

A publication of *Cosmopolitan International*

# COSMOTOPICS

## 2018 | International Convention

Kansas City, Missouri JULY 26-28, 2018



The 2018 International Convention in Kansas City will see Cosmopolitan celebrating its 100th anniversary, and you don't want to miss the party!

### LATE SPRING 2018 ISSUE

THE CLUB THAT FIGHTS DIABETES

[www.cosmopolitan.org](http://www.cosmopolitan.org)





**FROM THE EDITOR** by Tracy Miller

The saying goes that time flies, and this seems more and more true with each passing year. For many Cosmos, I'm sure the time has flown to bring us to our 100th Anniversary, which will be celebrated at the upcoming International Convention in Kansas City, July 26 – 28, 2018. If you are not already registered for this very special convention, there are just days left to jump on board, so don't delay!

I like to think back to our early days when Patrick J. Hodgins founded our organization and what his world must have been like. Volunteerism, no doubt, looked much different then than what it does today and what it will look like in the future, as well. One thing that doesn't change, however, is that humans in general are made to feel compassion for each other with a desire to serve each other. And this is exactly what we find in Cosmopolitan.

Let's celebrate that – and each other - at the upcoming convention. I look forward to seeing you there!

**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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## In My Heart You Will Always Be

**Do you remember what you were doing five years ago this month? I remember it well. I was spending a week with Sheila Anderson, Brian and Shelley Duckett, Jim McVay, and Gary Bartlett at the former headquarters building in Overland Park, Kansas.**

It was my second week as your then-new Executive Director, and the task at hand was enormous – sort through the belongings at headquarters and begin to devise a plan to transport everything to my office in Lancaster, Pennsylvania, which would serve as our new headquarters. Between sorting and planning, we also closed bank accounts, closed a post office box, set up a new telephone and Internet account, and processed the first quarter dues for 2013-2014. And did I mention that International Convention was two short weeks away at that point?

Fast forward five years, and I find myself in similar circumstances. As most Cosmos are by now aware, I have submitted my resignation as your Executive Director, effective July 31, 2018. And again, we are sorting, planning, closing, opening, setting up, and anticipating our International Convention – and not just any International Convention, but our 100th Anniversary convention, which carries an added level of excitement, anticipation, and, I admit...stress.

As soon as I announced my resignation, the Executive Committee sprang into action to develop a plan going forward to ensure a seamless transition and continuity of

business operations. I have worked with many committed, talented individuals on the Executive Committee since coming to Cosmopolitan, and I can assure you that the folks who serve at this level do so because they care and always act in the best interest of our organization. The ED transition is safe in their hands.

As I mentioned in the announcement I emailed to all Cosmopolitans last month, I sincerely hope I have brought goodness to Cosmopolitan over the past five years. I have taken great pride and joy in much of what we together have accomplished, and I hope you have taken satisfaction as well. While the future of volunteerism likely looks much different than that of yesteryear, I believe success can be found by having open minds and respect for others' viewpoints in our shared quest for a world one day free of diabetes.

My wish is that this is not goodbye, as I hope to remain connected to CI in some volunteer capacity. We will see what develops there. For now, please know that I admire the work you do in service to others and appreciate the privilege of having served as your Executive Director.



**Tracy Miller**  
**Executive Director**

*I have taken great pride and joy in much of what we together have accomplished, and I hope you have taken satisfaction as well.*

**“Goodbye may seem forever.  
Farewell is like the end,  
but in my heart is the memory  
and there you will always be.”**

**- Walt Disney Company**



## Does Old School Still Work? You Bet It Does!

**I spent most of my adult life in the Insurance business. I was always a producer, agent and liked the position, for in most cases, the harder you worked the more money you made.**

It was my job to go out and find new business, new insurance customers and accounts for the company. Producers would always look forward to the end of the month commission check—it was like opening a Christmas present—you were never sure how much you were going to get. Everything would go along smoothly throughout the year and then all of a sudden, the checks would start getting a little light. Sometimes you barely had enough to pay your monthly bills and, in a panic mode, you would wonder, “What happened? What went wrong?” Some would make an excuse, saying the company is no longer competitive or the coverages aren’t as good as the competition, or it’s this, or it’s that. In reality I was just making excuses for performing poorly, it wasn’t the company’s fault.

So what was the real reason for the poor performance, the light commission check? The checks were sub-standard because...

*I quit doing all the things you need to do to be successful.*

I quit knocking on doors and making phone calls. I quit asking for referrals. I started relying on call-ins and walk-ins, the type of business that usually is sub-standard and low commission. The type of account that will be lucky to stay on the books for a year.

I think the same things have happened with many of our members and clubs. Many of us quit looking for new members and many clubs have never set up a plan to increase their membership and attract new members.

*So, what can we do?*

Maybe on the club level we can make a plan at the start of the Cosmo year. How many new members do you want to bring in the club this year? Where are you going to look for new members and how are you going to get them to join? How are you going to keep them?

We are fortunate, for our clubs have an unlimited customer base. Almost anyone can be asked to join. I’m surprised how few members we get from the diabetic community. Maybe we can do a better job networking with the diabetic community. Maybe we can approach our local businesses asking them if they would join or consider sponsoring an employee to join us. We need to promote internal networking in our clubs, emphasizing that it is just one additional benefit to be a Cosmopolitan. Maybe divide up the businesses in your community and assign them to members willing to help your club increase membership. Develop a relationship with the businesses. Start dropping off information and brochures about our club and start talking about what we believe in and how we believe we are making a difference.

My theme this year is Show-Me Your Cosmo Pride. Let’s venture out into our communities and businesses and show them our Cosmo pride. Talk to them about what *we believe* and, with them helping us, we can make our community a better place to live. Talk about how *we believe* that what we do will help us find a cure for that deadly disease of diabetes.



**John Hubert**  
*International President*

*We need to promote internal networking in our clubs, emphasizing that it is just one additional benefit to be a Cosmopolitan.*

**SHOW-ME  
COSMO PRIDE**

# Are You Ready to Step-Up?

**As I look ahead to our centennial convention in Kansas City, I cannot help but think of the many Cosmos who have “stepped-up” to make a difference. One hundred years of people stepping-up to raise funds in support of diabetes initiatives, to introduce new members to Cosmopolitan, to serve on committees, and to serve at the club, federation, and International levels.**

What has been accomplished during these first 100 years of Cosmopolitan International would not be possible without the “all-in” commitment of so many members. Their support and commitment demonstrated a willingness to serve a cause greater than themselves. This fits with why we choose to join a service club such as Cosmopolitan International. To serve a greater cause, to make a difference in our local communities, to network among like-minded individuals, to socialize, and, of course, to have fun.

Our reward in serving is witnessing the results of our efforts. This is the feedback that makes our day! Let me introduce you to one such story.

Meet Matteo Francis Humbert of Rochester Hills, Michigan, and his diabetic alert dog, Nitro. November 17, 2013 just prior to his 7th birthday, Matteo was diagnosed as T1D. This is a boy who loves playing football and baseball but now must shoulder the responsibility of managing his diabetes.

Since that fateful day, his mother and father took turns checking his blood sugar at all hours of the night. His fingers are calloused from checking his blood sugar 12 times a day. His back side is scarred from the insulin pump that helps to keep him alive.

Everything Matteo eats or drinks must be scheduled and monitored. Sleepovers, birthday parties, or just visiting a friend in the neighborhood requires constant monitoring by one of his parents.

Just weeks ago, Matteo took delivery of his diabetic alert dog trained by Diabetic Alert Dogs of America based in Las Vegas, Nevada.

With the help of many friends, fundraisers, and Cosmopolitan International, Matteo and Nitro are the best of friends. The smile on Matteo’s face says it all. As our International President John Hubert stated today... “That’s why we do what we do.”



Matteo’s story is one of a growing number of stories attributed to our “Paws Saving Lives” program. What started as a concept just a few years ago, is now reality. It all began with members who stepped up to help take this program from what could be to what is. Going forward, we will welcome those who choose to step up and help take “Paws Saving Lives” to the next level. Ours is a self-funding program that serves the needs of those in the process of acquiring a diabetic alert dog.

Are you ready to step up as a member of Cosmopolitan International? Will you join me at our 100-year anniversary convention in Kansas City? See you at the end of July at the Cosmopolitan International convention!



**Rick Swansbro**  
*International  
President-Elect*

*Our reward  
in serving is  
witnessing the  
results of our  
efforts.*





## On Target

**Once again, I am very happy to say with the help of all Cosmopolitans, the executive, the rest of the board, and, of course, our Executive Director, we continue to make progress again this year.**

As V.P. of Finance my job is to review the revenues and expenditures of the International office and to try and steer us towards our goal set at the beginning of the year. Currently, we are on the right path to a good year. The third quarter financials are promising as we sit with a \$15,000 surplus. With the last quarter dues billing having occurred in April, we should only miss our targeted per capita dues budget figure by approximately \$3,400.

Last year we hosted the 99th International convention in Regina, SK. We managed to finish with a surplus of \$4,000 which will end up in the convention reserve at year end to help level the registration costs between the US and Canadian attendees. We are hoping this will help to promote attendance at the 100th International convention in Kansas City. Please encourage all who can to attend and help make this the biggest convention ever.

On the note of convention, it is with a sadness that I will have completed my fifth year as

the V.P. of Finance. Based upon the bylaws, policies, and procedures of Cosmopolitan International, you have put up with me long enough. In my own opinion, it has been a successful five terms. It has been an extreme pleasure to work with the different executive year to year. From the first year when Executive Director Tracy and I were new to the scene, to now both completing our fifth term, I am confident in her abilities and leadership thus far in her role. I do believe that she will continue, with the help of her new executive, to guide us in the right direction keeping us on track towards a new target.

The new target has been set as Executive Director Tracy prepared the proposed budget which was presented and approved at the Spring board meeting. I am confident that with the help of many we will again have a successful financial year at Cosmopolitan International.

Until we meet in Kansas City, take care all.



**John Krysak**  
International VP  
Finance

Currently,  
we are on the  
right path to  
a good year.

**SHOW-ME  
COSMO PRIDE**

# Marketing and Fundraising Update

**Kansas City Convention is shaping up to be a very special event! Our 100 year anniversary will undoubtedly go down as a very special occasion. I know that a lot of people have been putting in lots of extra time and effort for this convention.**

## Health Fair

We initially put together plans to host a health fair on the Friday afternoon of convention. However, it seems we were not thinking far enough ahead to get information out to potential vendors early enough to get into their annual budgets. Selling booth space proved to be a lot harder than it should have been.

Because of this, we ended up scrapping the health fair for this year. It will be a topic of discussion for future conventions as it holds a lot of promise for Cosmopolitan International. And rest assured, the convention committee has some exciting plans to fill your Friday afternoon. Details will be available soon.

## Marketing

While I have had several conversations with potential partner companies that show some interest, the challenge we face is the fact that Cosmopolitan International is not a 501(c)3 organization, and that partnering with us presents some challenges. If we are going to pursue this idea (and it is a great idea!), we need to re-evaluate how and where the partnership would be formed. It is my opinion that this would be a much better program coming directly from a marketing position in the CDF. I believe the CDF is already poised with the types of funds it currently has to handle the Diabetic Alert Dog partnership and allocation of those funds.

Basic conversation about our cause and a desire for a relationship should continue with potential partner vendors, but we need to have a valid and well-outlined program in place in order to land a commitment from a large vendor as a partner. Attempting to create an arrangement between Cosmopolitan International and a vendor partner appears to be a real challenge.

## Diabetic Alert Dog Status

Since the board approved the administration of the Cap Grant program, we have had

a tremendous amount of interest in our program. This just reinforces the fact that we need to have a partner in this endeavor, as we cannot supply enough funds for the needs that exist. Rick Swansbro has been passionate about the Diabetic Alert Dog program from the beginning, and his enthusiasm is infectious. Once you have spent any amount of time with him, you will realize that this endeavor will be forefront in the CI efforts moving forward.

I challenge each and every Cosmo member to check out the Simple Give information on the CI website and place a small donation every month to the Diabetic Alert Dog fund. If every Cosmo donated a small amount (\$10.00/month) to this facility, we would end up with enough capital in our Diabetes Alert Dog fund at the CDF to help 90,000 diabetics towards a Diabetes Alert Dog with a \$2,000.00 donation towards their dog purchase. That is a staggering number for such a small donation. It would yield approximately \$180,000.00/year towards Diabetes Alert Dogs.

*Imagine what kind of clout we would have when we approach a vendor if we have that type of commitment in our own organization!*

## One Final Note

While I was up in Canada participating in the Prince Albert Annual Fishing Trip, nine members approached me and asked for an update on the status of the cruise that was discussed in Regina. The Canadians would love to do this! And I know that many of the American members would also budget for this as well. We need to look hard and long at this, and discuss the fact that many of the members that currently do not attend convention do so because it is not as attractive as other vacation possibilities. The cruise would offer a tremendous add-on for a minimal difference in cost. Plans are underway to discuss this concept at the first board meeting at the upcoming international convention.



**David House**  
International VP  
Marketing/Fundraising

*I challenge each and every Cosmo member to check out the Simple Give information on the CI website.*



## Growing our Membership

**Growing our membership is vital to our clubs and our organization. Many of you are engaged in successful membership drive events which are not only fun but also important. Be it through a large membership drive event or by bringing a prospective member to your social events, the new members you bring in are intuitive to the goals of growing our clubs and our organization.**

We also want to remember that there are two sides to every coin, with membership growth the two sides are sponsorship and retention. Statistics show clubs experience their lowest retention rates with first-year members. Each year, we bring in new members only to find at the end of the year we have lost as many, if not more, than we brought in. Let's make it our goal to change that.

Civic clubs haven't changed much over the past 20 to 30 years, but the significant decline in membership shows that our world and our people have changed. Members today will not attend many meetings or events where they are not contributing or receiving anything of value, making it important that we go the extra mile and integrate our new members into our club and community by getting to know them and involving them right away. Let's establish a positive relationship with new members and provide a mentor to reach out and:

1. Show appreciation - Say "Thank You" and "Welcome" in a written note
2. Meet with them, discuss the club's mission and identify their needs and expectations
3. Learn what they would like to contribute to the club
4. Plan and invite them to a club social and introduce them to members with similar talents and goals
5. Show gratitude when they participate in activities
6. Make sure their needs are being met
7. Get them involved early

Sponsorship rates after the second year usually increase significantly. Therefore, having a group of leaders to mentor and involve them through their first few years is critical to building and growing our clubs and our organization. Through both sponsorship and retention, we can grow, learn new things, and strengthen our community involvement, our organization and our fight against diabetes.



Judy  
Weitkemper  
International VP  
Membership  
and New Clubs

Let's  
establish  
a positive  
relationship  
with new  
members!

SHOW-ME  
COSMO PRIDE





# Beacons Update



**Rob McWilliams**  
CDF Chair

**The big news is that the new Beacon pins are in! Instead of re-ordering the old ones, we have been busy working the last two years to revise the levels of giving and redesign our U.S. Beacon pins accordingly.**

We appreciate everybody's patience during this process, especially those waiting for their new pins. Kudos to our Beacon committee members during this time, previous CDF Chair Melvina Newman, and our accountant Dayton Smith, who worked with Meridian Promotions to get this done.

Our new levels somewhat mirror those of our Canadian Cosmo Northern Beacons. The reason for the change is to give Beacon donor/contributors the opportunity to move up to a higher level quicker and receive more recognition and keep your momentum going for a great cause. So here are the new levels and their corresponding pin designs and drop tabs with stones, to signify multiple levels within. Please reference the below color chart of pins and stones.

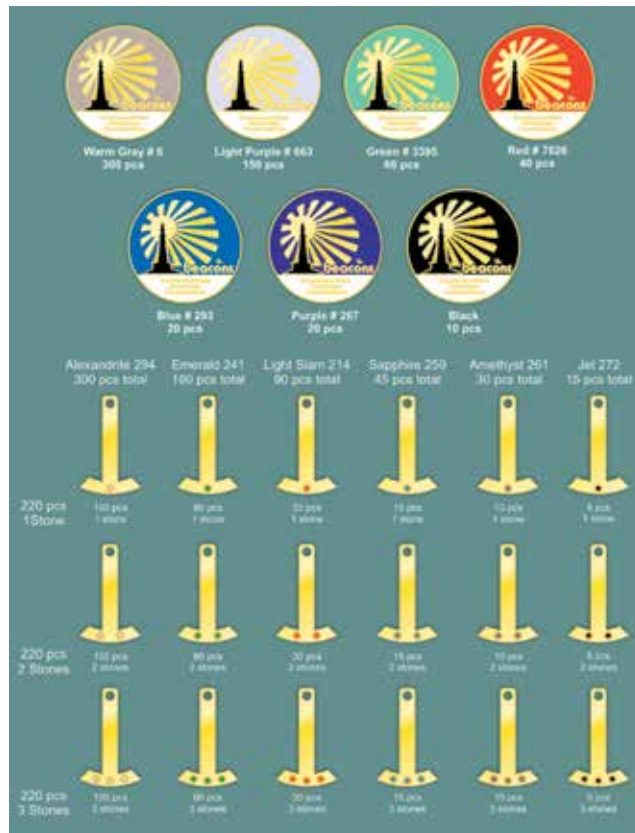
A stone in a drop tab attached to the back post of each pin signifies reaching another \$1000 increment within that level after attaining that entry status of a level.

To become a Beacon, you would start by pledging \$100 per year for ten years or by just making a \$1,000 donation to the Beacons fund. With your first \$100 Beacon pledge you receive your basic pin to start. A great source of Beacon information can be found in our current CDF Beacons brochure which is not on our website at the time of this writing but will be there in PDF form in the very near future. These brochures were originally distributed to all attendees at the Regina Convention in 2017. Federation Governors hopefully have some copies as well. We hope to be awarding the pins to many past and new Beacons for new levels attained at this year's convention in Kansas City.

Should you have any questions about the Beacons program within CDF or you are due to receive a pin that has not been awarded for attaining a level of donation, please contact me at [rmpathfinder@gmail.com](mailto:rmpathfinder@gmail.com) and I will be glad to help and get you set up.

We hope to be awarding the pins to many past and new Beacons for new levels attained at this year's convention in Kansas City.

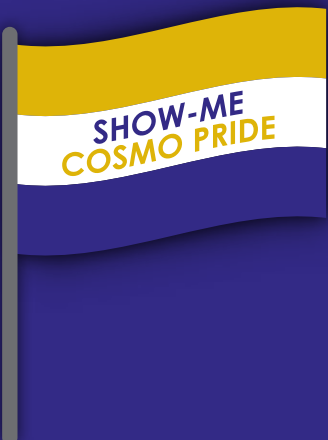
LEVELS
<b>Beacon (Basic): \$1000</b> Warm Gray Pin
<b>Pearl: \$1100 - 4999</b> Light Purple Pin (Alexandrite Stone)
<b>Emerald: \$5000 - 9999</b> Green Pin (Emerald Stone)
<b>Ruby: \$10,000 - 14,999</b> Red Pin (Light Siam Stone)
<b>Sapphire: \$15,000 - 19,999</b> Blue Pin (Sapphire Stone)
<b>Amethyst: \$20,000 - 24,999</b> Purple Pin (Amethyst Stone)
<b>Diamond: \$ 25,000</b> Black Pin (Jet Stone)





Darwin Baker  
CFC Chair

The unseen difference we make is powerful and significant.



## Making a Difference

*Cosmopolitan Foundation of Canada Inc.*

**As I sit and enjoy a morning coffee (and Baileys), it is with mixed emotions I write my last article as President. I am glad it is my last article, as I am sure Tracy is also, as she won't have to remind me to get her my article at the last minute. And I am sad that my time has come to an end representing this great organization.**

We all know the difference our club has in our communities, your Federation makes in your region and International makes for all of us with support and guidance. But I was recently made aware of a far greater impact Cosmos can have while listening to the speech of a former member of the Yellowhead Cosmopolitan Club of Saskatoon. We had invited him to join us to receive a donation to his current organization. We had asked all recipients to say a few words of thanks for our donation and explain where it will help in their organization. This recipient did far more than that. He spoke fondly of his time in Cosmopolitan, the friends he had made and the support he had developed and received for himself, his son and others.

*But most importantly, he spoke of how Cosmos saved him and stopped him from giving up when he was at a very dark place in his life and felt he could not go on.*

It was as his thoughts turned to his Cosmopolitan Club, he knew in his heart "he could not let us down" and he could move forward through that darkness with our support and friendship.

The unseen difference we make is powerful and significant. The donations and support we provide to our Foundations make a difference in our pursuit of a cure for diabetes. Our donations and support locally provide the extra to make a difference to the goal of other groups. Our involvement in our club makes a difference in everyone's lives.

A commitment to membership will make a difference in the future of your Club, your Federation and our Foundations. A commitment to finding a new member could make more of a difference in their life than you could ever expect. You may be doing THEM a favor.

Thank you all for your commitment to Cosmopolitan. Thank you everyone for your support to our Foundation during my tenure. But most important, thanks for making a difference in my life.

*P.S. As this is my last Cosmo Topics report, I would like to thank the most supportive Cosmopolitan in my life, my wonderful wife, Kathy. Kathy, the best thing that ever happened to me was you, and I love you.*



*Promoting The Living Gift Through Medical Research Since 1984*



# Out & About

## 2018 Interview with the Leaders of the Rockford Cosmopolitan Club **By John LiCausi**

During a time when other community-based service clubs are struggling to gain younger members, the Rockford Cosmopolitan Club does not have that same problem. When I joined in 2009, I was in my late 20s, and I was the youngest member for at least two years. As of the last few years, we've been doing more social events to spread the word to the community about our club.

"We can attract the younger crowd, because we have fun during our social events, and then we make it a priority to introduce them to our other volunteer and fundraising events," noted Chris Zion, Rockford member since 2010.

The guys in the club range in age from 25 up to 91, with 35 to 40 percent of their membership being less than age 45. With 220 members, the Rockford Cosmopolitan Club is the largest service club within Cosmopolitan International.

Chartered in 1949, the Rockford organization holds more than 40 events each year, including luncheons, social events, community service events, and four main fundraisers: the Premier Golf Classic, the Poinsettia Drive, the March Madness Raffle and Dinner, and the Charity Casino Nights.

Through its Annual Grant Program, the club awards approximately \$85,000 annually to local non-profit organizations.

As with all clubs in Cosmopolitan International, the Rockford Cosmos fight diabetes and provides service and support to other worthwhile projects. The membership took on diabetes as their primary cause in 1977. Most recently, the Rockford

Cosmo Club has begun supplemental assistance to individuals in the process of acquiring a diabetic alert dog. Diabetic alert dogs serve to bring hope to those with T1D and can be very expensive to acquire.

According to Linda Niemiec, Vice President of Development at Crusader Community Health (CCH) in Rockford, which is the top beneficiary of funds raised by the Rockford Cosmo Club, 27 percent of people in Winnebago County who are over age 65 have diabetes. In 2016, the Rockford Cosmo Club surpassed the \$500,000 mark in total contributions to CCH.

"We formed that partnership with Crusader Community Health about 25 years ago. We wanted to provide treatments, testing supplies, and education to diabetics in the local community and CCH made an excellent partner," noted John Schissel, a member of the club for more than 40 years.

In addition to raising money, the Rockford Cosmo Club has fun. They tour the man caves of their local membership; they eat chili and practice their aim at their Chili Shootout event; they sell out a bus trip to watch the Cubs in the spring; and they also plan an annual boat trip on the Fox River Chain every June.

We fund-raise, volunteer, and have fun all at the same time. What is even better is that all our members (regardless of age) enjoy the camaraderie and fellowship at these events. The older members of our club enjoy socializing with our younger members, and vice versa. It is really cool to see this happen. If you become a member of this club, you pretty much become a member of the family.

## Columbia Show-Me Club Cooks Up Smiles **By Dayton Shepherd**

The Columbia Show-Me Cosmo Club has taken on a project of cooking meals at the local Ronald McDonald House for the last 17 years. The chairman for this task over the years, John Kadlec, is a member who is celebrating 25 years as a Cosmopolitan in May 2018. He has taken us through the house, moving locations a few years ago. Recently, the team on-duty was featured in the Ronald McDonald House newsletter with an article and a picture. This has been one of our ongoing projects that we love to do, and the best results are seeing the residents at the house dig into the food.







## Celebrating 56 Years and Counting

By Dean Barry and Judy Weitkemper

The Columbia Cosmopolitan Breakfast Club is unique in that it was organized by a professional club builder, a person hired by Cosmopolitan International to travel around and start new clubs. With his expertise, and some assistance from the Columbia Luncheon Club, the Columbia Breakfast Club was built in May 1962.

This new club, anxious to become active in fundraising and contributing to the community and to Cosmopolitan International, got involved in many things. Some ideas worked, some didn't, but the club wasn't afraid to try new things. A first attempt was to sponsor an outdoor production of "Hiawatha." This venture did not turn out so well; in fact, it amounted to a sizable loss. The club spent a couple of years' income to get back on its feet. We later ventured into a successful community project sponsoring the "petting zoo" with Columbia Parks and Recreation. This project lasted more than forty years, bringing farm animals to Nifong Park every summer until other organizations began providing farm settings for the community and our club efforts were no longer needed. However, our club still supports Columbia's Parks and Recreation in many ways. The recent playground equipment at the Nifong park (pictured here) honors our early farm theme and was dedicated on June 8, 2017, in an event hosted by Columbia Parks and Recreation, as Cosmo Corner at Frank G. Nifong Memorial Park.

The club continues to make contributions to Cosmopolitan International projects, the Cosmopolitan Diabetes Foundation, and the local community in fundraising and leadership.

Several of our members have served as Governor of Mo-Kan Federation, on the International board, and the late Mahlon Fairchild was the International President during the mid-seventies when diabetes became Cosmopolitan International's mission.

The Columbia Breakfast Club currently has 28 hardworking members, ranging in age from one charter member, Jack Sapp, now 95 years young and four APO college students. Our fundraisers consist of our bingo operation and the pancake and sausage event that we share with the Columbia Luncheon Club and an Italian spaghetti night that we co-sponsor with the Columbia Show-Me Club. From these funds, the Columbia Breakfast Club supports Cosmopolitan International through the Cosmopolitan Diabetes Foundation, various local diabetes projects, eight scholarships for five local high schools, and about a dozen community charities. All of this requires participation of over 90% of the membership.

The most urgent concern of our club is increasing membership. If you find yourself in Columbia on a first or third Tuesday of the month, stop by the Sigmund Cosmopolitan Center at 7 a.m., and join us for one of the best breakfasts in town, catered by HyVee. \$5 will get you a breakfast of meat, eggs, potatoes, biscuits & gravy, fruit, juice, doughnuts and coffee. You also will find our members, working together, planning what we will be doing next, or you may hear a good speaker on a diabetes- or community-related topic. Guests are always welcome and recognized in our meetings.



**Cosmo Corner at Frank G. Nifong Memorial Park**

## Prince Albert Celebrates Success By Norm Hill

The Cosmopolitan Club of Prince Albert hosted a fundraising event held last Fall at the Prince Albert Wildlife Federation. "Celebrating Our Success in the Treatment of Diabetes" was our theme for the evening. Cosmopolitans are known for giving back to their local communities through fundraising for research to find the cure for diabetes.

Exhibit booths were set up where the general public could seek information and advice from health care professionals, caregivers, support groups, dietitians, and pharmacies regarding the pre-diabetic and diabetic conditions. Risk factors, prevention, complications, treatment, and care also were part of the education process.

An evening banquet was held and was hosted by past president Terry Rock. Prior to the meal, testimonials from individuals who have been living with diabetes formed the agenda. The keynote address was delivered by Tim Schultz, a benefactor of the pancreatic islet translocation process. Tim is an inspirational speaker and will instill hope for those individuals that have been affected by this debilitating chronic disease. The

evening concluded with the "People's Choice Awards" which recognized leaders in the community who have been working tirelessly to help people deal with their day-to-day lives while living with the disease.

Diabetes is a game changer, both in the work place and to the families which they affect. The disease is reaching epidemic levels in Saskatchewan, particularly in First Nations communities. For businesses, the cost of diabetes is reflected in drug plans, health claims, mental health, lost productivity and disability leaves. Families and individuals must endure the endless monitoring of blood sugar levels.

Cosmos Rod Postle and Frank Regal were instrumental in the development of the informational and Peoples Choice aspects of the program, respectively. President Merv Sutton drove the advertising process while Cosmo Morris Hesje contributed many ideas that made the event the success that it was. Revenue from this event went to the Cosmopolitan Foundation of Canada, which makes annual contributions towards diabetes research.



*Promoting The Living Gift Through Medical Research Since 1984*



## Lawrence River City Cosmopolitan Club: Showing Who We Are and What We Do By Lynn Collier

How do you get your community to know about our club, our organization, our philosophy, and the things we do? So many times when you mention your club's name you are met with a puzzled look. This usually leads to the question, "what does your club do?" or the comment, "I have never heard of that club." All clubs experience this challenge, but the question is what to do about it! Beyond the membership meetings, the Facebook postings, and the photo ops helping with community events, the Lawrence River City Cosmopolitan Club (RCCC) decided to try some new methods to reach more people.

RCCC has been getting the club's name more visible. We stepped up our message and increased our presence by volunteering in new fundraisers, SLI summer camp, SLI Christmas Festival of Trees, and Ballard Community Center. We physically got our name and who we have supported out to the general public.

We were in two parades (so far), one last Fall and one this Spring on St. Patrick's Day. We handed out information about our club during the parade which included our contact information. Members enjoyed participating in the parades and so did the grand kids!

We realize this needs to be a continues effort and we will continue coming up with new ideas.



*We are excited to be out in the community,  
spreading the Cosmopolitan message!*



# Perspective and Review by a Cosmo Governor

By Dick Gorton

As I finish my year as Cornbelt Federation Governor, it occurs to me that stuff that I have observed and learned may be of interest to anyone who is considering running for governor of their federation.

To begin, the job took less effort than I thought it would, partially because I was overly concerned about how much effort the job needed. Mostly, I tried to keep in touch with the clubs in the federation. I did this by scheduling a quarterly meeting with each club. This amounted to some travel as two of the clubs are more than 90 minutes from my home.

These visits seemed to be greatly appreciated by the clubs. They liked that I would make an effort to visit them and participate in club activities. For me, this task had several rewards such as getting to meet more of the members of the federation and participating in their meetings and activities and learning about their fundraising, community service, and membership recruitment efforts. I also used these opportunities to pass on information I had received from International at our conference calls and the Spring board meeting. I would also install new members, recognize Cosmo anniversaries, and install officers.

What I learned will be no surprise to anyone and that is, Cosmos are hard-working, fun-loving, dedicated folks who raise a lot of money for our Cosmo projects and provide a lot

of great service to their communities! Even small clubs like Platte River, West Omaha, and Blair that have fewer than 25 members had very successful fundraisers!

In addition to raising funds, we had three clubs who were successful in achieving CI awards. Two clubs, Council Bluffs and Omaha Cornhuskers, have qualified for the Big C award and two clubs, Platte River and Council Bluffs, have qualified for President John Hubert's Show-Me award.

I believe our federation had a successful year due in a large part to our federation Secretary, Candy Gorton, who kept us organized and informed. Her work on the federation convention was exceptional. The other officer who was essential to our success was Matt Chilton who was our treasurer and kept us in the black. Both officers have served in these positions for several years and brought tons of experience to their tasks. Another reason we had a successful year is that several clubs stepped up and helped with our board meetings and federation convention by providing refreshments and personnel.

To all these people, I express my heartfelt thanks for their effort and support for my year as governor. And lastly, if I can make one suggestion for having a successful year as a governor, it is to get really good people to help you!

## Fremont 100 Teens

By Ashley McDonald

We have been meeting since September 12th. The club meets every Tuesday during Tiger Success Time. Our elected our club officers for the 2017/18 school year:

**President:** Ashley McDonald  
**Vice President:** Christian Green  
**Co-Vice President:** Rebecca Surratt

Our Community Service Project for the school year was to collect cans and recycle them. The money received was used to help fund our Camp Floyd Rogers Scholarship. This year most of our recyclables were tin so our profits were down. We recycled \$50 worth of tin cans. We also rang bells for the Salvation Army at our local Hobby Lobby. We decided to sing Christmas carols as we rang the bells which seemed to really increase the amount of people stopping to donate to our "Red" kettle. The club also made Valentines for local assisted living residents. They were hand delivered to each resident.

Our main fundraising project for the school year was the sale of Mom's Popcorn and Parker Custom Cookies. The goal was to raise the remaining \$500 to fund our scholarship to Camp Floyd Rogers. We are happy to report that we raised the \$578!

Not only did we make our goal, but all the purchasers enjoyed fresh flavored popcorn and super good cookies!

It has been a fast school year and many of our club members are also involved in sports and other extracurricular activities. The officers are all seniors left FHS on May 8, but we know that the underclassmen are poised to carry on the DAC club mission of increasing awareness of the importance of a healthy lifestyle and understanding diabetes on the campus of Fremont High.



Register Now!

# 2018 Cosmopolitan International Convention Registration

## July 26-28, 2018 • Kansas City, Missouri

### PLEASE FILL OUT ONE REGISTRATION FORM PER ATTENDEE.

#### Registration Methods

- By mail to Cosmopolitan International, PO Box 7351, Lancaster, PA 17604
- Online at [www.cosmopolitan.org](http://www.cosmopolitan.org)
- By fax to 717-295-7143

#### Attendee Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Club: \_\_\_\_\_

Are you a Cosmopolitan member? \_\_\_\_\_ Do you require any special accommodations? \_\_\_\_\_

Kindly indicate any dietary restrictions:  Vegetarian  Vegan  Gluten Free

#### Pre-Convention Special Event (Wednesday)

- Kansas City Royals Baseball Game. Meet in hotel lobby at 12 p.m. Ticket cost is \$27 per person. Concessions and souvenirs at the ballpark are on your own. *Please note that a limit of 40 tickets are available, so register early!*
- PIP Dinner at Pierpont's at Union Station. Meet in hotel lobby at 6 p.m. Ticket cost is \$62 per person all inclusive (except cash bar). *Please note that this event is open only to Past International Presidents and their spouses or guests.*

#### Package

- Complete Package (includes all events except Pre-Convention baseball game and PIP dinner); \$300 by July 1; \$325 by July 15. Although Sunday breakfast is included in the package price, please indicate if you plan to stay for Sunday breakfast.
- Yes, I will stay.  No, I will not stay.

#### A la Carte (if not selecting Package)

- Opening Ceremonies Welcome Luncheon (Thursday), \$40
- Explore Kansas City/Steamboat Arabia Museum Tour (Thursday), \$40
- Cosmos Got Talent Show and Dinner (Thursday), \$70
- CDF and CFC Donations Luncheon (Friday), \$40
- Dinner and Harrah's Casino (Friday), \$70
- Installation Luncheon (Saturday), \$40
- Awards Banquet (Saturday), \$100
- Breakfast (Sunday), \$25

#### Badge Ribbons (please check all that apply)

- Past Int'l President
- Past Int'l Spouse
- CI Board (includes Governors)
- Governor-Elect
- Club President
- First Timer
- Delegate
- CDF Board
- CFC Board
- Beacon
- Emerald Beacon
- Ruby Beacon
- Diamond Beacon
- Northern Beacon

Name on Badge \_\_\_\_\_

#### Hotel Information

The host hotel is the Adam's Mark Hotel and Conference Center, 9103 East 39th Street, Kansas City, Missouri 64133. Cosmopolitan has reserved a block of rooms for July 25, 26, 27, and 28. Guest room rate is \$89. For reservations, call 856-722-1369 and indicate that you are with Cosmopolitan International. To guarantee this rate, **rooms must be reserved no later than July 3, 2018**. Any rooms blocked that are not reserved by this date will be released after July 3. Rooms may be reserved at the reduced rate after this time, but availability is not guaranteed.

#### Airport Transportation

Uber, taxi service, or car rental are available for airport transportation.

#### Payment Information

- VISA, MasterCard, American Express and Discover are accepted. (Circle one.)

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Security Code (on back of card): \_\_\_\_\_

Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Billing City/State/ZIP: \_\_\_\_\_

Total Amount Billed: \_\_\_\_\_

- Check enclosed. Mailing addresses above.
- Fax. Fax to (717) 295-7143.

**Fees quoted are payable in US funds only. Convention fees payable by credit card, money order, or check (Canadian Cosmos please indicate "US Funds" on your personal check).**

**No registration will be accepted without full payment. Payment must be received by July 15, 2018.**

**CANCELLATION POLICY:** Cancellations received between July 1 and July 15 will be assessed a ten (10) percent cancellation fee. No refunds will be made after July 15.

**HOTEL REGISTRATION POLICY:** Per board policy, due to the contractual agreement Cosmopolitan International has entered into with the convention hotel that guarantees certain minimum numbers, any registered attendee that does not stay at the convention hotel will be subject to a surcharge based on the additional fees charged to the convention when room guarantees are not met.

# COSMOPOLITAN INTERNATIONAL 2018 International Convention Schedule

## JULY 25-29, 2018 • KANSAS CITY, MISSOURI

### WEDNESDAY, JULY 25, 2018

1:15 p.m.	Optional Royals Baseball Game	Meet in lobby at 12:00 p.m.
3:00 p.m. – 5:00 p.m.	Registration	Grand ABC Foyer
6:00 p.m. – 11:00 p.m.	Hospitality Suite with Complimentary Pizza	Royal Ballroom
6:30 p.m.	PIP Dinner	Meet in lobby at 6:00 p.m.

### THURSDAY, JULY 26, 2018

7:00 a.m. – 5:00 p.m.	Registration	Grand ABC Foyer
7:00 a.m. – 8:00 a.m.	First Timer Orientation	Grand A
8:15 a.m. – 9:45 a.m.	CDF Board Meeting	Monarch
10:00 a.m. – 12:00 p.m.	CI Board Meeting	Monarch
12:30 p.m. – 2:00 p.m.	Opening Ceremonies/Welcome Luncheon	Grand EFG
2:30 p.m. – 5:30 p.m.	Explore KC/Steamboat Arabia Museum Tour	Meet in lobby at 2:30 p.m.
6:30 p.m.	Cosmos Got Talent Dinner and Show	Grand EFG
6:00 p.m. – 11:00 p.m.	Hospitality Suite	Royal Ballroom

### FRIDAY, JULY 27, 2018

8:00 a.m. – 9:00 a.m.	Registration	Grand ABC Foyer
9:00 a.m. – 11:00 a.m.	Cosmopolitan Educational Forum	Grand ABC
9:00 a.m. – 11:00 a.m.	Awards Judging	Boardroom
11:30 a.m. – 1:00 p.m.	CDF & CFC Luncheon	Grand EFG
1:30 p.m. – 5:00 p.m.	Explore KC!	Meet in Lobby at 1:30 p.m.
6:00 p.m.	Dinner and Harrah's Casino	Grand EFG (dinner); meet in lobby at 6:45 p.m. to depart for Harrah's
6:00 p.m. – 11:00 p.m.	Hospitality Room	Royal Ballroom

### SATURDAY, JULY 28, 2018

8:00 a.m. – 9:00 a.m.	Registration	Royal Ballroom
9:00 a.m. – 11:00 a.m.	Delegates Meeting	Grand ABCD
11:30 a.m. – 1:30 p.m.	Installation Luncheon	Grand EFG
1:45 p.m. – 2:45 p.m.	CI Board Meeting	Grand ABCD
3:00 p.m. – 4:00 p.m.	CDF Board Meeting	Grand ABCD
6:00 p.m. – 7:00 p.m.	President's Reception	Grand EFG
7:00 p.m. – 11:00 p.m.	President's Awards Banquet	Grand EFG

### SUNDAY, JULY 29, 2017

8:30 a.m. – 10:00 a.m.	Wrap-Up Breakfast	Grand EFG
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Note: Activities and events will take place at Adam's Mark Hotel and Convention Center unless otherwise noted.



# 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](http://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.

#### **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

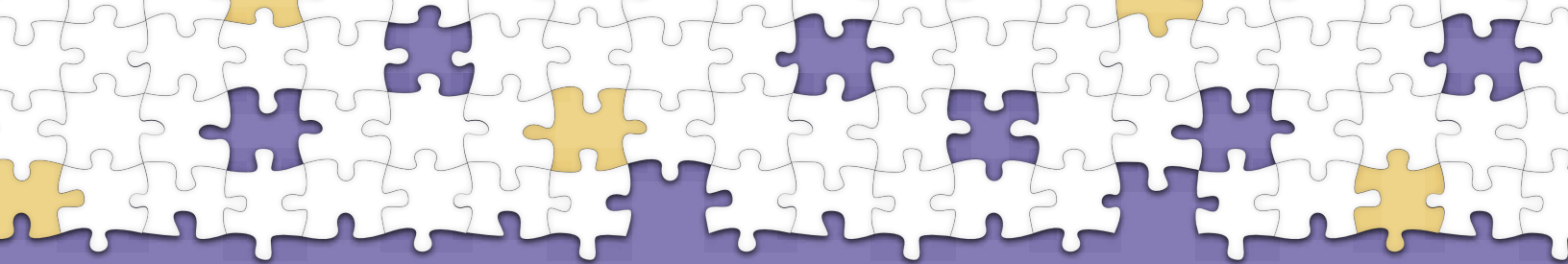
#### **DIABETES INCORPORATED**

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](http://kovlerdiabetescenter.org)

[www.facebook.com/kovler.diabetes.center](https://www.facebook.com/kovler.diabetes.center)

### **SETBAID SERVICES' DIABETES CAMPS**

#### **FOR CHILDREN & TEENS WITH DIABETES**

PO Box 196, Winfield, PA 17889-0196

B 570.524.9090 or 866.SETBAID

Mark Moyer, MBA, MHA, Executive Director

[www.setbaidservices.org](http://www.setbaidservices.org)

[info@setbaidservices.org](mailto:info@setbaidservices.org)

### **RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION**

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300

# Late Spring 2018

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by John Hubert
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# COSMOTOPICS



COSMOTopics  
PO Box 7351  
Lancaster, PA 17604

## In Memoriam

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

- **Past International First Lady Jeanette Williams**  
– *Roanoke*
- **Merl Duba**  
– *Sioux Falls Evening*
- **Richard Vettters**  
– *Fremont 100*

Sympathy also is extended to the following  
Cosmos on the loss of their loved ones:

- **Elizabeth "Ann" Starkey, wife of Mark Starkey**  
– *Columbia Breakfast*

