

COSMOTOPICS

WINTER 2022 ISSUE

A PUBLICATION OF COSMOPOLITAN INTERNATIONAL

Club Fundraisers and Happenings *Special Issue*

ISSUE HIGHLIGHTS

- Officer Articles
- Governor Reports
- Club Fundraisers and Happenings
- Caring for a Diabetic Dog as a College Student
- Plan Your Trip to Norfolk, VA Yoday!



COSMOTOPICS

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MISSION STATEMENT

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

EDITOR'S NOTE

Welcome to the latest issue of COSMOTOPICS! This special edition highlights the remarkable fundraising efforts of our clubs in their communities, supporting crucial causes like diabetes education, research, and overall help to diabetics in general.

In this issue, you'll find inspiring stories about the various fundraisers our clubs have organized, showcasing how they've made a positive impact. We hope they motivate and encourage you to keep making a difference through your fundraising efforts.

We take immense pride in our members' daily work to fight diabetes and contribute to their local communities. This magazine serves as a reminder of the incredible impact we can make when we unite for a common cause.

Thank you for your continued support of Cosmopolitan International, and our shared mission to change the world for the better.



A Special Message from International President, Randy Wright

As many of you know, our First Lady Arlene Wright has been going through some very serious medical issues. It was touch and go for a while, but she has pulled through to the point she was able to now be home with Randy while receiving home health care. There is still a long road ahead of them, but they have certainly turned the corner. We are all continuing to keep them both in our thoughts and prayers.

What follows is a special message from Randy. This was written during the time Arlene was in the hospital. He has shared this with his local Club as well as the leadership of Cosmopolitan International and on Facebook. He wanted to share it with each Cosmo member as you are all so special to them.



Yesterday was a special day. It was our 36th anniversary. In spite of another fall, she asked me to snuggle with her! I did that for almost two hours. And we talked about our life together. Starting with our Honeymoon in Hawaii, and we worked hard together and protected each other!

I'm one of the luckiest guys in the world. We have been able to touch thousands of people throughout the world. I don't know what is ahead of us. I've asked for prayer. YOU, OUR FRIENDS, have complied.

I wish I could say the battle is over. It's not. Parkinson's is mean. We faced yet another fall. I've had so many friends who've said the caretaker has a difficult job. "Yes, we do. It's difficult to sleep or to eat. It's a change in your private world! I've decided to write messages of what the real life is all about. So my wife had said some terrible things about me, So I have had difficult moments, but yesterday was special. She wanted me to SNUGGLE. The hour and half was worth more to me than anything. We walked our life together again. I was always a Christian, but she gave me the Lord through her beautiful voice! "How great thou art." See, she preached through her voice! My thanks to all of you. May God touch my wife through your prayers!

Randy Wright
International President
with First Lady
Arlene Wright



Report of the VP of Finance

By Keith Shepherd, International VP Finance

So far we have had a few unexpected items come up but the International Board is addressing these items and is continuing to move forward.



At the beginning of the year we estimated our income and expenditures and prepared our annual budget which was approved at convention. We as a board have been diligent in watching our expenditures and bringing in income. We are glad

to report to you that we have a positive financial statement with a modest surplus to date. The surplus is due to lower costs on executive director salary and benefits and travel by the executive board offset by lower dues revenues, expenditures on executive director search, and higher costs for mailing fall issue of Cosmo Topics than budgeted. The driver behind our finances depends on dues charged to you our members, and we thank everyone for continuing to send in dues on a timely basis.

It is time **NOW** to plan your trip to Norfolk, VA., to attend the 2023 Cosmopolitan International Convention. Those who attend are guaranteed a "FUN" time. You will get to renew and make friendships with members from across North America; attendees will get to learn

first what is happening in Cosmopolitan and our mission; they get to share ideas, learn what other clubs are doing; and also have "FUN". It is easy to justify not attending conventions with ever increasing fuel prices, airfare, and economies that upset our decisions. Know this, the Cosmopolitan Convention is just about the best deal there is in the entire organization. Sure it will cost you money! But not as much as you suspect and you will be very pleased with the value. The Cosmopolitans who plan and pull off these events are just folks like you and I, and they know the value of a dollar just as well as you or I do. By the way it will cost you money to stay at home too. Come and join in, you will have "FUN" I promise.

Know all of you this, you are important to Cosmopolitan and you are making a difference. A heartfelt thank you to each of you for your commitment to membership and your support of Cosmopolitan International.

Yours in Cosmopolitan

Keith Shepherd
International VP of Finance
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Plan your trip to Norfolk, VA today!

2023
International
Convention
July 28-30, 2023
Norfolk, VA

Hilton Norfolk The Main
100 East Main Street
Norfolk, VA 23510
www.themainnorfolk.com



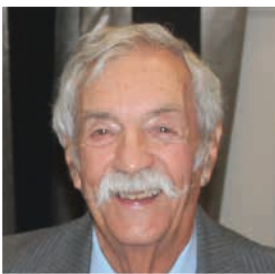
For more convention information visit <https://www.cosmopolitan.org/page/convention>

Hello Again Fellow Cosmos!



By Dick Gorton, *Cosmopolitan President-Elect*

I want to tell you about my own experience with diabetes. Somewhere around 2005-2006, I developed type II diabetes. This was primarily due to my gaining weight over a number of years. Over the next 3 to 4 years, I ended up on two different types of medication to control my blood sugars. Unfortunately, I was not doing anything to change my life style or improve my eating habits. Eventually, this all caught up with me in 2009, when my eyesight started to deteriorate. At that point, I decided I had to make a change. To start with, I was going to have to lose weight.



Back in 1980, I lost a bunch of weight by maintaining a journal of everything I ate and by counting the amount of calories I was eating each day. So, I started the journal again. On March 18, 2009, I started counting calories and entering the daily amount in a spread sheet.

I weighed myself each Friday and entered the weight in the same spread sheet. By the next March, 2010, my weight had gone from 235 to 195. I also quit taking one of my medications as I was over medicating. My blood sugars were getting too low.

When I went in for my annual physical, my doctor was surprised and pleased, not so much for my quitting the one medication on my own, however. I explained that the low blood sugars were making me dingier than normal. I told him my intent was to continue with the journal to try to get off the other medication. He told me to go for it. By the next March, 2011, I had lost another 10 pounds. My weight was now down to 185 and I quit taking my other medication. I was now off all diabetes medications. Since then, I have lost another 15 pounds. My weight now fluctuates around 170.

An interesting thing also happened with my general health. There was a marked improvement in my cholesterol and my triglycerides. Also, my eyesight went back to normal. About 5 years ago when I went in for my annual physical, my doctor told me that based on my blood chemistry analysis and general physiology, there is no indication that I have ever had diabetes. It is amazing what the body can do if you take care of it and don't screw it up!

I still maintain my daily journal of what I eat and how many calories I consume. It is how I can maintain my weight and, hopefully, keep me from getting diabetes again!

Go Cosmos!

Dick Gorton
Cosmopolitan President-Elect
thegortons@cox.net





Our Branding Efforts

By Sheila Anderson, International VP for Marketing and Fundraising

First, let's talk about how our branding efforts are coming along.



Website

You will find additional information about our website transition back to ClubRunner in this issue. We are excited to bring forward this project as it was one of our top goals for the year. The modern

look of our website showcases our organization as a forward-thinking service club.

Invitation Letter

I worked with the Aurora Club to help them write a letter they can use to send out to potential members. A copy of this letter can be found in this issue. Feel free to use it and adapt it to your club's purposes.

Elevator Pitch

What is an elevator pitch you ask? It's a short description that you say to someone who asks you what Cosmopolitan International is. The goal is for them to want to learn more after you say it. So instead of them saying "oh, that's nice," you want them to say "oh, tell me more!"

One of the current marketing trends that is a hot topic is artificial intelligence (also known as AI). Many organizations and businesses are still trying to figure out how to best use it and apply it to their organizations. I thought I'd explore how it could help CI. I used artificial intelligence (ChatGPT) to see what suggestions it might offer for an elevator pitch for Cosmos. For those that don't know, ChatGPT is one of many artificial intelligence platforms that allows you to ask questions and it provides answers back to you. It can help you with that blank page syndrome when you don't know what to write or how to say something. While not foolproof, it can help generate ideas and I typically end up rewriting things, but it certainly helps get me started.

I prompted ChatGPT by putting in information about our organization, what our main cause is, and what we do. I'm sharing the answers it came up with to give you some ideas on what to say to others when they ask you what Cosmopolitan International is all about. Again, an elevator pitch is meant to be able to answer that question in just one or two powerful sentences.

1. Cosmopolitan International is a not-for-profit service club dedicated to fighting diabetes. We have donated millions of dollars to diabetes research and treatment, and we're committed to finding a cure.
2. As a Cosmo, we believe in making a difference in the world by supporting causes that matter. Our focus is on fighting diabetes, and we're proud to have made a significant impact through our fundraising efforts.
3. Cosmopolitan International is a leading organization in the fight against diabetes. We fund research, education, and advocacy efforts to help those living with diabetes and to find a cure.
4. Our members are passionate about supporting their local communities, and we do so by raising money for diabetic causes and funding millions of dollars in diabetes research.
5. As a Cosmo, we are dedicated to making a difference in the lives of those living with diabetes. Our fundraising efforts help support vital research and education programs that make a difference every day.
6. Cosmopolitan International is proud to be a part of the fight against diabetes. We raise money and awareness for this important cause, and we're committed to finding a cure for this disease.
7. Our organization is focused on fighting diabetes and making a difference in the lives of those living with this condition. We believe in supporting local communities and making a positive impact on the world.
8. Cosmopolitan International is a service club that is committed to helping others. We fight diabetes by raising money and supporting research efforts, and we also support other local causes in our communities.
9. Our members are passionate about making a difference in the world, and we do so by raising money for diabetic causes and funding millions of dollars in diabetes research. We believe in a world free from shots for diabetics.
10. Cosmopolitan International is a global organization that is dedicated to fighting diabetes and supporting local communities. Our members are committed to making a difference, and we do so by raising money and funding research efforts that can change lives.

Feel free to use these and they would even make great wording to use in emails, letters, brochures, and social media posts!



Now onto the fundraising efforts.

COSMOTopics Issue Focused on Fundraising

This issue's focus is on what our clubs are doing in terms of fundraisers. I hope they generate some ideas for you and your club. Feel free to reach out to a club to learn more about their fundraiser. I'm sure they would love to share how they are making it successful and provide you with tips on how you can too.

Diabetic Alert Dog Program

While it took some time for me to get my hands wrapped around where this project stands, I can now update you.

The 2022-2023 Diabetic Alert Dog Committee members include not only myself and Melvina Newman, but two Past International Presidents: Rick Swansbro and Judy Weitkemper.

I want to remind you that CI grants THE LAST \$2,000 for a diabetic alert dog. It is up to the applicant to raise all the additional money FIRST before CI (at the International level) can grant them the \$2,000. This money is sent to the diabetic alert dog training company, not to the applicant. While CI gives \$2,000, please know that the applicant can also go to a local Cosmo Club or a Cosmo Federation, and possibly even submit a grant request to the CDF, to help with additional money. I know that Canadian funds for diabetic alert dogs are handled differently due to their laws.

There have been 10 inquiries and/or requests for funding for diabetic alert dogs that have come to Cosmopolitan International over the past couple of years. Here's a recap.



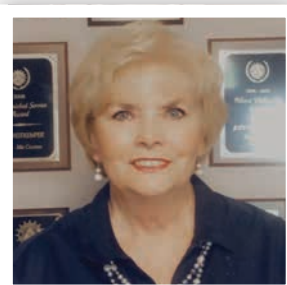
1. **Applicant 1** was sent a denial letter from CI on 7/20/21. CI expressed reluctance to provide funding due to the low amount currently raised. The applicant recently sent an email inquiring again. We sent an email back asking them about how the additional fundraising is coming along. Since the applicant was originally officially denied in 2021, they would need to reapply.
2. **Applicant 2** sent CI an email asking about the status of her application. The Committee is reaching out to find out where she is at with raising the additional funds.
3. **Applicant 3** has received funds from Council Bluffs Club and has already gotten her dog. CI is contacting the training company to make the final payment of \$2,000.
4. **Applicant 4** sent an email regarding an application. Melvina has sent an email with a link to the application.
5. **Applicant 5** inquired on August 11 about a dog for her 2-year-old daughter and filling out the application. We are waiting for her application.
6. **Applicant 6** inquired on November 3 about the DAD program and said he was directed to us. He is a type 1. He cannot afford the cost as a college student. He would like to be on a waiting list.
7. **Applicant 7** has as a daughter with Type 1. They contacted Diabetic Dogs of America who gave them CI to contact to apply for a grant. CI has sent an email with the application. Waiting to see if they submit it.
8. **Applicant 8** – Inquired about the program. She is fundraising for a dog and has raised about \$1,000 and is working with Diabetic Alert Dogs of America (located in Las Vegas). CI has sent an email with the application. Waiting to see if they submit it.
9. **Applicant 9** – Is working with and has been approved by Little Angels Service Dogs. CI has sent an email with the application. Waiting to see if they submit it.
10. **Applicant 10** – They were directed to CI to help with funding a diabetic alert dog. CI has sent an email with the application. Waiting to see if they submit it.



It takes Commitment to Succeed

VP of Membership Guest Article By Judy Weitkemper PIP 2019-2020 & Current Governor Mentor

Jonas Salk once said, *"The Reward for Work Well Done is the Opportunity to do More."* And, believe me, we have a lot more to do. The once booming, nonprofit organizations are now struggling and fading from the view of society. It's as if people have forgotten how important they are, what an impact they make. Our organization deserves the ability to remain vital for many more years, until we have found a cure for diabetes and beyond! This can only happen *if we are committed.*



Thank you, Cosmos, for all that you do to promote your club and our organization. We all have common goals and a passion to fight Diabetes. I am excited about the second half of our Fiscal year and can honestly say this year that

I am confident that through commitment and working together as a team, we will be successful in growing and strengthening our clubs and organization. Every Club and every member is important to our organization. So, *Let's make a commitment to our Clubs to make them stronger, and the time to do that is Now!*

Our clubs are unique and those before us have paved the way and it is now our responsibility to keep it going. I have had a passion to fight diabetes for a long time. It has been in my family for several generations, and I want nothing more than to see a cure in my lifetime. Our organization has come a long way in research and treatment since the 70s. We have not only made the lives of those with diabetes better, but we have also helped some to avoid it. However, there is so much more that needs to be done and *it is our turn and our responsibility.* So, let's make that commitment now, let's end this fiscal year with our clubs and our organization better than we found them on July 1, 2022. We are Cosmos, it's a great day to be a Cosmo and it's time to let the world who we are!

President Randy Wright has set forth a plan for this year, a plan that will work *if we come together and do our part:* "Alone we can do little, but together we CAN do a lot!"

1. Let's Commit to making our Clubs Stronger

There are several ways we can accomplish this: We must look at Membership Growth and Retention: Seeking out new members should be on-going throughout the year. Ideas to increase Membership:

- Host a networking event
- Create a referral program
- Host a "bring a friend" meeting or event
- Host a free luncheon or speaker series.
- Put a committee together and commit to making it work

Has your club lost members this year? Look at the reasons.

What are some of the things we can do to retain & grow membership?

- Provide targeted, valuable content
- Simplify the path to membership
- Step up your social media interaction
- Find co-marketing opportunities
- Optimize your website for new member conversions
- Add a job board to your website
- Use business networking.
- *Getting all our members involved is important!* Every member should feel a sense of belonging, of being important and being involved. It is our responsibility to let them know they count! Getting all members involved will go a long way toward making our Clubs stronger, better membership retention, AND bringing in new members.

"Alone we can do little, but together we CAN do a lot!"



2. Reward Your Members!

What better way to show appreciation to members than through awards? Every Club should reward their members with awards such as Rookie of the Year, Community Service Representative of the Year, Cosmo of the Year, and so on. Our members work hard, reward them, and submit those club award recipients at the Federation Convention where winners go on to be entered at the Cosmopolitan International Convention.

Each Club should strive for **Club Awards** as well. Every Club's goal should be to at least earn the *Big C Award*. All requirements for earning club awards can be found on Cosmopolitan International's website. If you can't find them, ask me, I will send them to you.

Remember that work doesn't have to be just hard, it also needs to be fun and rewarding. I've often heard Judy Weitkemper, PIP 2019-2020 say, *"Cosmo is the only place I know of where I can work so hard, have so much fun and feel so good about what I have done, all at the same time."* Members who feel this way are the ones who understand the true meaning of my beginning quote: "The Reward for Work Well Done is the Opportunity to do More."

3. Become Heroes of Your Community:

This will help grow your Club and is done through:

- Fundraisers
- Service Projects
- Word of Mouth and
- Publicity

4. Encourage attendance at Federation and International Conventions:

Who should attend the Federation and International Conventions? Everyone that can should be encouraged to attend, most importantly all the incoming Club presidents, Board members, and all those who are up for Awards. Most of the people I hear complain about our Federation or International have never been to a Convention, they don't really understand what Cosmo has to offer or has done beyond their Club level. We can change that by attending and educating them about the great organization we are a part of and..... Commit!

I am grateful to be a part Cosmopolitan International, honored to have been selected for the many leadership roles I have had, both in CI, Federation and the club level. I believe that if we promise to commit, give it our all, we will make our clubs stronger and when we accomplish that, we will have made our organization stronger. Let the world know who Cosmos are!

Let's get excited about the second half of our fiscal year, be confident that through commitment, working together as a team, we can and will be successful. Every Club and every member wants to be a part so challenge everyone to come up with three things they can do to help grow and make your club stronger. Then give it your all; don't allow things to just happen, make them happen.

Let's make a commitment to our Clubs to make them stronger, and the time to do that is Now!

"Cosmo is the only place I know of where I can work so hard, have so much fun and feel so good about what I have done, all at the same time."

"The Reward for Work Well Done is the Opportunity to do More."



Cosmopolitan Foundation Canada Inc.

MAKING A DIFFERENCE

By Cheryl MacKenzie, President, Cosmopolitan Foundation Canada Inc.

As we previously announced, the CFCI Board of Directors decided to continue with a second year of support for a project focused on an enhanced and less invasive treatment for Type 1 Diabetes. The Project is known as the "BETA CELL REGENERATION PROJECT" and is managed by Dr. Jean Buteau.

As part of the conversation about continued support, we asked Dr. Buteau to share an update. What follows is the exciting news...

BETA CELL REGENERATION PROJECT

Led by Dr. Jean Buteau

This project is testing an oral drug to treat and potentially cure type 1 diabetes. The team has identified a gene in beta cells (the insulin-producing cells located in the pancreas) that is responsible for the cells' life or death. Triggering this gene could protect surviving cells and even regenerate cells that have been destroyed by diabetes.

Essentially what this means is that, if successful, it can reverse the effects of type 1 diabetes. By taking an oral pill, people with diabetes would once again be able to produce insulin on their own. The drug has been proven to work in mice, but donor support is needed to launch a proof of concept study in humans. This has the potential to be one of the biggest discoveries in the field of diabetes.

In the last 12 months Dr. Buteau and his team have been preparing for phase 1a of clinical trials, which would involve testing the drug, Tolimidone, in 12 patients. This pilot study would help develop the protocol and baseline for the larger clinical trial. This is truly a significant milestone; it is rare for a drug candidate research within the Alberta Diabetes Institute to make it to clinical trials.

If successful, this would represent a major, homegrown success story. Thanks to the support of the Cosmopolitan Foundation Canada Inc, Dr Buteau and his team are preparing to launch this 12-person pilot study in the next 6-8 months.

As outgoing President of the Cosmopolitan Foundation Canada Inc., I am honored to have been able to build our relationship with researcher Dr. Jean Buteau, Alberta Diabetes Foundations new Executive Director Lindsay Burnham and to have reached out to re-engage with our Beacon Donors through our Clubs post COVID. I will continue to play a role with the Foundation as both a Beacon and as a member of the Research Funding Committee at the ADF. I will be leaving the Foundation in great hands under the direction of our incoming President, Dan Green (Calgary Cosmo Club)

There are great things ahead.

Cheryl MacKenzie

President (2021-2023)

Cosmopolitan Foundation Canada Inc.



Promoting The Living Gift Through Medical Research Since 1984

"Very often we feel isolated in our lab, so knowing that we have support from the community is truly a huge motivation factor in the work that we do."

- Dr. Jean Buteau



John Krysak, Governor

Big, Big Events

The latest updates

November 5, 2022, what a day,
Cosmopolitan Day!

Many of the WCF Clubs took part in celebrating Cosmopolitan Day by getting out in our communities to spread the word on who we are and what we do. There was flag raising ceremonies in Saskatoon and Regina, visits to many of the charities that we support to make financial contributions by a few clubs. Cosmopolitan sweaters were ordered and proudly worn during the events.

Rock'N August 2022, if you are a car enthusiast you should make plans to attend one of these week-long annual events. Hundreds of cars, lots of Cosmopolitan exposure, Cosmo's in action and of course lots of money made for local charities and Diabetes Research! Check out the full article as presented in CosmoTopics.

Cosmopolitan Charity Fair & Auction 2022 had a Halloween type feel as attendees were asked to dress up. Comedic entertainment provided by Johnny Bagpipes, meal provided by Conexus Arts Centre (can never go wrong there, great food), ticket sales and auctions estimated to have raised approximately \$50,000 for the Cosmopolitan Learning Centre.



Cosmopolitan Foundation President Cheryl MacKenzie presenting a cheque to Alberta Diabetes Foundation in the amount of \$50,000 on Cosmopolitan Day.



Rock'N August exhibitors and attendees are out in full force.

John Krysak, Governor

The scoop of the day

The latest updates to get you through the day

Conventions is the word of the day! Exciting times as we head into a new calendar year and for the most part Covid-19 is behind us. Yes, members are still contracting it but for the most part so far we get over it in a few days. That said, restrictions have been lifted and we are moving forward with in-person conventions. The annual WCF convention will be held in Saskatoon, SK May 26-28th, hosted by the Saskatoon Club. Currently working with President Terry Akister to get details ironed out for the event.

The annual May convention for 2024 has been awarded to the Winnipeg Cosmo Club in Winnipeg, MB. Planning will begin shortly.

The 2024 International convention was awarded to the Edmonton Club and planning is well underway. Details will begin to surface shortly as I know the team is excited to host this prestigious event.

Test: if you read this article, respond YES to john.krysak@cosmopolitan.org

Communications is a key part of our organization in all aspects, from the top down and back again. We all need to keep the lines open and moving. As governor, I have been active sitting in on International Board meetings, Think-tank Committee meetings, WCF Federation meetings and so on. I continue to struggle with getting information to club members. I try to communicate with the club presidents and secretaries hoping that the information is getting to the members. I know I need to get better in this aspect and am hoping it gets easier with the implementation of the new international website. Being able to include all members in Western Canada will be a huge time saving benefit.

I encourage all members to stay engaged using the WCF website, Club websites, Facebook pages for clubs, members', and the federation. There is a lot of information on these sites and they are updated frequently.

Governor Elect Karen Shepherd The latest updates

G-E Karen Shepherd is hard at work getting updated and trained to take over as Governor for 2023-2024. She has received her leaders' manuals and has attended the Governors Zoom meetings to ensure she is ready to go.

Be on the Lookout!!

Lt. Governor Brent Brodeur The latest updates

Lt. Gov Brent Brodeur is prepping to work with clubs on 2022-2023 awards. Manuals will soon be sent club presidents. Watch for them!!

Watch for reports in future flyers

Lt. Governor Gord Hendrickson The latest updates

Lt. Gov Gord is proposing inter-club competitions within the Federation to get out in the public for some good ole Cosmo exposure!

Watch for details in future flyers



Website Updates

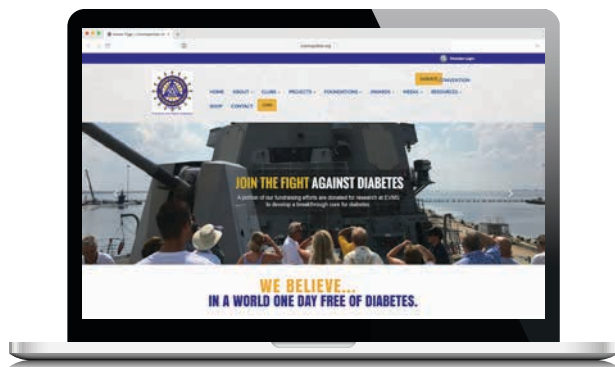
By Sheila Anderson, International VP for Marketing and Fundraising and Jim McVay, Judge Advocate

It's here! It's here! Our new user-friendly website now showcases Cosmopolitan International in the best light possible, but please note that there is still some functionality being worked on behind the scenes. We kindly ask for your patience and grace as we work to iron out any issues that may arise during this process. Your feedback is always welcomed and appreciated as we strive to make our online presence the best it can be.

First, let's talk about how getting a new website increases our brand. Getting a new website refresh is a great way to enhance our brand identity and improve our overall branding efforts in several ways:

- **Modernize our look:** A new website can give our organization a fresh, modern look that aligns with current design trends and helps us stand out from the competition.
- **Streamline our messaging:** A website refresh provides an opportunity to streamline our messaging and ensure that our brand values, voice, and tone are consistent across all your online platforms.
- **Better user experience:** A new website can improve the user experience and make it easier for visitors to navigate, find information, and engage with our organization.
- **Increased credibility:** A professional, well-designed website can increase our organization's credibility and make a positive impression on members and visitors.
- **Consistency across channels:** Refreshing our website can help align our branding efforts across all channels, including social media and print materials.

Overall, a website refresh can be a powerful tool to enhance our brand identity, strengthen our messaging, and improve the user experience for our members and visitors.



How CI is Helping Clubs

CI Helping Fund Website Costs

We are also excited to offer a special discount to our clubs for them to move their club websites to the ClubRunner platform. Your Board has approved paying for the full amount of the one-time setup fee for each club, which has been discounted by ClubRunner for us. This also applies to those clubs currently on the ClubRunner platform. Melvina Newman and Keith Shepherd are working on the details for payment, and your club will receive a check from CI to refund the cost. The Board has also approved paying for the Lite version for each club for their first year, based on the number of members your club has. If you choose the Standard version, your club will be responsible for the added cost. Please visit the ClubRunner website to look up pricing for your club:

<https://site.clubrunner.ca/page/pricing>.

CI Provides Training

While ClubRunner itself has a vast support and knowledge-base training site where you can watch tutorials and read articles to learn how to do various things in their platform, CI felt it was important for our members to have a go-to person internally to help with questions and training.

To help with the transition, CI has designated Sheila Anderson and Jim McVay as our internal contacts for training and general questions. They will be available to provide support and answer any questions you may have. We want to ensure that CI is providing the necessary support needed to our clubs for them to utilize the website effectively and efficiently while keeping the user experience top of mind.

Thank you for your continued support and participation in Cosmopolitan International. We look forward to sharing this new chapter with you and continuing to grow and improve as an organization.

A little History of the Cosmopolitan Diabetes Foundation (CDF) Investment Portfolio



By Russ Danstrom, CDF Chair

I would like to provide a little history of the Cosmopolitan Diabetes Foundation (CDF) investment portfolio since I began managing it in January, 2017. When I took over the management responsibilities, we were governed by the current, at that time, Investment Policy Statement (IPS). Which limited our equity (stocks) exposure to “30% to 40% of the current market value.” This requirement made it very cumbersome to get better overall returns from our investments.

Fortunately, in 2018 the CDF board and I rewrote a new IPS allowing us to have 60% to 65% equity exposure. As you may recall, in 2018 was a down year for the stock market, so the increased equity exposure did not help us in 2018. However, even though the market was down we managed to eke out a slightly better performance than the overall market with a smaller loss.

During the next 2 years (2019 and 2020) we were up nearly 31% (1) in addition to being able to distribute \$70,000 awards to grant recipients. The performance of our portfolio compared to a similar equity bond portfolio of (60% equities and 40% bonds) (2) was up approximately 28%. Our portfolio also had approximately 60% less volatility.

Additionally in 2020, we had the Covid pandemic to deal with which caused the market to drop over 30% in the quickest market downturn in history. But remarkably at the end of the year, we still had a gain of 11.65% (1).

Fast forward from the Covid low in March of 2020 until November 13, 2022, our portfolio is up 19.72% (1) with an average annual return of 7.09% (1) over this 2.5-year timeframe. We achieved this while taking less market risk by nearly 50% when compared to similar portfolios like the 60% / 40% portfolio mentioned above.

These results were achieved despite...

- A global pandemic
- The fastest 30% drop in stocks EVER (22 days)
- 8%+ inflation
- An overseas war
- Multiple interest rate hikes

In conclusion, when I took over the CDF investment portfolio in 2017, it had a value of \$1,118,909. As of November 15, 2022 it has a value of \$1,203,211 for an overall increase of \$84,302. Since I have been managing the CDF investment portfolio we have also been able to distribute \$165,000 to grant recipients. This amount is in addition to the increased value of the investment portfolio itself has resulted in an overall increase of \$249,302.

Please feel free to reach out to me if you ever have any questions or want to discuss our investments.

1. Performance numbers are derived from Liberty's investment platform
2. Refers to 60% allocated to IVV (iShares Core S&P 500 ETF) and 40% AGG (iShares Core US Aggregate Bond ETF)
3. Based on Portfolio Analyzer comparison tool data from November 11, 2012 to present



Governor Reports

Mid-States Federation

By LaVonne Hawking, Governor

Mid-States has three clubs that are very active - Aurora, Belvidere and Rockford

The Aurora Club has no plans currently for fundraisers due to the drop in membership. In the past we held successful fundraisers i.e., BBQ's spring and fall, Hockey Event and the Wine-Taste. Fundraisers were advertised through mailings, word of mouth, Facebook and e-blasts.

The BBQ is done through advance ticket sales or drive-up - Typically we would need about 20 people throughout the 3 1/2 hours. The BBQ is done via the vendor - but our volunteers do the serving.

The Wine Taste - advance sales are preferred and we had 50/50 raffles, big ticket raffles and basket raffles - food was catered by a vendor.

Chicago Steel Hockey Night - purchase of 50 tickets for 1750 and sell for \$50.00

Belvidere has their annual Sweet Corn Festival at the Boone County Fair in August Advertising at the fair and Facebook.

Elgin - in the past they have had very successful golf outings.

Rockford has many successful fundraisers

Golf Outing - 2 sold out courses held in August - raising \$50,000

Cigar and whiskey night in November

November - Poinsettia sale and this year - \$27,000.00

March 4 - Polar Plunge for Special Olympics

March Madness to be held 3/16



Mo-Kan Federation

By Dayton Shepherd, Governor

The clubs in Mo-Kan have been busy getting ready for Cosmo Day in November with the Cosmo flag flying over the Missouri Home game on the 5th. Getting ready for the Christmas season with parties. Giving to Volunteer Action Center, Adopt a Family. Providing 'Happy Kits' for kids in the hospital, and getting ready for Pancake and Sausage days in January.



NORTH CENTRAL FEDERATION



News

By: Melvina J. Newman, Governor

The North Central Federation Clubs have continued to be very active and I have been in contact with all the Clubs to inform them of the activities in our Federation and encourage them to continue with our theme of “Making a Difference” in membership, in marketing, in the awards program, or in education. We have terrific officers and Club Presidents in our Federation that are supporting the International President's Goals and the Federations Goals. Hope everyone had a wonderful holiday season and, now a new year is unfolding with new opportunities to explore and work toward.

The State of South Dakota recognized Cosmopolitan International Day with a Proclamation from the Governor.

The Membership Committee is one of the most important committees that each club has, and in reality, every Cosmo member belongs to this committee. Inviting guests to a membership event can be one of the most effective recruitment tools we have.

The Rapid City Club held a Fall Membership Fun Night in November and invited guests to enjoy food and games with the members and guests. They gained 2 new members and have 4 more people, indicating that they are interested in membership. Great job to all the Rapid City members for working on their goal of a 10% increase in membership!!

The Sioux Falls Club is also working on a marketing and membership event. They are currently working on putting together a dynamic flyer/brochure to hand out as calls are made on businesses to encourage employees to become members, and to give to any prospective member. They are planning for an event early in 2023.

Newsletters have been sent out every month, starting in August, to keep the members informed about Club, Federation and International activities and visits have been made to the clubs. The Federation meeting has been set for May 5 and 6, 2023, in Sioux Falls.

Wishing all a very great Cosmo year in 2023.



It all began back in 1978.

The Columbia Cosmopolitan Luncheon Club received a letter from Cosmopolitan International informing the club that it's contribution to the Cosmopolitan International Diabetes Center at the University Of Missouri in Columbia was to be \$119,651.00. Commitments were based on the location of the club and their membership numbers. The Club had a higher commitment than any other club in Cosmopolitan International because they are in the MoKan Federation, In Columbia, Missouri, and they were the largest club in Cosmopolitan International with 135 members. The news that the club was asked to commit \$119,651.00 within 5 years received a big laugh from the members, since at that time, the club only raised \$6,000.00 to \$10,000.00 per year with a Pancake & Sausage fundraiser. But, like Cosmopolitans do, the club made the commitment and set out to look for a way to raise that much money. They needed a fundraiser that raised at least \$50,000.00 per year

In 1981, Cosmo Perry Ewing announced to the club that his friend and business associate, state Representative Larry Mead, told him that the State Legislature was about to legalize Bingo in Missouri, as long as it was conducted by a service club. Club President Weldon Jackson brought the idea up to the Board, which then recommended it to the general membership. The Club approved pursuing the idea and Club Secretary Larry Benton was named Bingo Chair and charged with investigating how to go about doing it.



Larry called Cosmopolitan International headquarters to find out if any other Cosmopolitan club was conducting Bingo. He found out that the Tulsa Cosmopolitan Club had been conducting Bingo for many years.

Past Club President Neilan Hart owned a private plane and flew Past Club President Fred Brady, President Weldon Jackson, and Club Secretary Larry Benton to Tulsa to learn about Bingo. The Tulsa Cosmopolitan Club was very helpful and put all four Columbia Cosmo to work helping them conduct their Bingo game. The Columbia Cosmo Bingo would not have been as successful without the knowledge learned from the Tulsa Cosmo.

While Columbia Cosmo Bingo Chair Larry Benton learned how to conduct Bingo from the Tulsa Club, he still had to figure out how to raise the amount of money the Columbia Club was required to raise. The Tulsa Club held Bingo twice a week and raised \$250.00 each night. Larry designed the Columbia Cosmopolitan Bingo to raise \$1,000.00 a week, conducting Bingo only one night a week.

The Columbia Cosmopolitan Luncheon Club invited the Columbia Breakfast Cosmopolitan Club to join them in this venture. The profits and expenses would be shared according to the membership in each club, which was 75% Luncheon Club and 25% Breakfast Club. The Clubs applied for a joint license and was the first service organization in Columbia to receive a license.





The first Cosmo Bingo was held at the Flaming Pit Banquet Center on Wednesday, October 14, 1981. There were 140 players who spent \$1,377.00 and the profit was \$231.00. With some minor adjustments Bingo soon began to raise the \$1,000.00+ per week it was designed to make. It raised \$54,550.99 the first year. In the first 10 years Bingo took in \$4,369,000.00, gave away \$2,946,000.00 in prizes, paid \$574,000.00 in expenses and netted \$866,000.00, an average of \$86,600.00 per year.

Bingo allowed the Columbia Cosmopolitan Luncheon Club and the Columbia Breakfast Cosmopolitan Clubs to meet their commitments to the Cosmopolitan International Diabetes Center in a timely manner. The International goal was for all clubs to meet their commitments by the International convention in Rapid City in July 1983. It was looking like Cosmopolitan International might be a little short of the \$640,000.00 goal for the Diabetes Center. The Columbia Cosmopolitan Luncheon Club sent their President Larry Benton to Rapid City with a blank check. Larry wrote the check for over \$41,000.00 that completed the \$640,000.00 commitment. Over \$200,000.00 of that was from the Columbia Cosmopolitan Luncheon Club.

Larry Benton Chaired the Bingo Committee for the first 10 years, designing the games, making the rules, training the callers, bankers, floor workers, and team commanders. He attended every Wednesday night for those 10 years.

Kurt Kopp Joined the Columbia Cosmopolitan Luncheon Club in 1986 and immediately began to be one of the most devoted Bingo workers, learning to work at every position. He replaced Larry Benton as Bingo Chair in 1991 and served as Bingo Chair for many years. Kurt brought fresh ideas to the Bingo fundraiser and Bingo profits increased during his time as Chair. He continues to work almost every Wednesday night.

Phil Hanson now Chairs the Bingo Committee. He has brought the Bingo game through some hard times during Covid, but under his leadership the Bingo game is once again raising lots of money to help the community and diabetes.

Bingo allowed the Columbia Cosmopolitan Luncheon Club to make it's \$119,651.00 commitment and to donate over \$100,000.00 more than it's original commitment to the Columbia Diabetes Center, meet it's commitment for Cosmopolitan International's second Diabetes Center in Norfolk, Virginia, it's commitment to the Sioux Falls Valarie Millar Diabetes Program, and the INGAP research project.

It has also allowed the Columbia Cosmopolitan Luncheon Club and the Columbia Breakfast Cosmopolitan Club to build their own Jerry Sigmund Cosmopolitan Center, where the Bingo fundraiser has been held since September 5, 1990. The Building is also used for club meetings, socials, and fundraisers.

And with Bingo income, the Columbia Cosmopolitan Luncheon Club has established a community fund, an endowment that allows several thousands of dollars in grants each year.

While most of the Luncheon and Breakfast club members help out by working Bingo every 5 weeks, The fundraiser would not be nearly as successful without a few Cosmos that have made special efforts to help out. Some work every Wednesday night. Wednesday night Bingo would not be the same without Lee Flohra, Kurt Kopp, Phil Hanson, John Hubert, Jim Owen, and Jerry Sigmund.



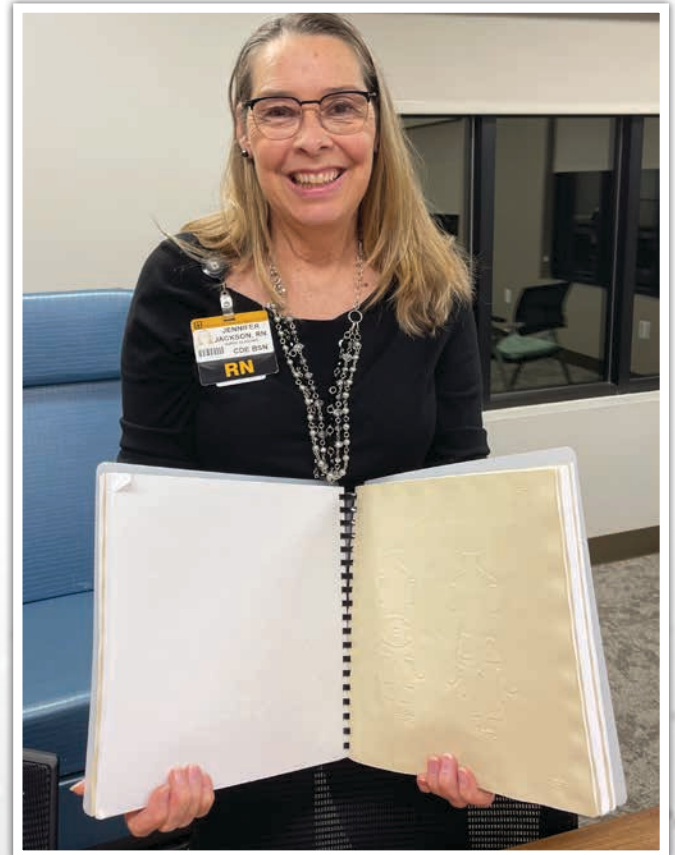
Columbia Show Me Diabetes and Blindness



Diabetes is one of the leading causes of blindness in the world, the leading cause of blindness in working age adults, and the leading cause of vision loss in people with diabetes. Given these facts, as you would expect, diabetes centers see many patients living with visual impairment and diabetes.

An important part of diabetes treatment is to provide diabetes self-management education, including complication prevention. Healthcare providers may educate their patients through one-on-one consultations, classroom presentations, or Telehealth appointments. Many, but not all education programs are certified through the American Diabetes Association or Association Of Certified Diabetes And Education Specialists. Certification requires an approved curriculum including a written resource for the patient to take home. But what about the patients who are blind?

The Columbia Show Me Cosmopolitan club has donated Braille books to the Cosmopolitan International Diabetes Center for diabetes education of their patients who are blind.



Show Me Cosmo Jennifer Jackson, a nurse at the Cosmopolitan International Diabetes Center is shown above with one of the Braille books.

Diabetes is one of the leading causes of blindness in the world

Sioux Falls Noon Club

By Bill Kubat



SIoux FALLS COSMOPOLITAN CLUB'S TWO GREAT FALL TRADITIONS!

The Sioux Falls Club celebrates two great traditions in the fall of every year, one long-standing and one more recent! Our Sweetest Day of Golf (SDOG) is in its 13th year and this year was held on September 13 at The Country Club of Sioux Falls and \$30,000 was raised on an absolutely beautiful day for golf! In October, the club held its 94th Distinguished Service Award Banquet honoring a person for extraordinary service to the Sioux Empire area. This year we recognized Greg Sands whose contributions and advocacy towards addiction, mental health and housing have been remarkable. Also at the DSA Banquet we made check presentations for the funds raised at the SDOG event to Camp Gilbert, a diabetes camp for kids and the Veteran's Community Project, otherwise called the "Tiny Homes" project. Each check was for \$15,000.





The Diversity of the Sioux City Cosmopolitan Club

The diversity of people with diabetes is vast. People of all ages, genders, races, and backgrounds can be affected by this disease. It is estimated that over 30 million people in the United States alone have diabetes, and that number is growing every year. Diabetes does not discriminate and can affect anyone regardless of their lifestyle or socio-economic status. It is important that member of the Cosmopolitan Club be aware of the diversity of people with diabetes, so that we can provide the best possible care and support for those affected.

When we become members of the Cosmopolitan Club we learn quickly about the diversity of peoples' experience with diabetes. We learn that the differences between Type I and Type II diabetes.

With diversity in mind, I often marvel at the diversity of the Sioux City Cosmopolitan Club. Some of us have Type I diabetes. Some of us have Type II diabetes. Some of us are not afflicted with diabetes. Nearly all of us have relatives afflicted with diabetes.

I continue to be amazed by the diversity of our members. We are fortunate to have young professionals from Sioux City, as well as our three charter members from 1965: Jay, Nick, and Bob. Jay often jokes that he is so old that he was around when God said, "Let there be light" (Genesis 1:3). If this is true, then Jay is older than Methuselah, who lived to be 969 years old (Genesis 5:25-27).

I understand that the Cosmopolitan Club began as a men's service organization. The Sioux City Cosmopolitan Club is composed of a majority of men. Let me be clear: we are blessed with several women who are key to the success of the club. Having men and women together in our club offers advantages. It allows us to have a diverse range of perspectives on how to best serve the club's mission. Having both genders involved helps us to create a more inclusive and welcoming atmosphere for members of the organization, which can help to form a sense of community and collaboration.

We have members who attend Protestant Christian churches and others who attend the Roman Catholic churches. We have members who attend the synagogue, Congregation Beth Shalom. We have at least one member who is an atheist.

We have Native Americans in our neighborhoods. They have been supportive of our mission to cure diabetes by participating in some of our fundraising events and have been speakers at some of our meetings. We continue to reach out to provide diabetes education and diagnostic services to all communities and invite any and all to join the club.

I am afflicted with Type II diabetes. I am an ordained Roman Catholic priest. I have so much enjoyed being in the Cosmopolitan Club. It is important to me that I assist with raising money for the mission of the Cosmopolitan Club to find a cure for diabetes. Yet, I had no idea how much I would benefit from the diversity of the membership of our club. For an hour each week I get to meet so many good people who have great hearts and are outstanding thinkers. I can spend a few hours each year working side-by-side with a diversity of great people working to end diabetes and care for those who are afflicted with diabetes.

Most of my life is taken up with the concerns of the mission of the Roman Catholic Church and their members who are in the boundaries of my parishes. The members of the Cosmopolitan Club have shared their knowledge, interests, concerns, joys and sorrows with me. We are often exchanging ideas and books.

I would hope that all members of the Cosmopolitan Club throughout the world would reach out to the many diverse members of your communities not only to find a cure for Type I and Type II diabetes, but to work with, learn from, and live a fulfilled life with the profoundly diverse community that is the Cosmopolitan Club.

Father Michael Erpelding

2nd Annual Fall Festival

by Gaylene Beatty, Emerald City Cosmo Club



We had a great turn out for the 2nd annual Fall Festival held at the Vinewood on October 8th. The weather was beautiful and Emerald City.

Cosmo club was a proud sponsor of this event. We hosted the Health and Wellness fair inside the Vinewood which included Health information and education, fitness information, gymnastics and exercise demonstrations, emotional and mental health information. Emerald City Cosmo members dressed up as the Wizard of Oz characters and entertained the young and old by wandering the grounds and having pictures taken with various fair goers!

As a "special" event, my granddaughter Casey Shore started off the activities by singing the National Anthem accompanied by ROTC from one of the local High Schools.

There was a continuous flow of event goers from the time we started at 10:00 and were still wandering thru the grounds until closing around 3:00. Some of the outside activities included a petting zoo, bouncy house, cake walks, pumpkin decorating and awesome food vendors...something for everyone!

Proceeds from this event will help get the next years Fall Festival started and funds were also being shared with Sole Reason, which is a local non profit serving local kids !!

We had a great time interacting with other community non profits, and getting our name out in the Community being known as The Club that Fights Diabetes.





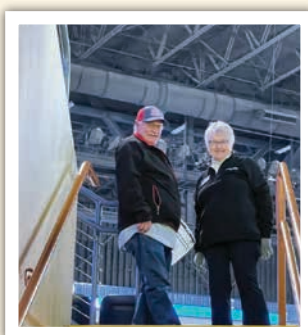
Rapid City Cosmopolitan Club Fundraisers

Our club ushers and scans tickets at the Monument Event Center in Rapid City, SD. We have signed a contract through August of 2025. The events we assist with are the Rush Hockey, Black Hills Stock Show, Theatre Productions, concerts, and the Indoor Football League. All these events keep our club members busy throughout the full year. We are able to succeed due to dedicated members in charge of each section of events. We have individuals sign up through our weekly club meetings and email that we use through ClubRunner. Each event usually requires 15-20 people which adds up to an estimated 6000 if not more man hours for our club throughout the entire year. We are considered the #1 group working as we are always dependable. We raised almost \$20,000 from the Monument Event Center last year and have completed 20 years of service if not more.

Our club checks photo IDs for our Summer Nights on 7th event twice monthly in downtown Rapid City from June through August. We raise \$2,000 working this event.

Our largest fundraiser is the Annual Black Hills Sports Show & Expo held in February annually. This is a 3-day event with approximately 10,000 attendees. This is an event we work on with the Shriners and The Youth Hunting Group. We take tickets at check-in points. We have worked this event for over 20 years. Our revenue from this event is usually \$25,000 to \$30,000.

Our club is very dependent on using ClubRunner for our communications to serve these events to ensure we are adequately staffed. The event leaders are the primary communicators to members, friends, and family who assist our club.



17th Annual Rockford Cosmopolitan Club March Madness Event

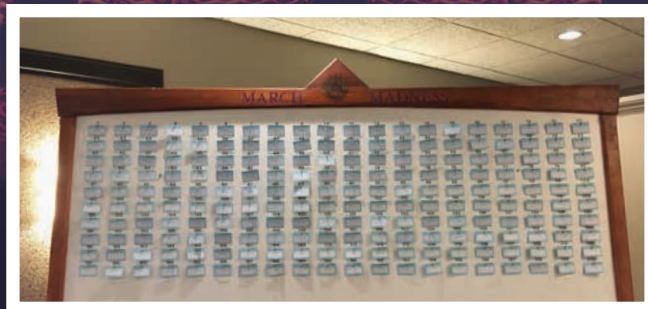


Rockford Cosmopolitan Club's Annual March Madness Event – a fun filled night of NCAA Tournament games on big screen TVs, Texas Hold'em, side games, open bar, a fantastic dinner, and of course Cosmo camaraderie!

March Madness is one of the club's major annual fundraisers that nets over \$10,000, which is then reinvested back into the Rockford community through their spring Grant Program.

A limited number of 200 tickets are sold, with total cash payouts of \$10,600 – including the top prize and last ticket drawn of \$5,000!

We encourage all members to attend and also assist in helping sell out this event by inviting spouses, significant others, friends and family to join in on the fun.





The Building of Rock'n August



In 2023, Rock'n August will turn 27 years old. Over that time, the efforts of the event and spin off activities has raised over \$1.4M for Diabetes Research at the Alberta Diabetes Institute through the partnership with Alberta Diabetes Foundation.

It is a lesson of patience and focus. The Event was created as the brainchild of two local community members, Roger Graff and Glenn Gardner (now VP St Albert Cosmos). In 1996 they attended a Classic Car Event south of the Canadian Border and thought that it would translate well in Edmonton. More importantly, it could be a great way to raise funds for Diabetes. The only thing missing... support for the Car Show and a connection to the Diabetes Community.

Roger & Glenn knew the local community and approached the local Cosmopolitan Clubs (Edmonton, Sturgeon and St Albert) about taking on this type of event. Added to that, a group of car enthusiasts that came together to be known as the St Albert Cruisers and you have the making of an event. The original event started with two days of activities in downtown Edmonton. In the first couple of years, the event failed to raise funds, in fact, it cost the various groups involved money to operate it. This is where the patience comes in.

Very quickly, the organizing groups realized they needed to tie into a community that would support the event. St Albert was identified and the St Albert Chamber of Commerce was eager to be a partner. Over the years, the event evolved into the Five-Day Event that it is today hosting 12 separate events over those five days. It takes place across the city and ends with the main show along the river in downtown St Albert.

By The Numbers

- The event costs approximately \$60,000 to operate over the five days. This budget is funded by the local business community through sponsorships.
- The funds raised for Diabetes Research comes primarily from Classic Car Registrations and Public Attendee Button Sales. On average, those sources of revenue raise about \$40-50k per year.

- In 2017, we added a "Classic Car For a Cure Lottery". In the Lotteries first year, we raised an additional \$70,000 (approx.)
- In 2022, a total of \$162,000 was raised through RNA Week and the Classic Car Lottery.

Volunteers

- The RNA BOARD - An ongoing Board that operates 12 months a year.
 - 4 Directors from the founding members (Cruises, Chamber, 2 Cosmo Clubs)
 - 4 Directors at large (From any member group or past Volunteer with RNA)
 - An executive of 6 (Past Pres, Pres, 1st & 2nd VP, Secretary & Treasurer)

This group is an Operating Board that works through committee to bring the Event and the Lottery together.

- During the week of the event, Rock'n August engages roughly 75-100 volunteers for jobs ranging from Button, Ticket, Merchandise and 50/50 sales to registering and parking Classic Car Attendees. We work with volunteers from 16 to 80+ years of age.
- We have a total of approximately 40 hours of programing over the 5 days with more than 1500 hours of volunteer time.

This all may seem daunting, however, over 26 years, lots of ideas have been tried, tested and remain. There are other ideas that never make it past a first year. We have a large number of Classic Car Owners that make this a "Stay Vacation" each year in the Edmonton Area. 85%+ attendees come from the local community. At our final and largest event of the week, the Main RNA Show & Shine, we have averaged over 800+ cars in the last 5 years. (COVID exceptions of course – we did operate in 2021 but under very restricted and unique conditions).

BY CHERYL MACKENZIE EDMONTON COSMOPOLITAN CLUB AND TREASURER OF RNA

Modeling

We have a model and framework that works. It is one that we would be happy to share if there are Federations or local Clubs interested in developing partnerships to help build up a similar event in your community. This year, Rock'n August Week happens from August 8-12 2023. When possible, we often have visitors from other WCF Clubs coming in during the week to lend a hand, and they are always welcome. If this is an event your club would like to consider, we would be happy to have you with us during Rock'n August Week so that you can experience the event first hand, it runs Rain or Shine!

It is worth noting that Current Cosmos on the RNA Board include Rick Dory - President (EDM), Kathy Walker - Secretary (EDM), Cheryl MacKenzie - Treasurer (EDM), Brent Brodeur - St Albert Club Director (St A.), Rick Renouf - Director at Large (St A.), Jason & Mayra Michaud - EDM Club Director (EDM). Many others have held Board positions in the past and most in the clubs are fully engaged during the week of RNA.

Below is a sample schedule that is used for each year. There may be fine tuning of the events based on sponsors but the overall calendar remains consistent.

2022 RNA WEEK AT A GLANCE
"Where the cars are the stars"

TUESDAY AUGUST 2ND
KICK OFF EVENT: 5:00PM
CENTURY CASINO ST ALBERT

WEDNESDAY AUGUST 3RD
ALL DAY: RNA GOLD RUSH
sponsored by NICHOLAS GOLDEN,
REMAX PROFESSIONALS
BREAKFAST: 7:00AM-9:00AM
MEMORIES FUNERAL HOME
LUNCH: 11:30AM-1:30PM
FRATERNAL ORDER OF EAGLES
EVENING: 5:00PM - 9:00PM
ST ALBERT SOUTH A&W

THURSDAY AUGUST 4TH
BREAKFAST: 7:00AM-9:00AM
RICKY'S ALL DAY BREAKFAST &
Denton Agencies Ltd COOPERATORS INS.
LUNCH: 11:30AM-1:30PM
ST ALBERT DODGE
EVENING: 5:00PM - 9:00PM
TODD'S FOUNTAIN TIRE

FRIDAY AUGUST 5TH
ALL DAY: RNA POKER RALLY
CRUISE STAGING: 9:00AM-5:30PM
NAKI TRANSIT CENTRE, 15520 Campbell Road
LUNCH: 11:30-1:00PM at UAP NAPA
Tudor Glen, St Albert
CRUISE: 6:00PM-7:30PM through ST ALBERT
STREET DANCE: 8:00PM - 11:00PM
City Hall Downtown ST ALBERT

SATURDAY AUGUST 6TH
BREAKFAST: 7:30-10:00AM
For purchase at LIONS PARK
MAIN EVENT: 10:00AM - 3:00PM
SHOW & SHINE Downtown St Albert
BEER GARDEN & BBQ: 10:00AM-4:00PM
ST ALBERT LEGION (Tache Street)

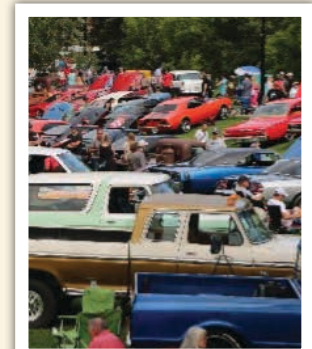
The Festival of Cars & Music

25th ANNIVERSARY
1997-2022

WHERE THE CARS 'R' STARS!

PROUDLY PRESENTED BY

In support of diabetes research:



CARING FOR A DIABETIC DOG AS A COLLEGE STUDENT



This is not a sad story. This is about my dog, Chaco, who is diabetic. Let me set the scene. Christmas, 2010, and my sister had the groundbreaking idea to ask for a puppy for Christmas. To my surprise and that of my siblings, our parents agreed. The day after Christmas, my mom, my sister, and I piled into the car and drove some 3 hours away to look at some Maltese-yorkie puppies. We sat on a couple of couches and played with the puppies. My sister thought about which one she wanted to take home. One small black and brown puppy attempted to jump off one of the couches onto the hard wood floor and landed straight on his head. "I want that one" my sister exclaimed, and that day we brought home Chaco.



For 10 years, Chaco and my sister were inseparable. Where there was Grace, there was Chaco. He came on every family vacation, every family event, and probably even some places he shouldn't have, like restaurants. I was his Auntie, and I took that role very seriously. Then in January of 2020, my big sister passed away unexpectedly. When I found out, my first thought was "who is going to take care of Chaco?" He had severe separation anxiety from my sister, and I couldn't imagine the pain and confusion he was feeling. I knew then that I had to take him. I had just started my second semester of my freshman year at Mizzou. Since I was still living in a dorm, my brother and his girlfriend took care of Chaco until I got my own place in August. When August came, Chaco moved with me from Kansas City back to Columbia. We were inseparable, and he went everywhere with me. I was still his Auntie, but we had a different bond than before. We were taking care of each other, helping each other grieve and process. He felt like a little piece of Grace to me, and having him close meant she was close. So, there we were, a 10-year-old Maltese Yorkie who just about ruled the world, and a 20-year-old college student having absolutely no idea what was going on in her life.

In January of 2021, Chaco was scheduled for a deep teeth cleaning. They did a blood test before putting him under anesthesia to make sure he would not have a bad reaction

to it. The vet called me shortly after I had dropped him off to tell me that his glucose levels were concerning, and they needed to do further testing. I was a little concerned but didn't feel I had anything to worry about. They called back a few hours later saying his blood glucose level was extremely high, somewhere in the 500's, and this was an indication of him having diabetes. They asked me to come back to the vet so she could go over the information with me.

As I am sitting in the small, cold, grey veterinarian office listening to the vet tell me what his numbers meant and what insulin is and that he now needs shots twice a day and more vet visits and... I just looked at Chaco and saw he was just as overwhelmed as I was. I knew it was going to be a challenge to take care of a high-needs diabetic pup while in school, but I also knew that he needed me, just as much as I needed him. After a few weeks of trial and error, and countless vet visits, we found the insulin dosage that kept him regulated. He was getting two injections a day, and on a strict diet which he absolutely HATED seeing as he used to get at least 5 treats a day (which he deserved). A few months in, we found out he also had Cushing's disease. If you asked me now what that meant, I still wouldn't have any idea. All I know is he has a small tumor in his brain and needed medication twice a day for that.

So, for a few months, he was regulated. I was feeding him his prescription food and giving him his insulin and pill twice a day, which was surprising considering I have had a lifelong traumatizing fear of needles. But I was doing it for my lil nephew. Then one morning, he started acting weird when I took him out to the bathroom. Out of nowhere, he flipped onto his back and started convulsing, his legs sticking straight up into the air. I screamed, believing that he was dying in front of me. The biggest reminder of my sister, the one thing that made me feel so connected to her, was dying in front of me. I didn't know what to do. I froze. It felt like 10 minutes but was more like 10 seconds. Then he got up, and all he wanted was for me to pick him up and hold him. I obliged and rushed him to the vet. We found out his blood sugar was dangerously elevated, triggering a seizure. So we adjusted his insulin dosage again, as well as deciding that he must eat and get insulin exactly 12 hours apart. So I, a college sophomore who loved to sleep during the day and stay up late at night, was now getting up everyday at 7:30 AM to feed him and give him his shot. I had to make sure I was home every evening at 8 PM to give him his dinner and his shot. My whole day revolved around him now. Since he is diabetic, he drank a lot of water, and needed to go out almost every hour now. If he wasn't already my world, he absolutely was now. Then in May, about 5 months after his diagnosis, something happened.



My boyfriend, Nick, was in town visiting. We were playing with Chaco and one of his toys one morning, and noticed he was having trouble finding the toy after we threw it. Huh, that's weird, but didn't think it was anything bad. In the afternoon he started throwing up and was now bumping into stuff occasionally. By bedtime, he was full on running into stuff right in front of him. The next morning his eyes were completely glossed over and turned a spooky grey-white. He had gone blind in 24 hours. I called his vet, and apparently this is common for diabetic dogs. Cataracts take over their eyes, and it can happen rather quickly. So now I was taking care of a blind, diabetic dog with Cushing's disease. And we were about to move to a new apartment back in Kansas City. Great.

He adjusted to the new apartment surprisingly well. I started a new job where I only had to work 3-4-hour shifts, meaning he wasn't home alone too much or too long. We settled back into a routine, just Chaco and me. Two peas in a pod. After a couple months, I noticed he was going to the bathroom in the house while I was gone a lot more. No matter how many times I took him out before I left. If I was gone for 30 minutes or 4 hours, he was peeing on the carpet in my living room. And there's only so much that carpet spray and an entire can of Febreze can do. So now he was in diapers. I was taking care of a blind, diabetic 12-year-old dog with Cushing's disease who wore diapers. Basically, the closest thing to a human baby if you ask me.

I have often struggled with wondering if I am taking good enough care of him. There were points in the past 3 years where I could barely take care of myself, but I had the responsibility of taking care of Chaco. I struggled to get out of bed some days, but I was forced to get up and take him out and feed him. I felt angry at points, that I'd have to miss out on trips or events because I needed to take care of Chaco. My entire sleep schedule changed since I was waking up early to take care of him. I often felt like I was not giving him the care he deserved, and my mom took many tearful calls from me on nights when I felt like I was letting Grace down. But we prevailed, together. Taking care of a diabetic dog taught me a kind of selflessness and love that I have not experienced before, and I felt as if it helped me get over an extremely painful and difficult point in my life.

As I said, this is not a sad story. Chaco is happy as can be these days. He recently got some blood testing done, and all of his levels are within range and his diabetes is being properly managed. He has moved three times since going blind, and he adjusts very quickly each time. He lives with me and my boyfriend Nick, and his big-little brother Severus, a Pitbull that we rescued from the dog shelter last Christmas. They are the best of friends, and we often catch them snuggling when they are both tired. Don't get it wrong though, Chaco still runs the house and Severus politely abides by his brother's rules. It's Chaco's world, we're all just living in it.



Sample Club Recruitment Letter

The Aurora Club is using this new letter to send out to potential members. Feel free to use it and adapt it to your club's purposes. If your Club needs help with marketing content or graphics, reach out to Sheila Anderson, Vice President of Marketing and Fundraising.



Make Friends. Have Fun. Help Others. Join the COSMOPOLITAN CLUB OF AURORA

The Cosmopolitan Club of Aurora is a service club with roots in the Aurora community for 96 years.

The mission of the Cosmopolitan Club of Aurora is to contribute to our community's well-being through charitable donations and volunteer service, with particular emphasis on supporting efforts to prevent and find a cure for diabetes. The guiding principles of unity, service, and action are prevalent in the minds of our members, who fondly refer to themselves as Cosmos.

We are part of Cosmopolitan International, a dedicated group of members around the United States and Canada who work to fight diabetes. Cosmopolitan International has established itself as a leader in the fight against diabetes with internationally renowned centers working to identify, treat, and research diabetes.

Our Pride

Cosmopolitan Club of Aurora participates in service projects – however large or small— to serve individuals and communities. Our Club and those clubs across the United States and Canada raise funds to assist in diabetes research. The focus is on helping our local communities by sponsoring projects many people use throughout our community. The Cosmopolitan Club of Aurora is working with a set of 7-year-old twin boys in Aurora to help fund two Diabetes Alert Dogs. We have pledged \$2,000 per dog upon receipt of each dog. The twins are 1 set of only 12 Type 1 twin diabetics in the United States.

Join Us

By joining the Cosmopolitan Club of Aurora today you'll enjoy developing new and lasting friendships and business contacts while working in UNITY to benefit of our community. Members of the club work hard to raise funds to support many causes in the Aurora area. We support Diabetic Alert Dogs, Diabetes Camp for kids, and Rush Copley Outpatient Diabetes Center, covering the costs of diabetes education for uninsured/underinsured patients.

Most of the funds raised by the Cosmopolitan Club of Aurora stay local in our community. We have given over \$50,000 to the Aurora community!

Anyone is welcome to attend a Club meeting, and why not bring a friend with you to the meeting!

Cosmopolitan Club of Aurora, PO Box 351, North Aurora, IL 60542
A proud member of Cosmopolitan International

Plan your trip to Norfolk, VA today!

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



2023 International Convention

July 28-30, 2023 • Norfolk, VA

Hilton Norfolk The Main

100 East Main Street • Norfolk, VA 23510 • www.themainnorfolk.com

For those that have been to our International Convention, many of us remember the first one we ever attended. We want to make sure all new attendees have a positive experience at their first convention. This year we are upping our game for the first timers. There will be a one-hour session on Thursday at our convention for our first-time attendees. You will not only learn what to expect during your time at convention, but we hope you will have fun as well. Past International President Jim Preston will be leading this session. ***The first timers will have the opportunity to:***



- ✓ Receive Cash
- ✓ Get Free Drinks
- ✓ Gain Knowledge
- ✓ Meet Interesting People
- ✓ Win Prizes

CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

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

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

Major Cosmopolitan Diabetes Center/Program

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

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

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

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

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

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

DIABETES INCORPORATED

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

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

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

HEARTLAND COMMUNITY HEALTH CENTER

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

ALBERTA DIABETES FOUNDATION & THE ALBERTA DIABETES INSTITUTE

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

CORNBELT DIABETES CONNECTION, INC.

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

THE CENTRAL MISSOURI DIABETIC CHILDREN'S CAMP, INC.

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





Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.

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

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

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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

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640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300



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Norfolk, VA 23510

www.themainnorfolk.com

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

In Memoriam

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

Lyle Graham McNeill Watson
*Winnipeg Club
Winnipeg, Manitoba
June 3, 2022*

