

COSMOTOPICS

SPRING 2021 ISSUE

A PUBLICATION OF COSMOPOLITAN INTERNATIONAL



Together at the Falls

SI O U X F A L L S , S D

SAVE THE DATES: JULY 22-24, 2021

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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

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MISSION STATEMENT

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

In Memoriam

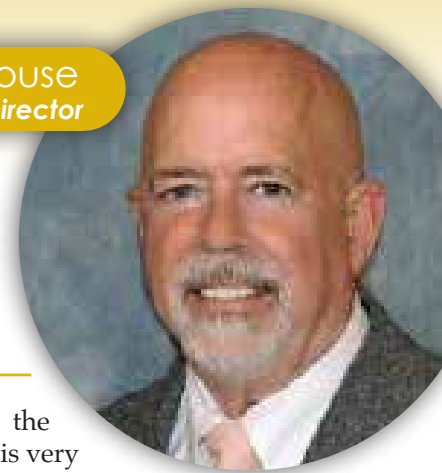
The entire Cosmopolitan family joins in extending sympathy to the families of those Cosmos recently lost:

- **B. Gustav Andersen** - Calgary Club, Calgary, AB, Canada - September 27, 2020
- **Lyle Broadfoot** - Saskatoon Club, Saskatoon, SK, Canada - February 14, 2021
- **Charles L Cenkner** - Capital Region Club, Harrisburg, PA - February 16, 2021
- **Charles Thomas Hargrove** - Columbia Luncheon Club, Columbia, MO - March 29, 2021
- **Patricia Lyn Carroll** - Aurora Club, Aurora, IL - April 22, 2021
- **Dr. Thomas Loonan** - Sioux Falls Noon Club, Sioux Falls, SD - May 6, 2021





David House
Executive Director



Almost Back to Normal

Being able to say this feels so good. The US vaccination rate and COVID hospitalization rates are both so encouraging. Now it is Canada's turn to get things under control.

Many of our US clubs are back to meeting in person again. It has been a real challenge to keep everyone engaged when we have not been able to meet in person. Unfortunately, as of the publication date of this issue of COSMOTopics, the Canadian borders, both with the US and with each province, are still closed. Group gatherings are still not permitted. Things are not returning to normal there as fast as they have in the US.

That brings my thoughts to our upcoming International Convention in Sioux Falls in late July. It will be critical for us to finally get together and share concepts, goals, and ideas again. I know that I have always come back from our International Conventions with a renewed vigor for our cause and goals.

I will definitely miss our Canadian contingency that normally attends our conventions in mass. Many of them have become good friends, and the Western Canada Federation is a strong voice in our organization. The effects of these local clubs are evidence of their commitment to their local communities. There is such a rich history with so many of their projects.

I am pleased to inform the members that during the 15 or so months of the pandemic, and with most clubs suspended from regular meetings, we still added over 50 new members. That is a tribute to the value of our organization locally. It would have been so easy to just

give up and drop out, but the growth during this time period is very encouraging to me.

There will be new possibilities for clubs in terms of fundraising ideas and events coming out of this. Some clubs partnered with local restaurants and did food delivery. Others found new avenues of service to generate fundraising. These are the types of things you learn about at our International Conventions. There will be lots of idea sharing, so come and soak it all up!

And finally, we will be showcasing our new prototype Website system at International Convention in Sioux Falls during the education sessions. It has been a long and drawn-out process, but we are finally ready to migrate to our new platform. And your club will be able to move to our new system once our migration is complete. Your club's cost to host on the new platform will be less than \$100.00 USD a year, including your DNS registration costs. This will save many of our clubs a tremendous amount of money. And functionality of the system will continue to grow during the foreseeable future.

I am looking forward to seeing all of you in Sioux Falls in July!

David House

headquarters@cosmopolitan.org

OFFICER ARTICLE





Arthur Brassard
International President



President's Article

Hello fellow Cosmos. Well, here we are, still fighting this Covid-19 virus that started last January, but I know we will win out in the end. There is one battle that we will not win if we DO NOT change our ways, and that battle is the life of Cosmopolitan International, our Federations, and Clubs. We are all working hard at the Club level, but that is as far as it goes. We are not supporting each other at the Federation and International levels.

I know that you are going to say that it is an "International problem," but you are all International members, so it is your problem as well. If you do not support the Conventions that Federations and International put on, we will continue to go down the road to disbandment. There have been some great Cosmos who worked extremely hard to put on some great Conventions, at both the Federation and International levels, for all of us to enjoy. We enjoy the fellowship with each other, through the meetings and planned activities that the Host Clubs arrange, and it also gives us a opportunity to hear and talk about what each other is doing within our Clubs and Federations.

Every year Convention attendance is dropping. This year we have pandemic restrictions, and the USA/Canadian border is closed, but if it is at all possible to attend these Conventions, we should make every effort to do so. It is exceedingly difficult to set up and run a Convention, and heartbreaking if no one is willing to attend. Rest assured; these Conventions cannot continue to be held if only 10% of the membership is attending. All the hard work of these Cosmo Club members is not worth the effort, and it increases the cost of running the Conventions. Remember, the longer that we are apart, the more we grow apart. We will lose interest on what each of us is doing in our Clubs and Federations. This will ultimately lead us to disband our organization as we know it today. You can see our membership has dropped from 2,000 to about 1,200 in the past 6 to 8 years. A service club's future and survival will only last if we help each other, working together for the betterment of this organization.

Do you remember that part of our pledge, "I promise to incorporate the aims and objectives of Cosmopolitan International into my daily life, so that I may bring credit to my Club, my Community, and Cosmopolitans everywhere?" Some members have stated that the cost to go to a Convention is getting too expensive. For the three days of the Convention, we may need four or five days to attend them, depending on where you are traveling from. Then, there is the registration fee of \$350-400, plus the fees of the add-on activities, which could be an additional \$100 or more. Well, we have addressed those concerns, by reducing the future Conventions to two days.

So, in closing, the Sioux Falls Cosmo Club has been working very hard over the past two years to put on a great Convention for 2021, and to make this one of the best Conventions ever. They have eliminated the fees for the extra activities that are planned. This year's registration fee includes everything! It is up to all Cosmopolitans, who can attend this Convention, to make a concerted effort to attend the International Convention and support the Sioux Falls Cosmo Club and Cosmopolitan International.

Thank you and I look forward to seeing you in July!

Remember, "Together We Will"

Arthur Brassard
President, Cosmopolitan International
adbrassard@skyvelocity.ca

"May you be in Heaven three days before the Devil knows you're dead."

Aurora Cosmos Invest In Diabetes Research

By David House

Russ George, President of the Cosmopolitan Club of Aurora “The Club That Fights Diabetes”, recently presented Peggy Hasenauer, Executive Director of the UChicago Medicine Kovler Diabetes Center, with a check for \$2,500.00 for diabetes research, at the club’s May membership meeting, held at the Oak Street Restaurant.

The Cosmos have been supporting Diabetes Research at the Kovler Diabetes Center for several years. Their investment to date totals \$15,000.00 with another \$8,500.00 coming from the Cosmopolitan Diabetes Foundation, in hopes that their support will help prevent and find a cure for diabetes.

Kovler Diabetes Center Executive Director, Peggy Hasenauer, has been an Aurora Cosmo Member for over six years and addresses the club members on a yearly basis on what is happening at Kovler. During this year’s address her remarks contained several milestones reached by Kovler’s research team. A new program called “PROTECT” has started, and she asked the members to contact her immediately with the names of any recently diagnosed Type 1 diabetic children, between the ages of 6 to 17, as Kovler has found a way to halt their diabetes for up to two years, allowing the family to adjust to their child’s new health condition.

(The below paragraph was added to this article which was sent out to several local newspapers.)

The Cosmopolitan Club of Aurora has also published a “Diabetes Resource Guide”, which contains information on Diabetes Symptoms, Type 1 and Type 2 Diabetes, Low Blood Sugar, and What is a A1C blood test. The booklet also contains information on where locally to get help. Copies of the booklet are available from club members, or request a copy mailed free to you, by emailing: cosmoaurorail@gmail.com.



A Salute to Cosmopolitan International Richard J. Brynteson, Past International President 1978-79

I joined the Rockford Cosmopolitan Club in 1967. Little did I ever envision being International President in 1978-79. And, here we are in 2021, 54 years later, trying to remember all the memories of my Cosmopolitan Life. Phyllis will tell you there was a time when First National Bank and Cosmopolitan were my life. If I were to try and relate all those times, I could very well fill an entire CosmoTopics and a few more pages as well. I am sure every Past President could do the same. My joining Cosmopolitan is another story, however, and is related to community requirements of the First National Bank.

I had the opportunity to be International President when we maintained clubs in Canada, Mexico & the U.S. My family and I went to our first International Convention in 1972 in Rapid City, SD. I was Club President that year.

My mentor, Carlton Huffington, saw to it that I achieved the various levels as I climbed the ladder. I loved those Canadians! Believe it or not I traveled to Ft. McMurry, Canada to walk in a “mukluk” raising funds. There were two Canadians I deemed as my mentors, Ronald Smith & Fred (Bev) Hughes; beautiful “tough” leaders.

Well, here we are in 2021, Convention time again and in a post Covid-19 year. Oh, it will be around awhile, so will Cosmopolitan.

I salute my Rockford Club for their growth and continued contributions to the Rockford Community. The Club’s continuing support of Crusader Clinic Diabetes Program now tallies up to over \$550,000!

*Salute with a handshake in thought from
A Grateful Cosmopolitan*

How the Capital Region Club Cosmos Raised Thousands of Dollars for the War Against Diabetes

Thomas R. Stone, Past International President, 1994-1995

It all began when Cosmo Cindy and I participated in a Cosmopolitan International Convention.

During the scheduled Training Time, attendees rotated through sessions on Membership Recruitment, Fund-Raising, and a couple of other subjects.

At the Fund-Raising class we heard how a club had built a large playhouse which they took to various events. They sold tickets for a drawing which would take place at a designated time and date near the end of the summer. Funds raised would go to charity. The project was a great success.

We brought this idea back to the Capital Region Club members and after discussion, it was decided to proceed. Our playhouse would be designed and built by club members. It would be decorated by club members who had artistic skills. It

would be tall enough for an adult to stand up once inside.

We decided to exhibit and sell tickets at the Harrisburg, PA Artsfest held over the Memorial Day weekend and at the Mechanicsburg Jubilee Day Street Fair later where the winner's name would be drawn. Sometimes the Mayor of Mechanicsburg drew the winning ticket.

Tickets were sold for \$2 each or three for \$5. Signage indicated that funds raised would go to diabetes related causes.

Through the many years that this project was run, many thousands of dollars were raised.

Want to know more? I plan to be at the Sioux Falls International Convention. Just ask.

*Past International President
Thomas R. Stone
tom.r.stone39@gmail.com*



2005 PLAYHOUSE RAFFLE
Raises Funds for Diabetes Research and several Local Charities.
This Whimsical Fairytale Playhouse was Designed, Built, and Donated by Perry County Craftsman Ed Guion. In Cooperation with the Cosmopolitan Club of the Capital Region.

President Carl DiVincenzo and President-Elect Tom Stone point out the finer details on the playhouse to potential customers.



TOGETHER WE WILL

JUDY WEITKEMPER, PAST INTERNATIONAL PRESIDENT, 2019-2020

Zooming and Social Media have been a great way over the past year to keep us connected with family, friends, and Cosmos during the Pandemic. However, there is no substitution for being together in person with

a group of like-minded Cosmos, learning from each other while sharing experiences & ideas, expanding our knowledge, and finding solutions to problems like we do at International Conventions. The energy found in a room of Cosmos at a Convention is lacking in online outlets.

The first answer I usually hear from someone as to why they are not attending is the expense and time away. Attending a Convention can be expensive, both in money and time, but try to look at the expense as a worthy investment in yourself. The opportunities you will gain from being at Convention are unending opportunities you do not want to miss, and the amazing connections and friends made at Conventions are icing on the cake.

I will always remember my very first International Convention. CeCe Benton and I went together, leaving

behind our husbands telling tales of the mischief we would get into. We did get into some mischief and had a load of fun doing it, but the knowledge I brought home was worth every penny and the time it cost to be there. I have not missed an International Convention since, and I cannot imagine having missed out on the things I have learned or the influential people I have met. I have always returned home rejuvenated and excited to share all that I learned.

I will end this by quoting something I said in another Cosmo Topics a few years ago: "Our Annual Conventions are indeed an incredible networking and learning event, bringing members together from across the U.S. and Canada for educational opportunities, camaraderie and fun, providing inspirational and energizing opportunities. Words cannot express the importance of learning, sharing, and growing together!" I hope to see ALL of you in Sioux Falls, SD this July. Sioux Falls Cosmos are working very hard to make this a great convention. How can we help them make it even greater? By being there! We are Cosmos and not only "together we can," but "together we will" unite and keep our organization going strong for years to come.

President-Elect Article



Darin Hartman
International President-Elect



Hello my fellow Cosmos! I have been watching a series on CNN called the "Story of Late Night". Being from Northeast Nebraska, I grew up about 40 miles from the childhood home of Johnny Carson, Norfolk, Nebraska.

I will start by apologizing to my Capital Federation Cosmos. Randy Wright and Rob McWilliams. In Nebraska, Norfolk is somehow pronounced North-Fork and in Virginia it is pronounced differently. Rob tried to get David House and I to pronounce it correctly but to no avail. Anyway, I digress. During this program it mentioned all of the Late-Night hosts of television like Jack Parr, Johnny Carson, and David Letterman. In that spirit I give you:

The Top 10 Reasons to attend the International Convention in Sioux Falls!

#10 Sioux Falls Is Absolutely Beautiful!

It is literally where the Big Sioux River falls. If you get the opportunity to visit the falls, I will definitely encourage it. It is worth making the short trip.

#9 South Dakota Is Nice!

A few years ago, the world was introduced to Minnesota nice during the Super Bowl. I am proud to say that my neighbor to the north is even nicer.

#8 New and Improved Format!

The CI Board has worked hard on achieving the perfect balance of business and enjoyment. With the shortened format, I believe that every Cosmo will walk away with a refreshed focus on our charitable goals and a sense of accomplishment.

#7 Meet the Team!

Besides our newly installed governors and club presidents, we also have some new board members that are stepping up to serve. Congratulate them at the President's Banquette, tell them your ideas, and show your passion for this awesome charity.

#6 Show Your Appreciation!

Our conventions are not just a time to elect new officers, it is also a time to thank the outgoing volunteers for their past year of service. With

COVID-19 halting our in-person convention last year, we have twice the number of thank you's to pass along.

#5 Important By-law Amendments!

We have some important by-law changes that we need to discuss and vote on to ensure the longevity of our organization.

#4 News from the Public Relations Committee!

In Rosemont in 2019, we voted to form a PR committee to ensure the stability and relevance of our organization and we have some exciting accomplishments and ways for you to help.

#3 Support Your Favorite Charity!

Need I say more?

#2 A Cosmo Family Reunion!

I have long said that Cosmopolitan is my second family. I love attending the International Convention because it gives me a chance to see some of my favorite people in the world.

And the #1 Reason to Attend the International Convention in Sioux Falls Is:

Come and enjoy yourself!

The Convention planning board consists of 3 Past International Presidents, and they have planned a fun filled weekend for you. Enjoy the food, the weather, and help raise the bar for all future conventions!

See you in Sioux Falls!

Darin Hartman
darhart79@live.com

DIABETIC ALERT DOG CHARGER



In early August of 2019, we were coming back from vacation where we had been enjoying our time floating on the river in the hot sun. We were all drinking plenty of water to stay hydrated, but for some reason Quentin was needing to use the bathroom every 20 minutes all the way home. We chalked it up to just all the water he was drinking and moved on. After making it home, Q had his first football practice with pads. That night he came home and immediately fell asleep after practice. Again, we chalked it up to the heat and the long days on vacation catching up to him.

We had returned to work the next day, and Q went to his buddy's house. Right after lunch his friend's mom called to say Q was not feeling well and didn't eat much lunch. I decided to take the rest of the day off and rent a movie so we could just chill out in the A/C for the day, thinking that would do him some good. I was still just thinking he got over heated. We started watching the movie and Q kept talking about how the movie was blurry and he couldn't see it very well.

Eventually, he fell asleep on the couch so I let him sleep. I went ahead and made him a doctor's appointment for the next day, and he ended up throwing up a few times through the night. At his appointment I explained to the doctor everything that had happened in the last 3 days, to which his conclusion was "a bug" and he just had to wait it out. That night he slept and slept.

We went back to work and had Q stay home with his sister. We kept in contact all day, and he slept all day. By the time his Dad got home, his breathing was sounding strange enough to notice but more like he was sleeping hard. By the time I got home, it was getting worse, so we decided to pack him up and get a second opinion. On the way to town, 20 minutes away, he couldn't stay awake and became lethargic and incoherent, so we went straight to the ER. Dad carried him in while I parked the car. By the time I got in, there was a nurse assessing him and trying to ask him and us questions. They rushed him right back where they then gave us "the news" Q was in Diabetic Ketoacidosis (DKA).

Right away she described the breathing and the fruity smell on his breath. After explaining to her what the last 3 days had been like, she was not surprised. Q was in ICU for 4 days, leveling out not only his blood sugars, but potassium levels as well. He ate so many bananas! The first day or so he doesn't remember, but this is where we had a lot of information thrown at us. We vowed to do EVERYTHING to make Q's diagnosis as easy on him as we could.

After being home a few days and learning what our new normal was, Q started to look up things on his own relating to type1 diabetes. This is when he found out about the amazing quality a dog's nose can be! He brought it to our

attention and asked if it was something he could do. So we dug in a little more to find out what exactly a DAD was all about. As we were researching this, we learned how very expensive everything was going to be, but Q was more than willing to put in some work to make it happen. He made his own flyer asking to help people with their yards, or walk their dogs. We posted it on Facebook and got him some gigs going. He then started adding on helping his Dad make special pickles and sauces; then he and I took them to the Farmer's market to sell. He was slowly raising money but kept pushing on. My sister, who owns a pumpkin patch, told him she would donate as many pumpkins as he needed if he wanted to sell them along with his sauces. This is where the Emerald City Cosmos Club comes in. They caught wind of this local boy who was recently diagnosed with type 1 diabetes. They found out he was selling pumpkins and invited us to one of their meetings to meet them, but ... "make sure you bring some pumpkins!" We loaded up the truck bed and drove to the meeting. By the time we left, the truck bed was empty and Q's pockets were full. They cleaned us out of pumpkins and were still asking for more!

After this, they wanted to do more and worked so hard to plan a Farkel tournament where they had raffle prizes and silent auction baskets they put together. Between everything they did, they were able to contribute about \$5,000 towards Q's dog account! This money has helped so much towards monthly pet insurance, travel expenses, a fence that was required by the company we got the puppy from, and ongoing puppy expenses.

Right at 1 year later, August of 2020, we found out we were getting our little Charger! In September we took a trip to Utah to pick him up. He has grown so fast. We do Zoom training every Monday, and with the help of the fundraisers, we have also been able to have a local trainer come help us with one-on-one training. When they say it takes a village, we know exactly what that means – we have been absolutely blessed with our village! We have loved meeting all of the Cosmos, and love that they all love Q and Charger. We are forever grateful that they reached out to us and wanted to make a difference in Q's journey to find his lifesaving dog!

International Convention

John T. Hubert, Past International President 2017-2018

Hello fellow Cosmopolitans! Looks like we are finally going to be able to enjoy another International Convention meeting in Cosmopolitan harmony and fellowship. Hopefully we will be able to put the past year behind us, start afresh, and kick start our organization into future growth so we can continue to improve the lives of those with diabetes and our communities.

I am truly looking forward to the International Convention this year. Some of the most memorable times of my life were had at our Conventions. I especially remember the Rapid City Convention touring the Black Hills and seeing Mt Rushmore. It was an experience equal to the first time I saw the Grand Canyon. Pictures and photographs just don't do it justice. I remember proudly walking on stage when all veterans were invited to lower Old Glory with the Presidents all lit up behind us. It was a very patriotic and proud moment to stand with my fellow veteran's and Cosmopolitans. The local clubs gave us an excellent tour of the area and a great convention. It was a time I will never forget.

Calgary was another lifetime experience. The tour of the Canadian Rockies was fantastic. The air and sky was just pristine. We actually took a bus ride up to a Glassier and were able to walk on it. Banff was also a beautiful place with beautiful hotels, chateaus, and Lake Louise was just beautiful. The local club tour guides did a magnificent job highlighting their beautiful country. As long as we are in Canada the Regina Convention was also a memorable

event. I was proudly sworn in as your International President, which was one of my life's proudest moments. I also learned about and experienced Canadian Hospitality when we were invited into fellow Cosmopolitan's homes for an evening of great food and Canadian hospitality. Anita and I had a great time.

Norfolk was also another great Convention. I especially enjoyed the tour of the naval base which I was briefly on in the 60's, prior to deployment. The tour of the ship was outstanding. I forgot how narrow the passageways were and how steep the ladders are. The afternoon at the Strelitz Center was a great experience. We were treated like royalty and were told about the newest advances in the treatment, prevention, and cure of diabetes. The evening dinner cruise with dancing topped off the convention and a great time was had by all.

We had a great time in Chicago at our last International Convention plenty of activities and things to do. The first time I was ever in Wrigley Field seeing the Cub's play. Reminded me of Sportsman's Park in St. Louis.

I can honestly say I have never attended a International Convention I didn't enjoy. I am looking forward to renewing old friendships and once again enjoy Cosmopolitan camaraderie. I hope to see all of you in Sioux Falls this year and let's plan to kick the new Cosmopolitan year off with a bang. Looks like it will be another memorable event.

"CRAP ON YOUR NEIGHBOR" PLAYERS WANTED

February 27, 2021

CosmoTopics Spring 2021

Dear Cosmo Members and other Friends,

Hey, Dee and I have missed you guys and we are really looking forward to seeing you in Sioux Falls, SD on July 21, 22, 23, 24 and 25. Knowing the Cosmos who are putting on this event, I am sure you are in for a good time.

With Covid-19, a bitter election, and a miserable February, Dee and I are looking forward to seeing friends and making new ones in July. We have had our shots and will be there on Wednesday. If you are interested in joining us for an event, an outing, or a rousing game of "Crap on your Neighbor" please call us at 605- 545-7738 or 605-

545-2460. If you are looking for something to do after midnight, call Bob White or Richard Gordon!

And, if you have never played "Crap on your Neighbor," there are only nine rules and it only costs you 75 cents to learn. There will be plenty of trainers available.

Please make an effort to join us in Sioux Falls. If you are uncomfortable with a hug or a handshake, a fist bump will do. Please make an effort to attend this convention —It won't be as much fun without you.

God Bless and stay healthy!

Jim and Dee Preston

Cosmopolitan Breakfast Club of Columbia

1715 Burlington Street • Columbia, MO 65202



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.

ACTION - UNITY - SERVICE

As a Cosmo, we take **ACTION** by participating in a broad range of community service projects. As Cosmos, we develop new and lasting friendships and business contacts, while working in **UNITY** for the benefit of our community. Cosmos' **SERVICE** focuses on the education, awareness, prevention, and finding the cure for diabetes.

Cosmo members come from all walks of life and have varied perspectives, experiences, and diverse backgrounds. Some of the benefits of belonging to the club are the networking, enthusiasm, creativity, skills, growth, development, opportunities, fun, as well as the friendships it offers. We raise awareness, money, and hope for those with diabetes who suffer daily with this dreaded disease.

Cosmopolitan International has donated millions of dollars to diabetes research and treatment, and we aim to serve both individuals and communities. Our clubs raise funds to assist in diabetes education as well as research, to help local communities by sponsoring projects that are used by many people throughout our communities.

Join Us in Our Fight to End Diabetes!

Contact us at:

cosmopolitanbreakfastclub@gmail.com

OR

Find us on the Web at:

<https://www.facebook.com/Cosmopolitan-Breakfast-Club-Columbia-Missouri-108032064201191>



WOW! What a year we have had! This year in review started with a lot of education on the pandemic; how to stay safe, find new ways to continue our club events with Call-in and Zoom, and a lot of education as more pandemic information became available.

Our virtual meetings became the "norm" and we settled into our new pandemic world.

In mid-May, we recognized our Scholarship recipients virtually for the first time.



Congratulations to our 2020 Seniors! We will be highlighting our 2020 COSMO Breakfast Club Scholarship recipients all week in many ways, including presenting them with their scholarships.

Please join us in congratulating them: Samuel Wills and Brayden Dodds (*Hickman High School*), Sarah Kuhlmann and Sergio Pico Vazquez (*Rock Bridge High School*), Jake Sisson and Blesyn Swan (*Battle High School*), Olivia Williams (*Douglas High School*), Jill Zulovich (*Tolton High School*)



On May 23rd the **Cosmopolitan Breakfast Club** celebrates a birthday! Our club's standing commitment to diabetes and our community is long and productive.

PRECAUTIONS

We shared on-going precautions to take and updates with our members and friends of COSMO's through email and our Facebook page.

We salute all frontliners!

Thank you for your service and sacrifice during this difficult time.

You are our heroes.



We saluted all of our frontline workers for their tireless hours of time and effort!

A Year in Review

by Chris Kuhlmann, President-Elect



On May 25th we honored our **Veterans**: To those who gave their lives in service of our country, to those who continue to serve, and to those who have returned home safely—**THANK YOU!!!**



We provided education on diabetes, the pandemic, and information on vaccines.



We continued our salute to frontline workers and the scientists working towards a vaccine.



In October, we partnered with a local auction house, **Black & Gold Auctions**, for a very successful fundraiser.



Also in October, all Clubs in Columbia, Missouri held their **Annual Golf Outing**.



Also in November, we celebrated **National Diabetes Month** through educating with our Facebook page and our local **Farmers Market**.



On November 1st we raffled off this beautiful, one-of-a-kind, handmade **Patriotic Lap Quilt** (53" x 61") donated by Nichole Podhorsky Witushynsky. This was a great fundraiser and was all done virtually!



On November 7, 2020, we officially celebrated **Cosmopolitan International Day in Missouri**... as well as in Clubs across the US and Canada. A big thank you to **Missouri Lieutenant Governor Mike Kehoe** and **Mayor Carrie Tergin** for recognizing and celebrating the important work of Cosmos, The Club that Fights Diabetes.



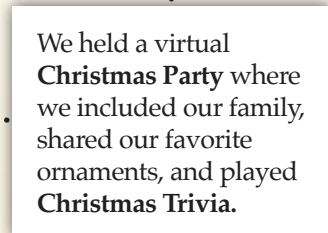
We shared and helped educate our diabetic population.



On April 30th we held the **COSMO Spaghetti Dinner** drive-thru fundraiser!



On Jan. 30th we held our drive-thru **Pancake & Sausage Breakfast** fundraiser!



We held a virtual **Christmas Party** where we included our family, shared our favorite ornaments, and played **Christmas Trivia**.

All things considered, we have made the most of this challenging time and we had a great time doing it!

We are Cosmos, and through **"Action, Unity and Service"** we are raising awareness, as well as spreading compassion, kindness, and positivity throughout our community!

We are so excited to do even more ... So, here's to an even better year going forward.

Best Regards,
The COSMO Breakfast Club



WOW!

Melvina Newman, Past International President 2009-2010

WOW! That is almost all I need to say about my membership in Cosmopolitan. Since becoming a member in 1998, I have had the opportunity to be involved in my local club, the Federation, and International levels. I joined when I was serving as District Director for the American Diabetes Association because I was asked by one of their board members to attend a meeting. I was only a member for a couple months when I was asked to serve as the Club Program Chairman, then became Vice President and Club President in 2002-2003.

I started attending Federation Conventions in 1999 and became involved in many aspects of the Federation, going on to serve as Governor in 2005-2006, and I still continue to be active. During my term as Governor, I was “talked into” being a candidate for International Vice President of Finance and Marketing. There was competition for the position, but the membership bestowed their confidence in me to be the one to serve in that position. **WOW!** Never would I have thought when I joined that I would be at the International level. But I am so glad I did, as I learned so much more about the organization that “Fights to Find a Cure for Diabetes” and builds friendships everywhere.

I started attending International Conventions in 2000 and have been to every convention since then. I was asked to serve as the Convention Chaplain at the Regina Convention in 2005. I was named the International Cosmopolitan Member Community Service in 2003 and received the Patrick J. Hodgins award in 2013.

Another **WOW!** I had the opportunity to serve as Co-Chairman of the 2008 International Convention in Colorado Springs which was a great convention with so many activities and fun for everyone. We did it all –Cosmo meetings and events, guest events, and a large teen program.

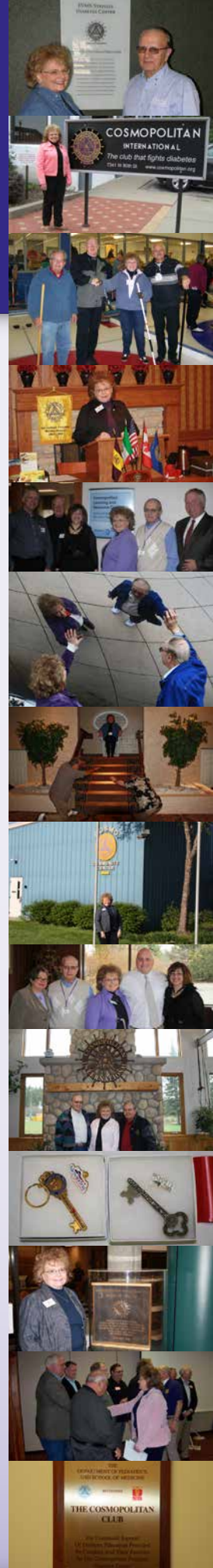
WOW! From Colorado to the Convention in New Orleans where the Southwestern Federation put on a fabulous event. From arriving to leaving we again did it ALL, including Cosmopolitan’s own “Mardi Gras Parade” led by a Dixieland Band from the banquet room, through the hotel, and out to march down Bourbon Street. The parade had everyone from the hotel, from Bourbon Street,

Canal and Royal Streets joining us. It was a great convention to be installed as the International President to serve for 2009-2010. **“FULL STEAM AHEAD”** was the theme chosen for the year because of the staggering amount of dedication and work that Cosmopolitans had done in our previous years. So many have worked so hard for Cosmopolitan and we wanted to stay on the right track – “Full Steam Ahead!” What a year it was to visit all our major Cosmopolitan Diabetes Centers as well as some community programs, and we had the pleasure of meeting with some of the most dedicated directors and professional medical researchers to learn more about our commitment to find a cure for diabetes. At all of these centers, Cosmopolitan is held in high esteem for what they have done. I also had the opportunity to visit many clubs and all of the Federations. From New Orleans to Gettysburg was another great time with friends, seeing and learning about the history of the area.

I took advantage of public speaking opportunities, some that were prepared and some became spontaneous, but it was also great training. I also had the opportunity to attend the All Service Club Leaders Conference which exposed me to other civic and philanthropic organizations’ visions, missions and purposes, and to learn how strong Cosmopolitan is within the Leaders Conference. I still refer to the materials I received there.

The biggest **WOW** is what Cosmopolitan has given to me along with the opportunities and experiences. The thank Cosmopolitan for my success in the community as well as in my profession. It has provided me with SO MUCH! So, when you are asked to serve, please consider accepting a position; it will be a great experience!!

As the 2021 International Convention Chairman, I am looking forward to seeing each and every one of the friends I have met through our organization, to learn what you are doing in your club and community, and I hope you too feel that same experience at our Cosmo conventions. Please reserve the dates of July 22-25 and plan to spend a few days in Sioux Falls, SD. The convention this year will be both educational and fun. See you at the Falls!!



St. Charles County Cosmopolitan Club 2020-21 Recap

Salutations! It is an honor and my pleasure to tell you about what the St. Charles County Cosmopolitan Club has accomplished this past year. We used 2020 as a moment to embrace the pillars that our organization is founded on.

We celebrated "ACTION" by holding a garage sale fundraiser and securing donations from our local community. We celebrated "UNITY" by hosting monthly meetings in person when we could, and via video call when it was imperative to keep our Cosmo brothers and sisters safe. We checked in with each other, conversed via phone and mail, physical and electronic. We celebrated "SERVICE" by collecting donations for Youth in Need (St. Charles) and the Girl Scouts of Eastern Missouri, as well as participated in an online activity to encourage happiness for children battling cancer. Although this last year brought about many challenges, we kept moving forward keeping each other strong through hope, love, and the drive to fight diabetes.

Below is a brief outline of our year from July 2020 to April 2021:

July:

- Zoom Meeting (Installation of Officers)

August:

- Zoom Meeting
- School Supply Drive for Youth in Need - St. Charles. \$100 worth of supplies were donated
- Created email address for all club business: cosmoclubstcc@gmail.com
- Discussed creating "club logo" (work in progress)

September:

- Meet in Person Meeting Theme - "Derby" Krista Strahm, President 2020-2022
- Guest Speaker, Judy Weitkemper - Overview of the Cosmopolitan Organization
- New member, Rasha Shaker

October:

- Yard Sale Fundraiser - Total: \$394.14 Members (L-R) are Anita Hubert, Shelly Jackson, Penny Neff
- Created new Club Flier

November:

- Zoom Meeting
- 101 followers on our Facebook page, <https://www.facebook.com/stcharlescosmo>. Diabetes awareness and fact posts shared:
 - Nov. 7th, Cosmo Day - Club posted on Facebook
 - Nov. 14th, World Diabetes Awareness Day - Club posted on Facebook

December:

- Zoom Meeting
- Christmas Zoom Party - Trivia and merriment
- Holiday Donation from West Community Credit Union - Total: \$640.00

January:

- Zoom Meeting

February:

- Zoom Meeting - Check in with New Year's Resolutions
- Fundraising Ideas - Bowling (July/Aug), Walk-a-Thon (Sept)
- February Challenge - Make free valentines for St. Jude's online

March:

- Zoom Meeting
- Discussion about getting involved in parades and other community events
- February Challenge Winner - Angela G.
- 11 members strong

April:

- Meet in person! WELCOME BACK!!!
- Set date/time/price for Bowling Tournament Fundraiser
- Aug. 7th, 1:30 - 4:30 pm at Harvester Lanes in St. Charles, MO
- April Challenge - April Showers (Girl Scouts) Donations: 143 individual items donated

We are Cosmos! Through "ACTION, UNITY and SERVICE" we are raising awareness, as well as spreading compassion, kindness, and positivity throughout our community!

"The greatness of a community is most accurately measured by the compassionate actions of its members."

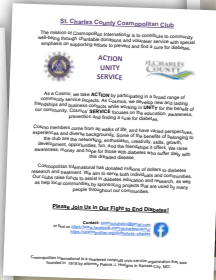
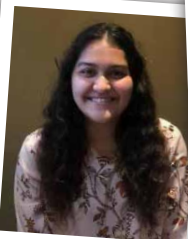
– Coretta Scott King

Respectfully,

Krista Strahm, President 2020 - 2022

St. Charles County Cosmopolitan Club

cosmoclubstcc@gmail.com



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

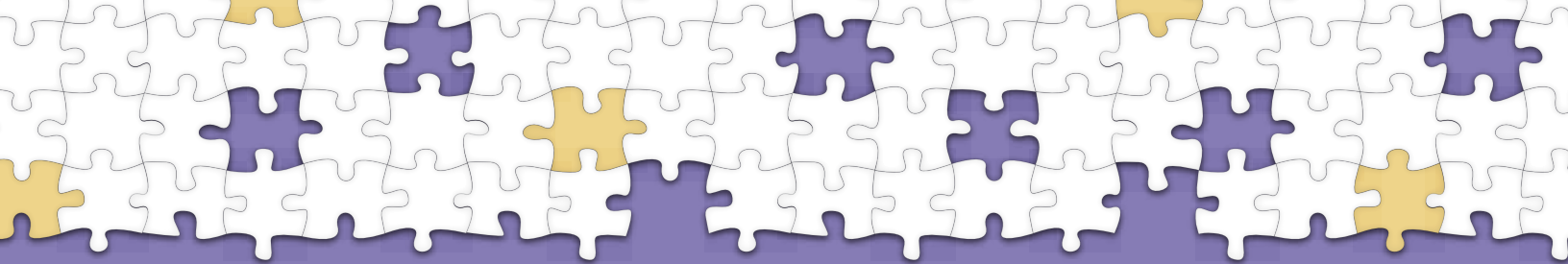
DIABETES INCORPORATED

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

SETBAID SERVICES' DIABETES CAMPS

FOR CHILDREN & TEENS WITH DIABETES

PO Box 196, Winfield, PA 17889-0196

B 570.524.9090 or 866.SETBAID

Mark Moyer, MBA, MHA, Executive Director

www.setbaidservices.org

info@setbaidservices.org

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300



Recognizing EDMONTON COSMOPOLITAN CLUB

The Edmonton Cosmopolitan Club has remained connected and involved throughout this Covid year of restrictions. Dedication to the club, its causes and activities, has been commendable!

Zoom has been the continuous connector. The club meets twice a month, once for a business meeting and the other for a social activity. Its enthusiastic President, Angela McFalls, has maintained members' interest and participation so much so that 70% or more "zoom in" for these bi-monthly events. The Vice-President, Cheryl McKenzie, provides the Zoom Meeting site.

In spite of not being able to meet physically for regular meetings, the club was able to welcome three new members. Before more stringent Covid restrictions were put in place, some members had the opportunity to volunteer at our Food Bank filling hampers for needy families, and several volunteered at a Bingo assisting the Juvenile Diabetes organization.

Kudos go out to two of the new members, Shawna Large and Cassidy Eldering, who always came up with fun activities for the 2nd monthly meetings. Game nights such as Scattergories and Scribbilo, the St. Patrick 'Bingo' Social and Trivia night provided laughter and socializing for all.

Several club members sit on the Rock'n August Board. By conducting meetings through Zoom, they are actively involved in planning events for the 25th anniversary of the festival. Although it will be a scaled back version of what is usually a huge nearly week-long event, the festival will proceed and funds will be raised for diabetes research as usual.

The highlight of the club's Cosmo Year was the Zoom Christmas Prosecco and Dessert evening where representatives from 14 community groups and organizations joined to share the Christmas spirit of giving and gratitude. Deliveries of the tasty treats by "Christmas Elves" were made to the homes of the representatives and Cosmo members earlier in the day. That evening, each representative described what type of assistance they provide for the community. All were impressed with the variety of work done and more so how enthused and dedicated these reps are to their causes. This year the club donated \$40,000 to these deserving groups. What happened during these presentations was the highlight of the evening. Groups exchanged contact information on how they could further assist one another, with some learning more about how connected their endeavors can be. What a wonderful evening of fellowship and giving!

The membership of the Edmonton Cosmopolitan Club is very proud of what was accomplished this year. Pandemic year or not, they continue to actively represent Cosmopolitan in the community. They are Cosmo Strong!