

# THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB  
ISSUE NO 7 | MAR 2026 | VOLUME 05



The winning bingo bowling team of the final round - Way to go Kim, Rick, Cheryl, Lyle and with the moral support of Esther!

## Inside...

**BREAKTHROUGH T1D 2026**  
Recommended steps to take this year for more breakthroughs

**PRESIDENT'S MESSAGE**  
From the keyboard of President Tammy Allen.

**DIABETES: WHAT WE DO IS IMPORTANT**  
Some facts and a solid reminder

**FUN & PHOTOS**  
How much sugar?  
Bingo Bowling fun!

**BIRTHDAYS AND ANNIVERSARIES**

**CFCI UPDATE**  
From Angela, our CFCI President


**COMMITTEES**  
2025-2026 committees

**MEMBER SPOTLIGHT**  
This month we are highlighting Jen



Editorial Committee  
Cassidy Eldering  
Kelsey Duliba  
Shawna Plastow

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# Breakthrough T1D: Make 2026 the Year of Extraordinary Cure Progress

Breakthrough T1D, the world's largest nonprofit focused on type 1 diabetes (T1D), is uniquely positioned to accelerate progress toward a cure in 2026. The Juvenile Diabetes Cure Alliance (JDCA) argues that with its resources, funding, and influence, the organization could make this a breakthrough year... if it sharpens its priorities and focuses squarely on cure research.

JDCA outlines five key recommendations:

- 1. Adopt a Standard Cure Definition** – Establishing a clear, unified definition of a T1D cure will align researchers, prevent fragmented efforts, and concentrate resources on a common, outcome-focused goal.
- 2. Restore Cure as the Top Priority** – Over the past two decades, funding has shifted away from cure research toward disease management and operational costs. JDCA urges Breakthrough T1D to recommit to cure research as its primary mission, reflecting donor priorities.
- 3. Make Project ACT the Central Focus** – Project ACT (Accelerate Cell Therapies) should receive record-level funding, dedicated leadership, measurable public goals, and transparent quarterly updates to ensure accountability and momentum.
- 4. Prioritize Cell Protection Research** – Since commercial companies are now heavily investing in cell supply, nonprofit grant funding should focus on protecting insulin-producing cells from autoimmune attack which is an area that remains underfunded but critical for a functional cure.
- 5. Use the T1D Fund to Advance Cell Supply** – The venture-focused T1D Fund should aggressively invest in scalable cell supply solutions, leveraging commercial partnerships to accelerate development and bring viable therapies to market within the next decade.

Overall, JDCA argues that 2026 could mark a pivotal turning point for T1D cure progress, if Breakthrough T1D aligns its funding, leadership, and strategy around clear, cure-focused priorities.

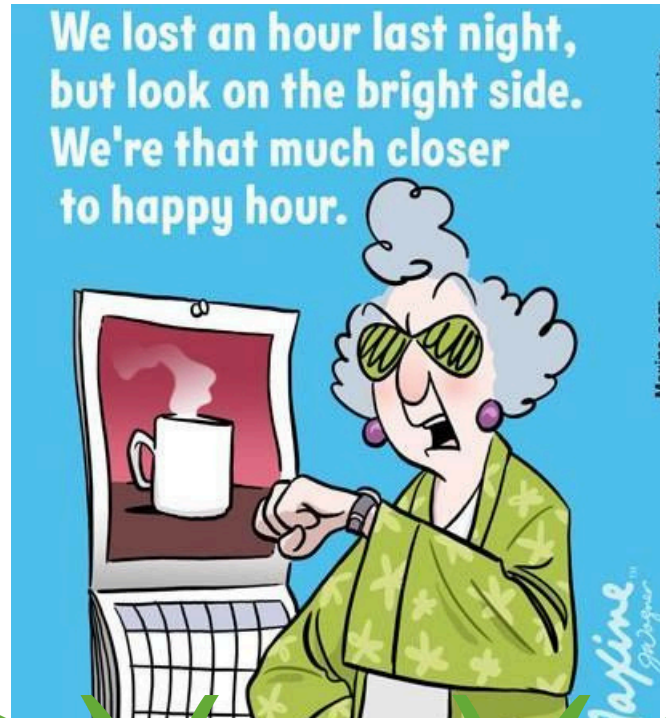
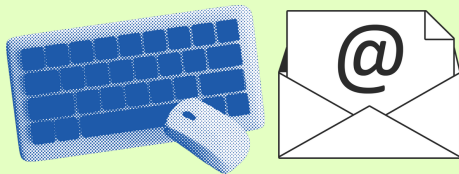
What do you think?



Contribute to the International Newsletter!

Our own member and Director of Membership at CI, Cheryl, has started the series “Why I’m In”, submit your story with a photo of yourself to be featured in the CI newsletter!

Send to Cheryl.MacKenzie@Cosmopolitan.org by the 10<sup>th</sup> of each month and look for the newsletter when they’re sent out at the end of the month!



It has been a very busy 24 hours for this President.

We held our club meeting yesterday and among other important bits of business, our awards committee presented our awards at the Club level. Congratulations to our award recipients!!

I then did some WCF Secretary work, including sending out the registration details for our upcoming WCF Convention in Saskatoon.

Now, I'm at the airport ready to depart on a Caribbean Cruise.

So many exciting things!!

Awards are a great opportunity to showcase our amazing efforts and members. I'm exceedingly proud that the Edmonton Club is very engaged in the awards process. Our hardworking awards committee reviews the criteria for each award carefully, and submits applications for all eligible awards. It's a lot of work to put the applications together, but worth it, when our members are reviewed and recognized at the WCF, and possibly even at the International level.

I'm also looking forward to the WCF Convention, in May. The Saskatoon Club has put together an amazing program, and I look forward to reconnecting with Cosmo friends from across the WCF.

It's an exciting time to be a Cosmo!

*Tammy Allen*



# REMINDER: WHAT WE DO IS IMPORTANT

## Diabetes is a deadly disease

- Diabetes was the seventh leading cause of death in the United States in 2017 based on the **83,564 death certificates** in which diabetes was listed as the underlying cause of death.
- Diabetes was listed as the underlying or contributing cause of death on 270,702 death certificates in 2017.

## The Cost of Diabetes

- In 2017, the total estimated cost of diagnosed diabetes in the U.S. was **\$327 billion**.
- Total direct estimated costs of diagnosed diabetes increased from \$188 billion in 2012 to \$237 billion in 2017; total indirect costs increased from \$73 billion to \$90 billion in the same period (2017 dollars).

## Emergency Department Visits

- 242,000 visits for hypoglycemia (severe low blood sugar).
- 248,000 for hyperglycemic crisis (severe high blood sugar).

## Kidney Disease

- Among U.S. adults aged 18 years or older with diagnosed diabetes, the estimated prevalence of chronic kidney disease was 39.2% during 2017-2020.
- A total of 62,012 people developed end-stage kidney disease with diabetes as the primary cause.

## Our efforts working towards awareness and a cure MAKE AN IMPACT

- More funded clinical trials such as CRISPR, Islet & Beta cell transplants, Islet replacement therapies, immunotherapy, and more
- Access to T1D immunotherapy drugs in Canada
- More accurate and accessible testing and screening procedures
- Benefits seen in trials for humans and animals!
- Our clubs raise and donate over \$950,000 annually to diabetic and community related causes

**LETS KEEP IT UP!**

## Guess who?

Can you name these attendees of the Minneapolis convention in 2003?



# Guess how much sugar (TSP) is in 1 serving of each item:

It has been estimated that Canadians eat 110 grams of sugars per day (26 teaspoons or 21 per cent of total energy intake, based on a 2,000 calorie-a-day diet). People with diabetes estimated to consume 73 grams of sugar (18 teaspoons) per day.

## Energy Bars



1



2



3



4

## Fruit filled Yogurt



5

## Wholegrain Bread



6

## Boxed cereal/granola



7

# FEBRUARY BINGO BOWLING



Rick, Kim, Cheryl, Karen, Angela, Esther, Brian, Bernie, Lyle, Sean, Shawna, Jasper, Cassidy



Team Shawna & Cassidy +  
2 6 footers!



Team McFalls + Bernie!



Cheryl & Angela probably aiming for a headpin or a strike!



*Happy Birthday to...*

*Rick Dory*



*Congratulations to...*

*Jackie MacPhee*

*Amanda Bawle who  
rejoined in 2021!*

*Gary Jurke*



*Lisa Vigneau who joined  
last year!*

*Lyle Hardy who joined  
in 1985!*

*Feeling  
LUCKY*

# AWARDS SEGMENT

In the next few articles I would like to focus on the club level awards rather than individual awards. These are awards we can all work together on to achieve! First, let's learn about the **Club Community Service award!**

Awarded to one club for exceptional and outstanding service to the community. The award is based on

- (a) benefit to the community;
- (b) membership participation; and
- (c) Cosmopolitan identity.

Federation winners will be recognized at the International Awards ceremony prior to awarding the first-place bannerette.



Ps. Get your testimonials into the Awards Committee for Cosmo of the Year and Rookie of the year!



## MEMBERSHIP COMPETITION UPDATE

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

### Big Butlers

Team Captain: Cassidy

Points Update: 46

### Dizzy Lambs

Team Captain: Carrie

Points Update: 51

# CFCI UPDATE

I have been thinking lately about what being a Cosmo means to me, why I joined, and why I stay. I joined, to help raise money to find a cure for Diabetes. I stay to continue being a positive force for good, through my club, federation, and International. Also, because we are no doubt going to find a cure!

Our logo contains 4 words; Unity, Service, Action, and Think.

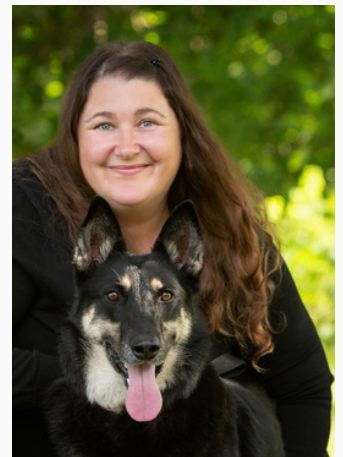
Cosmopolitan clubs are devoted to developing good citizenship through UNITY, accomplishing certain objectives through ACTION and aiding the community through SERVICE.

Our key word THINK is the foundation of all. THINK is symbolic of the desire of every Cosmopolitan to be mentally alert in their duties and obligations.

This is what being a Cosmo means to me.

Yours in fellowship,

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





# 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

**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!

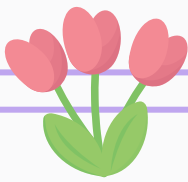
**Current Members:** Tammy Allen, Esther Hardy, Cassidy Eldering

**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 - Jen VanBuskirk



**This month we're featuring Jen! One of our newer members but her passion is evident and we are proud to call her a Cosmo!**

**Why do you like being a Cosmo:** It means a lot to me to be able to fundraise and volunteer with such a great group of people for amazing causes.

**Favourite time of the year:** Anything but winter! Summer for all the outside time, Spring for all the new growth, flowers, new animals, and Fall cuz I get to wear hoodies & toques, and make soups & chili in my crockpot.

**Favourite games to play outside:** Not so much a game but I just bought a paddle board - so I'm looking forward to learning how to stay out of the water & enjoy some fun trips to paddle mountain lakes.

**Favourite Food:** Sushi & chocolate covered strawberries

**Farthest place you've travelled:** Mexico

**Favourite Cosmo Moment:** Honestly I enjoy every moment I get to spend with everyone. The first Christmas-giving event I attended really moved me. To be a part of a club that supports so many amazing causes is something that is making a huge difference in my life. To support our community in such an impactful way really means so much.

## 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

## 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:

**March 9th:** Business Meeting @ Boston Pizza  
**March 23rd:** Pottery Painting @ Colour Cafe  
**April 13th:** Business Meeting @ Boston Pizza

# Cheers!

Honorary:  
 Gary & Charlene Jurke

Last Meeting Attendance  
 (03/09/26): 16

