

THE COSMO BULLETIN



EDMONTON COSMOPOLITAN CLUB
ISSUE NO 2 | OCT 2025 | VOLUME 05

HAPPY FALL
Y'ALL!!



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Inside....

PRESIDENT'S MESSAGE

From the keyboard of President Tammy Allen

FUN AND PHOTOS

WHAT'S NEW

The Freestyle Libre 3 Plus CGM System

CFCI UPDATE FROM ANGELA

SWEET TREAT DEETS

How you can manage all the Halloween treats this season

ALL TREATS & NO TRICKS

Carb counting your fave Halloween treats

COMMITTEES

2025-2025 committees

MEMBER SPOTLIGHT

This month we are highlighting Lisa Vigneau!



Editorial Committee

Cassidy Eldering

Kelsey Duliba

Shawna Plastow

President's Corner



The Edmonton Club continues to focus on Membership acquisition and retention, and have decided to continue with our own club membership competition.

Using the power of technology, we have randomly selected team names and team members for this year's competition.



Our two teams are:

Big Butlers:

Team Captain: Cassidy

| | |
|--------|--------|
| Esther | Jackie |
| Susie | Leslie |
| Angela | Kathy |
| Shawna | Kelsey |
| Lyle | Rick |
| | Amira |

Dizzy Lambs:

Team Captain: Carrie

| | |
|-------|--------|
| Amy | Lisa |
| Tammy | Amanda |
| Jen | Cheryl |
| Kim | Patty |
| Tim | Kery |

Membership competition will consist of points awarded to a team as follows:

Identifying a potential new member: **1 point**

Contacting a potential member by phone or in person: **1 point**

Bringing a potential member to a social/membership event: **5 points**

Sponsoring a member who joins the club: **10 points**

Team members will report their membership activity and associated points to their team captains, and Team Captains will submit team points to me. I will update the club at meetings and in the newsletter each month.

Currently, our club has gained three new members this membership year, and the Dizzy Lambs are in the lead! Stay tuned to see how our two teams do this year!



Happy Birthday

Carrie Arbour

Susie Sevcik

Shawna Plastow

Cassidy Eldering



October Anniversaries

15 Years!

Tammy Allen



31 Years!

Esther Hardy

Charlene Jurke

Gary Jurke

5 Years!

Cassidy Eldering

Shawna Plastow

2 Years!

Patti Cherwaty



WOW

What's NEW & EXCITING

IN DIABETES
CARE

We love tech advances in the diabetes community. The Freestyle Libre 3 Plus was released back in July of 2025 and has brought some new and interesting features into the CGM world.

CGM's were first FDA approved in 1999. For many of diabetics, they started on multiple daily injections with syringes, constant finger pokes, and a lot of mental math for carb counting. In just 25 years, this field is advancing to transform the lives of diabetics.

Features to note:

- Updated readings every 1 minute
- A smaller wearable sensor, compared to previous Libre versions
- Wearable or up to 15 days
- 1-hour warm-up period
- The approved age range has been extended to people as young as 2 years old
- Able to integrate with various Automatic Insulin Delivery systems (closed loop)
- Compatible with with Freestyle readers and through an app, for user preference (however these apps do require cell phone service to function (not always recommended or ideal for users))
- Said to cost less than other CGM options (based on your coverage level; please consult your pharmacy/provider to confirm)



While this system may not be for everyone. It is nice that, as diabetics, we have the autonomy to choose what is right for us rather than being placed on a standardized system-care plan. You have options!

CFCI *UPDATE*

Spotlight - Northern Beacon



There are seven levels within the program. You reach these levels once you have donated the identified milestone. Donations may start at \$100/year and you can take up to 10 years to achieve your level.

Fun Fact - this program is open to Cosmos and non Cosmos. If you know of someone looking to earn an extra tax receipt, what a great opportunity!

When you join the Beacon program you receive a plaque which you can add on gold stickers for each year you donate. Feedback from some members indicate they would prefer an option to pass on the plaque. We are currently revamping our Beacon join form to allow new users to opt-in or out for a plaque. Stay tuned for the updated Beacon Join form!

LEVELS & MILESTONES

- Northern Beacon - \$1,000
- Silver Beacon - \$2,000
- Gold Beacon - \$3,000
- Platinum Beacon - \$5000
- Canadian Emerald Beacon - \$10,000
- Canadian Ruby Beacon - \$30,000
- Canadian Diamond Beacon - \$50,000+

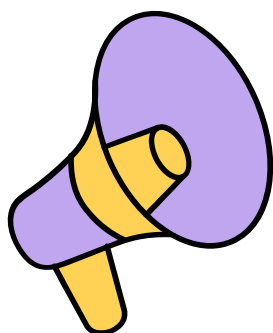
Check out our website for more details - <https://www.cosmofoundationcanada.org/the-northern-beacon-program>

If you have any questions, please don't hesitate to contact me!

Angela McFalls | angelamcfalls7@outlook.com

CFCI President

Let's keep recruiting!



It takes a village! If you know anyone who would like to help us in our fight against diabetes, bring them to the next meeting or one of our monthly events! We love new friends!!



Sweets Without The Spike!



Missing out on those traditional fall treats is never fun! Whether it's goodies at a Halloween party, pies at Thanksgiving, or just a warm drink on a cozy fall night, there are so many ways to make them satisfying without the high sugar levels!

Try these sweet trick to avoid those nasty glucose spikes:

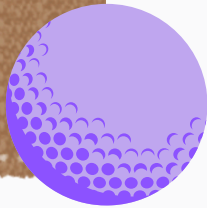
- 1.Reduce the sugar in recipes by adding sugar-free vanilla pudding mix into your pie filling!**
- 2.Pay attention to desserts with fruits; even though the sugars are natural, glycemic index can substantially affect glucose spikes! Go for fruits sugar as cherries, strawberries, & raspberries!**
- 3.For a fancy latte or hot chocolate, opt for sugar-free syrups. Not only are these tasty alternatives, but many of your favorite coffee shops sell them directly in store!**
- 4. Add sources of protein, such as plain Greek yogurt, protein powder, cottage cheese, or chickpea flour, to help lessen glucose spikes!**
- 5. Use Stevia as a sugar substitute!**
- 6.Incorporate fiber into recipes; ingredients such as chia seeds, hemp hearts, and avocados!**

***Although these tips and tricks may help some, you know your diabetes best!**

Use with caution & regularly check glucose levels when trying something new!



SEPT 2025
MINI GOLF



ALL TREATS, NO TRICKS!!!



<https://www.breakthrough1d.org/wp-content/uploads/2020/09/Halloween-candy-carb-counts.pdf>

When Halloween festivities are in full swing, it's easy to miscount carbohydrates, forget to bolus for treats, or even underestimate how many of those tempting little candy bars you've eaten. Thankfully, most Halloween treats have nutritional facts on each individual candy. But not all do.

Breakthrough T1D has put together a quick reference guide with carbohydrate counts for popular Halloween treats (a handy treat-cheat-sheet, if you will). This can be found on their website and at the top of this page. It is conveniently in PDF form, so you can save it on your phone and have it readily available for this Halloween season!

Below are some of the common Halloween treats and their carbohydrates. How many did you know?

| Nutrition Facts / Valeur nutritive | | | | | | | | |
|------------------------------------|--|-------------|---|-------------|---|-------------|---|-------------|
| | SMARTIES Per 4 boxes (40 g) Pour 4 boîtes (40 g) | | COFFEE CRISP Per 4 bars (44 g) Pour 4 barres (44 g) | | KITKAT Per 3 bars (35 g) Pour 3 barres (35 g) | | AERO Per 6 bars (44 g) Pour 6 barres (44 g) | |
| Calories | 180 | | 220 | | 180 | | 230 | |
| | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* |
| Fat / Lipides | 6 g | 8 % | 11 g | 15 % | 9 g | 12 % | 12 g | 16 % |
| Saturated / saturés | 3.5 g | | 6 g | | 5 g | | 7 g | |
| + Trans / trans | 0 g | 18 % | 0.1 g | 31 % | 0.1 g | 26 % | 0.1 g | 36 % |
| Carbohydrate / Glucides | 31 g | | 29 g | | 23 g | | 28 g | |
| Fibre / Fibres | 0 g | 0 % | 1 g | 4 % | 1 g | 4 % | 1 g | 4 % |
| Sugars / Sucres | 29 g | 29 % | 19 g | 19 % | 18 g | 18 % | 26 g | 26 % |
| Protein / Protéines | 1 g | | 2 g | | 2 g | | 3 g | |
| Cholesterol / Cholestérol | 5 mg | | 5 mg | | 5 mg | | 10 mg | |
| Sodium | 20 mg | 1 % | 45 mg | 2 % | 30 mg | 1 % | 40 mg | 2 % |
| Potassium | 100 mg | 3 % | 125 mg | 4 % | 125 mg | 4 % | 200 mg | 6 % |
| Calcium | 40 mg | 3 % | 40 mg | 3 % | 40 mg | 3 % | 75 mg | 6 % |
| Iron / Fer | 0.50 mg | 3 % | 0.75 mg | 4 % | 1 mg | 6 % | 1 mg | 6 % |

*DV = Daily Value *5% or less is a little, 15% or more is a lot
*VQ = valeur quotidienne *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

| Nutrition Facts / Valeur nutritive | | | | | | | | | | | |
|------------------------------------|---------------------------|-------------|------------------------|-------------|---------------------------|-------------|-----------------------|-------------|---------------|-------------|--|
| | Sour Patch Kids (38 g) | | Swedish Fish (38 g) | | Swedish Berries (38 g) | | Fuzzy Peach (38 g) | | | | |
| Calories | 140 | | 140 | | 140 | | 140 | | | | |
| | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* | |
| Fat / Lipides | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | |
| Saturated / saturés | 0 g | | 0 g | | 0 g | | 0 g | | 0 g | | |
| + Trans / trans | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | |
| Carbohydrate / Glucides | 34 g | | 34 g | | 34 g | | 34 g | | 34 g | | |
| Fibre / Fibres | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | |
| Sugars / Sucres | 29 g | 29 % | 28 g | 28 % | 28 g | 28 % | 29 g | 29 % | 29 g | 29 % | |
| Protein / Protéines | 0 g | | 0 g | | 0 g | | 0 g | | 0 g | | |
| Cholesterol / Cholestérol | 0 mg | 0 % | 0 mg | 0 % | 0 mg | 0 % | 0 mg | 0 % | 0 mg | 0 % | |
| Sodium | 30 mg | 1 % | 30 mg | 1 % | 30 mg | 1 % | 30 mg | 1 % | 30 mg | 1 % | |
| Potassium | 0 mg | 0 % | 0 mg | 0 % | 0 mg | 0 % | 0 mg | 0 % | 0 mg | 0 % | |
| Calcium | 0 mg | 0 % | 0 mg | 0 % | 0 mg | 0 % | 0 mg | 0 % | 0 mg | 0 % | |
| Iron / Fer | 0.1 mg | 1 % | 0.1 mg | 1 % | 0.1 mg | 1 % | 0.1 mg | 1 % | 0.1 mg | 1 % | |

*DV = Daily Value *5% or less is a little, 15% or more is a lot
*VQ = valeur quotidienne *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

| MARS [®] Bar/Barre | | |
|--|--|--|
| Nutrition Facts / Valeur nutritive | | |
| Per 3 pieces (40 g) / pour 3 morceaux (40 g) | | |
| Calories 180 | | % Daily Value* / % valeur quotidienne* |
| Fat / Lipides 7 g | | 9 % |
| Saturated / saturés 4 g | | 21 % |
| + Trans / trans 0.1 g | | |
| Carbohydrate / Glucides 28 g | | |
| Fibre / Fibres 0 g | | 0 % |
| Sugars / Sucres 24 g | | 24 % |
| Protein / Protéines 2 g | | |
| Cholesterol / Cholestérol 5 mg | | |
| Sodium 60 mg | | 3 % |
| Potassium 100 mg | | 3 % |
| Calcium 50 mg | | 4 % |
| Iron / Fer 0.3 mg | | 2 % |

*5% or less is a little, 15% or more is a lot
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

| M&M'S [®] Peanut Chocolate Candies / Bonbons au chocolat arachide | | |
|--|--|--|
| Nutrition Facts / Valeur nutritive | | |
| Per 3 packets (39 g) / pour 3 paquets (39 g) | | |
| Calories 200 | | % Daily Value* / % valeur quotidienne* |
| Fat / Lipides 10 g | | 13 % |
| Saturated / saturés 4 g | | 20 % |
| + Trans / trans 0 g | | |
| Carbohydrate / Glucides 23 g | | |
| Fibre / Fibres 2 g | | 7 % |
| Sugars / Sucres 20 g | | 20 % |
| Protein / Protéines 4 g | | |
| Cholesterol / Cholestérol 0 mg | | |
| Sodium 20 mg | | 1 % |
| Potassium 150 mg | | 4 % |
| Calcium 40 mg | | 3 % |
| Iron / Fer 1 mg | | 6 % |

*5% or less is a little, 15% or more is a lot
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

| SNICKERS [®] Bar/Barre | | |
|--|--|--|
| Nutrition Facts / Valeur nutritive | | |
| Per 4 pieces (36 g) / pour 4 morceaux (36 g) | | |
| Calories 170 | | % Daily Value* / % valeur quotidienne* |
| Fat / Lipides 8 g | | 11 % |
| Saturated / saturés 3 g | | 15 % |
| + Trans / trans 0 g | | |
| Carbohydrate / Glucides 22 g | | |
| Fibre / Fibres 1 g | | 4 % |
| Sugars / Sucres 19 g | | 19 % |
| Protein / Protéines 3 g | | |
| Cholesterol / Cholestérol 0 mg | | |
| Sodium 85 mg | | 4 % |
| Potassium 100 mg | | 3 % |
| Calcium 30 mg | | 2 % |
| Iron / Fer 0.3 mg | | 2 % |

*5% or less is a little, 15% or more is a lot
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

| TWIX [®] Bar/Barre | | |
|--|--|--|
| Nutrition Facts / Valeur nutritive | | |
| Per 4 pieces (40 g) / pour 4 morceaux (40 g) | | |
| Calories 200 | | % Daily Value* / % valeur quotidienne* |
| Fat / Lipides 9 g | | 12 % |
| Saturated / saturés 5 g | | 26 % |
| + Trans / trans 0.1 g | | |
| Carbohydrate / Glucides 27 g | | |
| Fibre / Fibres 0 g | | 0 % |
| Sugars / Sucres 20 g | | 20 % |
| Protein / Protéines 2 g | | |
| Cholesterol / Cholestérol 0 mg | | |
| Sodium 80 mg | | 3 % |
| Potassium 75 mg | | 2 % |
| Calcium 40 mg | | 3 % |
| Iron / Fer 0.5 mg | | 3 % |

*5% or less is a little, 15% or more is a lot
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

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 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.

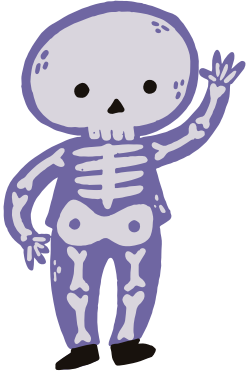
Current Members: Tammy Allen, Angela McFalls, Shawna Plastow, Cassidy Eldering, Kathy Walker, Susie Sevcick

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

welcome!

To The Cosmos!!!



Amira Refaat

hello

FUN ZONE!

CAN YOU SPOT THE 10 DIFFERENCES?



Member Spotlight - Lisa Vigneau



Lisa joined the Cosmos March of 2025!

Why do you like being a Cosmo: They support a great cause and I got to meet some great people

Favourite time of the year: Christmas

Favourite games to play outside: Baseball, mini putt

Favourite Food: Chinese

Farthest place you've travelled: Dominican (Punta Cana)

Favourite Cosmo Moment: Volunteering for Rock 'N August

Our Club:

EDMONTON COSMOPOLITAN CLUB Founded: 09/04/1930

Location: Edmonton, Alberta Canada

Email Address: edmontoncosmoclub@gmail.com

Club Website: edmontoncosmoclub.org

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:

October 13th: Business meeting @ Boston Pizza

October 27th: Escape Room @ Time Escape

November 1st: Cosmo Day Festivities

November 10th: Business meeting @ Boston Pizza



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

Honorary:
Gary & Charlene Jurke

Last Meeting Attendance
(10/11/25): 6