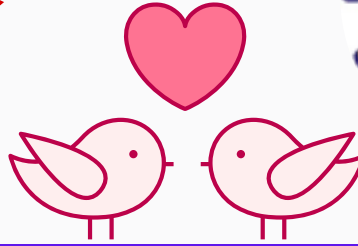


# THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB  
ISSUE NO 6 | FEB 2026 | VOLUME 05



## Inside....

### COSMO MAP

Confused about CFCI, WCF, CI?  
Here's an easy map that Shawna  
made for your clarity!

### FAMILY DAY

The long weekend, Valentines day  
and Family day all in one weekend!

### CFCI UPDATE

From Angela, our CFCI President

### DEXCOM G6 TO BE DISCONTINUED

What are people saying?

### PHOTOS

Ronald McDonald House Brunch

### VALENTINES WITHOUT SUGAR SPIKES

### AWARDS

Patrick J. Hodgins

### COMMITTEES

2025-2026 committees

### MEMBER SPOTLIGHT

This month we are highlighting long  
term member Esther!

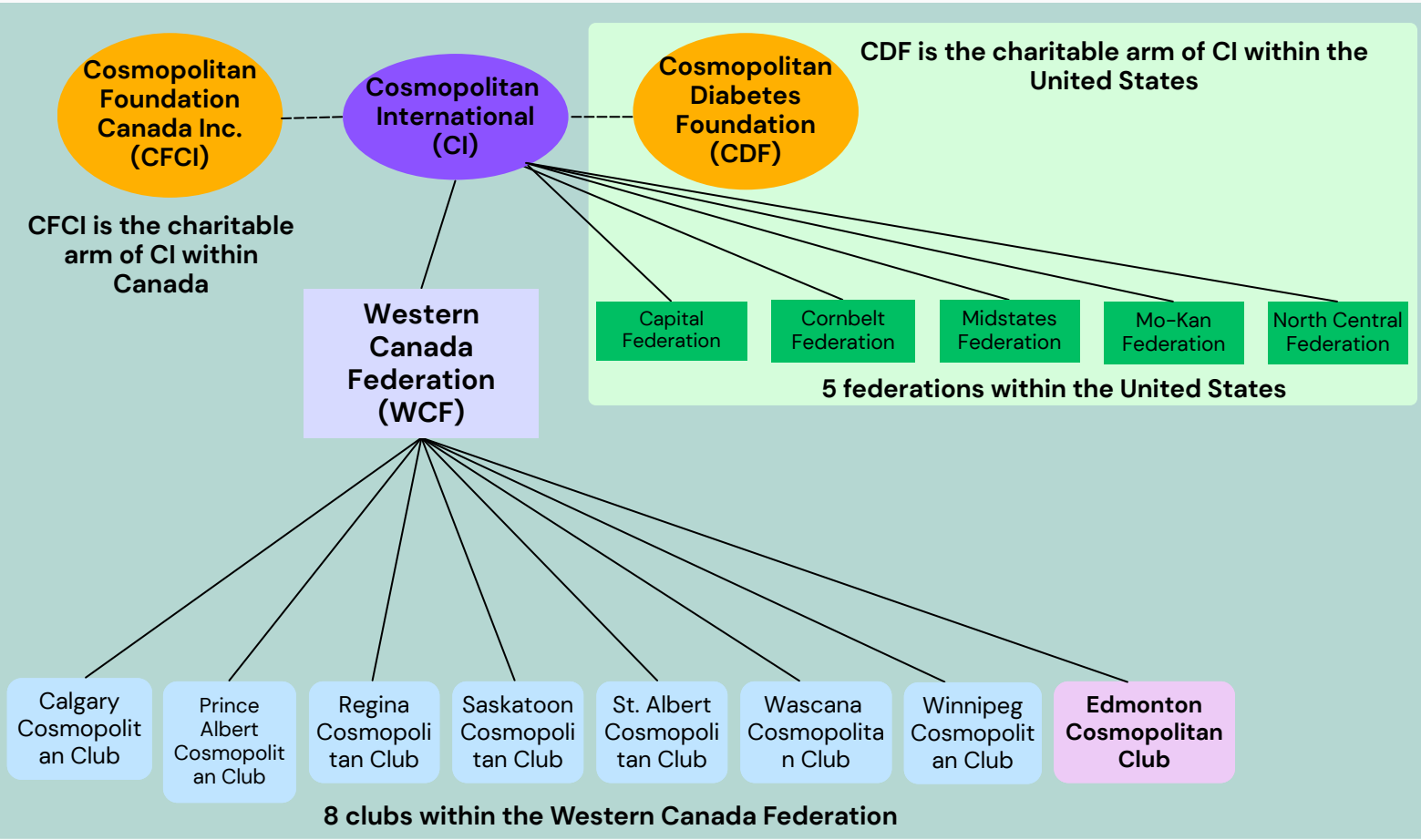
Editorial Committee  
Cassidy Eldering  
Kelsey Duliba  
Shawna Plastow



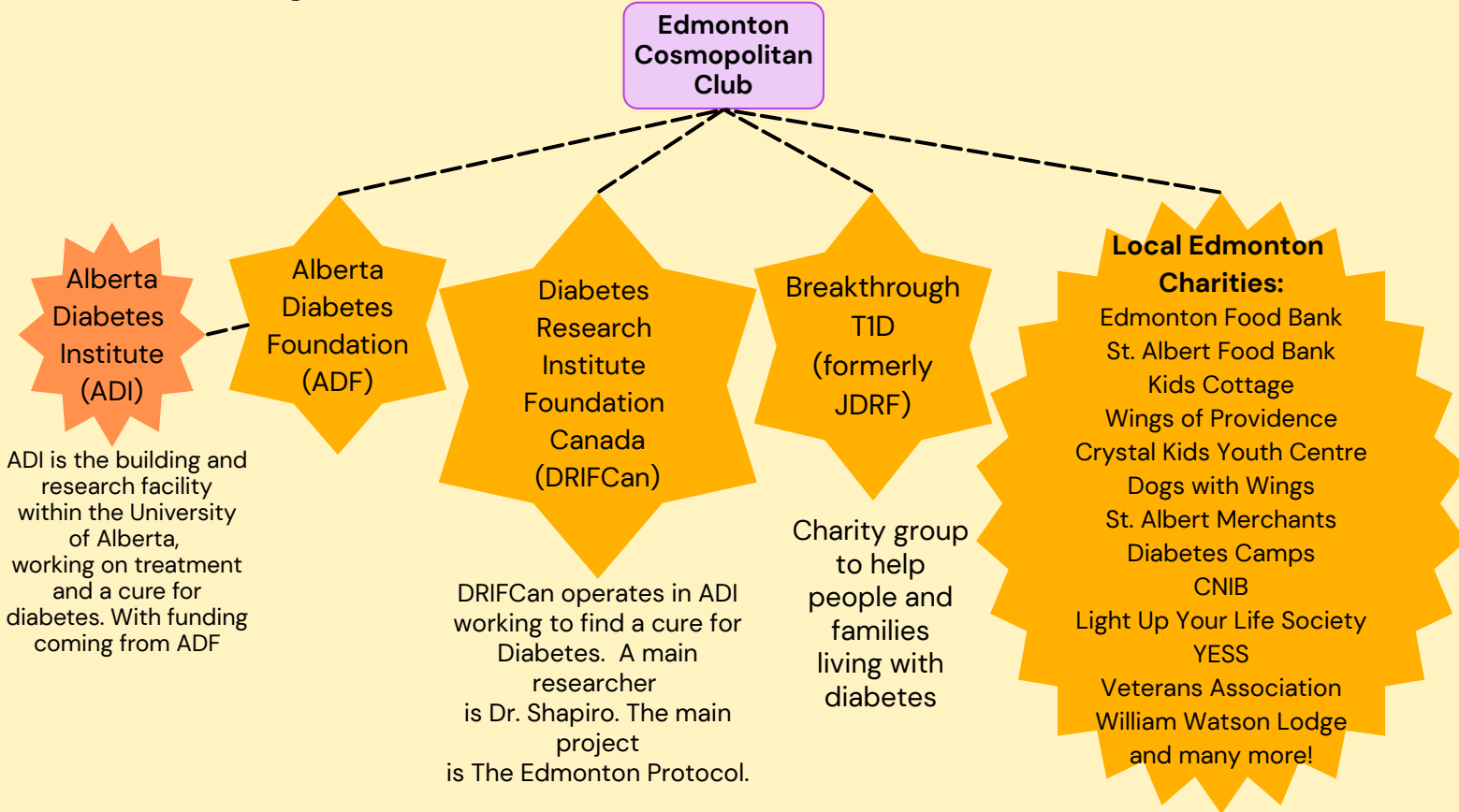
FOLLOW US @EDM\_COSMOPOLITANS

# Cosmopolitan Maps by Shawna

ISSUE NO 6 | FEB 2026 | VOLUME 5



## Organizations The Edmonton Cosmopolitans Support



# Family Day

Family Day is observed on the third Monday of February in the provinces where it is recognized. In 2026, Family Day will fall on **February 16** However, similar holidays exist in other regions:

**Manitoba** celebrates Louis Riel Day on the same date.

**Prince Edward Island** observes Islander Day.

**Nova Scotia** has Heritage Day, which highlights a different historical figure or event each year.

## A brief history of the celebration:

**1990:** Alberta became the first province to introduce Family Day.

**2007:** Saskatchewan and Ontario followed suit.

**2013:** British Columbia adopted Family Day, initially celebrating it on the second Monday of February before aligning with other provinces in 2019.

**2018:** New Brunswick officially recognized Family Day.

As more provinces introduced the holiday, Family Day became a reflection of Canada's values encouraging people to pause and spend meaningful time with family and loved ones.

This year, Family Day falls on the same weekend as Valentines day - a double wammie! But hopefully not doubly on your wallets. What do you have planned? Perhaps a relaxed evening at home with the family or maybe a quick get away to visit more family or isolate yourself in the mountains because you are your own family! Let us Know!

Want some ideas?

Dinner  
and a  
movie

Outdoor  
adventure

Games  
night

Royal Alberta  
Museum -  
Free Entry on  
Family Day!

# CFCI UPDATE

It's almost that time of year again, yes you guessed it – tax time. As you gather your T4's, medical slips and all the other supporting documentation I thought it would be a great time to talk about your Beacon Donation receipts.

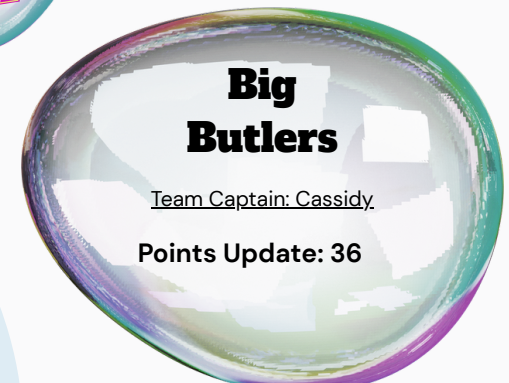
If you donated through Canada Helps via Credit Card, your official donation receipt was likely delivered to your inbox. Misplaced it, no problem - you can log into your account and get another copy.

If you donated directly to CFCI via cash, or cheque your donation receipt will arrive in your inbox by March 1st, 2026.

If you haven't yet started a Beacon fund, don't worry there is no time like the present to start!

Yours in fellowship,

Angela McFalls I  
[angelamcfalls7@outlook.com](mailto:angelamcfalls7@outlook.com)  
CFCI President



**2026 is the Year of the Fire Horse.**

In Chinese astrology, the Horse represents freedom, confidence, and movement. The Fire element adds passion, ambition, and powerful momentum. A vibrant year begins on February 17, 2026.



Remember for good fortune this year, on the 17th:

- don't wash your hair
- don't sweep or take out the trash
- don't cut anything

@ENGLISHWITNESS

Amanda and her family in AI for Chinese New Year



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

# Dexcom G6 Will Get Discontinued in 2026 - What The Community is Saying

Dexcom is set to end production of the Dexcom G6 on July 1, 2026 and begin shifting users toward its Dexcom G7 platform.

While Dexcom has retired older models in the past, the reaction to the G6 phase-out is noticeably more divided. Thousands of G6 users say the older sensor has better accuracy, consistency, and more predictable performance. Others point out that the G6 could be restarted (off-label), while the G7 cannot, making the transition feel more restrictive than previous upgrades.

Dexcom promotes the G7's improved alert system, redesigned software, and a new 15-day sensor for adults, though the company admits some sensors may not last the full duration. While the longer wear time is a notable upgrade, many users feel it doesn't fully offset concerns about connectivity and reliability compared to the trusted G6. Those who have taken to social media to give their feedback highlight issues such as inconsistent readings and early sensor failures, leaving some long-time G6 users uneasy about

switching and signalling a need for Dexcom to rebuild user confidence.

Dexcom however is facing a challenging phase dealing with lawsuits, sensor failure reports, and recent recalls. As the G6 nears its phase-out, it's clear why there is so much pressure to ensure the G7 delivers consistent performance, reliability, and ideally renewed trust among users.

One commenter shared: "I'm very satisfied, for the most part, with the G6. I'm very afraid of going to the G7. If it's as awful as everything I've read from users in fb forums, I'll ditch it all and go back to finger sticks."



<https://www.diabetech.info/p/dexcom-g6-will-get-discontinued-in-2026-what-the-community-is-saying>

# Making Brunch at the Ronald McDonald House

Jen touring us around!



Lots of Oilers memorabilia there!



"Abracadabra!"



Ducks on the ceiling in the 'under water' magic room



Angela, Kim, Tammy, Amira's mom, Amira



For kiddos to pick out a new toy!

An awesome jungle themed play area with an extra special hidden magic room behind the waterfall!

## Hold The Sugar, But Bring On the Love: Physicians Association Offers Tips for How to Make Valentine's Day Special for A Loved One With Diabetes

Valentine's Day can feel tricky when your partner has diabetes, especially since traditional gifts often revolve around sweets. However, with a bit of planning and awareness, it's still easy to show love in thoughtful ways. Many people with diabetes can enjoy small portions of sweets if their blood sugar is well managed, especially when treats are chosen carefully. **High-quality chocolates** in small amounts or low-carb options may be better choices, as the fat in chocolate causes it to be metabolized slower than other candy, meaning that blood sugar won't elevate as quickly as with other sweets. Though moderation is always important since even "sugar-free" items can affect blood glucose.

It's also important to watch out for **hidden sugars** and refined carbohydrates, which can cause rapid spikes in blood sugar—even when desserts are made with sugar substitutes. Ingredients like white flour, syrups, and dried fruits can be problematic. A meaningful alternative is to **think beyond candy altogether** by preparing a home-cooked meal tailored to your partner's dietary needs. Cooking something thoughtful and diabetes-friendly can be a powerful way to show care! If you're stuck for ideas, [The American Diabetes Association](#) offer recipes to help make it both healthy and delicious.

(For the full article click the link in the title)



# AWARDS SEGMENT

After featuring the Cosmo of the Year award, I thought it was appropriate to next present the .  
**PATRICK J. HODGINS DISTINGUISHED MEMBER AWARD.**

This award is given to an outstanding Cosmopolitan for exemplary Cosmopolitan service over a period of not less than ten (10) full calendar years prior to the date of the International convention at which the award is to be presented.

This award is based on Cosmopolitan service only and not on community service, family or church activities, or business standing. Cosmopolitan service accomplished in support of a community project or activity may be considered.

Nominee shall be a Cosmopolitan who has been active at Club, Federation and International levels some time during the ten (10) year period and is still active at some level.

The nomination requirements are:

- Have been a Club officer;
- Have been a Federation Governor or other Federation officer;
- Have been chairperson of a Federation standing committee or chairperson of a Federation convention committee;
- Have served at International level as an International officer or chair of a standing or convention committee, or have served as a member of a standing or convention committee; and
- Have attended at least five (5) International conventions.

 HAPPY BIRTHDAY

 Charlene - February 10th

 Happy Anniversary

Susie Sevcik - 22 years!

# 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, Kelsey Duliba

## 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



116 events and ~2900 athletes

These are the fourth Olympic Games to be held in Italy. Four years after Cortina d'Ampezzo 1956, the Games of the XVII Olympiad took place at Rome 1960. The Winter Games returned to Italy at Turin 2006 after Cortina's failed bids for the 1988 and 1992 Olympic Winter Games.

For updates: [Olympics.com](https://olympics.com)





# Member Spotlight - Esther Hardy



Esther is a proud Cosmo member. Her involvement began with the Sturgeon Valley club but moved to Edmonton to start a club that would officially include men and women! Aside from her vast knowledge and experience of all things Cosmo she is also kind, compassionate and funny!

**I like being a Cosmo** for several reasons. I enjoy volunteering. I believe in what Cosmopolitan is—the club that fights diabetes. Over the years I have met many wonderful Cosmos and have formed lasting friendships.

**Favourite time of the year** is spring. It gives me more time to be outside—walking or just working in the garden. Uplifting after a usually long winter!

**Favourite games outside:** I don't do much now but did enjoy playing bocce ball at the lake.

**Favourite food** is bacon. Seafood and cheesecake would be next.

**Farthest place travelled:** I'll focus on the last place we went just a month before Covid and that was Huatulco. Other trips seem a lifetime ago.

**Favourite Cosmo Moment:** There are many but probably the best times are when our club or one of our club members receives an award.

## 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: Shawna Large

Treasurer: Kathy Walker

Secretary: Susan Sevcik

Sargent at Arms: Angela McFalls

#### UPCOMING MEETINGS/EVENTS:

**February 9th:** Business Meeting @ Boston Pizza

**February 22nd:** Bingo Bowling @ Plaza Bowling

**March 9th:** Business Meeting @ Boston Pizza

## 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  
(02/09/26): 12

