

# THE COSMO BULLETIN

EDMONTON COSMOPOLITAN CLUB  
ISSUE NO 5 | JAN 2026 | VOLUME 05



# 2026



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## Inside....

**INDUCTION OF NEW MEMBERS**

**BIRTHDAYS AND ANNIVERSARIES**

**A DAY IN DIABETES HISTORY**  
104 Yrs since the first human was injected insulin!

**HUMBOLDT 4X4X48**

**ISLET CELL TRIAL UPDATES**  
An exciting update on an islet cell clinical trial taking place in Canada, funding by Breakthrough T1D

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

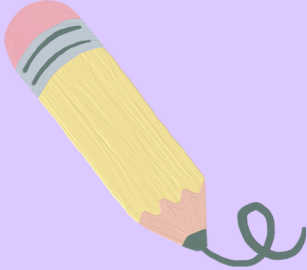
**FUN AND PHOTOS**

**COMMITTEES**  
2025-2026 committees

**MEMBER SPOTLIGHT**  
This month we are highlighting our brand new member Bernie!

Editorial Committee  
Cassidy Eldering  
Kelsey Duliba  
Shawna Plastow

# FRIENDLY REMINDER



Just a friendly reminder that the website will require multi-factor authentication (MFA) – and most importantly if you have to create a new password, don't pull a Susie! WRITE IT DOWN!

Jokes aside, we have all lost a password once or twice, and if needed, Angela can reset your password for you! =)

# New Member Induction

W/ SPECIAL GUEST WCF GOVERNOR  
GORD HENDRICKSON



At our January meeting we had a proper induction of our (present) new members at the meeting. **Carrie, Jen, Amy, Bernie, Lisa and Kim** were inducted by our special guest, **WCF Governor Gord Hendrickson!**

# Message from the President



Fellow Cosmos,

Does anyone else feel like it's the 357th day of January?! Every year I'm amazed at how January simultaneously drags on and flies by. This month defies all science and logic, yet we persist.

Amid the craziness that is January, our club welcomed the WCF Governor, Gord Hendrickson, to our business meeting. It was great to host him for our meeting and to have him induct our new members.

This month, we also had an incredible day at Ronald McDonald House, cooking and serving brunch. We got to tour the facility and learn about even more volunteer opportunities that will be available in the future.

The Edmonton Cosmo Club is gearing up for an exciting spring. In addition to our meetings and social/volunteer events, we will be getting ready for Awards season, WCF Convention, and much more.

## Happy BIRTHDAY!

Amy Bouzane – January 10th  
Jen Van Buskirk – January 16th  
&

Patti Cherwaty – January 12th

& Happy Belated  
Birthday to Bernie!!  
(December 27th)



## Anniversaries!

8 Years!  
Cheryl MacKenzie – 2018



## A Day in Diabetes History

Article: <https://www.umassmed.edu/dcoe/diabetes-education/patient-resources/first-insulin-injection/>

On January 11, 1922, the first ever human insulin injection was administered in Toronto, Canada to 14 year-old Leonard Thompson!

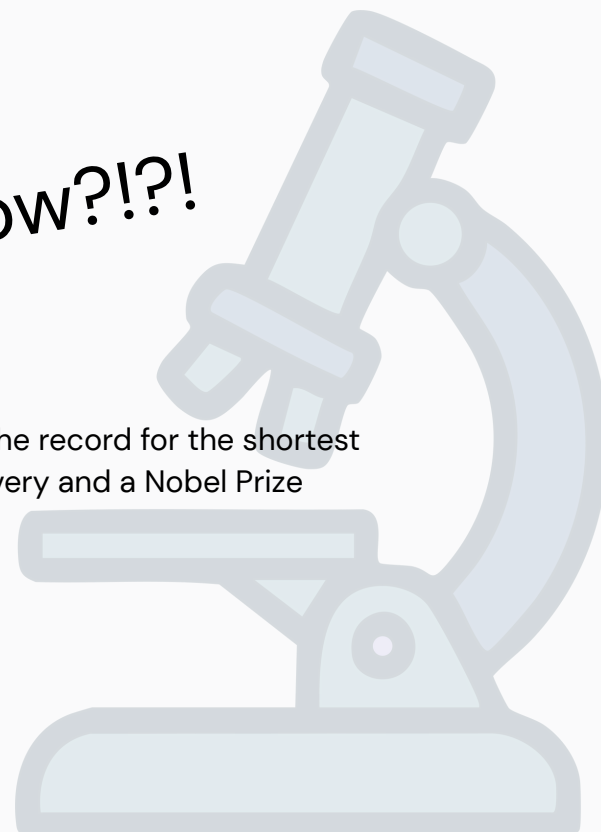
Frederick Banting and Charles Best were the first to discover the life saving properties of insulin to those with type 1 diabetes when they tested it on dogs. Previous to these discoveries, people with type 1 diabetes were given weeks to live (if that), as diabetes was considered a terminal disease. The only other option to prolong life was to eat a high protein and low carb/sugar diet; this was a temporary solution as it would optimally only give up to an extra year of life to those with diabetes.

With the help of John Macleod and J.B. Collip, Banting and Best administered insulin taken from cattle at a slaughter house to Leonard Thompson. By 1923, insulin was available worldwide. Banting and Macleod had sold the licensing rights to pharmaceutical companies worldwide, royalty free! Not only did they discover the medicine that took away the terminal diagnosis for those with diabetes, but they also won the Nobel Prize in medicine for it.



Did You Know?!?!?

To this day, this Nobel Prize holds the record for the shortest time between a medical discovery and a Nobel Prize award!!!



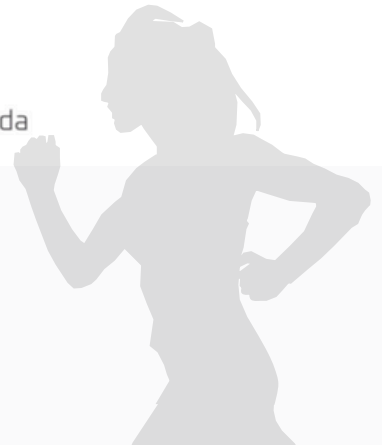
# HUMBOLDT 4X4X48

Website: <https://www.t1d4x4x48.com/>

JUNE  
5TH - 7TH

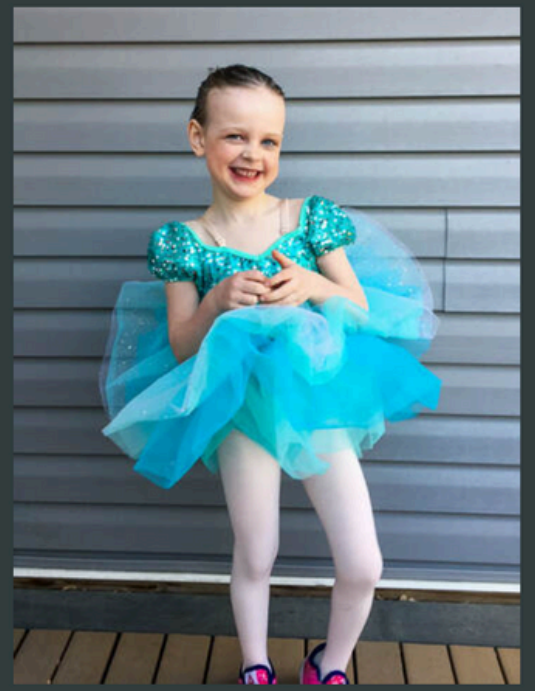
## T1D 4x4x48 Ultramarathon

A 4x4x48 is a run pioneered by ultra-marathoner, David Goggins. Athletes run 4 miles every 4 hours over the course of a 48 hour period. That means twelve - 4 mile runs in 2 days for a total of 48 miles. Our 6th Annual T1D 4x4x48 is in support of finding a cure for Type 1 Diabetes and raising awareness for those living with this auto-immune disease. In the past 5 years we have raised over \$350,000 to support cure-based research through DRIFCan, an organization based in Edmonton, Alberta that is directly funding researcher Dr. James Shapiro. Learn more about their mission at [www.drifcan.com](http://www.drifcan.com).



### The Inspiration

Aubree Holtvogt was diagnosed with Type 1 Diabetes in 2018 at the age of 4. Her dad, Jason wanted to challenge himself in 2021 to increase his personal fitness but he also wanted to do something to acknowledge the life-long struggle that his daughter and those living with T1D have to endure until a cure is found. It is a mental grind that they do not get a break from, 24 hours a day 7 days a week. This is the inspiration behind the our annual T1D 4x4x48 - to raise awareness, to raise funds for critical research and to raise up the community of T1Ds and their supporters.



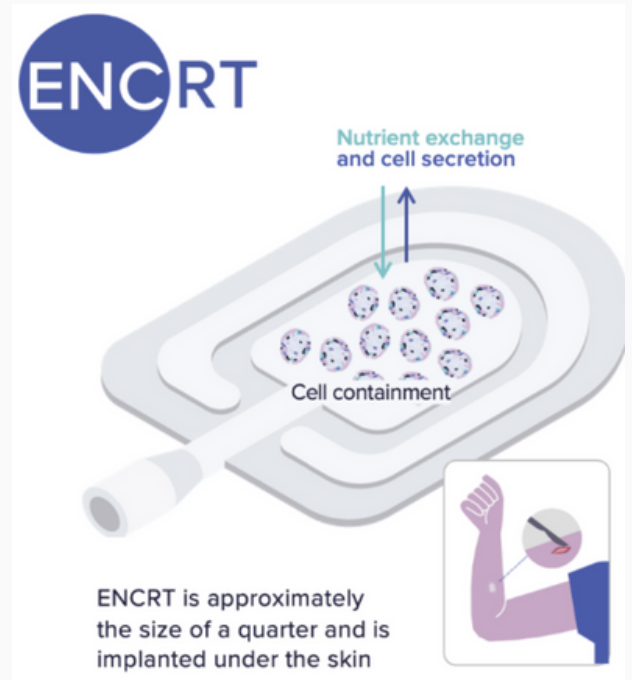
## Encellin Cell Therapy Trial Updates!!

Article: <https://breakthrough1d.ca/cell-therapy-trial-encellins-device-delivers-promising-early-results/>

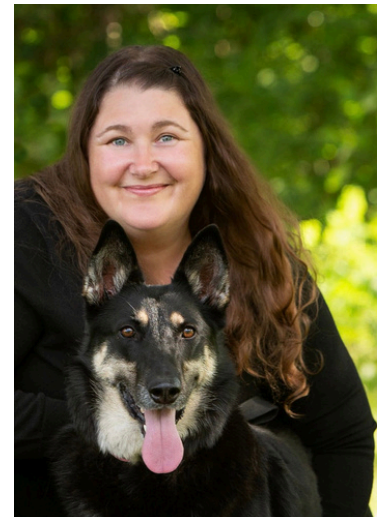
Breakthrough T1D has reported recent success on a clinical trial that they are funding; the first phase of a trial that utilizes cadaveric human donor islet cells being implanted in adults with type 1 diabetes. This trial is taking place in Montreal and Toronto, and uses Encellin's ENCRT (Encapsulated Cell Replacement Therapy) to implant islet cells. They essentially act like a tea bag, hosting donor islet cells that can grow and thrive in the recipients body.

Traditionally, the main concerns/findings with microencapsulation devices were high levels of fibrosis that prevented cell survival, the ability for the cells to access oxygen and nutrients, and the limited release of insulin. Thus far, with the ENCRT device, there have been minimal to no signs of fibrosis occurring, a healthy amount of blood vessels forming around the device, and viable islet cells remaining within the device. This gives hope that the survival of cells in this cell-based therapy is possible.

The results of this first phase were released on January 6<sup>th</sup>, 2026, and more updates on this clinical trial are expected in the future.



# CFCI *UPDATE*



2026 is here and time is already flying by. It is great to see the days starting to get a little longer and the new year settling in.

Fun Fact – you don't need to be a cosmopolitan to donate to become a Beacon or make a onetime donation. If you have any friends or family that are interested in a donation please have them check out our website for more details <https://www.cosmofoundationcanada.org/the-northern-beacon-program>

Yours in fellowship,

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

**MEMBERSHIP  
COMPETITION  
UPDATE**

## Big Butlers

Team Captain: Cassidy

**Points Update: 36**

## Dizzy Lambs

Team Captain: Carrie

**Points Update: 51**

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



# Cosmo Christmas Party!



# AWARDS SEGMENT

For the new year I'd like to start by talking about the **COSMO OF THE YEAR AWARD!**

This award is given to an outstanding Cosmopolitan for exemplary Cosmopolitan service over a period of not less than 1½ and not more than 2 full continuous calendar years prior to the date of the International Convention at which the award is to be presented.

This award is based 75% on Cosmopolitan service and 25% on community service, family or church activities, or business standing. This award is intended to recognize a hard-working Cosmopolitan whose primary contributions have been at the local level.

## **Cosmo of the Year nominating requirements:**

- Membership in a local Cosmopolitan club for at least two years prior to the time the nomination is submitted;
- Good standing in the local Cosmopolitan club;
- Attendance of at least 75% at local club meetings;
- No remuneration for civic service to the club or to any other organization being considered in the candidate's nomination; and
- Approval and endorsement by the Board of Managers of the local club.



## *Member Spotlight* - Bernie Saunders



Bernie officially joined the Cosmos in December of 2025! But many of our members already know him as he has attended many Cosmo events with his wife Kim! We are all so excited that he has decided to join our Cosmo family!

**Why do you like being a Cosmo:** Being a part of group that makes a difference and spending time with my wife.

**Favorite Time of Year:** Fall, cool mornings and all the colors of the leaves.

**Favorite Game to Play Outside:** Horseshoes

**Favorite Food:** Donair

**Farthest Place You've Travelled:** Cape Breton, N.S. to Victoria, B.C.

**Favorite Cosmo Moment:** I cannot pick one moment out, they are all rewarding with a great group of people.



# NEW YEARS TRIVIA

1. In which city does the famous Times Square New Year's Eve ball drop take place?

- A) Los Angeles
- B) New York City
- C) Chicago
- D) Boston

2. What year did the first official Times Square ball drop occur?

- A) 1899
- B) 1904
- C) 1921
- D) 1933

3. Which country is traditionally the first to welcome the New Year each year?

- A) Australia
- B) Japan
- C) New Zealand
- D) Fiji

4. What food is traditionally eaten in Spain at midnight on New Year's Eve for good luck?

- A) Olives
- B) Grapes
- C) Dates
- D) Almonds

5. What is the name of the song commonly sung at midnight on New Year's Eve in English-speaking countries?

- A) Imagine
- B) Celebration
- C) Auld Lang Syne
- D) New Year's Day

6. In which country do people traditionally smash plates or throw old dishes on New Year's Eve for good luck?

- A) Germany
- B) Greece
- C) Denmark
- D) Italy

7. How many seconds does the Times Square ball drop take from start to finish?

- A) 10 seconds
- B) 30 seconds
- C) 60 seconds
- D) 90 seconds

8. What color is most commonly associated with New Year's Eve celebrations worldwide?

- A) Red
- B) Gold
- C) Green
- D) Blue

9. Which animal represented the Chinese Zodiac in 2024?

- A) Rabbit
- B) Dragon
- C) Tiger
- D) Snake

10. What is the most common New Year's resolution people make?

- A) Save money
- B) Travel more
- C) Eat healthier / exercise
- D) Learn a new skill

# 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**



### 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, Bernie (New '25)
- Saunders, Kim
- Sevcik, Susan
- VanBuskirk, Jen
- Vigneau, Lisa (New '25)
- Walker, Kathy

Honorary:  
Gary & Charlene Jurke

Last Meeting Attendance  
(01/12/26): 17

### 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)

**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:

**December 13<sup>th</sup>:** Christmas Party  
**January 12<sup>th</sup>:** Business Meeting @ Boston Pizza  
**January 25<sup>th</sup>:** Volunteering at the Ronald McDonald House