

New Era



WINTER 2017 ISSUE

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR by Tracy Miller

I have always enjoyed the Winter months right after the holidays. With the sometimes-frantic pace of holiday planning now a recent memory, now is the time to begin planning for Spring and what we, as Cosmos, can do to spread the word about the wonderful organization of which we are a part. When will your Spring membership event be held? Who are you inviting to your next club meeting? And have you visited the new Cosmopolitan website yet?

I hear from members on a regular basis how much they enjoy reading COSMOTopics, but this edition features two especially heartening articles that I hope you will enjoy.

First, the Cornbelt Diabetes Connection (CDC) recently debuted its brand new mobile diabetes unit, a state-of-the-art gem that promises to positively impact the lives of many with its detection, education, and treatment capabilities. After years of planning and fundraising, the CDC can be very proud of this truly magnificent accomplishment. Congratulations CDC team!

Our second impact story comes from Cosmopolitan Diabetes Foundation chairman Melvina Newman. In this edition, Melvina shares with us some letters she has received from recent recipients of CDF grants. If you ever wonder if our work really matters, these letters should answer with a resounding "Yes!" Take a moment to read the letters she shares and absorb the far-reaching impact your dollars have.

The 2017 International Convention will be here before we know it, and the Spring edition of COSMOTopics will feature all the information you need to make your plans and register. It will be in your mailbox before you can say, "Regina, here we come!"

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.



COSMOTopics

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The “New Model” for Service Clubs

International President-Elect John Hubert and I attended the 2016 Service Club Leaders Conference (SCLC) in Louisville, Kentucky, this past November. I always enjoy attending SCLC because of the new ideas, energy, and camaraderie that come from the gathering of staff and volunteer leaders of service clubs similar to ours throughout the United States and abroad.



Tracy Miller
Executive Director

It is no secret that all service clubs share in the same challenges: decreased membership, aging volunteers, and shrinking budgets. While other service clubs in the SCLC family such as Rotary, Kiwanis, and Lions share the same overall challenges that we face, our smaller per capita size dictates that our need to find solutions to these challenges is particularly urgent.

In response to a changing world where fewer people are seeking volunteer opportunities in traditional service clubs, many of the service clubs are transitioning to what SCLC refers to as “the new model” for service clubs. This means that the clubs are looking at new ways of doing business in order to stay relevant, to serve their communities, and to continue funding research in our respective areas of focus.

At last year’s conference, National AMBUCS Executive Director Joe Copeland spoke of the AMBUCS new model, and I immediately began to think of how we could replicate their best practices at Cosmopolitan. AMBUCS’ focus is on creating mobility and independence for people with disabilities. Under their new model, AMBUCS created the Amtryke Therapeutic Tricycle Program which is run by Amtryke, LLC, an organization fully owned by National AMBUCS, Inc. The purpose of the Amtryke Program is to provide therapeutic tricycles to individuals who otherwise would be unable to operate a traditional bike. The national office of AMBUCS procures the trykes from their manufacturer and sells the trykes to clubs who then provide the trykes to deserving individuals.

Through this new model, AMBUCS is growing between 10 and 15 new clubs each year, and they have decreased their per capita dues

by more than fifty percent. Their per capita membership is static at about 4,300 members, but their number of chapters is growing, which means more groups of members are working toward their cause. The new model for AMBUCS means that they are bringing in people who simply want to help deserving members of the community and are not necessarily focused on attending traditional meetings or club events.

As I listened to Joe speak on the success of their program, I began to think of how Cosmopolitan might develop a new model for our own organization. A new model would by no means replace our traditional clubs, but would add a new style of club for those who simply want to get involved with bettering their communities. Our international project, Paws Saving Lives, shares many common features as the Amtryke Program – providing a needed resource to individuals whose lives otherwise would not be as enriched or fulfilled. How might Paws Saving Lives serve as our new model? Or is there another program we might adopt for this purpose? These are big questions, and I wanted to spotlight this issue in this edition of COSMOTopics so that all members have an opportunity to consider the “new model” concept and consider how we may redesign ourselves to meet the needs of our communities going forward. The international board of directors will be mulling these questions as we seek to think outside the proverbial box and ensure that Cosmopolitan will continue to serve diabetics, as well as our communities as a whole, for years to come. You, as our fellow Cosmopolitan, are a valued resource within the Cosmopolitan family and, no doubt, have ideas that just may transform us into the Cosmopolitan of future generations.

In response to a changing world where fewer people are seeking volunteer opportunities in traditional service clubs, many of the service clubs are transitioning to what SCLC refers to as “the new model” for service clubs.

We invite you to think with us. Reach out to me or a board member anytime, and let’s best position our organization so that future generations, too, might know the fulfillment that comes from service to others.



David House
International President

Much of the functionality that we used to have is presented in an easier format and many users have commented on how much easier it is to use.

New Year Update of Cosmopolitan International

The new website is up and running! Many of you have already accessed the site and discovered what all the fuss was about last year when we decided to investigate the ClubRunner platform.

Lots of hours and effort has been put into the design and functionality of the site. Much of the functionality that we used to have is presented in an easier format and many users have commented on how much easier it is to use.

Some of the background processes are quite different, and ED Tracy is still discovering new ways to do old tasks. But almost everything is there and available to all of us.

Two items did not make the transfer to the new site: The Beacons database and the new Bricks database. Both of these sites are currently being developed and should be in the testing phase very shortly.

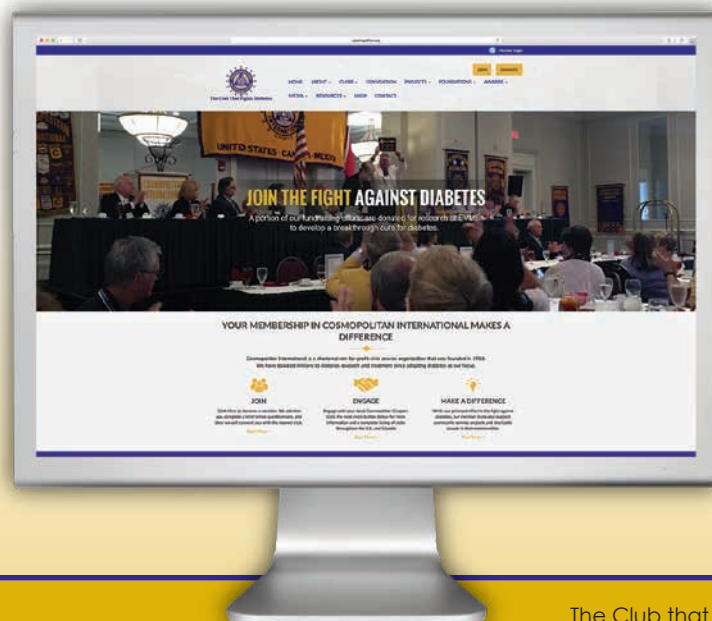
Beacon members will be able to see all of their previous transactions, including the ability to print out statements of their donations. They will also be able to set up notification reminders of upcoming pledge amounts. And CI will be able to produce invoices for distribution if desired. This should make tracking the Beacon status and payment history much easier.

The bricks system will be a new feature for Cosmopolitan members. We have captured pictures of all the bricks that were originally located in the courtyard of the old headquarters building when the bricks were gathered and moved to Columbia. They have since been laid permanently into a Cosmopolitan wall that you can see on Facebook and soon on the CI website as well.

The new bricks system also will provide a virtual brick option where CI Members and their families can order/view virtual bricks as well as order/view the physical bricks for the wall. This provides a great way to preserve a member's accomplishments over time. And this will provide people the opportunity to view bricks for previous members without having to travel to Columbia, Missouri.

Finally, your club should have received a copy of several videos that were shown at the International Convention in Norfolk. These were mailed to all club presidents in October 2016. The videos make great presentation pieces for guest nights and outings. You are all encouraged to use them where appropriate.

And I want to encourage all of you to check out the January edition of the Cosmopolitan newsletter for information on the Amazon Smile program. The Cosmopolitan Diabetes Foundation (CDF) has been setup as a charitable fund with Amazon Smile whereby you can designate 0.5% of the purchase price of any item purchased through this program to go directly to the CDF Discovery Fund. What a great way to continue to provide funds for CDF! Most of us purchase stuff online frequently, and this would be a great tradition for many of us.



Cosmopolitan Foundation of Canada, Inc.

The Cosmopolitan Foundation of Canada, Inc., (CFC) continues to fund research and education to finding a cure and helping those with diabetes.

As the Foundation President, I have the honor of representing an amazing group of volunteers throughout Western Canada. The dedication and commitment of time and personal resources given by Cosmopolitans, our friends, our businesses, and our families is second to none. Each Cosmopolitan Club has a Foundation representative who promotes awareness and projects at the local level. These Foundation Angels are the backbone of our Foundation and key to our success. These Club representatives are also board members helping to shape the future and guide our support to various projects and research. As mentioned in my last report, the CFC is pleased to continue its commitment to finding a cure for diabetes by supporting the research of the Albert Diabetes Foundation (ADF). The CFC also made a pledge of \$175,000 over seven years to fund their research project. We are proud of the support and commitment to our Beacon's fund from our membership. We now have six levels of recognition acknowledging the long term generous support of our members. Thank you all for your continued support.

Here a few inspiring quotes I would like to share:

"Service to others is the rent you pay for your room here on Earth." — Muhammad Ali

"Volunteers do not necessarily have the time; they just have the heart." — Elizabeth Andrew

"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever." — Kofi Annan

"We make a living by what we get, but we make a life by what we give." — Winston Churchill

"Only a life lived for others is worth living." — Albert Einstein

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

"Whatever community organization, whether it's a women's organization, or fighting for racial justice ... you will get satisfaction out of doing something to give back to the community that you never get in any other way." — Ruth Bader Ginsburg

I personally joined Cosmopolitan because I did not have a lot of money to give, but I did have the time to give. To see the difference our clubs have made on people's lives over the years is a great reward for which I always will be thankful. I am truly humbled to represent this organization as we continue to do great things at the local level, nationally, across North America, and around the world.



Darwin Baker
CFC Chair

To see the difference our clubs have made on people's lives over the years is a great reward for which I always will be thankful.



Promoting The Living Gift Through Medical Research Since 1984



Melvina
Newman
CDF Chair

The
Foundation
Board again
wishes to
thank everyone
for your
contributions.

Contributions help in so many ways and will be remembered long after the giving.

Happy New Year! The recent holiday season helps us to reflect on the things we are all thankful for. It is a time to say to all members of Cosmopolitan “thank you” for all you do to support the Cosmopolitan Diabetes Foundation.

The giving season means that the Foundation receives numerous requests from various causes, and I want to share my thoughts on giving to the Foundation.

The Beacons Fund generates income to support Cosmopolitan International educational opportunities and special projects, our various approved diabetes programs, as well as grant requests from numerous organizations involved in the treatment and care of both children and adults suffering from diabetes.

If you want to help the Cosmopolitan Diabetes Foundation (CDF) be successful, you can start any time. The reason why so little is ever done is generally because so little is attempted. See the opportunity to be a CDF supporter now

and take a new step to help our fight to find a cure for diabetes.

There are many Cosmopolitan members and non-members who have already “boarded” the Beacons train. You also may climb aboard by completing your pledge “ticket” and returning it to CDF. If you are already on the Beacon train, consider a new level to help us travel further in our help to find a cure for diabetes. You also may make contributions to the Beacons fund without pledging a Beacon membership or even being a member of Cosmopolitan. Your contribution is one of the many ways you can make a life-changing difference. Spread the word with family and friends. Involve your entire club, and come aboard.

In the Fall Issue of COSMOTopics, a list was provided of the grants given during the past year. It is so gratifying to hear of how much those receiving a grant do appreciate the support. Why you give is reflected in some of the responses we have received from grant recipients as shown in this article.

Health Care Access Clinic, Lawrence, Kansas

The clinic provides everything a diabetic patient needs to keep blood sugars under control with A1c testing on site along with teaching how to manage diabetes with lifestyle changes. The clinic serves residents living at or below 300% of the federal poverty level.

Cornbelt Diabetes Connection, Nebraska and Iowa

The Cornbelt Diabetes Connection (CDC) provides financial support for healthcare and education to those not having access to care and provides free glucose screenings and other health tests in conjunction with Nebraska Methodist College School of Nursing and their mobile unit.

Prairie Star Health Center, Hutchinson, Kansas

The Center promotes wellness, education, and healthcare services for all including those who are uninsured/underinsured including an exercise program for diabetics not able to afford structured healthy behavior programming.

Camp Hertko Hollow, Iowa

Camp Hertko Hollow provides grant sponsorships for kids to have an opportunity to attend special diabetes camps serving the diabetic youth. The camp teaches good diabetes management skills as well as ways to improve youths’ self-esteem and self-confidence.

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Corn Belt
Diabetes
Connection

GOVERNOR'S CORNER

Judy Weitkemper

I have 5 big goals to achieve this year, but the main one is for our Clubs to become stronger, not only in numbers but also in involvement, working together as a team.

This year I am honored to be the Mo-Kan Federation Governor and it is a privilege I do not take lightly. Mo-Kan is the largest of the Federations, having 11 Clubs and close to 400 members. I have 5 big goals to achieve this year, but the main one is for our Clubs to become stronger, not only in numbers but also in involvement, working together as a team. My hope is that the members will get more involved, get excited about being a Cosmo and realize how important Cosmopolitan is to our communities and to diabetes, realize that we have something worth growing and sharing with others. I feel very strongly that we do and that we can do this. Once we achieve this, the other goals will happen naturally. "All our dreams can come true if we have the courage to pursue them." Walt Disney.

I have started a monthly newsletter to the Club Presidents to cheer them along, let them know what others are doing and what is going on at the International level. I am getting very good response from the club presidents and am happy to report that Mo-Kan Federation is on the move! The merger between the Heartland and Santa Fe Trail Clubs (Don Gentry, President) has enhanced their ability to support their community and is helping them to grow as an organization. They are currently looking at potentially 6 new members and have raised over \$25,000 this year. The Wichita Air Capital (Dustin L Kuhn, President) has raised over \$18,000 and added 6 new members since the beginning of their year. The Columbia Show-Me (Rose La Mantia, President) has added 1 new member and raised approximately \$10,000 at Walktoberfest for diabetes, and their members are enjoying monthly socials. The Columbia Breakfast Club (Dean Barry, President) has added another new member and is working on getting a new Club going for the APO Students at the University of Missouri. The Columbia Luncheon Club (Jim Loveless, President) continues to do great things for the community through their weekly Bingo games and are also doing a lot

of socials, etc. to get more involvement from the members. The Emerald City Club (Gary Bartlett, President) is a very active club in the city of Topeka KS. They have been involved in fun events such as Biscuits & Gravy event at the American Legion, working at the A1C Diabetes Camp and have many big events planned for the year. The Cosmopolitan Club of Topeka (Dr. Jimmie Gleason, President) celebrated 68 years during their installation banquet this year and in October celebrated and honored George Hutchins with a 50 year membership pin. The Jefferson City Cosmo Club (Linda Shields, President) recently held their 22nd annual Tom Henke Charity Classic Golf Tournament and raised approximately \$50,000 for the Special Learning Center and \$15,000 for the Cosmopolitan Club's diabetes and community service projects.

I am so proud of what our Presidents and their clubs are achieving this year. This type of involvement creates excitement for Cosmopolitans, gives us recognition in our communities which will make growth in membership and in building new clubs easier to obtain. Next up for us.....membership drives.

I am excited to be a Cosmo and know the future of our organization is as bright as we are willing to make it....Go Mo-Kan.....Go Cosmos!

GOVERNOR'S CORNER

Russ Danstrom

I am the 2016-2017 Governor of the Capital Federation (Cap Fed) and am honored to serve in this capacity. As a past President of the Roanoke Club, I found that the struggles that we face as a club are seen by all of the other clubs in the Cap Fed, the biggest of which is membership growth. I am a small business owner and have been an officer in a Fortune 50 company. One of my main business beliefs is to set two to three major but concise annual goals and to track progress against them during the year. There is always time to complete small goals but focusing on a few big priorities ensures their completion.

Here are my three annual Cap Fed goals:

Results to Date:

Grow Cap Fed Membership: Our Cap Fed membership stood at 111 on July 1 and is now slightly higher at 114. Most of this growth has come from the Norfolk Club which has had success with their monthly socials. In targeting the millennials, Norfolk believed that after work get togethers would rejuvenate existing members while also appealing to younger prospects. They are able to discuss their "Citizen of the Year" award, diabetes focus and Strelitz Diabetes Center support. The results after a few months are impressive, and they plan for continued growth as they funded their socials for ten months. Other clubs also have some membership growth plans. This is aligned with Cosmopolitan International's operating plan

Introduce three to five new attendees to the Cap Fed Convention on May 20, 2017: We had one first-time attendee at our Cap Fed trustees meeting held last Fall. We agreed to hold a membership growth workshop at the Convention and will review existing plans and amend or construct a plan for each Cap Fed club at our Saturday morning session. Promotion of this workshop has begun with the club presidents which we believe will lead to more first-time attendees and additional membership growth. Attending

the Convention also will drive stronger engagement in Cosmopolitan for these first-time attendees.

Add three to five new Beacon club members: After visiting Strelitz at our Norfolk Cosmopolitan International convention, and hearing about the more than \$2 million that has been raised for Strelitz and the many breakthroughs that are coming as a result, it was easy to make this a Cap Fed priority. We have added one new Beacon club member, and a few more applications are in process. Many of our Roanoke Club members were not familiar with the Beacon club, so we promoted this at a recent business meeting.

Since these priorities are in alignment with Cosmopolitan International goals, as well as with the goals of our Cap Fed Clubs, it makes it easier to rally support for them. When clubs and members are engaged and aligned with Cap Fed priorities, we should be successful. In line with this membership push, I would like to recognize Art Nelson's 50th anniversary as a Cosmo!! It is rare that such a milestone is met and the Capital Region did it right by throwing a celebration!! When we hit our three priorities we, too, will celebrate.

1.) Grow Cap Fed Membership

2.) Introduce three to five new attendees to the Cap Fed Convention on May 20, 2017

3.) Add three to five new Beacon club members

Engaging

Potential New Members

By LaVonne Hawking



I was asked recently by ED Tracy if I would write an article about sponsoring new members into Cosmopolitan. She noted that I had sponsored numerous members myself recently and thought our clubs may benefit from my approach. I thought it would be an easy task - **but to put it on paper is not so easy.**

I have no set procedure, but this is what I do.

When I first meet someone and during a conversation it may or may not lead to discussion of what do I do for fun. If we do discuss this, I will mention that I belong to the Cosmopolitan Club and I will say no, not the magazine nor the drink, but an organization for diabetes where we raise funds for education and research and send kids with diabetes to camp with their peers. Nine times out of ten, the camps will get their attention.

I go on to say that our local club will be celebrating 90 years of service in the Aurora area, and we also have clubs in Elgin (two), Rockford, Belvidere, and Valpariso and we are part of the Mid-States Federation. We have six Federations throughout the US and Canada - and about 1,500 members.

I will talk about the various fundraisers the clubs have and that we conclude the year with a convention in one of the host federation areas. For example, this year's international convention will be held in Regina, Saskatchewan. I also mention that I have been to various parts of the country that

I probably would not have traveled to had it not been for the convention. I say that at convention, we meet people from all the clubs, and that when we get together, it is like a family reunion. The friendships are priceless. Many of us keep in contact with each other throughout the year via Facebook, emails and phone calls. Many of us are on executive boards or committees at the International level.

Our dues for the Aurora Club are \$125.00 a year and we let you pay throughout the year or up front, whatever is best for you. We meet once a month at Oak Street Restaurant in North Aurora. We start to gather around 5:30 p.m. to talk and have dinner. The meetings normally start at 6:30 p.m. and last one hour (my goal as President is for one hour meetings). Of course, if it is a special event with guest speakers or projects to talk about it could go longer. We are a diverse group of members and have a wide range of ages from 22 to close to 80. Most important is that we know each other. We care about each other, and if one hurts, we feel their pain. We are family. We offer to help a member if needed in a given situation.

I further mention our club has members in Arizona, northern Wisconsin, and two in California, and that we have a few



members that live within 30-60 miles from Aurora. They cannot attend meetings, but will support our fundraisers by contributing gift cards and other items for raffles. Most of all they are supporting the cause - fighting diabetes.

We have given funds for scholarships at our local community college for the past few years. This year, a friend went with me to the presentation night, and she was overwhelmed with the evening. She was a surprise joiner at our membership event. I have two family members (both in California) who joined the club because they decided to become a member of the club/organization that fights diabetes.

We are very fortunate to partner with the Kovler Diabetes Center of The University of Chicago Hospital this past year. Since this affiliation, we also contribute to “Celebrating the Miracles” as part of the Monogenic Diabetes Research. This event is held in June and is attended by families throughout the world.

We have helped one of our members purchase a diabetic alert dog (DAD) for their son - he was diagnosed at the age of 18 months with type 1 diabetes. Frankie has his dog, and Stanley has certainly been a lifesaver for Frankie.

We are in close contact with the newly-formed club in Valpariso, Indiana, and anxiously wait for them to get 20 members so they can be chartered. I always ask people if they know of anyone in that area that might want to join this club. Club president Nancy heard about the Cosmopolitan Club when she was looking for a DAD for herself. She was then given Executive Director Tracy Miller’s info to contact, and right then Nancy knew she wanted to start a club. Nancy now has her DAD as of last May.

We do fun things such as ringing bells for the Salvation Army and donating to food pantries, women’s shelters, and homeless shelters. We also help at the local Back to School Book Fair for children, which is part of the Community in Schools organization in our area.

Yes, all of this seems like a lot of information for a first time conversation, but you can tell if you have engaged the person into it or not, and maybe you might need to keep some of conversation points for another time.

A year ago, the membership committee came up with the idea or incentive that if a member sponsors three members per quarter they would receive a \$100 Visa card. Yes, this is a great incentive, but I’m not bringing new people into our club for that reason. I want people to join because it is a great organization. Everyone has a family member or friend with diabetes, or they may have diabetes themselves or lost a relative. Let’s fight this battle, but it takes members and monies to do so. Won’t you help us?

My feelings are, if you talk about the club and show enthusiasm about the cause this will entice the person with whom you are talking to ask questions and want to be invited to a meeting.

The biggest fear people have
is to ask a person to come to a meeting for fear that person will say no. But, what if they say yes? I feel if you believe in the cause you can “sell” the cause and the club.

EXECUTIVE COMMITTEE

John Hubert

A Beautiful Day

It was a beautiful fall day, and the leaves were beginning to fall in Cosmo Park, a park started by our Columbia Cosmopolitan clubs in 1949, and home too many buildings, playgrounds, and structures dedicated to our Columbia Clubs and members. The park also is home to our beautiful Cosmopolitan members brick wall.

Today is the Columbia Show-me Club's annual Walktoberfest 5K walk/run. The Show-Me Walktoberfest 5k was started in 2005 by our current Mo-Kan Governor Judy Weitkemper to help fight diabetes. This is their 11th year of raising money for the Columbia University Hospital Diabetes and Endocrinology Center. This year, the funds raised will be shared with Camp Hickory Hill, a local diabetes camp for children. The Walk was supported by participation and funding by all three Columbia Cosmopolitan Clubs, plus a \$1,000 contribution from the Jefferson City Club, and generated \$10,000 in revenue. Every \$1 made will go to diabetes research or needs, since the food, tee-shirts, and awards were donated by local businesses or provided by Cosmo members. The first place award this year was quite substantial – a balloon ride with wine and fun. Every walker enjoyed a lunch after the walk and a souvenir to take home.

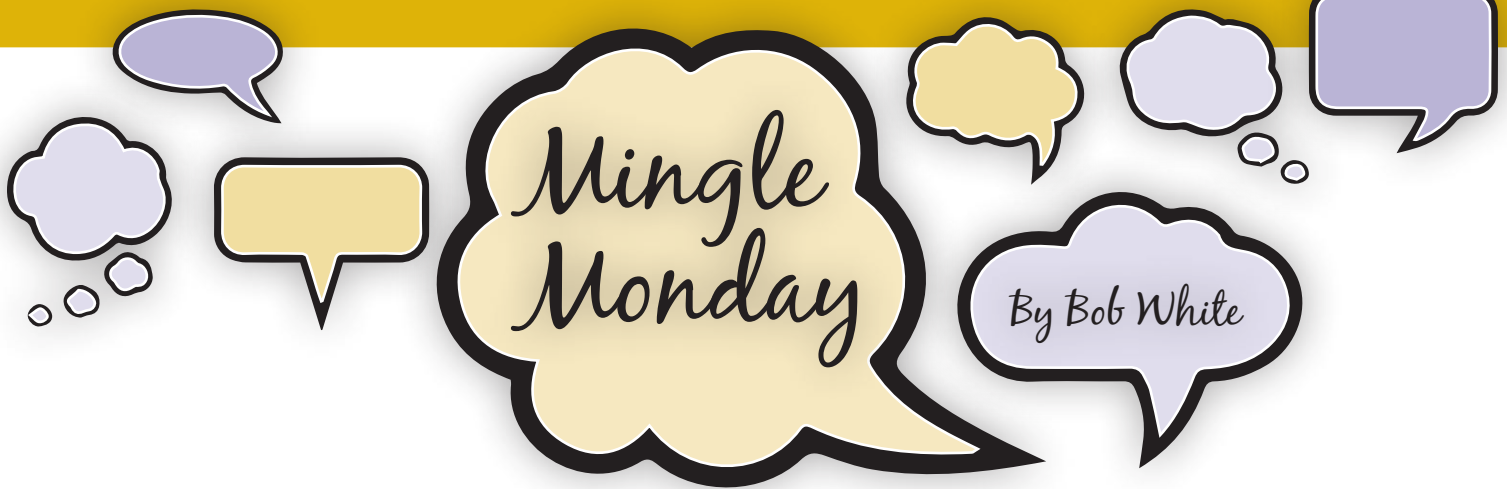
The Show-Me club is one of three Cosmopolitan clubs in Columbia, Missouri. The Show-Me club was founded in 1987 by the Columbia Cosmopolitan luncheon club and was the first Cosmopolitan International club chartered with both men and women. The Luncheon Club was chartered in 1947, and the Cosmopolitan Breakfast Club was chartered in 1962. All three clubs work in unison to provide a better life for the residents of Columbia. The clubs also have developed a relationship with A.P.O. which is a Missouri University fraternal organization that assists them with many of their fundraisers. The club's largest fundraisers are Wednesday night bingo, an annual pancake and sausage breakfast, an annual spaghetti dinner and, of course, the Walktoberfest. The clubs also pool their talents and efforts for membership events. They recently had an event that recruited some new members with presentations being made by Mo-Kan Governor Judy Weitkemper and me. One previous membership event featured a Bunco game with a buffet and another was Black Light Bingo.

Thru Unity, Service, and Action the Columbia clubs have given back to their community immensely. More than \$200,000 was raised by the Luncheon Club alone for the Cosmopolitan Diabetes and Endocrinology Center at the Missouri University Hospital with more than \$1,000,000 raised on an International level. The Columbia Luncheon club also has given more than \$1,000,000 to the parks and playgrounds in Columbia. Many other needy organizations and diabetes-related projects have benefited from the Columbia Cosmopolitan clubs' giving.

Columbia is fortunate to have three vibrant and active Cosmopolitan Clubs giving back to their community.



Members of the Columbia Show-Me Cosmopolitan Club present Michael Gardner, MD, of the Cosmopolitan International Diabetes and Endocrinology Center of the Columbia University Hospital, with the Club's annual donations to the Center.



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About ten years ago, then-President of the Rapid City Club, Bernie Roth, decided to bring some variety and community awareness to the Rapid City Club and started what is known as “Mingle Monday.”

.....

The last Monday of each month becomes Cosmo Outreach and the club visits some entity in the Rapid City Community. The variety is nearly limitless and always informative and enlightening. Since its inception, I’m not aware of a single time that a venue turned us down. They are all very proud and eager to share what they do. The possibilities run the gamut of such places as public buildings (County Administration Building, 911 Call Center, City Recycle Center, Public Library, etc.), galleries (Dahl Fine Arts Center, Suzie Cappa Art Center, Ellsworth Air & Space Museum, etc.), commercial enterprises (Dakota Hills Veterinary Clinic, Sommerset Retirement Community, Harley-Davidson of the Black Hills, Rapid Precious Metals, Echo Works Recycle, Pacific Steel Recycle, Moda-Stone Countertops, Servall Uniforms & Linens, Bob’s Shoe Repair, etc.) and medical facilities (Community Health Center of the Black Hills, Rapid City Regional Endocrinology Center, etc.) are just a few of the more than 100 visits we have made since Mingle Monday’s inception.

Beyond the enlightenment of our club members is the awareness of the business community as to who we are and what we do. This opens the doors to monetary commercial sponsorships & donations or new members through our contact with the employees and the business owners. We take the opportunity to have a brief conversation with management about how an employee who is active and engaged in the community becomes a more stable and productive employee as a member of the Cosmopolitan Club. Businesses than should take the opportunity to reward that employee by sponsoring them into the club. We are always surprised by how many of these people we meet are impacted by diabetes and how excited they are with the opportunity to do something about it as a club member.





Rick Swansbro

Paws Saving Lives:

The Story of Nancy and Keeley

As a community service club, we strive to positively impact the lives of others. As an executive member of Cosmopolitan International, I have had the opportunity to see this generosity in many ways throughout our North America network of clubs.

Valparaiso Club President Nancy McDaniel and her Diabetic Alert Dog Keeley.

One compelling story concerns Nancy McDaniel of Valparaiso, Indiana. Nancy joined Cosmopolitan International approximately 18 months ago as a T1 diabetic who desired to join the fight against diabetes. Nancy not only desired to join Cosmopolitan International, she also chose to start a club in Valparaiso, Indiana with the help and support of Mid-States Governor LaVonne Hawking. Today, the Valparaiso club is at 10 members and growing towards charter strength.

Let's get back to Nancy's story. As a T1 diabetic, Nancy experienced frequent nighttime hypoglycemic episodes. These episodes included waking up to paramedics, being unable to move or talk and on one occasion silently saying goodbye to those she loved. During one hypoglycemic event, her husband came to bed at a critical moment when her blood sugar was down to 21. He quickly gave her Glucagon which saved Nancy's life.

This is what led Nancy to Cosmopolitan International. The following morning after a serious hypoglycemic episode, she began researching diabetic alert dogs. Her research led to Heads Up Hounds in Omaha, Nebraska. The cost was significant and the waiting period was one year. Her next step was to research organizations or clubs that could assist with the cost of a diabetic alert dog. No such organization was available in Indiana.



Through the Heads Up Hounds Facebook page, Nancy was led to Cosmopolitan International. After researching our club, Nancy reached out to inquire how to start a chapter in Valparaiso. Shortly thereafter, three club members responded to Nancy's inquiry. One of these respondents was Mid-States Governor, LaVonne Hawking.

LaVonne, immediately went to work, and with the help of the Aurora club as well as other Cosmopolitan International members, began the process of supporting and orienting Nancy in order to begin building a Valparaiso club.

Throughout this process, Nancy benefited from the generosity of Cosmopolitan International and the

Aurora club in order to supplement the cost of a diabetic alert dog and the travel cost to Heads Up Hounds in Omaha, Nebraska.

Nancy adopted her diabetic alert dog, Keeley, in May 2016. Since then, her quality of life has changed for the better. Keeley has alerted Nancy to hypoglycemic episodes on a number of occasions.

That one critical hypoglycemic event changed Nancy's life. Today she has a diabetic alert dog, she has safety and peace of mind, and she has an opportunity to positively "ripple onto others" through Cosmopolitan International!

John Keeley

OUR CALLING TO SERVE

For several years now we, as a club, have been losing more members than we gain in new ones. We need to pull together as conscientious community volunteers in the spirit of “service over self” to reverse this trend so that we may completely focus on our diabetes mission instead of the competing focus of survival as an international service organization.

Part of our calling to serve others, through our volunteer efforts, is to invite others, young and old, to answer that same calling. The power is within each one of us to recruit and retain members and, thankfully, percentage membership increases through Fall 2016 signify a turnaround from past years. This allows me and all stake-holding Cosmo leaders the hope that our focused efforts on membership and governance are beginning to show results. Congratulations to all Cosmos that are putting forth the effort in these matters.

You know if you could do more though. Per the Recruitment and Retention Plan, you need to simply challenge yourself and your fellow club members, yes, that person sitting on either side of you at meetings, to engage in the basic process of thinking of and then recording the names of people, either known or known of, to whom your club's Membership Committee would send and follow up on invitations to club functions. This function would be either a speaker meeting, as a volunteer at a club project, or a Fall/ Spring membership event. Please

record those names on the Great People Who Should Be Cosmos form, preferably in Excel format, add an email, physical address, and telephone number and send this excel file to the membership vice president of your club. The Recruitment and Retention Plan, Great People forms, card invitation templates, brochures, inspirational videos, and more membership-related aides are on the CI website. If several of the names on your Great People form are family, close friends, or acquaintances, you are welcome to dispense with the formalities of an invitation and simply ask and then accompany your guests to club functions. Your personal goal is to accompany three guests to one or a combination of club functions throughout the year. Once your guests are exposed to our mission through either your testament, a diabetes-related speaker, or hands-on project involvement, at least one out of three guests will become members, if asked. As I said, we have added 64 new members, and that has been achieved through the efforts of only one to three members in any one club. If all members would pull together, we could double our membership and

be an even greater force for good in our communities after just the remainder of this year. Considering that we are more than halfway through the year, if just fifty percent of our members (750) accompanied two guest (1500) to a club function between now and the end of May, one out of three guests would become members, if asked. That would be 500 new members. You/we can do this!

Now a word about retaining members. Even though we have gotten off to a good start this year with 64 new members, we in turn dropped 65 then-current members. Yes, there are reason for this that are out of our control; however, member engagement and proper “on-boarding” or orientation of new members is within our control so we must do better by following the Retention Plan to the letter and to not only ask current members to serve in club leadership positions and to assist with club projects, but also to share control of the organization of successful projects as a method for engagement and leadership skills training.

Nominating and inviting people to share in our club and engaging current members will not be difficult; however, we just need the courage to begin making Cosmopolitan International great again.

John Krysak

Numbers! (1+2=3)

Numbers are everything. They are what makes the world go around. They tell the world who we are, where we are, how we are doing, how we did, where we are going, and where we have been.

Think about it just for a second – who are you at work, a number for payroll; who are you at the bank, an account number; where are you, at a number measured by longitude and latitude; where are you going, a number measured in distance; how are we doing, usually measured in dollars and cents. We are no exception at Cosmopolitan International. Everything is measured in numbers! How many members do we have? How many did we have? How much fundraising did we do? How much did we donate? How much can we spend? How much did we spend? How much did we bring in? The list goes on and on.

When it comes to the financial picture of the international office, let's take a look, shall we?

	1-Nov 30/	Budget	June 30/16
Operating funds available	\$44,831	\$N/A	\$55,653
Invested funds	\$252,669	\$N/A	\$252,541
Accounts Receivables	\$19,774	\$N/A	\$3,180
Revenues for the year	\$67,748	\$153,248	\$146,323
Expenses for the year	\$58,091	\$152,291	\$145,077
Income from operations	\$9,657	\$957	\$1,246
Convention surplus (deficit)	\$(7,277)	\$Nil	\$1,170
Income for the period	\$2,380	\$957	\$2,416

As of November 2016, we are 5/12 the way through our year. Our head is still above water even after an unexpected loss in the convention area. Membership is holding at year end numbers so far. Congratulations to everyone for doing what they can to keep the net membership numbers from dropping. We optimistically budgeted for a membership increase which includes increased dues revenues. To date we have lost and gained members but will not recognize an increase in actual dues revenues until we have a net gain in membership for an extended period of time. With everyone's help we can keep this trend going with positive membership numbers and increased dues revenues.

Hot topics in my position include the convention loss and reduced attendance. At the convention, the attendance was looked at trying to determine why the lack of registrations. A couple of related factors came to light. One factor was lower Canadian attendance than normal and a higher exchange rate on these registrations. I reported that the \$275US registration amount after exchange cost me \$387 Canadian. When you factor this exchange in on flights, rooms, meals, and entertainment it no doubt had an impact on the number of Canadian attendees. We looked at ways to help minimize this for future conventions no matter who the exchange rate favors, as this rate is ever-changing and never remains constant. Alternatives were discussed but no definitive answers resulted.



Fundraising – another hot topic! As with the uncertainty of membership numbers and related dues revenues, we must look at ways to generate additional revenues for the international operations. I have agreed to sit on the fundraising committee with some great Cosmos to help find ways to keep our dues down but yet keep us in the black. The more funds we can raise, the more we have to assist in areas of club building, member retention, Cosmopolitan recognition efforts, and so on. Do you have any fundraising ideas? Let the committee know!! Don't forget to use the advertisement area in the Topics, as this also helps to raise funds.

I want to congratulate Executive Director Tracy for all her work in the area of finance. She keeps a keen eye on how we are doing and keeps the information flowing to our accountant. With all her efforts and yours we can reach our targets.

Until I report again, take care and don't forget to check out the website for quarterly results.

A New Era FOR THE CORNBELT DIABETES CONNECTION

By Terry Sanford

It's been said that we all have what it takes to achieve our dreams--- if we can just make our minds up to work hard enough to make those dreams come true. On November 10, 2016, after years of hard work, planning and almost non-stop fundraising, a dream came true for the Cornbelt Federation and its Cornbelt Diabetes Connection when a brand new, custom designed mobile diabetes center (MDC) was unveiled to the public at the Nebraska Methodist College campus in Omaha, Nebraska.



The non-profit CDC, with the assistance of its current partner, the Nebraska Methodist College's School of Nursing, has for the past 24 years been successfully fulfilling its mission of diabetes detection, education, and treatment by providing free blood glucose screenings and other diabetes-related health tests to underserved public sectors in Eastern and Central Nebraska and Western Iowa.

This new MDC was in the planning stages for the past couple years before the order was placed with Winnebago Industries in Fall 2016. After a year of construction, the new unit now replaces a very old, very tired mobile unit that during its 19-year lifespan provided more than 45,000 blood sugar screenings at more than 2,000 sites.



Incorporated into this new and larger MDC are many special features that will provide a more efficient and comfortable health screening environment for both the public and the nurses who staff the unit. These features include handicap accessibility (electric wheelchair lift); dual entrances/exits with electrically-powered, retractable steps; segregated patient screening areas; more comfortable foot examination equipment; internally-zoned heating and cooling; sound abatement and pull curtains for patient privacy; adjustable LED lighting; more cabinet storage; easy-to-clean Corian countertops; and more internal space for better patient traffic flow during testing. Operationally speaking (and not forgetting the driver's needs) the unit will have a large diesel engine under the hood; a 15,000-watt diesel-powered generator on board; rear- and side-cameras for better driver vision; extensive outside LED lighting; and very comfortable seatbelt seating for all passengers.



*View with retractable steps,
wheelchair lift, roll-out awnings*



*Interior - passenger side showing roll-up door
for wheelchair lift entrance*



*Rear of unit - Foot examination
chair, pull privacy curtains*



*Interior view looking toward
rear passenger side*



*Front view -
driver and front passenger seats*

The CDC is managed by a board of Cosmopolitans representing all of the Federation Clubs that have supported the MDC since its inception in 1992. Each club may have two representatives, and several members on the current board have served for many years. During the past couple years as the dream of a new MDC was finally becoming a reality, CDC Board members really earned 'their pay': Ed Anderson, Jim Fenlon, Ed Ficenec, Charles Gordon, Perry Johnson, Randy Kramer, Dave Larson, Ray Mayhew, Jerry Nelson, Gail Nielsen, Kellee Rasmussen, Jim Sauer, and Terry Sanford.

After an extensive orientation program for NMC nursing students and administrators and a couple 'shakedown' trips to check overall performance, the new MDC officially took to the road in early January. As the CDC's 25th year of operation unfolds, the Board already is working closely with Nebraska Methodist College to identify the many ways this new mobile clinic, with its array of updated features and expanded geographic range can become an even more effective weapon in the battle against diabetes. That glow on the horizon is the dawn of a new era for the CDC.

Who's Who at Cosmopolitan?

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Richard Gordon

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(712) 253-8204

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.

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

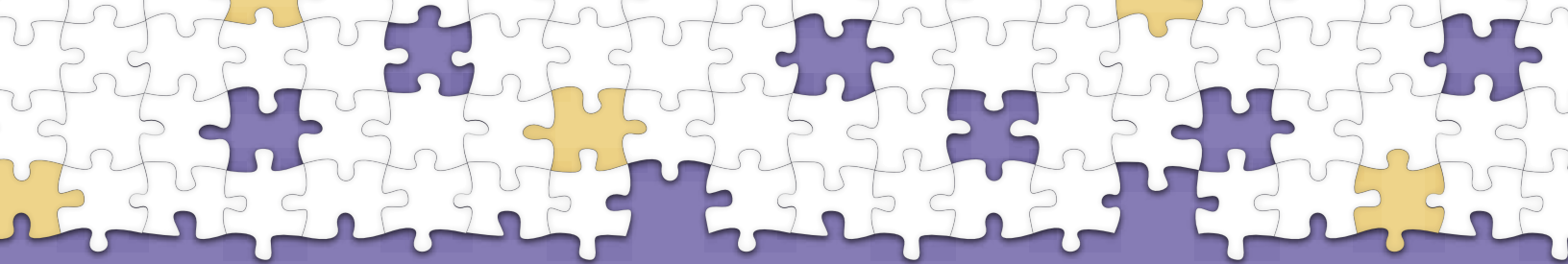
HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

330 Maine St., Lawrence, KS 66044
B 785.841.5760
Shelley Wakeman, Executive Director
director@healthcareaccess.org

DIABETES INCORPORATED

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





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

Peter Gerrard, 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

PROVENA MERCY MEDICAL CENTER

Center For Diabetes Wellness

1325 N. Highland Avenue, Aurora, IL 60506

Maria Aurora Diaz, Clinical Director

B 630.801.5756

SETEBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES

PO Box 196, Winfield, PA 17889-0196

B 570.524.9090 or 866.SETBAID

Mark Moyer, MBA, MHA, Executive Director

www.setebaidservices.org

info@setebaidservices.org

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300

The CosmoTopics News

GET YOUR MESSAGE OUT!

Cosmopolitan members now have the opportunity to place either a business ad or personal message in the pages of Topics.

Would you like to increase sales for your business? Advertise in Topics! Want to wish a fellow Cosmo a happy birthday? Advertise in Topics!

Costs are as follows:

1/8 page (2"H x 3.5"W)	\$25
1/4 page (4.75"H x 3.5"W)	\$50
1/2 page (5"H x 7.5"W)	\$75
Full page (10"H x 7.5"W)	\$100

All ads should be submitted to headquarters@cosmopolitan.org. If placing a business ad, please send your artwork via JPEG (minimum resolution of 300 dpi) or high resolution PDF. Vector artwork (.eps, .ai, .pdf) with fonts outlined and 300 dpi embedded images, is preferred. If placing a personal message, simply send the wording of the message and we will do the design work.

Please make checks payable to Cosmopolitan International and mail to Cosmopolitan International, PO Box 7351, Lancaster, PA 17604. All messages should be in good taste and must be approved by COSMOTopics editor.

Due dates for 2016-2017 are: August 12, 2016 for Fall edition, November 11, 2016 for Winter edition, February 10, 2017 for Spring edition, May 12, 2017 for Summer edition.

Please contact Executive Director Tracy with any questions at (717) 295-7142 or (800) 648-4331 or email headquarters@cosmopolitan.org.

▲ Quarter page ad size

**YOUR AD
HERE**

▲ Eighth page ad size

**YOUR AD
HERE**

▲ Half page ad size

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ PLEASE SUPPORT VETERANS

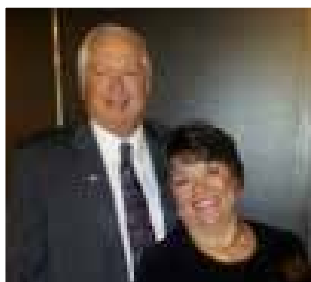
To pay for a new American Legion Building in Hermosa, SD. the local Legion Post is raffling off 100 prizes. Each \$5 donation receives one raffle ticket. Raffle items include:

- Black Hills Jewelry
- Walmart Gift Cards
- Artwork
- Holsters
- Books
- Golf Bags
- Black Hills Lodging
- Tools
- Meals
- Grills
- Coolers *
- And Much More!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Value of the prizes range from \$25 to \$900.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



Please see Jim or Dee Preston at the International Convention in Regina or forward a check for the number of tickets requested to Jim Preston, 14039 SD Highway 40, Hermosa, SD 57744 prior to August 1, 2017.

For a list of prizes or more information, please call 605-255-4494.

PLEASE HELP SUPPORT THOSE WHO SERVED YOU!

Canadian donations are welcome and encouraged.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Thank you for your support. ALLONS Y FAIRE

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

THE 2017-2018 EXECUTIVE COMMITTEE GIVES *a big SHOUT-OUT*

TO THE FREMONT TEENS' DIABETES AWARENESS CLUB FOR THEIR RECENT \$250 GRANT ACHIEVEMENT FROM MIDLAND UNIVERSITY! WAY TO GO TEENS! WE ARE PROUD OF YOUR ACHIEVEMENT AND YOUR DEDICATION TO COSMOPOLITAN!

David House

International President

John Hubert

International President-Elect

John Krysak

International Vice President for Finance

John Keeley

International Vice President for Membership and New Clubs

Rick Swansbro

International Vice President for Fundraising

Bob White

International Vice President for Marketing

Larry Heim

International Judge Advocate



Out & About

Sioux City Club Remembers Charter President

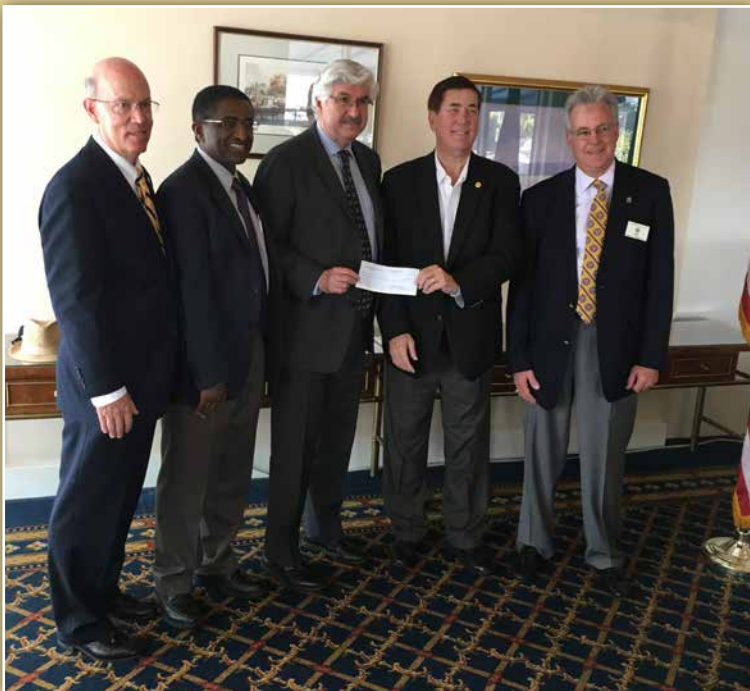
By Curt Stoever

Stanley "Stan" Swanson, charter member and the charter president of the Sioux City Cosmopolitan Club, recently passed away at age 95. Throughout his life, Stan was involved in every aspect of club activities. He was instrumental in selling Christmas trees, all fundraising, and hosting social events. Stan promoted Cosmopolitan beginning on charter night to and including the club's 50th Anniversary last year. Stan was a great family man, and his family was the joy of his life.

Stan also was very active in his church. He was involved in community life, and he was a founding board member of the Sioux City Boys Club and the Western Iowa Community College.

Stan had a positive effect on many people and organizations in the Sioux City area. He will be missed by many, especially by our Cosmopolitan family.

Cosmopolitan \$20k donation to Strelitz Diabetes Research Center to help knock-out diabetes | Cosmopolitan Club of Norfolk



On behalf of the Cosmopolitan International Capital Federation and the Cosmopolitan Diabetes Foundation, Immediate Past Governor Randy Wright and Cosmopolitan Diabetes Foundation Board Member Rob McWilliams presented a \$20,000 donation check to EVMS Strelitz Diabetes Research Center to Richard V. Homan, MD, President & Provost of Eastern Virginia Medical School and Dean of the School of Medicine; Elias Siraj, MD, Professor of Internal Medicine and Chief of Endocrinology and Metabolic Disorders at Eastern Virginia Medical School; and Jerry L. Nadler, MD, FACP, FAHA, FACE, Professor & Harry H. Mansbach Endowed Chair in Internal Medicine and Vice Dean of Research at Eastern Virginia Medical School.

Spotlight on Fremont High School Diabetes Awareness Club (DAC)

By Christian Green

The school year is off to a busy start. We have been meeting since September 13 and have elected our club officers for the 2016/17 school year. Pictures from right to left:

We have identified our Community Service Project for the school year. It is called "Stuffed the Jeep." We are collecting aluminum and tin cans from the High School, FPS School District and the community. We have already "Stuffed the Jeep" four times. The proceeds raised will go to sponsor a FHS student to Camp Floyd Rogers, our local area diabetes camp.

We also participated in the Midland University, Thrivent Financial, Shark Tank competition. We were the only high school group picked to compete in the competition. We presented a marketing strategy that would go along with our mission statement of bringing awareness and understanding of diabetes at our school. We decided to market our DAC club shirts which our VP designed. President Gier was our presenter at the competition. She told her story of being a Type 1 diabetic since she was two and a half years old and how she wanted to start a club to bring awareness and understanding of Type 1 diabetes. She also explained the difference between Type 1 and Type 2. The presentation was well received, and we were granted \$250 for our cause. As November was Diabetes Awareness Month, we sold our shirts and promoted diabetes awareness during lunch. We also posted information in the main hallway at school right outside of our meeting room.

At the Fremont Cosmo Club 100 membership event held in November we were installed as official members of Cosmopolitan. It was an exciting evening for us and we are very grateful to our host club. Several family members were present for this very special evening. For the students not able to attend we will host an installation at the High School.



President: Brittny Gier
Secretary: Christian Green
Vice President: Samantha Wentz

Executive Board: Ashley McDonald
Kristina Frazier: (Not pictured)



The Rockford Steak Fry

By David House

One of the great opportunities as International President is the chance to visit clubs in other Federations where I have not been able to visit previously. While my travels are somewhat limited because of my full-time job and position, I wanted to share a special event that I was fortunate to be able to attend.

The Rockford Cosmopolitan Club has long worked with Crusaders Community Health to assist with funds targeted for diabetes healthcare. To date, close to 4,000 diabetic patients annually receive care from the Crusaders Community Health. President and CEO Gordon Eggers speaks freely about the great relationship between the Crusaders organization and Cosmopolitan International. Because of the initial efforts of the Rockford Club, Cosmopolitan International has become a contributing partner to the Crusaders Clinic diabetes program.

As a thank you, Gordon hosts an annual steak fry at his farm just outside of town for the Rockford Cosmopolitan club. This year's attendance at the event was more than 80 members, and I was fortunate to be in town that week and got to experience this event first-hand.

As president and chief executive officer of the only healthcare center in Northern Illinois, Gordon personally sets up the facility and was present to say thank you to all of the Rockford Cosmopolitan members attending. The partnership with the Rockford club dates back to 1994, when the Crusader organization did not have a diabetes program.

I was fortunate to be able to sit down and chat with Gordon Eggers at the farm, and we discussed the role that the Rockford club has played in opening the door to financial assistance to the Crusaders organization. This healthcare system's mission is to provide quality primary healthcare to those individuals who find it difficult to pay for such services. With partnerships like the Cosmopolitan Rockford Club and Cosmopolitan International, that goal is being met.

We should all take pride in knowing that our organization has the outreach and philanthropic vision to become involved in an organization such as this. I was touched and inspired to be part of this evening of thanks sponsored by the Crusader founder.

Heartland-Santa Fe Club Donation



Heartland-Santa Fe Club President Don Gentry and Club member Don Feltham present a \$15,000 donation to Charles Brown, Executive Director of the American Diabetes Association (ADA) at the October 28, 2016, ADA Gala, "Unmask the Cure."

Heartland Santa-Fe members attended the gala and assisted the ADA during setup and registration for the fundraiser. An additional \$2,100 also was donated during the event.

Oops! We Goofed!

COSMOTopics erred in reporting the winner of the 2015-2016 Rookie of the Year Award in the Fall 2016 edition of COSMOTopics. The winner is Nathan Brown of the Columbia Luncheon Club. Sincere apologies for the misprint, and congratulations, Nathan!

Capital Region Club Honors 50-Year Member

By Chuck Cenker

Past Capital Federation Governor Arthur F. Nelson, a second-generation member of Cosmopolitan International, reflected upon his reaching a milestone of a fifty-year member. We all like to celebrate important moments in time. We celebrate the birth of a child, our reaching the age of 21, our wedding anniversary, the 50th reunion of our college class and many personal times in our life. How many 50-year members of Cosmopolitan do you know?

We are fast approaching the 100th anniversary of our organization. Art has been here to witness more than half of our days as Cosmos. Art has seen the many changes, and he is steadfast in stating that the Cosmopolitan mission in 2017 is still to make our community a better place and to make life better for our neighbors.

Art reflected upon the three foundations in the Cosmopolitan triangle. There is UNITY! Cosmopolitan's act with singular purpose on each project. As a club, we come together each month to plan our work so that we end up speaking with one voice. We discuss and plan and debate. Then, we act as one.

The next leg of the triangle is SERVICE. Our first mission is to serve our community and neighbors. We raise money locally, and we spend it on local projects.

The third leg of the Cosmopolitan triangle is ACTION. It is true that we do not sell raffle tickets or build playhouses or host dinner fundraisers or rebuild children's cemeteries. But we do ACT!

We are aware that our service and actions go beyond our neighbors. We share the mission of the Capital Federation. We believe in the Diabetes Outreach Program of EVMS. We are involved in our Cosmo Program "Paws Saving Lives" – supplying Diabetic Alert dogs for people with significant diabetic challenges. We are major supporters of Setebaid, Inc., which provides learning experiences for diabetic youth during summer camps.

Yes, our eyesight is not what it was 20 years ago.

Yes, our energy is not as outrageous as it was 15 years ago.

Yes, our strength is not as powerful as it was 10 years ago.

Yes, our enthusiasm is not quite as robust as it was five years ago, but our vision for service and action is laser focused. Our determination to do our best work for our community is powerful, and our commitment to each other is as strong as it ever was. We are as relevant today as we were 50 years ago.

***Congratulations to Art Nelson and every Cosmo that
has reached a milestone on their journey of Unity,
Service, and Action in your Cosmo Club!***



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In Memoriam

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

- **Tim O'Neill** – husband of CoCo O'Neill, Jefferson City Club
- **Jeanette Forbis** – daughter of Past International President Mahlon Fairchild
- **Marguerite Flohra** – mother of Lee Flohra, Columbia Luncheon
- **Robert Wright** – brother of Randy Wright, Norfolk
- **Jim Balsbaugh** – cousin of Peggy Powers, Greater Richmond

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

- **Urban Wussler** – Columbia Luncheon
- **Curtis Braun** – Columbia Luncheon
- **Robert Duffens** – Topeka
- **William Koehn** – Topeka
- **Harold Grosskopf** – Council Bluffs
- **Jack Armitage** – Prince Albert
- **Stanley Swanson** – Sioux City

