

COSMOTOPICS

WINTER 2023 ISSUE

A PUBLICATION OF COSMOPOLITAN INTERNATIONAL

INTERNATIONAL CONVENTION 2024

Edmonton, Alberta, Canada

SAVE THE DATES
JULY 18-21, 2024



ISSUE HIGHLIGHTS

- Officer Articles
- Success Redefined
Guest Contributor Article
- Club Happenings
- Governor Reports
- Budget Report
- 2024 International
Convention Overview
- 2024 International
Convention Schedule



We warmly invite you to join us from July 18-21, 2024, in the vibrant city of Edmonton, Alberta, Canada, for what promises to be a remarkable gathering of our global community.

COSMOTOPICS

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- 3 Executive Director Report
- 4 President Report
- 5 Take Action, Protect Our Investment!
- 6 Success Redefined
- 8 The Unseen Benefits of Volunteering
- 9 Membership Report
- 10 "I will be the one"
- 11 Club Happenings
- 12 Governor Reports
- 16 Time to Take Action
- 17 Low Carb Chewy Granola Bar Recipe
- 18 Budget Report
- 20 2024 International Convention Overview
- 21 2024 International Convention Tentative Schedule
- 22 Categories of Recognized Programs
- 28 In Memoriam

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

As you leaf through these pages, you'll discover a recurring theme: the multifaceted brilliance of our members and the myriad reasons to celebrate being a part of the Cosmopolitan International family. This issue spotlights the gamut of our membership journey—from the pride in attracting new allies to the personal growth that comes with being part of our network.

Immerse yourself in the compelling insights from our Board and our Clubs. You'll also find a guest article from Jeffrey Hayzlett on the transformational power of giving back, both for the individual and our collective mission.

As we gear up for the international convention in Edmonton, let's look forward to the exuberance of shared experiences and the celebration of unity. It's a time to reflect, engage, and forge ahead with renewed commitment.

Unveiling the World of Winners: How Membership Engagement Elevates Retention to New Heights



By Melvina Newman, Executive Director

In today's dynamic landscape, where competition is fierce, organizations are constantly seeking innovative ways to retain their members. Now more than ever, the key to longevity lies not only in acquiring new members but also in fostering a deep sense of engagement and belonging within existing ones. Enter the World of Winners (WOW), a realm where membership transcends mere transactions, offering an immersive experience that captivates and retains.



Members aren't just passive participants; they're champions in their own right. Whether it's hitting milestones, unlocking exclusive content, or mastering new skills, every interaction is an opportunity for members to be recognized for their accomplishments. Are you doing awards in your club?

Review the Awards brochure and take part in all the individual awards plus the club awards. Organize an award's event in your local club and present the winners with an award and then enter them in the Federation Awards event.

In the World of Winners, variety is the spice of life. From virtual events and live workshops to gamified challenges and curated content, there's always something exciting on the horizon. By offering a diverse array of experiences, memberships become not just a subscription but a passport to adventure, ensuring that every member finds something to spark their interest and keep them coming back for more.

What is your club doing? Have you worked to engage all your members? Recruitment and retention are fundamental activities that all organizations must master to ensure growth over time. What if we looked at our world with more of a sense of wonder? Members need to know what the club is doing. They need to know that the money they spend to join is doing some good in some way. They want information about the club and what it does. Remember this when you have that new member join. Let them know all about what the club supports, why and how.

Building Communities that Thrive: One of the hallmarks of the World of Winners is its vibrant community spirit. Members aren't just members; they're part of tightly-knit network of like-minded individuals united by common goals and passions. Through forums, social media groups, and exclusive gatherings, members forge meaningful connections, share insights, and support one another on their journey to success.

In the World of Winners, one size certainly doesn't fit all. Recognizing that each member is unique, personalization is paramount. Whether it's tailoring content recommendations or providing one-on-one support, every interaction is customized to suit the individual preferences and aspirations of each member, making them feel valued and understood. Use "WOW" factor to improve your club. Help us shake things up, revisit old problems in a new way. Help create

breakthroughs on both an individual and global scale. What can you do in your club? Join us in the pursuit of greatness as we redefine what it means to be winners in the realm of service.

How can we apply WOW in teaching and learning? The Website is another WOW factor. Having a good website helps your club with membership information. What have we been missing or not really paying attention to? Would using WOW and then WHY help? Teach all members to at least go to the International ClubRunner Website and visit the information provided.

Birthday Party: Remember our organization's birthday this month. March 12th is our birthday. Hold a party for the 106th birthday in March. Let your community know about the history your club has brought to the community and have a celebration. In the World of Winners, engagement isn't just a means to an end; it's a catalyst for advocacy. When members feel truly invested in the community, they become its greatest ambassadors, spreading the word far and wide. Through word-of-mouth recommendations, social media shout-outs, and heartfelt testimonials, they champion the cause, attracting new members and fortifying the ranks.

In the fast-paced world, retention is the ultimate litmus test of success. By embracing the principles of the World of Winners – celebrating achievement, sharing experiences, fostering community, prioritizing personalization, and leveraging advocacy – our organization can elevate retention to new heights. In doing so, we don't just retain members, we cultivate lifelong relationships built on trust, loyalty, and shared success.

Welcome to the World of Winners, where membership isn't just a transaction; it's a transformational journey.

As members of Cosmopolitan, we continue to make strides and have many achievements for our organization. We still have items to do going forward with putting a strategic plan in place to align with our mission and continue to give members and clubs the tools they need to be successful.

Yes, we are a World of Winners. Use the "WOW" factor to improve your club. Dive into a world where every member is a hero, and every action is a victory – welcome to our service organization, where winning is a way of life.

WOW – WORLD OF WINNERS

Melvina Newman
Executive Director

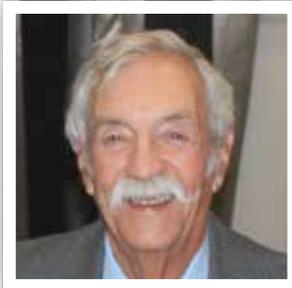
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Hello Fellow Cosmos!

By Dick Gorton, Cosmopolitan President

I hope you all had a Merry Christmas and a Happy New Year! As we are halfway through our Cosmo year, I hope your clubs are having a successful year and are well on their way to qualifying for the Big C award and the President's award! The CI Board is making progress on getting our organization fully functioning, it is painfully slow. While Randy had a great year in getting us started back, we are still struggling to recover from the previous years. We are not yet where we want to be in providing you with the support you need! Please bear with us!



I will take a few minutes to update you on our latest efforts to get the ISLET Act passed. By the time you read this, we will have held our winter board meeting and will have decided if we are going to pursue an international project. Since our fall

COSMOTopics, we have looked at another potential project. Iowa State University has been researching the use of DNA to cure genetic disease. While this obviously has potential for diabetes, it is way too early in their research to know if it could be a cure. So, if we are to pursue an international project, it will be to support the re-engineering of stem cells into islets that the Diabetes Research Institutes in Canada and Miami are researching.

The first time I discussed the possibility of an international project was last year at the federation convention for the North Central Federation. While there was general support for the idea, not everyone supported it. I remember one of our members asked why we should support such research when it would just enable some drug company to make a ton of money and besides, they all had their own research money.

His point is valid, especially since the Food and Drug Administration (FDA) has classified islets as drugs and awarded control of them to a single drug company. This is why the passage of the ISLET Act is so important and why I have asked each of the you to write to your US Senators and Representative requesting their support in getting the Act passed. We also would like you to encourage your family and friends to write their Congressional delegates requesting their support of for the Act.

To the concern about drug companies benefiting from the ongoing research, if we are successful and the ISLET Act is approved, the ability of drug companies to benefit will be eliminated or minimized in much the same way they do not benefit from a heart or kidney transplant. Consequently, their interest in supporting islet/stem cell research may be substantially reduced and support from organizations like ours more important.

Before you, as well as the CI Board, decide to commit a major sum of monies to an international project, you will probably want to see some information on the status of the islet/stem cell research and more detailed information about the importance of the ISLET Act. I have this information for the winter board meeting for the board to consider. If the board decides to pursue an international project, I will have Melvina upload the information to our international website.

Lastly, I will be attending as many Federation conventions as I can make. Other members of our executive board will be attending the ones I cannot make. I will have Melvina provide this information to your governors prior to your convention so that we can discuss it and, hopefully, answer your questions.

Remember, as I said earlier, by the time you are reading this, the CI Board will have met and decided if it will be recommending the pursuit of an international project.

Go Cosmo!

Dick Gorton
Cosmopolitan President
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Take Action, Protect Our Investment!



By John Krysak, *Cosmopolitan President-elect*

In the last few months as president-elect, and the last couple years leading up to my decision to run for president-elect, I ask myself why there is not a line up of individuals putting their names forward to run for international board positions?



I have been a member of Cosmopolitan for 30 years. I have been active at all levels as many of you have. Many of you have been involved longer than me and have seen the many, many great things our members have been

able to achieve. I look up to so many individuals who have served as past international president and applaud their decisions to do so. Where would we be if we all chose not to move up? That's easy, we would not be where we are today and it is quite possible that we would no longer exist. With that in mind, where would your community be? Who would be your friends? Would you know the people you do from around the country? Would you have traveled to the places where we have held conventions? Would diabetes research be as far as it is if we were not involved? To many questions with negative answers, I am thinking.

Our existence has benefited so many in so many ways that we can not even comprehend. We have invested in individuals (young and old alike), organizations, communities and even to countries. Health and recreation programs would suffer losing out on operating funding, research dollars, capital asset contributions and so on.

Clubs have come and clubs have gone. We have lost federations and even a country that used to be associated with us. Let's ask ourselves why? It is not that there is no longer a need in fact I am guessing it is the opposite. When we lose a club, federation or country we lose history. Over 100 years of history. This is what is at risk when we, ourselves, and others do not take up the call to help out.

I just spent an hour on the highway talking with a co-worker who is much younger than me discussing the potential impacts of community service groups folding. The loss of financial contributions, the loss of communication skills to the younger generations, the loss of potential new clients & customer to business owners, the loss of medical research, the loss of friendships, and the list goes on. Can you tell me why YOU would want to put these things at risk? I have met so many individuals who I think would make a great international board member.

I reminisce on hearing the stories of how we get new members and the one that is most prominent in my mind is "Just Ask". If you don't ask people will not join. Taking that same message, I am asking YOU to consider running for a position on the board. Please ask yourself why shouldn't YOU contribute? Are you willing to let the organization fold and lose over 100 years of history? YOU have joined a club, YOU possibly already served as an officer in your club, YOU possibly served at the federation level. Maybe now is the time YOU take the next step?

As I previously said, I have invested 30 years in the organization, I have taken the next step to move up and now I am asking YOU to join me at the table. Please consider putting your name forward before the next convention. YOU can contact me directly or any member of the board if you have any questions. We are here to help.

**RESPECTFULLY, YOURS IN
COSMOPOLITAN,**

John Krysak
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Success Redefined — How Giving Back Can Transform Lives and Bottom Lines

By Guest Contributor Jeffrey W. Hayzlett, Chairman/Founder, C-SUITE NETWORK™

Introduction by Sheila Anderson: *At our recent International Convention in Norfolk, VA, many of you had the pleasure of witnessing a masterclass in marketing strategy delivered by Jeffrey W. Hayzlett. His keynote not only shifted our perspectives but also sparked a call to action within us. Recognizing the value his expertise brings to the table, I invited him to share his knowledge with a wider audience through our magazine. With great enthusiasm, Jeffrey accepted the invitation to contribute as a guest writer. We are thrilled to present his article, certain that it will offer you innovative ideas and actionable wisdom.*



About the author: Jeffrey Hayzlett is a global business celebrity, primetime television and podcast host, best-selling author, sought-after keynote speaker, and sometime cowboy. From small businesses to international corporations, he puts his creativity and extraordinary entrepreneurial skills into play, launching ventures by blending his leadership perspectives, insights into professional development, mass marketing prowess, and affinity for social media. As a leading business expert, and former Fortune 100 CMO, Hayzlett is frequently cited in Forbes, SUCCESS, Mashable, Marketing Week and Chief Executive, among many others. He shares his executive insight and commentary on television networks like Bloomberg, MSNBC, Fox Business, and C-Suite TV. Hayzlett is a former Bloomberg contributing editor and primetime host and has appeared as a guest celebrity judge on NBC's Celebrity Apprentice with Donald Trump for three seasons. He is the Executive Producer of a number of global television projects and is a frequent contributor to the American Marketing Association's AMA TV and Marketing News publication.

OFFICER ARTICLE

In a world dominated by bottom lines and profit margins, it's easy to lose sight of the profound impact that giving back can have on our lives and businesses. However, the way we do business is changing. Big corporations get the headlines when they give back, but the truth is, small businesses are also making a difference. According to a MetLife & U.S. Chamber Small Business Index study, **eight in ten** (or 80 percent) of small businesses have a clearly defined mission to give back to their local community.

Success isn't just measure by financial achievements, but also by the positive change it creates in the lives of their employees, clients, and communities. In fact, more and more businesses are subscribing to what we call 'the Hero factor.'

What is the Hero factor? It's a shift in thinking where leaders, entrepreneurs and business owners know they can't just serve their clients, shareholders, or themselves and expect employees to take the leftovers. It's about engaging, connecting with, listening to, and include everyone in the conversations surrounding the business. And making sure that their own goals are aligned with the goals of the business.

As the Chair of The Hero Club, an invitation-only organization for CEOs, founders, and investors who pledge to lead with integrity, transparency, and accountability, this is the founding principle that we strictly adhere to. At the core of The Hero Club is a simple yet powerful philosophy: success is best enjoyed when shared. It's not just about accumulating wealth or achieving personal goals; it's about the collective prosperity that comes from lifting others along the way. The Hero Club doesn't just talk the talk; it walks the walk, demonstrating that giving back isn't just a charitable act but a strategic imperative for both personal and professional growth.

In the fast-paced business landscape, it's easy to become engulfed in the pursuit of success, forgetting the impact we can have on our communities, employees, and partners. The Hero Club reminds us that true heroes aren't measured solely by their bank accounts but by the positive changes they instigate in the world around them. By giving back, we become the architects of a better future, leaving a lasting legacy that extends beyond profit sheets and balance statements.



One of the key tenets of the Hero factor is the understanding that success is not a solitary journey. It's a collective endeavor that requires collaboration, mentorship, and, most importantly, a commitment to making a difference in the lives of others. When we give back, we create a ripple effect of positivity, inspiring those around us to do the same. This ethos of shared success is what sets great leaders apart and makes it a catalyst for change in both the business world and the broader community.

Great leaders understand that giving back isn't just a philanthropic gesture; it's a strategic investment in the well-being of society and the sustainability of our businesses. When companies embrace a culture of giving, they attract like-minded individuals who share a passion for making a positive impact. Almost three-quarters (**69 percent**) of respondents said that their organizations have generated increased sales as a result of CSR initiatives, according to a CSR study at Ivalua and Forrester Research

In my own journey, I've witnessed the transformative power of giving back. Whether it's supporting local charities, mentoring aspiring entrepreneurs, or championing causes I believe in, the impact has been immeasurable. It's not just about writing a check; it's about getting personally involved and using our influence to affect positive change.

One thing to note is that giving back is not a one-size-fits-all approach. It's about recognizing that each individual and organization has unique strengths, resources, and expertise to contribute. Whether it's through financial contributions, volunteering time, or leveraging professional skills, there are countless ways to make a difference.

Giving back is not just a gesture reserved for times of abundance. Even during challenging periods, the act of giving can be a source of strength and resilience. When COVID hit, I received many notes from small business owners in a panic about what this would mean to the survival of their business. The fears for many, including myself, were very much real. Will we make payroll? Will we have to lay off people? Will the business survive? It would've been easy to sit back and watch it all unfold and be reactive, but it was then that I decided we would become 'business first responders.' We weren't doctors, nurses, couldn't saw masks, but we would try our best to help other business owners and remain connected as a community.

The path was a difficult one but when the dust cleared, we delivered on our promise. We were a beacon for many small business owners and solopreneurs and fulfilled the needs of the business community.

In conclusion, the value of giving back cannot be overstated. By embodying the ethos that success is best shared, we can all create a community of dedicated leaders looking to making a positive impact on the world. In the words of British Prime Minister Winston Churchill, "We make a living by what we get, but we make a life by what we give."

Jeffrey Hayzlett

**"We make a living by what we get,
but we make a life by what we give."**





The Unseen Benefits of Volunteering

By Sheila Anderson, International VP for Marketing and Fundraising

In today's fast-paced world, where the balance between personal, professional, and philanthropic commitments teeters on the brink of overwhelming, the notion of volunteering—of dedicating one's time and energy to a cause without financial reward—may seem like a luxury few can afford. However, as someone who embarked on a volunteering journey amidst a bustling career and personal life, I've witnessed firsthand the transformative power of giving back, not just for the communities we serve but for our own personal and professional growth.



Volunteering: A Gateway to Personal and Professional Development

My venture into the realm of service clubs back in 1995 was a leap out of my comfort zone. With a background that scarcely touched on volunteer work, the decision to join

a service club was driven by a desire to overcome innate shyness and forge meaningful connections. This experience was not merely about contributing to a cause but about challenging myself and growing in ways I had never anticipated.

Volunteering serves as a multifaceted tool for personal development, enhancing skills, boosting confidence, and refining leadership abilities. It's a unique arena where you can test and expand your capabilities, from managing a nonprofit board to leading community projects. These opportunities not only hone your interpersonal and organizational skills but also place you in leadership roles that might not yet be available in your professional life, offering invaluable experience in guiding teams and making strategic decisions.

Beyond Skills: Networking, Empathy, and Visibility

The benefits of volunteering extend into the realms of networking and relationship-building. Engaging in volunteer work connects you with a community of like-minded individuals, from industry leaders to local heroes, expanding your professional network in a meaningful context. It fosters empathy, a crucial leadership quality, by putting you in situations where understanding and addressing the needs of others becomes a priority. Moreover, the visibility gained through volunteer efforts can open doors to new business opportunities, partnerships, and career advancements, as you are remembered not just for your professional achievements but for your contribution to the community.

The Ripple Effect: Innovation, Cultural Competence, and Personal Fulfillment

Volunteering introduces you to diverse perspectives and challenges, sparking innovation and creativity. It enhances cultural competence, an invaluable asset in today's globalized business environment, by exposing you to different communities and practices. This broadened worldview can inspire new business ideas that address societal needs, bridging the gap between profit and purpose.

Perhaps one of the most overlooked aspects of volunteering is its impact on personal fulfillment and work-life balance. The satisfaction derived from making a tangible difference provides a counterbalance to the pressures of the business world, enhancing mental well-being and reigniting passion for one's career and life.

Integrating Volunteering into Your Personal Brand

Incorporating your volunteering experiences into your personal and professional narrative enriches your brand, making it more relatable and trustworthy to clients and partners. It humanizes your business and showcases a commitment to social responsibility, distinguishing you in a competitive market.

A Call to Action

I encourage professionals and business leaders alike to view volunteering not as a demand on their time but as an investment in their growth, brand, and the broader community. The skills, relationships, and insights gained through volunteering are invaluable, shaping leaders who are not only successful in their careers but also empathetic, innovative, and globally aware.

In embracing the spirit of service, we not only contribute to a better world but also unlock a wealth of opportunities for personal and professional development. Let us redefine success to include not just what we achieve for ourselves but what we do for others, making volunteering a cornerstone of our personal and professional journeys.

Sheila Anderson
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It's been a busy couple of months for membership/new clubs.



By LaVonne Hawking, VP for Membership & New Clubs

It's been a busy couple of months for membership/new clubs. During the November CI meeting, it was brought up that a "sub committee" should be formed. Immediately the following volunteered to be included: Sheila Anderson, Dick Gorton, Lavonne Hawking, John Krysak, Cheryl McKenzie and Melvina Neuman. We met in December and then I was given some names that might be interested in joining us - and three more joined us for our January meeting - Kelly Figge, Tom Gustafson and Reggie Roberson

Our January meeting was very successful. We have target points that will be concentrated on:

- 1 - Recruitment
- 2 - Retention
- 3 - Education
- 4 - Onboarding
- 5 - Membership Townhall
- 6 - Club Activities and Meeting Structure
- 7 - COSMOS - Your Way
- 8 - Continuous Feedback and Improvement

- We found out that some clubs do not want to "rock the boat" - things are okay - they are not open to new ideas - some don't want new ideas for fund raisers or moving into the world of technology or feel they don't have anyone capable to do online communication - i.e. Club Runner, Facebook or websites.
- Other thoughts were: "Cosmo Topics" is the expense to put out this magazine really necessary when emailing could be done instead.
- Email members once a week with a "thought for the week"
- "Community efforts" - interaction among the clubs
- Find out the weakness and strengths of club members
- "Why did a member join?"
- With members of 1135 - isn't there somebody who has a connection with ADA or JDRF? **Are clubs moving forward, backward or standing still (we did a survey at the meeting)
- Possible grants for marketing via JDRF/ADA
- Keep a spreadsheet with info obtained from the clubs -
- Send out a survey to governors or club presidents to find out what is going on - it was mentioned if the survey takes more than 5-8 minutes, interest is lost in completing it **What are the priorities and efforts in the clubs?
- Members are 60-90 in age and with younger members they need to feel the connection.
- Younger members see change is needed - older members do not like change
- Club Runner - some have their own website - but is there more than one person working With their site?
- There seems to be lots of energy, mentors and experience and advisors but do they really Want change?
- Are the tools and resources being used?
- Clubs that are small - could they merge with another club?

We don't want to lose clubs that are under charter strength - they have a history with their community - we need to do all we can to keep them involved - not just a monthly lunch or dinner but INVOLVED! Those clubs have a legacy to keep going - years of experience -

A poll was taken by John Krysak as to club's status - ranking from 1-3 and this gave us an idea how club's were doing throughout our organization. We had representation from all Federations - so input was given.

- 1 - Stagnant - dying
 - 2 - Doing well
 - 3 - Growth mode
- New club potential**

At the conclusion of our meeting - it was suggested that Federation Governor's be contacted to join us as well. Of course, this will be an ongoing committee and the suggestions and helpful ideas are for ALL clubs/Federations and members to assist in keeping growth in their clubs.

Those of us that are on this committee are excited to see what transpires - we know that this will not be something that happens overnight - but we need to start someplace - and this will carry into 2024-2025 and beyond.

Ideas - please contact one of us - your input is important.



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Step up and let your club know.

“I will be the one”.

By Phil Hanson, VP for Finance

The CI board reviewed the budget performance report at this year’s winter board meeting. I review the detailed financial statement monthly and address any areas of concern with our executive director, Melvina Newman. The good news is that there are no areas of major concern with the financials. If any members have a question about any item in the report, please contact me at Phil@hansoncpa.com or at the International Convention.

The Revenue and Expenditures Budget performance is based on the receipts and disbursements from 7/1/2023 through 1/31/2024 as compared with the budget for the same period. The annual budget is included to give the reader a picture of how we are doing when compared to the year as a whole.

Dues have consistently been our major revenue source. When we look at Cosmopolitan International, and even our individual clubs to survive, we must maintain a viable membership base. Looking at our individual clubs, about half of the clubs are charter strength or better but the balance of clubs is below that membership mark. There is a reason charter strength was set for a minimum of 20 members. There is a natural attrition rate in the human race to which all our members belong. We need to have a program designed to replace those members. The good

news is that the human race also has a tendency to replace those who are gone. And for those complaining that finding new members is too hard, I only need to remind you that even our clubs with the largest membership were concerned about failing membership at one time. What changed? Someone became concerned, someone stepped up to make a commitment to their club. Someone said, “I will be the one”. So, I am asking you. Each one of you. Step up and let your club know. “I will be the one”.



Phil Hanson

VP for Finance

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OFFICER ARTICLE



“I WILL BE THE ONE”.

Emerald City Pool Tournament FUNDRAISER



Emerald City just finished up our first-time pool tournament fundraiser. It was a great success. We netted over \$1,000. We are now gearing up for our annual Health Fair and our 1st possible annual 5K Fun Run/Walk for diabetes. We are very excited to have in our membership, Katherine Stockman, who writes articles for our newsletter about diabetes. She has a wealth of information to share. You can see her February article in this issue of COSMOTopics.



CLUB HAPPENINGS



Capital Federation

By Randy Wright

Finally, we were able to shift the Treasurer to John Keeley. We had to send a full copy due to locations. It's now done along with our plan for having to host a Federation in May. As you know it's been a very difficult year, but we have kept our Core together. Norfolk is the leader followed by Roanoke, North Lancaster, and Elizabeth City. They were so helpful during the International Convention in Norfolk, VA. Elizabeth City is still alive due to our RETENTION plan with them. The Elizabeth City members have visited us in Norfolk. So, we feel it was worth the funding, and the friendships that were made when they came up and visited with us. Our active clubs are working together and hope to send a few members to the 2024 International Convention being held in Edmonton, Alberta, Canada on July 18-21. Looking forward to seeing if the food from Alberta is as good as ours in Norfolk, and, of course, the entertainment. I know all of you are having a great time.

There are always problems. Just stay the course. I'm so proud of all who stepped up to help our organization in the last year. Great group that's been working hard to rebound our Clubs. Yesterday I ran into Admiral Kavanaugh and again thanked him for helping us last summer. He said the least we could have done for him was to go inside. Ha. I'm so pleased with the results of our 2023 International Convention. I hope the same for Edmonton! We took all of our group to a Tide Baseball game. Our team won the first time in some 30 years. It's a lot of work to host a group from all over. We believe ours last year was as good as ever.

Godspeed, Randy



WESTERN CANADA FEDERATION GOVERNOR

By Karen Shepherd

GREETINGS FROM THE WESTERN CANADA FEDERATION. It has been a wonderful year so far.

I have had the pleasure of official Governor's visits with the Regina, Wascana, St. Albert, Edmonton, Saskatoon, and Prince Albert clubs. Our federation is celebrating milestones this year – the 75th Anniversary of the Regina Club, the 40th Anniversary of the St. Albert Club, and on March 12th we will be celebrating the Saskatoon club's 30th anniversary. Together that's 145 years of services. Congratulations to those clubs for celebrating their milestone anniversaries. Thanks to all the clubs for their impressive service to their communities over the years. During my visit to Prince Albert, I also had the pleasure of inducting a new member. I will be visiting the Calgary and Winnipeg clubs over the next couple of months and look forward to meeting with them. It has been wonderful to spend a bit of time of club members and see how their clubs operate, recognize the work they do, and find out what they do for fun!

The WCF Executive has been busy. An Awards Review has been completed. The WCF Awards Manual has been updated and sent out to all members. We plan to have an earlier submission of awards so that the Awards Committee chaired by Lt. Governor Gord Hendrickson has time to prepare for the presentations at the upcoming Annual May Convention. We are encouraging every club to submit awards for their clubs and for the individual awards so that deserving Cosmos are recognized for the work they do for this organization and their communities. The Executive is also progressing on a couple of other projects.

Our annual convention is coming up! The Winnipeg Club is hosting the convention which will be held May 17th to 19th. The host committee has planned a fun Friday social event. For the Governor's Ball, there will be a live band and incoming Governor-Elect Cheryl Mackenzie will be inducted as the new WCF Governor. There are also social events planned during free time if members want to participate. In addition to the social events, there will be business meetings for the Federation and for the Foundation. Conventions are a great reminder and renewal of our commitment to find the cure for diabetes. Good friends, fellowship, and passion for the cause brings us together at conventions. We also extend a welcome to any Cosmo anywhere to join us at this convention!

The Edmonton Club is hosting the upcoming International Convention in July. I am booked for my hotel room already and will be registering as soon as the registration form is out! It is going to be a fantastic convention and I hope to see you at the International Convention.

It is amazing how quickly time passes. Only a few more months to accomplish our goals! May each of our federations and clubs have continued success in moving forward and accomplishing what we have set out to do!

Yours in Cosmopolitan – Karen Shepherd

CORNBELT FEDERATION

By Scott Knudsen, Governor

The Cornbelt Federation rocks. We are filling slots, setting dates, and going to meetings and more meetings.

There are six geographically defined Federations within Cosmopolitan International. Each Federation Governor serves on the International Board of Directors. This board meets monthly. The Winter Board Meeting was recently in Omaha, Nebraska.

The I-80 Cosmopolitan Club hosted the International Executive Committee and Board members as I-80 Club guests at their annual Casino Night fundraiser with over 300 in attendance. It was an evening of fun, food, silent auctions, split-the-pot drawings, fake money gaming tables, and much more. Thank you to I-80 Cosmos! A fun time was had by all.

The Governors have regular Zoom meetings for idea exchanges concerning fundraising, membership acquisition, and retention along with discussing various methods to support our Local Clubs and Cosmopolitan International. Governors serve as the liaison between Cosmopolitan International and the local Clubs. It is one of my goals to increase the effectiveness of the office by assuming more responsibility in that capacity by increased involvement on all levels and enhanced communication in all directions. It is my position that the majority of all interaction between Cosmopolitan International and the local Clubs should be facilitated by the Governors. Governors have recently been invited to participate with the International Membership Committee.

The Cornbelt Federation has set a calendar of dates for 2024, including Winter & Summer Board meetings and a combined Spring Board meeting and Federation Convention. The Federation dates are selected considering the International Convention dates of July 18 – 21, 2024, in Edmonton, Alberta Canada.

We are pleased to announce new volunteers for positions in service of the Cornbelt Federation in our challenge to strengthen the Federation in the continuing Fight to Cure Diabetes. The following volunteers will be voted on at the next Federation Board of Directors meeting:

- GOVERNOR ELECT: Jim Jourdon, Fremont 100,
- LIEUTENANT GOVERNOR, MEMBERSHIP: James Kernan I-80
- LIEUTENANT GOVERNOR, AWARDS: Kyler Nelsen, Fremont 100
- *TREASURER: Wendy McCarty, Platte River
- SECRETARY: Edward Ficenec, Omaha Cornhuskers
- JUDGE ADVOCATE: Bill Bianco, I-80
- CHAPLAIN: Wade Frink, Fremont 100
- Sergeant-at-Arms: Wade Frink, Fremont 100

All Local Club Presidents in the Cornbelt Federation serve on the Federation Board of Directors.

*A big thank you goes out to Matt Chilton, Sioux City Club, for his exemplary service to the Cornbelt Federation as our Immediate Past Treasurer. Matt and Terry Sanford, Omaha I-80, were both very helpful providing me guidance and suggestions during my unexpected premature transition from Governor-Elect to Acting Governor.

Scott Knudsen, Governor
Cornbelt Federation
Cosmopolitan International
113 South 54th Street
Omaha, Nebraska 68132
Phone & 24hr Text 402-680-7598
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North Central Federation Winter Report

By Nancy Trautman, Governor

North Central Federation had its first Federation Board meeting. It was a great opportunity to get to know each other. Information was exchanged about how the respective clubs attract new members and what activities and fundraising events they have scheduled. From "Lunch and Learn" in Sioux Falls to ushering Hockey Games to Christmas Holiday parties, NC Federation has active and enthusiastic members who are committed to Cosmopolitan International and its focus on Diabetes. Discussion of the Federation Annual meeting which will be hosted by the Rapid City Club April 26th and 27th. In preparation, the Clubs have begun choosing 2024 Award Winners. Other committees will soon be activated to work towards a successful annual meeting.

GOVERNOR REPORTS



Mo-Kan Governors Report

By Linda Gentry

Wichita Air Capital

The club meets once a month for lunch on the third Tuesday at noon at the Scotch and Sirloin Steakhouse.

President Tom Stark

Fundraising – The club held its 25th Annual Art Auction for Diabetes with 85 members and guests in attendance. Total bids for the evening were \$22,505 with net proceeds of \$19,217. The other major fund-raising event is the Annual Golf Tournament for Diabetes, which will be held on June 17, 2024 at Crestview Country Club. The Club raised a net of \$32,918 and the proceeds were donated to the following charities. Great Plains Diabetes, Inc. \$19,217 and Kansas Camp Discovery for diabetic children received \$13,700.

Membership: 58

Columbia Show Me Club

The club meets once a month for dinner on the third Thursday of every month.

President John Kadlec

Fundraising – The club works concessions for Bingo run by the other two Columbia Cosmo Clubs. Since January 2024 they have raised \$5504 towards the goal of \$9,000.

Community Service – Building Houses for Habit for Humanity. This was undertaken by all the local Cosmo Clubs, Kiwanis, Lions, Optimist and different Rotary clubs. The goal was to build 3 houses in 3 days and the goal was accomplished. Additionally the club adopted 3 families at Christmas through the Voluntary Action Center.

Membership: 27 members and 3 Emeritus. The Club is planning a membership recruiting event with the other 2 Columbia Clubs for an evening of Bunko.

River City Cosmos Lawrence, KS

Meets the first Thursday of the month at 7pm.

President Susie Bartlett

Fundraiser – The club will be hosting a Bowl a Thon on March 24th with proceeds to benefit sending kids to Diabetic Kids Camp. To date the club has raised \$800.

Community Service – The club collected and donated school supplies, food supplies, winter hats and gloves and Toys for Tots. Additionally, the club supplied lunches to families at Children's Mercy.

Membership: 16

Heartland Santa Fe Trail

The club meets once a month on the 3rd Thursday for dinner at various local restaurants.

President Kelly Figge

Fundraising – The club participates in 2 fundraising events per year with the Funnel Cake Trailer at the Olathe Old Settlers Days held in September each year and the Old Shawnee Days held in June each year. This year the club was the recipient of a donation from a Cocktail Competition put together by an Emeritus member's granddaughter. Net proceeds raised were \$39,372.00 \$10,000.00 was donated to Camp Planet D for diabetic children, \$100 to Canine Companions, \$1,495 to Camp Planet D for supplies. The club also donated back to the clubs whose members volunteered their service at our funnel cake trailer. Emerald City \$336, River City \$36 and Topeka \$144.

Community Service – The club is active each year at the Camp Planet D by providing Registration, parking and moving luggage to cabins on the first day of camp. For the first time this past year the HSFT club was asked to host the First Time Parent Orientation for camper families attending Camp Planet D. Provided funnel cake day at Operation Breakthrough along with literature about diabetes, donations of person items and clothing to the Elks club Veterans program, Adopt a Family through Operation Breakthrough and volunteer service at Harvesters.

Membership: 30 active, 2 Emeritus and 1 Honorary. The club has 5 incoming members to be inducted at the March meeting.

Topeka Cosmo Club

The club meets every Friday for lunch at the Topeka Country Club.

President Sandra Davis

Fundraising – Three members volunteered to work a shift for the Heartland Santa Fe Trail funnel cake trailer in September, the HSFT club made a donation back to the Topeka club for hours volunteered. The club is also working on having a pickle ball tournament and a golf tournament in the future. They have raised \$319.00

The Topeka Club is currently working with members from the Emerald City Club also in Topeka for the 2024 Mo-Kan Convention.

Membership: 13 Active and 2 Honorary

Jefferson City, MO Club

The club meets each Friday at noon at HyVee for lunch.

President Mark Mueller.

Fundraiser – The club holds an annual Pancake Day fundraiser for, additionally they host an annual Tom Henke Charity Classic golf classic. The club netted \$18,300.00 from these 2 events.

\$36,300.00 was donated to the Special Learning Center with proceeds from the Tom Henke Charity Golf tournament.

Community Service – Worked with local high schools to purchase and deliver diabetic supplies. Adopted a family from Salvation Army for Thanksgiving dinner and Christmas gifts. Boy Scouts and Girl Scouts continue to use their property at Timber Acres for weekend camping.

Membership: 35 Active Members



Emerald City

The club meets monthly on the Third Monday at various locations.

President Linda Sloan.

Fundraiser - The club has held a Farkle tournament, Corn hole tournament, Pool tournament, 50/50 drawings, lottery tickets, Sertoma Duck races and Aluminum Can collection. The club has made \$5,006.00.

Community Service - Continued support of Stormont Vail Hospital, Stormont Vail Clinic, Rescue Mission, Mother Theresa Jamboree, Diabetic Health Fair and Fall Festival.

Emerald City is putting on a 5k Run/Walk and Health Fair on March 30th. Not really a fundraiser but an opportunity to get our name out there and what we do. They received a \$6,000 grant from Stormont-Vail to do this. If they do make money the club will be giving to Let's Help/Charity to support our community.

Membership: 20 Active Members

St. Charles County

The club meets on the 2nd Tuesday of each month at various local restaurants.

President Krista Strahm

Fundraising - The club is working on several fundraisers, including our annual Bowling Tournament, held in the fall. We are currently planning a spring Corn Hole Competition. We have successfully met our goal to raise funds for a community member to receive a diabetic alert dog and the paperwork is being processed.

Membership: 10 Active members.

Columbia Luncheon Club

The club meets on the first and third Tuesday of each month at their building for a "bring your own" lunch.

President Marnie Clark

Fundraising - The clubs has weekly Bingo and associated games and host an Annual Pancake and Sausage Day. Final Numbers for Pancake and Sausage are not in, but expected to net \$7,000. It is anticipated that Bingo will earn \$120,000 for the year. The club anticipates in making donations to our various projects in the amount of \$37,250.00

Community Service - Our community service includes supporting various causes and events within the community while also focusing donations to projects that help kids to be active in an effort to prevent diabetes and promote physical activity. We join with another local club to sponsor a row in the community vegetable garden. We also join forces with the Columbia Parks & Recreation department to fund playgrounds and sport complexes. We sponsor youth athletic teams, local Future Farmers of America clubs, golf tournaments to benefit amputation patients, youth leadership programs, and other worthwhile events/organizations as they are proposed.

Membership: 43 Active Members.

Flow State Membership Tasking

Scott Knudsen, Cornbelt Federation Governor

A person is in a state of flow when they are totally immersed in a task. When a person is "in flow," they may not notice time passing, think about why they are doing the task, or judge their efforts. Instead, they remain completely focused on the task at hand.

You may have experienced a flow state at some point, where you are totally absorbed by and deeply focused on something, beyond the point of distraction. Some people describe this feeling as being "in the zone." This is the flow state and it's accessible to everyone.

Our task at hand in our Cosmopolitan Mission is MEMBERSHIP ACQUISITION AND RETENTION. Make it happen on your own terms. Be yourself. Transition to YOUR FLOW STATE. You can do it! Everyone is a potential member.

Don't wait for the next person to get the ball rolling. It will be difficult. You may have to step out of your comfort zone. You must choose between difficult or status quo. Choose difficult. Throw away the past. Dream big. Avoid setting easily achievable goals. Set "stretch" Goals. Allow "Flow State" to prevail. Reach for the moon or the stars. You may land somewhere in between, and still declare victory.





TIME TO TAKE ACTION

By Katherine Stockman MSN- RN

Type II Diabetes doesn't always have symptoms. At least nothing that can't be explained away by other health problems such as obesity, heart disease, side effects of meds etc. So how would one know?

Let's start with the Diabetes Risk Test- <https://diabetes.org/diabetes-risk-test>. (1) Ok now the next step is a Dr. appointment because like most diseases, the longer it goes on the worse it will get. 84.1 million Americans are noted to be prediabetic and almost always Type II Diabetes submerges there after. (2)

The first Line of Defense is losing the excess weight, diet and exercise (3) They are all important components, but it has been found that moderate intensity exercise alone was very effective in improving glucose tolerance even with only modest weight loss. In fact research has found that fastpaced walking is a more effective component in preventing the progression to Type II Diabetes (4) This would mean walking 30 minutes, 5 times a week at a pace where you can't sing. (5) When one exercises cells in the body become more sensitive to insulin. In fact the muscle will use glucose whether insulin is available or not (6) The body can produce glucose by breaking down fat and there you go, weight loss, the good kind.

Can't walk 30 minutes? That's ok, start where you are, try 5 minutes, walk across the room several times a day, park farther in the parking lot. Just move on a regular basis. Is there one exercise better than the other? Yes, the one you will continue as a lifestyle. The top two exercises are walking and interval training. Set a goal for walking for 30 minutes a day. Interval training is 2 – 4 cardio exercises then 2 – 4 minutes of minimal exercise: walk in place and then repeat the cycle throughout the workout. (7)

As stated above, exercise can lower your blood sugar levels. As a diabetic and especially if you are taking insulin or meds for diabetes your blood sugar will need to be monitored. It is recommended to:

1. Check your blood Sugar before exercising and have the carbs ready if needed
2. Exercise on an empty stomach- 3 – 4 hours after eating.
 - if needed eat a small snack of whole foods: fruit and protein- Apple and peanut butter, Starch and protein – cracker and cheese or

- Timing your exercise just before meal time and insulin is the best way to prevent low blood sugar
3. Reduce the insulin dosage if exercising right after eating- the amount will depend on the amount and intensity of the exercises: Check with your Dr.
 4. Post Work Out- strive to eat mostly whole foods every 4-5 hours throughout the day.
 - If the exercise is high intensity, weightlifting or endurance training this is when that protein shake or meal after the workout is needed to replenish the glucose in the muscle. (8)
- 15 – 15 Rule- for low blood sugar
- If Blood sugar is less than 100: eat 15 – 20gm. Of carbs: 40z. of juice or 1tbl.of sugar or honey
 - check blood sugar again in 15 minutes: If still less than 100 eat 15 more grams of carbs
 - Repeat until blood sugar is 100 or greater
 - Do not resume exercise until the blood sugar is at least 100. (9)

The main point here is, What isn't exercise good for?". Over time everybody feels better, has more energy, improves mood, losses body fat, and minimizes the probability of diabetes, heart disease and a multitude of other health problems. LETS GET WALKING!

References

- (1) <https://diabetes.org/diabetes-risk-test>
- (2) <https://www.webmd.com/diabetes/diabetes-basics>
- (3) <https://www.webmd.com/diabetes/preventing-type-2-diabetes>
- (4) <https://pubmed.ncbi.nlm.nih.gov/2742129/>
- (5) <https://www.webmd.com/diabetes/cm/rm-quiz-type-2>
- (6) <https://www.Diabetes.org/health-wellness/fitness/blood-glucose-and-exercise>
- (7) <https://www.webmd.com/fitness-exercise/ss/slideshow-7-most-effective-exercises>
- (8) <https://www.Diabetes.org/health-wellness/fitness/eatingtips-before-after-exercise>
- (9) <https://www.Diabetes.org/healthwellness/fitness/bloodglucose-and-exercise>

Low Carb Chewy Granola Bars

Ingredients

- 2 cups (200 g) sliced almonds
- ½ cup (55 g) walnuts
- ½ cup (55 g) pecans
- ⅓ cup (40 g) goji berries (or your favorite no-sugar added fruit)
- ⅓ cup (40 g) raw pumpkin seeds
- ⅓ cup (45 g) sunflower seeds
- ¼ cup (40 g) golden flax meal
- ¼ cup (65 g) Lily's SF Chocolate Chips
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- 2 tablespoons (28 g) melted butter
- 3 tablespoons low carb powdered sugar
- ⅓ cup Sukrin Fiber Syrup Clear (or Gold or VitaFiber or SF pancake syrup), 89 ml

Nutrition Facts

Sugar Free Low Carb Granola Bars with Chocolate Chips

Amount Per Serving
Calories 205 Calories from Fat 153

% Daily Value*

Fat 17g26%

Carbohydrates 13g4%

Fiber 7g29%

Protein 6g12%

* Percent Daily Values are based on a 2000 calorie diet.

Instructions

1. Preheat the oven to 350 and place the rack to the middle position. Line a 13 x 9 inch baking dish or pan with parchment paper (or foil) by spraying the dish with baking spray to help it stick. Make sure the parchment overhangs the sides so you can lift out the bars. Spray the parchment, too.
2. Place the sliced almonds into a food processor (or chop by hand) and process until they resemble oats. Place the chopped almonds into a medium bowl. Chop the pecans and walnuts into smaller pieces - I use a chef's knife. Add them to the almonds. Add the goji berries, pumpkins seeds, sunflower seeds, golden flax meal, chocolate chips, cinnamon, ginger and powdered sweetener into the bowl. Mix thoroughly. Pour the butter over and mix again. Add the fiber syrup and mix one more time.
3. Pour the chewy granola bar mixture into the prepared baking dish and distribute as evenly as possible. Lay a piece of waxed paper on top of the mixture and using a flat bottomed glass, firmly press the granola mixture into the dish.
4. Bake for 15-20 minutes or until it just begin to brown around the edges. Let rest in the dish for 10 minutes. Remove to a cooling rack by using the parchment to lift it out. Let it cool completely before cutting into 16 bars with a large, sharp chef's knife. Apply pressure in a downward motion and resist sawing back and forth. Store in an airtight container.

Notes

Total carbs are 13 and net carbs are 6 per bar. Omitting the fruit makes these bars 11 total carbs and 4 net carbs each.



Cosmopolitan International Revenue and Expenditures

Budget Report

July 2023 - January 2024



	July 23 - Jan 24	YTD Budget	Annual Budget
Revenue			
320 Per Capita Dues	76,968.75	83,640.00	111,520.00
326 Interest Income	5,249.39	3,080.00	5,880.00
334 Cosmo Brick Club	175.00	350.00	600.00
Total Revenue	\$82,393.14	\$87,070.00	\$118,000.00

Expenditures			
710.1 Director and Staff Expenses			
702 Executive Director Salary	35,000.00	35,000.00	60,000.00
703 Staff Benefits	507.50	511.00	876.00
709 Workers Comp	0.00	-	416.00
740 Taxes - Payroll	2,170.00	3,038.00	5,208.00
Total 710.1 Director and Staff Expenses	\$37,677.50	\$38,549.00	\$66,500.00

7460 Travel			
7440 Travel - President	1,594.65	3,300.00	5,600.00
7441 Travel - Past President	2,779.98	1,100.00	1,800.00
7451 Travel - President Elect	799.56	1,900.00	2,600.00
7452 Travel - VP for Membership	908.20	1,100.00	1,800.00
7454 Travel - VP Finance	0.00	1,100.00	2,100.00
7454 Travel - VP Marketing	200.35	1,100.00	1,800.00
7455 Travel - Judge Advocate	1,398.39	1,100.00	1,800.00
7470 Travel - Executive Director	1,429.29	1,100.00	2,600.00
Total 7460 Travel	\$9,110.42	\$11,800.00	\$20,100.00

	July 23 - Jan 24	YTD Budget	Annual Budget
General Operating Expenses			
701 Awards	934.80	1,600.00	2,100.00
704 Printing	298.02	2,800.00	480.00
705 Postage	203.12	490.00	840.00
706 Printing & Postage Cosmo Topics	2,831.76	11,000.00	15,000.00
710 Membership Incentive Program	386.90	1,500.00	1,500.00
72101 Contracted Services-Other	1,500.00	-	-
721 Accounting Services	0.00	600.00	600.00
722 Bank Service Charge	438.94	-	-
724 Grants	3,102.00	4,000.00	8,000.00
726 Equipment Rental	0.00	500.00	500.00
729 Insurance General	120.00	-	-
72907 Club Liability	321.00	400.00	400.00
730 Club Insurance Reimbursements	(321.00)	(400.00)	(400.00)
734 Meeting Expense	158.14	700.00	1,400.00
735 Office Supplies	291.98	210.00	400.00
736 Dues and Subscriptions	860.00	600.00	600.00
737 Computer Expense	429.47	420.00	720.00
7391.5 Moving and Storage	350.00	560.00	960.00
742 Canadian Registration Rebates	0.00	400.00	400.00
74304 Expense Reimbursements of Training	0.00	1,000.00	1,400.00
749 Telephone and Internet	224.84	350.00	600.00
752 CI Website Hosting Charges	2,134.64	1,400.00	1,900.00
753 Club Hosting Reimbursements	0.00	(450.00)	(600.00)
780 Website Updates	999.00	1,050.00	1,800.00
9000 Transfers To (From) Reserves	-3,102.00	(4,000.00)	(8,000.00)
Total General Operating Expenditures	\$12,161.61	\$24,730.00	\$30,600.00
Total Operating Expenditures	\$58,949.53	\$75,079.00	\$117,200.00
Net Operating Revenue	\$23,443.61	\$11,991.00	\$800.00
Other Revenue			
7900Sum Convention Activity Summary			
7900 International Convention Exp	-34,770.54	(35,000.00)	(35,000.00)
7901 International Convention Rev	18,650.00	19,000.00	19,000.00
7902 Transfer from Reserves	16,000.00	16,000.00	16,000.00
Total 7900Sum Convention Activity Summary	\$(120.54)	\$-	\$-
Net Revenue	\$23,323.07	\$11,991.00	\$800.00

INTERNATIONAL CONVENTION 2024

Edmonton, Alberta, Canada



WE WARMLY INVITE YOU TO JOIN US FROM JULY 18-21, 2024, IN THE VIBRANT CITY OF EDMONTON, ALBERTA, CANADA, FOR WHAT PROMISES TO BE A REMARKABLE GATHERING OF OUR GLOBAL COMMUNITY.

The Convention

Where: The Westin Edmonton – Special Group Rate \$135 CAD/night + tax and optional parking. Last day to book: Tuesday June 18th, we encourage you to book early to confirm your space! The special rate is available from July 15th – July 23rd if you are interested in extending your stay!

[BOOK YOUR GROUP RATE ONLINE](#)

Registration: \$300 USD will secure your full participation in our great convention! [CONVENTION REGISTRATION](#)

Convention Passport

Attend convention activities and education sessions for your chance to win great prizes!

The Challenge

The Western Canada Federation has worked with the Cosmopolitan Foundation Canada to secure a donation of \$50,000!

This donation will be presented during the convention directly to [DRIFCan](#) and The [Alberta Diabetes Foundation](#). We have confirmed that both options are CAF compatible (for our US Cosmos) and are able supply tax receipts. The challenge ahead of each Club and/or Federation is to secure as high a donation as possible to present at the 2024 convention in Edmonton!



Consider Extending Your Stay

Edmonton is Alberta's capital city with great attractions located in a province offering some of Canada's most wonderful natural attractions. We encourage you to consider extending your stay. For our fellow WCF Cosmos (outside of Alberta) – we only have 1 tax – 5% GST! For our fellow US Cosmos – the current exchange rate gives you ample buying power!

[Explore Edmonton](#) has all sorts of options including K days, West Edmonton Mall, Fort Edmonton Park, Royal Alberta Museum, and more. If you are feeling really adventures you can check out [Travel Alberta](#) for amazing adventures including, Jasper, Banff, Waterton, and more!

We look forward to seeing you in Edmonton this summer!

If you have any questions please reach out to the Edmonton Cosmo Club via email and we will be happy to assist anyway we can! edmontoncosmoclub@gmail.com

Yours in Fellowship,
2024 International Planning Committee

2024 INTERNATIONAL CONVENTION TENTATIVE SCHEDULE

Day 1 - Thursday July 18th

Registration Table	8am - TBA	Location TBA / Awards drop off
Bus to ADI	8:45am	Meet in Lobby, bus departs at 9am sharp *mandatory for anyone choosing to attend board meetings
CI Board Meeting	9:30am	ADI — 9:30 - 11:00am - break - resume 11:15am - 12:30pm
Bus to ADI	11:45am	Meet in Lobby. Bus departs at Noon sharp
Box lunch	12:30pm	ADI
First timers meeting	1:00 - 1:45pm	ADI
Mixer	1:00 - 145pm	ADI - for all those not attending 'First-Timers'
Education Session	2:00 - 2:45pm	Facebook live tour (with approval) for those not in person on tour with a Q&A Session afterwards
CHQ / Media	3:00pm	Gather in ADI lobby - Presentation at 3:00pm
Education sessions	3:15 - 4:15pm	ADI
Bus back to hotel	4:30pm	Leave from ADI lobby. Bus departs at 4:30pm sharp
PIP Reception	5:00pm	Hospitality Suite
GOLF!	6:00pm	Front 9 at hotel - included 'finger foods'
Back 9	7:30pm	Optional - areas around hotel
Hospitality Room	7:30 - 11:00pm	Hospitality Suite - Crown Parlour

Day 2 - Friday July 19th

Registration Table	8:00am - TBA	Location TBA / Awards drop off
Welcome Breakfast	8:00 - 9:30am	Devonian
Education session	10:00am - 12:00pm	Room TBA
Luncheon	12:30pm	Room - The Devonian Speaker TBA
Awards Judging	Afternoon	Room TBA / timing TBA
Free time	2:00pm	Free Time (Will Provide Options Later in the Spring '24)
Dinner / Entertainment	5:30pm	Taste of Edmonton - Meet in Lobby if you would like to join and go as a group, however you are free to go at your leisure
Hospitality Room	7:30 - 11:00pm	Hospitality Suite - Crown Parlour

Day 3 - Saturday July 20th

Buffet Breakfast	7:45 - 8:45am	Room - The Devonian - Buffet available until 8:45am, coffee tea will remain
CDF/CFCI Beacon Breakfast	8:30am	Room - The Devonian 8:30 - 10:15am
CI Delegates Meeting	10:30am	Room - The Devonian
Installation luncheon	12:30 - 2:00pm	Room - The Devonian - *2025 convention presentation also during this time
Education Session	2:15 - 3:15pm	Room TBA
CI Board Meeting	2:15 - 3:30pm	Room TBA
Education Session	3:30 - 4:30pm	Room TBA
CDF Board Mtg	3:45 - 4:45pm	Room TBA
Cocktails	5:30pm	Room - The Centennial
President's Banquet	6:30pm	Room - The Devonian
Awards	7:30pm	Room - The Devonian (Time tba depending on meal)
Entertainment	8:15pm	Room - The Devonian

Day 4 - Sunday July 20th

Continental Breakfast	7:30-10:00am	Hospitality Suite - Crown Parlour
General Feedback	7:30-10:00am	Hospitality Suite - Crown Parlour

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

Diabetes Incorporated
PO Box 9368
Rapid City, SD 57709
661-809-0556
diabetesincorp@gmail.com
Erin Bachi, 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

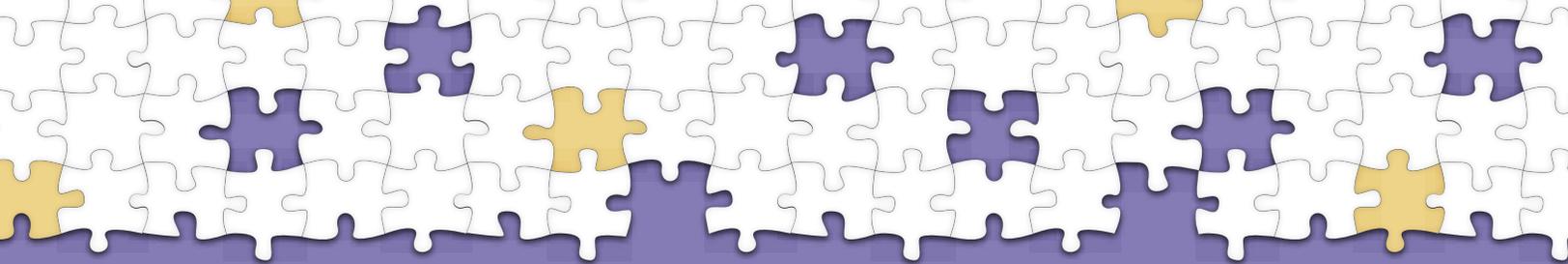
CORNBELT DIABETES CONNECTION, INC.

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



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:

James Prouty
Council Bluffs Club
Council Bluffs, IA
January 13, 2024

