

COSMOTOPICS

FALL 2023 ISSUE

A PUBLICATION OF COSMOPOLITAN INTERNATIONAL



ISSUE HIGHLIGHTS

- Officer Articles
- Q&A with Dick Gorton
- Governor Reports
- Club Happenings
- Convention Recap and Award Winners

International President and First Lady
Dick and Candy Gorton

COSMOTOPICS

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MISSION STATEMENT

The mission of Cosmopolitan International is to contribute to community well-being through charitable donations and volunteer service, with special emphasis on supporting efforts to prevent and find a cure for diabetes.

EDITOR'S NOTE

Welcome to another exciting edition of our publication! We are thrilled to bring you a robust issue, brimming with club happenings, and a captivating recap of our recent convention.

This year, we are privileged to have Dick Gorton at the helm, leading us with his inspiring theme, "Searching for a Cure." We eagerly anticipate his exceptional leadership and the positive impact it will have on our organization.

So, without further ado, dive into these pages and discover all that's happening in the dynamic world of Cosmopolitan International. From the dedication of our clubs to the achievements of our members, there's a wealth of inspiring stories waiting to be uncovered.

Executive Director Report



By Melvina Newman, Executive Director

International Convention seems like a long time ago but certainly has not been forgotten and you will find the stories about convention in this issue. Many thanks to everyone involved in the 2023 convention for making it so successful. The workshops and meetings were fabulous. Thanks to everyone who helped with workshops, the meetings, the fun parts and events and just for taking part in all the activities. The day at EVMS was informative and gave us insight on the progress being made in the fight against diabetes. However, there is still a lot to be done which leads us to President Dick's theme for the year: "Searching for a Cure. Let's find the Key".



Are you proud to be a Cosmopolitan Member? Do you have big plans for your club? Are you passionate about growing our membership and making a significant impact in your community? If your answer is a resounding yes

to these questions, then you're not alone – you're an essential part of what makes Cosmopolitan extraordinary. Do take part in your local Club and Federation activities. Make sure your club has all the plans for the year set and dream big. No matter what your plans or worries are, just remember to stay positive. A lot of good can come from a great attitude and thinking positive is beneficial to your club. Build the kind of club that people want to join!

In the grand tapestry of our lives, we encounter numerous moments – some filled with personal triumphs and others where we witness our fellow members achieving remarkable feats. It's a symphony of accomplishments, both big and small, that define who we are as individuals and as a collective force. Together, we are a powerhouse of potential.

Life often feels like a juggling act, doesn't it? Balancing various responsibilities, ensuring all the balls stay in the air – it's no small feat. Yet, here we are, collectively managing the cosmic dance of projects, initiatives, and community outreach. It's this ability to juggle multiple endeavors that truly sets us apart and makes our organization stand tall among the rest.

As we move forward, let's take a moment to recognize the strength of our unity and the potential that lies ahead. We have big plans for our organization – plans that involve not just our individual success but the collective triumph of our communities. The desire to grow our membership isn't just a numerical goal; it's a testament to our commitment to inclusivity, diversity, and a shared purpose.

We are not just a club; we are a family, a force for positive change. The heartwarming and humbling moments we experience together are what make our journey special. As we continue to balance multiple projects, let's keep our eyes on the horizon and our hearts open to new possibilities.

The articles in this issue will inspire each of you to grow your club and expand your service. You will hear more on marketing and branding in the very near future. Be sure to use the ClubRunner website as a tool for your club to help you in many aspects. Need help – just ask. More information will be shared on the "Searching for a Cure" during the upcoming months.

There are so many moments in our lives – Moments of joy, moments of terror, moments of fear and all those emotions gives a chance to take that feeling and turn it into an action that makes things just a little bit better. To be mindful, to be thoughtful, and to be available to not only ourselves but others too – it is enough to keep busy all day, every day figuring out the balance. Those days when you achieve a few things and get to witness others doing the rest, it is both heartwarming and humbling. Yes, there are times when life feels like a juggling act. Our hands are constantly full keeping all the balls in the air at once and then we take on a new project. All Cosmos continue to balance so many projects and that is what makes us a great organization.

Thank you for being an integral part of our organization. Your dedication, passion, and contributions are what make us an exceptional organization. Let's continue to work together, strive for greatness, and make a lasting impact on the lives of those around us. As the 2023 year comes to an end, I am hoping that you and your families enjoy time together and look forward to many great things in 2024.

Melvina Newman
Executive Director

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OFFICER ARTICLE



Managing Our Financial Affairs

By Dick Gorton, *Cosmopolitan President*

I would like to take this opportunity to talk a little bit more about the Strategic Plan Melvina sent out earlier this year. I will update you on progress being made on each of the five I listed as well as adding a sixth. The plan is essentially a list of goals that I would like to see us achieve. Some of these need to be accomplish this year. Others are for a five year time frame.



1. Get the Islet Act passed. Islets are part of the pancreas insulin making process. Recent research has succeeded in using stem cells from a person with type 1 diabetes to develop islets to be inserted into

the person's pancreas. This has been successfully done in the lab and in animal tests. Human trials are set to begin in the near future. The problem is that the Food and Drug Administration (FDA) has classified islets as a drug and awarded what is in essence a patent for them to a single company.

There are a couple of problems with this. First it will potentially require anyone wanting to do research into islet transplants to go through the company with the islet control. This has the potential to add considerable costs to any trials. Second, the process for drug trials is substantially more extensive that those for transplant trials and could add years to the time to find the cure!

The flaw in the FDA's logic is that islets are clearly a part of the human anatomy and should never have classified as a drug. To rectify this, bills have been introduced in both the House and Senate which would declassify islets as drugs and

again allow them to used as organ transplants. As an organization, CI is supportive of this Act. To date, we have sent you information alerting you to this problem and with the intent to have you send letters to your Congressman and Senators requesting their support for passage of the Act. Our Judge Advocate has been requested to draft the form letter that will be sent to all of you for use in writing your Congress representatives.

Also, on October 30, I met with Congressman Bacon, one of the co-sponsors of the Islet Act in the House of Representatives. He supported our effort to contact our representatives. He also suggested that I send a letter to all Washington Congressional offices requesting their support of the Act. He said that as the leader of an International Service club, such a letter would receive favorable consideration. His office will be sending me the Washington DC mailing addresses. I will be sending this letter upon receipt of the addresses.

2. Identify a Diabetes Research for Cosmopolitan International to help Fund. Diabetes research has progressed significantly in recent years. As I pointed out in the Islet Act discussion above, research is now to the point where human trials are ready to begin. As an organization, we were instrumental in helping to fund some of the early diabetes research. I believe we should decide if

OFFICER ARTICLE



Dick Gorton and Scott Knudsen meeting with Congressman Bacon discussing the Islet Act



we want to help complete the effort to find a cure. Based on my theme and logo for this year, "Searching for a Cure, Let's Find the Key," you already know my personal opinion on the subject.

However, the decision is not mine. It is yours and we want to make sure that you have the information needed to make the decision. Walter Alm is leading the effort to examine diabetes research at various facilities. To date, we have looked at the two facilities we helped start, Columbia Diabetes Research Center and Eastern Virginia Medical Institute. Both of these facilities, are focusing primarily on Type II diabetes treatment research rather than Type I research.

To date the most promising research seems to be done by the Diabetic Research Institutes in Miami, FL and Edmonton, Canada. They are both involved in the bioengineering of stem cells. We will continue to look at other possible Type I diabetes research to determine what we will recommend to you at next year's international convention.

3. Have All Clubs Achieve Charter Strength Membership. As an organization, we continue to lose members and clubs. A number of our clubs, if not most, are below the strength they had when they were chartered. I would like to see any club that is below its charter strength focus on getting back to that strength. As a minimum, I would like to see any club that is below the minimum charter strength of 20 members achieve growth back to 20 members. I prefer this priority for growth because existing clubs have a nucleus from which they can grow. Especially, if they have support from their Governor and CI's VP for Membership. As a priority, I believe we should first keep our existing clubs then start new ones!

4. Recruit Minorities. As I have traveled to International Conventions and visited clubs, I have noticed we don't have very many minorities among our membership. I believe we are missing a real opportunity for growth and service to an underserved diabetic population. Incidence of diabetes among African American, Mexican American, and Native American populations is significantly higher than people like me. It seems to me that these folks would be very interested in supporting/joining/starting clubs whose primary mission is diabetes research and treatment. Accordingly, I encourage all

clubs look for opportunities to invite people with ethnic heritages different from ours to your meetings and events so they can learn about our mission. And, hopefully, want to join us and support our mission!

5. Have 50% of Our Clubs Achieve the Big "C" Award. When I was governor, I realized that clubs that achieved the Big C award were generally healthier than those clubs that did not pursue or achieve it. The reason I suspect is because to achieve the award, these clubs must participate in a broad range of Cosmo activities. To get a Big C Award a club must accomplish the following:

- Have a Cosmo of the Year award, Patrick J Hodgins award, or Distinguished Service award presented at the club level,
- Have a Cosmo sponsored and advertised Community Service project,
- Conduct a fundraiser for diabetes or contribute to a diabetes project,
- Have the club president or current club officer attend immediate past Federation Convention or be registered prior to judging of awards for the current Federation Convention,
- Have club president or current club officer attend immediate past International Convention or be registered prior to judging of awards to the current year International Convention, and
- Submit an article (with photo if possible) to Cosmo Topics for possible publication. Publication is not required, only submittal.

6. Sixth Strategic Goal. This goal is clearly a five-year goal. I would like to see our organization have to find a new mission in five years because our current mission to find a cure for diabetes will have been achieved!!

As the year progresses, I will periodically update you on our progress in pursuing these goals.

Go Cosmo!

Dick Gorton
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Q & A

with Dick Gorton



How did you become a Cosmo?

I golfed with a bunch of guys who were Cosmos and they asked me to join.

What is one thing about you that you want people to know?

I have three that help define me. The first is that I am one of the fortunate few to have overcome diabetes. The second is that I was one of the first people in the federal government to have the responsibility to implement the environmental laws that were passed from 1970 to 1973. The third is that I was a combat engineer platoon leader in Vietnam.

What was your first job?

I started working in a drug store at age 14.

Tell us about your career.

For most of my career I worked for the Army Corps of Engineers as an engineer. The last 15 years of my career I worked for an engineering firm, HDR, in Omaha. I retired when I was 70.

How do you feel your career experience helps you with being the International President?

I spent a lot of my time working with people, both in the office and the general public. I think that experience helps me in working with the people in Cosmos.

What is some of the best advice you have ever received?

I will learn more with my ears open and my mouth shut.

Tell us about Candy, our First Lady. How did you meet? What are some wonderful things to know about her?

Candy and I met while working for the Army Corps of Engineers in Omaha. She cares about people, especially family. She is one of the smartest people I know. Her organizational skills help me continuously. The fact that she loves me and married me is amazing to me!

Tell us about your family.

We have a blended family. Candy and I each have children from previous marriages. We also have extended family. All told we have four kids, 20 grandkids, and 14 great grandkids with two more on the way. We have been fortunate in that our blended family all get along. For instance, our two youngest sons are both plumbers and have worked together for years.

Another example was shortly after we got married, we had Christmas at our house and invited all the family over. It was the first time they would be getting together in a large group. I was curious as to how everyone would relate, especially our 20 grandkids. They all knew each other, but hadn't been together in a combined family setting. As the families arrived, the siblings split up and joined their "cousins" who were their age. It occurred to me that our blended family may be OK.

They have stayed close throughout the years. A couple of years ago, one of our granddaughters got married. As I looked at the wedding party, her maids of honor were her "cousins" from that first Christmas they spent together. We are truly a blessed family!

5 Favorites:

Favorite TV Show: Pretty much any PBS Masterpiece Mystery

Favorite Movie: The Big Chill

Favorite Food: LaCasa's Pizza (an Omaha Italian restaurant I started going to in 1957 when I was in high school)

Favorite Book: Lord of the Rings

Favorite Sports Team: any Nebraska Husker team! Go Big Red!



By John Krysak, *Cosmopolitan President-elect*

The year 2023 is coming to an end and 2024 is just around the corner. I want to wish all Cosmopolitan International members a very Merry Christmas and Happy New Year.



As president-elect I am very excited and proud to be a member of Cosmopolitan International. I have been a member since April 1994. I have seen the organization move forward and back in membership numbers.

This year we have been holding steady with some clubs declining but others growing. I believe these are very exciting times to be a member.

All the governors' are working hard preparing their bulletins to the members, promoting the annual awards programs, promoting new membership and retention. Let's all support their hard work by lending a hand. Ask a friend to a meeting, nominate a club member for one of the annual awards to show you do appreciate their efforts as a member.

Talk about staying involved and moving forward your International Board and the Governors' are now holding monthly meetings to keep the information moving. We want all members involved.

A GLIMPSE AT WHAT IS GOING ON:

Our President Dick Gorton has begun the task of identifying an international project related to diabetes research with his motto being "Searching for a Cure, looking for a Key". If you have been following the information passed to our Governors' and then down to the membership you know the research is very promising. Researchers in the United States and Canada are working together and are on the verge of what we believe could be the final steps in finding a cure. Dick Gorton informed the board that he had a meeting with Don Bacon, US Representative from Dick's area regarding the Islet bill in congress. We are in the process of developing a form letter to be sent out to everyone, so members, their friends and families, can start to contact their Senators and Representative members to request changes in the Islet Bill currently in your congress. We need your help so we can move forward with the research.

The International Board has enlisted the help of Bright Tribe Smart Marketing to assist us with developing consistent and clear messaging to promote membership and participation via tailored engagement.

INVOLVEMENT:

What does it take to keep members? Involvement, we need to keep members interested, informed and involved. What better way to introduce new members than to bring them to a convention. They get to meet other new members and see other Cosmopolitan active areas, hear about other club events and fundraising opportunities. They get to meet other involved members.

I encourage all of you to consider attending the 2024 International Convention in Edmonton, Alberta, Canada. I have insider information that confirms you will be involved, you will be excited to see what is happening in the research area, you will get to meet other involved Cosmo's and you will get to make and rekindle Cosmo friendships. The exchange rate is great right now for our American members, book your rooms now as booking is open.

YOURS IN COSMOPOLITAN,

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**I ENCOURAGE ALL OF YOU TO CONSIDER ATTENDING THE
2024 INTERNATIONAL CONVENTION IN EDMONTON, ALBERTA, CANADA.**



Did we invest our time, or did we let it “just slip away”?

By Phil Hanson, VP for Finance

Too often as we approach the final days of the year, we hear from our friends and colleagues that they cannot believe the year has come and gone. “Where did the year go?” It is true that time does have a way of slipping through our fingers. Once it is gone, it is a spent commodity and cannot be recovered. The question is, did we spend it wisely? Did we invest our time, or did we let it “just slip away”?



As members of Cosmopolitan International we have many opportunities to invest our time wisely. Those opportunities range from developing friendships with Cosmopolitans across North America to working in local fundraising projects

to help people we don't know and will probably never meet. Those projects allow us to invest our time and multiply it by the investment of our fellow Cosmopolitans.

The good news is that while 2023 is finished, the Cosmo year is only half over. As a matter of fact, February even gives us an extra day this year. Use the time that day gives us to look over your goals for this year. This includes your personal and Cosmopolitan goals. If you need to adjust, do it and pursue your goals with renewed vigor.

I recommend that you include plans for a spring membership event in your Cosmopolitan goals. If you are thinking that membership should be a goal for the VP of Membership, not finance. Think again. The truth is that membership should be a high priority for all. A strong membership is the backbone for a strong financial position.

Yes, securing new members in this day and age is a lot harder than years ago but time and effort will get you positive results. Get your membership committee together, plan a professionally presented event, fill out your list of individuals to invite and have some fun! If you need any help in this area call headquarters, your governor or one of the international officers. We will all be glad to help.

FINANCIAL POSITION – COSMOPOLITAN INTERNATIONAL

As December is winding down CI remains in good financial shape. Revenues and expenditures are on target with the budget. I see no reason that would prevent CI from staying within its approved budget for this year as long as membership remains strong. Once again, I emphasize that membership is critical to CI's and your individual club's long-term health.

One final note: Those of you who would like to honor a fellow Cosmo, family member or club achievement, can do that by buying a brick. For \$110 you can have a brick engraved with three lines of information. Just go to the Cosmopolitan International web site under projects. Click on the Brick Order Form Link. All the information you need is listed there.



Phil Hanson
VP for Finance

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OFFICER ARTICLE

What does it take to grow our membership? We need YOU!



By LaVonne Hawking, VP for Membership & New Clubs

What can I say - we need both to keep our clubs active.



During our last call with the executive board and governors - it was brought up - do we keep our charter number at 20 for the clubs. YES - we do need to keep that. We have many clubs that are well under the number - but it was suggested that

those clubs join with another club that has a small number of members or even with a club that has many members.

We do not to lose those members - they have put time into their club - and believe in the cause - Reach out to the friends and see if they would be interested in coming into your club.

I heard from many of the Governors prior to the call - and they reported that they have received new members recently and a few more are pending. This is great news.

Looking at the report I received in reference to numbers in our clubs - these counts are as of 8/25/2023:

19 are above charter strength

15 clubs are between 10-20 members

7 clubs are under 10 members

TOTAL 41 clubs

With this writing - there could be one club added and one club dissolved.

What can we do to increase membership? I believe we all are trying our best by inviting friends to events. National Diabetes month is November and if you are having a special event - this would be a good time to invite prospective members. Let them know how important the awareness is to all.

Many of our clubs have had their Fall fundraisers - and from what I have seen in bulletins emails and/or Facebook - the expectations of monies raised has been great. Kudos to you and your club.

We need to retain our members - new members need to be engaged in activities, sharing their ideas and not feeling like an outsider.

What does it take to grow our membership? We need YOU! - and we need to retain our members. When I was elected to this position - I made mention that we need to increase our membership - but I can't get the members for you. This is for each of us to increase our club membership. You may think "it's just me - I can't do it! Sure you can - ask people - that is probably the scariest part - getting a no - but if you keep asking - somebody is bound to say - sure I'll come to your meeting or event - and that is the first part - if they like what they see, what's going on - meeting new people - chances are - they will sign up.

We have talked about "skip a generation" - and some clubs are putting that into motion too. If this is working - let us know - if it isn't working, let us know - we want to see what the pros and cons of this are.

Let's set a goal of 10 members this year! Seems like to big number ? - guess what? 1 or 2 members would be wonderful.

REMEMBER: Make Friends, Have Fun, and Help Others. Use these words to encourage others to join your club!

REMEMBER THE INTERNATIONAL MISSION STATEMENT: The mission of Cosmopolitan International is to contribute to community well-being through charitable donations and volunteer service, with special emphasis on supporting efforts to prevent and find a cure for diabetes.

Wouldn't it be wonderful to "have to change our mission statement because a cure has been found for diabetes?" To think all of us are a part of this fight!

LaVonne Hawking
VP for Membership & New Clubs
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My Strategic Plan for the Year Ahead

By Sheila Anderson, International VP for Marketing and Fundraising

As I embark on my second year as your Vice President for Marketing and Fundraising, I am filled with enthusiasm and a deep sense of purpose. This year, I am excited to share my vision, one that is fueled by strategic planning and a collaborative spirit within our remarkable organization.



Our collective commitment to making a difference in the world has always been our driving force. It's what unites us, and it's what motivates us to strive for greater heights. With that in mind, I would like to introduce you to the strategic plan that I have put in place for the year ahead.

Empowering Clubs with a Website Template:

One of our first initiatives is to provide our CI clubs with an easily accessible and customizable website template. This step will not only bolster their online presence but also enable them to communicate more effectively with their local communities. By empowering our clubs in this way, we are paving the way for enhanced engagement and broader outreach.

STATUS: Jim McVay and I have completed this template.

Cosmo Day Marketing Kit:

Cosmo Day is a special occasion, and this year, we aim to make it even more memorable. Our marketing kit for Cosmo Day will equip our clubs with the tools they need to promote this important event within their communities. The goal is to increase awareness and participation, creating an even more significant impact in our fight against diabetes.

STATUS: This has been completed and is available on the website under Resources. Cosmo Day was 11/4.

Annual Report:

We recognize the importance of keeping you, our valued members, informed about the impact we're making. That's why we're developing a comprehensive annual report that showcases the tremendous efforts of our clubs and the funds raised for diabetes research. Your dedication deserves to be celebrated and shared with the world.

STATUS: Not started.

Cosmo Branded Logowear and Other Items:

Did you know you can order Cosmo swag on our website? Well, most Cosmos don't know this, and as I looked through the items, I came to the conclusion it was time for a refresh. So one of my goals for this year is to enhance the promotion and selection of Cosmo logoed merchandise on the CI website to increase member engagement and explore opportunities for product expansion.

STATUS: In Progress.

Communication:

To strengthen communication among our members and clubs, I am working with Melvina to create some standardized templates for bulletins. These bulletins will serve as a platform for clubs to share their achievements, stories, and events.

Furthermore, I am exploring the idea of doing Zoom Cosmo Connections every other month (or maybe monthly). My vision is that these sessions will provide a unique opportunity for all Cosmopolitans to come together, learn, and connect. With guest speakers, breakout rooms, and engaging discussions, we aim to foster a sense of unity and shared purpose within our organization.

STATUS: Hope to roll out in Winter 2024

OFFICER ARTICLE

2024 STRATEGIC PLANNING



Content Enhancement & Refresh:

Our digital presence is vital, and to ensure we effectively reach our audience, we are focusing on enhancing the content of our website and CI brochure. This will enable us to tell our story more effectively and attract like-minded individuals who resonate with our mission.

But perhaps the most exciting part of this year's plan that helps with our content is our partnership with Bright Tribe Smart Marketing and the incredible work of Brian Dempsey. Brian's expertise is a valuable asset that will help us gain a deeper understanding of our potential members, refine our brand message, and ultimately, boost membership and participation.

As your Vice President of Marketing and Fundraising, I am always on the lookout for opportunities that could propel us further toward our goals. Brian Dempsey and Bright Tribe Smart Marketing offer us the tools to accomplish the following:

Craft an Ideal Member Avatar:

This goes beyond mere demographics; it involves delving into the very essence of our potential members. By gaining an in-depth understanding of their motivations, aspirations, and values, we can tailor our communication to resonate on a profound level.

Develop a Brand Message Blueprint:

Think of this as our guiding star for communication. It will provide us with a consistent framework to articulate our story, values, and mission in a compelling and relatable manner, ensuring that every message we convey aligns seamlessly with the essence of Cosmopolitan.

Now, why do I believe this partnership is worth serious consideration?

Tailored Engagement:

Working with Bright Tribe will enable us to channel our efforts with pinpoint accuracy, leading to more meaningful conversations and connections with our target audience.

Consistent & Clear Messaging:

It ensures that every communication, regardless of scale, embodies the core values that Cosmopolitan stands for, reinforcing our identity and mission.

Boosted Membership & Participation:

By refining our message and deepening our understanding of our potential members, I firmly believe we will attract and engage an even greater number of dedicated individuals who share our passion and vision.

And the best part? The investment required to make this vision a reality is just \$1,500—an affordable step toward enhancing our outreach and impact.

STATUS: *In Progress.*

As we move forward together, I invite each of you to join me in getting involved in whatever level you are able to help Cosmopolitan thrive. Your insights, dedication, and unwavering support are instrumental in bringing this vision to life.

Together, we will amplify our impact, engage more meaningfully with potential members, and take Cosmopolitan International to new heights. Thank you for the privilege of serving as your Vice President for Marketing and Fundraising. Here's to an extraordinary year ahead!

Sheila Anderson
International VP for Marketing and Fundraising
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Encouraging Clubs to Create and Publish their Own Club Website

By Jim McVay, Judge Advocate

As many of you know, Cosmopolitan International is actively encouraging Clubs to create and publish their own Club websites by making the process as easy as possible and by paying all costs for the first year. More than a few of our Clubs have started this process.



While we have drafted a comprehensive set of instructions for you available on the Cosmopolitan International website under the "Resources" section within the "Website" folder, let's go over the very simple steps to get your Club website up and running.

Step 1: Identify Your Club Site Administrator – your Site Administrator is the individual who will be the point of contact for your Club website and to whom we will provide information about training sessions and similar items.

Step 2: Submit the ClubRunner Order Form – each Club must complete the ClubRunner Order Form in order to start the process. You can access this form two ways: 1) <https://site.clubrunner.ca/Form/clubrunner-club-version> or 2) log onto Cosmopolitan International website and go to Resources (Resources>Website).

Some of the things you will need to know to complete this Order Form are as follows:

- Which Plan do you want? – you will need to pick the "Lite" plan or the "Standard" Plan. You can review the full instructions to learn the difference and which is best for your Club.
- Do you have a Domain Name? – your "Domain Name" is the name that users will type in to find your website (for example, the domain name for International is www.cosmopolitan.org). Most of your Club websites should include ".org" in the name.

If you already have a domain name for your Club, you can move that to your new ClubRunner website. If you do not yet have a domain name, ClubRunner will help you get that domain name registered for your Club (the cost to register your domain name is approximately \$35/year).

- Do you want any add-on modules? – ClubRunner has certain modules you can include on your website for increased functionality (and for additional cost). These can be added at any time so we would recommend you get your Club website up and running before you consider adding these other options.

Step 3: Coordinate with ClubRunner – once you have submitted the Order Form, ClubRunner will contact your Site Administrator to provide final set-up instructions and a link to your temporary website using the Cosmopolitan template we have created. You will be able to immediately log into your temporary website and begin work on customizing your site before it goes public.

Step 4: Finalize Your Club Website – the Template will have much of your Club information already preloaded when it is provided to you including membership data and other general information. However, you will want to provide/update meeting time and location, Club officer information, club email, mailing address, member information, and other information.

Step 5: Go Live with your Website – once your temporary website is ready and the basic information has been updated, you will need to let International know and we will pay your first year's fees to ClubRunner directly. We will then contact ClubRunner requesting that it have your website go "live" with your Club domain discussed above. You can continue to update and refine your website at any point.

Step 6 – Add International as an "Other User" – Clubs will have the option of allowing access to your Club website by International (primarily Sheila Anderson and me) to assist you in making changes and modifications to your site. This is purely voluntary, is at no additional cost, and can be revoked at any time.

Again, we want to make this process as easy as we can so if you have any questions or concerns, you should contact us.

If you have technical questions about getting your Club website up and running:

Jim McVay
jim.mcvay@cosmopolitan.org
402.630.7815

For website design guidance and recommendations:

Sheila Anderson, VP for Marketing and Fundraising
sheila.anderson@cosmopolitan.org
602.310.7166

For invoicing questions:

Melvina Newman, Executive Director
headquarters@cosmopolitan.org
717.295.7142

Governor Reports

MoKan Governor Report

By Linda Gentry

My goals for the year are outlined below:

In addition to these goals, I have installed cub officers at the Topeka Club, Emerald City, and Lawrence River City. In August I was a guest of the three Columbia clubs and was honored to be with Cosmo Royalty such as CI President Dick Gorton and VP of Membership LaVonne Hawking. We received the grand tour of all the amazing things these clubs have achieved through the years. I have plans to go over to Jeff City in January and hope that I can get around to the St. Charles and Wichita clubs as well.

2023-2024 Federation Goals:

- Make our Clubs Stronger - Example: Through growth and member involvement
- Awards - Individual & Club Awards
- Get your Cosmo Club's name known throughout the Community - Example: Through Fundraisers, Service Projects and Publicity
- Stay up to date & educate your membership on what is going on in other Clubs, Federations, and CI -- One example is to read & share your Cosmo Topics & Monthly Newsletters
- Better attendance at Federation and International Conventions



WESTERN CANADA FEDERATION Governor Report

By WCF Governor Karen Shepherd

Hello from the Western Canada Federation (WCF). As the WCF Governor, the goals I set for my term are increase membership; encourage award submissions and review/enhance the process of honoring the award recipients; introduce a Governor's Challenge to foster communication, recognize the hard work each club does, and celebrate our achievements. My theme is SOAR and ROAR: SOAR - aspire to be the best we can be and ROAR - tell each other and our communities about the significant work we do to support diabetes research and be proud of what we do.

I have a great team to work with and we have accomplished a fair bit this year so far. We have set up the Governor's Challenge and 75% of the clubs are participating with the Saskatoon Club currently in the lead. I have developed a monthly Governor's newsletter. We are trying to ensure we provide good communication to WCF members and are encouraging more use of the WCF website. We have monthly WCF Board meetings. The first Cosmo Fun Weekend was held October 13th to the 15th and was organized by the Board. It was great - only fellowship and fun and no business!! We have set up a committee to review award submission and recognition to see how we can enhance those processes. We have another committee set up to provide input for an online Cosmo learning program. Our annual mid-term meetings were held via Zoom on October 21st. Many clubs participated in celebrating and promoting Cosmopolitan Day on November 4th. The Winnipeg Cosmopolitan Club is busy preparing to host the Annual WCF May convention in 2024. I have started my official Governor's visits and am looking forward to meeting with everyone over the next few months. We are celebrating club anniversaries this year - 75 years for the Regina Cosmopolitan Club and 40 years for the St. Albert Cosmopolitan Club. Congratulations to those clubs for so many successful years of service. Thank you to all WCF club members and CI for their support, time, and ongoing contributions. It's been a busy but rewarding start to the Cosmo year. Until next time, have a wonderful fall and winter season!

North Central Federation Report

By Nancy Trautman

North Central Federation is "on a roll" as they actively pursue their Club and International Goals. All members of the NCF are committed to International goal of getting the Islet Act passed. New information is shared as this project progresses. There is an effort to connect with each other. The Governor has visited the Sioux Falls Noon Club when they had their Distinguished Service Award Banquet and the Rapid City Club when they had their Membership Drive Event. The first Federation Board meeting will be on November 28th. Any information from CI is shared to all members. The NCF members are enthusiastic Workers who remain committed to helping people who have this disease and helping finance important research.



Cosmopolitan Diabetes Foundation (CDF) Update

By Russ Danstrom, CDF Chair

Beacons are the backbone of the CDF and have built the “endowment” which allows for annual grants to be provided. These grants help to provide research to find a cure for Diabetes, allow Diabetes Centers to purchase testing machines and supplies and provide education to better manage their Diabetes. The grants help children spend a week at summer camp where they get to feel normal and their parents get to sleep through the night knowing their kids are in good hands.

At the Norfolk Convention, we announced \$40,000 in grants to 9 organizations that were selected from \$130,000 in grant requests. Here is list of the recipients and their grant amount:

Cornbelt Diabetes Connection -	\$5,000
Crusader Community Health -	\$10,000
Strelitz Diabetes Research Center -	\$7,000
Setebaid Services -	\$3,000
Rush Copley Diabetes Center -	\$4,000
Camp Herko Hollow -	\$5,000
Prime Plus Senior Center -	\$1,500
Diabetes Research Institute (Miami) -	\$2,000
Diabetes, Inc -	\$2,500

I also want to thank the generous donors who contributed \$15,100 at the Beacons breakfast at Convention. By June 30, 2023, we had also already received \$4,700 in contribution. All of these help to ensure the future of the CDF and these are appreciated.

When I became the CDF Chair at the 2022 Convention, my main focus was to improve transparency and update our Beacon balances. As a Beacon, I believed we all needed to know where we stood against our pledges. I am pleased

to report that we have updated Beacon balances and shared them with many Beacons at the Norfolk Convention. Dayton Smith, Jim McVay, Jim Preston and I put in quite a few hours to complete this task. If you have questions about your balance, please let me know.

I would like to thank Susie Bartlett, Randy Kramer and Jim Preston for their 2 terms of service to CDF. Susie always brought her practical approach and kept detailed notes. Jim would ask good questions and always voted his mind. Randy was our Chair for two consecutive years and his accounting acumen was invaluable. They will be missed.

Welcome to Don Gentry, our new Secretary, who is replacing Susie Bartlett. Bob White comes on the Board for Jim Preston. Tom Grimes is our Vice Chair and I will return as our Chair. Dayton Smith, Rockford Club member, is our accountant. Michal Fraser, Norfolk Club member, is our Financial Advisor. Victor Smith and Mike Rapay return as Directors. We are waiting to hear who will replace Randy Kramer. If you have questions about CDF, please reach out to your Federation’s representative or me.

Russ Danstrom
CDF Chair



OFFICER ARTICLE

Cosmopolitan Foundation Canada Inc. Update



By Cheryl MacKenzie, President, Cosmopolitan Foundation Canada Inc.

Exciting developments are unfolding within the Cosmopolitan Foundation Canada Inc (CFCI) and the Edmonton Cosmopolitan Club. Our partnership with Rock'n August and the Alberta Diabetes Foundation has recently culminated in a remarkable achievement: Rock'n August, the masterminds behind our beloved annual car show, were honored with a National Philanthropy Award on November 14th. This accolade is a testament to our collaborative efforts. Over the past 27 years, the combined contributions of CFCI, the Edmonton & St Albert Cosmopolitan Clubs, alongside the dedication of our traveling Cosmo Volunteers and Rock'n August, have amassed over \$2.0M in donations. This synergy has not only been fruitful but also deeply fulfilling, and we are committed to nurturing this partnership further.



Pictured: Angelina Bakshi, Board Chair, Alberta Diabetes Foundation; Brenda Hemmelgarn, Dean, Faculty of Medicine & Dentistry; Lindsay Burnham, Executive Director, Alberta Diabetes Foundation; Peter Senior, Director, Alberta Diabetes Institute; Melanie Hibbard, Executive Director, DRIFCan (Photo Credit: Laughing Dog Photography)

In other news...

As I write this update, the members of CFCI and the Western Canada Federation are busy preparing for the next Cosmopolitan International Convention being hosted in Edmonton, Alberta July 8-21, 2024.

We had an early announcement about a Challenge at the Norfolk Convention. As President of CFCI, I would like to provide you a bit more detail.

On November 14, 2023, the Alberta Diabetes Foundation, DRIFCan (Diabetes Research Institute Foundation Canada) and the University of Alberta Announced a partnership between the three organization that has become known as "DEFEAT DIABETES". It is not new and has raised over 80% of its target. This announcement was to reinvigorate the program. The University of Alberta reported at the event that "Together the partners are announcing a \$10M campaign to fund research toward a cure, reduce the impact of diabetes in people's lives and improve early diagnosis of the condition. Already the campaign has led to critical research helping patients in Alberta and around the world."

In line with this, the Convention Organizing Committee from the Edmonton Cosmopolitan Club, together with CFCI, issues the following challenge...

Raise funds for "Defeat Diabetes"! CFCI would like to announce as part of the campaign, in addition to the \$25,000 we delivered on Cosmo Day 2023, an additional grant of \$50,000 will be a part of the "Defeat Diabetes" Campaign. This donation will be presented to the three organizations along with Dr Shapiro and Dr Buteau live on the Conference Floor at the Alberta Diabetes Institute!

Further, the Edmonton Cosmopolitan Club is issuing a challenge to all other clubs with a donation of their own of \$5,000.

This is not a match challenge. We understand that since COVID, fundraising has had its own challenges. Have an event, pool your funds, work with another club or donate through CDF. On July 18, 2024, you will be invited to make donation presentations to the representatives listed above. Blank Presentation Cheques will be available. NOTE: There is a facility for US donations to be eligible for a US tax receipt, stay tuned for more information.

Every contribution, whether \$50, \$500, or \$5,000, is impactful. Let's unite in this endeavor to make a significant difference and showcase the strength and compassion of Cosmopolitan International. It's time to bring our 'best-kept secret' into the limelight!

I eagerly anticipate welcoming everyone to Edmonton in July. Stay tuned for more details, as registration will open before January ends. Let's make this a landmark event in our continuous journey of making a difference!

Cheryl MacKenzie

President, Cosmopolitan Foundation Canada Inc.



Promoting The Living Gift Through Medical Research Since 1984

OFFICER ARTICLE

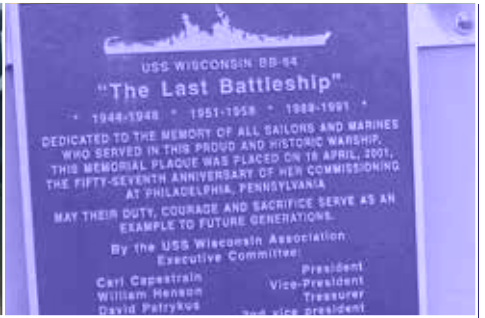


IGNITE YOUR POTENTIAL!

RECAP

2023 International Convention July 28-30 · Norfolk, VA





2023 International Convention



Rookie of the Year: Jim Clark

This year's Rookie of the Year is Jim Clark of the Sioux Falls Noon Cosmopolitan Club. Jim has been an extraordinary new member. He was first introduced to Cosmopolitan as he was the 2020 recipient of the Club's Distinguished Service Award, a club tradition since 1929. Since joining in October 2021, Jim has a 90% attendance rate, chairs the Club's Marketing/Membership Committee, has helped with all projects and fundraisers and serves on the Club's Board of Managers.

Jim's impact on the club is captured in the substantive contributions the Marketing/Membership Committee has made under his leadership. He introduced and operationalized the idea of using zoom to offer connectivity during the club's meetings to members who are out of town or unable to attend due to other commitments or time. Jim was instrumental in the developing of a new marketing brochure for the club, facilitated conversations with diabetes clinical practitioners to launch educational offering sponsored by the Club to businesses for their employees for raising awareness about the Cosmopolitan Club, and the idea to reach out to Veterans for education/screening of diabetes.



Cosmopolitan Member Community Service: Eileen Desmond

This year's Cosmopolitan Member Community Service winner is Eileen Desmond from the Rapid City Cosmopolitan Club. Eileen has been an active member since 2016.

Eileen is active in the club, family and community. She had just joined the club when the secretary had to resign, and Eileen raised her hand that she would take over as secretary. She later supplied a laptop computer for the next secretary. Eileen attends the weekly meetings and volunteers for the fund-raising commitments. She believes in the mission and is an active volunteer and has brought in new members.

She is a Registered Dietitian and volunteered to teach a nutrition cooking class to low-income students and also to residents in the local domestic violence woman's shelter. She also works closely with the counselor at the local men's mission in helping those men in active recovery who need bus tickets and other items to start a new life. She volunteers for the National "Point in Time" count of the homeless each year in January.

She is Vice President of the Society of Saint Vincent de Paul Conference in Rapid City, an organization to help the low income and homeless in the area with needs the other non-profits cannot meet. She helped one single mother with three children under the age of 8 who was being evicted because her trailer needed upgrades. Eileen gathered 10 helpers to fix the items and that mother was able to keep their home with winter approaching.

She is the Assistant Director of the RV Ministry providing a hot meal, fellowship, prayer and an atmosphere of community for those that live without homes. They provide many resources weekly and she is extremely active in street outreach to the homeless and low-income communities in Rapid City. She has spent numerous hours at the city hall advocating for the homeless.

Eileen participates in many of the grandchildren's school activities attending their concerts and scouting meetings. She even moved to a new apartment complex because it had more amenities for the grandchildren when she helps care for them and there is no childcare.

Other Nominees:

- Janet Feltham, Heartland Santa Fe Trail Club. Mo-Kan Federation
- Carolyn Nelson, Fremont Cosmopolitan Club 100, Cornbelt Federation





AWARD WINNERS



President of the Year: Cindy Zerr

Cindy Zerr of the Wascana Cosmopolitan Club was awarded the President of the Year award. Cindy joined Cosmopolitan on November 16, 2012, and has been an active member and can always be counted on to help in whatever capacity is needed. She has brought this strong sense of commitment to her role as President, and under her leadership Wascana experienced a great Cosmo year.

As President, Cindy declared that every meeting and event was a member night and encouraged everyone to bring potential members. During the year a pizza night was held and gained two new members and two former members joined again. Again, during a formal membership night another two members attended and under Cindy's term Wascana had an 18% increase in membership.

Under Cindy's leadership, Wascana continued with many former fundraising activities and a few new ones. They do a Trip of the Month ticket sales, annual Charity Fair and Auction, hold a clothing drive and donated toiletries to the Carmichael Centre. Together they donated \$36,000 to the Cosmopolitan Learning Centre. The average dollars raised per Club member was \$1,765.45.

Cindy and the Wascana Club enhanced the Cosmopolitan Day events with a flag raising ceremony at City Hall and with the Western Canada Governor John Kryszak doing a television interview that day.

With Cindy's leadership, it was a very successful year in terms of membership growth, fundraising and community activities for the Wascana Club.

Other Nominees:

- Brian L. Thor, Rockford Cosmopolitan Club, Mid-States Federation
- Charles S. Reuwsaat, Rapid City Cosmopolitan Club, North Central Federation



President of the Year: Brian L. Thor

Brian L. Thor of the Rockford Cosmopolitan Club was awarded the President of the Year award. Brian joined Cosmopolitan in December 2008. Brian is present at nearly every lunch, social event and serving opportunity showing a strong dedication to the club and a desire to serve the club, its membership, and the community. Brian assisted and provided support to the leadership of the great fundraising events of the Rockford Club. The year also brought a new fundraising opportunity with bartending at the city's Stroll on State which had an excellent turnout of members and their families which netted \$1,650 for an afternoon's work.

During the year, a project was started to implement Microsoft 365 for document storage and to improve collaboration with the executive board members. Brian will continue to work on this project after his presidency is completed.

Brian pushed the use of ClubRunner further than they have in the past, which will continue to be an area of focus serving the club after his presidency.

Highlights of the year with Brian's leadership were: Four Cookouts at the Rockford Rescue Mission, Annual Golf Play Day, Annual Steak Fry with a record attendance, Weekly lunch meetings, Sponsored Crusader Clinic's Evening of Caring at the \$5,000 level, Stroll on State Bartending, Board Meeting with International President Randy Wright, Cosmo Christmas Party, Annual Chili Shootout, Chicago Blackhawks Bus Trip, Polar Plunge, March Madness returned after years of being canceled because of Covid-19, Hosted International Winter Board meeting in March, Dinner and Comedy Night, Return of the Charities Award Dinner, hosted Mid-States Federation Meeting and started implementation of Microsoft 365.

His club was able to raise over \$110,000 in fundraising efforts through Golf Playday, March madness, Poker events, Delivering Poinsettias and bartending. Nearly \$60,000 was granted to local charities, \$10,000 to Crusader Clinic and continued to fund their endowment with \$19,226.

With Brian's leadership, Rockford continues to have a membership of over 200 members and is a premier charitable organization in the Rockford region.

Other Nominees:

- Cindy Zerr, Wascana Cosmopolitan Club, Western Canada Federation
- Charles S. Reuwsaat, Rapid City Cosmopolitan Club, North Central Federation

2023 International Convention



Cosmo of the Year: Brandon Gruner

Brandon Gruner is this year's Cosmopolitan of the Year. Brandon has been a member of the Rockford Cosmopolitan Club for 12 years, joining in November 2011, and is integral to the functioning of many of their events. Brandon is at the grill for the cookouts at the Rockford Rescue Mission and always the first to arrive and the last to leave. He takes extraordinary pride in his work and the burgers are excellent. His passion and dedication to Cosmo has been highly admirable since joining the Rockford Club. He has been continually active and has served multiple years as a board member and joined the board again in the 2022-2023 year. Since joining he has always been one of the first members to assist with any fundraiser or service activity and has been a loyal brother to all within the club when it comes to someone in need. Brandon's passion carries over into his personal life with the love of many hobbies, especially enjoying cooking and reading. He is an avid poker and dart player, proud father, and again loyal friend to many. Brandon is owner of Gruner Electric and also served in the United States Military, Navy.

Brandon leads by example. His Club's Poker Fundraiser was established several years ago, and when the prior organizer was ready to pass the baton, Brandon readily volunteered to lead this fundraiser. Brandon helps coordinate the non-profit status with a local company that hosts Texas Hold'em tournaments. In 2022, Brandon helped coordinate a change in format that led to a record fundraising of \$12,000, up from a typical year of \$6,000 to \$8,000. Instead of four events per year, the club hosted a four-day event in the Chicago suburbs. Brandon was largely able to coordinate most of the event by himself.

Brandon serves on the board as the Sergeant at Arms. With this role he was responsible to attend each lunch, greet the members, sign them in to the event and sell 50-50 raffle tickets. He also sells 50-50 tickets at social events. Brandon has served this role for multiple years and helps establish camaraderie with a smile and hug during each event sign-in.

Brandon assists each year with many local community and club events including:

- Coordinated guest speaker for weekly lunches.
- Volunteered for making chili at the annual Chili Shootout, an award-winning chili taking first place.
- Volunteered for two Rockford Rescue Mission events to cook and serve food to the needy.
- Volunteered and was a member of the Cosmo's Polar Plunge Team, raising money for the Special Olympics.
- Delivers Poinsettias for the club's holiday fundraiser.

Brandon is always in attendance at local board and weekly meetings, Mid-states meetings and has attended several International Conventions. He has one of the highest attendance records each year. The club knows each event is more enjoyable with Brandon in attendance as he often makes it his personal responsibility to ensure others feel welcomed.

Brandon's passion to serve his club and community is obvious. He sacrifices his time; he is committed to both the fun and work of the Rockford Cosmopolitan Club.

Other Nominees:

- Candace Gorton, Omaha Cornhuskers Cosmopolitan Club, Cornbelt Federation
- Aric Jarvis, Columbia Cosmopolitan Luncheon Club, Mo-Kan Federation
- Bill Kubat, Sioux Falls Noon Cosmopolitan Club, North Central Federation
- Karen Shepherd, Wascana Cosmopolitan Club, Western Canada Federation



AWARD WINNERS



Patrick J. Hodgins Distinguished Member: John Hubert

John Hubert is this year's Patrick J. Hodgins Distinguished Member. John stepped right up and started contributing at the club level immediately after he joined the Columbia Cosmopolitan Luncheon Club in April 2008. He attends the Columbia Luncheon Club, and the Columbia ShowMe Cosmopolitan Club regularly and also attends the Columbia Luncheon Club board meetings as the club's Membership Vice President. John has worked the Luncheon Club's "Pancake & Sausage" fundraiser every year since joining and chaired the event in 2014, 2015, 2016 and 2017 and under his leadership raised a record amount of money in 2017. He has also served on the Luncheon Club's "Bingo" committee for many years and works at the fundraiser every Wednesday night as the Event Ticket Captain. He also purchases all the food for Bingo concessions, and he sets up the concessions every Wednesday night. He also serves on the Building Committee which manages the Jerry Sigmund Cosmopolitan Center. Although he has a full time job, John works at the building almost every day and when there is a major cleaning job that needs to be done, John is the one who does it. John has sponsored many new members including 10 in 2012-2013 when he served as Luncheon Club President. John then served as Columbia ShowMe Club president in 2019-2020 and he helped bring the three Columbia Clubs closer together during his term as President. Through John's leadership the club had remarkably successful fundraisers during his year including "Ready for Spaghetti", "Walktoberfest", "Bingo Concessions", and "Extreme Bowling". The club raised record amounts at each of these fundraisers.

John has also been active at the Federation level. He had only been a member for two years when he attended his first Federation convention and has not missed one since. John served as Federation Governor for the 2013-2014 year. The leadership he exhibited in the Federation has made a lasting impression on the up-and-coming leaders.

John started getting involved at the international level when he attended his first International Convention in 2010 in Gettysburg, Pennsylvania and has attended every one since then. He served his first term on the International Board when he was Mo-Kan Federation Governor in 2013-2014. He served as International Marketing Vice President and created "Elevator Speeches" which he delivered to local TV and radio stations. These are on the International website for anyone to use. As International President-Elect, John reviewed and updated the Leader's Manual which is used by the new Club Presidents. John served as International President in 2017-2018 and enjoyed a net member increase during his term. John also helped build and is a charter member of the St. Charles County Cosmopolitan Club.

Cosmopolitan has been fortunate to have John as a member with his leadership abilities and his work ethic of getting things done. John leads by example and empowering and teaching others. John is caring, dedicated, devoted, exemplary, great, inspiring, a leader, outstanding, resourceful and a guiding light in "Cosmopolitan."

Other Nominees:

- Brian Duckett, Wascana Cosmopolitan Club, Western Canada Federation
- Jerry Priebe, Sioux Falls Noon Cosmopolitan Club, North Central Federation



CALENDAR OF MEETINGS FOR COSMO YEAR 2023-2024

COSMO INTERNATIONAL BOARD: PRESIDENT, PRESIDENT-ELECT, VICE PRESIDENTS, AND GOVERNORS
 CI EXECUTIVE COMMITTEE: PRESIDENT, PRESIDENT-ELECT AND VICE PRESIDENTS



SEPTEMBER	
11	PIP Zoom call, 7:00 p.m. Central/8:00 p.m. Eastern
19	CI Board meeting 6:30 p.m. Central/7:30 p.m. Eastern
19	Governor's zoom meeting 8:00 p.m. Central/9:00 p.m. Eastern

OCTOBER	
9	PIP Zoom Call, 7:00 p.m. Central/8:00 p.m. Eastern
17	CI Board meeting 7:00 p.m. Central/8:00 p.m. Eastern

NOVEMBER	
13	PIP Zoom Call, 7:00 p.m. Central/8:00 p.m. Eastern
21	CI Board meeting 6:30 p.m. Central/7:30 p.m. Eastern
21	Governor's zoom meeting 8:00 p.m. Central/9:00 p.m. Eastern

DECEMBER	
11	PIP Zoom Call, 7:00 p.m. Central/8:00 p.m. Eastern
19	CI Board meeting 7:00 p.m. Central/8:00 p.m. Eastern

JANUARY	
16	CI Board meeting 6:30 p.m. Central/7:30 p.m. Eastern
16	Governor's Zoom meeting 8:00 p.m. Central/9:00 p.m. Eastern

FEBRUARY	
12	PIP Zoom Call, 7:00 p.m. Central/8:00 p.m. Eastern
20	CI Board meeting 7:00 p.m. Central/8:00 p.m. Eastern

MARCH	
1 & 2	CI Board meeting in person in Omaha (including Governor-Elect Training)
19	Governor's Zoom meeting 8:00 p.m. Central/9:00 p.m. Eastern

APRIL	
8	PIP Zoom Call, 7:00 p.m. Central/8:00 p.m. Eastern
15	CI Board meeting 7:00 p.m. Central/8:00 p.m. Eastern
TBD	Federation Conventions:
26-27	MoKan Federation Convention, Prairie Band Casino, Mayetta, KS
26-27	North Central Federation Convention

MAY	
13	PIP Zoom Call, 7:00 p.m. Central/8:00 p.m. Eastern
17-19	Western Canada Federation Convention hosted by Winnipeg
21	CI Board meeting 6:30 p.m. Central/7:30 p.m. Eastern
21	Governor's Zoom meeting 8:00 p.m. Central/9:00 p.m. Eastern
25	Combelt Federation Convention

JUNE	
10	PIP Zoom Call, 7:00 p.m. Central/8:00 p.m. Eastern
18	CI Board meeting 7:00 p.m. Central/8:00 p.m. Eastern
15	Federation awards due at Headquarters

JULY	
18	CI Board meeting at International Convention, Edmonton Canada
18-21	International Convention, Edmonton Canada

WHY COSMOPOLITAN INTERNATIONAL, “THE CLUB THAT FIGHTS DIABETES” IS SO IMPORTANT!

by *Brendon Steenbergen, Director, Midwest Diabetes Research Institute Foundation*

Why are Cosmos so important? It's an easy question to answer. More than 30 million Americans are currently living with diabetes including more than 200,000 children and adolescents. 1.5 million more are diagnosed every year. Diabetes is a dangerous, life-altering, and sometimes fatal disease that weakens the entire body. In 2021 alone, diabetes was responsible for 6.7 million deaths.

Funding for research for cancer, heart disease, and other worthy causes far exceeds funding for diabetes research, partly because diabetes is perceived as a disease that people can manage. But diabetes is a 24/7 disease that requires constant management. Even with a strict regimen, people with diabetes may still experience dangerously high or low blood-glucose levels that can be life threatening.

You can see why Cosmopolitan International, “The Club That Fights Diabetes” is so important. Despite years of research and breakthroughs, there is still no cure for diabetes. Finding a cure for diabetes would help millions of Americans and others everywhere.

The vital mission of the Cosmos also parallels with another organization you may not have heard of, the Diabetes Research Institute (DRI). DRI was founded in 1971 by families whose children had type 1 diabetes. Each family knew there had to be a better way forward for their children. They founded the DRIF based on the belief that the combined forces of science and philanthropy could achieve a bold vision: “A World Without Diabetes”.

Today, the DRI is the most comprehensive research facility in the world focused on curing diabetes. DRI is home to over 100 scientific experts who are leaders in the fields of endocrinology, microbiology, transplant surgery, immunology, and biomedical engineering, among others.

The DRI helped pioneer islet transplantation and went on to conduct some of the world's first transplants. Many of these recipients have been free from insulin for over 10 years. Most recently, the DRI was able to demonstrate that 20-year survival of transplanted islet cells is superior to insulin treatment alone, despite the use of recipient immunosuppression. Currently, DRI scientists are conducting more than 40 research projects from the basic science stage to clinical trials. The DRI believes that the collaboration and creativity that results from the diversity of experts and projects at the DRI represent the best hope for a cure, and that a cure is within sight.

And 2022 was a groundbreaking year in cure research at the DRI. Just this month, the FDA approved the drug teplizumab for use in delaying Type 1 diabetes in at-risk individuals. The DRI's Dr. Jay Skyler chaired this study and the DRI served as clinical site for this groundbreaking research.

Over the summer, the FDA authorized Vertex to move on to the next phase of its clinical trial, treating Type 1 patients with new insulin-producing cells. Following outstanding results treating patients with a ½ dose of the therapy, this phase will test the full dose on a new group of patients. The DRI and its Scientific Director, Dr. Camillo Ricordi, continue to lead the effort for this clinical trial.

In October, Dr. Allison Bayer was awarded a grant to continue her groundbreaking work in immunology. The goal of this research is to provide an avenue for regulating the immune system without immunosuppressive drugs following a transplantation of healthy insulin-producing cells.

With its amazing history of Cosmo Clubs around North America battling this horrible disease, and the DRI's long history of aggressive research to find a biological cure to diabetes, hopefully a cure can be found soon. Through the combined forces of science and philanthropy, the generosity of Cosmos and the diligence of DRI researchers and collaborators are moving aggressively toward a cure.

If you would like to learn more about the Diabetes Research Institute, or if you are interested in contributing toward their research, more information is available at: <https://diabetesresearch.org/>



**Diabetes
Research
Institute**

FOUNDATION



LAWRENCE RIVER CITY COSMO CLUB

By Susie Bartlett, President

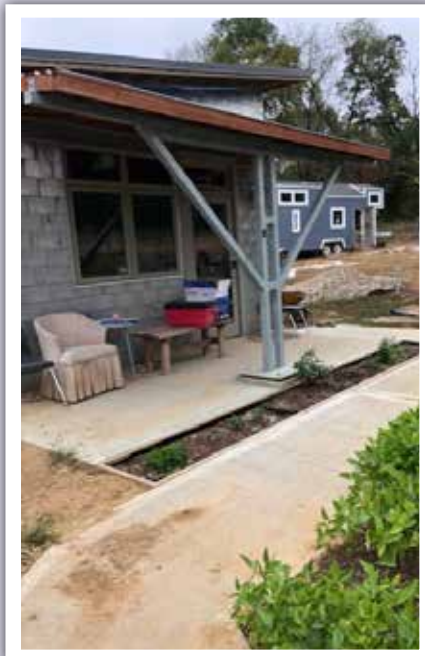
The Lawrence River City Cosmo Club has been active in the community these past few months. We have collected school supplies for local kids, food items for the local food pantry, was in the Juneteenth parade in Lawrence, helped the Heartland Santa Fe club in the funnel cake trailer, and will be collecting Toys for Tots and winter hats and gloves in December.

At the November club meeting, two boys that the club sponsored to diabetic camp this summer, joined us to share their experiences at camp. It was held late July, one of the hottest weeks this summer. Robin and Nancy Donahey, Joan Hird and Susie Bartlett volunteered at the registration day for campers. I was fortunate to have a job inside in the air conditioning, but Robin, Nancy and Joan had to help out in the heat. I think these guys had a good time, but as I have found when you ask a boy questions, you get a one word answer. The mothers of the boys helped get them to expand on their experiences.



The club has joined with an organization, if you call an 85 year old mother and her daughter an organization, who have on their own, started the process of building tiny homes for young people that age out of the foster care system. Most of these kids have nowhere to go when they turn 18 and lose the support they need. The mother, Barbara Sabol, served as Kansas Secretary of Health and Environment, and Secretary of Aging under Kansas Governor John Carlin. It is her property she donated to build these homes on, and her daughter Frankie Davis, have worked since 2016, getting all the permits, grants and other private donations to see this project come to life. As of today, they have ten homes build, with five homes ready to be occupied, but are waiting on the storm shelter to arrive and driveway and some sidewalks to be installed. Their goal is a total of 15 homes in this community. These are solar powered and the building of these homes and other structures is all done by volunteers. The club has provided some kitchen supplies, and plan to provide a welcome basket for each home, when ready. Robin, Nancy and Susie did some construction and painting on the office. There is always work to be done and am sure the River City club will help out where needed. I am in awe of these two women and look forward to the completion of their dream.

CLUB HAPPENINGS



Council Bluff Iowa Veterans Day Parade



by Bob Keith CDC Secretary

On Saturday November 4th the Cosmopolitan Club of Council Bluffs and the Cornhusker Diabetes Connection (CDC) participated in the Council Bluff Iowa Veterans Day Parade. It was a sunny crisp day in November and a perfect day for a parade. The Cosmopolitan Club of Council Bluff had several members that marched and rode in the parade. CDC board members Bob Keith and Jerry Nelson “piloted” the Mobile Diabetes unit.

There was a great crowd on hand to view the parade and thank our veterans for their service. Jerry had a great time waving to the crowd from the co-pilots seat. New driver Bob was able to get some valuable windshield time before heading out on future assignments.

The crowd provided positive comments on the unit and the mission it serves. This was a great opportunity to promote Cosmopolitan International and the CDC.



COSMOPOLITAN INTERNATIONAL LUNCHEON

Roy Blunt NextGen Precision Health Building
Research Institute for Society's toughest diseases · Wednesday, August 30, 2023

by Larry Benton, PIP 1993-1994

Chris Sovich, advancement Officer for the University of Missouri School of Medicine and the local Cosmopolitan Club's liaison with the University of Missouri, got the meeting started with a welcome to all in attendance and invited them to enjoy the luncheon he had set up for the three local Cosmopolitan Clubs at the Roy Blunt NextGen research Center.

After a very nice lunch, Chris introduced Dayton Shepherd, past MoKan Governor and ShowMe Club member for organizing the event. Dayton then welcomed everyone and recognized the dignitaries in attendance from Cosmopolitan International. Chris also introduced Judy Weitkemper, representing all the Columbia Clubs and International. Judy thanked Chris and MU Health for inviting us to their beautiful new NextGen building for lunch. She stated that we were excited to be there and to learn about their research, especially their research into finding a cure for diabetes. She also thanked all the Cosmo members for attending, and as asked, Judy briefly summed up the history of who we are, Cosmopolitan International, how we started, and what we do. She talked about the many accomplishments of International, the Clubs, Members, and our goals. Judy then introduced Dr. Richard J. Barohn, MD, Executive Vice Chancellor for Health Affairs and Dean of the School of Medicine and turned the meeting over to him.

Dr. Barohn welcomed us to the Roy Blunt NextGen Research Center and talked about the medical research that is being done there, including Diabetes Research.

Dr. Barohn then introduced Dr. Haval Shirwan, PhD, Professor of Child Health and Molecular Microbiology and Immunology with the MU School of Medicine and Associate Director, Immunomodulation and Regenerative Medicine Program at the Ellis Fischel Cancer Center.

The primary focus of Dr. Shirwan's NextGen research is cancer and immunology. His translational research program is to develop safe and practical approaches to modulate the immune system for the treatment of immune-based disorders such as Type 1 Diabetes. He co-pioneered with his colleague Esmat Yolcu a proprietary platform known as ProtEx™. This practical and safe alternative to gene therapy for localized Immunomodulation has applications in transplantation, autoimmunity, cancer, and infections. Dr. Shirwan is an inventor on 25 issued and eight pending patents and founder/co-founder of three biotech startups.

Dr. Shirwan's Diabetes Research involves Islet Cell transplants in patients with Type 1 Diabetes. Islet Cell transplants could be considered a cure for Type 1 Diabetes.

There were several Cosmopolitan members from all 3 local clubs in attendance along with our International President, Dick Gorton, International Vice President of Membership Lavonne Hawking, International Vice President of Finance Phil Hanson, MoKan Governor Linda Gentry, and the MoKan representative on the CDF Board, Don Gentry.

The Columbia ShowMe Cosmopolitan Club has donated over \$5,000.00 to the University of Missouri to be used for Diabetes education, patient care, and research. The money has been used for Braille Diabetes education books for blind patients, insulin, and diabetes supplies for those that can't afford it, and for Dr. Shirwan's research.



Fremont 100 Cosmopolitan Club **Fundraising Efforts in 2023**



The Fremont 100 Club is closing out its final Fundraiser of the year. Our Football Raffle will raise over \$3600.00 this year that will be used for Local Charities and our Diabetes Charities and Camps. We have had a tremendous year in our fund-raising efforts in 2023 raising over \$17,000.00. As we close out 2023, we remember those members we have lost this year John Ramsey, Chuck Gordon, and Nancy Nielsen, our prayers go out to their families. We will Close out our year, giving over \$2500 to local Charities throughout the community and we hold our Annual Christmas Party on December 17th at the Fremont Golf Club. We wish you all a Merry Christmas and A Very Blessed New Year.

***WE HAVE HAD A TREMENDOUS YEAR IN OUR FUND-RAISING
EFFORTS IN 2023 RAISING OVER \$17,000.00!***



“CELEBRATING CAMP PLANET D!”

by Don Feltham, Club Secretary

The Heartland Santa Fe Trail Cosmopolitan Club hosted a special event for their November monthly meeting in recognition of Diabetes Awareness Month. The event was “Celebrating Camp Planet D”, a dinner meeting to recognize and celebrate our relationship with the American Diabetes Association Camp Planet D. Camp Planet D is a residential summer camp experience for children with diabetes that has operated in the Kansas City area for over 40 years. HSFT Cosmos have been a sponsor and volunteer for the camp for over 25 years. Camp Planet D is one of 29 camps operated by ADA in the U.S. and has long been recognized as one of the top camp programs for ADA.

ADA Camp Planet D offers children with diabetes the opportunity to learn how to enjoy a healthy, active lifestyle while managing their diabetes. At camp, children are able to enjoy swimming, archery, arts & crafts, kick ball, hiking, and much, much more!

Managing Camp Planet D requires a significant investment. In addition to all the trappings of a traditional summer camp—food, fun, and adventure—Camp Planet D provides skilled medical staff 24/7, insulin, test strips, glucose tabs, syringes, monitoring supplies, and more. In a special partnership with Children’s Mercy Hospital of Kansas City, Camp Planet D is staffed with 3 Medical Directors, 8 physicians, 26 nurses, and 7 registered dietitians.

HSFT Cosmos hosted a special event dinner for our members, guests, and camper parents to learn more about Camp Planet D from camp staff, medical staff, a camper parent, and a camper. Following a brief social time, an Italian buffet dinner was served, and the program started shortly after. Don Feltham, a 20+ year member of the HSFT Cosmos, served as Emcee for the event and started with a short video about the HSFT Cosmo group, highlighting our long involvement with Camp Planet D. The video recognized over \$200,000 in contributions to the camp in the last 10 years and over 1,200 hours of volunteer time in that same period. In 2023 HSFT Cosmos added two additional activities to our camp support – hosting a camper family Orientation Session, and hosting a camper parent drop-off social after families had dropped off their child at Camp Planet D.

The first camp speaker was Dee Neville, Head Counselor for Camp Planet D, introduced to talk about camp operations. The 2023 camp had 114 campers, over 70 staff, and 18 counselors. 50% of the campers were first time campers. Dee talked about how rewarding the camp has been for her personally as she has been involved at the camp for over 15 years starting as a camper herself at age 7. She loves the camp and the friendships she has made. She recently got married and her maid of honor is a friend she made at camp years ago.

The next speaker introduced was Dr. Ryan McDonough, the Senior Medical Director for the camp. Dr. McDonough has been involved with the camp for about 10 years and started serving as medical director in 2017. Dr. McDonough is a pediatric endocrinologist (one of only 1,800 in the U.S.) and is the Co-Director of the Children’s Mercy Hospital Diabetes Center. Dr. McDonough talked about the roles of the medical team at the camp and the challenges and rewarding experiences for the medical team. 100% of campers leave camp with increased diabetes management skills from the efforts of their counselors and the medical team. Of course, the primary role is to take care of the medical needs for the camp, so important with diabetic children, and Dr. McDonough spoke about how it is

often the non-diabetes medical issues that can be challenging, partly because of diabetic complications. Fortunately, there are not many medical emergencies, but the CMH team at the camp has always been ready and capable of any needs that may come up.

The next speakers were a mother and son team – Kassi Simpson and her son Dez – a camper parent and camper. Kassi is also a member of the HSFT Cosmos, having gotten to know about our club from our volunteer work at the camp. Kassi spoke of the difficulty letting Dez go to camp for the first time several years ago as he had only been diagnosed with diabetes a few months before the camp. Her fears were relieved as she checked him in and realized the great staff and medical care at the camp. And, picking him up at the end of the week she found a renewed kid that was ready to take on the challenges of diabetes self-management. In the years since, she has seen Dez grow and the friendships he has made at camp and knows it has been a fantastic experience for him. She also finds relief in having a week each summer that Dez is well cared for, that she can relax and not be on “Mom of a diabetic child” duty 24/7. Dez talked about his friends from camp and how much he has learned and confidence he has gained. He highly recommends Camp Planet D to any diabetic child, understands their concerns but knows it will be worth their effort to go.

The last part of the program was for Kelly Figge, HSFT Cosmos President, to talk about the importance of the camp to the HSFT Cosmos and one highlight of the evening was the presentation of a \$10,000 check to ADA for Camp Planet D. Receiving the check for ADA was Roxie Lytle, Development Manager of the Heartland Region. Roxie thanked HSFT Cosmos for our financial support and our volunteer time. She also appreciated the event and all the work we did to support the camp.

A Q&A time found many questions from the 40 people at the event. The speakers were cheered and after the event ended many came forward to talk to the camp staff and families to thank them for the great program.

HSFT Cosmos are very proud of our involvement and support for Camp Planet D and we are pleased to take the time to honor our efforts in “Celebrating Camp Planet D!”.



CLUB HAPPENINGS

Heartland Santa Fe Trail Club MY GOAL THIS YEAR AS PRESIDENT

by Kelly Figge, President



MY GOAL THIS YEAR AS PRESIDENT FOR HSFT ARE THE FOLLOWING:

- 1. Membership** - I'm very passionate about this club and I've been really pressing the members to bring in members, especially the younger adults. We have a few members under the age of 35 and I've really been working with them to get them to talk about it with friends, co-workers, customers. I've provided business cards to them in small quantities and have ask they try and give them all out between club meetings. I have role played with them how bring up and talk about the highlights of the organization as a whole and our mission. I've asked them to post on their social media (Threads, Twitter, TikTok, Instagram) where their friends follow. If we meet our goal of 3 new members, we will qualify for the Big C award.
- 2. Social Media** - We currently only use Facebook to promote what we do as a club. We have a wonderful website and I've been asking to keep it updated with events, socials and meetings to people can plan if they want to attend. We need to be more involved with social media by posting pictures of our club outings, dinner meetings, events and socials. Also, we need to do a better job of showing how we support our community. We need to create a "group" for people to join so the club can be part of the digital community with trigger words.
- 3. Monthly Socials for Club** - I was told we don't do enough socials and that members would like to have a monthly social. We are all busy working hard whether it's at our jobs or help with Cosmos so we need some friendship/comradery time together. I want to plan a social each month that hasn't been done with our club in a while and some will also need to be geared around family so all can participate.





Rapid City Club

OUR CLUB IS HAVING A GREAT START TO THIS YEAR

by Chuck Reuwsaat, President

The Rapid City Club has been meeting on Mondays for Lunch at Thirsty's. Our goal is to have a speaker at each Monday meeting. We have been successful in obtaining interesting speakers as guests to our club. The Rush Hockey season has started so we have been busy scanning entry tickets and ushering hockey games along with events at the Monument Theatre and Summit Arena. We had our Fall Fun Night Event at Thirsty's on Friday, November 17th. Members invited friends as prospective new members. We have gained 3 new members so far this calendar year. I am confident that we will be adding more members to our club after this fall event!

Our club recently hosted a booth at the Monument Diabetes Health Fair. Members worked shifts in 2 hour increments. We had conversations with several attendees regarding the origination of Cosmopolitan International and shared information regarding our Rapid City club.

I have such great lead members that work with the club in obtaining fellow members to help usher and/or scan tickets for all the different community events held at The Monument Event Center. I have great members who serve on the various committees and our board of managers to keep the club active. Our club is having a great start to this year and I am looking forward to what 2024 has to offer our group within our community!



CLUB HAPPENINGS

Saskatoon Club

GROWING COSMO DAY

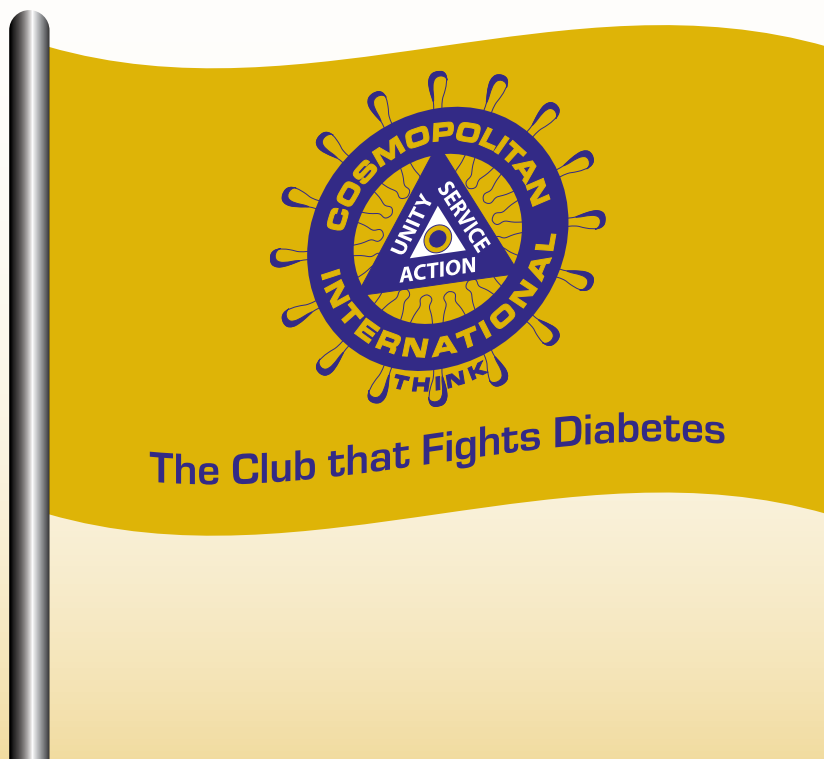
by Deb Down



2023 was the third year for the Cosmopolitan Club of Saskatoon to celebrate Cosmo Day. 2021, the first year was during Covid, and due to restrictions on public gatherings, we applied for a Proclamation and had a flag raising at City Hall, with pictures taken with the Club members as the Cosmo flag went up.

The second year we again applied for the Proclamation, had the flag raising at City Hall with the club and invited guests present. Cosmo Day was growing! Guests were executive and participants from the community agencies that the Club has supported financially and with volunteer works for many years. We had the cheque presentation at City Hall, and handed out coffee and cookies, which was donated by Tim Hortons. We tried to include the public with coffee and cookies, but our frigid weather put a quick end to that!

On to 2023. The Cosmo Day Committee regrouped and worked out a new plan. While the Proclamation and Flag Raising would take place, the Club would travel to each agency to present the cheques, allowing the Club to be involved with agency staff and participants. The goal was to allow the Club, and the agencies, to have a closer relationship, fostering community building and fellowship. In addition, to include the public, the Club approached two malls in the city, with the plan to hand out coffee and cookies to the public to celebrate Cosmo Day, and perhaps to plant a seed in some individuals minds that service work might be for them. In addition, as the setting would be in out of the cold and bitter Saskatoon November weather, all of us, Club and public, could enjoy the warmth. Club members worked diligently to get coffee and cookies donated, with great success. The Western Canada Federation kicked in with some publicity items, such as a pull up banner and business cards, as well as covering insurance costs and incidentals. A number of people expressed interest in what Cosmo has done and continues to do in the City of Saskatoon and we consider this year's event a great success.



Planning for 2024 will be underway shortly. Hopefully we can continue to Grow Cosmo Day and build on the success we have had in previous years. We have posted several pictures of Cosmo Day in Saskatoon on Cosmo International's Facebook page. We encourage you to take a look and like us, start planning Cosmo Day 2024!



SIoux FALLS COSMO CLUB

by Bill Kubat, Club President

September and October are BIG months for the Sioux Falls Cosmopolitan Club. In September, specifically on 9/11, we held our largest fundraiser, we call it our Sweetest Day of Golf (SDOG), at which we raised \$34,000! Then on October 24, we presented our 95th consecutive Distinguished Service Award for exemplary community service. This year's recipient was Carol Woltjer in recognition of 50 years of exemplary service to community non-profits. At our DSA Banquet, we also presented checks raised at our SDOG event to Camp Gilbert, an annual diabetes camp for kids that the club has supported for years and to the Veterans Community Project, a "tiny homes" project that targets homeless veterans. The club was privileged to have Nancy Troutman, North Central Federation Governor in attendance at the Banquet!



CLUB HAPPENINGS

WESTERN CANADA FEDERATION ST. ALBERT COSMOTOPICS REPORT



by Rick Renouf, President of the St. Albert Cosmo Club

The St. Albert Cosmopolitan Club chartered on November 5, 1983. The Club will be celebrating this 40th anniversary milestone on November 13th with a dinner and memories recalled by Past Presidents and the WCF Governor in attendance. The club is proud of the service to the community over the years and the support given to diabetes research.

This past October, the St. Albert Club continues its support for diabetes research with a donation of \$4,000 presented by long-time Cosmo member Pat Kane seen on the far right of photo. Rick Tiedemann (DRIFCan board member) is on the far left of the photo and Melanie Hibbard (Executive Director of DRIFCan) is in the centre of the photo accepting the club's donation.

The mission of the Diabetes Research Institute Foundation Canada (DRIFCan) is to directly fund cure-based diabetes research conducted by Dr. James Shapiro at the University of Alberta in Edmonton, Alberta, Canada.



Winnipeg Cosmo Club College Beliveau Steps Up for Diabetes Research



by Gary Wensel

The students at College Beliveau in Winnipeg raised \$205.80 for Diabetes research. The leadership Club at the College organized the fundraiser by selling cookies and lemonade in-house. Pictured above is a leadership club member presenting the cheque to the Winnipeg Cosmopolitan Foundation President.

Thanks to all the Teachers, students, and the Leadership Committee for their efforts!



CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

The mission of Cosmopolitan International is to change the world one person and one community at a time. That's why Cosmopolitan International service projects—however large or small—aim to serve both individuals and communities. Our Clubs across the US and Canada raise funds to assist in diabetes research, as well as help their local communities by sponsoring projects that are used by many people throughout their community.

An application has been prepared to facilitate listing these programs. Applications can be submitted by individual clubs or federations. Once an application is reviewed and accepted as complete, the proposed center / program will be appropriately listed. Applications are available from CI headquarters and are downloadable from www.cosmopolitan.org under Resources, Club and Federation Info.

Major Cosmopolitan Diabetes Center/Program

- Primary focus must be diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

855 Brambleton Avenue
Norfolk, VA 23510
B 757.446.5909
Jerry L. Nadler, M.D., FACP, Director

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive
Columbia, MO 65212
B 573.882.2273
Jeff Robbins, Administrator

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

PO Box 394
Sioux Falls, SD 57101-0394
B 605.333.7315
Dr. Laura Davis-Keppen, M.D.

DIABETES INCORPORATED

12955 Bogus Jim Road
Rapid City, SD 57702
B 605.341.1273
Deanna Smith, Executive Director

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

1200 West State Street
Rockford, IL 61102-2112
B 815.490.1600
Gordon Eggers, Jr.,
President and CEO

HEARTLAND COMMUNITY HEALTH CENTER

346 Maine Street
Suite 150
Lawrence, KS 66044
B 785.841.7297, ext. 208
Allie Nicholson
Executive Director
anicholson@heartlandhealth.org

ALBERTA DIABETES FOUNDATION & THE ALBERTA DIABETES INSTITUTE

University of Alberta
1-020 Li Ka Shing Centre for Health
8602 112 Street
Edmonton, AB T6G 2E1
ADFAdmin@ABDiabetes.com
albertadiabetesfoundation.com

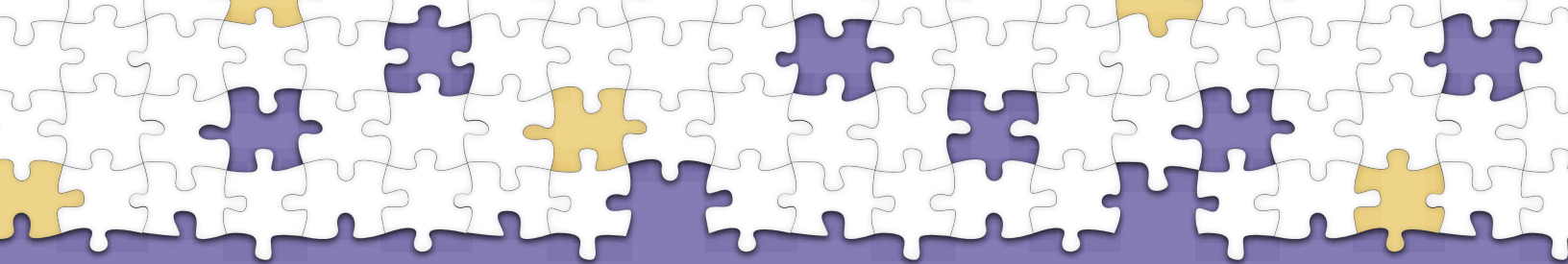
CORNBELT DIABETES CONNECTION, INC.

9905 South 173rd Circle
Omaha, NE 68136
H 402.895.6732, C 402.290.3471
Terry Sanford, Chair
tsanford77@cox.net

THE CENTRAL MISSOURI DIABETIC CHILDREN'S CAMP, INC.

PO Box 1942
Columbia, MO 65205-1942
P 573-474-4326
David Bernhardt,
CPA, Executive Director





Major Cosmopolitan Community Center/Program

- Primary focus is non-diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single non-diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

COSMOPOLITAN INDUSTRIES, LTD.

28 34th Street E, Saskatoon, SK S7K 1R5 CANADA

Charlene Duquette, Director

B 306.664.3158

SPECIAL LEARNING CENTER

1115 Fairgrounds Rd. Jefferson City, MO 65109

B 573.634.3070

Debbie Hamler, Executive Director

dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Program

(Not to be confused with the Major Cosmopolitan Supported).

- Primary focus must be diabetes related
- A minimum of \$5,000 over two (2) years or \$10,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

ELGIN COSMOPOLITAN CLUB DIABETES

EMERGENCY RESCUE FUND

Social Service Department, Sherman Hospital

934 Center Street, Elgin, IL 60120

B 847.742.9800

UNIVERSITY OF CHICAGO MEDICINE

Kovler Diabetes Center

900 East 57th Street, Chicago, IL 60637

Peggy Hasenauer, MS, RN, Executive Director

B 773.702.2371, Direct 773.834.4789, C 773.412.4171

kovlerdiabetescenter.org

www.facebook.com/kovler.diabetes.center

SETBAID SERVICES' DIABETES CAMPS

FOR CHILDREN & TEENS WITH DIABETES

PO Box 196, Winfield, PA 17889-0196

B 570.524.9090 or 866.SETBAID

Mark Moyer, MBA, MHA, Executive Director

www.setbaidservices.org

info@setbaidservices.org

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300



COSMOTOPICS
2500 W. 49th Street, Ste. 223
Sioux Falls, SD 57105-6508

SAVE THE DATE

2024 INTERNATIONAL CONVENTION



JULY 18-21, 2024

EDMONTON, ALBERTA CANADA

.....
For more convention information visit
<https://www.cosmopolitan.org/page/convention>

In Memoriam

The entire Cosmopolitan family joins in extending sympathy to the families of those Cosmos recently lost:

Dolores Reed
Cosmo Club of Saskatoon
Saskatoon, SK Canada
September 16, 2023

Nancy Nielsen
Fremont 100 Club
Fremont, NE
October 27, 2023

Robert "Bob" Williams
Roanoke Club
Roanoke, VA
October 6, 2023

Lucille "Lu" Jacobs
Charter Member
Columbia Show-Me
Columbia, MO
100 years old
November 25, 2023

