



The Club that Fights Diabetes

# The Wascana Scuttlebutt

Wascana Cosmopolitan Club Newsletter

2255-13<sup>th</sup> Avenue, Regina Sask. Canada S4P 0V6

Find us on Facebook under Wascana Cosmopolitan Club

Email us at [wscanacosmo@outlook.com](mailto:wscanacosmo@outlook.com)

Club Website coming soon!

Issue 4 | December 2023 & January 2024 Edition

Editor: Christine Shepherd

## WHAT'S INSIDE

### THE MONTH'S HAPPENINGS

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*Christmas Potluck!*

*January Pizza Meeting!*

### COSMO DAY

*What to do next year...*

### GOVERNOR CHALLENGE

*Whoop Whoop we are getting the hang of this! What else can we do!*

### AMUSMENT AREA

*Diabetes facts, puzzles, jokes and more!*

### RESEARCH

*Take a look at what CFCI is involved in supporting.*

### CLUB ZONE

*Club roster, and upcoming dates.*

## Wascana Members Enjoyed Game Night!



The cheque for **\$50,000** from the Charity Fair & Auction was presented to the Cosmopolitan Learning Centre on December 14<sup>th</sup> 2023!

# DECEMBER & JANUARY HAPPENINGS...

## Christmas Potluck @ the Dumonceaux's:

### EVENT HIGHLIGHTS!!

Spread the Christmas cheer! We did our annual gift exchange and potluck brunch at the Dumoceaoux's. Most importantly our new members got inducted and received their welcome packages!



Drum roll please....

**WELCOME TRINA and KELLY!**



Don't stop those drums yet...

**WELCOME JACKIE and CARTER!!!**

## IMPORTANT NOTES:

- ★ John shared President Rick's season greetings as he thought that hanging out at the beach was more fun than attending the event. Okay, okay considering the freezing cold weather we have been having maybe I am a touch envious 😊! Thanks for thinking of us on your holidays Rick!!
- ★ We are close to our goal of selling out this year... almost there, keep going Cosmo's!!!

## Christmas Supper with the Regina Cosmopolitan Club:

### EVENT HIGHLIGHTS!!

This year the Regina club invited us to their annual Christmas supper. They also invited members from the Cosmopolitan Centre board and those that help with planning of the Charity Fair. It was hosted by Brian Leipert at the St. Mary's Hall where we enjoyed delicious food, singing Christmas carols, prizes to be won and new and old friendships.

### PHOTOS FROM THE EVENT!



The Greek members of the Regina club sang us part of a song they sing in their culture this time of the year!



This is when they announced that each table would be singing Christmas carols!!!



This is when they announced what table would be going first!!



The guy standing, that is not Brian Leipert... he was the one that got the carols started for us and lead the way!! Also, notice how all of a sudden my table is practically empty! There is no getting out of singing the carols... Trust me some tables tried 😊



They presented Karen and Jerry Grywacheski with gifts... Karen for all the help she has provided to the Charity Fair & Auction for the past years... Jerry for being their Forever President!!



🙄 Karin let us know not to worry it is not ticking!!!

# January's Pizza Jersey Wearing Meeting:

## EVENT HIGHLIGHTS!!

Since a lot of our members were away on holidays and we weren't able to book bowling we decided to have a meeting at Western Pizza that is owned by one of our fellow Regina Club's Cosmo. Cosmo Maureen Dumonceaux challenged everyone to wear a jersey to the event and would give a prize to the member with the best non-Rider jersey!

## PHOTOS FROM THE EVENT!



You can see our newly appointed Sgt-at-Arms Cosmo Liam Seidler hard at work already!!!



The server asked Cosmo Liam for his ID when he ordered an alcoholic beverage.... The server did not ask Cosmo John for his ID when he was inquiring about the senior's menu!!





## IMPORTANT NOTES:

- ★ **WE SOLD OUT!!!!!!** Trip of the Month this year was a huge success and we officially have sold out! Way to go Cosmo's!!!
- ★ New Foundation Director needed for our club next year. If your interested or want some more information let Kathy Krysak know!
- ★ Prize for best non-Rider jersey went to Cosmo Laim... Cosmo Maureen stated that Raymore High School Jersey won and she was certain that by wearing this is why he was asked for ID, but I think it is to get in his good books as Liam is our newly appointed Sgt-at-Arms. Only time will tell, I guess!

## COSMO DAY...

**November 4th, 2024**

Start thinking about next year!! Is there something you would like to do... well we would love to hear it, so here is what you can do:

- ❖ Speak Up! We **LOVE** new ideas or challenges so bring it up at the next meeting.
- ❖ Afraid you will forget before the next meeting. Never fear you President and Secretary are here! Email your idea to President Rick and/or Secretary Christine and they will add it to the agenda and present it to the club at the next meeting.

## GOVERNOR CHALLENGE...

**THIS YEAR OUR WCF GOVERNOR ISSUED A CHALLENGE TO ALL CLUBS, AND WE ARE HERE TO WIN IT!!**

Here are some ideas to think about so we can get some more points:

- ❖ Think of a guest speaker we can bring in to talk to the club.
- ❖ Bring potential members to the meetings.
- ❖ Wear mismatched socks 😊😊
- ❖ Can we get another club to attend our meeting and vise versa.
- ❖ Stay tuned for more or look at the Governor's Focus Newsletter sent to all members.

# AMUSEMENT AREA...

## THIS MONTH'S PUZZLE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Diabetes Word Search

D 1 S A E R C N A P 2 Y B D A G O F O A B R 1 N  
W 1 C T V U I R Y W V A P Y N I E U S O F T E N  
L L 1 E T B S C E N N I A I M E C Y L G O P Y H  
N D W R R G R D V A 2 D V U T N H T Y P E 2 L T  
Y Y H T A P O N I T E R G E N B O W D C C 2 T 2  
A N G T 1 H U O G L E T L L M 1 V C U E E Y H N  
E C L O L Y S L O S P 2 U B I E Y W C U P B O S  
Y R 1 F W S A F M N Y L C A Y I 1 A O E A I V O  
H H A F E I I I M L Y M O T U F O G 1 1 T F 2 Y  
T O M H P C M N M I L D S E E D R O C R E D P L  
A V T P S A E S 2 O P G E G M W S T O F O S G N  
P C B U N L C U N C A F 2 E B F P P B L I 2 P T  
O D M H I A Y L S Y 1 I E V 2 F R B R E B I F E  
R T M S E C L I M E T F O R M I N U F U 1 F 2 F  
H L E D T T G N I N 2 W 1 S E F T N I L W H V R  
P 2 S L O I R P C 1 G G T M B A I E A T V P L M  
E H D G R V E A W A C L N E U R O P A T H Y H V  
N H Y A P I P P L Y S T G V 2 A P C G W D T R E  
B P T A U T Y P U L C N O I T I R T U N B A W U  
A E F B T Y H 1 G G F N O W M B Y G W A Y L W G  
H I I Y D N T E T A R D Y H O B R A C E E G S C  
T R H O W H O L E G R A I N S D I A B E T E S B  
G Y Y F 1 F U L C O E L B A B V D C M N W I D R  
2 C C R U 2 M U U E D L A N O I T A T S E G 2 P

Metformin  
neuropathy  
fiber  
vegetable  
nutrition  
Type 1

gestational  
retinopathy  
carbohydrate  
fruit  
HbA1C  
Type 2

pancreas  
insulin  
portion  
protein  
glucose  
Diabetes

nephropathy  
physical activity  
serving  
whole grains  
hyperglycemia  
hypoglycemia

### JOKE OF THE MONTH



WHAT DOES A DIABETIC ELF NEED?

TINSELIN!

## FACTS ABOUT DIABETES

### What are the risk factors for diabetes?

If you are aged 40 or older or you are an individual at high risk on a risk calculator, you are at risk for type 2 diabetes and should be tested at least every three years. If any of the following risk factors apply, you should be tested earlier and/or more often:

#### Being:

- a member of a high-risk group
- overweight (especially if you carry most of your weight around your middle)

#### Having:

- a parent, brother or sister with diabetes
- health complications that are associated with diabetes
- given birth to a baby that weighed more than 4 kg (9 lb)
- had gestational diabetes (diabetes during pregnancy)
- prediabetes (impaired glucose tolerance or impaired fasting glucose)
- high blood pressure
- high cholesterol or other fats in the blood
- been diagnosed with any of the following conditions:
  - polycystic ovary syndrome
  - acanthosis nigricans (darkened patches of skin)
  - psychiatric disorders: schizophrenia, depression, bipolar disorder
  - obstructive sleep apnea
  - you use glucocorticoid medication

Facts provided by Diabetes Canada Website.  
Link: [Lifestyle management - Diabetes Canada](#)

## RESEARCH...

WANT TO KNOW WHAT CFCI IS DONATING TO. VISIT THESE SITES TO FIND OUT SOME MORE OF WHERE OUR MONEY IS GOING.



### CFCI Website

Meet the executive board and the club directors. Look at current projects that we are committed to including our scholarship program.

[www.cosmofoundationcanada.org](http://www.cosmofoundationcanada.org)

### DRIFCan

Meet Meleine Hibbard, the Executive Director of DRIFCan and Dr Shapiro and his team working towards a cure for diabetes.



[www.drifcan.com](http://www.drifcan.com)



**Alberta Diabetes**  
FOUNDATION

### ADF - Alberta Diabetes Foundation

Meet Dr Buteau who is leading the research into beta cell regeneration and is currently in phase 2 of clinical trials.

[www.albertadiabetesfoundation.com](http://www.albertadiabetesfoundation.com)

## CLUB ZONE...

## SAVE THE DATE...

### Upcoming Club Events

#### February 23<sup>rd</sup>

Looking into going to The Grotto or Last Mountain Distillery

#### March-June

Have any ideas for some fun and exciting places we can have our meetings. Please bring them up at the next meeting or email Christine Shepherd or Rick Lockyer so we can put it in the agenda 😊

#### May 17<sup>th</sup> – 19<sup>th</sup> WCF Annual Convention

Winnipeg Club is hosting this year @ Best Western Plus Winnipeg Airport Hotel

#### July 18<sup>th</sup> – 21<sup>st</sup> Cosmopolitan International Convention

Edmonton club on behalf of the WCF is hosting this year @ The Westin Edmonton



# WHO'S WHO...

CI Executive Director Melvina Newman – [headquarters@cosmopolitan.org](mailto:headquarters@cosmopolitan.org)

## WCF Board

Past Governor – John Krysak  
Governor – Karen Shepherd  
Governor Elect – Cheryl Mackenzie  
Lt. Governors – Gord Hendrickson  
                    Greg Nicol  
                    !?! Vacant  
Treasurer – Keith Shepherd  
Secretary – Kathy Walker  
Judge Advocate – Art Brassard

## Wascana Cosmo Members

Rick Lockyer – President  
Christine Shepherd – Secretary  
Kathy Krysak – President-Elect  
Keith Shepherd – Treasurer  
Cindy Zerr – Past President  
Sandra Abello – Vice President & 1 Year Board  
Braydon Krysak – 2 Year Board  
Liam Seidler – 2 Year Board  
Maureen Dumonceaux – 1 Year Board

Tim Abello	Brian Duckett
Shelley Duckett	Adrien Dumonceaux
John Krysak	Brian Leipert
Pauline Leipert	Tammy Leipert de Montas
Brayden Lockyer	Dana Lockyer
Linda Lockyer	Myrna Pollon
Karen Shepherd	Barry Zerr
Trina Mason	Kelly Mason
Carter Anderson	Jacqueline (Jackie) Perry



**WISHING EVERYONE A VERY MERRY CHRISTMAS (OR HOLIDAY) AND ALL THE BEST IN THE YEAR 2024!!!**