

A publication of Cosmopolitan International

Winter 2019 Issue



2018 International Convention Recap

Kansas City, MO • July 26-28, 2018



THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org



COSMOTOPICS



FROM THE EDITOR by David House

Conventions are a vital part of our organization. It is here we get to shape the future of Cosmopolitan International and our local clubs. Conventions are strategically located in various parts of the US and Canada so members that cannot make every year get a chance to attend when it is close to them. Unfortunately, many of our members don't make it to our annual convention. That is sad, as they miss so much! This issue is packed with lots of photographs, and articles about our convention in Kansas City in July of 2018. It is my hope that this will generate interest in the upcoming International Convention in Chicago in July of 2019. There will be plenty to do in Chicago! And we will be reporting on the health and future of our organization, and making adjustments to how we operate. It is a great opportunity to be involved in the future of this organization! Future issues of COSMOTopics will contain convention schedules and registration forms. I do hope to see many new faces at the convention in Chicago this summer, but for now, enjoy a recap of Kansas City!

MISSION STATEMENT

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



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COSMOTOPICS

EDITOR

David House
headquarters@cosmopolitan.org

GRAPHIC DESIGNER

Rockford Cosmopolitan Club Member
Peter Brodeski, Opus Creative Studio, Inc.
pbrodeski@opuscreativestudio.com

COSMOPOLITAN INTERNATIONAL OFFICERS AND DIRECTORS

INTERNATIONAL PRESIDENT

Rick Swansbro
president@cosmopolitan.org

INTERNATIONAL PRESIDENT-ELECT

Judy Weitkemper
president-elect@cosmopolitan.org

INTERNATIONAL VP FOR FINANCE

Keith Shepherd
vp-finance@cosmopolitan.org

INTERNATIONAL VP FOR MARKETING AND FUNDRAISING

Tracy Miller
vp-marketing@cosmopolitan.org

INTERNATIONAL VP FOR MEMBERSHIP AND NEW CLUBS

LaVonne Hawking
vp-membership@cosmopolitan.org

INTERNATIONAL JUDGE ADVOCATE

Larry Heim
judgeadvocate@cosmopolitan.org

INTERIM EXECUTIVE DIRECTOR

David House
headquarters@cosmopolitan.org

FEDERATION GOVERNORS

CAPITAL	Keith Parnell
CORNBELT	Darin Hartman
MID-STATES	Dayton Smith
MO-KAN	Dustin Kuhn
NORTH CENTRAL	Lanny Auringer
WESTERN CANADA	Debra Down

INTERNATIONAL HEADQUARTERS

P.O. Box 524 Boystown, NE 68010
P. (844) 843-2761 or (717) 295-7142
www.cosmopolitan.org

Email: headquarters@cosmopolitan.org

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Change: Take Two

Last edition, my article focused on how and why change happens, and how we deal with it. This article will focus on some of the changes that have either already been made or have been proposed.

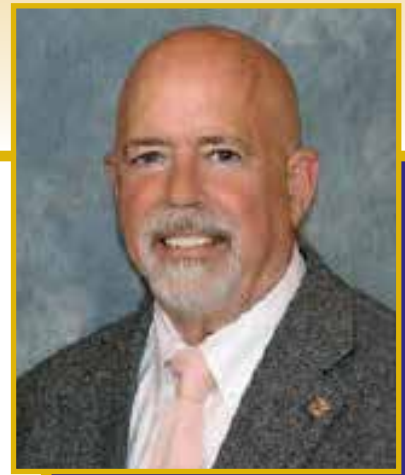
Rick outlined several areas that he wanted to focus on during his year as your International President. I have been working on several of these during my tenure as your Interim Executive Director. So let's talk about some of the changes that have been implemented:

Embrace and Leverage Technology: This one was right up my alley, having spent the last 25 years deeply involved in the IT field. So we started looking at the way the International Office was being run and what we could do to both streamline various tasks and implement new technologies to improve others. This can cover a tremendous variety of ways to do things, so we initially started looking at areas where we might also yield a cost savings. The first change was the phone system. No more land line. We now use a pay as you go Cell phone system that I found about 3 years ago called Ting. This change was made in early August after we purchased a reconditioned cell phone. The phone bill for the office in PA included Internet access, so it is not a one for one comparison, but the office phone bill has been reduced from an average of \$140.00 to an average of under \$25.00. Next was the contract with the 3rd party Accountant. We moved some of the non-accountant responsibilities in-house and reduced the monthly cost by \$100.00. We also purchased postage paid envelopes for less money than just the cost of stamps, and have reduced the cost of paying bills. We are currently working on doing many of the recurring bills online through the new bank account, and avoiding the postage all together. We are now sending out club membership billings electronically, which will save us an additional \$200.00/yr. Much more to come...

We are one organization: Communication is vital to any organization. For the past 5 or 6 years, we have held conference calls through a free conference call organization. It has served us well, but was always a challenge, as people would begin talking before someone else had finished, and it was quite common to step on someone else without realizing it. That has all changed. We now have a Video Conference system that will easily support video meetings with up to 25 people (actually more but the screens get so small we wanted to limit it for now). Our regular weekly meetings have been done with this system, as well as our new Town Hall meetings. Our Executive Board and Governor meetings are using this system as well. It is very similar to a Facetime phone call. Video conferencing will become a much larger part of our communications channel in the near future.

International President Rick Swansbro has previously announced that the Executive Director Search Committee has met all of their objectives, interviewing multiple candidates, and has elected to offer me the full time Executive Director position. I am thrilled to accept this position, as I expressed several out of the box ideas as to how we can move forward with our organization, and the committee has agreed with my ideas. It will be my pleasure to provide the leadership for the ED position now and into the future.

David House
headquarters@cosmopolitan.org



David House
Executive Director

*Communication
is vital to any
organization*



Mark Your Calendars!

Well, the 2018-2019 fiscal year has now become 2019. The 2019 Cosmopolitan International Convention is just over 20 weeks away! Have you marked your calendars to be in Rosemont, IL, July 17th through the 20th?

Convention Chairman and Mid-States Governor Dayton Smith and his convention committee are working hard on behalf of all Cosmopolitan members, to establish a dynamic event that will long be remembered. I expect that participants to the 2019 convention will come away with many “nuggets” of new-found knowledge.

So many reasons to attend the annual Cosmopolitan convention!

Besides the obvious opportunity to renew and develop new friendships, it is also an opportunity to better understand Cosmopolitan International. Whether it be the delegates meeting, executive board meetings, as well as so many educational meetings, you have the chance to draw nearer to Cosmopolitan International activities. This is where your allegiance to our club migrates from your head to your heart!

Events such as the 2019 Cosmopolitan International Convention are where memories are made. Memories of people you meet, understanding the activities of other clubs, understanding the role of Cosmopolitan International, understanding the role of Cosmopolitan Diabetes Foundation, and understanding the Cosmopolitan Foundation of Canada, Inc. You will have the opportunity to survey these meetings and meet those who have volunteered their time and resources in support of our great organization!

I personally look forward to renewing friendships, as well as building new connections at convention. Over the past decade, I have met and befriended so many people as a result of becoming a participating member of Cosmopolitan International. Over the next decade, I will continue to meet and become friends with even more Cosmos!

Recall my remarks at the 2018 convention held in Kansas City, MO. I listed ten points in order to sustain our organization into the next century of service. First and foremost was that “We are one organization committed to fighting diabetes and Committed to improving the lives of T1D & T2D throughout North America”.

In order to embrace this statement, we need all clubs and federations to all be on the same page with our mission and vision for the future. “We must embrace & leverage technology” in order to bridge impediments to communication. By embracing technology, we are better prepared to communicate the benefits of all clubs engaging ClubRunner software. Imagine one North American organization brought together by the benefit of a common ClubRunner platform!

Convention is an opportunity to educate and motivate our members, to communicate what is possible as we look to the future! We realize that not all members are able to attend our International Convention. My sincere hope is that those who do attend the 2019 Convention will carry back ‘nuggets of knowledge’ to share with their members!

Let me close by sharing one remaining thought. Rosemont, IL is an amazing area that features great restaurant and entertainment venues. The Crowne Plaza hotel is minutes from O’Hare Airport and Woodfield Mall. We will be within walking distance of McCormick & Schmick’s, Hofbrauhaus Beer Garden, iFLY indoor skydiving, Zanies Comedy Club and so much more. Oh, and don’t forget Murray Brothers Caddyshack restaurant in our hotel!

See you in Rosemont!

Rick Swansbro
president@cosmopolitan.org

Rick Swansbro
International President

Events such as the 2019 Cosmopolitan International Convention are where memories are made.



Our Annual Conventions

The Annual International Convention provides a great opportunity for members to gather and learn from keynote speakers on topics of special interest to our mission.

It also provides workshops and educational sessions, as well as great opportunities for networking and socializing at fun outings. Our 2018 International Convention held in Kansas City in July did just that and more! Since we were celebrating Cosmopolitan International's 100th Anniversary, our theme for the Convention was 'A Century of Service.'

Wednesday kicked off with a pre-convention activity of Cosmos spending an afternoon together, reuniting and building new friendships in a relaxed environment at a KC Royals baseball game, followed by an evening of Pizza, salad, and visiting in the Hospitality Room. The Past International Presidents (PIPs) took off for Pierpont's, voted the best steak house in KC, to enjoy a private evening together.

Thursday began the actual 3-Day Convention, as regular activities got underway. One of the greatly appreciated activities was the First Timer Orientation, followed by CI Board meetings and the Opening Ceremonies Luncheon. At the Opening Ceremonies Luncheon, members gained a wealth of knowledge about the history of our organization in a fun way when Larry Heim, one of our own, entered the room dressed as none other than Patrick J. Hodgins, our founder! He and Master of Ceremonies Larry Benton, PIP, did a great job educating and taking us back in time. In the afternoon, members had the opportunity to explore KC on their own or visit KC's Arabian Steamboat as a group. Dinner was held back at the hotel followed by a fun evening of 'Cosmos Got Talent' Dinner Show.

Friday was a busy day, kicked off by the Educational Forum, Awards Judging, and CDF (Cosmopolitan Diabetes Foundation) and the CFC (Cosmo Foundation of Canada) Luncheon. These Foundations are the charitable arm of Cosmopolitan International, through which contributions flow to those charitable activities supported by Cosmopolitan International members. This luncheon extended into the afternoon and offered an abundance of knowledge from great speakers as well as information on our Beacon's Fund and Brick Programs.

Saturday was reserved for the important Delegates Meeting, Installation Luncheon, Board Meetings and the President's Reception, Awards Banquet and Dance.

Our Annual Conventions are indeed an incredible networking and learning event, bringing members together from across the U.S. and Canada for educational opportunities and camaraderie, providing inspirational and energizing opportunities. Words cannot express the importance of learning, sharing and growing together! I also love the opportunity to travel to new places, eat different food, catch up with old friends and make new ones. I always return home from the Sunday morning 'Wrap Up Session', feeling rejuvenated and excited to share all I have learned with my fellow Cosmos back home!

Judy Weitkemper
president-elect@cosmopolitan.org



Judy Weitkemper
International President-Elect

Our Annual Conventions are indeed an incredible networking and learning event, bringing members together from across the U.S. and Canada.



CI Finances

From my family to yours may 2019 be everything you could hope for and more.

Thank you all for your hard work and dedication to CI. I am proud to be part of this organization involved in community service and the fight against diabetes.

The finances are in good order and I will continue to look into and implement new technologies that will improve our financial reporting and streamline operations with the valued assistance of our Interim Executive Director David House, thank you David!

In 2019, ask a person to join Cosmopolitan. Get your club signed onto club-runner if your club has not already done so, and continue your focus on diabetes projects and community events.

Keith Shepherd
vp-finance@cosmopolitan.org



Keith Shepherd
*International VP
Finance*



*In 2019, ask a
person to join
Cosmopolitan.*



Marketing and Fundraising

It seems like just a few weeks ago that we were celebrating our 100th Anniversary at the Cosmopolitan International Convention in Kansas City, MO. And yet, here we are, halfway through the next year!

Marketing and Fundraising are coming along...slowly. I am deeply blessed to have the support of International President Rick Swansbro, and Interim Executive Director David House. As I shared in my last COSMOTopics article, my new position with the Penn State College of Medicine has been completely consuming of my time and energy. It was a wonderful move for me, and I have no regrets at all (lest you wonder...), but until we iron out some long-standing issues and chart our course for the future, nearly every waking hour of my time and energy are spent with my work responsibilities.

I have, however, made inroads with my Cosmopolitan responsibilities as well. As promised, Rockford Cosmo Pete Brodeski of Opus Creative Studio is working on pricing out a redesign of our marketing brochure. Our current brochure is dated and tired and in sore need of a facelift. This is true whether we are marketing to millennials or anyone—we want to put our best foot forward to prospective Cosmos, and our current brochure no longer meets that need.

Rick, Dave, and the Paws Saving Lives committee have vetted and approved two more requests for cap grants. If you recall, the committee considers grant requests where the final \$2,000 is needed to purchase a diabetic alert dog. If approved, funds are awarded to the canine's training facility and the dog, ultimately, is placed with the

deserving individual. Recently, we received an additional request which is currently under consideration. Interim ED David is researching some bylaw-compliant investment opportunities for us whereby additional funding may become available for additional grant awards.

Before the end of the year, I would like to highlight some of the Paws Saving Lives grant stories on our website. And here's where you can help! We still need Cosmos who are interested in serving on our website committee to help us. No technical expertise is necessary, but your ideas are vital! If you are interested in a minimal time commitment that makes a big impact, please reach out to me.

Who doesn't love a good story? In addition to highlighting our Paws Saving Lives success stories on our website, I am working on sharing these stories on PR Newswire. Not only will these heartwarming stories reach media outlets far and wide, but they also could present us with additional grant opportunities – and donors!

Please consider becoming involved on the international level with Paws Saving Lives in addition to our marketing efforts. We've got quite a story to tell!

Tracy L Miller

vp-marketing@cosmopolitan.org



Tracy Miller
*International VP
Marketing/Fundraising*

*We still need
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our website
committee to
help us.*



Paws Saving Lives
Diabetic Alert Dog Program



Obtaining New Members

As we are approaching the end of the 2nd quarter of Cosmopolitan Clubs—one wonders—where are we at in membership right now?

According to the stats, we have 38 Clubs in the US and 8 Clubs in Canada and Members in the US are 1287 and 213 in Canada.

Has your club membership increased in numbers?

Have you done your part in asking potential members to come to an event or a meeting? If your answer is No—then why not?

I know it's hard - I have not done my part in getting members this year. Why not, you ask? Sometimes, the timing just isn't right.

We need positive input in our clubs! Many of us feel that only a few members are doing the majority of the work. Wouldn't it be nice to have more participants? The more you give, the more you benefit. But sometimes, these efforts are tireless...and we want new members to help us—we need more energy and new energy. This helps us regenerate us and our clubs!

It's great to hang around with enthusiastic and positive people. Many of us are in that category—but we need more people to join us and spread the good works of Cosmo's everywhere.

We have clubs that have reached 25-50-75 and 90 years! Think of the experience that has been shared throughout the years in those clubs. Reach out and find out what works with them. Share ideas—share fundraising ideas—obtaining new members. If you don't ask—you are kept in the dark.

We've heard for years—"Great People who should be Cosmos"—everyone knows somebody. Look for your "great person" who should become a Cosmo!

LaVonne Hawking

vp-membership@cosmopolitan.org

LaVonne
Hawking
International VP
Membership
and New Clubs

Have you done your part in asking potential members to come to an event or a meeting?



CDF Update

Hi Cosmos! I hope everyone had a great Holiday Season and that your New Year is off to a great start!

In this article I will introduce to you our financial adviser for the CDF, Michael Fraser, with Legacy Planning Group/ IFA. Mike is a fiduciary and a member of the Norfolk Club, and has been the financial adviser to the Norfolk Club Foundation for over 10 years, and has done a great job leading the CDF out of the “financial meltdown” period that started in 2008. We receive our investment reports quarterly, so the latest one available is to the end of 3rd quarter, 09/30/18. Our investment earnings by formula enable us to make grants to our supported Diabetes programs throughout our US Federations each year. Our endowment balance, at the end of the 3rd quarter, stands at \$1,206,610.50, up year to date by \$26,317.93. These figures include the bond holdings in Oppenheimer. In late October these were finally liquidated to cash, and this will be reflected in the 4th quarter statement. Here is Mike’s review.

There has been a lot happening for our Foundation’s investment portfolio. Starting with a much-needed updating and re-writing of our Investment Policy Statement (IPS). The IPS does several things such as:

- Establish reasonable expectations, objectives, and guidelines with the investment of the Portfolio’s assets.
- Encourage effective communication between the Finance committee and the Investment Advisor.
- Set forth an investment structure detailing permitted asset classes, normal allocations, and permissible ranges of exposure for the portfolio.
- Create the framework for a well-diversified asset mix that can be expected to generate income as well as acceptable long-term returns at a level of risk suitable to the CDF board.

One of the biggest updates was to increase the allowed amount of equity exposure up to approximately 65%. This has shown to be very helpful with the current rising interest rate environment, which can hinder the performance of the bond position in the portfolio.

The current portfolio allocation is:

Models	Percentage
Intermediate Term Aggressive Value	30.00%
*Core Model	25.00%
All Bond Value	10.00%
Health Care	5.00%
Long Term Balance Value	5.00%
Global Equity	5.00%
Strategic Beta US Eq.	5.00%
US Aerospace & Defense	5.00%
Tech Leaders	5.00%
Utilities	3.00%
Global Water	2.00%

**Core model uses proprietary risk management techniques to enhance capital protection and growth: Rebalances with objective to minimize volatility, and uses Safety-Switches to exit (goes to cash) or re-enter the markets while avoiding prolonged periods when markets plunge.*

Lastly, I want to encourage any fellow Cosmopolitan member to contact me if you have any questions or concerns in relation to our Cosmopolitan Diabetes Foundation’s investment portfolio...or call even if you want to introduce yourself. Always enjoy meeting my fellow Cosmopolitans!

Rob McWilliams
rmpathfinder@gmail.com



Rob McWilliams
CDF Chair

Our investment earnings by formula enable us to make grants to our supported Diabetes programs throughout our US Federations each year.



Where to Donate for the Most Impact for Your Dollar

By Terry Down, Treasurer CFC

Submitted on behalf of Kay Fey, CFC President

As many of you know, Cosmopolitan International member Desmond Fey, husband of our Cosmopolitan Foundation Canada. President Kay Fey, passed away November 28th. Des was the fellow who I approached about Cosmopolitan and who, along with Kay, brought both my spouse Deb and me to this great club. His calm but enthusiastic spirit will be greatly missed. Our thoughts and prayers are with you Kay.

Under Kay's direction, CFC is undertaking a review of many aspects of our Foundation. Earlier this year, Kay asked our Foundation directors and officers to identify areas they felt we could improve and/or need addressing. These identified areas were brought forward at the Midterm Convention in Prince Albert in October 2018, where they were discussed and assigned to task groups. These task groups are being asked to complete their work by March 2019, so recommendations may be presented at our Edmonton 2019 Annual Convention in May. The tasks include:

- Review of CFC bylaws. Ensure all our bylaws are current, relevant, and include our primary focus of Diabetes Research.
- Establish an anti-fraud plan. Review of current practices and those associated with newer technologies, to protect CFC assets and image.
- Review possibility of accepting donations by credit card. Current practices of many charities include this as an option. Review pro's and con's.
- Should we pursue other revenue streams? We already receive funding from other foundations and corporations. Should we attempt to expand this and how?
- Review of current donation strategy. With revenues exceeding what we are donating, a review of this practice is needed. In addition, a review of where we currently make donations will be undertaken to ensure it fits with our goals.

- Review our online presence, pamphlets and other marketing and image platforms. Our materials and online presence is dated and requires review.
- Review if we are excluding people from the Board. With directors paying their own costs, to attend the two Board Meetings held at two conventions per year, are we unwittingly making it difficult for some to stand for office?

In addition, a plan was made to work with the Western Canada Federation to determine how the PAWS program can be utilized by CFC.

These reviews will help ensure we are doing all that we can, to fulfill our objective of funding diabetes research and other diabetes-related matters in the coming years, in a thoughtful, safe way, as well as ensuring growth and inclusion.

By the end of 2018, CFC will have donated a total of \$80,000 over the past two years to diabetes research. Our aim is to be able to continue or improve upon this work to ensure a cure is found. Our funds come primarily from our Cosmopolitan Clubs and the Beacon program.

Thank you to all those who have contributed and who work hard to ensure the Cosmopolitan Foundation of Canada is viable and contributing to our community.

Terry Down
tdown@shaw.ca



Promoting The Living Gift Through Medical Research Since 1984



Out & About

Kili Climb for a Cure By Kenlyn Nash-Demeter

As 2018-2019 Western Canada Federation Governor, and during the 100th Anniversary of Cosmopolitan International, I decided, with my spouse Terry, to set a personal goal to mark these two special events. On September 22, 2018 Terry and I climbed Mount Kilimanjaro in Tanzania, Africa, to raise funds for the Cosmopolitan Foundation Canada and Cosmopolitan Diabetes Foundation, to be designated for Diabetes Research. The 'Kili Climb for a Cure' took a total of 5 nights and 6 days, with 12 support people to assist Terry and me. The scenery was beautiful, passing through rainforest, scrub, barren tundra and finally glacier. The climb was more difficult than we imagined, but the way down was much harder than the way up! The Tanzanian guides and porters were kind, thoughtful, strong people, and with their support, Cosmopolitan made it to the top of Kili!

The fundraising from our adventure has totaled approximately \$6,000 (to both the Canadian and US Foundations) at this time. However, we plan to leave the donation window open until my year as Governor, and the 100th Anniversary of Cosmopolitan International ends at the 2019 Convention in Chicago. Monies collected will go to the Foundation of your choice with tax receipts issued. Please mark them 'Kili Climb', so a total can be determined. Many thanks from your Cosmo Climbers!

Please feel free to contact us for more information.

Debra Down, Western Canadian Federation Governor
down.debra@hotmail.com



Promoting The Living Gift Through Medical Research Since 1984



Edmonton Out and About By Angela McFalls

With the merging of the Edmonton Cosmopolitan Club and the Sturgeon Valley Cosmopolitan Club came a blending of traditions. One of the traditions I am most excited about is the annual Christmas Donation Luncheon that the Edmonton Club started years ago.

Each year, the club gathers with recipient groups that are chosen by committee. This year we will be hosting representatives from 18 worthy organizations. Our club will donate over \$41,000 at the luncheon.

In my opinion, what makes this event exceptional is that a representative from each society gets up to share a quick word about their group, and what programs the funds that we have donated will support.

I love being a Cosmo! Seeing firsthand the difference we make to all these beneficiaries fills me with inimitable joy and pride. I look forward to our annual Christmas Luncheon!

Thank you to the entire Edmonton Cosmopolitan Club!

Angela McFalls - angelamcfalls7@outlook.com

Aurora Club Highlights

By Kenlyn Nash-Demeter



It has been another successful year for the Aurora Club. Our membership has increased and our focus is on retaining members, forming new committees, and inviting members to choose a committee to serve on has proven to be a success.

Charles N. Demeter, a long distance member, living in Chino Valley, AZ, organized the Don Demeter Memorial Golf Tournament, in honor of his father, Don Demeter. Don passed away due to complications from Diabetes at the age of 42. Kenlyn Nash-Demeter, mother of Charles, is a 25 year member of the Aurora Club. The tournament was held in Rocky Point, Mexico. \$600.00 was raised and the golfers voted to donate the money to the Aurora Club to be used for Paws Saving Lives.

Charles extends an invitation to any former Cosmopolitans living in AZ to join him for the second annual tournament. Funds raised will be donated to continue the fight against diabetes. Charles can be reached by contacting the Aurora Club or International.

The clubs community involvement is varied. We sponsor two (medical) scholarships a year to Waubensee Community College. We also provide school supplies to several community schools.

We provided 8 camp scholarships per year for kids with diabetes and/or siblings. The scholarship campers were our guests at a club meeting and they spoke of their experiences at camp. Ages ranged from 6-15. Connor and Frankie shared a song. Two were

able to have their siblings with them at camp. Swimming was a highlight! Learning how to give your own shot and learning more about the pump was also high on the list of activities. Our 15 year old was so happy to be with peers—not having the “look” when she would have to sit it out for a while. Many of us had tears in our eyes listening to their moving stories.

Fund Raising Events included our 6th annual Wine Tasting, a Drive-by Bar B Q, and sharing sales with a local ice cream vendor.

An event promoting November as Diabetes Month was held at the Sci-Tech Museum. Richard C. Irvin, Mayor of Aurora, urged the residents of Aurora to join the Cosmopolitan Club of Aurora in the fight and their efforts to support people living with diabetes. A Proclamation was given to the club... “I proclaim Nov. 14, 2018, to be “WORLD DIABETES DAY AND ILLINOIS DIABETES AWARENESS DAY” in the City of Aurora.”... November 14th was established several years ago by a former Governor as “Illinois Diabetes Day.” Information flyers about Diabetes and the club were distributed. Cosmo member Peggy Hasenauer, Executive Director from the University of Chicago - Kovler Diabetes Center, was present to answer questions and share information. We have a fund started for future plans at Sci-Tech, to someday have a permanent diabetes display present including information about the Cosmopolitan Club. We are fortunate to have Arlene Hawks, ED of Sci-Tech, join our club recently.

Jefferson City Cosmopolitan Club Donates \$86,000 to Special Learning Center

By Jane Holtzman

The Jefferson City Cosmopolitan Club successfully completed the 24th Annual Tom Henke Charity Golf Classic event in October, 2018. Activities for this event included an evening concert, with country music legend Charley Pride on Sunday night and a golf tournament on Monday. Tom Henke, former St. Louis Cardinals relief pitcher and a Jefferson City Cosmo member, brings in sports celebrities, and each golf team is paired with one celebrity to golf with their team. This event is the signature fundraising event for the club, raising over \$1.4 million in net proceeds over the past 24 years! The club has donated nearly \$1.1 million to the Special Learning Center in Jefferson City, which provides classroom instruction and therapy services to children with special developmental needs. The club also retains a portion of the proceeds each year, and has raised over \$360,000 for diabetes assistance, education and research.

On December 17, the club presented a check to the Special Learning Center in the amount of \$86,000 from the 2018 event. The club was able to retain \$28,500 for local diabetes-related projects. This was a record year for net proceeds! The club is currently working on the 25th annual event, to be held October 13-14, 2019 in Jefferson City.



L to R: Addison Mutert, Cindy Davis, Jamie Wilson, Jane Holtzman, Eric Burkett, Tom Henke, Mark Mueller, Greg Shields, Lee Brown, Linda Shields, Joey Leydens, Brian Mutert, Debbie Hamler, Jim Price

Sioux Falls 90th DSA Banquet By Scott S. Speer

It doesn't match the milestone of 100 years of Cosmopolitan history, but on November 1, 2018, the Sioux Falls Cosmopolitan Club honored its 90th Distinguished Service Award recipient. Since 1929, the club has annually presented this award to recognize a person in the Sioux Empire for extraordinary community service, based on the philosophy that Cosmopolitan cares, not for a person's wealth, but for their character, and values a person's desire to serve their community and country.

One of the highlights of our clubs year, this event always occurs in the fall. Nominations are sought beginning in August, and past recipients are often the best source of candidates. Many of the people recognized have contributed to numerous causes and organizations, while others have focused on one primary cause. In all cases, their lives have been guided by words like, 'Everything is a gift and we have a responsibility to give back' or 'To whom much is given, much is expected' or 'Life is about sharing what you have, not keeping what you have'.

The DSA banquet features a premier location, fine dining, musical entertainment, and the presentation of the award to this special recipient surrounded by their family, friends, co-workers, city officials, past recipients and local Cosmopolitans.

Cosmo Night at the Skyforce

On December 17, the Sioux Falls Cosmopolitan Club was recognized for its efforts at a Sioux Falls Skyforce game. Skyforce is a local professional team affiliated with the Miami Heat of the NBA. Cosmos were given a chance to present a check at halftime to Camp Gilbert, an all-diabetic summer camp held in northern South Dakota. We were thrilled to present a check for \$29,000, which will help with scholarships for families of diabetic children who otherwise may not be able to afford to go! In addition, the evening also allowed us to socialize with other Cosmo members, and invite others to share what it is we do. It was an excellent night!

Omaha Cornhusker Cosmopolitan Club Community Service Project By Candace Gordon

The Cornhusker Cosmopolitan Club has sponsored a Christmas Party for Special Needs Children in the Omaha/Council Bluffs metropolitan area since 1974. This event started when the club was holding its meetings at Mr. Kelly's restaurant in Papillion. The owner of the restaurant, Bob Carlson, had a special needs child and had been holding a small Christmas party for his child and a few other special needs children.

In 1974 he asked the Cornhusker club members if they would like to help with the party, and the club members agreed to help. During these early years, the club helped organize the party, obtain some of the gifts for the children, and provide a Santa. Rich Hayes, a current club member, was instrumental in getting the club involved and organizing our part of the party. Club members also helped carry wheelchair-bound kids down the stairs to the basement where the party was held. Bob Carlson provided the meals for the children.

In 1980, the Cornhusker Club assumed responsibility for the entire party and moved it to the National Guard Armory at 72nd and Mercy Road. This helped with the logistics of the party as wheelchair-bound children no longer had to be carried up and down the stairs. The party was held at the armory until the 9/11 terrorist attack, when security concerns prevented the club from continuing to have the party at that location. The party was moved to the German American Society in 2001 and has been held there since then.

From the beginning, a lot of people have helped with the party. The Papillion Volunteer Fire Department helped at Mr. Kelly's, and the Omaha Fire Department helped when the party was moved to the armory and subsequently to the German American Society. They both helped move wheelchair-bound children to their tables and back onto their school buses. High school students have also helped from the beginning by serving the lunches, providing entertainment with Christmas music, and handing out gift packages. Over the years, local politicians, businesses, and civic groups have also helped serve the special needs kids their lunches.



Cornhusker Club members prepare gift bags for special needs children attending the party.

Over the years, the number of children participating in the party has ranged from 90 to 250 students, with an average of about 175. Currently, each student is given a meal of roasted turkey breast, mashed potatoes and gravy, dressing, and green beans. Each child also gets a gift bag with a stuffed toy animal, a coloring book and colors, and a can of Play-Doh.

coloring book and colors, and a can of Play-Doh.

This project provides our club members many rewards such as seeing the enthusiastic response of the children waiting to meeting Santa and getting their gift bags. Another reward for our members was when the project won the Cosmopolitan International Community Service Project Award in 2010-2011. Although our club is obviously biased, we believe this project could probably win the International Community Service project every year!

COUNCIL BLUFFS COSMOS – THE ‘CAN DO’ CLUB

By Barb Fox

A **Service Organization** is a voluntary non-profit entity where members meet regularly to perform charitable works, either by direct hands-on efforts or by raising money for other organizations. Doesn't that just say it all when it comes to all of our Cosmopolitan Clubs? No matter which club or Federation you belong to, Cosmopolitans everywhere are working to reach these high ideals.

The Council Bluffs Cosmopolitan Club is no different than most other clubs. Ours is a relatively 'small club' in terms of membership. About 30% of the membership is 75 years old or older. With the wisdom and connections of these members, and the energy and enthusiasm from our younger members, we are all about HELPING PEOPLE! i.e., One recent email to our club illustrates this point.

"The Holiday Season is a time for reflection and giving thanks. As we look back at the things we have been able to do as members of the CB Cosmopolitan Club, it makes one thankful that we are able to make a difference in the lives of people through our efforts. Nowhere is this more evident than with our DAD program. So far, we have helped FOUR people get dogs, TWO more are on the way and should have their dogs by next month, and today...well today we started the process again!

We have our seventh applicant for a DAD. His name is Sawyer (five years old) and he was referred to us by the Schuster Family, another of our DAD successes. The applicants have made the down payment and have started a GoFundMe page. Our Committee is on board and has pledged \$1000 to the process for now, with the possibility of more if needed.

As we continue our fight against Diabetes, it is worth noting that although the struggle is a difficult one for those who have this dreaded disease, we are making a difference in the lives of many. We continue to look for other candidates for our DAD program.

BUT...in the meantime, "WELL DONE", Cosmos, "WELL DONE!"

Our Club meets twice a month, and we try to keep our meetings 'lite' in nature, with some emphasis on the business portion but more on the social aspects. We are all about 'helping people' while having fun doing it. Our membership understands that fundraising is an important part of the process, and they buy in to what we are trying to do. A one-day pancake feed, and managing a concession stand in the arena of our County Fair, have been our major efforts in the past. In April, 2019, we will be stepping up our game with a new fundraiser. We will be the sole provider of food concessions at the Council Bluffs Home Show. This three-day affair is expected to draw between 10,000 and 20,000 visitors. This is a tall task for a small club but, **Yes, WE CAN!**

OUR EFFORTS IN FIGHTING DIABETES!

WE:

1. Send kids with Diabetes to summer camp at Hertko Hollow. Each year we sponsor 7 to 10 kids for this one-week experience. One-half of each day is spent educating attendees about coping with this disease and the rest of the day is 'fun in the sun'.
2. Support the Cornbelt Diabetes Connection's Mobile Unit. This unit, in partnership with Methodist College of Nursing, goes out into rural communities and administers free exams to people to check for diabetes.
3. Contribute to JDRC and assist them with their fundraiser in Omaha.
4. Continue to assist people who are trying to acquire a Diabetic Alert Dog (DAD). So far, we have been able to assist **seven** individuals with this process. Our latest is 5-year old Sawyer (see above).

OUR EFFORTS IN SUPPORT OF LOCAL CHARITIES:

1. Habitat for Humanity.
2. Micah House – Homeless shelter that caters to Families.
3. New Horizons – Kitchen that prepares meals for homeless individuals on a daily basis.
4. Care and Share – Local Food Pantry – Along with a monetary donation, about 1/3 of our membership participates in unloading food trucks twice a month or handing out the food to needy clients.
5. Children's Square – Home for abused/neglected children.
6. Council Bluffs Education Foundation – Helps to fund a leadership workshop for the City's 6th graders.
7. NEW THIS YEAR - \$2000 in scholarships for High School graduates with Diabetes.

Through our efforts, we are able to touch so many lives and make a positive difference in them! Robert Kennedy once said, **"Some people see things that are and ask why? I dream of things that are not and ask, why not?"**

Like most Cosmo clubs, we may be a 'small group', and we may be a little 'long in the tooth' or 'busy with careers', etc. That is not going to stop us from doing our thing to help those who need us. We dream **BIG!** The Council Bluffs Cosmos **CAN DO!**

5 REASONS TO USE CLUBRUNNER VS ANOTHER WEB PLATFORM

By John LiCausi

Cosmopolitan International is celebrating the 2-year anniversary of their decision to transition to the ClubRunner website platform. At this point in time, 12 total clubs have made the decision to switch to ClubRunner. That is a good start; however, ALL clubs that are considered “charter strength” with 20 members or more, should be using this platform.

Websites using other platforms (such as WordPress, GoDaddy, Squarespace, etc.) may work for other website applications. However, there are specific reasons why Cosmopolitan International chose ClubRunner and not one of those other platforms.

- 1. Individual club websites within ClubRunner are synced to the member database for CI.** If you add or delete a member in your individual club-level ClubRunner website, then CI’s records will automatically update. No email or phone call to the Executive Director is necessary. (When the Executive Director is forced to manage emails or phone calls for routine member updates, it removes him/her from being able to focus on more beneficial causes).
- 2. Backed by a full-time staff.** ClubRunner is a reputable business with a full-time sales and support staff. If the new website for Cosmopolitan International was built within WordPress (or similar platform), the updates and fixes would most likely be the responsibility of one person (more than likely a volunteer member). When evaluating this option, Cosmopolitan International did not want any one member to have the full responsibility of updating or fixing important code within the website platform. Instead, they wanted the comfort of knowing that the platform they chose was a fully functioning out-of-the box solution with a full-time support staff available to assist at any time (in an expedited manner), without putting undue pressure on any individual Cosmo member.
- 3. Easily manage and display important member content.** Are you wondering what to put on your Cosmopolitan website? How about the Birthdays of your members for the current month? Or maybe Anniversaries? Or special Events? Sounds like a ton of work doesn’t it? It is easy if you are using ClubRunner, as there are predesigned modules that can automatically track and display birthdays, anniversaries, club events, etc. based on your members’ pre-existing registration data. Please reference www.RFDCosmo.org. If you currently have a ClubRunner website for your club and do not know how to integrate these modules, please contact ClubRunner support and they will assist you!
- 4. Inexpensive.** Having a ClubRunner website is a tool that increases productivity and efficiency. Is your time valuable? If so, then reducing your time necessary to communicate with fellow club members will ultimately

equate to a benefit. Are you worried about the monetary investment? If so, just remember that no website is really “free.” Free website options on the Internet usually come with unavoidable irrelevant 3rd party advertisements, etc. Therefore, in order to have a professional website presence for your club, it’s worth the entry-level website investment for ClubRunner. Please contact the Cosmopolitan International Interim ED David for current ClubRunner website pricing at headquarters@cosmopolitan.org.

- 5. More member engagement.** Do you wish that more individuals in your club participated in club activities? If so, have you ever tried offering online registration? ClubRunner offers an event module and a volunteer module that have proven to increase the amount of member participation at events, fundraisers, and volunteer opportunities. No more phone call trees and no more panicking the night before an event, when you are short on member attendance! Simplify your efforts and choose the website platform that Cosmopolitan International knows will help take our club to the next level.

John LiCausi
CI Club President of the Year 2018
john@imexperience.com



Simplify your efforts and choose the website platform that Cosmopolitan International knows will help take our club to the next level.

Lawrence River Club By Vivian Sanders

In 2018, the Lawrence River City Cosmopolitan Club has been a club with a passion to help the community. The club hit the ground running, knowing that we had many tasks ahead of us in 2018. The club's focus this year has been on membership and setting up scholarships for diabetic camp.

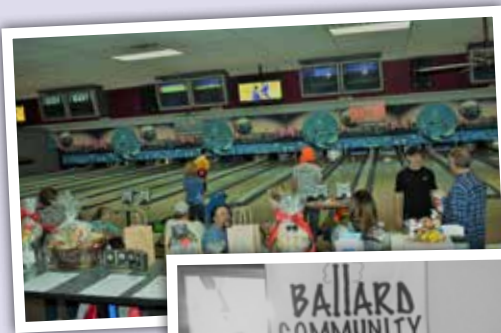
The LRCCC realized the first thing that needed to be done was to take another look at the literature which would be used to promote the club. A few of the members set out with a task to update the literature, and present it to the board for approval. Of course, it required revision so it would appeal to the targeted audience. So, we now have a new brochure!

Here are just a few things LRCCC has done in 2018:

- February 11th, we held our 6th annual Bowl-a-Thon to raise money to send kids to camp.
- February 18th, we participated in a Sweetheart Buffet and Ball. This was done to promote visibility in our cause.
- February 28th, Johnny's West Pizza Fundraiser
- March 17th, the Club entered a truck into the Saint Patrick's Day parade in Lawrence.
- March 23rd -24th, the LRCCC sponsored the Mo-Kan Convention in Lawrence. There were lots of events to do for all that attended the convention.
- June 8th, we volunteered at the Ballard Center fundraiser at the Jayhawk Club located at the Alvamar Golf Course.
- June 19th, Panda Express fundraiser
- July 12th, Inaugural Ball
- July 26th – 28th, the 100th year International Convention
- July 27th, the LRCCC set up the hospitality room in a Mexican theme at the 100th year Anniversary at the International Convention in KC.

- August 2nd, Membership meeting, presented Rebuilding Friendship Award Bannerette to Club President
- August 3rd & 4th, By Kids for Kids, Back to School event
- Aug 14th, Chipotle Fundraiser
- Aug 26th, Kansas City 'T-Ball Game' social event with surrounding clubs in the area.
- Sept 29th, Summers End Car Show fundraiser held at Broken Arrow Park.
- Sept 30th, Grape picking at Holyfield Winery
- Oct 6th, 1st annual Fish Fry Fundraiser
- Nov 9th & 10th, By Kids for Kids, Winter event
- Nov 20th, Kudos to Midco - Midco awarded Vivian the Trailblazer Award, which included a \$2,000 donation to a local charity of her choice. Vivian presented that check to LRCCC.
- In the month of November, members helped put together Christmas decorations for the Holiday Home Tour. The event was held on Dec 2nd, which benefits Heartland Community Health Center.

After the 1st of the year we will hit the ground running again in 2019. Our focus once again will be on increasing new membership. We continue to have that conversation monthly. We already have 4 fundraisers planned and we are working on finalizing a 5th one. In February, we will hold our 7th Annual Bowl-a-Thon. This year our goal will be to raise enough funds to send 5 children to camp. The club is looking forward to continuing our community service and increase membership in 2019.



THE COSMOS IN OMAHA ARE ON THE MOVE! By Dave Larson

The Omaha I-80 Cosmopolitan Club meets every Friday morning at 7:00AM at the Garden Café in Rockbrook Plaza in Omaha, Nebraska. The meeting held on the last Friday of every month serves as the Club's general business meeting. Every other Friday, the Club enjoys a speaker from the local community. Because some members are unable to attend Friday meetings, the Club has a Wednesday luncheon meeting on the first Wednesday of every month held at different restaurants. Many of those have supported our fund raisers.

The Club has experienced some recent growth in the past few months. At last Friday's meeting, the Club installed six – Yes Six – new members! Two of them transferred from the West Omaha Club after that organization ceased its existence and four other new members joined our ranks. Our own Past-Governor, Terry Sanford, administered the ceremonies at last Friday's meeting.

One of our annual community support events was held on December 1, 2018. Members were "ringing bells" for the Salvation Army collection effort. We man the location at the HyVee store at 50th & Center in Omaha.

The following week, on December 15, 2018, we held our annual Christmas Party and Awards Banquet which was held at Lo Sole Mio's restaurant in Omaha, Nebraska. In conjunction with the dinner, Past-President Dave Larson invited all members to an open house at his home both before and after the event at Lo Sole Mio's; a display of his Dept. 56 Dicken's Village and a collection of framed Christmas jigsaw puzzles was available for viewing.

Also, on the morning of December 15, 2018, was the Club's volunteer day at "Christmas in South O" held by the Heartland Hope Mission in Omaha. This Mission is a food pantry and support organization for families in need of help in our city. On this day, families that preregister for the event are able to select some gifts for their children and receive the food supplies to help provide a holiday dinner. Approximately 20 people affiliated with the I-80 Club volunteered last year to assist the Heartland Hope Mission in making the day a success and helping make Christmas better for those families in need. We had similar participation this year. In addition, the Club donated \$1,500 to help purchase toys and gifts for the children.

Our next fundraiser will be our Casino Night to be held on March 1, 2019. The location of the event is at Il Palazzo (Just south of 132nd and Fort St). We will have flyers available to inform you of the specifics of the event. We hope you will take this information back to your own Club meeting and encourage your members to attend this event.

One of our members, James Kernan, who was our Rookie of the Year in 2017 and is the President and owner of Kernan Consulting, has spearheaded some amazing projects. One such project is TAGG. It stands for "Together A Greater Good." It allows our members and the general public to "TAGG" their purposes via an App at area business and TAGG our organization. We receive a donation from every purchase. We are listed as Cosmopolitan Club I-80 of Omaha and to date we have raised \$673.15. All in just 4 months!

A second project is building our Facebook page and placing our events on Facebook for all to see. It allows us to get great exposure and invites others to our wonderful civic events. You can "Like Us" on Facebook at Omaha I-80 Cosmopolitan Club.



2018 International Convention Recap

Arriving and Saying Hello

For many of us, attending an International Convention is a great opportunity to rekindle old friendships, say hello to new attendees, and meet the next generation of Cosmopolitan Leaders.

It is also a wonderful way to find out what other clubs are doing, and how they have fared in any new (and old) adventures in fund raising and membership events.

Finding the hospitality room is a great way to explore new ideas and recount old ones that either worked or failed. We all learn from each other. Some clubs have long-time events that they have been holding for years that generate a tremendous amount of money for Diabetes. Others have many smaller events that a new club can grab ahold of and try.

Most of us are willing to share both our good ideas and those that didn't quite work out. It is those exchanges that allow members to bring back new ideas to their respective clubs.





Kansas City, MO • July 26-28, 2018

First Timer Orientation

International Convention is an interesting event. If you have never attended an International Convention before, it is somewhat daunting. You really don't know where to start and what to sign up for unless you have a fellow Cosmo giving you the advice of their experience.

For the past several years, we have conducted a First Timers orientation session early on Thursday am. This provides newly attending Cosmopolitan Club members the opportunity to find out what the convention format is, where things are located, who to ask if they have questions, and just get a general orientation to the entire weekend.

This is normally conducted by the current International President, the incoming International President, the VP of Membership, and the Executive Director. It is a great session for new attendees and new members to meet their leadership executives, and get a firsthand connection with them.



Opening Ceremony

The Opening Ceremony for the convention provides the theme and forward motion for the weekend.

We typically have one or two guest speakers that provide us incite as to how the Diabetes involvement of our organization has either affected them as an individual, or how our research endeavors have progressed over the past year.

I have always come away from the opening ceremony with a greater pride and understanding of what we are doing in our various communities, and with our research partners towards finding a cure for Diabetes.

Somewhere north of \$7,000,000.00 (million) is pretty accurate. Our research partners are on the verge of producing some highly effective preventative options, as well as some great options for those already afflicted.

Do you feel a sense of pride? I do!





2018 International Convention Recap

Local Activity

Each year, the city hosting our convention provides us with a list of opportunities to explore their city and find out what the local know. Most of these cities are a great place to live.

This year, we explored the Arabia Rediscovered Museum. It was an interesting collection of artifacts of a river steam boat that sank after hitting a large log tree remnant in the Missouri River. The remnants of this river paddle ship boat were discovered in 1987, some 45 feet underground and 1/2 mile from the current Missouri River. Over the next 20 years, the family of David Hawley preceded to uncover the largest collection of pre-Civil War artifacts in the world.

Those that attended had a great time and saw a lot of Civil War artifacts recovered from the boat.



Cosmos Got Talent

Back in Omaha a couple of years ago, (2015), we did a Cosmos Got Talent program for the Friday evening entertainment. It was very well received, and we had 13 different talent groups participating.

We had a loaded judging panel that was comprised of a barbershop quartet that had a Cosmo member singing Baritone (the loneliest part in a quartet, nobody wants to sing Baritone). They selected the final winner to the protest of the entire crowd (would you expect anything else from a group of Cosmos?)

Kansas City was no different. We had a wide variety of clubs that entered as a group or a single, and it was a very entertaining evening. This could end up being a staple in our conventions in the future.



Delegates Meeting

Isn't this the backbone of an International Convention?

Here we decide how to amend (if required) the By-Laws of the Organization, and how to proceed for the coming fiscal year.

This year presented a real challenge. Our Executive Director, Tracy Miller, had been offered a wonderful position with Penn State Medical College, and she presented us with her resignation letter inside of the 30-day requirement to provide By-Law changes to the voting delegates and clubs.

It forced us to present a proposal on the floor outside of the normal By-Law change requirements (but still within the structure

allowed by our By-Laws). It seemed to ruffle the feathers of several club delegate groups, and we had a spirited debate on how to resolve the issue.

We finally settled on a simple resolution from one of our Past International Presidents (PIP) Derry Anderson, that made it palatable to all of the delegates and we got the problem resolved. It is always an amazing process to see a large delegate of Voting Members provide their views and reasons either for or against an issue. It is wonderful to see our organization arrive at a mature solution and provide the leadership of our organization.





2018 International Convention Recap

Installation Luncheon

Here is the crowning moment for the change of officers for the next fiscal year.

International President, President-Elect, VP of Marketing, VP of Membership, VP of Finance, Governors for the 6 Federations, and Judge Advocate are all installed for the coming fiscal year.

This represents your Cosmopolitan International Executive Board for the next year. Some of these folks have served in their respective positions previously, but some of them may be new. It is always the life blood of an organization to have new people and new ideas represented on the International Board.

Getting to this level is a progressive trip. You must have first served both at the local club level at one of several offices, and then at the Federation level as Governor. From that you are eligible to advance to the International Board in one of the VP or President-Elect positions.

Our organization is blessed with a wealth of talent in our local clubs, and our future is quite bright with the leadership that is developing within the organization.

Consider a position on the International Board if you have previously served in one of the qualifying positions. Is it one of the greatest ways to serve our organization!



Board Meetings

Both the Cosmopolitan International (CI) board meetings and the Cosmopolitan Diabetes Foundation (CDF) board meetings are open to any and all Cosmopolitan members. You are more than welcome to sit in and listen to the various activities that comprise either of the board meetings.

There are typically one CI and one CDF board meeting sometime on Thursday afternoon, or Friday morning. A second set of board meetings for both organizations occurs on Saturday afternoon after the installation luncheon, so the newly elected board executives can get their respective boards off to a running start for the coming fiscal year.

The CI board meetings tend to concentrate on board policy, board activities, committee assignments and goals. The CDF board meetings tend to concentrate on the philanthropy of our 501c(3) organization, and how they distribute the funds that have been generated over the past year.

It is highly educational, and inspiring, to attend both of these meetings as a spectator. You will never quite understand the depth and breadth of the Cosmopolitan organization until you see what is done within these meetings.





COSMOPOLITAN INTERNATIONAL

Club Awards

The following clubs received awards based on their club performance during the 2017-2018 fiscal year. (Club awards are based on qualifications for each award, not based on competition between clubs.)

International President's Show-Me Cosmo Pride! Award



- Aurora
- Columbia Luncheon
- Columbia Show-Me
- Council Bluffs
- Rockford

Yearbook Award



Newsletter Award



Medal of Merit Award



- (Highest net membership percentage increase)
- Norfolk

Club Sponsorship Award



- (Clubs that sponsored a new club)
- Columbia Breakfast
 - Columbia Luncheon
 - Columbia Show-Me
 - Jefferson City

Big C Award



- Aurora
- Columbia Breakfast
- Columbia Show-Me
- Council Bluffs
- Edmonton
- Omaha Cornhuskers
- Norfolk
- Rapid City
- Rockford

Club Community Service Award



Rebuilding Friendships Award



(Achieved 05% retention of membership this year)

- Aurora
- Belvidere
- Blair
- Calgary
- Columbia Breakfast
- Council Bluffs
- Edmonton
- Emerald City
- Fremont 100
- Heartland Santa Fe
- Johnson County
- Lawrence River City
- Norfolk
- Omaha Cornhuskers
- Omaha I-80
- Prince Albert
- Rapid City
- Rockford
- Topeka
- Wascana
- Wichita Air Capital
- Winnipeg

2017-2018 AWARD WINNERS



Individual Member Awards

These awards are based on the activities of individual members, both within and outside of their respective clubs.

Membership builder Award



(Cosmos who sponsored new members throughout the year)

- **Janet Nevels** - Emerald City - 3 members
- **Julie McNeill** - Columbia Show-Me - 3 members
- **LaVonne Hawking** - Aurora - 5 members
- **Lorna Baxter** - Columbia Show-Me - 3 members
- **Paul Sutkay** - Rockford - 3 members
- **Randy Wright** - Norfolk - 5 members
- **Tom Graceffa** - Rockford - 4 members

Milestone Awards

Milestone Club Anniversaries in 2017

- **Aurora** - 1927 - 90 years
- **Heartland Santa Fe** - 1992 - 25 years
- **Columbia Breakfast** - 1962 - 55 years
- **Omaha West** - 1962 - 55 years
- **Columbia Luncheon** - 1947 - 70 years
- **Winnipeg** - 1927 - 90 years
- **Columbia Show-Me** - 1987 - 30 years

25-Year Members (Joined CI in 1993)

- **Frank Wehrstein** - Rockford
- **Charles Reuwsaat** - Rapid City
- **John Kadlec** - Columbia Show-Me
- **Kathleen Modica** - Columbia Luncheon
- **Dayton Shepherd** - Columbia Show-Me
- **Gary Christensen** - Aurora
- **Norman Hill** - Prince Albert
- **Douglas Gent** - Prince Albert
- **Penny Shepherd** - Columbia Luncheon

50-Year Members (Joined CI in 1967)

- **Russel George** - Aurora
- **Thomas Loonan** - Sioux Falls
- **Richard Brynteson** - Rockford
- **George Morrison** - Wichita Air Capital
- **Harvey Schmidt** - Sioux Falls
- **Jerry Sigmund** - Columbia Luncheon

Rookie of the Year



John Duffield
- Rapid City

Cosmo of the Year



Francesco Collura
- Rockford

Governor of the Year



Chris Janke
- Rockford

Club President of the Year



John LiCausi
- Rockford

Member Community Service Award



Dayton Shepherd
- Columbia Show-Me

Patrick J. Hodgins Award



Sheila Anderson
- Sioux Falls Evening

Club Builder Award



(for St. Charles County Club)

- **Judy Weitkemper** - Columbia Breakfast, Columbia Luncheon, Columbia Show-Me, St. Charles County
- **Anita Hubert** - St. Charles County, Columbia Luncheon, Columbia Show-Me

CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

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

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

Major Cosmopolitan Diabetes Center/Program

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

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

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

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

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

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

EDMONTON ALBERTA DIABETES INSTITUTE

University of Edmonton
Edmonton, AB, Canada
Melanie Hibbard-Executive Director
helanie.hibbard@drifcan.ca

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

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

CORNBELT DIABETES CONNECTION, INC.

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

HEARTLAND COMMUNITY HEALTH CENTER

346 Maine Street
Suite 150
Lawrence, KS 66044
B 785.841.7297, ext. 208
Allie Nicholson
Executive Director
anicholson@heartlandhealth.org

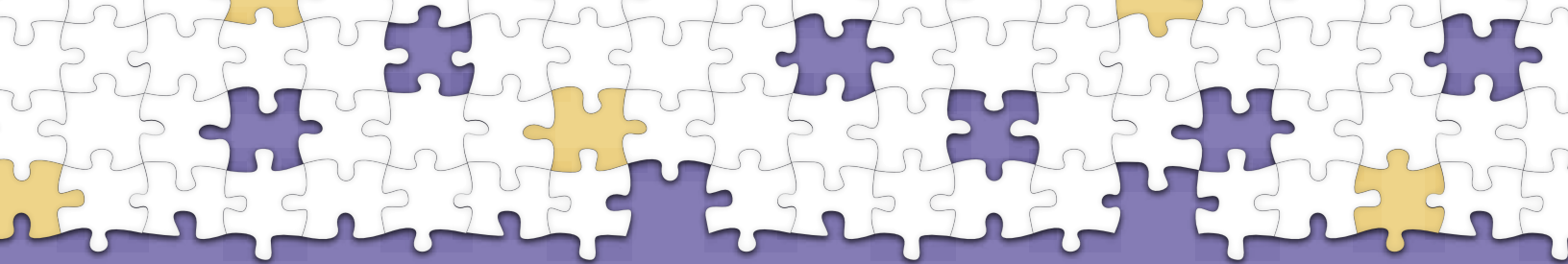
DIABETES INCORPORATED

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

THE CENTRAL MISSOURI DIABETIC CHILDREN'S CAMP, INC.

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





Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.

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

Charlene Duquette, Director

B 306.664.3158

SPECIAL LEARNING CENTER

1115 Fairgrounds Rd. Jefferson City, MO 65109

B 573.634.3070

Debbie Hamler, Executive Director

dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Program

(Not to be confused with the Major Cosmopolitan Supported).

- Primary focus must be diabetes related
- A minimum of \$5,000 over two (2) years or \$10,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

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Winter 2019

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COSMOTOPICS

In Memoriam

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

- **Donald Freking** – *Topeka Club, Kansas*
- October 17, 2018
- **Stuart S. Scroggs** – *Columbia Breakfast Club*
- October 24, 2018
- **Desmond Fey** – *Saskatoon Club, Saskatoon,
SK Canada - November 28, 2018*
- **Penny Shepherd** – *Columbia Luncheon Club, Columbia, MO*
- December 15, 2018
- **Russ Rains** – *Council Bluffs Club,
Council Bluffs, IA - December 27, 2018*
- **Jack Sapp** – *Columbia Breakfast Club, Columbia, MO*
- January 8, 2019
- **George Watkins** – *Omaha I-80, Omaha, NE - January 10, 2019*



COSMOTOPICS
PO Box 7351
Lancaster, PA 17604