WINTER 2020 ISSUE

COSMO TOPICS

A PUBLICATION OF COSMOPOLITAN INTERNATIONAL

Together at the Falls

SIOUX FALLS, SD

SAVE THE DATES: JULY 22-24, 2021

ISSUE HIGHLIGHTS

Breakfast Club of Columbia Missouri
Page 6

Twas A Night Before Christmas
Page 9

2021 Cosmopolitan International Convention: Together at the Falls
Page 12

Club of Norfolk Article
Back Cover

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
Art Brassard
adbrassard@skyvelocity.ca

INTERNATIONAL PRESIDENT-ELECT
Darin Hartman
darhart79@live.com

INTERNATIONAL VP FOR FINANCE
Keith Shepherd
keith.shepherd@sasktel.net

INTERNATIONAL VP FOR MARKETING AND FUNDRAISING
Amy Berendzen
amy_berendzen@yahoo.com

INTERNATIONAL VP FOR MEMBERSHIP AND NEW CLUBS
Lanny Auringer
lauringer@innovativedesign-sf.com

INTERNATIONAL JUDGE ADVOCATE
Jeremy Bridge
jbridge@reinhartlaw.com

EXECUTIVE DIRECTOR
David House
headquarters@cosmopolitan.org

FEDERATION GOVERNORS

CAPITAL	Randy White
CORNBELT	Wade Frink
MID-STATES	Victor Smith
MO-KAN	Dayton Shepherd
NORTH CENTRAL	Scott Speers
WESTERN CANADA	Tammy Allen

INTERNATIONAL HEADQUARTERS

P.O. Box 524 Boystown, NE 68010

P. (717) 295-7142
www.cosmopolitan.org
Email: headquarters@cosmopolitan.org

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inside

3 Goodbye 2020! by David House
4 President's Article by Arthur Brassard
5 Lawrence River City Cosmo Club in the Community By Gary Bartlett
6 Cosmopolitan International Columbia Breakfast Club of Columbia Missouri by Judy Weitkemper
6 St. Charles County Cosmos of Missouri by Judy Weitkemper
7 President-Elect Article by Darin Hartman
7 Emerald City Club COVID-19 Update by Janet Nevels
8 Membership Newsletter by Lanny Auringer
9 Twas A Night Before Christmas by Cheryl MacKenzie
10 Cornhusker Covid Update by Jim Fenlon
10 Omaha I-80 Covid Update by Margaret Keith
11 VP Marketing/Fundraising Article by Amy Berendzen
12 2021 International Convention: Together at the Falls
14 Categories of Recognized Programs
16 Club of Norfolk Article by Jon Maskell

MISSION STATEMENT

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

In Memoriam

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

- **Erna D. Bright, Sr.** - *Elizabeth City Club, Elizabeth City, NC - July 8, 2020*
- **Bea Mayhew** - *Platte River Club, Grand Island, NE - July 31, 2020*
- **George D. Hutchins** - *Topeka Club, Topeka, KS - August 6, 2020*
- **Dexter Rumsey** - *Richmond Club, Richmond, VA - August 7, 2020*
- **Robert Stoyand** - *St. Albert Club, St. Albert, AB, Canada - August 31, 2020*
- **Darrin Cook** - *Omaha I-80 Club, Omaha, NE - August 31, 2020*
- **Irving Feader** - *Prince Albert Club, Prince Albert, SK, Canada - September 9, 2020*
- **Roy Talmadge** - *Cornhusker Club, Omaha, NE - October 17, 2020*
- **Richard Stefanich** - *Aurora Club, Aurora, IL - November 19, 2020*
- **Past International First Lady Carolyn 'Sue' Larson** - *Cornhusker Club, Omaha, NE - November 27, 2020*
- **Mary Rumsey** - *Richmond Club, Richmond, VA - December 6, 2020*
- **Eugene Overton** - *Elizabeth City Club, Elizabeth City, NC - December 14, 2020*
- **Past International President Thomas Williams** - *Bethesda, MD, December 15, 2020*

David House
Executive Director

Goodbye 2020!

This may turn out to be a year we wish never happened! In December 2019 and January 2020, the future looked so bright and promising. But February of 2020 brought to our attention a new virus that was traveling around the world, and we did not know very much about it. Nor did our medical facilities have much experience dealing with it as well. Fear of the unknown can be a horrible thing. It can cause people to do things that they would ordinarily not do. That happened all over the place.

Local governments chose to shut down virtually everything in the early stages. Flatten the curve was the outcry. However, we totally misunderstood how the virus affected different age groups and people with underlying conditions. We failed to protect many of those who were most at risk. Much of our normal activities were turned upside down. Service clubs of all types cancelled or postponed fund-raising activities and community projects because of the lockdowns. Physical club meetings ceased. Schools closed. Businesses were now categorized as either essential or non-essential. Many non-essential businesses were forced to close their doors. Yet big box stores were allowed to remain open, as they were deemed essential.

Electronic meeting technology zoomed (please pardon the pun). Businesses and groups could not hold seminars or meetings physically, so they all began to use the electronic meeting structures to communicate. Our clubs were no different. Many of our members learned a whole new way of attending meetings! While this did help us stay connected, it is not a platform that will sustain our clubs going forward. We need to get back to our physical structure as quickly as possible.

While many of our schools and universities have supported the electronic learning environment, it is just not the same. Many of our students who loved school now hate the virtual school structure. Social interaction is so important to the human race. Without it, we lose the human factor in most everything we do.

This leads me to the topic of the upcoming International Convention in July of 2021, hosted by the Sioux Falls clubs of the North Central Federation. This will be a critical time for Cosmopolitan, as we had to cancel our convention last year in the height of the COVID-19 pandemic lockdowns. We will have lots of catching up to do. There will be lots of discussion about what the lack of physical meetings has done to our organization, and lots of planning on how to get things back on track. But most of all, we just need to gather in person! That is the thing most of us miss right now! Close contact with long-time friends and associates. Sharing ideas. Catching up on family happenings. And making new friendships with Cosmopolitan members who we have not yet had the chance to get to know personally.

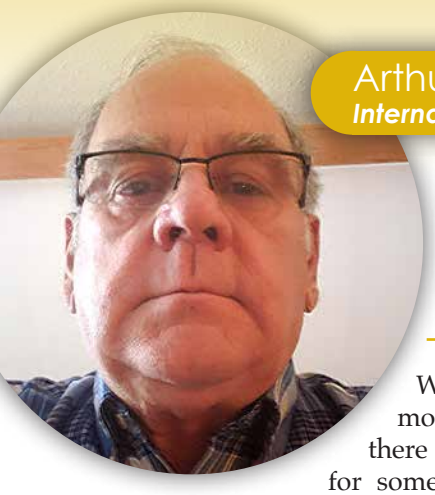
Put the Convention dates on your calendar, and do not let ANYTHING deter you from attending this year's International Convention. It is promising to be one of the best we have had in years!

David House
headquarters@cosmopolitan.org

OFFICER ARTICLE

Goodbye 2020!

TOGETHER AT THE FALLS 2021



Arthur Brassard
International President

President's Article

My year as President of Cosmopolitan International has been, how do I say it—"Certainly not a normal one!"

With the two countries being in most cases totally locked down, there has been no club meetings for some, while others have met with a limited number in attendance. The future, however, is starting to look brighter, with the arrival of the COVID-19 vaccines. It will take some time for all of us to get our shots, but hopefully this will all happen before the beginning of June.

The one thing that I miss the most in Cosmopolitan, and I am sure it goes for the rest of you as well, is getting together with our fellow members each week or every other week. Unfortunately, by not being able to meet, our organization has had to deal with the lack of fundraising as well as the postponement of some great club activities. That being said, the Cosmopolitan International board has still been working hard to try and help improve this organization. We have concentrated on a couple of things: (1) We could have a new web site that will add flexibility, ease of usage, and a reduced cost to our clubs, and (2) In the fall we will be adding a new Facebook site for all Cosmos to be able to connect with each other. There is a PR Task Force that was formed at the Chicago Convention, and this group has been working very hard on what needs to be done to improve Cosmopolitan International.

The next major event on the horizon is the 2021 Sioux Falls International Convention. The convention group in Sioux Falls has put together a great program for all to enjoy! One major change is that the basic registration fee now includes all Convention activities. This change differs from past Conventions where we paid extra for some activities. The Convention is set for July 22nd through the 24th, 2021. Let us hope by then this COVID -19 pandemic will be under control and all the boarders will finally be open. I would like to see the 2021 Cosmopolitan Convention serve as a great opportunity to renew our Cosmo fellowship by having a great turnout! We have been unable to meet in person for a very long time, and when we can't get together, we lose focus on the importance of being a Cosmo: the fellowship and friendship that we have for each other, and the services we bring to our local communities. I am planning and looking forward to the trip to Sioux Falls, and I sincerely hope all of you will be doing the same thing! So, we'll see you at Convention!

Arthur Brassard
adbrassard@skyvelocity.ca

OFFICER ARTICLE

Year	Federation	Location	Dates	Status
2021	North Central	Sioux Falls SD	July 22-24	Booked
2022	Corn belt	TBA	July 21-23	Notice Sent Out
2023	Capital	TBA	July 27-29	Notice Sent Out
2024	Western Canada	TBA	July 25-27	Notice Sent Out
2025	Mo-Kan	TBA	July 24-26	Future Convention
2026	Mid-State	TBA	July 24-25	Future Convention
2027	North Central	TBA	July 22-24	Future Convention
2028	Corn belt	TBA	July 27-29	Future Convention
2029	Capital	TBA	July 26-28	Future Convention
2030	Western Canada	TBA	July 25-27	Future Convention

Lawrence River City Cosmo Club in the Community

By Gary Bartlett

The River City club partnered with the Lawrence Community Homeless Shelter to supply their diabetic clients with supplies to help them as they reside in the shelter. The club purchased bags with the Cosmo logo and club name, to which we then added a meter, test strips, lancets, measuring cup, alcohol wipes, a pair of socks, and a winter stocking cap. Five bags were delivered to the Shelter to be distributed. As the need arises, more supplies will be given to the Shelter.

The Shelter was also in need of a water cooler for its clients. Robin Donahey ordered the unit and he and Gary and Susie Bartlett delivered it and installed it for their usage. This will allow residents to fill up water bottles and/or have hot water available for hot drinks.

With the Covid19 virus restrictions, the Shelter has been trying to place as many people in their own homes to keep the virus from sweeping through the Shelter and its residents. Once restrictions are lifted, we hope to get back with the Shelter for any other opportunities to assist those residing there.

Diana putting diabetic supplies in bags

Robin, Greg, Vivian & Diana stuffing bags

Susie & Nancy putting in diabetic supplies

River City Club members deliver diabetic supplies

Members with Shelter Director Renee and a few of the diabetic supply bags

Water Cooler supplied by River City Cosmo Club to the Community Shelter

Shelter employee Kyle helping River City member Robin

You have to flush the filters, so this was Susie's job

Kyle cleans the wall while Robin and Susie read the instructions

Cosmopolitan International Columbia Breakfast Club of Columbia Missouri

Respectfully Submitted by Judy Weitkemper

The Breakfast Club is having a great year. On July 1, 2019, we started the fiscal year with 24 members. Our goal was to increase this to 27 by June 30, 2020 and to date we have increased it to 28, our goal plus one.

We participated in a 3-Club Fall social in August at the Cosmo Corner of Nifong Park with a great attendance and speakers. We picked up one new member from this Social.

In January we participated in a successful Pancake and Sausage Fundraiser with the Columbia Luncheon Club. Other income this year has been from Bingo, Bingo concessions and fines.

In March came the unforeseen Pandemic that changed things for everyone. We had to cancel not only our meetings in person, but Bingo, which brings in most of our income plus the Spring Ready for Spaghetti fundraiser with Columbia Show-Me Club. However, we have managed to use this time wisely and to our advantage.

We only missed one meeting in March then proceeded to have all our regular meetings via telephone conference. This has absolutely been great and with excellent attendance. We have not only completed our regular business but have been working out new ideas for our club.

We came up with a new look for our Club identity, the coffee cup being used in our Newsletter now contains the Cosmo Logo, we have created a Breakfast Club Facebook page and are working on a website for the Club. Our 4 new members are young and have brought much needed ideas and talents into our Club, including skills in technology and various ideas on different ways to improve community awareness and new Fundraising ideas.

We have provided money this year to various non-profit organizations within our community, funds for the APO Students to attend their workshop training sessions and we are giving $4,000 in scholarships to Columbia high school seniors.

Our Inauguration is scheduled for Friday, June 26, 2020, in the meeting room at HyVee on Nifong. If the social distancing does not allow us to have this in person, we will have a virtual Inauguration on the same date and time.

Some of the Clubs in Columbia are returning to regular meetings in person this month, but because our Club has many members with diabetes and in the age range considered a high-risk for this virus, we are going to continue with the teleconference meetings for a while longer. We do want to get back to regular meetings in person, but we need to be sure the time is right for the safety of our members. We are looking forward to good things to come. This Pandemic will not defeat us: We are Cosmos and Together We Can!

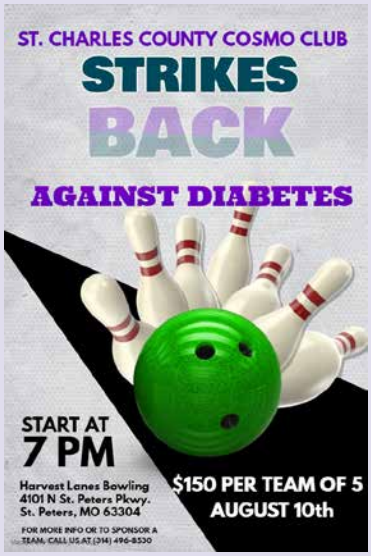
St. Charles County Cosmos of Missouri

By Judy Weitkemper

St. Charles County is a small Club but beginning to grow and find its niche in the market. We had a great turnout and did very well, on our first official Fundraiser this Fall. We had a Bowling Tournament with a theme of Cosmo Strikes Back Against Diabetes.

This past winter, after some discussion with the members, we changed our meetings as follows: We meet on the 2nd Tuesday of each month. The First meeting of the quarter is our Board/Business Meeting. The second meeting of the quarter is a social gathering where we bring friends. We plan an activity beforehand to get to know each other better or learn something new about Cosmo. (examples: saying something about yourself that other members may not know or have a Cosmo Quiz, things like that). It is basically a meeting to have fun while getting to know each other better, learn more about Cosmo and introduce others to Cosmo. The third meeting of the quarter is a Fundraiser, training session and/or having a speaker.

This new model has been going over very well, attendance is practically 100% and we have brought in two new, members. However, due to COVID-19, we have had to discontinue meetings for a while and have canceled our Spring Fundraiser. We keep up to date and stay in contact through emails and Facebook, however we are anxious for things to get back to normal and on to building our Club and making our presence known throughout St. Charles County.



President-Elect Article

Darin Hartman
International President-Elect

As members of Cosmopolitan International, we are now in unprecedented times. We have not had a convention since 2019 in Rosemont, many or our clubs have not met in months. And we have had to adapt to technology on a very steep learning curve. These changes have been difficult on our membership, our fundraising efforts, and our mission to complete our goals.

This has been a challenging year for Cosmopolitan International, but we will come back stronger than ever. As a Cosmo, I look forward to having International Convention every year because it is not only a time for business to get done but also catch up with our Cosmo family as well. As productive as our virtual International Convention was in 2020, there was something missing. We missed the comradery of the group activities, the awards banquet with everyone dressed to the nines, and catching up with old friends,

Firstly, our Sioux Falls Cosmopolitan International Convention 2021 is very pivotal for many reasons. Logistically there are some things that we cannot accomplish by Zoom or teleconference. There are some important pieces of business that need to be discussed and debated in an open forum. It is not impossible to do this via a Zoom meeting, but it is markedly more difficult. There are also some by-law changes that need to happen in order to make teleconference meetings compliant underneath our meeting criteria.

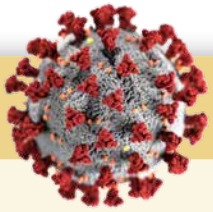
Secondly, this convention is important for our morale. After this tough year of cancelations, confinement, and loss of fellow members, we need this convention more than ever for our own sanity. Ever since I can remember this convention has meant just as much to me personally as it has professionally. Although our 2020 convention was well organized and accomplished our needed business needs, there was just something missing. An Art Brassard story just has more impact when you hear it in person.

I look forward to seeing you all in Sioux Falls!

Darin Hartman
darhart79@live.com

OFFICER ARTICLE

Emerald City Club COVID-19 Update



By Janet Nevels

We cancelled our meetings, fundraisers and membership drive after the pandemic hit.

An email was sent out in March after Kansas shut down. We requested a roll call with updates on how people were doing and if anyone needed help. We received very few responses. Therefore, phone calls and texts were made.

The remainder of March and April we were silent as a club. Many of us still remained in contact by phone and text.

In May we had our first contact with our local hospital, needing supplies. With our successful fundraising this year we are able to continue our obligations to help diabetics in our community.

In May, I started calling members (many calls very lengthy). I assured them we would be meeting in June in some format depending on our County restrictions.

We are having our first Board Meeting outside on June 1st. We will have a Zoom demonstration for those that are not familiar with this format.

Our first Club meeting will be June 15th. This will be in person unless something changes. Again email, phone calls and texts.

We will be educating are members on the need of communicating in these changing times.

Lanny Auringer
International VP
Membership and New Clubs

Membership Newsletter

OFFICER ARTICLE

MEMBERSHIP: The state of being a member of a group or organization.

How do you define membership?

What does membership look like to you?

What is it that causes you to continue being a member?

What would cause you to discontinue your membership?

What would motivate you to become a member?

What would discourage you from becoming a member?

These are all questions that we should be asking ourselves on a regular basis. I am certain there are a wide variety of answers to the questions, but they all boil down to one thing…if we do not find a suitable answer to these questions it is going to continue to be a struggle to attract and retain members.

I believe we can all agree that The Cosmopolitan Club is a great organization and each Club does great things within our own communities. I would even venture to bet that people within your community that are not members and are aware of Cosmopolitan, would agree that we are doing great things!

Would your community miss the great things we do if we were no longer able to provide the great community services that we do? Again, I am certain they would.

There is no better time than the present to begin considering new ways to engage and involve current members and prospective new members in your clubs activities that truly make a difference.

I copied this from an article I found online. The article is 3 years old and this is a small part of the article, but I do believe it has relevance in our consideration for membership.

1. Young, professional people will tell you cost is a major obstacle to joining. Some of the clubs have yearly fees (which include lunches) ranging up to $1000. That's a lot for a young person struggling to get a financial foothold. Years ago, employers used to pay for service club memberships. "Most businesses don't want to pay for that anymore."

2. Another problem? The required commitment of time, not only for the weekly meetings of some clubs, but for the events and fundraisers they sponsor. "It just seems like you're inundated with requests to do things," says Kate Havel, the president of 40 Below Marquette County Young Professionals. "And your time can sometimes get spread pretty thin."

3. Society is changing, the economy is changing. Years ago, you likely worked 9-5, took an hour break for lunch, and stayed at the same company for 30 years. No more. "A lot of us have different jobs and different commitments," says Pat Digneit, one of the partners in Double Trouble and Digs. "Times have changed. We struggle to find free time." Not only that, but parents are more involved with their kids' activities, fathers are more involved in parenting.

4. People are more transient. Their ties to their communities are not as strong as they once were.

5. Maybe the old-line service clubs are just outdated. Too many regular meetings, too much boredom and formality, too many rituals, maybe in some cases, a little too much religion. "We want to have a little adventure and a little bit of fun," Digneit explains. And the younger generation is much more closely tied to social media and the internet–where the service clubs don't seem especially adept.

It is time for us to break the mold on the way we have been trying to retain and attract members. It is time for Cosmopolitan to consider adapting to the way the younger generation is working their way through our information filled, instant gratification, fast-paced world. How can your Club begin to make this transition?

Lanny Auringer
lauringer@innovativedesign-sf.com

'Twas A Night Before Christmas

By Cheryl MacKenzie - Editor, EDM Cosmo Bulletin

As is the practice, our Club Funding Committee met in November to review submissions and make recommendations for our December Community Giving Campaign. This celebration usually culminates in a Luncheon at a local hotel where we host anywhere from 10–15 local Charities as we honor their work with a financial contribution.

No different than anything else in 2020, this year's celebration was going to have to be a little bit different. We were not able to bring 30-40 people together for a luncheon due to the COVID restrictions. So, thinking caps went on and we created a new way to celebrate, we would invite our 14 charities to attend a Zoom call. In that call, we would acknowledge the groups and allow them to speak briefly about what it is that they did within the community.

It is important to note we generally focus on the smaller organizations in the community. Ones that struggle and may sometimes get overlooked just because of their size.

Once we knew that we would be presenting our annual event remotely, we had our work cut out for us to still make this a memorable event, one that would be enjoyed by all. With a lot of consideration, our theme was chosen, an evening after dinner event, "Prosecco & Desserts". Each Charity identified a person in their organization that would represent them on the call. That person then became the recipient of a COSMO Elf visit on the day of the event. The first phase began with those drop-offs. The smiles and gratitude of a visit from the COSMO Elf was evident at each and every door! After all, who wouldn't love a bottle of Prosecco, treats from Confections Cake Co. and some chocolate to boot! Fast forward to the evening Zoom event. As 6:30pm rolled around, the COSMO Elves signed in and along came our charity organizations. One by one row call was completed, and the evening began, this is where it gets good…

When you invite this many organizations to the table and ask each to speak about what they do inside of their group, you just don't know what to expect. In a normal year, everyone politely listens as we move down the list. Thank you's are extended and the luncheon wraps up. Not this time.

Each organization gave their talk about the work they do and the impact it has on the community. A tear or two shed as we listened intently. Then, questions. At each turn, there were questions from COSOMOS and there were questions from other organizations, this was new to us. Interaction took place that we would not normally see. This event became a peer group meeting of the minds from one charity to another. Offers of support were extended to each other. Where one was in need, another could offer. In this case, meeting virtually through Zoom had benefits that NO ONE could have foreseen.

If I had not been a part the Zoom meeting, I would have a hard time understanding the impact that this gathering will likely have. In the end, each charity asked to be on a list where we could share each other's contact information. They wanted to be able to reach out to each other. In a time of COVID restrictions and diminished donations, finding a new way to make it to the next day is paramount.

In this 90-minute call of celebration, we have seen how at the very heart of it all, the name of the charity did not matter, it was the goal at the end of the road that is common. Love, Support, Goodwill.

Now this is a Christmas Story, Merry Christmas to all, and to all a Good Night!

CORNHUSKER COVID UPDATE

By Jim Fenlon

Covid-19 has severely reduced in-person social contact and has resulted in a major culture shift. However, the pandemic has not deterred the Omaha Cornhusker Club from meeting at noon on Fridays via Zoom. Candy and Dick Gorton, a former secretary and governor, respectively, of Cornbelt Federation, have set up a recurring meeting schedule. Perry Johnson, another former Cornbelt Federation governor, has been able to participate from his home in Virginia.

These virtual meetings have enabled the members of the club to visit, share stories of social distancing, and discuss club business. While the meetings have resulted in camaraderie and tale telling, they have not resulted in a firm prediction for the date of the next Pork Feast, the club's annual fundraising event.

The Omaha Cornhusker Club encourages other clubs to hold virtual meetings using one of the many remote meeting applications available to the general public.

Clockwise from top right are Gabriel Ruiz, Kelly Farrell, President Todd Wilson, Jim Fenlon, Ken Dirksen, and Dick and Candy Gorton. Not pictured, Ed Ficenec.

Omaha I-80 Covid Update

By Margaret Keith

These COVID-19 times have been trying for the Omaha I-80 Cosmopolitan Club like every other club. However there has been some silver linings in the storm. Fortunately, our biggest fundraising event was held one week before the lockdown. Our Casino Night had a slight downturn in both attendance and proceeds, but we raised close to $26,000 for our foundation, thanks to our many sponsors.

Our monthly "First Wednesday Lunch" and weekly Friday morning breakfast meetings ended when the restaurants closed. We embraced technology and invested in a Zoom account. We have held two "Virtual Lunches" and Weekly "Virtual Breakfasts". We have even had two Friday morning speakers in the Zoom meeting space. The Zoom account has also been useful for club board meetings and Cornhusker Diabetes Connection (CDC) board meetings. Using Zoom has been a little challenging for some of our members, but despite the learning curve we have had an average of 25 members on the calls every Friday.

Two of our annual events "The Camp Floyd Rogers Golf Outing" and our team sponsorship for the College World Series have been cancelled. This is disappointing as we all really enjoy putting on these events. We are hoping that we can still have our annual Shrimp feed later in the summer.

The Zoom breakfasts have really helped keep the club together. We anxiously await the time we can sit down and break bread together once again!

VP Marketing/ Fundraising Article

Amy Berendzen
Acting International VP Marketing/Fundraising

During this challenging, unprecedented time, it is critical for nonprofits like us to be sensitive to the current pandemic situation, to be agile and to be able to pivot while remaining grounded in our core values and mission. Many Clubs have asked, and others might also be wondering: What should we be doing to adapt our marketing and outreach efforts in this new landscape to be effective? Here are three C's for Clubs to consider.

CARE

More now than ever, empathy is powerful when it comes to messaging and outreach from nonprofits. Now is the time for Cosmos everywhere to unite (even if virtually) and collectively tell the stories of our organization. Nothing tells or sells a good story like a little empathy and emotion. It's time to focus on our beneficiaries and supporters and what they're going through. Have you shared how your Club is making changes? What is your plan of action as things open back up? How will you keep your members safe? How can people get involved to help The Club that Fights Diabetes? What resources can you share?

CULTIVATE

Businesses and corporations are looking for ways to participate in the non-profit arena, including aligning with organizations that are doing good things in, and for, their communities. Reach out to business partners, sponsors or corporations you've wanted to have a conversation with to see if they'd be interested joining forces with your Club. And be ready for a favorable response. Be sure to communicate what the benefits are for them in partnering with you, how it aligns with their business culture and values, and what the positive impact this could have for your shared community stakeholders.

COMMUNICATE

We must remain relevant, effective and consistent with our International and Club level communications in order to continue to be top of mind, especially as the situation changes and evolves. However, if we are purposeful and intentional in our marketing, messaging and communications, and our efforts continue to be rooted in and guided by our values and mission, we will not only stay ahead of the curve, we will continue to build rapport and develop relationships with present and most importantly - future - Cosmopolitan International supporters.

All of us are concerned about the impact of the COVID-19 pandemic. We are worried about the health and safety of our families and friends, and we are worried about the impact on our organization. This coronavirus has generated a great level of uncertainty in all of our lives. However, this is not a time to panic. Instead, the time is right for all of us to come together, as Cosmos, to develop unity, to serve others and to take action. The next such opportunity to do so is by attending the 2021 International Convention in Sioux Falls, South Dakota July 23-24. Be sure to check out all of the details and make your reservations soon (www.cosmopolitan.org/page/convention).

Amy Berendzen
amy_berendzen@yahoo.com

TOGETHER AT THE FALLS 2021

OFFICER ARTICLE

Together at the Falls

SIOUX FALLS, SD

SAVE THE DATES: JULY 22-24, 2021

PRE-CONVENTION ACTIVITIES

We also are planning activities on July 21, 2021—come early—so much to explore in Sioux Falls. South Dakota's largest city is open for business and we are planning for a great convention with Educational time and Fun time in Sioux Falls.

FUN AT THE LEVITT

Levitt at the Falls is a state-of-the-art outdoor amphitheater in the Falls Park area featuring concerts every summer. The mission of the Levitt at the Falls is to build community through music. It is the eighth permanent Levitt venue in the nation. The Mortimer & Mimi Levitt Foundation empowers communities to transform outdoor spaces into welcoming destinations through the power of live music. YOU will be able to experience this venue Thursday evening following our convention opening ceremony.

EDUCATIONAL SESSION

Motivational Speaker Jeff Gould will open the Friday morning Educational Session. His messages are entertaining and valuable, helping people take steps towards living a life of passion and purpose. Jeff Gould, a storyteller, a speaker and a writer—powerful, encouraging and inspirational

SIOUX FALLS HAS FUN AND ADVENTURE

Explore over 800 butterflies at the Butterfly House & Aquarium, see the Great Plains Zoo's 1000 animals, or enjoy over 55 sculptures displayed in downtown Sioux Falls which are within walking distance of the hotel. See the Arc of Dreams, which is a stainless steel arc that spans over the Big Sioux River and a Sioux Falls landmark just a short distance from the hotel. Many events and tours are also being planned by the Convention Committee. You do not want to miss the adventure.

CONVENTION HEADQUARTERS

Hilton Garden Inn Downtown
201 East 8th Street
Sioux Falls, SD 57103
605-444-4703

- Free surface and underground parking
- Starbucks on site
- Crave American Kitchen & Sushi Bar on site

We look forward to seeing you for the convention in July!
When you leave you will have a trip full of memories!

2021 COSMOPOLITAN INTERNATIONAL CONVENTION

THURSDAY, JULY 22, 2021		
8:30 a.m.	4:30 p.m.	Registration
Morning		Golf or Great Shots for Anyone - Extra Activity
12:30 p.m.	2:00 p.m.	1st CDF Board Meeting
2:00 p.m.	2:15 p.m.	Coffee
2:30 p.m.	4:30 p.m.	CI Board Meeting
3:45 p.m.	4:45 p.m.	First Timers Orientation Session
5:00 p.m.		Opening Ceremony (Buffet)
6:30 p.m.		Levitt at the Falls Concert
8:00 p.m.	11:00 p.m.	Hospitality Suite Open

FRIDAY, JULY 23, 2021		
7:00 a.m.	7:30 a.m.	Yoga Class with Larry Heim (If Wanted)
7:30 a.m.	9:00 a.m.	Registration
8:00 a.m.	9:15 a.m.	CDF/CFC Donations Breakfast
9:30 a.m.	10:45 a.m.	Education Session
11:15 a.m.	9:00 p.m.	Lunch, Tours, Dinner, Etc.
8:00 p.m.	11:00 p.m.	Hospitality Suite Open

SATURDAY, JULY 24, 2021		
8:00 a.m.	9:00 a.m.	Registration
7:00 a.m.	8:00 a.m.	Breakfast
7:30 a.m.	8:45 a.m.	Walk for diabetes
7:15 a.m.	8:00 a.m.	Awards Judging
9:15 a.m.	11:15 a.m.	Delegates Meeting
11:15 a.m.	11:30 a.m.	Presentation from 2022 Convention
11:45 a.m.	1:15 p.m.	Installation of Officers Luncheon
1:30 p.m.	2:30 p.m.	New CI Board Meeting
3:00 p.m.	4:00 p.m.	2nd CDF Board Meeting
6:00 p.m.	7:00 p.m.	President's Reception
7:00 p.m.	9:00 p.m.	Awards Banquet
9:00 p.m.	-----	Hospitality Suite Open

SUNDAY, JULY 25, 2021		
8:00 a.m.	10:00 a.m.	Wrap-Up Breakfast & Comments to Committee

CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

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

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

Major Cosmopolitan Diabetes Center/Program

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER
855 Brambleton Avenue
Norfolk, VA 23510
B 757.446.5909
Jerry L. Nadler, M.D., FACP, Director

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA
One Hospital Drive
Columbia, MO 65212
B 573.882.2273
Jeff Robbins, Administrator

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND
PO Box 394
Sioux Falls, SD 57101-0394
B 605.333.7315
Dr. Laura Davis-Keppen, M.D.

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

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM
1200 West State Street
Rockford, IL 61102-2112
B 815.490.1600
Gordon Eggers, Jr.,
President and CEO

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

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

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

THE CENTRAL MISSOURI DIABETIC CHILDREN'S CAMP, INC.
PO Box 1942
Columbia, MO 65205-1942
P 573-474-4326
David Bernhardt,
CPA, Executive Director

Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.
28 34th Street E, Saskatoon, SK S7K 1R5 CANADA
Charlene Duquette, Director
B 306.664.3158

SPECIAL LEARNING CENTER
1115 Fairgrounds Rd. Jefferson City, MO 65109
B 573.634.3070
Debbie Hamler, Executive Director
dhamler@speciallearningcenter.com

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

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

ELGIN COSMOPOLITAN CLUB DIABETES EMERGENCY RESCUE FUND
Social Service Department, Sherman Hospital
934 Center Street, Elgin, IL 60120
B 847.742.9800

UNIVERSITY OF CHICAGO MEDICINE
Kovler Diabetes Center
900 East 57th Street, Chicago, IL 60637
Peggy Hasenauer, MS, RN, Executive Director
B 773.702.2371, Direct 773.834.4789, C 773.412.4171
kovlerdiabetescenter.org
www.facebook.com/kovler.diabetes.center

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

COSMOTOPICS WINTER 2020 ISSUE

Club of Norfolk Article

By Jon Maskell, President, Cosmopolitan Club of Norfolk

The COVID-19 pandemic has brought us an unfortunate start to the year, but also allowed for creative thinking to stay in touch with one another during this unprecedented time. While the cancellation of Club events was unavoidable, The Norfolk Club has taken advantage of technology to stay in touch with our members. Board meetings are being conducted via Microsoft Teams (I'm sure you've seen the commercials). It is a great way for us to stay connected and keep the ball moving forward. Our board has made efforts to reach out to our members to make sure everyone is doing well and offer a helping hand when needed. As President, I send out regular communications to the membership to let them know what we are doing and how we are making an impact in this new world of ours. Part of that communication is to provide a path to respond to the call from any of our members who need help when facing hardships during this challenging time.

I am most proud of our $2,500 contribution to the Food Bank, which as we all know is in dire crisis now. That funding came in 2 parts. One, since our bimonthly member lunches were cancelled starting mid-March, we had a surplus from the membership dues that primarily fund the expenses for those lunches ($1,250). The Cosmopolitan Club of Norfolk Foundation agreed to match that amount. That money helped to provide over $15,000 in groceries for families in need, many of which have diabetic and related conditions, during a major shortage. Something we can all be proud of.

Due to fast acting by Randy Wright and Cindy Cook, we were able to reschedule our signature event, the annual Norfolk's First Citizen Banquet put on by the Norfolk Club Foundation, to October 3. Fast acting was key here as many other organizations have rescheduling requests. We were able to coordinate with the 2019 recipient and the venue in order to find the most ideal date. We are optimistic we will be able to proceed without a beat, but are prepared to make other arrangements if needed. And I think that is an important aspect the pandemic has taught us - we must be nimble and ready to act if we are to thrive through this and beyond.

As we turn the page, we must be more creative thinkers now more than ever. Our Club Board is looking at ways to restructure dues and offer different types of memberships that will appeal to different generations (our membership currently has 5 of them!). What would a virtual membership look like (is that possible)? What are the benefits? These, among others are the questions we will be asking ourselves over the next few months. We look forward to a time when we can get back to meeting in public, but until then we are moving forward and staying connected with technology.

Stay Connected

COSMOTopics
PO Box 524
Boystown, NE 68010