

COSMOTOPICS

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SIGN-UP TODAY

JULY 18-21
2024

**INTERNATIONAL
CONVENTION**

Edmonton, Alberta, Canada

ISSUE HIGHLIGHTS

- Officer Articles
- America needs the ISLET Act
- Revitalizing the Cosmo Store: Enhancing Member Experience
- Club Happenings
- Budget Report
- 2024 International Convention FAQs



COSMOTOPICS

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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.

EDITOR'S NOTE

The past few months have seen our organization buzzing with the energy of federation conventions, all leading up to our highly anticipated international convention in Edmonton, Alberta. A special congratulations to the Wascana Club on their remarkable 30-year milestone! As we gathered for these conventions and as I reviewed the wonderful articles submitted for this Spring issue, I was struck by the immense sense of pride in our shared cause and the unparalleled camaraderie among our members. Our collective efforts are making a tangible impact, and the promising research being done for diabetes continues to inspire and drive us forward. Let's keep this momentum going and celebrate the difference we are making together.

Membership recruitment and finding a cure for diabetes.



By Melvina Newman, Executive Director

By the time you read this, we will all have been to our Federation conventions. We can relate to the excitement of reconnecting with friends, finding new ones and sharing information. I also am sure you have learned about items your Board has been working on during the year.



Our clubs thrive on the contributions of numerous members and volunteers, whose ongoing dedication fuels our success year after year. There are various volunteer opportunities available for those looking to get involved. What types of volunteer opportunities can you get involved in?

Sometimes, the smallest of actions can have the greatest impact and many opportunities can be found in your local club. Other opportunities can be found by checking in with the Governor of your Federation to see what assistance they may need.

Time is flying by and in a few short weeks we will be in Edmonton, Canada for the International convention. There are opportunities there waiting for you to get involved and give back even more. Cosmopolitan focuses on three main pillars: Program development, membership recruitment, and the pursuit of a cure for diabetes. Our primary aim is to effect positive change in both local communities and globally through programs aligned with our mission statement, which centers on supporting initiatives to prevent and cure diabetes. At our upcoming convention, we'll introduce a compelling International Project aligned with our mission. Together, we'll collaborate to address shared challenges, fulfill common needs, and ultimately achieve our collective goal.

Membership growth serves as a cornerstone of leadership strategy within both local clubs and Federations. It demands an extra effort to capitalize on opportunities, fostering enthusiasm and attracting new members. Crafting an effective leadership strategy involves several key elements:

- 1. Inclusive Decision-Making:** Seek input from members before making decisions, fostering a culture of collaboration and shared ownership.
- 2. Facilitating Understanding:** Rather than dictating opinions, strive to help individuals comprehend various perspectives and factors, empowering them to form informed opinions.

- 3. Effective Communication:** Articulate a clear vision that resonates with others, weaving together facts, concepts, and anecdotes to create meaning and direction.
- 4. Alignment through Communication:** Communicate dreams and objectives effectively to align individuals with collective goals, fostering unity and purpose.
- 5. Development of an International Project:** Dedicate resources and effort to develop a robust international project aligned with the organization's mission and values, enhancing its impact and relevance on a global scale.

By implementing these strategies, local clubs and Federations can cultivate strong leadership, foster growth, and make meaningful contributions to their communities and beyond.

Cosmopolitan embodies a network of compassionate individuals, where every member becomes part of a closely-knit family. Within our family, a shared commitment to community and the welfare of others prevails. What unites all our clubs across Cosmopolitan International is a singular mission: combating diabetes.

Throughout our history, Cosmopolitan has championed significant research endeavors, while many of our federations and clubs have spearheaded localized initiatives, offering invaluable support through diabetes education programs and financial aid. Our collective efforts in the fight against diabetes stand as a testament to our dedication and impact.

As members, we take pride in our contributions to this noble cause. It's imperative that we extend our shared mission to new members, inviting them to join us in our commitment to making a difference in the lives of those affected by diabetes. Together, we can amplify our efforts and bring hope to countless individuals and communities worldwide. Yes, we can all be proud of all our efforts of helping fight diabetes and we must share this with new members.

Make plans now to attend the International Convention and help develop the plans for the future of Cosmopolitan.

Melvina Newman
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Cosmopolitan embodies a network of compassionate individuals, where every member becomes part of a closely-knit family.



America needs the ISLET Act

By Dick Gorton, *Cosmopolitan President*

There was a time during our lifetimes when a childhood diagnosis of diabetes was considered a death sentence. Though this is no longer the case, a diagnosis of Type 1 diabetes remains a life-altering event. Nearly 1.5 million Americans suffer from Type 1 diabetes, and one in 10 Americans are affected by Type 2 diabetes. Diabetes attacks a person's heart, kidneys, vision and nervous system, and it is the eighth-leading cause of death in the United States.



Diabetes affects your body's ability to produce insulin, which helps to control sugar levels. Islets are groups of cells made in your pancreas that help make insulin which in turn helps manage your blood sugar levels. If you have diabetes, your body can't make enough insulin or can't use it properly.

Television is flooded with ads for diabetes-related drugs. These drugs help manage the disease, but they do not cure it. Fortunately, a cure for diabetes is on the horizon. Research at the Diabetes Research Institute, the Mayo Clinic and Northwestern University, among many others, has shown that islets from the pancreases of cadavers have been successful in reversing the devastating effects of diabetes.

In clinical studies across the world, diabetic patients have been receiving transplants of islet cells, and research outcomes have shown reduced dependency or even elimination of the need for patient insulin injections. Across the world, but not in the United States.

One of the reasons for this is that the Food and Drug Administration has chosen to classify islets as drugs, rather than as an organic part of the human anatomy. Worse yet, the FDA has awarded total control of islets to a single drug company. Aside from the obvious fact that islets are a part of a human organ (heart, liver, kidney transplants are not treated as drugs), awarding control to a single, for-profit corporation awards influence over who will receive islets, and at what cost. This level of control is an obstacle to islet research and ultimately compromises efforts to find a diabetes cure.

The ISLET (Increase Support for Life-saving Endocrine Transplantation) Act would correct this outdated regulation. It would reclassify islets, and all human cells, as organs. It would totally negate the FDA's misclassification of islets as drugs and open the use of those cells to all medical companies. The ISLET Act has bipartisan support, and companion bills introduced in the House and Senate are identical. This means that if the bills are passed, little effort would be needed to reconcile the proposed legislation.

There is much work remaining on this promising therapy, and there remain technical challenges, such as the limitations of available supplies and patient rejection. Research accomplished to date has led scientists to believe that the use of a person's own stem cells to form islets that can be returned to the patient could "teach" the body to create its own insulin and thus stop the disease. For a child with diabetes, this research is a much-needed ray of hope.

Passage of the ISLET Act would promote innovation, improve patient access to islet transplantation and potentially enhance outcomes and quality of life for individuals living with Type 1 diabetes. U.S. Rep. Don Bacon, R-Neb., is a co-sponsor of the House bill. It would prolong life for millions of individuals today, and for the lives of millions of children in generations yet-to-come.

Dick Gorton
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Take Pride in Being A Cosmo!

By John Krysak, Cosmopolitan President-elect

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



As I write this Article it is convention time in the Cosmopolitan world. Federations are busy planning for their annual conventions. Host clubs within the federation are working hard to co-ordinate with the federation boards to make the most of a meeting, day or entire weekend.

I get excited at this time of the year as I know I am about to see fellow Cosmopolitans, re-kindle some relationships, hear what is happening in our organization, and learn more and more about the achievements in the fight against Diabetes. (Don't forget some of the shenanigans and ventures that go on as well!)

In my role as President Elect, I will be attending two federation conventions, North Central & Western Canada. I will get to see who has been put forth as nominees for awards for their efforts this year and I will be able to congratulate all of them in attendance for their continued support of our organization, their clubs and their communities. Whether they finish 1st or not 1st, they are all champions of Cosmopolitan International! Don't forget to congratulate them all when you hear the federation news.

Then we will get to support them all again at the International convention in Edmonton, Alberta this year.

INVOLVEMENT:

I reiterate from my last article - What does it take to keep members? Involvement, we need to keep members interested, informed and involved. What better way to introduce new members than to bring them to a convention. They get to meet other new members and see other Cosmopolitan active areas, hear about other club events and fundraising opportunities. They get to meet other involved members.

I encourage all of you to consider attending the 2024 International Convention in Edmonton, Alberta, Canada. I have insider information that confirms you will be involved, you will be excited to see what is happening in the research area, you will get to meet other involved Cosmo's and you will get to make and rekindle Cosmo friendships. The exchange rate remains great right now for our American members, book your rooms now as booking is open.

As it says in this photo "Why Become A Cosmo", just look at the photos above and think about the friends you have made, the good you have done for our communities and the advancement in diabetes research, and the fun you have had. **That's Why!!**

**RESPECTFULLY, YOURS IN
COSMOPOLITAN,**

John Krysak
Cosmopolitan President-elect
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Revitalizing the Cosmo Store: Enhancing Member Experience

By Sheila Anderson, International VP for Marketing and Fundraising

I am excited to share several initiatives designed to enhance our community engagement and streamline our operations. As we continue to grow and adapt in our mission to fight diabetes and serve the communities in which we reside, it is essential to keep our members and stakeholders informed about changes and enhancements within our organization. From revitalizing our Cosmo Store with fresh merchandise to introducing a global event calendar and preparing for our first comprehensive annual report, we are setting the stage for a more connected and impactful membership experience.



Revamping the Cosmo Store

Melvina Newman and I are collaborating with our vendor, Meridian, to refresh our merchandise offerings based on member feedback. This initiative reflects our commitment to meeting

the dynamic needs of our clubs while maintaining the essence of our beloved classics. We have most of the items selected and are working through the last few. We hope to roll out the new Cosmo store before our International Convention.

Local and International Vendor Strategy

We know we can't carry everything in our Cosmo Store and that many clubs have a local vendor they like to use, and some may not have a vendor at all. To bridge this gap, we are developing a list of "approved vendors" accessible via our international website. This will empower every club to source Cosmo merchandise seamlessly. We are in the process of designing a vendor application form that will capture essential information such as Company Name, Location, Contact Person, Phone, Email, Website, and Merchandise Type (e.g., logowear, promotional items). Approved vendors will be required to align with our branding guidelines, incorporating our current logo and official brand colors ensuring all our clubs benefit from a consistent and professional representation of our brand.

Enhancements to the Cosmo Website

In an ongoing effort to improve our digital footprint, we have been diligently updating the resources section of our website. This includes adding meeting minutes and financial reports from previous years to the current, thereby enhancing transparency and accessibility for our members.

To further our mission of fostering a connected international community, I would like to add a global event calendar to our website. This feature will serve as a centralized platform where all club events can be listed, providing visibility and promoting greater participation among members and the public. This has been talked about off and on for several years. The challenge that always comes up is the actual gathering of the information. We will have to work through that together. My goal is to make it a simple process for both our members and Headquarters. More to come on this.

As we look into future enhancements to the website, we keep in mind its dual function as both a potent marketing tool for prospective members and donors, and a valuable resource hub for our existing membership.

Introducing the Annual Report

In alignment with our fiscal year-end on June 30, we will be introducing a comprehensive annual report. We will be asking all clubs to submit detailed information about their fundraising activities, including the total amount raised through June 30, 2024, the money they gave out as donations, and a list of their fundraising events. We will also include information from both of our Foundations. From the Board and Headquarters side, we will include financial information. This report will not only help us measure our collective impact, but also highlight the remarkable efforts of our clubs across the globe. Hopefully, it will serve as a valuable marketing tool for all clubs.

Sheila Anderson

International VP for Marketing and Fundraising

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COSMO Age Distribution



By LaVonne Hawking, VP for Membership & New Clubs

The Membership Committee has been meeting regularly. Currently, we have on board the following: International board members, Executive Director, Governors, Governor-Elects, and several other interested Cosmos.



We are brainstorming to see what our clubs are lacking - do they want help with ideas? Some well-established clubs are satisfied with what they have - yet others do not want any suggestions or ideas.

Please find the age distribution report - INTERESTING!

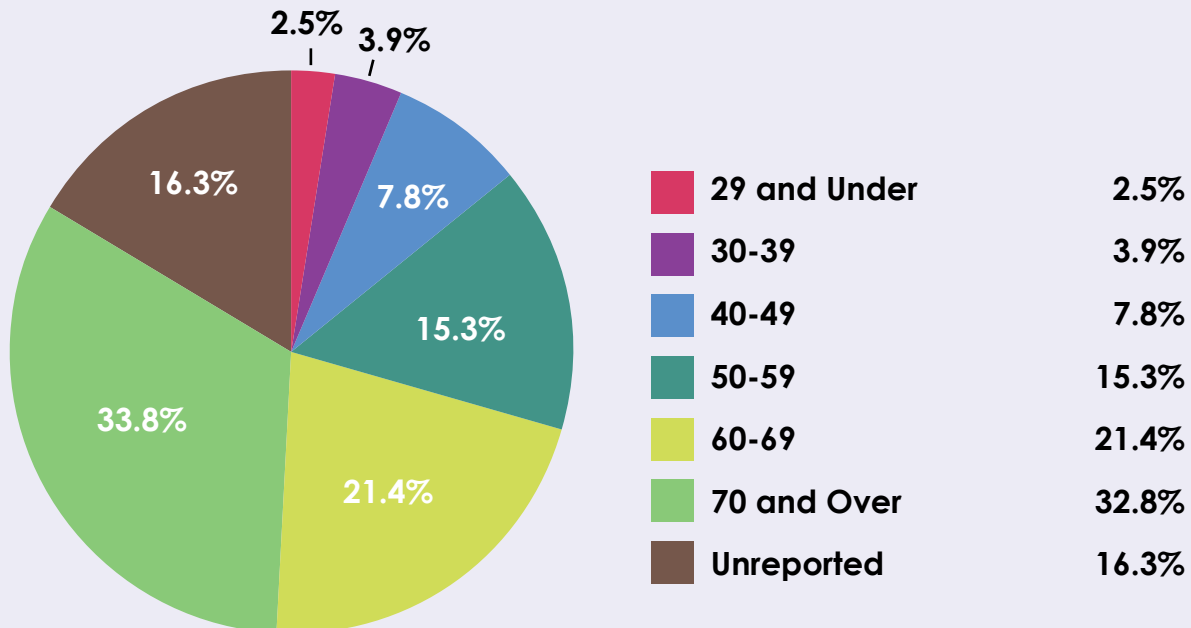
Good news! We will have a time slot for updating and questions and answers at the Convention. Please allow time to be in on this.

Have a good summer - and hope to see you at the convention!

LaVonne Hawking
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OFFICER ARTICLE

COSMO AGE DISTRIBUTION REPORT





OMAHA CORNHUSKER COSMOPOLITAN FOUNDATION ANNUAL CHRISTMAS PARTY LUNCH FOR CHILDREN WITH SPECIAL NEEDS



Omaha Cornhuskers

On December 11, 2023, the Omaha Cornhusker Club and the club's foundation, Omaha Cornhusker Cosmopolitan Foundation, held their annual Christmas party lunch for children with special needs. The Omaha Cornhusker Club has sponsored this party for almost 50 years. The party was held at the Firefighters Union Hall in Omaha. Buses brought 80 children from four schools in Omaha and Bellevue, together with their teachers, parents, and chaperones.

A choral group composed of faculty members and alumni of Creighton Prep High School sang Christmas carols for the children. Those in attendance were delighted when some of the children sang along with them.

Members of the Omaha Cornhusker Club, the choral group, and members of the Omaha business community, including Young Chiropractic and ITEX, served a dinner which consisted of turkey, stuffing, green beans, and potatoes and gravy which was partially donated by HyVee Food Stores. ITEX provided doughnuts for dessert.

After lunch Santa Claus arrived and visited with the children. Santa's helpers delivered gift bags containing crayons, coloring books, fluffy stuffed toys, and Play-Doh to the children.

The Christmas party was again organized by current Cosmopolitan International President Dick Gorton.





The Hills are ALIVE in Kansas with THE SOUND OF MURDER!

What did you find at the scene of the crime Sergeant....bloodstains on curtains and whiskers on kittens, three severed fingers and warm woolen mittens, homemade explosives tied up with strings. What was the motive? It was dough, moola, money; that's usually it. The suspects, Ray who else? Me! But you've got an alibi. We've also arrested Far, Sow, La, Tea and Doe. Personally, I think it's those bratty kids, or those Nazis. There's plenty of Nazis not to mention those officious nuns. How are we gonna find out who done it???

The Heartland Santa Fe Club wanted to find out, so we went to a murder mystery dinner at Holy-Field Winery in Basehor, KS in February. There were 20 of us who attended this murder mystery dinner and show. President Kelly has been following several troupes and heard nothing but goodness about seeing this show. Club members were encouraged to show up 30mins prior to get their wine and mingle with the actors. As the actors talked with folks, they asked if any would want to participate as a character in the show. There were 2 members from HSFT selected to play a role. Don Feltham portrayed of Rolfe and Pam Newby portrayed of Luisa Von Trapp. Don really got into character. He tried sounding like he was an Austrian. He was wonderful and hilarious in his acting debut by the end of the show, he was selected unanimously by the audience as their favorite, he won a prize for his performance. All who went really enjoyed this social, they said they would do it again. There are several other performances we will most likely attend in the future.



First Table of HSFT Cosmos



Second Table of HSFT Cosmos



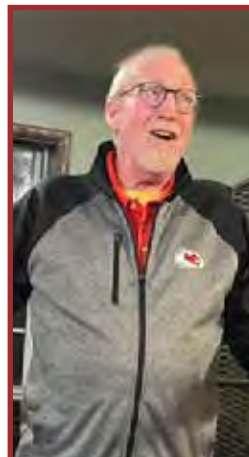
Mr. Von Trapp



Detective



Pam Newby
(Lusia Von Trapp)



Don Feltham
(Rolfe Von Trapp)



Maria Von Trapp

CLUB HAPPENINGS

I-80 Casino Night puts the “Fun” in Fundraising



The I-80 Cosmopolitan Club of Omaha Nebraska hosted its 11th Annual Casino night on Friday March 1st. This is the largest Fundraiser that the club puts on during the year, and will annually net somewhere between \$23,000 - \$29,000. The club captures money from the event 3 main ways – Corporate Donations, a Silent Auction, and then what we refer to as “The Ask”, where after the crowd hears from a speaker, we ask for donations at that moment. We also have a Jewelry raffle, as well as a Split-the-Pot raffle. The entry ticket stub is a raffle ticket, used for 3 cash drawings. And after folks turn in their chips from their evening at the tables for raffle tickets, they can place them in bowls to win one of 3 additional raffle prizes. So there are a myriad of ways that the club earns money from the night, and the crowd has multiple opportunities to win money or prizes.

Planning for the event starts about 4-5 months out. A committee is formed, and members start collecting silent auctions items. 10 to 12 members will have specific responsibilities for the event. The Club rents “The Palazzo” hall in Northwest Omaha each year, and contracts with Fun Services, which provides the table games and the dealers. Pizzas and pasta is brought in from a local caterer which specializes in Italian food, to start the evening. And the club picks up the first two kegs of beer that are served at the bars.

For “The Ask”, this year’s speaker was 5th grader, Caden O’Connor. Caden is a type 1 diabetic, and attends one of the camps that benefits from the evening’s fundraising. He did a great job telling the crowd about his daily routine dealing with diabetes, and telling the audience how much fun camp was. Caden is the son of Tim O’Connor, one of I-80’s members. Shortly after Caden’s speech, the amount raised went quickly up to the \$6000 mark. In total “The Ask” raised \$10,640 this year.

We also use Qtego Fundraising Services to register the guests for the evening, capturing a credit card, and allowing them to bid on the silent auction items. Guests

can also then donate directly from their phones during “The Ask” part of the evening. Qtego will put a large heart on our video screen, and then as folks donate, the heart fills up with smaller hearts, showing the total of donations for that point in the evening. On a good night, we will gather over \$10,000 just from “The Ask”. Co-Chair of this year’s event Bryan Morhardt said, “Going to Qtego seven years ago was a game changer for us in terms of raising money. We probably increased what we were netting from the event by \$10,000 the first year we used them. It is so easy for our guests to bid on a silent auction item, or donate to the cause from their phone. If you have a bid on an item, you will get notified immediately if you have been outbid, and you will have the opportunity place a higher bid at that moment. Folks get caught up in the competition of trying to win an item that they are after, and the club is the one who benefits at the end of the evening.” It really adds to the fun atmosphere that the evening is all about.

And fun is the word used most by the guests during the evening. As each guest gets to a gaming table, they are given \$30,000 in poker chips to use. There are a variety of games, from Black Jack to Texas Hold’em, a Roulette wheel, and several Craps tables. You can hear folks shouting on hitting a big number, or a groan when their pile of chips has dwindled from a bad bet. But laughter is the overwhelming sound as people move from one game to another. Year after year, couples will exclaim about how fun the evening was, and that they will be back next year, and bring their friends. And we do have quite a few repeat guests from year to year. So to sum everything up, here is a quote from this year’s Casino Night Chairman, Bill Bianco. “Our 2024 Casino Night was one of the largest and most successful Casino Nights we have ever had.

We hosted over 300 people and raised over \$27,700. The members of I-80 Club once again stepped up their personal commitments, ensuring the event ran smoothly.”



CLUB HAPPENINGS



WASCANA COSMOPOLITAN CLUB

Celebrating 30 years

The Wascana Cosmopolitan Club was chartered in April 1995. Next year, the club will be celebrating their 30th anniversary and to celebrate they will be hosting the Western Canada Federation Annual May Convention. When they first chartered they were a Couples Club but in 2012 they amended their constitution and bylaws so that anyone could join. It was a great decision as many members that have joined since have made valuable contributions.

The club has had many fundraisers over the years. Currently, they have two major fundraisers, Trip of the Month tickets and as partners with the Regina Cosmopolitan Club, the Charity Fair and Auction. The two events have raised over \$63,800 net this year for charities.

The club has had a great year in terms of membership. The club started the year with twenty four members and four individuals joined the club. We anticipate that another three will join prior to year end. This would bring the club up to thirty members. We are so excited for the club to see this type of growth in one year.

One of the interesting facts about the club is because of its origin as a Couples Club it brought a few major benefits. Some of the members children were raised immersed in Cosmopolitan – whether that be attending meetings or events, attending conventions and/or attending the

Children's Programs at the convention. After the change in 2012, Christine Shepherd (parents Keith and Karen) and later Braydon Krysak (parents Kathy and John) became members. At a later date, Dana and Brayden Lockyer (parents Rick and Linda) became members.

The club is very proud of its history and contribution at the local, federation, and international level. Interesting fact - three family members – Keith, Karen, and Christine Shepherd all served as Western Canada Federation Governors. In addition, Kathy and John Krysak both served as Western Canada Federation Governors. Talk about "all in the family".

At the International level, the Club boasts three Past International Presidents - Brian Leipert, Brian Mitchell, and Brian Duckett. We will soon boast a fourth International President with John Krysak being inducted as such at the upcoming July CI Convention. Brian Duckett, John Krysak, and Keith Shepherd have also served as VP Finance for Cosmopolitan International.

At the federation level, the involvement of the Club is impressive. Based on current members only, the club has made the following contributions – 2 WCF secretaries, 2 Foundation secretaries, 2 WCF Treasurers, 2 Foundation Treasurers, 2 Foundation Presidents, and 9 WCF Governors.

In addition, many former members also served as Foundation Treasurer, and Governors. For a relatively small number of members, this type of contribution at the federation level is amazing.

The club also loves to host conventions. Over the years, they have hosted numerous federation mid-term conventions and annual May conventions. Most recently, they hosted the mid-term October convention in October 2021 and will be hosting the May convention in 2025. They with support from the Regina Cosmopolitan Club, also hosted the July 2017 International Convention.

In addition to hosting, the Wascana Club typically have a good majority of members attend the federation conventions and quite a few attend the International conventions.

The club loves to have fun and often incorporates social activities alongside their meetings. This past year they have had a BBQ, Games Night, Annual Christmas Potluck, Pizza Night, Fun Bowling Night, and guest speakers. They plan on a City Scavenger Hunt and BBQ for the upcoming meetings.

Since the inception of the Cosmopolitan Day in November, the club has actively promoted and celebrated that day with flag raising ceremonies, around the town photo ops at places they have donated to, presentation of donations to the Cosmopolitan Learning Centre, and even a television interview with the then WCF Governor John Krysak.

The club is most proud of its continued support of the Cosmopolitan Foundation Canada Inc which supports diabetes research and the many charities they have raised money for over the years. This year they have supported the Cosmopolitan Learning Centre; provided Salvation Army camp kits; donated clothing items and evening snacks for the homeless at the Carmichael Outreach Centre. Its great to be a Cosmopolitan member who shares fellowship and fun while at the same time supporting great causes, our community, and making significant contributions to the ongoing pursuit of a cure for diabetes.



We are proud of our 30 years of service so far and we look forward to continuing to contribute to our community and finding a cure for diabetes!

Here are some photos of our club activities over the past year.



CLUB HAPPENINGS



Mo-Kan Governors Report

from Linda Gentry

Wichita Air Capital – The club meets once a month for lunch on the third Tuesday at noon at the Scotch and Sirlain Steakhouse. President Tom Stark

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

Membership: 58

Columbia Show Me Club – The club meets once a month for dinner on the third Thursday of every month. President John Kadlec

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

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

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

River City Cosmos Lawrence, KS – Meets the first Thursday of the month at 7pm. President Susie Bartlett

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

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

Membership: 16

Heartland Santa Fe Trail – The club meets once a month on the 3rd Thursday for dinner at various local restaurants. President Kelly Figge

Fundraising – The club participates in 2 fundraising events per year with the Funnel Cake Trailer at the Olathe Old Settlers Days held in September each year and the Old Shawnee Days held in June each year. This year the club was the recipient of a donation from a Cocktail Competition put together by an Emeritus member's granddaughter. Net proceeds raised were \$39,37200

\$10,000.00 was donated to Camp Planet D for diabetic children, \$100 to Canine Companions, \$1,495 to Camp Planet D for supplies. The club also donated back to the clubs whose members volunteered their service at our funnel cake trailer. Emerald City \$336, River City \$36 and Topeka \$144.

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

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

Topeka Cosmo Club – The club meets every Friday for lunch at the Topeka Country Club. President Sandra Davis

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

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

Membership: 13 Active and 2 Honorary



Jefferson City, MO Club – The club meets each Friday at noon at HyVee for lunch. President Mark Mueller.

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

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

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

Membership: 35 Active Members

Emerald City – The club meets monthly on the Third Monday at various locations. President Linda Sloan.

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

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

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

Membership: 20 Active Members

St. Charles County – The club meets on the 2nd Tuesday of each month at various local restaurants. President Krista Strahm

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

Membership: 10 Active members.

Columbia Luncheon Club – The club meets on the first and third Tuesday of each month at their building for a "bring your own" lunch. President Marnie Clark

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

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

Membership: 43 Active Members.

INTERNATIONAL CONVENTION 2024

Edmonton, Alberta, Canada



GREETINGS FELLOW COSMOS, WE HOPE TO SEE YOU IN EDMONTON THIS SUMMER!

BELOW ARE A FEW BURNING QUESTIONS WE HAVE RECEIVED. IF SOMEONE IS WONDERING, I BET EVEN MORE PEOPLE ARE TOO!

FAQ'S

Q: How do I register for the convention?

A: The link is available on the [Cosmopolitan International Site](#)

Q: How can I book my hotel?

A: The link is available on the [Cosmopolitan International Site](#)

Q: Is there more to do if I come early or stay later?

A: You bet! There are loads of things to do, we highlighted many of them in the last Cosmo Topics, you can [check it out here!](#)

Q: I am flying in, how do I get to the hotel and back to the airport again?

A: There is a flat rate of [\\$62 for a taxi](#) or [\\$71 for a limo](#), there are also [Buses and Shuttles](#), or Uber

Q: I am driving to Edmonton, where can I park?

A: There is parking at the hotel, the rate is \$38 per day

Q: I am organizing a bus, is there somewhere to park the bus?

A: Yes we can arrange bus parking, if you are interested please email edmontoncosmoclub@gmail.com for more details

Q: What is 'The Challenge'?

A: The challenge ahead of each Club and/or Federation is to secure as high a donation as possible to present at the 2024 convention in Edmonton! This donation will be presented during the convention directly to [DRIFCan](#) and [The Alberta Diabetes Foundation](#). We have confirmed that both options are CAF compatible (for our US Cosmos) and are able supply tax receipts. The Western Canada Federation has worked with the Cosmopolitan Foundation Canada to secure a donation of \$50,000!

Q: What is the convention Passport?

A: You will get punches for different events you attend. Meetings, education sessions etc. At the end of the convention, we will collect the passports. You will be entered into a draw based on how many punches you have! Spoiler alert – the more punches you have the bigger the prize!

Q: I don't see the Pancake Breakfast act of service on the agenda?

A: Unfortunately, we had to cancel this event due to logistics

Q: I don't see ADI on the new agenda, are we no longer going there?

A: Due to recent facility changes we have moved Thursday's events to the hotel

Q: What is 'GOLF' on Thursday?

A: The 'Front 9' stations are set up with a fun fact at each and a yummy appetizer. The 'Back 9' does not include any food or drink, it is an optional fun scavenger hunt/Pub Crawl around the downtown area

Q: Am I going to have fun in Edmonton?

A: You bet you will!

Q: I am driving up in my RV, is there anywhere to camp?

A: Reach out to edmontoncosmoclub@gmail.com and we will be happy to send you some options

Q: The answer I am looking for is not here, who do I ask?

A: Quickest method is to email edmontoncosmoclub@gmail.com

2024 INTERNATIONAL CONVENTION TENTATIVE SCHEDULE

Day 1 - Thursday, July 18th

Registration Table	8:00am - tba	2nd floor - top of escalator / Awards drop off
CI Board Meeting	9:00am - 12:00pm	Yukon 9a-1030a - break - resume 1045a- 12p
Lunch	12:15 - 1:00pm	British Columbia/Alberta
First Timers	1:00 - 1:45pm	Yukon
Mixer	1:00 - 1:45pm	North Foyer - fun social for those not attending the First Timer's
Education Session	2:00 - 3:00pm	Strathcona
Cheque Presentation	3:15 - 3:30pm	North Foyer *Everyone please wear your convention T-Shirt!
Education Session	3:45 - 4:45pm	Strathcona
PIP Reception	5:00pm	Hospitality Suite
GOLF!	6:30pm	North Foyer - Front 9 at hotel - included 'finger foods'
Back 9	8:00pm	Optional - locations between hotel and Ice District
Hospitality Room	8:00 - 11:00pm	Hospitality Suite - Crown Parlour

Day 2 - Friday, July 19th

Registration Table	8:00am - TBA	1st floor - bottom of escalator / Awards drop off
Welcome Buffet Breakfast	8:00 - 9:00am	Devonian
Opening Ceremonies	9:00 - 9:45am	Devonian
Education Session	10:00 - 11:00am	Strathcona
Break	11:00 - 11:15am	
Education Session	11:15am - 12:15pm	Strathcona
Luncheon	12:30pm	Devonian Speaker TBA
Awards Judging	Afternoon	Director / timing TBA
Free time	2:00pm	Free Time
Dinner / Entertainment	5:30pm	Taste of Edmonton - Meet in Lobby if you would like to join and go as a group, however you are free to go at your leisure
Hospitality Room	8:30 - 11:00pm	Hospitality Suite - Crown Parlour

Day 3 - Saturday, July 20th

Buffet Breakfast	7:45 - 8:45am	Devonian - Buffet available until 845am, coffee tea will remain
CDF/CFCI Beacon Breakfast	8:30am	Devonian 830am-1015am
CI Delegates Meeting	10:30am	Strathcona
Installation luncheon	12:30 - 2:00pm	Devonian - *2025 convention presentation also during this time
CI Board Meeting	2:15 - 3:15pm	Turner Valley
CDF Board Mtg	3:30 - 4:30pm	Turner Valley
Cocktails	5:30pm	Centennial
President's Banquet	6:30pm	Devonian
Awards	7:30pm	Devonian
Entertainment	8:15pm	Devonian
Awards	7:30pm	Room - The Devonian (Time TBA depending on meal)
Entertainment	8:15pm	Room - The Devonian

Day 4 - Sunday, July 21st

Continental Breakfast	7:30 - 10:00am	Devonian
General Feedback	7:30 - 10:00am	Devonian

CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

The mission of Cosmopolitan International is to change the world one person and one community at a time. That's why Cosmopolitan International service projects—however large or small—aim to serve both individuals and communities. Our Clubs across the US and Canada raise funds to assist in diabetes research, as well as help their local communities by sponsoring projects that are used by many people throughout their community.

An application has been prepared to facilitate listing these programs. Applications can be submitted by individual clubs or federations. Once an application is reviewed and accepted as complete, the proposed center / program will be appropriately listed. Applications are available from CI headquarters and are downloadable from www.cosmopolitan.org under Resources, Club and Federation Info.

Major Cosmopolitan Diabetes Center/Program

- Primary focus must be diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

855 Brambleton Avenue
Norfolk, VA 23510
B 757.446.5909
Jerry L. Nadler, M.D., FACP, Director

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive
Columbia, MO 65212
B 573.882.2273
Jeff Robbins, Administrator

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

PO Box 394
Sioux Falls, SD 57101-0394
B 605.333.7315
Dr. Laura Davis-Keppen, M.D.

DIABETES INCORPORATED

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

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

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

HEARTLAND COMMUNITY HEALTH CENTER

1312 W 6th St
Lawrence, KS 66044
785.841.7297
Elizabeth Keever,
Chief Development Officer

ALBERTA DIABETES FOUNDATION & THE ALBERTA DIABETES INSTITUTE

University of Alberta
1-020 Li Ka Shing Centre for Health
8602 112 Street
Edmonton, AB T6G 2E1
ADFAdmin@ABDiabetes.com
albertadiabetesfoundation.com

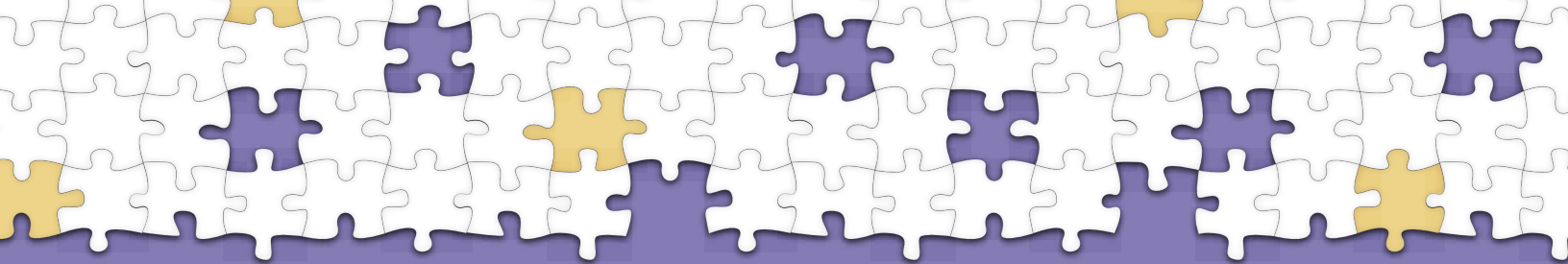
CORNBELT DIABETES CONNECTION, INC.

9905 South 173rd Circle
Omaha, NE 68136
H 402.895.6732, C 402.290.3471
Terry Sanford, Chair
tsanford77@cox.net

THE CENTRAL MISSOURI DIABETIC CHILDREN'S CAMP, INC.

PO Box 1942
Columbia, MO 65205-1942
P 573-474-4326
David Bernhardt,
CPA, Executive Director





Major Cosmopolitan Community Center/Program

- Primary focus is non-diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single non-diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

COSMOPOLITAN INDUSTRIES, LTD.

28 34th Street E, Saskatoon, SK S7K 1R5 CANADA
 Sharlene Duquette, Executive 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

RUSH Copley Hospital

Alex Pope CFRE,
 Vice President
 2000 Ogden Ave
 Aurora, IL 60504
 www.rush.edu
 B 630.978.4946



COSMOTopics
2500 W. 49th Street, Ste. 223
Sioux Falls, SD 57105-6508

SIGN-UP TODAY!

2024 INTERNATIONAL CONVENTION



JULY 18-21, 2024

EDMONTON, ALBERTA CANADA

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For more convention information visit
<https://www.cosmopolitan.org/page/convention>

In Memoriam

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

Harvey J. Schmidt
Sioux Falls Noon Club
Sioux Falls, SD
57 year Member
April 16, 2024

Pat Wanhella
Saskatoon Cosmopolitan Club
Saskatoon, SK Canada
June 28, 2023

Rod Postle
Prince Albert Club
Prince Albert, SK Canada
March 24, 2024

