

COSMOTOPICS

EARLY
SUMMER 2014



International Convention



Photo Credit: South Dakota Department of Tourism

Don't forget to register!
Rapid City, SD • July 24 - 26, 2014

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR

Tracy Miller

Welcome to the Early Summer edition of COSMOTopics. This edition is chock full of information on 2014 International Convention, great stories from clubs, and some intimate looks at your fellow Cosmos, perhaps like you have never seen them before.

With International Convention only a few short weeks away, there is no time to lose in registering if you have not done so already. Visit www.cosmopolitan.org or complete and mail or fax the registration form in this edition of Topics. The planning committee has gone to great lengths to bring you an affordable, informative, and enjoyable convention. Be sure to sign up today!

How well do you know your neighbor? Your fellow Cosmo? How about yourself? Sit back and relax with a cool drink these hot summer days while taking in intimate stories of those around us. It may cause you to pause, just for a moment, and ask yourself how well you know those with whom you work and live every day. Many of us have interesting stories the world may never know. If you take that pause, you may find your own life that much richer for hearing the stories of those around us.

With the Early Spring edition of Topics, we began featuring more club-centered articles. I hope you are enjoying this feature and may be considering writing an article of your own to be featured in Topics. What better way for clubs to learn what other clubs are doing, what works, and what doesn't than in the pages of Topics. The Late Summer edition already is underway, so watch for it to hit your mailbox soon. In the meantime, keep cool, and I'll see you in Rapid City.

MISSION STATEMENT

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



COSMOTOPICS

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Executive Director Update



Tracy Miller
Executive Director

The beach... The mountains... A cruise... Or perhaps a few days off work to spruce up the house? Summer is in full swing, and after what most of us will agree was a dreadful winter across most of the United States and Canada, it's time to roll out your summer plans.

While you're checking schedules, submitting vacation requests, and asking yourself how soon until the kids are back in school, don't forget to register for the 2014 International Convention! This year's Convention will be held July 24 through 26 in Rapid City, South Dakota. Home of Mount Rushmore, the Crazy Horse Memorial, and Custer State Park, South Dakota offers some of the most beautiful and scenic areas of the United States. What's more, it is home to our very own Rapid City Cosmopolitan Club.

Speaking of the Rapid City club, Jim Preston and the planning committee are putting the finishing touches on this year's convention as we speak. Tour buses have been reserved, meals have been planned, and I am hearing something about a red carpet and an awards ceremony that could rival any Academy Awards show. This year's stars? Award nominees in all of our Cosmo Awards categories. From Top Yearbook to Big C to Rookie of the Year, your favorite "stars" will grace the big screen like never before. Brad and Angelina have nothing on us!

The schedule for the 2014 International Convention can be found in this edition of COSMOTopics. Pre-convention activities include a round of golf and Texas Hold'em on Wednesday evening. Along with board meetings, luncheons, and, of course, the Saturday evening banquet, a bus tour of the beautiful Black Hills of South Dakota is being offered. New friends and old will be along for the trip, which will offer something for everyone. The full-day bus tour will include visits to the Crazy Horse Memorial and Mount Rushmore. For those not wishing to spend a

full day seeing the sights, a shorter bus tour is also being offered.

To register for the 2014 International Convention, visit www.cosmopolitan.org and log in. If you've forgotten your user ID, please email or call me for help. Once you are logged in, hover your mouse over the gold Convention tab and click on Convention Registration. If you need assistance in registering, please let me know. You also may mail or fax the registration form located in this edition of COSMOTopics. No matter how you register, be sure to do it soon since rooms at the Ramkota are sure to fill up quickly. Jim Preston and the planning committee can't wait to show off what they have in store for us, so please make sure your summer plans include a trip to Rapid City for International Convention!

With Convention right around the corner, things are quite busy this time of year at the headquarters office. We are very close to leasing our former headquarters building in Overland Park, Kansas. We are thrilled to be welcoming new members each week. And just last month we chartered a new Cosmopolitan club in Lincoln, Nebraska. If you sense that a new day is upon us, you are correct! In the next edition of COSMOTopics, we will explore the year gone by as well as what promises the new year holds. But no matter what lies behind us or before us, one thing always remains. And that is Unity, Service, and Action. Unity in friendships and shared goals. Service to others. And action where it matters most – in one day seeing our world free from diabetes. Thank you, as always, as you continue to give to your neighbor, your community, and each other. I look forward to seeing you in Rapid City.

Don't forget
to register
for the 2014
International
Convention In
South Dakota!



Photo Credit: South Dakota Department of Tourism

Say "Yes" to Our Future



Sheila Anderson
International President

My mother rarely misses an episode of the TV show, Say Yes to the Dress. I never really quite understood the fascination with this show until I started thinking about it in a new way. It didn't have to be all about the dress (gasp! Did I just say that?), but about the future being created by this one dress. All the planning that goes into a wedding is really about new beginnings, launching the future. It starts with a dream or vision. There is planning, give and take, budgeting, checklists - pretty much the same process we go through in a year within Cosmopolitan from the local club level to the headquarters office.

We started the year off with a PLANNING session with the Executive Committee. This is where we took the strategic plan and developed our Action Plan (CHECKLIST), which has guided us throughout the year, with the understanding that this was a living, breathing document that may need to be adjusted here and there (GIVE AND TAKE). Executive Director Tracy Miller has been given the responsibility for working with officers to ensure that tasks moved forward, and supplements the Action Plan with any new ideas that come up. We have been and continue to be diligent in assigning priority numbers to each item.

We are in much better shape financially. In one year, the projected budget has gone from a \$23,000 deficit to operating back in the black. John Krysak (VP of Finance), Mike Hertling (our bookkeeper), and Tracy devised an accounting system of internal controls. We

keep a close eye on the budget and continue to streamline expenses as we can. We keep an open mind to making any necessary changes for the good of the organization as a whole.

We have all had to do some GIVE AND TAKE this year in many areas, but the one that stands out the most is weighing the pros and cons of the future of the headquarters building located in Overland Park, Kansas. At the time of this writing, we are preparing information that will look at both sides of this debate and will be sent out to members prior to International Convention. At convention, the delegates will vote on what they feel is best for our overall organization.

It is with great pleasure that we welcomed a new club to our family. The Lincoln Cosmopolitan Club chartered Friday, June 13, 2014, in Lincoln, Nebraska. There is tremendous energy with this group and they are working on their first fundraiser, a sand volleyball tournament.

While our membership is something we all continue to work on and be mindful of, I want to remind you to focus on the important aspects of the good works we are doing in the world of diabetes and in our communities. Whether we do it with 500 members or 5,000 members, we are still having an impact and you can be very proud of the work you are doing.

We can never go back and repair the past, that is impossible; but we can learn from it, and we can be prepared to construct the future which is predictable.

We keep an open mind to making any necessary changes for the good of the organization as a whole.



I would like to thank the board members and you as a member of Cosmopolitan International.

Many of you have exhausted substantial time and energy to keep our organization growing.

The continued vitality of the organization is secure with the continued involvement of all of you. Thank you for going ALL IN, and my final wish as your 2013-2014 International President is that you say YES to our future!



NORTH CENTRAL FEDERATION'S ABC Program

(Alert My Bear for Care)

By Deb Peterson



The Sioux Falls Evening Club recently learned that many newly diagnosed children with diabetes do not get the proper identification for emergency situations. There are many reasons for this, but financial is the top of the list, due to identification bracelets not being covered by insurance.

The ABC Program (ABC stands for Alert My Bear for Care) was originated and is designed to give every child diagnosed with type 1 (or 2) an identification bracelet and a Cosmo Buddy Bear at the onset of the child's illness. A grant has been given to the North Central Federation Clubs from the "Cosmopolitan Fund for Children" to fund this project. Should any other clubs or federations want to duplicate the project, here are the steps we took, along with important information, to obtain the materials and implement the program.

PROCESS

- **Order Bears**
 - Order bears from Brad Lowe at ADD Sales, LLC. His contact information is: brad@addsales.net, cell phone: 414-326-6424.
 - Bear Description: 12" Coffee Ruddy Bear including the purple T-shirt with the white imprint.
 - Pricing (as of March 2014):
 - ◆ \$8.68/each for 24-100
 - ◆ \$8.49/each for 101-249
 - ◆ \$8.06/each for 250+
 - ◆ There is a \$25 setup charge
 - ◆ Shipping is additional
 - Production time is 2-3 weeks
- **Order Bracelets**
 - Order bracelets from Brad Lowe at ADD Sales, LLC. His contact information is: brad@addsales.net, cell phone: 414-326-6424.
 - Bracelet Description:
 - ◆ Style: Debossed, imprint on one side
 - ◆ We ordered both the Youth and Adult sizes.
 - ◆ Artwork was originally provided by Peter Brodeski, graphic designer in Rockford, IL. It consists of the word "Diabetic" and a medical alert symbol on it.
 - ◆ Pricing (as of March 2014):
 - \$0.32 each for quantity of 1,000
 - There is a \$40 setup charge
- **Contact the Diabetes Educators at local hospitals in area**
- **Deliver a box of bears and bracelets as needed to the Diabetes Educators.** For example, Sioux Falls contacted both Sanford and Avera.
- **A gift bag is provided with our club brochure already inside of them**

We deliver a box of Bears and Bracelets to the Sioux Falls Hospitals at the Diabetes Center. Based upon their needs and storage we deliver approximately 12-24 bears at a time, along with many bracelets for the children to pick their favorite color. The Diabetes Educator delivers the gift bag with the Cosmo Buddy and two Bracelets as needed for the children with diabetes.

FEEDBACK

The response back from the Diabetes Educators has been very positive. They have told us that many mothers shed tears when they deliver the gift from the Cosmopolitan Club. Just knowing there is a non-profit organization with volunteers fighting for a cure makes the world a little bit smaller and easier to focus on a child's future.

This project takes very little time to maintain and it touches so many hearts.

PROJECT CONTACT(S)

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"Just knowing there is a non-profit organization with volunteers fighting for a cure makes the world a little bit smaller and easier to focus on a child's future."



Outrunning Diabetes

By Jim Smith, Past International President 2008-2009

My elderly doctor retired and I found a new one. This new fellow immediately sent me for blood work, and the results came in looking very suspicious in a few areas, most notably in the blood sugars result.

More tests. I was sent for a stress test. This is a workout on a treadmill while you are hooked up to all sorts of heart monitoring sensors. I passed that test with flying colors. I also was sent to Royal University Hospital here in Saskatoon, Saskatchewan to their Cardiovascular Risk Assessment Department. I didn't do as well here. Several of my blood numbers were in the danger zone. Not quite bad enough for insulin just yet, but really close! They clearly outlined my options. I was listening.

The new diet plan began immediately. We started buying all the sugar-free, low-fat products that we had always passed by quickly before this. I began eating far more carefully than I had ever done before. The bad stuff was gone entirely, and even the good stuff was consumed in lower quantities. More exercise became part of the changeover as well.

I lost 55 pounds, and all my numbers went from being suspicious to excellent. Not only have I never even seen a dose of insulin, but I have been declared non-diabetic. I had no idea such a thing could ever happen. It's been confirmed by more than one doctor, including the head of the Cardiovascular Risk Assessment Department at Royal University Hospital.

The layman's explanation is something like this. I was becoming a type-2 diabetic which meant that my pancreas was still manufacturing natural insulin but it couldn't make enough for the badly overweight fellow that I had become. I had outgrown my pancreas. When I lost the 55 pounds, my body got small enough that my pancreas could keep up with its insulin needs and my blood sugars came back to normal.

I still have to remain vigilant about my weight, diet, and exercise to ensure that this condition doesn't re-establish itself. As you age, reversing these conditions gets more and more difficult and the chances of actually succeeding at a reversal gets less and less likely. I have to keep a sharp watch on my health.

It's much easier to start watching your health before it's too late. If you even suspect you might be courting diabetes, buy a meter, find out the truth, make the changes you need to make, and stay involved with your Cosmopolitan Club. We'll turn this problem into some FUN!

I still have to remain vigilant about my weight, diet, and exercise to ensure that this condition doesn't re-establish itself.





The Life and Times of a Cosmo Club President

By Charles Cenkner, 2014-2015 Capital Region Governor Elect



I want to share with you how easy it is to fail knowing a fellow Cosmo. Yes, we do miss out on learning about real gems of people right in our midst. Here in my own club, the Capital Region Club, it was only on the passing of past club president Dave Hall that we really got an insight to his full life.

Many of you may remember seeing and meeting Dave, our "Bucktail" Civil War re-enactor, at the International Conventions in Gettysburg and New Orleans. This, however, was only one of the many images in his life.

From early on in his life, Dave chose to be very active. Starting with Boy Scouts where he achieved the rank of Eagle Scout, to playing baseball to become a semi-pro pitcher, to singing in his church choir and becoming the assistant organist and pianist, Dave served with passion. That passion extended to serving as a volunteer fireman, getting his college education and graduating from Lycoming College and then working as the business manager at a Methodist church camp.

It was at the church camp that Dave met Jane, the summer lifeguard, who four years later became his wife. Thus began the next phase of their amazing journey together. Dave wanted to pursue a career in medicine; however, the Vietnam War interrupted those plans. He enlisted in the Navy, following the footsteps of his father and grandfather before him. He became a corpsman (medic) at the Philadelphia Naval hospital in the intensive care unit. Dave saw the most horrible of the injuries anyone could imagine as well as those they could not save. This led Dave to the decision that medicine was not his future.

After leaving the Navy and starting a family that included two sons, and attending graduate classes in math and engineering, Dave was employed by an engineering firm in Harrisburg, Pennsylvania, specializing in capping existing landfills and creating new landfills. If you ever wanted to know anything about this topic, Dave was a wealth of knowledge and full of stories.

Dave's family life continued to be very active, helping Jane raise two boys. Little league coach, scout leader, Sunday School teacher, choir member, Civil War re-enactor, husband and father, and many other community activities, including Cosmopolitan International, were all important to Dave.

Dave and Jane traveled to all fifty states and sixteen foreign countries. Among his favorite places was the wine country of Sonoma, California, and the Arizona memorial in Pearl Harbor. Dave's first love, however, was his home with its flower beds and gardens. It continued indoors with his enjoyment of cooking together with Jane.

Dave battled health issues and conditions that made it quite difficult for him not to be able to maintain his active life style. He maintained his calm and gentle manner as he struggled to get well. There were many times in the intensive care unit where most thought the end was near, but he continued to bounce back. Dave rarely complained as he suffered greater pain and his body weakened. Finally, the end came for Dave, and he now is at peace. He lived his life to the fullest.

This is a very brief view of Past Club President David Lee Hall. Each of us knew him, but few really had the benefit of really knowing the depth of a truly well-lived life and the impact on so many.

So I ask my fellow Cosmos, when will you take that extra minute to get to know the real Cosmo with whom you share the common task of fighting diabetes? There are hundreds of Dave Halls in our world. Don't wait for a funeral service or a celebration of life to find out what you could have learned about your friend and fellow Cosmo.



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

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

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

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

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

CORNBELT DIABETES CONNECTION, INC.

9905 South 173rd Circle, Omaha, NE 68136
H 402-895-6732, C 402-290-3471
Terry Sanford, Chair
tsanford77@cox.net

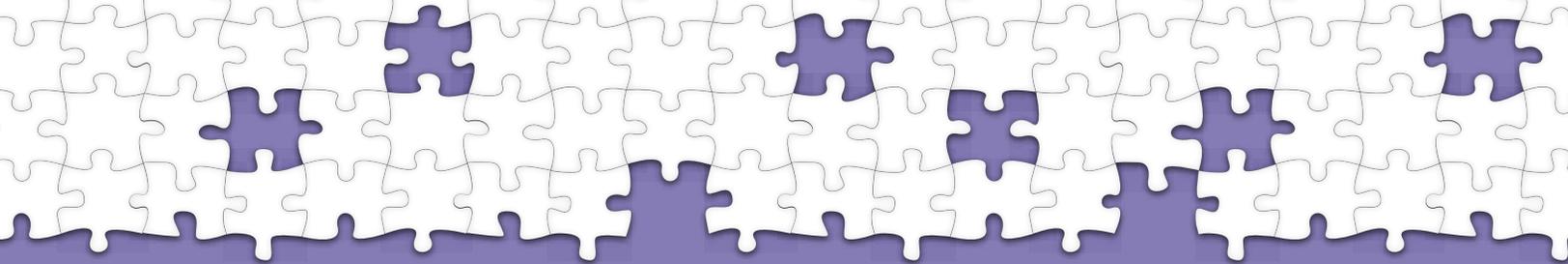
HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

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

DIABETES INCORPORATED

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





Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.

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Peter Gerrard, Director

B 306.664.3158

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B 573.634.3070

Debbie Hamler, Executive Director

dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Program

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

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

ELGIN COSMOPOLITAN CLUB DIABETES

EMERGENCY RESCUE FUND

Social Service Department, Sherman Hospital

934 Center Street, Elgin, IL 60120

B 847.742.9800

PROVENA MERCY

MEDICAL CENTER

Center For Diabetes Wellness

1325 N. Highland Avenue, Aurora, IL 60506

Maria Aurora Diaz, Clinical Director

B 630.801.5756

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info@setbaidservices.org

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Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300



Out & About

Roanoke Club Celebrates 49th Annual Cosmopolitan Invitational Track & Field Meet

By Bob Williams

The Cosmopolitan Club of Roanoke held its 49th Annual Invitational Track & Field Meet May 1 through 3, 2014, at William Fleming High School. The event is sanctioned by the Virginia High School League and is the longest running sporting event in Southwest Virginia in addition to being one of the largest and longest running sanctioned meets in the Commonwealth of Virginia.

The meet this year was the largest ever for the club with 40 high school, junior high and middle schools and more than 1350 athletes participating. As a result of this significant increase in participating schools, spectator attendance was the largest ever for the three-day event. The increased participation by schools and parents is largely due to the Roanoke club working closely with local media beginning in 2012. This year the club kicked off Cosmo 2014 in April with a press breakfast at the studios of WDBJ7, our local CBS affiliate, with coaches, media and past participants present. As a result of these efforts, both WDBJ7 and ESPN radio provided week long spot coverage at no cost to the club. The Roanoke Times, as in past years, provided full-page coverage in the sports section of the Sunday newspaper.

The meet is the club's only fundraiser with funds coming from gate receipts, school registration fees, sponsors and advertisers in the meet's 40-page program. Of special note this year is the support received from

Carilion Clinic, southwest Virginia's largest healthcare provider, as a Signature Sponsor. In addition to substantial financial support, Carilion provided on site wellness information for adolescents as well as information pertinent to sports related activities. Clinic RN's as well as several orthopaedic doctors manned the Carilion tent at various times during the meet.

The Club was pleased to present two scholarships, each for \$3,000, to a senior girl and boy athlete. Since awarding its first scholarship in 2000, the Roanoke Club has awarded scholarships totaling \$54,500. This year the club had 33 applicants for the two scholarships that were awarded.



Left to Right: Randy Lower, Meet Director, Chase Ferrell, Senior Boys Winner, Katie Fortner, Senior Girls Winner, Sherley Stuart, Grand Marshall & Past Track Coach

The size of the meet requires that club members plus volunteers officiate at all field events in addition to a small paid professional support staff for announcing, timing, and recording of all events.

Proceeds from the meet support the Roanoke Valley Speech & Hearing Center, which the club founded in 1959. Proceeds also support research at the Eastern Virginia Medical School's Strelitz Diabetes Center, Camp Too Sweet, a summer camp for diabetic youth, and several other local charities.

The club is beginning to plan for its 50th year of Cosmo Track in 2015 and hope to make it the largest and most successful event yet.

A Tribute to Regina Cosmopolitan Club 50-Year Member Fred Hughes

By Regina Cosmopolitan Club President, Jerry Grywacheski

Fred Hughes joined the Regina Cosmopolitan club in 1963 and has been an active member of the club for 50 years. He was a very successful business man, loving and supportive family man but he always had time and energy for all Cosmo projects. Fred worked on the Regina Club's Orange drive fundraiser, bingo (he was the money man), and was the organizer of the Craven Big Valley Jamboree program sales. He would take his motorhome out to Craven and set up headquarters where all the workers could come relax, get out of the heat, have a cool drink and enjoy munchies. For the past 25 years, Fred attended our biggest fundraiser, the Charity Fair & Auction, where he purchased a corporate table, donated items for the auction and would always be there to help set up and clean up after the event. Fred attended meetings regularly

when he was home; in retirement he and his wife Bea wintered in Mesa, Arizona, to get away from our frigid winters. For many years, Fred & Bea attended the Western Canada Conventions and International Conventions. In 1970, Fred served as club president and in 1974 was Federation Governor of Western Canada. He ran for International President but was not successful in that quest. Fred was instrumental in the development of Western Canada Foundation Inc. and was its first president. Western Canada Foundation Inc. donates funds to universities for research in diabetes. Fred and Bea celebrated their 65th anniversary on Wednesday, May 28, 2014.

**On behalf of the Regina Cosmopolitan Club,
thank you, Fred, for your dedication and hard work!**

Rapid City Cosmopolitan Club Major Diabetic Program – Diabetes Incorporated

By Beth-Anne Ferley

September 1974 was a time of change for the Byars' family, specifically September 13 and 14. Jason Byars was celebrating his second birthday on September 14, 1974, when he was diagnosed with Type 1 diabetes. Just a short 24 hours earlier his father, at the age of twenty one, was diagnosed with Type 1 diabetes. Jason's dad was placed on insulin immediately, but what options were there for a little guy just two years old? Due to the awareness of the Byars day care provider, caregivers began to notice Jason was suffering from frequent thirst and urination and the Byars family realized that Jason also may have diabetes. Jason's family doctor, the same doctor that diagnosed his father the day before, determined that Jason also suffered from diabetes type 1. The doctor was unsure what dosage to prescribe to a child, so he sent Jason to a larger hospital where he was prescribed insulin shots. In 1979, the Byars family moved to Rapid City, South Dakota, the home of stellar healthcare facilities.

As Jason grew up he was teased a little but not enough to cause problems. Kids were just being kids, Jason says. His parents supported him through the years. He played soccer and enjoyed skiing. Growing up in Rapid City, Jason had the opportunity to attend camps for kids with diabetes. As an adult, Jason made the decision to become part of Diabetes Inc. Presently he is board president and has been a board member for four years prior. He believes in this organization and its programs.

Diabetes Incorporated has been in existence since May 5, 1998. During this period a website (www.diabetesincorporated.org) was created with approximately 1,000 hits per month. It has proven to be an effective vehicle to answer questions and provide support on a national and international level. Since its inception, there have been fifteen "Kamp for Kids" at Outlaw Ranch, in Custer, South Dakota. The next camp "Kamp for Kids" will be held September 5 through 7, 2014. This camp is unique. A parent or guardian is required to attend with the diabetic child or teen, and in many cases, the entire family attends. With fundraising and sponsorships, children or teens with diabetes attend the camp free of charge, and family members attend at a much reduced rate.

"Kamp for Kids" has been so successful that a second family diabetic camp has been introduced: "Riding on Insulin." This camp is held annually during winter ski season at the Terry Peak Ski Resort at Lead/Deadwood, South Dakota. This camp helps the kids be themselves in a sporting environment, where they are the participants.

Diabetes Incorporated provides help through diabetic support groups and programs for the diabetic community. Diabetes Inc., supports diabetic students and their families through college "Community Contribution" scholarships. They produce a semi-annual newsletter, "Diabetes Beat" which is distributed free of charge. A "Newly Diagnosed Care Package" that includes supplies and educational materials for children and their parents is given to any child who has been newly diagnosed. There are also provisions for emergency medical supplies and



The "Riding on Insulin" family diabetes camp, held annually at Terry Peak Ski Resort in the Black Hills of South Dakota.

free diabetic screenings for the community. A teen support group was formed to meet and provide assistance through the teen years as a diabetic and is coordinated by a Diabetic Role Model.

A Diabetic Case Management Support program has been organized. This program experiences consistent growth with its increasing requests for support. Because of this growth, a professional case manager position has been developed to provide support through counseling, education, reimbursement of medical supplies and positive reinforcement for appropriate diabetic care. Finally, a Parent of Children with Diabetes support group has been organized by volunteers. This group provides opportunities for adults that are caregivers to meet and network with each other to share their life experiences and gain diabetes knowledge.

The Rapid City Cosmopolitan Club realizes the importance of Diabetes Inc. and the great work this organization accomplishes. In 2012, a decision was made to support Diabetes Inc. with both manpower and monetary funds. Two years later the Rapid City financial contributions to Diabetes Inc. have totaled \$52,000. Through our funding, Diabetes Inc. is able to help many families in Western South Dakota, Western Nebraska, and Eastern Wyoming cope with diabetes.

The Byars family is not alone with their diagnoses, and families receive the assistance that is needed to successfully manage their diabetes by partnering with Diabetes Inc. These families are supplied with resources from their physician or diabetic support group about Diabetes Inc. and how they can help. The sooner the family or individual receives support and information, the easier it is to tackle this condition. The Rapid City Cosmopolitan Club is proud and honored to play a role in the growth of Diabetes Inc. and will continue to fund this organization and the "Kamp for Kids."

Out & About *continued*

Heartland Cosmos



Several Heartland Cosmopolitan Club members along with friends and family volunteered at Harvesters Community Food Network in May. Harvesters' mission is to feed hungry people today and work to end hunger tomorrow. As the Kansas City area's only food bank, Harvesters is a clearinghouse for the collection and distribution of food and related household products. They have been helping people in need since 1979. Thanks to the Heartland Cosmos and their family and friends for meeting another community need!

13th Annual John Short Charity Golf Classic

By Angela McFalls

The annual John Short Charity Golf Classic brings together our three area clubs (St. Albert, Sturgeon Valley, and Edmonton) for an excellent day of FUNdraising!

Again this year we were fortunate to have John Short out at the course greeting each of our 144 golfers! John is an icon in the Edmonton sports community. Since first arriving in 1963, he has covered amateur and professional sports for close to 30 years on talk radio and even longer writing for the Canadian Press. John's motto is "Any sport, any time."

Each year, the committee starts up in late December or early January and works diligently over the next six months to ensure a profitable and smooth day at the course. The tournament was a great success this year, although the weather had other plans. We had a sellout year with 144 registered golfers in attendance!

We raise money in advance of the tournament through three levels of sponsorship; Gold, Silver, and Bronze. On the day of the tournament, we sell Mulligan's, 50/50 tickets, and new this year we had a raffle to win \$250 worth of scratch tickets. Just think of the hours of fun the winner had trying to make their millions!

We don't have the final numbers in yet but through the hard work of the committee and Cosmos from our three area clubs we are forecasting approximately \$30,000 net raised. I feel very lucky to have been a part of this wonderful committee and event over the last four years and look forward to many more.

If there are any Cosmos out there that run a similar event or looking to start up a golf tournament please call or email me any time!

Angela McFalls
Sturgeon Valley Cosmopolitan Member
Lt. Governor - WCF
780 918 4927
Angelamcfalls7@gmail.com



Left to Right: Ivan Topolnitsky, Colin Topolnitsky, John Short, Jay Downton, Curt Compton.



Hats off!

Hats off to our fellow Cosmos who continue to make an impact in their communities:

- **2013-2014 Capital Federation Governor John Keeley**, who in May received a service citation from Maryland Governor Martin O'Malley. Congratulations, John!
- **The Rapid City Cosmopolitan Club**, which celebrated its 85th anniversary this year. The club was chartered February 11, 1929. Read about this club's commitment to our cause at http://rapidcityjournal.com/lifestyles/years-of-service-commitment-to-cause-keeps-cosmos-coming-back/article_12ae2ec0-3b22-5dda-b555-ae1e14a586ba.html#.Ux3lcQRpP94.email
- **The newly-chartered Lincoln (Nebraska) Cosmopolitan Club!** A warm Cosmopolitan welcome to club president Julie Brezenski and the newest members of Cosmopolitan. Read all about the new club in the next edition of COSMOTopics!

Thank you to ALL Cosmopolitans for the work you do in your community each day!

The Cornbelt Year in Review

By Ed Ficenec

This has been an interesting year for the Cornbelt Federation. We started the year with our Federation Convention and the swearing in of our new officers. We held three board meetings, the first one of which Tracy Miller, our new executive director, attended. I thought it was very important to get her out to the clubs in the Federation so they could meet her and see what her vision for the future will be like for Cosmopolitan. She was able to make a couple of club meetings along with the board meeting, and the members she met while here were impressed by her and how she answered their questions. I want to personally thank the selection committee for such a good job with their selection of Tracy.

This year we transitioned the three members of the Omaha USA club to other area clubs. This was important so that these members could be active with vibrant, busy clubs. It is always best to have clubs at or above charter strength, but if a club is below charter strength and still is active, that is okay. It's the activity of the club that is important. I believe the three members from the Omaha USA club will be very happy with their new clubs.

Our Federation Convention was held in April with International President-elect Jim Preston attending from Cosmopolitan International. He updated the clubs represented at the Convention on the upcoming International Convention and what some of the items will be on the agenda. I think the clubs really appreciated his information and his attendance at our Convention. The installation of officers was held, and we were entertained by a group from Council Bluffs called "Witness" at the dinner meeting. These women were excellent and should go on American Idol. We then had another group called "Witless." I guess you had to be there! Just ask the guys from Council Bluffs when you see them

at International Convention how they managed to get in those costumes. These guys probably belong on The Jerry Springer Show.

I finally got to go to Canada to attend the curling contest they have prior to their federation board meeting. I am proud to say that I did not fall down once on the ice. Unfortunately, I also didn't score any points.

As much as I appreciated the curling event, the high point of our year was the chartering of a new club in Lincoln, Nebraska, on June 13. Yes, I know that was Friday the 13th but I am taking that as a good omen. We had our first formation meeting March 25 and reached charter strength by June 13. We chartered with 21 members with Julie Brezenski serving as charter president. She was a member of the Platte River, Nebraska, club but recently moved to Seward, Nebraska. Still working in Lincoln, she agreed to be the charter president. Those who have met her, I think, will agree she is an excellent person to serve as president. Those Cosmos who haven't yet met Julie will meet her in the near future, and I know you will be glad you did. Attending our charter night was Executive Director Tracy Miller – it was her first charter night for Cosmopolitan – and International President Sheila Anderson who swore in the new members along with the new officers. Attending with her was Past International President Derry Anderson, a.k.a. Mr. Sheila Anderson. Melvina Newman did her usual great job as Master of Ceremonies. We also had other international officers, former international award winners, and members of the Cornbelt Federation in attendance. It was a special evening, and I want to thank all who attended to help this new club get started.

Remember: if a Cosmo is a friend, make a friend a Cosmo.

2014 Cosmopolitan International Convention Schedule

The 2014 International Convention in Rapid City, South Dakota, is right around the corner – July 24 through 26. The schedule is packed with valuable opportunities to learn more about our cause, visit with old friends and new, and tour some of America's most beautiful and historic countryside. Register today at www.cosmopolitan.org or complete the registration form on the opposite page.

TIME	ACTIVITY	LOCATION
Wednesday, July 23, 2014		
3:00 PM - 10:00 PM	Possible Award Judging	Various rooms ¹
3:00 PM - 8:30 PM	Golf or Texas Hold'em	Fntn Sprgs/Deadwd
6:00 PM	Dinner on own	Various
8:00 PM - 10:00 PM	Hospitality Room	Rm 1114 & 1118
Thursday, July 24, 2014		
7:00 AM - 2:00 PM	Possible Award Judging	Various rooms ¹
7:00 AM - 5:00 PM	Registration	Washington Forum
8:30 AM - 9:30 PM	CDF Board Meeting	Badland room
9:30 AM - 12:30 PM	CI Board Meeting	Badland room
12:30 PM - 2:00 PM	CDF & CFC Luncheon	Pactola, Legion 1-2
2:00 PM - 3:30 PM	Motivational Speaker	Sylvan 1-2 & Sheridan
3:30 PM - 4:00 PM	First Timer Orientation	Badland room
3:30 PM - 4:30 PM	PIP Reception	Bear Butte
4:30 PM - 6:30 PM	Ice Breaker Light Snack	Pactola, Legion 1-2
6:30 PM - 6:45 PM	Load Buses	CC 2, Water Slide ²
6:30 PM - 10:00 PM	Summer Nights	Downtown RC ¹
6:30 PM - 9:30 PM	Hospitality Room	Rm 1114 & 1118
6:00 PM - 10:00 PM	Possible Awards Judging	Various Rooms ¹
Friday, July 25, 2014		
6:30 AM - 7:30 AM	Breakfast	Pactola, Legion 1-2
6:30 AM - 7:30 AM	Registration	Washington Forum
7:30 AM - 7:50 AM	Load Buses	CC 2, Water Slide
8:00 AM - 10:30 PM	Tour of the Black Hills	Black Hills
Saturday, July 26, 2014		
9:30 AM - 12:00 PM	Delegates Meeting	Sylvan 1-2 & Sheridan
12:00 PM - 2:00 PM	Purple & Gold Lunch	Pactola, Legion 1-2
2:00 PM - 4:00 PM	CI Board Meeting	Badland room
4:00 PM - 5:00 PM	CDF Board Meeting	Badland room
4:00 PM - 5:30 PM	Hospitality Room	Rm 1114 & 1118
6:00 PM - 7:00 PM	Cocktail Reception	Pactola, Legion 1-2
7:00 PM - 8:30 PM	President's Banquet	Pactola, Legion 1-2
8:30 PM - 11:00 PM	Entertainment	Pactola, Legion 1-2

¹Hospitality rooms & Executive Lounge. ²Buses will return at 8, 9 & 10.

Register Now!

2014 Cosmopolitan International Convention Registration

JULY 24-26, 2014 • RAPID CITY, SOUTH DAKOTA

Registrations are accepted: ONLINE at www.cosmopolitan.org, by MAIL to Cosmopolitan International, PO Box 7351, Lancaster, PA 17604, or by FAX to 717.295.7143.

PLEASE FILL OUT ONE REGISTRATION FORM PER ATTENDEE.

Attendee Information

Name: _____
Address: _____ City _____ State _____ ZIP _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
Email: _____
Is this attendee a: Cosmo Member or Guest
Member of what Club(s): (1) _____ (2) _____

Please select the following (check all boxes that apply):

- | | | | |
|---|--------------------------------------|--|--|
| <input type="checkbox"/> Past Int'l President | <input type="checkbox"/> First Timer | <input type="checkbox"/> Beacon | <input type="checkbox"/> Northern Beacon |
| <input type="checkbox"/> Past Int'l Spouse | <input type="checkbox"/> CI Board | <input type="checkbox"/> Emerald Beacon (US) | (Canada) |
| <input type="checkbox"/> Governor-Elect | (includes governors) | <input type="checkbox"/> Ruby Beacon (US) | <input type="checkbox"/> Delegate |
| <input type="checkbox"/> Club President | <input type="checkbox"/> CDF Board | <input type="checkbox"/> Diamond Beacon (US) | <input type="checkbox"/> Host |

Members	Guest/Spouse	Optional
<input type="checkbox"/> Member Rate (includes all events except spouse/guest activity and spouse guest tours) \$250 by July 1; \$275 by July 18	<input type="checkbox"/> Donations Luncheon (Thursday), \$25	<input type="checkbox"/> Golf (Wednesday; see COSMOTopics article for more information)
<input type="checkbox"/> Delegate Meeting Only \$20	<input type="checkbox"/> Ice Breaker (Thursday), \$25	<input type="checkbox"/> Texas Hold'em (Wednesday; see COSMOTopics article for more information)
<input type="checkbox"/> Member Rapid City Club (members should pay their club directly; club will pay International)	<input type="checkbox"/> Breakfast (Friday), \$20	<input type="checkbox"/> Youth Program (age 6-14), cost TBD, pay on site. Number of Youths _____
	<input type="checkbox"/> Bus Trip (Friday), \$110	
	<input type="checkbox"/> Purple & Gold Luncheon (Saturday), \$25	
	<input type="checkbox"/> President's Banquet (Saturday), \$50	
	<input type="checkbox"/> Spouse/Guest Bead Class, \$10, pay on site. Spouse or number of Guests _____	
Name on Badge _____	Name of Guest/Spouse _____	
Are you a delegate? _____		
Do you require any special accommodations? _____		

Hotel Information	Payment Information
Best Western Ramkota Hotel and Conference Center provides free shuttle service to and from the airport (please advise when making room reservations).	_____ VISA, MasterCard, American Express and Discover are accepted. (Circle one.)
Six (6) complementary wrist bands for the aquatic center will be provided per room reservation.	Card Number: _____
Cosmopolitan has 20 rooms blocked for July 22 and 90 rooms blocked for July 23, 24, 25, and 26. Room rates are \$89.99 per night. To make reservations, call (605) 343-8550 and indicate that you are with Cosmopolitan International. To guarantee this rate, rooms must be reserved no later than June 21, 2014. Any rooms blocked that are not reserved by this date will be released on June 22. Rooms can be reserved at the reduced rate after this date, but there is no guarantee of availability.	Expiration Date: _____/_____/_____
Kindly indicate any dietary restrictions:	Security Code(on back of card): _____
_____ Vegetarian _____ Vegan _____ Gluten Free _____	Name on Card: _____
	Billing Address: _____
	Billing City/State/ZIP: _____
	Total Amount Billed: _____
	_____ Check enclosed.
	Mail to: Cosmopolitan International
	PO Box 7351, Lancaster, PA 17604
	_____ Fax. Fax to (717) 295-7143

Fees quoted are payable in U.S. Funds only. Convention fees payable by credit card, money order, or check (Canadian Cosmo please indicate "U.S. Funds" on your personal check).
No registration will be accepted without full payment. Payment must be received no later than July 18, 2014.

CANCELLATION POLICY: Cancellations received between July 1 and July 18 will be assessed a ten (10) percent cancellation fee. No refunds will be made after July 18.
HOTEL REGISTRATION POLICY: Per board policy, due to the contractual agreement Cosmopolitan International has entered into with the convention hotel that guarantees certain minimum numbers, any registered attendee that does not stay at the convention hotel will be subject to a surcharge based on the additional fees charged to the convention when room guarantees are not met.

EARLY SUMMER 2014

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In Memoriam

The following Cosmos recently were lost. We extend our heartfelt sympathy to their families.

- **Robert Larson** – *Sturgeon Valley Cosmopolitan Club*
- **Art Jansen** – *Rapid City Cosmopolitan Club*
- **Everett "Jake" Jacobs** – *Columbia Luncheon Cosmopolitan Club*
- **Tom Murphy** – *Topeka Cosmopolitan Club*
- **Linda Stefanich** – *Aurora Cosmopolitan Club*
- **John Ricks** – *Norfolk Cosmopolitan Club*
- **Peter Beach** – *Bethesda Cosmopolitan Club*
- **Fred Holcomb** – *Sioux City Cosmopolitan Club*

