

COSMOTOPICS

FALL/WINTER 2019 ISSUE

A PUBLICATION OF COSMOPOLITAN INTERNATIONAL



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Paws Saving Lives
Success Story**



Adilyn Jo Bohn



COSMOTOPICS

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COSMOTOPICS is published four times a year. The subscription is included in the annual dues by Cosmopolitan International, Inc. Third class non-profit postage paid at Pontiac, IL.

POSTMASTER Send change of address to: COSMOTOPICS, P.O. Box 524, Boystown, NE 68010

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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In Memoriam

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

- **Chris Weber**
Calgary Club, Calgary, AB, Canada
- September 11, 2019



Moving Forward



David House
Executive Director



This article deals with our direction as an organization. We are currently experiencing growth stagnation, similar to other civic organizations. This decline has been tracked for the past several years, and it challenges our organization in so many ways.

Local clubs have an aging membership. Local club activities and outings that have been done in the past may not be attractive to the younger population today. We need to begin thinking outside of the box that we find ourselves in!

After attending several Service Club Leaders Conferences, our organization is not that much different from Lyons, Rotary, Sertoma, and several other service clubs. Growth has stagnated in most all of these organizations, unless they have chapters overseas, where they may be showing some growth.

As an organization, we need to be talking to business workers and managers that are in the 30-45 year age range. We need to discover what might be attractive to these members of the work force. Getting them involved in our organization will be the key to maintaining and growing Cosmopolitan Clubs in the years ahead.

Some of the feedback I have gotten as I visit with workers in this age group is as follows:

- **Time** – Many of them don't have the flexibility to attend a breakfast or luncheon meeting once a week for an hour.
- **Desire to Serve** – Most of them have the goal of doing some sort of public service in their respective communities. They just don't have a good handle on how to do this.

We generate funds through many avenues for Diabetic Research towards someday developing a cure for this dreadful disease. It has been paramount as our International Project since 1977.

But we can also provide a tremendous service to existing diabetic individuals, some of which may join our cause down the road, and begin to provide resources and solutions to every day Diabetes issues. This is not to divert funds from our main project. But it is designed to make every Cosmopolitan Member aware of what an impact we can have on the local community by supporting our "Paws Saving Lives" campaign!

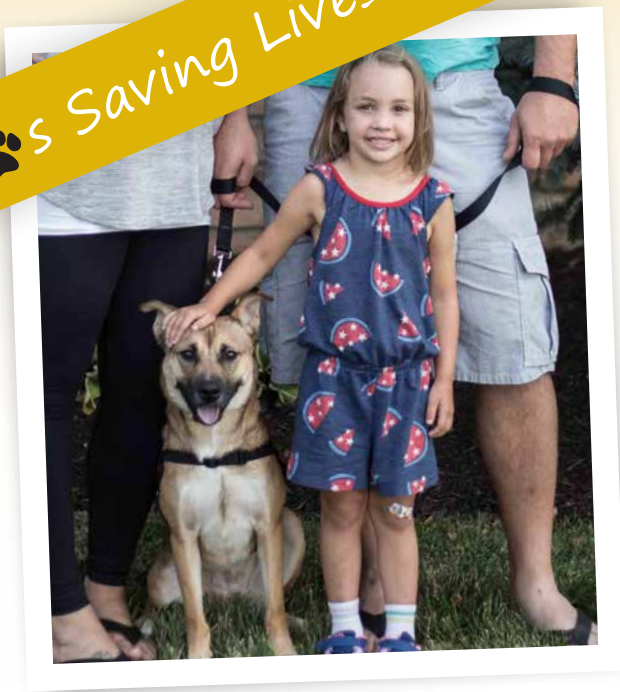
If your club has not yet had the opportunity to have a T1 or T2 diabetic with a service dog speak to your club, you are missing the boat! Call me and let's get someone to inform your club about our "Paws Saving Lives" program. If we cannot find a T1 or T2 diabetic with a Diabetic Alert Dog near you, I will be more than happy to schedule a visit by one of our Board Members, or myself!

David House

headquarters@cosmopolitan.org



MOVING FORWARD



Adilyn Jo Bohn

By Joann Bohn

Age: 4 ½ years old

Diabetic Alert Dog: Rajah

Received DAD: July 27th, 2019

She was diagnosed as suffering from Diabetic Ketoacidosis (DKA), and was now a Type 1 Diabetic. This day changed all our lives in an instant.

On April 3rd, 2016, 16 month old daughter Adilyn was admitted to the PICU at Mercy hospital in Des Moines, IA. Upon her arrival to the hospital the nurses and staff struggled to understand what was wrong with Adilyn until one doctor came into the room, smelled the air, and immediately told the nurses to check her blood sugar. Her blood sugar was 937, a number I will never forget as it was a number that could have potentially taken our little girl's life. She was diagnosed as suffering from Diabetic Ketoacidosis (DKA), and was now a Type 1 Diabetic. This day changed all our lives in an instant. We hit every emotion possible, thought of every question possible, and the strongest question that stuck with us was: "What did we do to our little girl?" The answer was nothing! She had a non-genetic disease that attacked her pancreas and she no longer can produce insulin that will break down sugars. We as a family will monitor and keep her healthy, and in time Adilyn herself will take on the responsibility of managing her diabetes.

Managing Type 1 Diabetes is not an easy job, let alone having a child with the disease.

Managing Type 1 Diabetes is not an easy job, let alone having a child with the disease. At 16 months Adilyn was enduring shots of insulin and finger pokes on a regular basis. Her pain tolerance rose above both mine and my husband's. We couldn't sleep much at night as we checked her blood constantly to make sure she was at a healthy number and not too low or too high. At 18 months Adilyn received a Dexcom constant glucose monitor which helped tremendously, but it was still off at times as it would read 80 but she really was at 56. There was a delay in the technology.



We were having a hard time managing her blood sugar levels, especially for such a small little girl with such a rambunctious attitude.

As a family, we went through so many ups and downs in her health. The smallest of colds, or a small infection from a cut, or a fever from her teething, could send Adilyn to the hospital. We were having a hard time managing her blood sugar levels, especially for such a small little girl with such a rambunctious attitude. As her parents we needed a tool that would allow Adilyn to be protected 100%.



We began our research and came across the concept of a Diabetic Alert Dog. We fell in love with the idea, and knew this would be our little girls saving grace. A dog who could capture an unidentifiable smell and alert us when Adilyn had an unsafe blood sugar. We then researched all the different companies and programs that provided DAD's. After 2 ½ years of research we fell upon Heads Up Hounds in Nebraska, a company that saved rescue dogs and trained them to save diabetics. It was a match for sure. We applied, and we were accepted, and our journey started toward our ownership of a Diabetic Alert Dog.

We began our research and came across the concept of a Diabetic Alert Dog. We fell in love with the idea, and knew this would be our little girls saving grace.

Only July 27th, 2019 at 4 ½ years old Adilyn received her Diabetic Alert Dog from Heads Up Hounds. I write this with such excitement and joy as having Rajah with us has been a huge blessing. Rajah has cared for Adilyn as if they have been with each other for years. Rajah was alerting to Adilyn the first night we had her, she immediately sensed Adilyn was her "person". We have had Rajah for a little over a month and every day we have experienced something new. The way she alerts and her reaction to the love provided by Adilyn. Going to the grocery store or mall Rajah has been phenomenal at maintaining her calm behavior and even alerting in locations other than our home. We are excited to continue this journey with Adilyn's Diabetic Alert Dog and to be able to watch the two of them grow together.

We are extremely grateful to our friends, family, and organizations that were able to make this reality for our daughter and to provide us with her four-legged guardian angel.



Paws Saving Lives
Diabetic Alert Dog Program



Judy Weitkemper
International President



Together We Can

It's been awhile since the International Convention in Chicago and we are now into Fall. I hope everyone has found time to relax, recharge and reconnect with family, friends and fellow Cosmo members at your Club.

My theme for this year is "Together We Can" and my Presidents Pin depicts all of us coming together for the good of our Organization. It includes both the U.S. and Canadian Flag and the six working around the table represent our six Federations, all working together as one in Unity. "Together We Can" comes from the African Proverb "if you want to go fast, go alone; if you want to go far, go together."

My number one goal this year is growth. If you were in the Delegates Meeting at Convention, you learned that we ended up this past year with a net loss of 100 plus members and that 54% of our members are between the ages of 60 to 70. If we want our Organization to survive, we must come together, focus on growing our Clubs and bringing in the younger generation. Other Goals to help us achieve this are:

- Operate as One Organization: Unity is the key to getting and keeping our Organization moving in the right direction.
- Take a Business Approach to managing our Clubs and Organization: Organizations like ours have changed the world and we have a responsibility to continue thinking of ways to excel – to grow and become the best at what we do. We live in a complex, ever-changing world, and to remain relevant and current in our market, we must impose business-like standards in key aspects of our Organization just as any business does to help it grow and prosper.
- Be All Inclusive: Strive to make our Clubs and Organization all inclusive, welcoming and diverse. This happens when everyone has a sense of belonging and feels respected and valued. An All-Inclusive Organization respects and values member input.
- Maintain A Satisfied and Active Membership Base: This is the core ingredient of any successful organization. Members must see the value in belonging to our Organization, it's the reason we pay our dues. A healthy and prosperous organization keeps its members engaged, participating, and interested in their activities and initiatives.

- Adding Value to your Members: There are many opportunities to add value, such as educational meetings and networking. Leadership roles help us grow and gain strength from over-seeing committees in the Club or leading the program, speaking on a topic of interest.

Other things we need to expand on are:

- Growing our International Project – Paws Saving Lives.
- Raising more Dollars for Diabetes Research: Finding a Cure is our mission, we can't take no for an answer.
- Becoming More Involved: Be active in Cosmo activities on every level.
- Observe Diabetes Day: Mark your Calendars and find a way to observe Diabetes Day in your community on November 14th.
- Awards: Start working now on this year's Awards.
- Get to Know Each Other and Know who we are
- Work closely with your Federation Governor and the CI Board: We are all here for the good of our Organization. Your Federation Governor, the International VPs, all of us, we are in place for the good of our Organization. Let's keep all communication channels open and work together as One Organization.

Together we have a better chance of making and keeping our Organization Vital: We must be on the same page:

- Know who we are,
- Look to the future more than the past,
- Focus on how we can make our Organization better, and
- Stay positive about who we are and where we are going.

"The first step towards getting somewhere is to decide that you are not going to stay where you are." – J Pierpont Morgan

I look forward to a great year with all of you, working together for the good of our great Organization. Together we can pave the way to a brighter future, to fulfilling our mission of finding a cure for diabetes. Remember, it's through our collective voices, opinions and work that we can and will win this. We can't do it alone, but TOGETHER WE CAN!

Judy Weitkemper, Int'l President-Elect
president@cosmopolitan.org



AURORA COSMO'S RACE TO FIGHT DIABETES

By Russ George

On a beautiful Saturday night in late July, at Sycamore Speedway, the Aurora Cosmopolitan Club Members hosted the "Race to Fight Diabetes", with more than 2,000 Race Fans in attendance all wearing stickers, we handed out as they entered the track, stating their support to Fight Diabetes.

Tiffany Olson, General Manager of Sycamore Speedway, turned the Race Track over to the Cosmos to bring awareness about diabetes to all in attendance, while Pete Fabrizius, Track Announcer, kept reminding the Race Fans about the efforts of the Cosmopolitan Club of Aurora in their Fight Against Diabetes, through Research at the University of Chicago-Kovler Diabetes Center, ADA Summer Camps for Diabetic Children, Diabetes Education at the Rush Copley Diabetes Educational Center, and helping Diabetics in obtaining Diabetic Alert Dogs.

The Cosmopolitan Club of Aurora Tent was a bee hive of activity as Race Fans stopped by signing up for a Door Prize Drawing, making Donations, picking up information about the Club and Diabetes. Donna Carter, a Certified Diabetes Educator from the Rush Copley Diabetes Educational Center and a Member of our Cosmo Club, was on hand to answer questions about Diabetes.



Opening ceremonies featured the Cosmo Jeep driven by Kyle Klaisner, and passengers Logan Brendle, 7, a Type 1 Diabetic since birth, Jackie Klaisner, Club Treasurer, and Russ George, President of the Cosmopolitan Club of Aurora, also Diabetics. They were escorted around the track by Race Car Driver and Cosmo Club Member, Matt McCain.

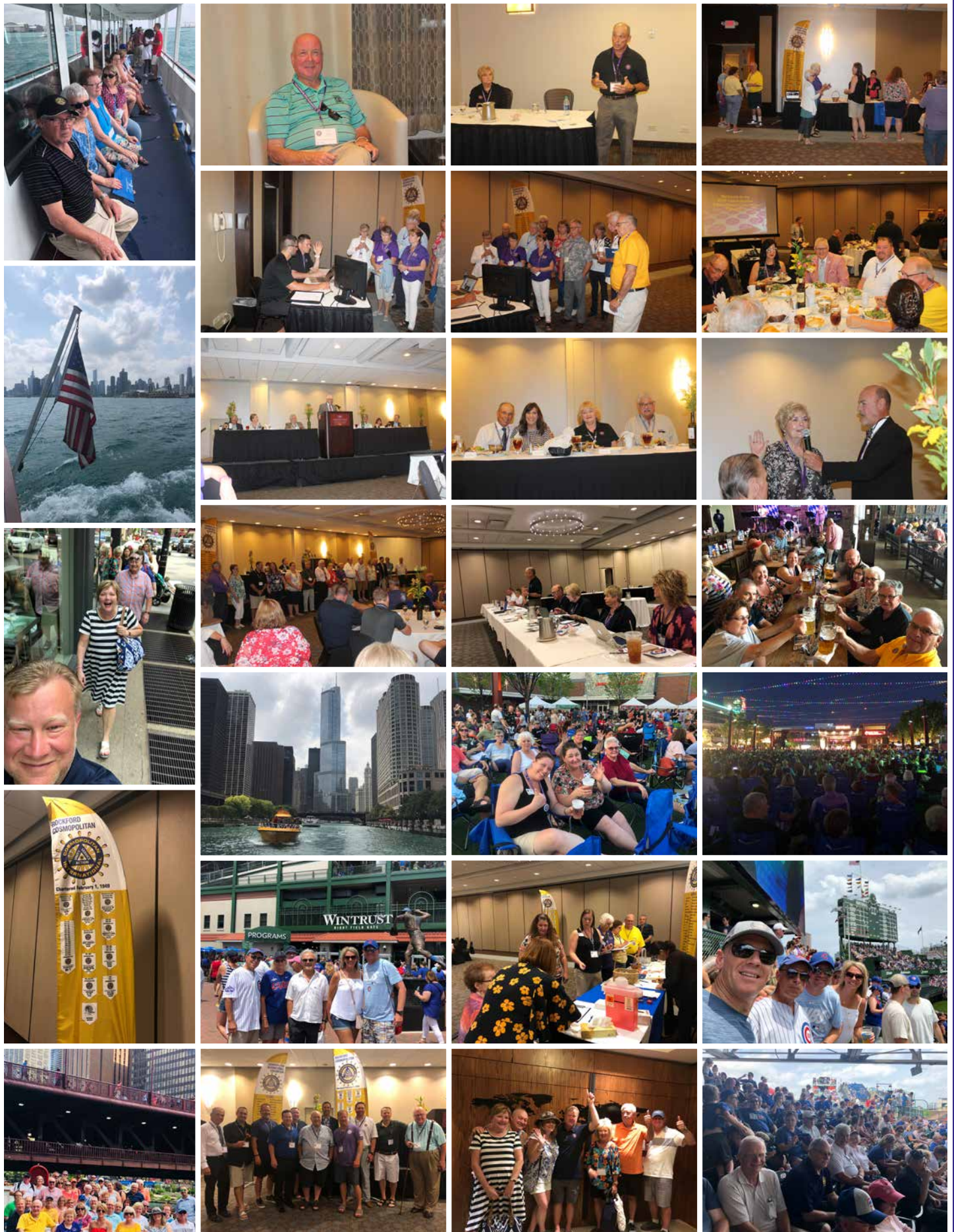
Russ George, President of the Cosmopolitan Club of Aurora with the winner of the "Race to Fight Diabetes" Super Late Model Driver, Greg Cantrell, Jr.

▲ Photo of Opening Ceremony
Photo by Dan Simpson

Photo of Winning Driver ►
Photo by Dan Simpson



CONVENTION 2019 PHOTO RECAP



President-Elect Article



Arthur Brassard
International President-Elect



This year's convention in Chicago was a great way to start Cosmopolitan International off for their next 100 years! It was a very well-organized convention, with the mix of meetings, tours, events, education, and workshops. We must give a special thanks to Dayton, Rick, and the Rockford club for putting together a great convention!

Though the numbers were down this year, and there were various reasons for this that we had no control over, it was well planned out. From the walking and boat tours to the ball game, everyone had a great time. I will say that being from Canada they could have lowered the temperature just a little bit, like maybe 40 degrees? I think the best part was the band concert in the park – it was tops! Great entertainment, great weather, and lots of cold beer, too. Now, I am not going to go over everything that was planned, but I will say; “If you didn’t attend this convention, you missed one hell of a time!” The meeting old friends and making new ones was so nice.

In Friday’s annual meeting, we had our annual election of officers for Cosmopolitan International. Our International President is last year’s International President-elect, Judy Weitkemper. And, her theme this year is “Together We Can”. Under her leadership, I think we will. And I was elected as your President-elect for 2019-2020. This may be a “mistake” on your part, because you never know what you are getting when a Canadian Cannock is in charge! And to show you what I mean, it didn’t take me long to open my mouth and put my foot in it. A few things were raised at Judy’s first board meeting concerning our conventions. I stated that there should be a committee set up to look at our conventions going forward, and Judy jumped right in and appointed me to chair that committee. I will gather member resources and look at the next few conventions.

Well, when I asked for help, I got it! Darin Hartman, Tim Dollens, and Christine Shepherd stepped up to offer their assistance. In the days that followed, Ed Ficenec sent me an email congratulating me on my election and also offered his help. I asked him to sit on this committee, and he agreed to do that. So, this group of five, along with President Judy, will begin the process of setting up our next few conventions. If any of you have some helpful ideas that might be great for our future conventions, please contact any one of us at any time.

We will be starting with our 2020 convention, and ED David House has already gotten the ball rolling. We will be meeting in Minneapolis, MN on July 23 - 25, at the Crowne Plaza Aire; 3 Applebees Square (I-94 & 34th Ave South), Minneapolis, MN 55425. This is close to both the airport and Mall of America. So please be sure to mark these dates in you calendar for a great time! It is so important for us to get together at these conventions, to help keep members informed, to educate and train, and also to keep this organization up to date. We all need to keep learning from each other to help grow this great organization. Like President Judy’s motto, “Together We Can”. It all starts with each one of us at these conventions, both at the Federation and International level.

Arthur Brassard, Int’l President-Elect
president-elect@cosmopolitan.org





LaVonne Hawking
International VP
Membership and New Clubs



Banners and Awards

Cosmo Friends: attached you will find the qualifications to win a banner at the Convention. Please note—for the most part this is not an easy task. This year I was sure we would receive two-the other two were a SURPRISE.

Last year's President Award included the same as Judy's—plus a task was added.

International President Judy Weitkemper has given us a challenge this year. The President's award is as follows for 2019-2020.

"TOGETHER WE CAN!"

1. Increase Club membership by net 10% or ten new members over the previous year.
2. Hold a minimum of two Events for Prospective Members.
3. Submit at least one article to COSMO Topics
4. Submit at least one Club award winner to the Federation level.
5. SIGN UP ONE NEW BEACON OR HAVE ONE BEACON LEVEL INCREASE
6. Observe Diabetes Day on November 14th in your Community.

Over the last few years this has been no problem obtaining these goals. However, Judy has added becoming a Beacon to the list! What is a Beacon you ask? I have included information on "what is a Beacon" on the following page. If you are interested in supporting this, please contact me.

The Beacons Fund is founded upon the belief that Cosmopolitans and our Cosmopolitan friends are deeply concerned about service clubs, service work, and the effect they can have on the society. A heritage has been established over many years. In 1914, Patrick J. Hodgins formed the first "Avocation Club" in Oklahoma City. This beginning has led up to the present day "Cosmopolitan International," dedicated to the principles of Unity, Service, and Action throughout the United States and Canada.



Why Do We Have a Beacons Fund?

The Beacons Fund will insure that the Cosmopolitan International heritage will grow in scope with continued service to mankind.

What is Beacon Money Used For?

All donations to the Beacons Fund will be set aside in a special fund. Money placed in this fund will be safely invested and the principle never utilized. The earnings obtained from the investment will be used for grants set forth and approved by the Foundation's Board of Directors. Beacon funds cannot be used for Cosmopolitan International operating expenses.

How Do I Join?

Membership in the Beacons is open to all Cosmopolitans and Cosmopolitan friends who fulfill one of the two following membership opportunities:

1. A one-time contribution of \$1,000, or
2. A contribution of \$100 a year for 10 years

The satisfaction of knowing one has ensured the continuation of service to mankind, through the vehicle of the Cosmopolitan Diabetes Foundation, is enough to generate self-pride. Beyond the satisfaction, there are other benefits, which will remind the select Beacon members that their participation is gratefully acknowledged.

Beacon memberships and funds are maintained by:

Cosmopolitan Diabetes Foundation
PO Box 524
Boystown, NE 68010

All new memberships and fund deposits should be sent directly to the address above.

Multiple Beacon Membership:

Additional Beacon Levels of giving are defined and can be found at the following web address:

<https://cosmopolitan.org/page/beacons-fund>

Several awards are attainable by clubs each year. Described below are several of the club awards, and the requirements for achieving them. For further information, refer to the Awards Brochure on the Cosmopolitan International website:

<https://cosmopolitan.org/60944/Page/Show?Slug=award-entry-forms&ClassCode=Page>

Big “C” Award

The highest award given to those clubs that meet the stringent requirements in the areas of commitment, competence, and cultivation.

Commitment:

- Cosmopolitan of the Year Award, Patrick J. Hodgins Distinguished Member Award, or Distinguished Service Award presented at club level.
- Community Service Projects(s), Cosmopolitan sponsored and publicized.
- Conduct a fundraiser for diabetes or contribute to a diabetes project.
- Club President or current club officer attend immediate past Federation Convention or be registered prior to judging of awards for the current year Federation Convention.
- Club President or current club officer attend immediate past International Convention or be registered prior to judging of awards for the current year International Convention; and
- COSMOTopics article submitted, with photo if available.

Competence:

- Current in all accounts.
- Club newsletter published at least once monthly, with Headquarters on mailing list. This includes those received electronically; and
- Club Annual Plan submitted to Headquarters.

Cultivation:

- Building of new club or a net increase in membership as of the end of the current Cosmopolitan year on June 30.
- Club must be at charter strength (20 members) as of the end of the current Cosmopolitan year on June 30.
- A Big “C” entry form is required from the club to be considered. The deadline for Headquarters to receive the entry is no later than June 15. Electronic submissions are preferred and may be sent to headquarters@cosmopolitan.org.
- Bannerettes will be awarded to the winners.

Rebuilding Friendship Award

- For clubs that demonstrate commitment to the “Rebuilding Friendships” program by retaining at least ninety-five percent (95%) of their members during the award year. Eligible clubs must have been at charter strength (20) at the beginning of the award year and loss of members due to death is exempted. A bannerette will be awarded to each qualifying club.

Medal of Merit

- The Medal of Merit Award is the highest award that a club can receive. The winner of this award must meet all the requirements and receive the Big “C” Award. In addition, they must have the highest net membership percentage increase of all clubs of charter strength (20 members) during the award year.
- Net membership increase shall include the number of members at the end of the year in club chartered / sponsored during the year.
- A bannerette will be awarded to this “top club” in Cosmopolitan International.

LaVonne Hawking
vp-membership@cosmopolitan.org

Emerald City Cosmopolitans Take On Diabetes

By Lindsay Ransom

The mission of every Cosmopolitan member 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.

Ten years ago, a group of Topeka friends were asked to lend a helping hand for friends and other community members. The River City Cosmos Club of Lawrence reached out to the group to see if they were interested in starting their own club. Not knowing a lot about what the Cosmos were about and did, they were very eager to listen, learn and help! They found out that the small projects they were already doing to help people were part of the International Cosmo Wheel—Unity, Service and Action, and just like that the Emerald City Cosmo Club was born!

Emerald City Cosmo Club was chartered in February 2009 and has been steadily progressing in the number of members, community partnerships, and other various outreaches in the community. With diabetes as the primary focus, Cosmos

donate meters, test strips and lancing devices to several local organizations for those who cannot afford them, help raise money for those individuals who are needing Diabetic Alert Dogs, organize Diabetic Health Fairs for the community, and much more, both within the diabetic community and outside of it.

In order to get the funds to support these various projects, Cosmos collect cans, hold their famous bike rides in the fall, gift-wrap sessions during the holidays, sponsor bowling and Farkle tournaments, help take money for parking and admission at local sporting events, and any other fund-raising opportunity that they can.

Cosmos are a part of a bigger Cosmo Family through federation and international conventions with people from all over the U.S. and Canada. Locally, they partner with various organizations like Stormont Vail, Topeka Rescue Mission, Helping Hands Humane Society, and more.

Diabetes Health Fair

The Emerald City Cosmopolitan Club has announced that the organization's members will be holding their second Diabetes Health Fair on November 22, 2019. This will be a chance for Topeka and surrounding communities to learn about diabetes awareness, supplies, funding and resources. The Health Fair will be held at Topeka Shawnee County Public Library from 4:00 pm to 8:00 pm and will be open to the public.

Sponsors and vendors are encouraged to take part in the event. For more information contact Lindsay Ransom Engelken, at Lindsay.ransom@sunflowersoccer.org or by calling her at 785-438-0552. Those interested in membership should contact Gary Bartlett at gbart4489@gmail.com.

Emerald City Cosmopolitans
P.O. Box 67442, Topeka, Kansas 66667
785-232-3422

www.EmeraldCityCosmos.org



Emerald City Cosmos hold various types of fundraisers to finance their activities, including gift-wrapping during the holiday season.

Q & A

with Judy Weitekemper



Tell us how and why you became a Cosmo.

I was invited to a meeting and to join by my friend CeCe Benton. It was a perfect fit for me, because helping those with diabetes to live a better life and finding a cure was something very dear to my heart, as I had watched diabetes slowly take my mom's life.

What inspired you to seek leadership positions?

My passion for our Organization and seeing it succeed.

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

Honesty, Trust, Integrity, Commitment, Passion, Accountability, Loyalty, Sincere Enthusiasm and of course being able to Focus, not only on your own strengths, but on those of people around you.

Where do you see our organization in ten years?

That's hard because our Organization, like others, has been shrinking in membership. But I would like to see it turn around, grow, and achieve the things I know we are capable of.

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

Before we can take action, we need to honestly evaluate our situation then rethink our strategy accordingly. Then, we must focus and be determined to succeed, letting our Passion be our fuel.

What would you say to someone who is considering joining Cosmopolitan, but is not quite sure?

I would say that "I love being a Cosmo and know they would too because: Being a member has helped me to grow as an individual; has added more value to my life than I

have given; and has, through the impact our club has on our community, given me the opportunity to not only help make it a better place to live, but also to make a difference in people's lives, especially those with diabetes."

Will you be visiting clubs in a rock star bus like Richard Gordon?

That would be a lot of fun, but unfortunately not. I want to run it more like a business and be "lean and mean" with our financial resources. I do want to work with all our Clubs and Federations and will make every effort to be at meetings and/or events they specifically want me to attend.

Where do/did you work, and what do/did you do?

I am currently retired but have been in Banking and Finance since graduating from college. I have managed major banks (Bank of America) and created a Federal Credit Union and Finance Company from scratch for a National Insurance Company.

Tell us something about your past (outside of Cosmopolitan) that most of us would not know.

I love Superhero Movies and as a little girl wanted to grow up and marry Superman. Is this why I sometimes refer to Bill as "Superbill?"

What makes you excited to get out of bed in the morning? In other words, what makes you tick?

Family, good friends, music and goals. These are the things that give meaning and purpose to my life and that without my life would be empty.



And some fun stuff...

Dogs or cats? I love most animals and have had both dogs and cats, but right now I am Mom to two of the cutest little Shih-Poo puppies you will ever see.

Beach or lake? Again, I love both: Bill and I spend a lot of time at our lake house at Lake of the Ozarks in Missouri, but in the winter, we love nothing better than getting away to a beach. We have spent several winters in South Padre Island, TX

Steak or lobster? Steak

Red or white wine? Red

Early riser or night owl? Both, I am the last one to go to bed at night and the first one up in the morning.

Big spender or penny pincher? I hit it somewhere in the middle. I'm not afraid to spend money, but I want the most bang for my buck.

VP Marketing/ Fundraising Article



Darin Hartman
Acting International VP
Marketing/Fundraising



It was great to see a majority of my Cosmopolitan International family again this summer. International Convention does feel like a family reunion to me. It doesn't matter how long it's been since you've seen them last, we just pick up right where we left off. Seeing our Canadian friends is always a highlight for me.

We are six federations with one voice and goal. The Rockford Club and the Mid-States Federation put together a convention that will be talked about for years to come. Dayton Smith and his team organized a fun filled and informative experience that will certainly be the benchmark of all conventions to follow. The Hotel accommodations and activities were fantastic! No matter where your interest lie, there was something for you.

Thursday night after our meetings we went to Bands in the Park. This outdoor venue was directly adjacent to our hotel. We were treated to a "Bob Seeger" cover band.

The restaurants that surround the park are fantastic! Many of us went to a German Brew House where there was live entertainment, great food, and one-of-a-kind experience. After the concert there was a fireworks show that was second to none. I have never seen one better!

Friday afternoon were our Chicago excursions. There was a Architectural Tour, a River Cruise, and my favorite, a Cub's game. For baseball fans Wrigley Field is a bucket list ballpark. What a great and historic place to watch a game. No matter which day trip you were on, there was not a single bad option. Matt, Rick, and Dayton made our travel to and from the ballpark extremely comfortable and stress free. Great job guys! Friday evening were able to relax, cool off, and break into groups for dinner and conversation.

Saturday night was the Annual President's Banquet and Reception with our new International President Judy

Weitekemper. Our outgoing president, Rick Swansbro, also spoke about his year as president and presented all of the 2018-2019 Awards. This really is the marquee event of the International Convention and being a Cosmo. When I first became a member, I didn't realize that this was almost like Prom. Everyone looked so nice!

So, anyone reading this is probably wondering if we actually got any work done. Even with all of the amazingly fun activities and comradery, we were there for a purpose and a greater good. I am so honored to be part of such a great organization and leadership. Our business meetings were conducted with the emphasis on fighting Diabetes in everything we do. In our delegates meeting everyone has a voice to the direction and leadership of Cosmopolitan International. This is a credit to the leadership of our club. Rick and Judy have created an environment of positivity and efficiency.

Lastly, I would like to thank all Cosmos for the opportunity to serve as the Vice-President of Marketing/Fundraising for 2019/2020. I look forward to working with everyone to increase our International presence, awareness, and fundraising to fight this disease. I am so hopeful in the future of a world without Diabetes. As our newly elected president says. "Together We Can".

See you all next year in Minneapolis!

Darin Hartman

vp-marketing@cosmopolitan.org



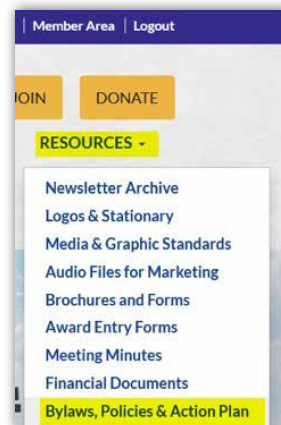


Jeremy Bridge
International
Judge Advocate



Bylaw Changes

This article deals with our adoption of bylaw changes at the Rosemont, IL 2019 Convention. Four amendments were proposed at the delegates meeting, and after discussion, three of them were adopted and amended to the bylaws as found on the Cosmopolitan website. In order to access them, you need to log in as a valid member, and select the Resources... Bylaws, Policies & Action Plan option, as shown here. ►



This document will show the following three amendments as now contained in the bylaws document.

Amendment 1:

Article XI: International Officers

SECTION 1. The International officers shall be as follows:

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 **or has experience and expertise in this area of responsibility**. 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 **or has experience and expertise in this area of responsibility**. 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 **has experience and expertise in this area of responsibility**.



New language proposed to be added = **BOLD**

Language to be removed = Strikeout.

REASONING. This proposed amendment to the Cosmopolitan International Bylaws is being recommended to the membership by the International Board as approved at its meeting on July 28, 2018. The purpose of the change is to have the best possible candidates eligible to serve as International Officers for the betterment of the organization, and to give the membership a year to discuss and consider this proposed change.

Amendment 2:

Electronic Meetings or Attendance at Meetings Electronically. All meetings of the Board or of any committee may be conducted electronically, or attended electronically by some of the members, via an Internet or other connection to a device that transmits and receives both an audio and visual signals. Such connection must provide the conditions and opportunity for simultaneous aural and visual communications so that all participating members can simultaneously hear and see each other, so that it is equivalent to being physically present at the place of the meeting. Members attending electronically shall be considered "present" for attendance, quorum and voting purposes. The notice of an electronic meeting must include the date and time of the meeting and an adequate description of how to participate in the electronic meeting. It will be the responsibility of the member wishing to attend the meeting electronically to have the equipment and software required for such participation. Electronic meetings shall be conducted pursuant to the Cosmopolitan International Bylaws

and Robert's Rules of Order, as if the members attending electronically were physically present. A member attending the meeting electronically may submit a written motion via email to the other members in attendance. Only members of the Board or of the committee, may participate electronically in the Board or the committee meetings, respectively.

Amendment 4 is a new section, to be entered as follows:

Article VIII: Members

SECTION 1. Membership in clubs shall be classified as:

- (a) Active
- (b) Sponsor
- (c) Honorary
- (d) Life
- (e) Member Emeritus
- (f) At-Large
- (g) Corporate

SECTION 2. Membership in a club shall be only of those persons as set forth in these bylaws. The individual member may hold such membership or he/she may hold membership as a representative of a firm or business. Each new member taken into a club shall specify on his/her application whether his/her membership is individual or firm owned, and this shall not be changed without the consent of the local Board of managers; provided, however, that any successor firm member must be accepted and approved by the club within the ninety (90) days after a change occurs.

SECTION 11. A corporation or other entity may become a Corporate Member of Cosmopolitan International through an approval process established by the local club.

- A. Designees. Once an entity becomes a member, it may appoint up to six persons to be its designees, one of whom must be a member of that entity's executive group; the others can be individuals employed full time by the entity.
- B. Changing designees. The club will determine the ability of the entity to change any of its designees so long as at all times one of them is a member of the entity's executive group.
- C. Registration. Each designee will be listed as an official member of Cosmopolitan International and it will be noted that they are designees of the named entity.
- D. Votes and quorum. For the purpose of general meetings and club matters, designee voting will be established by the club.

- E. Holding Office. Each designee, as an individual, can hold any office in Cosmopolitan International to which the designee is elected. The number of designees to hold an office at any one time in its local club will be established by the club.
- F. Financial obligations. The financial obligations of a Corporate Member shall be as follows: (a) Initiation fee: if used, an amount determined by the club; (b) Cosmopolitan International dues: payable for each designee as stipulated in Cosmopolitan International Bylaws; (c) Club Dues: an amount determined by the club; (d) Federation Dues: an amount determined by the Federation; (e) Change of membership status from designee to individual membership: an amount determined by the club.
- G. Conversion. A designee of the entity, while still an employee of the entity, may convert to an individual membership of the club in a process determined by the local club. The club will establish how initiation fees, dues, and costs will be handled. The club will also determine whether and how a designee who has been a member, upon leaving the employ of the entity, can convert his/her membership to an individual membership.
- H. Receipt of Cosmo Topics. The club will decide how a designee will receive Cosmo Topics and whether the cost will be assumed by the club, the designee, or the entity.
- I. Termination. The process for terminating the membership of a designee or the entity will be determined by the club.

The fourth amendment dealt with monitoring debate on proposed amendments, and generated a tremendous amount of question and discussion. It was not passed, and may be revisited at a future convention.

Download the current International Bylaws by pasting the following address into your address bar after you have logged onto the Cosmopolitan International website:

<https://cosmopolitan.org/page/bylaws-policies-action-plan>

and click on the Cosmopolitan International Bylaws, July 20, 2019 link. You will receive a PDF version (non-editable) of the current modified bylaws based on the vote of the delegates at the Rosemont, IL delegates meeting in July of 2019.

Jeremy Bridge
judgadvocate@cosmopolitan.org

2019-2020 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 two Wednesdays, noon, third Wednesday at second location, noon

Location: Tom & Jerry's or Timber Pointe

Blair - Cornbelt Federation

Time: Various

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

Calgary - Western Canada Federation

Time: Second & fourth Mondays, 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 Tuesdays

Location: Sigmund Cosmopolitan Community Center

Columbia Luncheon Club

- Mo-Kan Federation

Time: First and third Tuesdays, noon

Location: Sigmund Cosmopolitan Center

Columbia Show-Me - Mo-Kan Federation

Time: First Thursday, 6:30 pm

Location: Columbia Country Club

Council Bluffs - Cornbelt Federation

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

Location: Village Inn Restaurant / Spillway Grille and Bar

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 Tuesdays, 6:30 p.m.

Location: Cosmopolitan Club Building, 1 Cosmo Dr.

Emerald City - Mo-Kan Federation

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

Location: Ramada Inn's Madison Street Deli

Fargo-Moorhead - North Central Federation

Time: Third Thursday, 6:30 p.m.

Location: Various

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, 6:30 p.m.

Location: Westwood Club, 6200 W Club Ln.

Heartland-Santa Fe Trail - Mo-Kan Federation

Time: Board meetings on the second Tuesday 6:30 p.m., membership meetings on Thursday 6:00 p.m.

Location: Various

Jefferson City - Mo-Kan Federation

Time: Fridays, 12:00 p.m.

Location: Hy-Vee, 3721 W Truman Blvd.

Johnson County - Mo-Kan Federation

Time: Thursdays, 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 Thursdays, 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, 7:00 a.m.
Location: Rockbrook Garden Cafe, 11040 Oak St.

Omaha West - Cornbelt Federation
Time: Wednesdays, 7:00 PM
Location: Various

Platte River - Cornbelt Federation
Time: First Monday, 6:30 p.m.,
third Monday, Noon
Location: HyVee Upper Room

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: Mondays, 7:00 a.m.
Location: Various

Regina Capital - Western Canada Federation
Time: Tuesdays, 6:00 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: Thursdays, 12:00 p.m.
Location: Prairie Street Brewing Co.

Saskatoon - Western Canada Federation
Time: Business meetings every fourth Tuesday
each month, social on 12th of each month
Location: Cosmopolitan Industries Ltd.

Sioux City - Cornbelt Federation
Time: Thursdays, 7:00 a.m.
Location: Horizon Restaurant, 1220 Tri-View Ave.

Sioux Falls - North Central Federation
Time: First, second, third, and fourth Mondays,
Noon - 1:00 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: First and third Mondays
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, 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: Ascension Living Via Christi Village

Winnipeg - Western Canada Federation
Time: Tuesdays, 6:30 p.m.
Location: The Viscount Gort Hotel



Cosmopolitan International



Rookie of the Year Award:

Amy Berendsen, *Jefferson City Club*



Member Community Service Award:

Jeff Kogel, *Sioux Falls Club*



Cosmo of the Year:

Deb and Terri Downs, *Saskatoon Club*

Other Award Winners...

25 Year Members - Joined CI in 1994:

Gary Christensen (Aurora Cosmo)
David Adkins (Belvidere)
Brad Fidler (Belvidere)
Todd Larson (Belvidere)
Stephen Lindstrom (Belvidere)
Tim Hoffman (Blair)
Claudia Nelson (Capital Region)
Judy Armstrong (Columbia Luncheon Club)
Kathleen Modica (Columbia Luncheon Club)
Clarence Jeff (Columbia Show Me)
Thomas Wilson (Headquarters - At Large)
James Gerling (Jeffson City)
Joey Leydens (Jeffson City)
Patricia Hohman (Lawrence River City)
Charles Reuwsaat (Rapid City)

Susan Rodriguez (Rapid City)
Kay Fey (Saskatoon)
Jack Ostoforoff (Saskatoon)
Pamela Smith (Saskatoon)
Ada Wilson (Saskatoon)
George Wilson (Saskatoon)
John Hurlbut (Watch City)

50 Year Members - Joined CI in 1969:

Tom Grothoff (Jefferson City)
Robert Hansen (Council Bluffs)
Thomas Williams
(Headquarters - At Large)

Big C Award:

Aurora, Fremont 100, Norfolk

2018-2019 Award Winners



Patrick J. Hodgins Award:

John Krysak, *Wascana Club*



Governor of the Year:

Lanny Auringer, *Sioux Falls Club*



Club President of the Year:

*Unfortunately, no President of a Club
Qualified at the International Level*



President's Step-Up Award:

Aurora, Fremont 100, Saskatoon

Rebuilding Friendships Award:

**Aurora, Belvidere, Columbia Luncheon,
Fremont 100, Norfolk, Omaha Cornhuskers,
Omaha I-80, Rapid City, Regina Capital,
Rockford, Sioux City, St. Albert, Wascana,
Wichita Air Capital, Winnipeg**

Yearbook Award:

Lawrence River City

Newsletter Award:

Santa Fe Trail

Club Community Service Award:

Jefferson City

Membership Builder Award:

*For Cosmos who sponsored new
members throughout the year*

Francesco Collura (Rockford)

Kevin Kjellstrom (Rockford)

Tom Graceffa (Rockford)

Russ George (Aurora)

Medal of Merit Award:

*Highest club award; highest net
membership percentage increase*

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

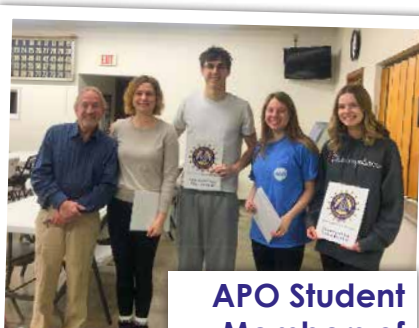
Dr. Thomas Repas

B 605.718.3300

Alpha Phi Omega (APO) Students and the Columbia Cosmo Clubs

By Paul Beuselinck, Gary Lensini & Judy Weitkemper

The Cosmopolitan Clubs of Columbia, MO, partner with the University of Missouri chapter of the international service fraternity, Alpha Phi Omega. They are commonly known as APO. The Beta Eta chapter assists with Cosmopolitan fundraising events and service. Recently, to honor their relationship with the Cosmopolitan's, Beta Eta successfully petitioned their APO National Convention to establish "Diabetes Awareness" as their National Service Week program for 2019-2020 with specific focus on "Education awareness on Campus" in 2019 and "Education awareness in the Community" in 2020. Each APO chapter will determine how they will promote diabetes awareness during the National Service Week.



**APO Student
Members of
Columbia
Breakfast Club**



**APO Students at
Diabetes Day**

APO chapters are well equipped to partner with your Cosmopolitan Club to advocate for campus and community strategies to increase awareness of this debilitating disease. If you are fortunate to have an APO campus chapter at your local college or university, partnering with them during their National Service Week could increase your visibility for diabetes initiatives within your community, and may lead to additional service collaboration and sharing.

Alpha Phi Omega is the largest collegiate fraternity in the United States, with chapters at over 350 campuses, an active membership of over 25,000 students, and over 400,000 alumni members.

To determine if your college or university has an APO chapter you can visit the site: <https://apo.org/start-a-chapter/chapter-map/>.



**APO Presenting to
Cosmo Breakfast Club**