

THE COSMO BULLETIN

EDMONTON COSMOPOLITAN CLUB
ISSUE NO 3 | NOV 2024 | VOLUME 04



*"COSMOS 2024: FRESH FACES AND
FAMILIAR FAVOURITES"*

Inside...

COSMO DAY

Highlights from our Cosmo Day outing on Sat Nov 2

PRESIDENT'S MESSAGE

From the keyboard of President Tammy Allen

WORLD DIABETES MONTH

World Diabetes day is the 14th, but the month is still dedicated to awareness and support & research

FUNZONE

Photos, special days and activities

COMMITTEES

2024 - 2025 committees

GOVERNORS CHALLENGE

This years challenge from our WCF Governor, focusing on communication

MEMBER SPOTLIGHT

This month we are highlighting Amanda, our twice a Cosmo!

Editorial Committee

Cassidy Eldering
Shawna Large

Cosmo Day: Saturday November 2nd 2024

What a Saturday it was! This year we decided to try something a bit different and hop around St. Albert and area! We focused on a couple of our long time recipients of our Christmas donation and some spots that are important to the Rock 'N August event as well as St. Albert must-sees!



I'd like to start by giving a shoutout to Mother Nature for saving her first snow for Cosmo Day! We kicked things off at Dogs with Wings and then made a short trip to the Veterans Association Food Bank, where they were ready to tour us. As we explored the food bank donations, the hamper garage, and the hangout zone—where veterans can feel safe and have some fun—we learned that they pack Hampers for 170–200 families every month. This year alone, they've given hope to a dozen veterans who are now off the street.

In case you missed the 11 location posts on Facebook that day... Next, we headed into St. Albert, snapping a picture by the Cosmo plaque and the St. Albert sign before stopping by Century Casino, a proud sponsor of Rock 'N August. From there, we wandered over to the Migration statue (or "Migration Station," as I like to call it) and the trestle bridge.

Just a few stops left! We paused in front of St. Albert Place, a popular spot and the venue for the RNA Street Dance, before heading to a St. Albert icon—the Grain Elevators. It was a great runaround and social media blitz, and we finished the day with a drink and a warm meal at the local pub, Crown and Tower.

We were even joined by a few new members, decked out in purple (and rocking Cosmo sneakers—ask for the link, and we'll get it to you!). Overall, it was another amazing year of spreading awareness about our name and cause. We even shared some of our new information postcards with curious community members!

What's it like being a type 1 diabetic? Imagine living a life where you have this huge weight on your back all the time. It's like you never really get to live. You are always in a state of fear because you never know what could happen. You don't know if your blood sugar will manage through the night. You don't know if you'll wake up. You feel like a burden to others because they have to look out for you. You feel like people are judging you. You go through crazy mood swings based on your blood sugar. It's a huge emotional rollercoaster. It's life where you have to depend on a bottle of insulin to survive. It's a restraint. You can't always do what your friends do. You feel like no one understands you. It's a major responsibility, you have to grow up faster and learn to take care of yourself. People don't always realize that it's a disease and it could kill you. But hopefully it's not a lifelong battle. I hope they find a cure. And hopefully one day we won't have to explain how hard life with diabetes is but instead, what life without type 1 diabetes is like.



A note from our President

This month the Edmonton Cosmo Club had a tremendous turn out for Cosmo Day - a record 12 club members toured the city on our Cosmo Day Social Media Blitz. We also hosted a guest speaker from Breakthrough T1D, and we all learned a lot about this wonderful organization and how they support Type 1 Diabetics through research, advocacy, and supports. It was a great presentation!

Our members are very excited about the WCF Membership Competition, and as of our recent business meeting, we have added 4 new members! Welcome to Jen, Amy, Kelsey and

Carrie!

Our club is gearing up for a busy winter. In December, we will host our annual Christmas Giving event, which is our biggest event of the year, in which we donate much needed funds to very worthy organizations in the area. We will also hold our Cosmo Club Christmas party with our famous re-gift gift exchange - it always proves to be a big hit!

I look forward to the good works and good times that next month will bring.

Cosmo Tammy



President's Corner



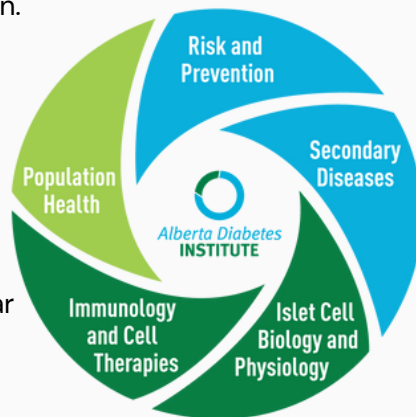
World Diabetes Day & Month: Research

Clinical research at the U of A is currently focused on 5 areas of research. Keep reading if you're curious about each area!

Islet cells, located in the pancreas's islets of Langerhans, are vital for glucose metabolism and overall health. β -cells, a key islet cell type, produce insulin, the hormone essential for blood sugar regulation. In Type 1 diabetes (T1D), autoimmune destruction of β -cells leads to insulin deficiency, while in Type 2 diabetes (T2D), insufficient β -cell function contributes to disease progression. Research at the Alberta Diabetes Institute explores islet cell biology to improve treatments like the Edmonton Protocol, an islet transplant procedure offering hope for T1D. Scientists aim to enhance transplant outcomes and develop innovative therapies to protect and restore islet function.

Secondary diseases of diabetes impact various organs due to prolonged high blood sugar (hyperglycemia) and metabolic dysfunction. Poor glycemic control often leads to hypertension, increasing the risk of cardiovascular issues like heart attacks, strokes, retinopathy, and nephropathy. Retinopathy causes vision loss through blood vessel overgrowth in the eyes, while nephropathy leads to kidney failure, a leading cause of premature death in diabetes. Other complications, such as neuropathy, gastroparesis, dyslipidemia, and non-alcoholic fatty liver disease (NAFLD), stem from metabolic disturbances. Researchers at the Alberta Diabetes Institute focus on prevention, early detection, and therapies to improve the quality of life for diabetes patients.

ADI's **Population Health** research examines how cultural, economic, and social factors influence diabetes-related behaviors and interventions. Using biomonitors and informatics, scientists assess health policies and care delivery. Through ACHORD, ADI integrates expertise to evaluate clinical, economic, and humanistic outcomes, improving diabetes care and quality of life.



Risk & Prevention: The Alberta Diabetes Institute unites experts to study diabetes onset and management, translating findings into practical applications. Research focuses on nutrition, exercise, and metabolism. Facilities include PADL, a gym for studying exercise and glucose control, and Canada's only whole-body calorimetry unit, advancing personalized prevention and management strategies for diabetes.

Immunology and Cell Therapies: The immune system is a complex network of cells and signals that defends the body against harmful substances. It identifies, neutralizes, and expels foreign materials, protecting against infections and diseases. However, this sensitivity can cause issues, such as autoimmune diseases like type 1 diabetes (T1D), where the immune system attacks the body's own tissues, destroying insulin-producing islet cells. At the Alberta Diabetes Institute (ADI), researchers focus on understanding the immune system and developing immunomodulation strategies. They aim to improve islet transplantation, such as the Edmonton Protocol, by reducing drug side effects and ultimately achieving transplants without immune rejection.



Cosmo Photo Gallery



Out in the snow in Lion's Park



Rock 'N August crew at the ADF Hummingbird Awards Gala where they won the Outstanding Philanthropist award 2024



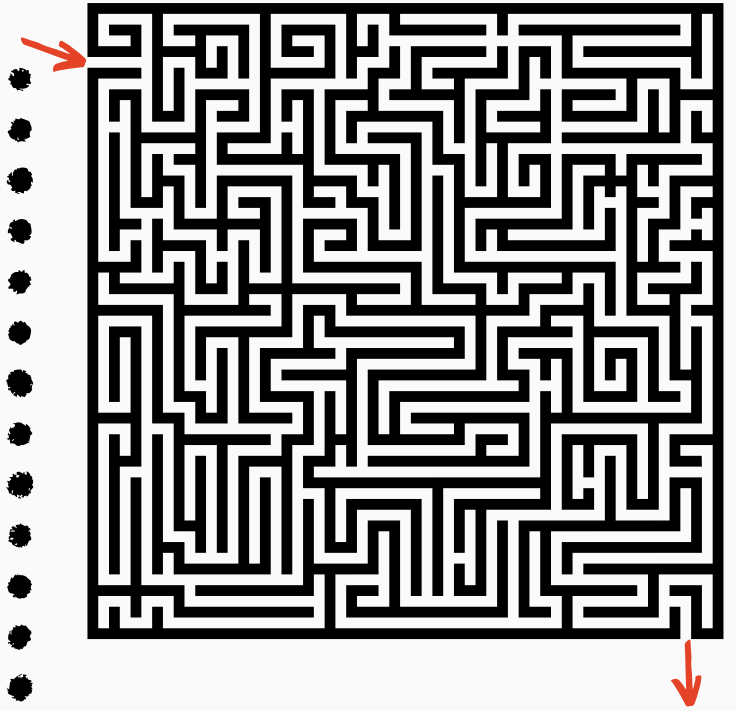
Cosmos joined in on the Veteran's Food Bank Remembrance Day Service



WORLD DIABETES DAY

A funny story from Cosmo Amanda:

As a type 1 diabetic, committed to a man (Dale) who was born on November 14th, or maybe better known as World Diabetes day – he often questions if the reason she married him was because of his birth date!!



Glappy Birthday!

Angela - Nov 20th

Happy Anniversary

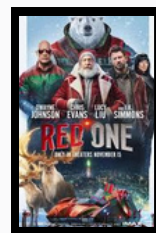
Jackie MacPhee - 1 year
Kim Saunders - 1 year



NOSFERATU



THE LORD OF THE RINGS: THE WAR OF THE ROHIRRIM



RED ONE



KRAVEN THE HUNTER



Committees 2024/2025

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 Large, 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 Large, 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: Kathy Walker – 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 Large, 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 Large (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 Large, 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 Sevcick, 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 Large, Cassidy Eldering, Kathy Walker

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 Large, Cassidy Eldering, Kathy Walker, Esther Hardy

November 11th



Remembrance Day

We wear a poppy
On Remembrance Day,
And at eleven
We stand and pray.
Wreaths are put
Upon a grave.
As we remember
Our soldiers brave.



2024-2025 Governor's Challenge

MEMBERSHIP/COMMUNICATION/DIABETES/FUN

Did your President submit his/her Annual Plan to the WCF Governor and CI?
If yes, **1 point**

Did your club have a guest speaker this month? If yes, **3 points**

Did the guest speaker present information related to diabetes or diabetes research? If yes, **5 points**

Did your club produce a newsletter this month? If yes, **3 points**

Did your club have a Cosmo of the Day or highlight a specific member in your newsletter? If yes, **1 point**

Did your club include information regarding diabetes or diabetes research in your newsletter? **5 points**

Did your club update or submit information to be posted on the WCF website? **5 points**

Did your club submit a report to Cosmo Topics? If yes, **5 points**

Member Spotlight - Amanda Bavle-Bannister



Amanda joined the Sturgeon Valley Cosmopolitan Club in 2007 and left in 2009. Then joined the Edmonton Cosmopolitan Club in 2021 because she has been T1 diabetic since 18 months old. She's happily common-law with 2 neurodivergent sons.

Favourite Activity: Sleeping as I don't get much

Favourite colour: Pink

Favourite Food: Pasta

Favourite Vacation: Australia and Mexico

Favourite COSMO Moment: International Convention in Edmonton, July 18-20, 2024

Our Club:

EDMONTON COSMOPOLITAN CLUB Founded: 05/04/1955

Location: Edmonton, Alberta Canada

Email Address: edmontoncosmoclub@gmail.com

Club Website: edmontoncosmoclub.org (under development)

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: Tim Kinniburgh
Treasurer: Kathy Walker
Secretary: Susan Sevcik
Sargent at Arms: Angela McFalls

UPCOMING MEETINGS/EVENTS:

December 9th: EDM Business Mtg & Christmas Giving event (virtual)

December 13th: Club Christmas Party



2024-25 CLUB ROSTER (21):

Allen, Tammy
Arbour, Carrie (New '24)
Bavle-Bannister, Amanda
Bouzane, Amy (New -24)
Cherwaty, Patti
Dory, Rick
Duliba, Kelsey (New '24)
Eldering, Cassidy
Hardy, Esther
Hardy, Lyle
Kinniburgh, Tim
Large, Shawna
MacKenzie, Cheryl
MacPhee, Jackie
McFalls, Angela
Saunders, Kim
Sevcik, Susan
VanBuskirk, Jen (New '24)
Walker, Kathy
Honorary:
Gary & Charlene Jurke