



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  
Club Website coming soon!

Issue 3 | November 2023 Edition  
Editor: Christine Shepherd

## WHAT'S INSIDE

### THIS MONTH'S HAPPENINGS

*Game Night!*

### COSMO DAY

*Nov. 4<sup>th</sup> was a success! Next year...*

### GOVERNOR CHALLENGE

*Pull up our socks and lets win this!*

### AMUSMENT AREA

*Diabetes facts, puzzles, jokes and more!*

### RESEARCH

*Dr. Shapiro Interview*

### CLUB ZONE

*Star member, club roster, and upcoming dates.*

## Wascana Members Enjoyed Game Night!



Cosmo Brian Duckett showing off the famous hat that was worn during his Cosmopolitan International President year! It was also worn during Christine Shepherd's in-duct-ion into the club! Photo bomb... the goofy guy in the back is Cosmo Keith Shepherd.

# OCTOBER HAPPENINGS...

## Game Night @ The Shepherd's:

### EVENT HIGHLIGHTS!!

Hats were worn, the food was good, the hosts were great, games were played, company was amazing, and fun was had by all! Members brought some of their favourite games so they could challenge each other. Winners got bragging rights and losers had a second chance at winning some door prizes that President Rick Lockyer brought to the event.

### PHOTOS FROM THE EVENT!





## IMPORTANT NOTES:

- ★ Feedback from the Charity Fair and Auction was given from the members to take back to the committee.
- ★ Trip of the Month tickets are selling really well this year and we are hoping that we will sell out this year!!!
- ★ Remember every event or meeting is a member recruitment event. Please invite potential members to come join us to learn more about us.

# COSMO DAY...

November 4th, 2023

## EVENT HIGHLIGHTS!!

- ★ Brian Duckett got the Saskatchewan Proclamation.
- ★ Karen Shepherd got the City of Regina Proclamation.
- ★ Donation was made to Carmicheal Outreach.
- ★ Cosmo flag flew at City Hall.
- ★ Had a Governor Brunch Visit with the Regina Club.

## PHOTOS FROM THE EVENT!





Thanks to all the members for helping make this day a success and for all those that attended one or all of these events!

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.
- ❖ Majority of members wear a jersey to the meeting 😊😊
- ❖ 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...

## FACTS ABOUT DIABETES

### What are the signs and symptoms of diabetes?

Signs and symptoms of diabetes include the following:

- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

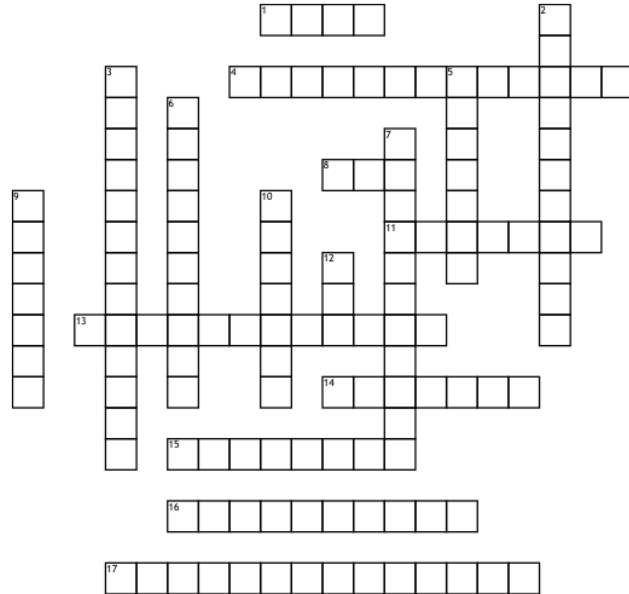
### Can you prevent diabetes?

Research shows that lifestyle changes can help prevent or delay the onset of type 2 diabetes. A healthy meal plan, weight control and physical activity are important prevention steps.

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

## THIS MONTH'S PUZZLE

### Diabetes Crossword



#### Across

1. There is currently \_\_\_\_\_ cure for type 1 diabetes
4. When blood sugar levels fall below 4mmols
8. About 10-15% of all diabetics are type \_\_\_\_\_
11. A key symptom of diabetes is being \_\_\_\_\_
13. Potentially life threatening condition where people with type 1 diabetes accumulate dangerous chemical substances in their blood from the burning of fat
14. Type 1 diabetes most likely has \_\_\_\_\_ causes

15. Regular \_\_\_\_\_ activity is a good way to prevent type 2 diabetes
  16. Every diabetic should have a \_\_\_\_\_ of their own for regular testing
  17. Many people do not experience symptoms of \_\_\_\_\_ until their blood glucose levels are extremely high
- Down**
2. It is important a hypoglycaemic event is treated \_\_\_\_\_
  3. Type 2 diabetes is caused by a combination of genetic and \_\_\_\_\_ factors

5. Type 1 diabetes is a \_\_\_\_\_ condition
6. Type 1 diabetes require regular insulin \_\_\_\_\_
7. \_\_\_\_\_ diabetes is diagnosed when higher than normal blood glucose levels first appear during pregnancy
9. Hormone essential in the conversion of glucose to energy
10. Lifestyle risk factor for type 2 diabetes
12. About 85-90% of people with diabetes have type \_\_\_\_\_

#### Word Bank

Hypoglycaemia	Obesity	Gestational	Physical	Glucometer
Ketoacidosis	Environmental	Immediately	Insulin	Thirsty
Genetic	Chronic	Cure	Two	Hyperglycaemia
One	Injections			

## JOKE OF THE MONTH



A DOCTOR JUST FLIRTED WITH ME. HE SAID I WAS  
SWEET...

WELL HIS EXACT WORDS WERE "SERVERLY  
DIABETIC" BUT I GOT THE HINT!

## RESEARCH...

### INTERNATIONAL COSMO DAY DONATION!

In celebration of International Cosmo Day, the Cosmopolitan Foundation Canada Inc



**Dr. Jean Buteau**

made its third contribution to the Alberta Diabetes Foundation in support of Dr. Jean Buteau. Contributions to the project to date total \$125,000. Please check out the CFCI website (click the link below) for more information and to see what Dr. Buteau had to say to the CFCI members about the impact of the funding that we continue to provide.

[Cosmopolitan Foundation of Canada \(CFCI\) \(cosmofoundationcanada.org\)](http://cosmofoundationcanada.org)

## CLUB ZONE...

### STAR MEMBER

#### NOVEMBER'S STAR MEMBER IS... BRIAN DUCKETT



Brian Duckett is a valued member of Wascana Cosmopolitan and of Cosmopolitan International! He is a charter member of the Wascana Cosmopolitan Club and has served on many levels and committees throughout the years. If you have a question about anything to do with Cosmopolitan, Brian should be your first call. He is passionate about what we do and what we stand for!

Brian has served on all levels of Cosmopolitan. He is what we like to call a PIP, meaning a Past International President. That means he was the International President of Cosmopolitan, basically the “big puma... or ‘duck’ 😊” of Cosmopolitan. He still serves on various committees at the International level and is currently on the International Awards Review committee. On the Federation level he is a Past Governor of WCF, basically means the “big duck” of the Western Canada Federation.

When asked what he likes best about being a Cosmopolitan he said, “Camaraderie and all the work we do for diabetes and in various communities!”

Thanks, Brian, for being our star member this month!

