

A publication of Cosmopolitan International

COSMOTOPICS

FALL 2013

All In!

2013-2014



THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR

Sheila Anderson

Radiant Orchid. There it is. Pantone's 2014 Color of the Year. Said Leatrice Eiseman, executive director of the Pantone Color Institute®. "An invitation to innovation, Radiant Orchid encourages expanded creativity and originality, which is increasingly valued in today's society." (source: www.pantone.com). While it's not quite our Cosmopolitan purple, it is within the family.

So I explored further the meaning of our logo colors. The color purple stands for **good judgment** or **happiness**. It is **regal** and has a **futuristic** quality that speaks well for things that involve **newness** and **cutting edge**. Yellow is the first color the eye sees. It exudes **cheerfulness**. A golden yellow is **comforting**. It also is associated with supreme **power** or **authority** and **wealth** and **prosperity**. Purple and Gold are complementary colors meaning they are total opposite on the color wheel: they **complete each other**. Lots of symbolism in all the above as it relates to Cosmopolitan.

As you go through this action packed issue, keep in mind the above bolded wording. The colors that we see are invariably influenced by what we feel. From the time of early infancy when our eyes first perceive color, we start to formulate feelings about those colors that invariably carry over into adult life. So the next time you look at our logo, I hope you will be reminded of the meaning of the colors associated with it... and you may just find yourself smiling (this would be a yellow smiley face!) about Cosmopolitan.

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

**"It is amazing what you can accomplish
if you do not care who gets the credit."**

-Harry S. Truman

My good friend Ed Ficenec, Governor of the Cornbelt Federation, shared this quote with those of us who attended the Cornbelt Federation board meeting in October. I found it to resonate with the work that we, as a service organization, strive for on a daily basis. It also reminded me that what we accomplish together is so much more than any of us could achieve individually.

At the time of this writing, having joined Cosmopolitan International four short months ago as your executive director, I have been heartened by the work our clubs and federations are doing in the fight against diabetes. I have seen first-hand the impact you are making on the communities around you and thank you sincerely for all you do for our cause.

You may be wondering how things are going at headquarters since the last executive director update. The strategic plan that was drawn up several years ago now guides and informs our daily operations. A new financial system with internal controls has been put into place. And soon, you will be able to view monthly financial reports on the website, which is an important step in ensuring complete transparency of all our financial activities. In the area of membership, new, updated membership brochures and other tools are available on the website for clubs to download. Copies also will be available at modest costs to be shipped to clubs who do not wish to download the

brochures. As your Board of Directors continues to assess and improve all aspects of Cosmopolitan, rest assured that dedication to our cause and the interests of our members is of paramount importance to everyone.

While strategic planning, finances, membership, and marketing have taken center stage in our daily operations, another very important issue on our minds is the disposition of the headquarters building in Overland Park, Kansas. At the 2013 convention in Las Vegas, convention delegates voted to lease the building, and efforts now are underway to identify parties who may be interested in such an arrangement. It is very important to know that no individual acting alone has the authority to take any action on the building, whether it be leasing or selling. That authority rests solely with convention delegates. An update on the building status will be shared through upcoming newsletters.

Needless to say, the achievements we have made in the last four months alone have been in the best interest of our beloved organization and were made by many dedicated volunteers. As President Truman reminds us, who did what matters not nearly as much as that which we have accomplished – and will continue to accomplish – together. A sincere thanks to all Cosmos for your dedication and all you do in service to others.



Tracy Miller
Executive Director

*I have seen
first-hand the
impact you
are making
on the
communities
around you.*





Sheila Anderson
President

I envision an organization that is thriving and focused on sustaining its important and unique services and programs.

Q&A with Sheila Anderson

Q. Where are you from and how has that shaped you?

A. I was born and raised in South Dakota. I appreciate my Midwestern values and work ethic that I grew up with and believe that plays a role in how I treat people and my dedication to getting things done. I am calm and have a ton of patience. I want resolution and understanding. I don't believe in an "us vs. them" attitude but more of how we can collaboratively work together. I will get in the trenches with people to do the work that needs to be done. Community is important to me, and I treat my community as family.

Q. What is your vision for Cosmopolitan International?

A. To create a new reality for our organization and set a foothold for us to move forward proactively, not reactively. I envision an organization that is thriving and focused on sustaining its important and unique services and programs, not fighting for survival; an organization where members have an active voice and a sense of pride in who we are and what we do; an organization that is not afraid to take the risks it needs to move forward, even if it means failing some along the way.

Q. How do you plan to get there?

A. Engaging in a renewed focus on core business practices such as thinking about how we can operate differently and always being mindful of the bottom line. As Tracy stated in her article, we have moved into the action steps of the strategic plan. There is a process in place that will keep your leaders more disciplined and accountable.

We are also focused on delivering value to our members through raising awareness of our organization and the benefits derived for all. This may include development of new initiatives in response to listening to our members through various communication avenues and visits.

I want all of us to become a healthy, functional, cohesive team that is focused, engaged, sharing

a common vision, disciplined, accountable, and executing well. This organization belongs to all of us and it's time we go ALL IN to ensure its vitality.

Q. What Challenges or Concerns Do You See and How Can They Be Overcome?

A. Complacency. On all levels. This isn't just a challenge for the Board, it is also a challenge for every one of us. When we are too comfortable, we can't see what needs to be done. Admitting that there could be a better way which has not yet been found is sometimes hard to admit.

We can get all the new members in the world but if we aren't a thriving organization and moving forward, members won't stay. A mentor of mine once told me "it's hard to steer a parked car."

We can meet complacency head-on by being proactive and having a willingness to challenge complacency. There is always the aspect of risk versus value. Will the new idea work? Is it feasible? What will it cost? What disruption could it cause? We need to stay focused on the value that might be delivered by the new idea.

If you believe there isn't a better way than the current one, even before you look at alternatives, that is simply an extension of complacency. If you try to find a better way and fail to find one, then that emphasises the value of the current idea - but another attempt to find a better way can be made later. So when we say "oh, we have tried that in the past" doesn't mean that it shouldn't be looked at again. If for no other reason, we should challenge complacency because failure to find a better idea is a vindication of the current system.

We must create the opportunity for continual dialogue. We all need to listen to ALL members and any ideas or input they have. It doesn't matter if we agree with what they are telling us. What matters is that we are willing to realize that there is always value in what others perceive to be crucial and detrimental to our organization. There are times we will be able to take things at face value and there will be times when we have to dig deeper to get to what change may need to happen.

On A Lighter Note...

Q. What is your favorite food/
type of food?

A. Mexican hands-down!

Q. One word that describes
you?

A. Creative

Q. What is one place you'd like to
visit that you haven't been to?

A. Guadalajara, Mexico. This is where
my paternal grandmother was born. I
would like to see where she came from
and experience the culture.

Q. If you could have dinner with
anyone dead or alive, who
would it be?

A. Grace Kelly

Q. What is one thing on your
"bucket list?"

A. Attend the Super Bowl

Q. What is one thing people
would be surprised to learn
about you?

A. I used to be shy. Seriously, I was.
Maybe it was more due to a lack of
self-confidence that attributed to my
shyness. I have learned to overcome this. I
believe Cosmopolitan really brought me out
of my shell. And I am kind of a "car chick!" So
much so that I watch the TV show Counting
Cars. I definitely take after my Dad! Sigh ...
it's a good thing I don't have a 7-stall garage!
Right now I am loving the Ford F-150 truck.



This
organization
belongs to
all of us and
it's time we
go ALL IN
to ensure its
vitality.

Things Are Looking Up

Thanks to the hard work of a lot of people, the future of the Cosmopolitan organization is looking bright.



Jim Preston
President-elect

The 2013-2014 budget indicates a financial surplus instead of a deficit as present in previous budgets.

Thanks to **Richard Gordon, John Krysak, Tracy Miller**, and a number of other members, Cosmopolitan International (CI) is quickly moving toward financial stability. The 2013-2014 budget indicates a financial surplus instead of a deficit as present in previous budgets. The Eagle Statue, "Strength and Determination" carved by Richard Gordon raised over \$12,000 and helps provide some financial breathing room. The five-dollar dues increase approved by the delegates at the August 3, 2013, delegates meeting will help CI maintain a solid financial position. John Krysak and Tracy Miller have been busy establishing internal controls and financial procedures to help keep expenses down and increase control over the expenditure side of the ledger.

Under the direction of President **Sheila Anderson**, an Action Plan has been developed, priorities assigned, and action officers designated to help move this organization forward. One of the more exciting elements of this plan is a proposed CI project suggested by Richard Gordon. This project is a Diabetes Alert Dog project where CI, depending upon the availability of funds, would purchase an Alert Dog for a family with a diabetic child. An Alert Dog can detect a significant increase or decrease in blood sugar at least 20 minutes prior to a blood test. This would provide tremendous assistance in providing rapid response. I believe that Cosmopolitan would generate a lot of favorable publicity from this program. See related article on page 30.

Gary Bartlett and his Committee have been busy working on the Headquarters building.

They have repaired the windows and doors and have been getting the structure ready to lease. Gary and Don Gentry continue to show the building to parties who may be interested in leasing and are in close communication with the CI board, the CDF board, and the executive director regarding lease issues. Information will be shared promptly with membership as soon as a qualified tenant is identified.

Work on the 2014 International Convention in Rapid City continues. Buses for the day long tour on Friday, July 25, 2014, have been secured. This tour which includes Crazy Horse monument, Deadwood, Tatanka Buffalo Jump, a steak feed, and the lighting service at Mt. Rushmore will take us through some beautiful and interesting parts of the Black Hills. A shorter bus trip has been arranged for those who may not be comfortable taking a day long bus trip. **Pauline Sumption** and the Ice Breaker team have met to practice the networking games scheduled for Thursday evening. Based on what I observed, this is going to be a hoot. Golf on Wednesday is being worked on and **Bob White** has locked in a Texas Hold'em game for Cosmo members to be held in Deadwood Wednesday evening. A \$23 buy-in. The convention registration fee is set at \$255 which includes the bus tour. Room rates are set at \$90. Members of the Rapid City club and the North Central Federation are looking forward to hosting this convention. It is going to be fun, interesting, informative, and exciting. Please mark your calendars for July 24, 25, and 26, 2014.

ALLONS Y FAIRE

The Power of Overcoming Obstacles

Every day we are all faced with learning to overcome any obstacles in our way, and Cosmopolitan International is no exception. The past few months have revealed some opportunities to overcome.

With a new board of directors taking effect August 3rd including a new Executive Director, Tracy Miller, and Vice President of Finance, John Krysak, there have been a few challenges just getting to know the state of the organization and its common business practices. Both Tracy and I have had to rely on some of the experience and expertise of other Cosmopolitan members to help us face a couple of the challenges and to those who we have relied on, we appreciate your guidance and advice very much.

Recently, we have been exploring new accounting system controls and procedures. With the help of Cosmo Mike Hertling, our bookkeeper, we have overcome all the hurdles with respect to day-to-day operations encountered thus far. I am in the process of reviewing the Cosmopolitan Board Policies and Bylaws to which I will be providing the required changes for approval at the next convention.

My position on the board keeps me engaged by monitoring the budget vs. actual results. The board members need to know what the expense policies are and what position we are in. As we all know, Cosmopolitan International is dependent mainly on membership dues as its main source of revenue. All other sources of

income have been ancillary to the organization with the exception of the fundraising project put forth by President Elect Jim Preston and Vice President Richard Gordon (the wood carving ticket sales). I am currently reviewing the possibility of corporate sponsorships and possible advertising in the COSMOTopics as other sources of revenue for the organization.

A major focus for 2013-2014 is the lease and repair of the headquarters building. This subject appears to hit my mailbox at least weekly. Three alternatives were presented to us at the International convention in Las Vegas and the results of each could have significant impacts on the financial position of the organization. I commend all on the committee as it will not be easy making the recommendations to the membership.

I take inspiration from a headline on an article forwarded by International President Sheila which said "Focus on the MUSTs"! We must all work together to overcome the current year issues of new individuals on the board, membership statistics, and the building situation. I am confident that as we overcome these three challenges we will be a stronger, more financially secure, and a much more educated entity.



John Krysak
VP Finance

We have
overcome all
the hurdles
with respect
to day-to-day
operations
encountered
thus far.





Richard Gordon
VP Membership and
New Clubs

Our website
is a excellent
source for
information
and ideas for
you and your
clubs.

We Can Do It!

Remember the little train that could—"I think I can, I think I can!"
Let's get up and do it! All In to Rapid City!

We are small but mighty! Cosmopolitan International is a small non-profit service organization with a mighty disease to fight. People who have diabetes are increasing in number every day. Those people need our help in education about the disease, tools to maintain a healthy lifestyle, and most of all, finding a cure for diabetes. For 40 years or more, Cosmopolitan has been working to raise money to find a cure, and we are so close in doing just that! We need to let everyone know that we are **The Club That Fights Diabetes!**

Membership Events: Membership events are the cornerstone of acquiring new members. We know that membership events demonstrate that our club is alive and growing. It is the key to keep all of our clubs growing and being successful. It is true that membership events take work. They take planning, organization, and execution (setting a date and holding it), and follow-up with potential members. **Our website is a excellent source for information and ideas for you and your clubs.** We have the tools under the Member Center tab\CI Resources\Membership to help you do your events. These will get you started and assist you in keeping track of potential members. Some items you will find in there include: (1) a power point on what to do, (2) a form for the guest to fill out so your club can contact him/her at a later day, and (3) an updated brochure about CI that you can print off to give to new or potential members. This brochure has the latest information of projects that our clubs support and our goals as an organization.

I have also set up a schedule of people to contact each month; invite them to the meeting or a social event your club is hosting. See this list below. Each month there is a specific group of people you can target to invite; such as a media person, a person in the medical field, a neighbor, a person who has diabetes, and the list goes on. All you have to do is "get up and do it!"

New Clubs: Cosmos are on the move! Gary Bartlett is leading up a group of Cosmos who are in the process of starting a new club in Salina, KS. Sheila Anderson is leading a group of Cosmos who are trying to start a new club in Aberdeen, SD. Tracy Miller and her daughter are in the process of exploring a teen club in the Lancaster, PA, area. We wish them luck in their efforts of starting new clubs in their communities.

Good News! We have added 59 new members to our Cosmo family since CI convention in Las Vegas! That alone is a reason to celebrate! The people are out there in your own communities. We need to seek, find, and educate people about diabetes, about our club—The Club that Fights Diabetes, and give them the tools they need for themselves, their loved ones, and friends. They would love to be part of an organization that someday will find a cure for diabetes. Please don't give up and say that it is too much work or it is a waste of time. Remember that little train, it never gave up and you should not either.

Ideas for a monthly Membership Drive

October	A media person
November	A doctor, nurse or someone in the medical field
December	Someone from you church
January	Someone you know whose is a diabetic
February	A retired person; friend or someone from work
March	A friend
April	Someone from your neighborhood
May	A small business person
June	Someone under the age of 30
July	Someone in the food industry

Our Marketing Plans

As we embark on another year for Cosmopolitan, I have to say, we have turned yet another corner. With new leadership in place, and new plans being created, I believe this will be a great year for us. At our fall board meeting, we put together a workable plan, looking at areas that need improvement immediately, and prioritized those items to focus our efforts.

Not only is my job to market Cosmopolitan externally, one of my action items is to help spread the word about Cosmopolitan internally. It seems that a significant number of members are unaware of our leadership structure, and what the Executive Board does for the organization. We are also finding that many don't have a full understanding of what our organization actually does or its relevance. As our Executive Director and International President have both stated, "An internal marketing plan is just as important as an external marketing plan." Sheila Anderson explains further, "An Internal marketing plan consists of training and effective internal communications, designed to enhance the knowledge and understanding of our overall organization."

Here is what has been put in place so far:
The Monthly Enewsletter. Its purpose is to communicate openly with you and inform you of what projects are being worked on and their status. If there are items you would like to see in these newsletters, or that you feel aren't being covered, we are open to your feedback. Simply contact me or Tracy Miller. We would love to hear from you!

President Sheila's Messages. These are posted on our website home page on a quarterly basis, if not more. These messages let everyone know about happenings in our clubs. This is great information not only for people looking into our organization, but for all members. The goal is to mention at least one club's fundraiser or project in each message.

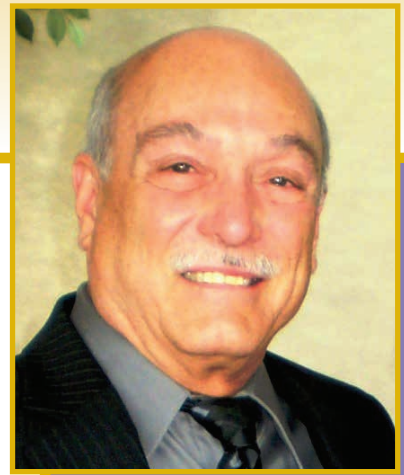
Elevator Speeches. Tracy, Sheila, and I recently had a brainstorming session. Sheila related how, in her recent visit to the Western Canada Federation, she asked members to name as many things as possible in 3 minutes on what they liked about Cosmopolitan. She then gave them 2 minutes to write an elevator speech. You will find the results of this exercise on pages 19 and 20. This got us thinking about how valuable this information is, especially when someone asks you about Cosmopolitan and what you like about it. You should be able to easily express this. We agreed that instead of the Executive Committee telling members what

they should say, our members should help form this message. If we video various members telling what they like about Cosmopolitan, we can then use these on our website for visitors to view, as well as remind members what is great about our organization. We are all ambassadors of the Cosmopolitan brand and experience. We also discussed the possibility of having a Cosmopolitan YouTube channel. I took some time to explore this option, finding that it would be easy on our end to get things up and running. The hardest part may be in encouraging participation. I will be presenting more information on this at the Spring Board meeting. Not only could we use the YouTube channel to promote Cosmopolitan, we could also post trainings or clips from conventions. The possibilities are endless!

The Cosmopolitan Facebook page. Updated on a regular basis, content is geared toward exposing our "friends" on the many ways our clubs are giving back in their communities, as well as success stories. We encourage all members who are on Facebook to like our page, and share posts with friends. An interesting statistic: 45-54 years old is the most popular age group on our Facebook page. (Speaking of social media, I would encourage you to visit social media sites and participate in the discussions (blogs) that are there. Post your own information and add to comments for others. Start your own discussion thread. You might be surprised at what comments get posted.)

International Projects. Jim Preston mentioned doing another International Project in his article. Our last one was INGAP, where we raised over \$1,000,000 for the Strelitz Diabetes Center at EVMS in Norfolk, VA. An International Project is a way for us to work together on a common goal, and create a sense of unity. (A point to note, our membership started declining since we got away from an International Project.) We can have a greater impact in the world of diabetes by pooling our efforts. Jim, Sheila, and I are each exploring three possible projects, and will be bringing those to the Board at the Spring Board meeting for discussion. This would then be brought to the delegates at International Convention. We invite you to share any ideas you may have for an International Project.

As an elected member of your executive board, my job is to represent your interests in trying to let the world know what a great organization we are and to give you the tools and assistance to move forward with the Cosmopolitan message. Please contact me or any other board member with compliments or concerns.



Don Gentry
VP Marketing

We are all
ambassadors
of the
Cosmopolitan
brand and
experience.

Cosmopolitan Diabetes Foundation Update



Melvina
Newman
CDF Chair

The past year was a very productive and busy year for the Cosmopolitan Diabetes Foundation and I want to thank all of the Board members for your dedication to the Foundation.

The 2013-2014 Cosmopolitan Diabetes Foundation Board members are: Melvina Newman, Chairman, North Central Federation; Tom Gustafson, Vice Chairman, MidStates Federation; Bob Williams, Secretary, Capital Federation; Terry Sanford, Cornbelt Federation; Duane Muck, Mo-Kan Federation; Helen Holt, Southwestern Federation; Brian Duckett, CI Representative and Ex Official Members Tracy Miller, Executive Director and Sheila Anderson, CI President.

Within this Foundation Board, there are also working committees and they report to the full Board: The Governance Committee (Bylaws) is responsible for all aspects of Board Development and operations. The Finance Committee is responsible for overseeing the financial performance of all funds under CDF. Beacons and Marketing Committee is responsible for the promotion and marketing of the Beacons Fund. The Grants Committee is responsible for the review and recommendations for all grant requests.

We all Dream.

We spend much of our lives ensuring that our dreams for ourselves and our families become reality. The important work we do in our volunteer lives as Cosmopolitans is also a "dream" of a Future Free from Diabetes. At the International Convention, we saw the

dedication of our membership help to see that Future Free from Diabetes. At the Donations and Beacons breakfast, U.S. Cosmopolitans stepped forward and contributed a total of \$30,631.00 to the following funds: Beacons \$9,700.00, Discovery \$4,800.00, Strelitz \$12,211.00, Hands Across the Border \$100.00, and Donor Directed Funds of \$3,820.00.

Since 1979, Cosmopolitan members, Clubs, and Federations have been making contributions to the permanent endowment fund (Beacons) to generate funds to support CI and Diabetes related work. This year we received grant requests of \$91,516.00 plus requests from CI for support. As a result of the gifts to Beacons and Discovery funds, CDF was able to award grants (listed below) in the total sum of \$29,000.00 for 2013.

It was a great opportunity to attend the International Convention and to see everyone. On behalf of the CDF Board, I want to thank all Cosmopolitans for your support of your Foundation. I encourage all Clubs to contact the Foundation Representative from your Federation and invite them to a meeting to learn more about the Foundation and encourage Beacon Memberships. Members are also welcome to contact me or any Board member any time for input or questions you may have about the Foundation.

On behalf
of the CDF
Board, I want
to thank all
Cosmopolitans
for your
support of your
Foundation.

Grants Awarded by CDF	Amount
Cornbelt Diabetes Connection, Inc. (Cornbelt Federation)	\$4,000.00
Cosmopolitan International Diabetes and Endocrinology Center (Columbia, Mo)	\$4,000.00
Crusader Community Health (Rockford, IL)	\$4,000.00
Health Care Access Clinic (Lawrence, KS)	\$4,000.00
Setebaid Services (Harrisburg, PA)	\$1,000.00
Topeka A1c Club (Topeka, KS)	\$1,000.00
Presence Mercy Medical Center (Aurora, IL)	\$1,000.00
Elgin Cosmopolitan Diabetes Emergency Fund (Sherman Hospital) (Elgin, IL)	\$1,000.00
Cosmopolitan International	\$9,000.00

Cosmopolitan Foundation Canada, Inc. Report

The Foundation has had an excellent year. We have received \$36,860.00 in Club and Northern Beacon donations in 2013, surpassing the \$30,000 raised in 2012. What a great year it has been for the CFC, the TWELVE clubs of the Western Canada Federation worked extra hard this year with their fund raising efforts on behalf of our Foundation.

We are in the process of creating a CFC Brochure and have just finalized the design {shown below} of our new CFC Logo.

A few years ago the CFC awarded a \$100,000.00 grant to the University of Manitoba for a study on the Impact of Rigorous Physical Activity by Adolescents at risk for Type 2 Diabetes. We received an update on the results of this STUDY at our Federations Spring convention in Edmonton. They have had some awesome results with this Study and have developed a further \$800,000.00 in funding and turned this City of Winnipeg study into a Province-wide initiative. Wonderful News!

We are in now in the fourth year of a five year, \$125,000.00 commitment to the Alberta Diabetes Institute at the University of Alberta. This program funds Graduate Students who wish to work with Principal Researchers, in the field of looking for a cure for diabetes. These students have chosen this area of research as their career path and it is hoped that they will become the Principal Researchers of tomorrow

which would not have happened without this type of funding.

I would like to thank John Kryszak for the wonderful job he has done over the last several years as our CFC Treasurer. He continues to do a great job keeping track of the pledges and donations each year and communicating this financial information back to the Directors, in language that is easy for us to understand – no matter how hard I make it for him to do so. I would also like to thank Gary Jurke for keeping our Northern Beacon plaques and awards organized and ready to present at each convention. Lastly, I would like to thank our Executive Committee, the Directors and the Clubs of our Western Canada Federation, for their dedication and fund raising efforts which help to make the Cosmopolitan Foundation Canada the success that it is.

Respectfully submitted,

Roger Bradley
Chair, Cosmopolitan Foundation Canada Inc.



Roger Bradley
CFC Chair

We are in
the process
of creating a
CFC Brochure
and have
just finalized
the design of
our new CFC
Logo.



Promoting The Living Gift Through Medical Research Since 1984

HEALTHY CHOICES



Tips to Enjoy Holiday Dinners



in a Healthy Way

By: Krystle Blunk, RD, Diabetes Education Program Coordinator
Cosmopolitan International Diabetes & Endocrinology Center



Come up with a "Game Plan." Many times we overeat because of the famous "Oh...I didn't see that earlier. I had better grab some this trip." To avoid this, ask the individual hosting the dinner what foods will be served so that you can develop a game plan. This way you can eat your favorite foods without going overboard on your calories or carbohydrates.

Don't skip meals leading up to the dinner! Skipping meals does two things: slows down your metabolism and make you so hungry you overeat at the next meal, in this case, the holiday dinner where there is an abundance of food available. If your holiday dinner is around noon, eat a light breakfast of toast and peanut butter or yogurt with berries on top.

Use raw vegetables in place of high calorie chips and crackers for dips. By replacing 15 potato chips or 7 tortilla chips with 1 cup of raw vegetables like carrots, broccoli, celery, cauliflower, sweet peppers and tomatoes, you can save approximately 125 calories!

Replace high calorie dips with plain Greek yogurt. Did you know that plain Greek yogurt has almost the same taste as sour cream, but it is much lower in fat, contains about 14 g of protein per ½ cup and has probiotics? Just add a few seasonings to plain Greek yogurt and you can fool everyone into thinking that this very flavorful, healthy dip is the typical high calorie dip they buy in the store.

Avoid taste testing before dinner. Remember, even if you're only taste testing, the calories will add up. Write down your recipes

so that you know exactly how much of each ingredient you need without having to taste test it five or six times.

Stay out of the kitchen to avoid grazing. Many times when we nibble here and there we don't think it is that big of a deal, but when you are continually grazing, you can easily consume hundreds of calories. If you are looking for something to tide you over until meal time, grab a handful of raw vegetables or fresh fruit and walk out of the kitchen to prevent yourself from grazing.

Beware of mindless eating while watching television. For those who snack while watching television...watch out! When we eat while we are distracted we can easily consume much more than we intended. How many times have you realized exactly how much you ate once you notice the bag of chips that was once full is now empty? Oops!

Drink at least 8 ounces of water 30 minutes before your meal. Sometimes we eat more when we are nearing dehydration because we sense moisture in food (such as mashed potatoes and gravy, fruit or moist turkey breast). We are less likely to eat as much when we are properly hydrated before a meal. Also,

drinking at least 8 ounces of water before meals helps expand the stomach before the first bite of food, which may help you eat less because you feel fuller sooner.

Avoid "drinking your calories." A 20 ounce bottle of regular soda or sweet tea has approximately 250 calories which is the equivalent



Offer to bring a healthy side dish. The host doesn't have a lot of healthy choices to offer? Offer to bring a vegetable tray for an appetizer or a low fat green bean casserole as a side dish.



to eating $\frac{1}{2}$ cup mashed potatoes with 2 tablespoons of brown gravy, $\frac{1}{2}$ cup green beans, 1 dinner roll and 2 oz of baked turkey breast. Now think about this...one pound of body fat is equal to 3,500 calories, which means if you take 20 ounces of sweetened beverages out of your diet for 14 days, you could potentially lose a pound without changing the rest of your dietary habits or physical activity routine!

Use the "Plate Method." Dinners can be overwhelming; especially to those who are counting carbohydrates or calories. A much easier way to stay on track during the holidays is to use the "plate method." Fill half of your plate non-starchy vegetables (green beans, carrots, salad, etc.), a quarter of your plate with lean meat, and a quarter of your plate with a starch choice.

Eat slowly. Remember, holiday dinners only come a few times a year - so don't inhale it! Allow the food to melt in your mouth so that you can savor the flavor and enjoy that special meal. Good chances are, you will eat a lot less and enjoy your meal more.

Share a dessert with someone. Want to have a dessert, but don't want to be

tempted to eat all of it? Offer to share it with someone. Good chances are, there is someone else that wants to do the same thing in effort to save a hefty amount of calories, but still have the opportunity to enjoy a dessert.

Cut pies into 10 or 12 slices instead of eight slices to make each slice smaller. Can't find someone to share a dessert with? Cut the pie into 10 or 12 slices instead of eight slices. This will make each slice smaller so you won't feel guilty about eating a whole slice - and you won't consume as many calories, either!

Switch out the ice cream for low fat whipped topping if you want to make your dessert ala mode. A half cup of ice cream can easily add 150 calories to your dessert. By replacing the ice cream with whipped topping, you can save 100-125 calories and still have a yummy topping for your dessert!

Have family and friends join you for a walk after dinner. Start a new tradition of taking a 20 to 30 minute walk after each holiday dinner. It is a great time talk with family and friends while burning some of those extra calories that you consumed at dinner.

Nothing is ever off limits. Just practice portion control and moderation. Whether you have diabetes or just watching your calorie intake, remember that you are human. Allow yourself to enjoy the holiday foods, just practice portion size and moderation. If you know that the pumpkin pie is going to be calling your name later, try skipping the dinner roll or only put half the amount of potatoes on your plate that you normally would.



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 is also a downloadable form 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.

4816 Royal Ct., Sioux City IA 51104
H 712.239.2308, C 712.259.5689
Jim Walker, Chair
jfkwalker@aol.com

HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

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

DIABETES INCORPORATED

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





Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.

28 34th Street E, Saskatoon, SK S7K 3&2 CANADA
Peter Gerrard, Director
B 306.664.3158

SPECIAL LEARNING CENTER

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

Cosmopolitan Supported Diabetes Program

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

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

ELGIN COSMOPOLITAN CLUB DIABETES EMERGENCY RESCUE FUND

Social Service Department, Sherman Hospital
934 Center Street, Elgin, IL 60120
B 847.742.9800

PROVENA MERCY MEDICAL CENTER

Center For Diabetes Wellness
1325 N. Highland Avenue, Aurora, IL 60506
Maria Aurora Diaz, Clinical Director
B 630.801.5756

SETEBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES

PO Box 196, Winfield, PA 17889-0196
B 570.524.9090 or 866.SETBAID
Mark Moyer, MBA, MHA, Executive Director
www.setebaidservices.org
info@setebaidservices.org

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street
Rapid City SD 57701
Dr. Thomas Repas
B 605.718.3300



Out & About

Success Is The Defining Word For Aurora Cosmos

By Kenlyn Nash-Demeter, Publicity Chair

Quoting Rick Swansboro, then Mid States Governor, at the May 2013 Federation meeting - "the Aurora club was well represented at the May Mid-States meeting with 7 in attendance and pleased to announce Sherrill Galis - Cosmo of the Year, Kathy Sampson - Rookie of the Year and Linda Stefanich - Patrick J. Hodgins Award at the Mid-States level. As Mid-States Governor, I cannot applaud the Aurora club enough for all they do for Cosmopolitan International. The Aurora club is 100% engaged and passionate in all that they do!"

Monetary donations are: Research - \$2,500.00, 3 Diabetic Camp Scholarships for 3 diabetic children - \$885.00, Provena Center for Diabetic Wellness - \$1,500.00, Waubensee Community College Scholarship - \$500.00. Categories of study will be in the medical field, nursing, nutrition, with preference for someone intending to enter the medical research field. \$500.00 donated to Freedom Paws.

Funds were raised through several events. The 2nd annual Wine Tasting membership/fundraiser at the Fox Valley Winery, attended by 90 members and guests. We welcomed 3 new members. A 50/50 raffle, cash bank raffles and 40 gift baskets were items to win. Twenty-five door prizes were awarded. Appetizers and fine wines were served. A Tastefully Simple Party was hosted by a new member and proceeds donated to the club. A drive through BBQ was held on the grounds of Presence/Provena Mercy Medical Center.

Picnic With A Point - a new venture for the Aurora Club. Another membership event and introducing the community to Freedom Paws Assistance Dogs Foundation. Tera Jurrens, CEO of Freedom Paws was on hand to explain and answer questions regarding Diabetic Alert Service Dogs. It is an Aha, Oh My Goodness moment to realize such a canine care giver exists! Little Frankie became a diabetic at 18 months, he is now 6 years old



and has a 24/7 canine care giver. Diabetic Alert Service Dogs are \$10,000.00, the family is given the dog and time to raise the funds. This is AN EXCITING FIRST for our club. Being able to see first hand the fruits of our labor, dog and child. We were blessed with a beautiful day, for our picnic, Deanna Bush, Frankie's Mother is one of our new members. She jumped right in and has been on hand for any and all events. The picnic was a "free" event, covered by donations from individuals and businesses. Games, prizes, food, Bounce House, raffle items were all donated.

Community involvements are:

- Established a \$500.00 scholarship at Waubensee Community College
- Bell ringing for the Salvation Army at Christmas
- Donations to Mutual Ground - school supplies, clothes, personal products, Christmas gifts. Mutual Ground is a shelter for battered women and children.

Platte River Cosmos News



On October 19th Hy-Vee had a Fund raising event for JDF (Junior Diabetes Fund). The fund raiser is held every year and is called THE BIG GRAPE. They sold tickets for \$50.00 each and had over a thousand people in attendance raising over one hundred thousand dollars. The event had a wide variety of wine and beer for tasting, silent and live auctions, with all the food you could eat.

The Grand Island Platte River Cosmos was invited to the event to display our club and what to do to support the fight of Diabetes. We had a table to ourselves and we displayed the Platte River banner and beautiful serving trays for everyone that wanted to register their name and answer two questions on the slip of paper. "ARE YOU A DIABETIC OR DO YOU KNOW SOMEONE THAT HAS DIABETES? The second question was: HOW CAN I HELP IN FINDING A CURE FOR DIABETES? We had about 30 names registered and the lucky person's name was drawn at our Halloween party that just followed the event. The winners will be invited to our next get-together. We also passed out many flyers for our club. We did not get to share in any of the proceeds, but we felt it was a success with the exposure we gained for our club and good prospecting for new members.

Heartland Club Holds 15th Annual Pig Roast

By Don Gentry

The Heartland club recently held its 15th annual Pig Roast. This year's Roast was attended by over 200 guests that enjoyed spit roasted pig (and other smoked meats), all the fixin's, drinks, desert and then danced the night away to live music. Between the sponsors, the silent auction, live auction, raffle tickets, the casino games and meal tickets, we raised almost \$10,000. We help fund many diabetes activities during the year with focus on Camp Planet D, a summer camp for kids with diabetes. This is the major fundraising project for our club, however, we have discovered another interesting fund raiser that requires little more than participation on our part - Texas Hold-Em Poker tournament. This will be our third tournament after our first attempt raised over \$1500 for one evening. This is great for our small club because once we locate a venue and make arrangements, there is a person that runs the entire game and supplies chips and cards for a minimal fee. The initial buy-in is \$40 with opportunities for additional buys during the game. We offer prizes for each player that makes the final table with a \$500 first prize. We limit the number of players to 100 and also offer a novice table. The club does supply munchies for the players.



Capital Federation Makes Final Pledge Payment to EVMS Strelitz Diabetes Center



Left to right, Dr. David Lieb, Etta Vinik, PIP Bob Williams, Claudia Keenan, VP of External Affairs & Development, Dr. David Taylor-Fishwick, Capital Federation Governor John Keeley, Dr. Jerry Nadler, Director, EVMS Strelitz Diabetes Center, Peggy Haile McPhillips, Member Norfolk Club.

On Friday, September 27, 2013, Governor John Keeley and PIP Bob Williams presented Capital Federation's final check to complete its five-year pledge of \$100,000.00. The pledge was completed on time due in part to \$24,500.00 in grants received from the Cosmopolitan Diabetes Foundation. All Federation clubs participated in this five-year effort. As a result of this pledge in addition to past support, Cosmopolitan International has contributed over \$2.5 Million to the EVMS Strelitz Diabetes Center starting with our first \$1.0 Million to establish the Center. In addition to the Federation check, Bob Williams, on behalf of the Cosmopolitan Club of Aurora, Illinois, presented a check for \$1500.00 which was given during the Beacons Donations Luncheon in Las Vegas.

Out & About *continued*

Rockford Cosmo, Dan Clark Presents the Charles G Uram Award

Roger Reithmeier has served on the Board of Directors of Carpenter's Place, YMCA, Crusader Health Foundation and the Klehm Arboretum Foundation to name a few. In addition, he has served in an Advisory role to the Rockford Park District and the Rockford Public Schools.

Roger's leadership has been demonstrated by the successful Crusader Clinic on Broadway Campaign and several capital campaigns for the YMCA. Thanks to his efforts to help raise significant dollars, the public and those less fortunate have benefitted.

It is said that Roger is one of those few unique individuals who is always there in time of need to help and support in both good times and bad. He has served tirelessly and with distinction and has worked in collaboration with management and boards to develop sound financial plans and systems for their stability and future.

Roger Reithmeier has a commitment to excellence and is a selfless server for the good of his community --- A commitment that aptly reflects that of Chuck Uram. Roger was nominated by Carpenter's Place who was presented with a check from the Rockford Cosmopolitan Club for \$5,000. Roger will be added to a distinguished list including Dale Sanders (2005), Harry Ritter (2006), Dan Loescher (2007), Jim Keeling (2008), Phil Turner (2009), Barbara Berman (2010) John Mink (2011) and Jean Morrow (2012.)

The Charles G Uram Lifetime Service Award recognizes and celebrates the achievements of a person who embodies the values demonstrated by the late Charles G Uram. Also Congrats to the runners up Mike Broski, nominated by the YMCA, and Dave Rydell, nominated by Rockford Rescue Mission; both organizations received \$500 cash grants.

Cosmopolitan Club of Rockford: Community Event Supporting United Way of The Rock River Valley UPS Plane Pull

Rockford residents had the opportunity to pull a 757 aircraft with their bare hands. Chicago Rockford International Airport (RFD) hosted the 1st annual UPS Plane Pull on Sunday, October 13th at 10 a.m. This was a unique opportunity to pull an aircraft weighing over 200,000 pounds, 30 feet across the tarmac - the equivalent of approximately 100 elephants, 57 automobiles or 40 blue whales. Teams were timed, with the quickest team taking home the trophy.

In addition to bragging rights, all proceeds benefitted the United Way of Rock River Valley. The event also featured music and food from local vendors. A children's play area with face painting was also on hand.

"We are pleased to collaborate with UPS and the United Way to provide an exciting and meaningful opportunity for people to experience the tarmac from a different perspective while raising money to support programming for our community," said Mike Dunn, RFD Executive Director.

Cost was \$200 per team with a maximum of 20 people per team. Hundreds of Stateline neighbors tried to find out just how many people it took to pull a cargo plane, and it was all for a good cause.

Several teams met Sunday at the Chicago Rockford International Airport to see if they could pull a 757 UPS cargo plane 30 feet across the tarmac. Members of The Rockford Cosmopolitan Club showed up to try and drag the aircraft. The 1st Annual Plane Pull was expected to bring in more than \$3,000 for the United Way of Rock River Valley.

The Rockford Cosmo team of twenty able-bodied gentlemen had a dubious start, as they started moving the plane too soon, and were called for a false start. On the restart, the horn sounded, and the dust settled, and the Cosmo team was awarded first place, with an amazing time of just 11 seconds to pull the giant plane across the line.



What I Like About Cosmopolitan



At the Western Canada mid-term in October, the attendees were asked by international president Sheila to come up with as many things as they could in 3 minutes on what they liked about Cosmopolitan. It could be on a personal level, a business level, or whatever they felt they enjoyed or liked about their experience with Cosmopolitan. This is a compiled list of all the things they wrote down. The number in parenthesis indicates how many times that idea was written down. The winning team is shown above. They came up with over 20 items on their list.

- | | |
|---|--|
| 1. Friendship/Fellowship/Lifelong Friends/Camaraderie(8) | 19. Learning About Other Clubs/Projects and Their Activities |
| 2. Learn New Skills/Personal Growth – Public Speaking (5) | 20. Leadership |
| 3. Networking Opportunities/Business Contacts (4) | 21. Membership |
| 4. Meeting New People (3) | 22. Learning About Diabetes |
| 5. Conventions (3) | 23. Family Involvement |
| 6. Helping Community (3) | 24. Stepping Out of Your Comfort Level |
| 7. Giving Back/Service (3) | 25. Committee Organization of Events |
| 8. Chance to Try New Things i.e. curling, golf (3) | 26. Structuring of Events/Programs |
| 9. Chances to Travel (3) | 27. Similar Reliefs |
| 10. Diabetes – Raise Awareness and Funds (3) | 28. Accountability to Fellow Members and the Community |
| 11. Fun/Laughter(3) | 29. Lighten the Load of Others |
| 12. People (2) | 30. Education |
| 13. Putting on Events i.e. Home Show | 31. Mental Health |
| 14. Going New Places | 32. Challenges |
| 15. Hearing Stories from Other People | 33. Group Activities |
| 16. Harold Agar's Jokes | 34. Working Together Toward Common Goal |
| 17. Sharing Success Stories | 35. Learning About Holding Meeting |
| 18. Finding Out New Information/Ideas | 36. Hospitality |

ELEVATOR SPEECHES



By Western
Canada
Federation

The Western Canada mid-term attendees were then asked by International President Sheila to come up with an elevator speech for when someone asked them "What is Cosmopolitan?" They were given 2-3 minutes to do this. Each table worked as a team. Each team selected a person to read their speech to the attendees. The speeches were judged by 3 people and a winning speech was chosen.



Winning Speech:

Cosmopolitan is a fun people oriented international organization based on unity, service and action that focuses on diabetes research and community service.

Winners shown to the left: Deb and Terry Down

We are a service club that raises money and gives it to other organizations with a special interest in diabetes research.

We are the Club that raises money for diabetes research. We are a community service organization that raises money for diabetes research and for the betterment of the community. We are the club that builds friendships. We are International - Canada and the United States.

Hello, I am glad you asked. We are a service club that raises awareness about diabetes and we work towards raising funds to help find a cure. And at the same time, we develop friendships through community projects.

We are Cosmopolitans, a small International Service Organization whose goal is to fund research to find a cure for diabetes. Our motto is Service, Action, and Unity.

We are a service group who raises money through various ways to fund diabetes research and prevention along with helping the less fortunate in our community.

We are an International non-profit organization that raises funds for diabetes and local charities through fellowship, fundraising and community activities and service (Unity, Service, Action). We raise more money per capita than many larger organizations.

2013-2014 Club Directory

ALEXANDRIA-CENLA

Southwestern Federation

PRES: Dewayne Smith
10068 Hwy 28 W
Boyce, LA 71409
(318) 793-2950
key2950@aol.com
MEETS: 1st & 3rd Thursday, 6:00 pm
Main Library

AURORA

Mid-States Federation

PRES: Carol Jobe
1730 W. Galena
#102E
Aurora, IL 60506
(630) 896-0524
karincarosalon@comcast.net
MEETS: 3rd Thursday, 5:30 pm
Oak Street Cafe

AUSTIN

Southwestern Federation

PRES: Carl Deichmann
3203 Yellowpine Terrace
Austin, TX 78757
(512) 452-8745
MEETS: 2nd Tuesday, 7:00 pm
Tres Amigos Mexican Restaurant

BELLEVUE BIG ELK

Cornbelt Federation

PRES: David Woods
314 S. 52nd Street
Omaha, NE 68132
(402) 292-1932
dave@esc-omaha.com
MEETS: 1st & 3rd Wednesday, 7:00 am
Downtown Coffee Shop

BELVIDERE

Mid-States Federation

PRES: Matt Ellingson
265 McCurry Rd
Caledonia, IL 61011
(815) 988-4175
ellingsonm@hotmail.com
MEETS: First 3 Wednesdays, Noon
Belvidere Moose Lodge

BETHESDA

Capital Federation

PRES: Michael S. Fistere
P.O. Box 15242
Chevy Chase, MD 20825
(301) 656-8582
88michael@verizon.net
MEETS: First Wednesday at Kenwood
C.C., Remainder of the month
at Alfio's Restaurant

BLAIR

Cornbelt Federation

PRES: Rick Paulsen
1035 North 14th Street
Blair, NE 68008
(402) 426-3536
rpaulsen@maccnnet.com
MEETS: 1st Friday, Noon
(September-June)
Fernandos

BROKEN BOW

Cornbelt Federation

PRES: Tim Johnson
79568 Sumner Road
Broken Bow, NE 68822
(308) 872-2294
MEETS: (*)

CALGARY

Western Canada Federation

PRES: Peter Peach
130 Regal Park NW
Calgary, AB T2E 0S6
(403) 547-8861
inferoze@shaw.ca
MEETS: 2nd & 4th Tuesday, 6:30 pm
Danish Canadian Club
www.calgarycosmoclub.org

CAPITAL REGION

Capital Federation

PRES: Barbara Jumper
225 E. Hillcrest Drive
Carlisle, PA 17013
(717) 226-6836
robert.jumper@comcast.net
MEETS: 3rd Thursday, 6:30 pm
The Radisson in Camp Hill, PA

COLUMBIA BREAKFAST CLUB

Mo-Kan Federation

PRES: Joseph Schroeder
1232 Ridge Road
Columbia, MO 65203
(573) 442-3821
jumpinjs@centurytel.net
MEETS: Tuesday, 7:00 am (August-April)
1st & 3rd Tues. (May-July)
Cosmopolitan Community Bldg

COLUMBIA LUNCHEON

Mo-Kan Federation

Pres: Susan Cunningham
3301 LeMone Industrial Blvd
Columbia, MO 65201
(573) 447-0307
scunningham@kinseth.com
MEETS: Tuesday, Noon
Rock Bridge HyVee
www.cosmopolitanluncheon.org

COLUMBIA SHOW-ME

Mo-Kan Federation

PRES: Craig Swank
3704 Mint Julep Drive
Columbia, MO 65202
(573) 356-4937
swankc@gmail.com
MEETS: 1st Thursday, 6:30 pm(*)

COUNCIL BLUFFS

Cornbelt Federation

PRES: Rodney Miller
23059 McPherson Avenue
Council Bluffs, IA 51503
(712) 323-9038
millrodcar@cox.net
MEETS: 2nd & 4th Tuesdays, 7:00 am
(September - May)
Village Inn Restaurant
www.cbcosmos.org

EDMONTON

Western Canada Federation

PRES: Susan Sevcik
142 Grandin Road
St. Albert, AB T8N 1N9
(780) 460-7356
ssevcik@telus.net
MEETS: 2nd & 4th Mondays, 6:00 pm
Boston Pizza

ELGIN

Mid-States Federation

PRES: Thomas Jensen
558 Shagbark Drive
Elgin, IL 60123
(847) 695-5387
jensenlt@comcast.net
MEETS: 2nd Tuesday, 6:30 pm
Hickory Stick Bar & Grille

ELIZABETH CITY

Capital Federation

PRES: Tracey Winslow
2570 Peartree Road
Elizabeth City, NC 27909
(252) 330-4719
tswinslow@hotmail.com
MEETS: 2nd & 4th Tuesday, 7:30 pm
Cosmopolitan Club Building

EMERALD CITY

Mo-Kan Federation

PRES: Mary Ortiz
5117 SE 3rd Terrace
Tecumseh, KS 66542
(785) 232-3619
mary.ortiz@bcbsks.com
MEETS: 3rd Monday, 6:00 pm

(*) Denotes various locations

2013-2014 Club Directory

FARGO - MOORHEAD

North Central Federation

PRES: Lisa Hemm
321 10th Avenue S
Fargo, ND 58103
(701) 237-3063
lisa.elle1@hotmail.com
MEETS: Thursday, noon
Fryin' Pan Restaurant

FREMONT 100

Cornbelt Federation

PRES: Dwaine Glathar
2328 East 7th Street
Fremont, NE 68025
(402) 727-7024
drglathar@msn.com
MEETS: Friday, 7:00 am
Clarion Hotel
www.fremontcosmos.org

GREATER RICHMOND

Capital Federation

PRES: Dexter Rumsey
5100 Monument Ave. #706
Richmond, VA 23230
(804) 282-2179
dexrumsey2@aol.com
MEETS: 2nd Saturday, Noon
Westwood Club

HAMPTON ROADS

Capital Federation

PRES: William Quire
8371 Longstreet Lane
Suffolk, VA 23438
(757) 986-3859
wjquire@gmail.com
MEETS: 2nd Saturday, 6:30 pm(*)

HEARTLAND

Mo-Kan Federation

PRES: Diana Tilton
6021 W. 76th Terrace
Prairie Village, KS 66208
dtilton1@gmail.com
MEETS: 3rd Thursday, 6:30 pm(*)
www.heartlandcosmos.org

JEFFERSON CITY

Mo-Kan Federation

PRES: Duane Muck
6995 S Shore Dr
Hartsburg, MO 65039
(573) 301-1520
dmuck1054@centurylink.net
MEETS: Friday, Noon
American Legion Hall

JOHNSON COUNTY

Mo-Kan Federation

PRES: Marvin Lane
12014 Connell
Overland Park, KS 66213
(913) 400-2479
lanemarvin@hotmail.com
MEETS: Thursday, 7:00 am
Denny's Restaurant

LAWRENCE BREAKFAST

Mo-Kan Federation

PRES: Matt Neis
5618 Broadway Street
Shawnee, KS 66226
(913) 745-4025
matt.neis@wellsfargoadvisors.com
MEETS: 1st, 2nd, & 3rd Friday, 7:00 am
Smith Center

LAWRENCE RIVER CITY

Mo-Kan Federation

PRES: Susan Stagg
1016 Biltmore Drive
Lawrence, KS 66049
(785) 393-0928
susan@universitycomposites.com
MEETS: 1st Thursday, 6:30 pm(*)
www.rivercitycosmo.org

NORFOLK

Capital Federation

PRES: Randy Wright
9606 Bay Point Drive
Norfolk, VA 23518
(757) 362-3456
w_randywright@verizon.net
MEETS: 1st & 3rd Thursday, Noon
No Meetings in July & August
Norfolk Yacht & Country Club

NORTH SIDE LANCASTER

Capital Federation

PRES: Kathi Lesperance
870 N. Queen Street
Lancaster, PA 17603
(717) 392-1051
MEETS: 1st & 3rd Wednesday, 6:30 pm
Lancaster Elks

OMAHA/CORNHUSKERS

Cornbelt Federation

PRES: Candy Gorton
3312 South 107 Avenue
Omaha, NE 68124
(402) 398-9301
thegortons@cox.net
MEETS: Friday, Noon
Jericho's Restaurant
www.easysite.com/CornhuskerCosmoClub

OMAHA I-80

Cornbelt Federation

PRES: Jeffrey Scott
5503 N. 149th Ave Cir
Omaha, NE 68116
(402) 305-7584
scott.jeff@lincoln.sysco.com
MEETS: Friday, 7:00 am
Rockbrook Garden Café

OMAHA USA

Cornbelt Federation

PRES: Carolyn Larson
6456 Cuming St.
Omaha, NE 68132
(402) 551-3866
asuelarson@cox.net
MEETS: Varies

OMAHA WEST

Cornbelt Federation

PRES: David House
250 Skyline Drive
Elkhorn, NE 68022
(402) 689-9141
shloghomes@gmail.com
MEETS: Wednesday, 7:00 am
Garden Cafe, Rockbrook Village
www.westomahacosmopolitan.org

PLATTE RIVER

Cornbelt Federation

PRES: Leonard McCarty
4067 West Capital Avenue
Grand Island, NE 68803
(308) 384-7531
lmccarty@q.com
MEETS: 1st & 3rd Monday, 6:30 pm
HyVee Meeting Room
www.platterivercosmos.org

PRINCE ALBERT

Western Canada Federation

PRES: Arthur Brassard
Box 265
Christopher Lake, SK S0J 0N0
(306) 982-3056
adbrassard@skyvelocity.ca
MEETS: Wednesday, 6:30 pm
September - June
Prince Albert Golf & Curling Club

RAPID CITY

North Central Federation

PRES: Elizabeth-Anne Ferley
1930 Galaxy Drive
Rapid City, SD 57701
(605) 718-2667
momatwork@rushmore.com
MEETS: Monday, Noon
Thirsty's

REGINA

Western Canada Federation

PRES: Gerald Grywachski
138 Sangster Blvd
Regina, SK S4R 6L5
(306) 545-6273
jkgr@sasktel.net
MEETS: 2nd Tuesday & 4th Monday(*)

REGINA CAPITAL

Western Canada Federation

PRES: Keith Shepherd
3434 Arbor Grove Drive
Regina, SK S4V 2N8
(306) 751-0040
keith.shepherd@dudleyp.ca
MEETS: 2nd Tuesday, 6:00 pm
September - June
Nicky's Café & Bake Shop

ROANOKE

Capital Federation

PRES: Russell Danstrom
2865 Gleneagles Road
Salem, VA 24153
(540) 989-2899
rmdanstrom@hotmail.com
MEETS: 1st-4th Wednesday, Noon
Every two weeks July - August
Tazza Indian Cuisine

ROCKFORD

Mid-States Federation

PRES: Kristoffer Tumilowicz
1619 N. Alpine Rd.
Rockford, IL 61107
(815) 229-3520
HockeyDentist@aol.com
MEETS: Thursday, 12:00 pm
Forest Hills Country Club
www.rfdcosmo.org

SANTA FE TRAIL

Mo-Kan Federation

PRES: Steve Thon
10533 Barton
Overland Park, KS 66214
H: (913) 492-1351
stthon@everskcc.net
MEETS: 1st & 3rd Friday, 7:00 am
Perkin's Restaurant

SASKATOON COUPLES CLUB

Western Canada Federation

PRES: Brian Maitland
410 Perreault Lane
Saskatoon, SK S7K 6B6
(306) 384-0445
brian.maitland0@gmail.com
MEETS: Business meeting:
4th Tuesday, 7:30 pm
Social: 12th of each month
Cosmopolitan Industries Ltd.

SASKATOON YELLOWHEAD

Western Canada Federation

PRES: J. Richard Greer
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Saskatoon, SK S7M 3X3
(306) 382-5179
greerr1@sasktel.net
MEETS: 2nd & 4th Monday, 7:00 p.m. (*)

SIOUX CITY

Cornbelt Federation

PRES: Deborah Cook
612 32nd Street
Sioux City, IA 51104
(712) 204-3926
deborahjcook@gmail.com
MEETS: Thursday, 7:00 a.m.
Holiday Inn Downtown
www.siouxcitycosmopolitanclub.org

SIOUX FALLS

North Central Federation

PRES: Mark Buehler
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Sioux Falls, SD 57106
(605) 376-7307
mbuehler@homefederal.com
MEETS: Monday, Noon
South Dakota Achieve

SIOUX FALLS EVENING

North Central Federation

PRES: Ludene McLeod
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Sioux Falls, SD 57106
(605) 212-0111
ludene@andersongroupcpa.com
MEETS: 2nd & 4th Monday, 6:00 p.m.
Fryin' Pan on 41st

ST. ALBERT

Western Canada Federation

PRES: Mark Morris
76 Andrews Crescent
St. Albert, AB T8N 2V3
(780) 913-8253
mmorris@telusplanet.net
MEETS: 1st and 3rd Monday, 6:30 pm
September-June
St. Albert Rugby Club

STURGEON VALLEY

Western Canada Federation

PRES: Shawn Larson
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THREE RIVERS

Cornbelt Federation

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Mo-Kan Federation

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MEETS: Thursday, 12:00 pm
Topeka Country Club

WASCANA

Western Canada Federation

PRES: Keith Shepherd
3434 Arbor Grove Drive
Regina, SK S4V 2N8
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keith.shepherd@dudleyp.ca
MEETS: Monthly @ Various Times (*)

WATCH CITY

Mid-States Federation

PRES: John Hurlbut
621 Wood Ridge Ct.
Elgin, IL 60123
(847) 931-0285
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MEETS: 2nd Thursday on even months
3rd Friday on odd months (*)

WICHITA AIR CAPITAL

Mo-Kan Federation

PRES: Chad Phipps
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MEETS: 3rd Tuesday, Noon
Scotch & Siroin

WICHITA DOWNTOWN

Mo-Kan Federation

PRES: Les Withrow
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Wichita, KS 67226
(316) 681-2993
lwithrow@cox.net
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Candle Club

WINNIPEG

Western Canada Federation

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2013-2014 International Board Directory

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2013

INTERNATIONAL CONVENTION WRAP UP *w/ 2014 Sneak Peak!*

Thank you to everyone who made this year's International Convention possible. It was successful in many ways! It takes a lot of work and it really is a culmination of several months of work and planning. In fact, we are already planning for our 2014 International Convention in Rapid City, SD.

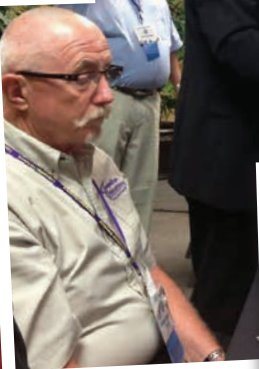
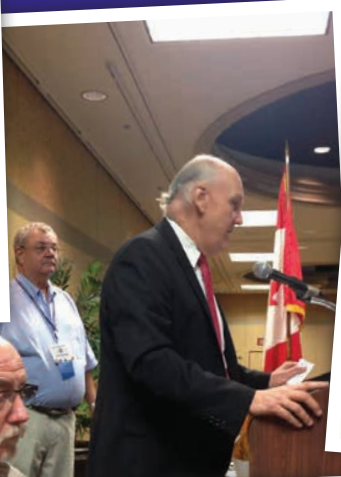
So let us thank and congratulate everyone who contributed and attended our International Convention in Las Vegas and made it a success. Your enthusiasm was contagious and you gave it your all. Your attendance demonstrated your commitment and passion for Cosmopolitan. With this type of resolve and enthusiasm, we are poised to take our organization into new heights. True, Las Vegas is a great destination spot, but I believe any spot where we can gather together should be a destination spot for all Cosmo. Often, the best part of the Convention is not where we meet or what goes on in the meetings, instead it's what you experience and who you meet. It is the bonding with your fellow Cosmopolitans who share your beliefs. It is where lifelong

friendships are made. It is where you meet someone who inspires you. It is sharing ideas, solutions, and success stories.

Thank you again for being part of such a wonderful international convention experience. We hope you had a terrific time and returned with some great ideas!

And just wait until you see what we have in store for next year! The 2014 convention promises to be rich with opportunities to visit with old friends and new, explore beautiful and historic America, and learn new ways each of us can be instrumental in our fight against diabetes. You don't want to miss it!





Award Winners



Rookie of the Year:



Ludene
McLeod

Ludene McLeod, Cosmopolitan Evening Club of Sioux Falls, was named the 2013 Rookie of the Year at the Las Vegas International Convention. As the name implies, Ludene is a new member that has already impacted her Club. Within a couple of weeks of joining her Club, she volunteered to Chair the Club's largest fundraiser, The Cosmo Comedy for the Cure. Ludene has also assisted with various other Club events and fundraisers. She regularly volunteers to assist the Sioux Falls Noon Club with their annual golf outing and other events put on by them. Ludene is simply one of those people who says "YES" when asked to volunteer or do things for others. Ludene has been described as a dedicated Cosmopolitan and well deserving of the Award.

Great work, Ludene, and welcome to Cosmo!

Member Community Service Award:



Steve Elsberg

Steve Elsberg of the Rockford Club and the Mid-States Federation was named the 2013 Member Community Service Award winner. Steve has been a Cosmo since 1981. He has been very active in his club by being president (1986) and Cosmo of the Year (2004). He has served on the board and the Charities Board as chairman. Steve is an outstanding Cosmo with exemplary achievements in his family life, business standing in the community, civic service, community affairs and Rockford Club activities. Steve is serving as a board member on several community organizations to continue to help the Rockford Club and community to grow and thrive. Congratulations, Steve and thank you for what you do to make your community better.

Great job, Steve!

Cosmo of the Year:



Jim Schuh

Jim Schuh of the Rapid City Cosmopolitan Club and the North Central Federation was named 2013 Cosmo of the Year. Jim has been a Cosmo member since 2005. He is currently serving as editor of the Ray's Newsletter and maintains the website and Facebook. Among his other talents, Jim is the club's photographer and has chaired many events and fundraisers for the club. Jim is very active within the community serving as board member of his church, Chapel in the Hills, and Germans from Russia. He volunteers for Habitat for Humanity in his spare time. Jim can be found helping other people in his community along with family responsibilities. Jim is a true Cosmo at heart. Congratulations, Jim, and thank you for how you represent Cosmopolitan in your club and community of Rapid City.

Congratulations to Jim!

Other Award Winners...

Best Website:

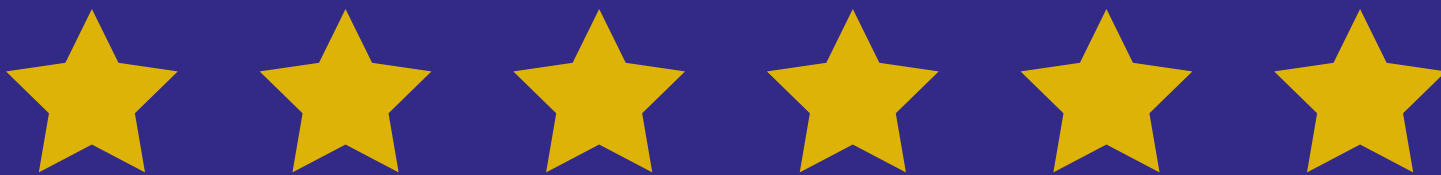
Omaha/Cornhuskers -
Candy Gorton/Dick
Gorton/Robert Hansen,
Webmasters

Yearbook:

Freemont 100 -
Myrna Meister/Carolyn
Nelson, Editors

Top Bulletin:

Lawrence River City
Nancy Donahey, Editor



P.J. Hodgins Distinguished Member Award:



Melvina
Newman

The P.J. Hodgins Award is given annually to an outstanding Cosmopolitan for service to the Club at the local, Federation, and International level. Melvina Newman was named the recipient of the 2013 P.J. Hodgins Award at the Las Vegas International Convention. Melvina joined Cosmopolitan International in 1998 as a member of the Sioux Falls Noon Club and from the beginning she showed her commitment to Cosmopolitan. She has served and continues to serve her Club in various positions and was Club President in 2001-2002. Melvina served as Governor of the North Central Federation in 2005-2006. She has served on the CI Board as V-P of Finance, President-Elect, and as the International President in 2009-2010. Currently, Melvina is serving on the Cosmopolitan Diabetes Foundation as its Chair. Melvina is the consummate advocate of Cosmopolitan and the work the organizations and Clubs do.

Congratulations, Melvina!

President of the Year:



Dayton Smith III

Dayton Smith III, Rockford Club President, was named the Cosmopolitan President of the Year for his work with his Club. Dayton received his Award at the Cosmopolitan International Convention in Las Vegas. Through his year as Rockford President, Dayton directed a year of membership increase, record fundraising, civic service initiatives, social events, community presence, and the transfer of the Club's website to the new Cosmopolitan International format. Dayton's leadership assisted the Rockford Club in moving forward into future years.

Congratulations, Dayton!

Governor of the Year:



Richard
Gordon

Richard Gordon of the Sioux City Cosmopolitan Club and the Cornbelt Federation was named the 2013 Governor of the Year. Richard is very active in his local club, in the Federation level, and International level. He is now V.P. of Membership of CI and has hit the ground running with ideas to improve and to increase membership in clubs of United States and Canada. As Governor of the Cornbelt Federation in 2012-2013, Richard wanted to help CI to raise money for expenses. He volunteered to carve an Eagle catching a fish to illustrate Cosmo members "Strength and Determination" to keep CI strong and moving forward. This project was a success in helping CI financially. Thank you, Cosmos, for working hard in this huge project. Congratulations, Richard, thank you for your dedication to Cosmos everywhere.

Great job, Richard!

Club Community Service:

Roanoke

50th Anniversary Club:

Jefferson City

Big C:

Columbia Show-Me,
Fremont 100, Lawrence
River City, Omaha/
Cornhuskers, Roanoke,
Rockford





Photo Credit: Dawn J. Sagert, Sioux City Journal

Ruby, The Diabetic Alert Dog

Diabetic Alert Dogs (DADs) help their owners by alerting them when their blood sugar levels become dangerously high or low.

The Sioux City Cosmopolitan Club's mascot is a liver and white 22-month-old Dalmatian owned by Club President Deb Cook and Socials VP Tony Sandbothe. Ruby rides on the Club's 1934 neon yellow fire truck in parades, but her more serious job is being Deb's diabetic alert dog (DAD).

Deb has been a Type 1 diabetic for 35 years. About five years ago, she became insulin insensitive, unable to feel when her blood sugar began to drop. She wears an insulin pump, but when her blood sugar drops too quickly, her sensor cannot keep up and gives her inaccurate readings. As a result, she experienced several episodes where she lost consciousness. She was living alone, had lost weight, and on a new exercise program, which was causing problems with insulin regulation. After a scare in her office where she was discovered by a cleaning woman hours after closing, her "pump buddy" told her a DAD could save her life. Immediately, Deb began her search for a canine savior.

Deb found several organizations on the internet training DADs, but only one that included Iowa in its service territory. She learned everything she could about the organization, visited several times, and submitted her application in 2009.

When Deb and Tony met in the Spring of 2011, Deb was having more low blood sugar episodes, losing consciousness several times a week, often at night. Tony learned the signs, not to panic, and not to overfeed her with sugar to bring her out of her lows. He described these events to her endocrinologist to help him recalibrate her insulin pump, but he could see that another tool was needed. When Deb told him that she was waiting for a DAD, he thought that could be a perfect solution. Of course, Tony had his own ideas as well.

Tony had previously owned six Dalmatians. He knew them to be smart, loyal, hardworking animals with the ability to solve

puzzles. He was not willing to bring any other breed of dog into their lives. Deb knew that the DAD training organization had no Dalmatians currently in training and she had already been waiting for over two years.

Deb and Tony got married in October 2011. Shortly thereafter they started looking for a Dalmatian puppy, to train either at home or under the DAD training organization's pet program. Deb read books about Dalmatians to learn what made the breed different from other breeds she had trained as obedience dogs. She listened to hours of Tony's stories of his Dalmatians' adventures and virtues. Deb also began reading books and finding internet resources on training service dogs in general and diabetic alert dogs specifically. She wanted to be well prepared for a young DAD-in-training in their lives.

In December 2011, Deb and Tony fell in love over the internet with a cute puppy with spots on her ears and forehead and teardrops under her eyes. They named her Ruby for their favorite jewels. They were sure they chose the right puppy when her breeder's emails said she was the first puppy in her litter to get into the house from the kennel, to find her way into the living room, and to climb into his chair.

Meeting Ruby at eight weeks old sealed the deal. When Tony and Deb and three family members drove up, Ruby and her mother were outside the fence with the other dogs and goats. Ruby's calm, beautiful mother greeted everyone in turn, but Ruby headed straight for Deb. Although she was passed around in the car, Ruby always wanted to go back to Deb and only fell asleep on her lap.

Deb has been a Type 1 diabetic for 35 years. About five years ago, she became insulin insensitive, unable to feel when her blood sugar began to drop.

Ruby's training began immediately. Tony told Ruby in no uncertain terms that her job was to protect Deb and to alert her when her blood sugar drops. Deb's blood sugar reached levels where she wanted Ruby to learn to alert her (65-75) twice during the trip home. Deb blew in Ruby's nose and told her the "Good low, Ruby, get excited" and rewarded her when she did. The first night at home, Ruby did her first alert at 3:00 am. Ruby was sleeping in her kennel on Tony's side of the bed and began going crazy, whining and bouncing against the sides of the kennel. At first, Tony thought she was just lonely for her mother and litter mates, but then realized that Deb's blood sugar was low. He brought Deb some juice and Ruby did not calm down until Deb's blood sugar was back in normal ranges. Amazingly, Ruby had learned her required skill on the first day of her job and performed beautifully! Later Deb and Tony found out that the breeder's family included several diabetics. Ruby would have known the smells of diabetic lows, Deb and Tony had just given her a task to do when she smelled them.

After many more hours of training, Ruby now licks Deb's face if she is low. If Deb does not respond, Ruby will repeat or find other ways to get her attention. If Deb is asleep and Ruby cannot wake her, Ruby will knead on Deb's back to wake her or go to get Tony. She will also push Deb to the refrigerator for juice and always watches carefully until she sees that Deb has had something to eat or drink. Ruby has also been trained to alert high blood sugars and does so by offering her paw. Although Ruby was only trained to alert to Deb's scent, she has generalized her training to others and has alerted people in public places for both highs and lows.

A diabetic alert dog needs much more training if she is to become a socially acceptable service dog. Some of that training was much more difficult for Deb and Ruby. Ruby is a typical Dalmatian. She is bright, eager to learn, very protective of the family she loves, but never willing to do something if she thinks the command is stupid (for example, if she knows she needs to complete her bathroom break, she will not come until she is done or if the ground is too cold for her to sit on, she will refuse).

Finding a good motivator for Ruby was also difficult. If Deb tried food, Ruby would perform every command she knew as fast as she could to get the treat. Both Deb and Ruby found the clicker method confusing, maybe because Ruby alerts Deb to the beeping of her insulin pump. Some of the trainers they worked with encouraged Deb to talk nonstop to Ruby, but that would be inappropriate in meetings and many other public places. In the end, it was time, patience, appropriate praise, and a pat that worked for Ruby.

Although Ruby was approved into the DAD training organization's pet training program, she never got there. There were a number of reasons why. Deb and Tony have had the help of several local trainers in Ruby's training, but training a dog is primarily a matter of repetition and consistency. Training a DAD is not a task to be entered into lightly or without realizing how much of a commitment it takes. Obtaining a dog from a DAD training organization would be much easier than training your own. Having a service dog changes your life as well, since the public is curious, sometimes resentful of the access service dogs have, and have many questions. With a DAD, you must become an extreme dog person, as your dog must be with you most of the time. DADs are still dogs – they are not machines – and they do not always alert when they should and they sometimes misbehave. Their success depends primarily on continued training, which can be a burden.

Deb has spent hundreds of hours walking Ruby in public places and exposing her to new events. She does very well in crowds and is well known at the local grocery store, restaurants, and doctors' offices. She easily rides in cars, buses, trains, and planes. She attends most local and regional Cosmopolitan meetings and events and plans to attend the International Convention in Rapid City next summer.

When Ruby is not working, she is a very typical, fun-loving Dalmatian. She loves running on her treadmill or racing other dogs at the dog park. She plays hide and seek and tug of war with her blanket and throws her squeaky ball into the air and catches it. She follows Deb around all day, always anxious to accompany her anywhere. She sits at Deb's feet as she works at her desk in her home office. If Deb and Tony sit and watch television together, Ruby likes to sit on the couch beside Deb and put her head on Deb's lap. If Deb sits in a chair, Ruby will try to sneak onto her lap. She does not realize that she is a 52 pound lapdog!

Deb joined the Sioux City Cosmopolitan Club in 2010. She was awarded the Club's Rookie of the year award in 2011. Tony started attending Cosmo meetings with Deb shortly after they started dating and joined in 2012. In 2013 he was awarded the Club's Rookie of the Year, Cosmo Friendship and Unity, and Firetruck Awards.

Tony is a Type II diabetic and both of his grandmothers lost their legs to diabetes. Deb and Tony are dedicated to the fight against diabetes. Until there is a cure, they would like to see everyone who needs a DAD have a chance to have one. They continue to train Ruby, but plan to obtain a new puppy from Ruby's breeder in January to begin training for a family with small children with diabetes. The Sioux City Cosmopolitan Club will sponsor the puppy, talks about DADs, and assist with information for persons with questions with obtaining or training their own DAD.

Look for updates on Ruby's little brother or sister. If you would like to talk to Deb about DADs, you can email her at diabeticalertdogruby@gmail.com.

The first night at home, Ruby did her first alert at 3:00 am. Ruby was sleeping in her kennel on Tony's side of the bed and began going crazy, whining and bouncing against the sides of the kennel.



Photo Credit: Dawn J. Sagert, Sioux City Journal

FALL
2013

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COSMOTOPICS



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Southwestern Federation:
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