

COSMOTOPICS

A publication of Cosmopolitan International

**Fall
2018
Issue**

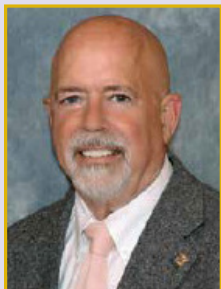


**2018-2019 International President Rick Swansbro
and International First Lady Linda Swansbro**

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR by David House

This Fall 2018 edition of COSMOTopics has been a learning experience for me. Previous ED Tracy Miller has been the editor of our magazine for the past 5 years. It has grown both in content and quality under her hands. I look forward to providing our organization with a quality publication.

We expanded our use of the Google architecture, and now provide office specific email addresses for all Cosmopolitan International board members. The email addresses will migrate to new officers anytime a change is made on the board. This will allow you to email the individual board member by the email address for the office (see listing at the right side of this page).

This edition carries a new set of officers, elected at our annual convention this past summer in Kansas City. Each officer has provided an article for this edition with goals and information about themselves. Future issues will contain club provided articles. The Winter 2018 edition will highlight the International Convention in Kansas City, where we celebrated our 100th year as an organization!

And, be sure to note the new address and phone numbers for Cosmopolitan International. Our offices have migrated from Lancaster, PA to Omaha, NE. Our PO Box is provided by Boystown, NE, which hosted one of our early International Conventions.

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.



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COSMOTopics

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Change: Take One

Change is inevitable. We normally don't like it but accept it. Sometimes we fight it. Sometimes we hate it. Sometimes it really irritates us to the point that we fight back and refuse to accept it!

But sometimes "change" is required for growth and prosperity. Collegiate sports are a perfect example of change! Things change at a minimum annually. Sometimes they change weekly or daily. But change is inevitable. Rosters change. Schedules change. Administrations change. Coaches change. Venues change. Fans change. But college sports are an ever-growing commodity and market for almost any medium to large size school.

Personal life is another area where change is inevitable. Relationships change. Personalities change. Desires change. Attitudes change. Wants and needs change. Lifestyles change. Sometimes this change is not something that we embrace or desire, but it happens. Kids move away. Family is no longer close. Family gatherings are complicated by distance. Frequency of contact may also change.

Cosmopolitan Clubs are another example of change. Officers change. Meeting locations change. Membership changes. Unfortunately, we lose membership to attrition each year. That is a change we can't control! If we are not adding between 7 and 10% of our current membership count in new members, we will be shrinking in size. Fund Raising projects change. Some of them run their course, and are no longer a great avenue for raising money for our projects. We have to constantly be on the lookout for new and better fund raising opportunities. Sometimes we try things that don't pan out, but at least there was an effort to try something new. New fund raisers don't just land in our laps. We need to experiment! And, we need to communicate with other clubs to find out what is working in their communities.

Change happens to Cosmopolitan International. Officers change. Conventions change, both in venue and attendance. And now, Cosmopolitan International has undergone an internal change of leadership. Tracy Miller, our Executive Director for the past 5 years, has taken a position with Penn State University Medical School. But, during her tenure as ED, she developed a heart for Cosmopolitan and our cause, and offered to stay on as VP-Marketing after then current VP-Marketing David House offered to fill in as Interim Executive Director upon her resignation.

Every time a change of leadership in an organization occurs, other changes are inevitable. Different leaders have different goals and ideas. Tracy will bring new and deserved changes to the Marketing position once she gets settled into her new position with Penn State. And, David will introduce changes to the International office procedures and structure.

So look to future articles in upcoming COSMOTopics that will highlight changes that are being made, both internal as well as from your elected officers. Our only goal is to make this organization stronger and better!

I am hopeful that all of you will embrace and accept the many changes that lie ahead for our organization. I know that cosmopolitan members are some of the nicest people I have met, and I thank you for your continued efforts and support for our organization and our cause.

David House

headquarters@cosmopolitan.org



David House
*Interim Executive
Director*

*Change is
inevitable, but
sometimes it
is required
for growth and
prosperity!*





Rick Swansbro
International President

We have implemented greater efficiencies in our accounting processes as well as reduced the cost of telecommunications.

International President Update

As I write this piece, we are eight weeks into our next century of service! In other words, we are only 43 weeks from our 2019 convention scheduled for July 17th through the 21st in beautiful Rosemont, Illinois! Have you marked your calendars?

So what do we hope to achieve between now and then? Recall two of my remarks at our Kansas City convention. "We must embrace and leverage technology" and "we must take more of a business approach to managing Cosmopolitan International".

To that end, we have implemented greater efficiencies in our accounting processes as well as reduced the cost of telecommunications. I will spare you the details in this brief missive. Congratulations to past Executive Director Tracy Miller, V.P. Finance Keith Shepherd and our Interim Executive Director David House for making this possible.

Our efforts do not stop with accounting and communications. We are in the process of digitizing boxes of documents, reports and CosmoTopics ranging back to who knows when, in order to substantially reduce the amount of items held in storage. Rather than dig through boxes of past publications, we will post these digital files for access by membership via www.cosmopolitan.org. This will not happen overnight, but we are moving forward with the help of Cosmopolitan members who have volunteered to "Step Up".

Another area of improvement includes video messaging among the executive board and among Cosmopolitan clubs. Going forward, executive telecommunications will transition from strictly audio conferencing to video conferencing. Interim Executive Director David House has identified a no cost video conferencing platform and has extended invites to all executive board members to register online.

Recently, the Regina Capital club celebrated 50 years as a chartered club within Cosmopolitan International. No doubt a significant achievement! It was also an opportunity to congratulate Ken Eberts as a charter member of the Regina Capital Club! How did we do this? We did this by posting a short congratulatory video on the Cosmopolitan YouTube channel. Yes, you can see this video. Simply email me at president@cosmopolitan.org and request the URL address. I will be happy to respond via return email. You can then click on the link and be directed to the video.

What does this suggest to our membership? Consider video messaging from your International President or members of the International executive board. Yes, it is the next best thing to being there... and a whole lot less expensive! Once again, email me at president@cosmopolitan.org and request a video message. Of course, be sure to "coach" me as to what you hope to achieve!

As I close this communication, I would like to recognize the 2018-2019 executive board for stepping up in service to Cosmopolitan International. A big thank you to LaVonne Hawking as VP Membership, Tracy Miller as VP of Marketing and Fundraising, Keith Shepherd as VP of Finance, Larry Heim as Judge Advocate and David House as Interim Executive Director.

Thank you for all you do for Cosmopolitan International!

Rick Swansbro
president@cosmopolitan.org



President-Elect Priorities

What an honor to have been elected as your president-elect for 2018-2019! I have been a Cosmo for 19+ years and must admit, I get more excited each year, especially when thinking about why I joined, my passion for what we do, and all the great friends I have made. My decision to be a part of Cosmopolitan was one of my best.

Some of my priorities for this year, and I am enthusiastic about the opportunity, are:

- To work closely with our governors, governor-elects and Club officers in their leadership roles. Our year will be a busy one, but I look forward to making it interesting and fun!
- To support our International President.
- To work with our International Board to ensure that our organization remains viable as we advance into our next "century of service."
- To encourage the Clubs and International to work together as one organization.

Our Founder, Patrick J. Hodgins, learned from his earlier "Advocation" clubs in Oklahoma,

that the reason they failed was because each club was a separate entity, lacking support, leadership and guidance from a centralized governing body. So, when he formed Cosmopolitan in 1918, he followed his vision that through working together as one, we would thrive. He was right! Let's remain true to our founder's vision and operate as one organization, ensuring Cosmopolitan will last another hundred years.

Thank you for your commitment to Cosmopolitan, our fight against diabetes and for all you do in your communities. We have a great year and bright future ahead of us. Let's work together and make this year the best one yet!

Judy Weitkemper

president-elect@cosmopolitan.org



Judy Weitkemper
International President-Elect

Here's to another hundred years!
2018-2118



Let's remain true to our founder's vision and operate as one organization, ensuring Cosmopolitan will last another hundred years.





Keith Shepherd
*International VP
Finance*

With the recent Executive Director transition to Omaha, Nebraska, we have been busy facilitating the move and redefining our accounting processes.



Following in the Footsteps

Thank you for supporting me in my new role as VP Finance for Cosmopolitan International. Beginning with the July convention held in Kansas City, I am following in the footsteps of a true Cosmopolitan and friend, John Krysak.

With the recent Executive Director transition to Omaha, Nebraska, we have been busy facilitating the move and redefining our accounting processes. This included a new accounting partnership and implementing cloud based transactions.

Special thanks to Interim Executive Director David House for stepping-up in his new role. David led and oversaw the transfer of our headquarters operations and records from Lancaster, Pennsylvania to Omaha, Nebraska. In fact, David went straight from our Kansas City convention to Lancaster, Pennsylvania to begin the moving process.

Since the 100th Anniversary convention in Kansas City, my family stopped in St Albert, Alberta. The club was hosting their "Rock n August" four day fundraising event where 50\50 tickets were sold. To date, the club has donated \$2 Million dollars to the Edmonton

Alberta Diabetes Center! A job well done and hats off to the organizing committee!

In September the Regina Capital Cosmopolitan Club celebrated their 50th anniversary and welcomed tri-club visit of Governor Debra Down (now climbing Mt. Kilimanjaro in Kenya). Congratulations to the club on 50 years of service to Cosmopolitan and the community! The club was also involved in the Capital Cosmopolitan Daytona Homes Charity Golf Classic. A cheque for \$50,000 was presented to the Casey Foundation in support of children with autism!

Thank you all again for your support. If you have any questions or concerns, contact me and I will do my best to reply.

Keith Shepherd
vp-finance@cosmopolitan.org



Marketing and Fundraising

No, your eyes are not playing tricks on you. That is my photo under the Vice President for Marketing and Fundraising title. And David House, who previously held this office, now is Interim Executive Director, a position I held for five years. Essentially, Dave and I switched jobs!

For those Cosmos who may be unaware, I announced my resignation as your Executive Director this past June. In the weeks that followed, Dave indicated his interest in assuming the ED role on an interim basis. This, of course, meant that Dave could not continue to serve in the marketing and fundraising officer role. So, my wheels started turning. I love Cosmopolitan...I would like to continue to serve even if not as an employee...who would fill Dave's officer role...we didn't have much time to find candidates. And then it hit me. What if Dave and I simply switched roles? And that is exactly what came to be.

You'll be hearing a lot from Dave as he takes the reins as the Interim Executive Director, but you may also like to know what I have in mind for the Marketing/Fundraising arena as well. I first must share that I have just begun a new position as Assistant Director of Continuing Education with the Penn State College of Medicine (yes, in Hershey, where the aroma is indescribable!), and the majority of my time has been devoted to my new position. However, I don't make commitments I can't keep, and I am ready now to get to work with my Cosmopolitan commitment as well.

What excites me most about this role is that there is so much opportunity to make a real difference for our organization. I am in the process of putting together a committee and establishing goals, but let me give you a preview of what I see ahead for us:

- Paws Saving Lives, our diabetic alert dog program, continues to impact the lives of deserving individuals in tremendous ways. I would like to lead our Marketing/Fundraising Committee as we forge relationships with organizations who will support us so that we can continue to support Paws Saving Lives. Win-win for all stakeholders!

- Who thinks it is time for the little penguin on our current marketing brochure to waddle off to his next chapter? Indeed, it is probably well beyond time to revamp our marketing collateral with a contemporary, eye-catching, modern look and feel that speaks to multiple generations. I will be working with a designer on a new brochure and hope to tap into international marketing funds for design and printing services. Hopefully, we will be able to offer the new brochure to clubs at no cost. I will report back as soon as we know firm numbers.
- Cosmopolitan is a well-kept secret, and it is time to change that! PRNewswire is a subscription-based media outlet that would provide us the opportunity to post news releases and other items about which we wish to inform the general public. Think of the reach this outlet would offer us. I now am in the process of establishing a relationship with an account representative and exploring costs.
- Social media continues to be where young people get their information, and since these folks are the future of our organization, I am committed to doing the best job we can with social media. I will be reaching out to a few Cosmos who have social media experience to help us move forward.

If you have experience with marketing or fundraising, or both, or even just an interest in these areas, please reach out to me and join our committee! You can give this as much or as little time as you wish, but please know that any time you give is time well-spent and much-appreciated. PIP Tom Stone has agreed to serve as our committee advisor. Tom brings decades of fundraising experience to the table and will, no doubt, guide us to success.

The year is underway and, like always, will be gone before we know it. Now is the time to dig in and make a difference. I'm a volunteer now and not an employee, so let's work together to really make a difference. Reach me at (717) 295-1232 or vp-marketing@cosmopolitan.org. Thank you for all you do, each day, in service to others.

Tracy L Miller

vp-marketing@cosmopolitan.org



Tracy Miller
International VP
Marketing/Fundraising

If you have experience with marketing or fundraising, or both, or even just an interest in these areas, please reach out to me and join our committee!





**LaVonne
Hawking**
*International VP
Membership
and New Clubs*

We need
to attract
members –
but we also
must retain
our current
membership.



Where Are We Headed This Year?

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

We need to attract members – but we also must retain our current membership. Has your club lost members this year? Why? Why did they join to begin with? Why did they leave? Did they lose interest? It would be interesting to see what the answers would be.

They joined because they were asked....they joined because they wanted to make new friends...they joined because they wanted to help the cause – fight diabetes, help raise monies for research, help raise monies to send kids with diabetes to camp, they wanted to help raise monies for Paws Saving Lives. We need to continue stressing what we are about – “the club that fights diabetes.”

We need to keep the passion of our clubs alive – whether it is in the fun things we do, or the friendships we make...we need to keep our members involved. They need to feel they are a viable part of your club. Ask them (if they don't volunteer) to be on a committee or chair one. There are many ways to participate.

Granted, some of our older members feel it is time to “sit back and let the younger members take over.” That might work for some of our larger clubs, but the smaller clubs, not so much. We need all of you – we need your wisdom of prior years – we want your advice. It is surprising the information or ideas that new members can bring to a club.

Over the years there has been talk of changing the logo – the wheel with the spokes – but sometimes we need to keep the foundation that our organization was built on. Don't pull the spokes out as that could be the ink we are missing. We all need to work together in continuing our growth. “Everyone” is important to our club! Many want to sit back and watch the others work, but why? Isn't it better to participate – make yourself feel involved and get that feeling of helping and accomplishing the goals of your club?

At your next meeting, look around the room. Have you gotten to really know all the members? Sit next to someone you normally don't sit or talk with. It's time to get out of your comfort zone, and we all have them. Get to know your clubs members.... you may find out you have other things in common as well.

Each club should set a goal of at least 10 net new members or 10% growth in membership this year! As I mentioned in August, how about each member bringing a new member into their club! Wouldn't that be exciting!

I welcome comments and suggestions you may have. Please feel free to contact me.

LaVonne Hawking
vp-membership@cosmopolitan.org



CDF Update

Your CDF Board stayed busy during our 100th anniversary convention in Kansas City.

We finalized and accepted our revised Investment Policy Statement (IPS) and continued to work on a revised CDF/Beacons brochure so that we can publish a large new lot for distribution throughout the year. We had a successful Beacons Luncheon where Cosmos showed their generosity making Beacon commitments, contributing to the Discovery Fund, and supporting our Canadian Cosmos, Terry and Debra Downs in their journey to climb Mount Kilimanjaro, and raise money in pledges for both the CDF and CFC.

For our new year, the board stays the same with no turnover, apart from the CI representative which usually changes each year. We thanked Richard Gordon for his two years of service as CI Rep and his contributions as a Beacons Committee member and welcomed out going CI Pres. John Hubert in as our new CI Rep. We are excited to have John on the board with us. So, your CDF Board is:

- Rob McWilliams, Chairman, Capital Federation, Grants and By-laws Committees
- Randy Kramer, Vice Chair, Cornbelt Federation, Finance Committee Chairman
- Susie Bartlett, Secretary, Mo-Kan Federation, Grants Committee
- Kris Tumilowicz, Mid-States Federation, Beacons Committee Chairman
- Jerry Priebe, At-large, North Central Federation, Finance Committee
- Jim Preston, North Central Federation, Grants Committee
- John Hubert, CI Representative, Beacons and By-Laws Committee

For the 2018 Grant Request year we received (14) grant requests totaling \$86,846 and were able to grant (11) requests totaling \$37,257. They are:

- Cornbelt Diabetes Connection (CDC), Cornbelt Federation, \$5,000. A major

Diabetes education, testing and treatment initiative.

- Cosmopolitan Int. Diabetes & Endocrinology Center, Univ. Missouri, Columbia, MO \$5,500. A major research, education and treatment center.
- Crusader Community Health, Rockford, IL \$5,000. A major treatment center.
- Heartland Health, Lawrence, KS \$5,000. A major treatment and education clinic.
- Strelitz Diabetes Center at EVMS, Norfolk, VA \$5,000. A major research, education and treatment center.
- Setebaid Services, Harrisburg, PA \$2,000. Juvenile diabetes camp, to fund scholarships.
- Camp Hickory Hill, Columbia, MO \$4,000. Youth diabetes camp, scholarships and education.
- Children's Hospital of the Kings Daughters (CHKD), Norfolk, VA \$1,522. Fund Halloween buy back program for young juvenile diabetics. Trade in candy for a gift card.
- Kovler Diabetes Center, Univ. of Chicago, IL \$3,235. A major education and treatment center.
- Prime Plus Senior Center, Norfolk, VA \$500. Day care center for seniors, expand Diabetes education, testing and treatment program for seniors.
- Special Olympics Kansas Diabetes Clinic, Mission, KS \$500. For diabetes education and training.

Should you have any questions about the CDF or the Beacons Program and Fund, please feel free to contact me, (Chairman), or your federation representative who will be happy to hear your questions or concerns. We thank you for your Beacons pledge and support.

Rob McWilliams
rmpathfinder@gmail.com



Rob McWilliams
CDF Chair

*We had a
successful
Beacons
Luncheon
where Cosmos
showed their
generosity
making
Beacon
commitments*



Q & A

with Rick Swansbro

Tell us how and why you became a Cosmo?

I became a Cosmo January 2007, after being invited by my son-in-law, Dayton Smith, who married my daughter Alison, to the annual Rockford Club Chili Shootout held in January. I was immediately drawn to the quality of likeminded business professionals committed to a cause greater than themselves.

What inspired you to seek leadership positions?

Seeking leadership positions at the club, federation and International levels seemed to be a natural progression for me. In 2008, past Rockford club president Donnie Cuppini invited me to lunch at Forest Hills, and asked if I would be interested in a leadership role within the Rockford club. "It's not that much work" I was told. Now I know otherwise!

What leadership traits do you feel are important in our officers?

Leadership traits include doing what is right rather than what is politically expedient. This is the mantra that I have carried with me since day one. As a leader, we help others to achieve their goals and allow them to take credit for their success. We share the vision and then delegate authority to others.

Where do you see our organization in 10 years?

Ten years from now, I believe we will see a cure for diabetes. As a service organization, we will transition to a new overarching mission serving individuals, families and communities.

What do you believe is our best path to getting there?

Going forward, we will embrace our mission of serving a cause greater than ourselves for the benefit of others. This is true now and will continue to be true in the future.

How are you anticipating visiting clubs and events?

Rather than try and visit all or most Cosmopolitan clubs, I would rather leverage technology with club

visits in order to reach our membership. Recently, I posted a congratulatory video on YouTube which recognized the Regina Capital club for 50 years of service <https://youtu.be/mEICO18Coc0>. I would be happy to do the same or schedule FaceTime conversations as a way of reaching club and federation events.

Tell us about your family...

Linda & I celebrated our 36th wedding anniversary September 25th. Linda has a craft business "Felt & Glitter" that keeps her busy making felt flowers, wreaths and plaques. We are blessed with three daughters (Alison, Shannon and Kelly) and six grandchildren (Kennedy & Cassidy; Ellie & Parker and Nolan & Emelyn) ages two to nine. We keep very busy with family, Cosmo and my full time job schedule. Never a dull moment!



Where do you work, and what do you do?

This past August, I celebrated my 15th year with SPXFLOW in Rockford, Illinois. As Director of Channel Development, I am tasked with how we go to market throughout the Americas. This includes OEM and distribution channels serving industrial markets for high force hydraulic tools and power units.

Rumor has it that you travel a lot for business...True?

I travel frequently for business throughout Canada and the United States and manage relations with executive leadership of Billion dollar industrial distributors. At some point, this will cease when I chose to retire from SPXFLOW and no longer travel for business.



Cosmopolitan International Bylaws

The following Cosmopolitan International Bylaws were amended as follows at the 2018 International Convention:

Article XI: International Officers

SECTION 1. The International officers shall be as follows:

- (a) President
- (b) President-Elect
- (c) Vice President for Membership and New Clubs
- (d) Vice President for Finance
- (e) Vice President for Marketing and Fundraising
- (f) Judge Advocate

The President-Elect shall be elected annually at the International convention from among those members in good standing in Cosmopolitan International who have previously held at a minimum the office of Federation Governor or International Officer. The President-Elect shall assume the office of President at the next occurring International convention following his/her election. The Vice President for Membership and New Clubs shall be elected annually at the International convention from among those members in good standing in Cosmopolitan International who have previously held at a minimum the office of Club President. The Vice President for Finance shall be elected annually at the International convention from among those members in good standing in Cosmopolitan International who have previously held at a minimum the office of Club President. The Vice President for Marketing and Fundraising shall be elected annually at the International convention from among those members in good standing in Cosmopolitan International who have previously held at a minimum the office of Club President or Executive Director.

What makes you excited to get out of bed in the morning? (What makes you tick?)

I am excited to start every day! So much to do and so little time! Whether it be family, Cosmopolitan, work or pleasure (e.g. Golf, yoga, Chicago Cubs or motorsport racing), I look forward to the opportunity to make a difference every day!

And some fun ones...

.....

Dogs or cats?

Dogs of course!

.....

Coke vs. Pepsi?

Coke!

.....

Beach or mountains?

Beach, a warm sunny beach within sight of a golf course.

.....

Steak or lobster?

Both!

.....

Red or white wine?

Red Merlot wine is fine!

.....

Early riser or night owl?

Early riser.

.....

Big spender or penny pincher?

Somewhere in the middle.

2018-2019 Club Meeting Time and Locations

Aurora Cosmo - Mid-States Federation

Time: Third Thursday, 5:30 p.m.

Location: Oak Street Restaurant

Belvidere - Mid-States Federation

Time: First three Wednesdays, noon

Location: Belvidere Moose Lodge

Blair - Cornbelt Federation

Time: Various

Location: The Heartland Tasting Room/Tap House in Blair, Nebraska

Calgary - Western Canada Federation

Time: Second & fourth Tuesday, 6:30 p.m.

Location: Danish Canadian Club

Capital Region - Capital Federation

Time: Fourth Thursday, 1:30 p.m.

Location: Panera Restaurant

Columbia Breakfast - Mo-Kan Federation

Time: Tuesday, 7:00 a.m., first & third Tuesday

Location: Sigmund Cosmopolitan Community Center

Columbia Show-Me - Mo-Kan Federation

Time: First & third Tuesdays each month

Location: 1715 Burlington St.

Council Bluffs - Cornbelt Federation

Time: Second Tuesday, 7:00 a.m.,
fourth Tuesday, 6:30 p.m.

Location: Village Inn Restaurant, Madison St.
Exit on I-80 Spillway, Madison St Exit on I-80

Edmonton - Western Canada Federation

Time: Second Monday, 6:00 p.m.

Location: Boston Pizza, 17002 90 Ave.

Elgin - Mid-States Federation

Time: Second Tuesday, 6:30 p.m.

Location: Holiday Inn, Route 31 North

Elizabeth City - Capital Federation

Time: Second & fourth Tuesday, 6:30 p.m.

Location: Cosmopolitan Club Building,
1 Cosmo Dr.

Emerald City - Mo-Kan Federation

Time: Third Monday, 6:00 p.m.

Location: 630 South Kansas Ave., Topeka, KS

Fargo-Moorhead - North Central Federation

Time: Thursdays, 12:00 p.m.

Location: Fryin' Pan Restaurant

Fremont 100 - Cornbelt Federation

Time: Friday, 7:00 a.m.

Location: Fremont Eagles Club, 649 North Main St.

Greater Richmond - Capital Federation

Time: Second Friday night, 6:30 p.m.

Location: Westwood Club, 6200 W Club Ln.

Heartland-Santa Fe Trail - Mo-Kan Federation

Time: First Thursday, 7:00 a.m.,
third Thursday, 6:00 p.m.

Location: Various

Jefferson City - Mo-Kan Federation

Time: Fridays at 12:00 p.m.

Location: Hy-Vee, 3721 W Truman Blvd.

Johnson County - Mo-Kan Federation

Time: Thursday, 7:00 a.m.

Location: Denny's Restaurant, 9471 Lenexa Dr.

Lawrence River City - Mo-Kan Federation

Time: First Thursday, 7:00 p.m.

Location: Various

Norfolk - Capital Federation

Time: First and third Thursday, noon
(no meetings in July and August)

Location: Norfolk Yacht Club, 7001 Hampton Blvd.

North Side Lancaster - Capital Federation

Time: Mondays, 7:00 a.m.

Location: Various

Omaha Cornhuskers - Cornbelt Federation

Time: Fridays, 12:00 p.m.

Location: Jericho's Restaurant, 11732 W Dodge Rd.

Omaha I-80 - Cornbelt Federation

Time: Fridays at 7:00 a.m.

Location: Rockbrook Garden Cafe, 11040 Oak St.

Platte River - Cornbelt Federation

Time: First Monday at 6:30 p.m.

Third Monday-Noon

Location: Tommy Gunz Bistro, 1607 S Locust St.

Prince Albert - Western Canada Federation

Time: Wednesdays, 6:30 p.m.

Location: Prince Albert Golf & Curling Club,
900 22nd St. East

Rapid City - North Central Federation

Time: Mondays, 12:00 p.m.

Location: Thirsty's, 819 West Main

Regina - Western Canada Federation

Time: Tuesdays at 6:00 p.m.

Location: Various

Regina Capital - Western Canada Federation

Time: Thursdays at 12:00 p.m.

Location: Nicky's Cafe and Bake Shop,
1005 8th Ave.

Roanoke - Capital Federation

Time: Wednesdays, 12:00 p.m.

Location: Frank's, 3743 Brambleton Ave.

Rockford - Mid-States Federation

Time: Thursday, 12:00 p.m.

Location: Forest Hills Country Club, 5135
Forest Hills Rd.

Saskatoon - Western Canada Federation

Time: Tuesdays, 7:30 p.m.

Location: Cosmopolitan Industries Ltd.

Sioux City - Cornbelt Federation

Time: Our meetings are every Thursday at 7:00
a.m. except the last Thursday of the month
when it is at noon at SoHo Kitchen and Bar at
1024 4th St, Sioux City, IA 51101

Location: Horizon Restaurant, 1220 Tri-View Ave.

Sioux Falls - North Central Federation

Time: First, second, third and fourth Monday's,
Noon - 1 p.m.

Location: LifeScape, 4100 South Western Ave.

Sioux Falls Evening - North Central
Federation

Time: Mondays, 6:00 p.m.

Location: Fry N Pan, 4204 W. 41st St.

St. Albert - Western Canada Federation

Time: Mondays, 6:30 p.m.

Location: St. Albert Rugby Club, 51 Riel Dr.

St. Charles County - Mo-Kan Federation

Time: Second Tuesday, 6:30 p.m. social;
7:00 p.m. dinner

Location: Various restaurants in St. Charles Co.

Topeka - Mo-Kan Federation

Time: First three Thursdays at noon

Location: Topeka Country Club, 2700 SW
Buchanan St.

Wascana - Western Canada Federation

Time: Monthly

Location: Various

Watch City - Mid-States Federation

Time: Mondays, 7:00 a.m.

Location: Various

Wichita Air Capital - Mo-Kan Federation

Time: Third Tuesday each month

Location: Scotch & Sirloin, 5325 E. Kellogg Dr.

Wichita Downtown - Mo-Kan Federation

Time: Thursdays, 11:30 a.m.

Location: Candle Club, 6135 E 13th St. N

Winnipeg - Western Canada Federation

Time: Tuesdays, 6:30 p.m.

Location: Perkins Restaurant



Cosmopolitan International



Rookie of the Year Award:

John Duffield, *Rapid City*



Member Community Service Award:

Dayton Shepherd, *Columbia Show-Me*



Cosmo of the Year:

Francesco Collura, *Rockford*



Patrick J. Hodgins Award:

Sheila Anderson, *Sioux Falls Evening*

Other Award Winners...

Milestone Club Anniversaries in 2017:

Aurora (1927 - 90 years), **Columbia Breakfast** (1962 - 55 years), **Columbia Luncheon** (1947 - 70 years), **Columbia Show-Me** (1987 - 30 years), **Heartland Santa Fe** (1992 - 25 years), **Omaha West** (1962 - 55 years), **Winnipeg** (1927 - 90 years)

25 Year Members - Joined CI in 1992:

Frank Wehrstein (Rockford), **John Kadlec** (Columbia Show-Me), **Dayton Shepherd** (Columbia Show-Me), **Norman Hill** (Prince Albert), **Charles Reuwsaat** (Rapid City), **Kathleen Modica** (Columbia Luncheon), **Gary Christensen** (Aurora), **Douglas Gent** (Prince Albert)

50 Year Members - Joined CI in 1967:

Russell George (Aurora), **Richard Brynteson** (Rockford), **Harvey Schmidt** (Sioux Falls), **Thomas Loonan** (Sioux Falls), **George Morrison** (Wichita Air Capital), **Jerry Sigmund** (Columbia Luncheon)

Big C Award:

Norfolk, **Council Bluffs**, **Omaha Cornhuskers**, **Aurora**, **Rockford**, **Columbia Breakfast**, **Columbia Show-Me**, **Rapid City**, **Edmonton**

Medal of Merit Award:

Highest club award; highest net membership percentage increase

Norfolk

2017-2018 Award Winners



Club Builder Award: (for St. Charles County Club)

Judy Weitkemper, Columbia Breakfast, Columbia Luncheon, Columbia Show-Me, St. Charles County
Anita Hubert, St. Charles County, Columbia Luncheon, Columbia Show-Me



Club President of the Year:

John LiCausi, Rockford



Governor of the Year:

Chris Janke, Rockford



Club Sponsorship Award:

*Clubs that sponsored a new club
(St. Charles County)*

Columbia Breakfast, Columbia Luncheon, Columbia Show-Me, Jefferson City

Rebuilding Friendships Award:

Aurora, Belvidere, Blair, Calgary, Columbia Breakfast, Council Bluffs, Edmonton, Emerald City, Fremont 100, Heartland Santa Fe, Johnson County, Lawrence River City, Norfolk, Omaha Cornhuskers, Omaha I-80, Prince Albert, Rapid City, Rockford, Topeka, Wascana, Wichita Air Capital, Winnipeg

International President's Show-Me Cosmo Pride! Award:

Columbia Luncheon, Columbia Show-Me, Aurora, Council Bluffs, Rockford

Membership Builder Award:

For Cosmos who sponsored new members throughout the year

Janet Nevels (Emerald City, 3 new members), **Julie McNeill** (Columbia Show-Me, 3 new members), **LaVonne Hawking** (Aurora, 5 new members), **Lorna Baxter** (Columbia Show-Me, 3 new members), **Paul Sutkay** (Rockford, 3 new members), **Randy Wright** (Norfolk, 5 new members), **Tom Graceffa** (Rockford, 4 new members)

**Mark your
Calendar:**

July 17-21, 2019

Room Rate \$129

Free Airport
Transportation

Rosemont Activities

Rosemont is a township surrounded by Chicago O'Hare Airport and the City of Chicago. The Crowne Plaza O'Hare was targeted due to its accessibility and wealth of activities within two blocks...

- Free Airport Shuttle
- "L" Train 2 Blocks from hotel
- Theatre & Convention Center
- Recently Remodeled Hotel
- CaddyShack/ Capital Grille
- Fashion Outlets of Chicago
- iFly Indoor Skydive
- Rosemont Parkway Park
- Zanies/Joe's Comedy Club
- Rosemont Casino

2019 Cosmopolitan International Convention



Rosemont-Chicago • Crowne Plaza O'Hare • July 17-21, 2019

The Crowne Plaza Chicago O'Hare offers a great location for the convention. The Crowne has a free shuttle to Chicago O'Hare International airport, eliminating the cost of rental cars. The 'L' train and Uber make transportation downtown easy. The immediate area is home to the Parkway Bank Park outdoor entertainment venue, the 840,000 square foot Donald Stephens Convention Center and the 530,000 square foot Fashion Outlets of Chicago.

The plan is to provide escorted ala carte type day trips as opposed to choosing what the entire convention should do. You choose the extracurricular that best fits your tastes. Space will be limited per day trip. If you are interested in one in particular then sign up early!

- Chicago Cubs Wednesday July 17 1:20PM (optional)
- Chicago Cubs Friday July 19 1:20PM
- Chicago Architectural River Tour & The Magnificent Mile
- Gangster & Mob Tour
- Navy Pier/Shedd Aquarium/Field Museum/Buckingham Fountain/Millennium Park
- Art Institute of Chicago/Millennium Park
- Lake Michigan Cruise
- University of Chicago Kovler Diabetes Center



THE UNIVERSITY OF
CHICAGO MEDICINE

Kovler Diabetes Center



3... 1... 2...

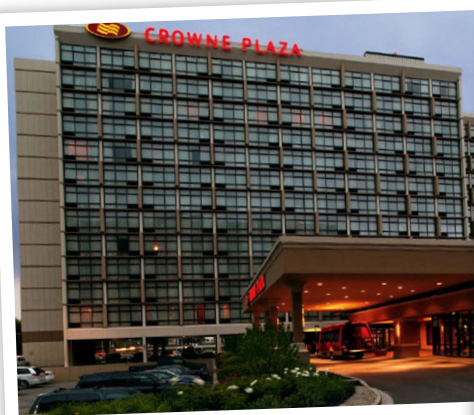
COUNTDOWN TO CHICAGO



2019 Cosmo Convention Hosted by Mid-States

Cosmo at the Crowne

The Hotel offers a large number of meeting rooms to accommodate the club. Included is a "social room" perfect for our convention. All at a rate of \$129 a night.



More Info:

www.kovlerdiabetescenter.org
www.crowneplazaohare.com
www.rosemont.com/thepark
www.tripadvisor.com
www.navypier.org

www.themagnificentmile.com
www.fieldmuseum.org
www.sheddaquarium.org
www.fashionoutletsofchicago.com
www.artic.edu (Art Institute of Chicago)

We wanted to create an affordable convention combining big-city amenities, convenient international travel and a high quality hotel.

-2019 M-S Convention



Restaurants

- Murray Bros
- Caddyshack
- McCormick and Schmick
- Hofbräuhaus
- Kings Dining
- Fogo de Chao

These steakhouses are all within two blocks:

- Gibsons
- Mortons
- The Capital Grille

Entertainment

- Fashion Mall
- Rosemont Theatre
- Zanies Comedy Club
- Joe's Comedy Club
- Summer Concert Series
- Rosemont Casino
- Kings Comedy
- iFly Indoor Skydiving

Contact

Committee Chairs

- Dayton Smith III, 'Da Gov'
- Rockford
- Walter Alm, 'Da PIP'
- Elgin
- LaVonne Hawking, Past 'Da Gov'
- Aurora

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.

EDMONTON ALBERTA DIABETES INSTITUTE

University of Edmonton
Edmonton, AB, Canada
Melanie Hibbard-Executive Director
helanie.hibbard@drifcan.ca

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

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

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

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

DIABETES INCORPORATED

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

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

SETEBAID 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.setebaidservices.org

info@setebaidservices.org

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300

Fall 2018

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COSMOTOPICS



COSMOTOPICS
PO Box 524
Boystown, NE 68010-0524

In Memoriam

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

- **Grant Medland**
– St. Albert, AB Canada - August, 2018
- **Long-time member Shirley Collins**
– Saskatoon, SK Canada - September, 2018
- **50-year member Bill Pollon**
– Wascana Club, Regina, SK Canada - September, 2018
- **Past International President Jim Sauer**
– West Omaha Club, Nebraska - October, 2018

