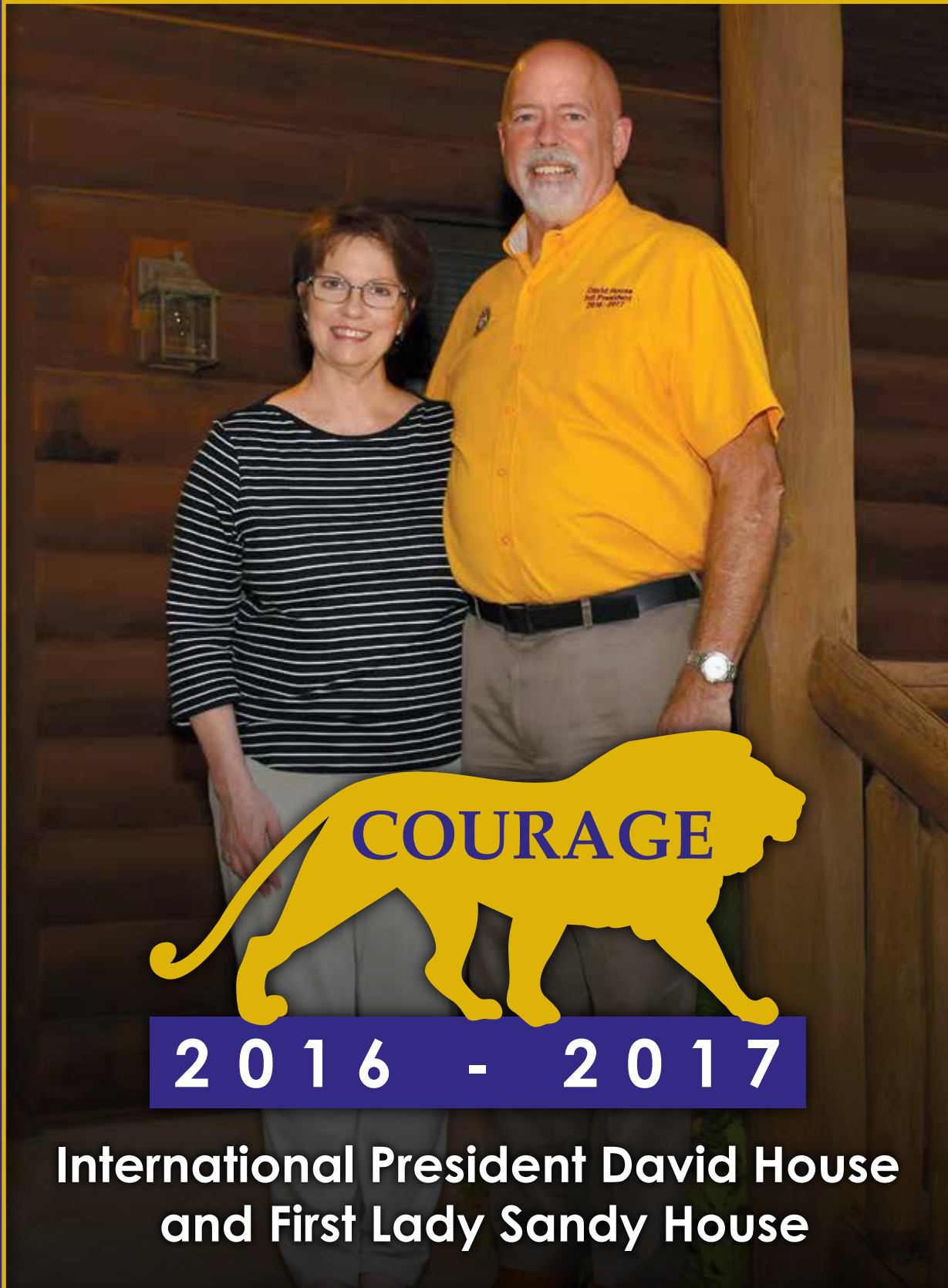


# COSMOTOPICS

FALL 2016



2016 - 2017

**International President David House  
and First Lady Sandy House**

**THE CLUB THAT FIGHTS DIABETES**

[www.cosmopolitan.org](http://www.cosmopolitan.org)





**FROM THE EDITOR** by Tracy Miller

I am always amazed at the seemingly long period of time and work that go into producing an international convention only to have it over in no time, and suddenly we are looking at a new year.

Relax for a moment and enjoy Dave House's article that focuses on the skit produced at this year's convention. It was a hoot, but it also was an important message on what we, as Cosmos, do every day and why we do it. As Dave tells us, now is the time to have the "Courage" to reach out to folks about the opportunity to join Cosmopolitan. Along with a re-visit of the now-infamous Wizard of Coz skit, you will also want to pay special attention to the Executive Committee's goals for this year, plus committee information and important dates. And what would a good convention be without lots of photos and recognition of our outstanding award winners!

As the new year enters full swing, I trust that you are thinking about who you can invite to your next club meeting and other ways in which you can reach out to non-Cosmos. Remember, you were one once, too. All it takes is a little "Courage."

Enjoy the renewal that is Fall.

**MISSION STATEMENT**

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



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# COSMOTOPICS

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# What a Convention!

**The local clubs pulled out all the stops and made this convention one to remember.** Highlights from the weekend included the Naval ships tour, the EVMS campus events, the River Boat Dinner Cruise, and of course the various banquets and lunch/dinner events with great food to enjoy!



David House  
International President

A surprise for almost all attendees was the "Wizard of Coz" skit that closed the Saturday evening President's banquet. This was organized to promote the theme for the coming year. A very special thanks goes out to the following participants: Past International President Sheila Anderson portrayed Dorothy, complete with red shoes and Toto in her basket. VP of Fundraising Rick Swansbro agreed to be the Scarecrow, complete with straw that itched. Outgoing International President Richard Gordon portrayed the Tin Man, complete with oil can. He was rusted after several rain storms in the Cosmo Cruiser. I was the happy to portray the Cowardly Lion, and ED Tracy Miller filled in as the Wizard. Here is a quick synopsis of what the skit was designed to promote:



Dorothy was looking for Unity, Service and Action. The Wizard of "Coz" informed her that she already had found those qualities in her three companions: the Scarecrow, the Tin Man and the Cowardly Lion. Each had exhibited all three of those qualities in their work for Cosmopolitan, as do most Cosmopolitan members across our organization. Many local officers have provided leadership and direction for their clubs over the years.



The Scarecrow was searching for knowledge about Fundraising. Again, the Wizard of "Coz" enlightened the Scarecrow that he had already discovered all he needed to launch and maintain a great fundraising program for Cosmopolitan. He has done so much work on the Diabetic Alert Dog (DAD) program this past year! It was announced that we have already raised more than \$20,000.00 for Diabetic Alert Dogs under Rick's leadership.



The Tin Man was looking for a Heart of Service, which he claimed he had lost in his travels during the previous year (visiting EVERY Cosmopolitan Club). The Wizard of "Coz" pointed out

that he had always had the Heart of Service, and he only needed to re-fuel in order to continue to serve Cosmopolitan International as the newest Past International President (PIP).



And, the Lion was seeking Courage. This year's theme is "Courage" to reach out to strangers outside of our friendship circle and spread the word about our cause and invite them to join us. If we don't invite someone to our next club function or meeting, who will? To assist in this, the Lion presented a video about a young child and how life changed with the addition of a Diabetic Alert Dog. And the Lion challenges all of us to reach out to individuals outside of our normal friendship circle to share our story.

One of the many questions I fielded at convention was why the Installation of Officers was moved to the Saturday noon luncheon from the Saturday evening President's banquet. This was done at the suggestion of the late George Mongon, our former consultant and fellow Cosmo, two years ago (first done in Omaha in 2015), to allow the new board and new president to preside over the second board meeting at convention instead of waiting until much later in the board year. It made perfect sense when he brought it up to the board, but when we decided to implement his suggestion, we did not communicate this to the general membership very well. Communication is an action item that I intend to take full ownership of this year, and I will commit to every club to deliver pertinent information through the Governors and the Board via emails and/or phone calls.

*With a fantastic International Convention in Norfolk now history, our year is off to a great start. Thanks to every Cosmo for all you do each and every day!*

*This year's theme is "Courage" to reach out to strangers outside of our friendship circle.*



## The Purpose-Driven Cosmo

**What is your purpose?** Why are you here? Most of us ask ourselves these questions about life in general at one point or another in our lives, but have you ever considered why you are here from a Cosmo perspective?

Think back to the day you joined Cosmopolitan. Did someone offer you the opportunity because of the promised fun you would have? Or because you were looking for an opportunity to give back to your community? Or maybe your employer required you to be part of a service organization. Maybe you joined a long time ago, or perhaps it was more recently. No matter, I think it is useful for all of us to remind ourselves why we joined in the first place and ask ourselves, "What is my purpose here?"

You may have read the popular book, *The Purpose Driven Life*, by pastor Rick Warren. I read this book years ago when our small group at church studied it as a six-week project. I must admit that I was not excited to undertake this project because I knew my 15-second attention span would be tested to the limit. By the time we finished, however, I began to think about my purpose in life in a whole new way and can honestly say that this book affected me and my life in ways I never expected and continues to influence my thinking today.

While not all aspects of the book can be associated with a service club like Cosmopolitan, some aspects clearly are relatable. For example, the author asks us

to consider the big picture of what life is all about and how we might serve each other. This is exactly what we do in Cosmopolitan, but do you consciously think about this as you go about your club's fundraising activities, or as you volunteer for an officer position, or as you extend the Cosmopolitan opportunity to others? I encourage you to do so. Some of us are hesitant to reach out to others to invite them to join, but remember that, as humans, your friend, your neighbor, or your co-worker each have the same inherent framework as you do – to help others in need. Don't discount their interest before you even ask them. As Vice President of Membership and New Clubs John Keeley reminds us, "Imagine a world with no volunteerism. Taxes would be higher, and there would be far fewer resources for those in need." Like John, I believe that the Cosmopolitan opportunity carries a lot more than fun, networking, and the great friendships we make. While we are serving others, we are meeting our own needs as well, those of purpose.

As you continue to serve your fellow Cosmo and others, think about your purpose in doing so. When you do, I believe you will find an even deeper meaning to the work you do along with encouragement to continue – with purpose.

What is your  
**PURPOSE**



Tracy Miller  
Executive Director

While we are serving others, we are meeting our own needs as well, those of purpose.

# Cosmopolitan Foundation of Canada, Inc.

**It is my honour to represent The Cosmopolitan Foundation of Canada Inc. and the fantastic Cosmopolitans who work and support our foundation everyday.**

As Rod Randolph noted in his farewell article in the summer issue, his two years as Foundation president flew by; so, too, did my time as president-elect. I only hope to do as good as job as Rod did in leading and inspiring our new Foundation board and fellow Cosmos from all the clubs in the Western Canada Federation. Thank you, Rod, for your time and mentorship. You have a wonderful gift of making us smile and laugh while instilling in all of us the passion and seriousness of our commitment to the Foundation and the goal to find a cure.

The Cosmopolitan Foundation of Canada Inc. is pleased to continue its commitment to finding a cure for diabetes by supporting the research of the Albert Diabetes Foundation (ADF). The Cosmopolitan Foundation of Canada Inc. made a pledge of \$175,000 over seven years to fund their research project. The first \$25,000 installment was made in November 2015, and we will be making the next installment this Fall

in November 2016. The fundraising efforts by all of our clubs has had a tremendous impact on the great work that is being done in Canada in the area of diabetes research and prevention. All the members and their respective clubs should be very proud. We need to continue to work on growing our "Hands Across the Border" commitments, promoting and thinking about "The Living Gift" and "Paws Saving Lives (formerly Smooch a Pooch)" program and encouraging Cosmopolitans to join our Beacons program and work toward reaching the next level. We are always grateful for the dedication of all of our clubs as they remain focused on their many fundraising events year after year that make such an impact for our cause. Just as importantly, these projects give the clubs a purpose to focus on and the pride that comes with a job well done. As Rod said "with the great work we do and a little luck, we get closer every day to finding the cure for diabetes."



**Darwin Baker**  
*CFC Chair*



*Promoting The Living Gift Through Medical Research Since 1984*

*All the members and their respective clubs should be very proud.*

# Cosmopolitan Diabetes Foundation News

**Another Cosmopolitan year closed with our International Convention in July, and it was great to see everyone again and meet new members attending their first convention.** I would like to congratulate the Norfolk Club and Capital Federation for hosting the International convention where a good time was had by everyone.

Not only did we have the opportunity to learn so much more regarding our focus of finding a cure for diabetes, but we saw an appreciation for the work and dedication shown by the researchers and Cosmopolitan members. The enthusiasm of the speakers and the tour of Eastern Virginia Medical School/Strelitz Diabetes Center showed us the determination and patience on what the future brings in our fight to find a cure and for us to help fund this mission.

## Board

As we now start the 2016-17 Cosmopolitan year, the Foundation board will have a few new faces. First, we are very grateful to Terry Sanford (Cornbelt) and Sheila Anderson (At Large) for their years of service on the Cosmopolitan Diabetes Foundation board. We were very fortunate to have these dedicated Cosmopolitan members and Foundation supporters serving. We wish to thank them for their service as their terms come to a close. We are also grateful for Walter Alm (MidStates) for serving this past year and thank him for his service as well.

Our new Foundation board members are: Randy Kramer (Cornbelt); Kris Tumilowicz (MidStates), filling Walter Alm's unexpired term; Michal Fraser (Capital), CDF's at-large position; and Richard Gordon, CI at-large representative. We welcome them and look forward to having them serve on the Foundation board. Both Michal Fraser and Randy Kramer have extensive investment and financial expertise, and they will serve as the Finance Chair and Co-Chair, respectively. The other Foundation board members for 2016-17 and officers as approved by the CDF Board are: Melvina Newman, Chairman (North Central); Rob McWilliams, Vice Chairman (Capital); Duane Muck, Secretary (MoKan). Ex-Officio members of the board are: David House, CI International President; and Tracy Miller, Executive Director.

## Convention Beacons Donation Lunch

Once again at convention, we proved what great things our organization can do in great

ways. This year we had the opportunity to hear of the work of one of our recognized programs, EVMS/Strelitz. We were so honored to have three EVMS staff members, Richard Homan, MD, President, Provost and Dean; and Laurie Harrison, Director of Community Development, along with Jerry Nadler, MD, FACP, FAHA, FACE. Dr. Nadler is the 2016 Outstanding Scientist in Virginia on the strength of his research in diabetes. Because Dr. Homan had to be out of town when we were to visit EVMS and he could not be with us on Friday, we had the honor of him being with us at our luncheon. Dr. Homan gave a welcome to Cosmopolitans, thanked us for the partnership and updated us on EVMS including news of a big announcement to be made on the following Monday. (The news announced was the U.S. News & World Report annual "Best Hospitals" edition which ranked the diabetes and endocrinology program at Sentara Norfolk General Hospital at 24th among the nation's top 50 hospital-based programs. The Sentara program is staffed by EVMS endocrinologists, the same physicians who care for people with diabetes at EVMS/Strelitz).

Dr. Jerry Nadler again gave an excellent PowerPoint presentation on the research that continues to be done at the Center. He told of research that shows that diabetes is an inflammatory disease and of research that could lead to new treatments to prevent or possibly even reverse type 1 diabetes. After his presentation, the question period took us past our allotted time, a testament to how informative his presentation was and how interested Cosmopolitan members are in their dedicated work on finding a cure for diabetes.

After Dr. Nadler's presentation, Cosmopolitan members and clubs donated generously to various funds. A total of \$32,350 was received for the following funds: Beacons \$10,250; Discovery \$4,400; Strelitz \$12,600; Columbia Diabetes Center \$1,500; Crusader \$300; Hands Across the Border \$700; Paws Saving Lives \$1,600; and CI Fund \$1,000.

On behalf of the CDF board, we are thankful for your monetary investment in our efforts and want you to know how extremely important



Melvina Newman  
CDF Chair

*Once again at convention, we proved what great things our organization can do in great ways.*

your investment is in the fight to find a cure and to support the camp programs and the clinics that are helping patients manage their diabetes. We want to thank the new Beacons who stepped up this year at the luncheon to become a Beacon. We are also extremely grateful for every individual Beacon and Club Beacon for your continuing support.

Cosmopolitan members, Clubs, and Federations since 1979 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 \$93,407. As a result of the income from the endowment and from Discovery Funds, CDF was able to award grants (listed below) in the total sum of \$40,700 for 2016. CDF's efforts have reached milestones and continue to set us apart in the cause for research, treatment, and education of diabetes. Since 1984, the Cosmopolitan Diabetes Foundation has awarded more than \$722,100 in grants for diabetes-related purposes.

Cosmopolitan has been involved in the continuing research and life changing work in the world of diabetes. You, the Cosmopolitan member, certainly should feel proud to be a part of this organization. All the work this past year by the CDF board members has been greatly appreciated and has laid a good foundation for the coming year. It has been my pleasure to serve with all of you as Chairman of the Foundation. This article reflects only a small portion of what your Foundation board has accomplished this past year and

plans for the future. With bylaw changes and policy updates this past year to improve our management and better serve you, we are now looking at ways to continue to grow our income so we can grant out more requests. We are also looking at new categories for the Beacons Fund to encourage giving. In the meantime, I would like to encourage every Cosmopolitan to "Become a Beacon!" Are you already a Beacon? All it takes is a \$100.00 contribution per year to start your Beacon and it is tax deductible. Help the Foundation in the critical research and to continue our fight to find a cure for diabetes!!

It was a great opportunity to attend the International Convention in Norfolk, and we now look forward to the next phase. International President David House has as his theme for the year, "Courage." Courage requires ambition, integrity, audacity and the will to succeed. Failure is not final or fatal, but not to make the attempt is great failure. One with Courage is unafraid of making mistakes and is willing to take risk. Your Cosmopolitan Diabetes Foundation board has the ambition and will to succeed, even taking some risks and making changes along the way. We also welcome your input. I encourage all clubs to contact the Foundation representative for your federation and invite them to a meeting. This would be a great opportunity for all members to learn more of what CDF is all about. Members are also welcome to contact me any time for input or questions you may have or speak at your Club or Federation about CDF.

GRANTS AWARDED BY CDF - 2016	AMOUNT
Cornbelt Diabetes Connection, Inc. (Cornbelt Federation)	\$5,000
Cosmopolitan International Diabetes & Endocrinology Center (Columbia, MO)	\$5,000
Cosmopolitan International Diabetes & Endocrinology Center (Students with Diabetes Program) (Columbia, MO)	\$2,000
Crusader Community Health (Rockford, IL)	\$5,000
Health Care Access Clinic (Lawrence, KS)	\$5,000
EVMS/Strelitz Diabetes Center (Capital Federation)(Norfolk, VA)	\$5,000
Setebaid Services, Inc. (Capital Region Club) (Harrisburg, PA)	\$2,000
Heartland Cosmopolitan Club – The Research Foundation (Kansas City, MO)	\$2,000
Camp Herko Hollow (Cornbelt Federation)	\$2,000
Camp Hickory Hill (Columbia, MO)	\$2,000
Children's Hospital of the King's Daughters (Norfolk, VA)	\$2,000
University of Chicago Kovler Diabetes Center (Chicago, IL)(MidStates Federation)	\$2,000
Community Health Ministry (Wamego, KS)	\$850
PrairieStar Health Center (Hutchinson, KS)	\$850

*You, the Cosmopolitan member, certainly should feel proud to be a part of this organization.*



# Q & A

## COSMOTopics talks with 2016-2017 International President David House. **LET'S GET TO KNOW OUR NEW LEADER!**

### 1. Tell us how and why you became a Cosmo.

I initially became a Cosmo member in a young men's club in Fremont, Nebraska back in 1977. Back in the days gone by, businesses recommended that management personnel get involved in a service club in their community. I selected the Cosmopolitan Club because several of my customers were Cosmo members, and one of them asked me to come to a luncheon meeting with him.

We later moved to Omaha, and I got very involved with our three kids' activities and didn't keep up my membership. Much later one of the couples we play bridge with suggested I should come to a wine tasting/membership event, and I decided to rejoin.

### 2. What inspired you to seek leadership positions?

I have always been one to jump right in and participate when I get involved in an activity or organization. Cosmopolitan was no different. I was Secretary and President of the young men's club in Fremont, and was immediately asked to be on the board and serve as Vice President when I joined the Omaha club. The then-Governor of the Cornbelt Federation found out I worked as an IT consultant, and he asked me if I knew how to do website design. I quickly found myself involved at the Federation level as website Lt. Governor.

While serving as Governor for the Cornbelt Federation, I happened to be present at a small club social evening when their speaker told her story of how her family dealt with a Type 1 Diabetic child who was 21 months old. Her story propelled me to get involved at the CI Board level, which led to my being asked to serve as International President-Elect and then International President.

### 3. What leadership traits do you feel are important in our officers?

A good leader has one trait that sometimes escapes others: Follow-through. Lots of individuals volunteer for various

tasks, but only a handful will move his or her task towards the finish line.

### 4. Where do you see our organization in ten years?

I see us in a growing trend. I believe we will spawn many auxiliary clubs with younger members that will totally change the face of the service club presence in many of our locations. And many of our existing clubs will be changed by the influx of younger members. Folks today communicate and socialize in a different manner, and we need to embrace this in order to grow.

### 5. What do you believe is our best path to getting there?

We have a very good action plan and a commitment to follow it. Holding each other responsible to it will be our best path. No more plan-of-the-month stuff! Everyone needs to be on the same page here.

### 6. What would you say to someone who is considering joining Cosmopolitan, but is not quite sure?

To steal a phrase from one of the current presidential candidates, 'What do you have to lose?' In other words, is the current path you are on providing service to your community, and are you getting any satisfaction with it?

### 7. Will you be visiting clubs in a rock star bus like last year's International President, Richard Gordon?

Richard had a golden opportunity in his career, which was retirement and travel coinciding with his year as president. That doesn't happen very often, and is not the situation I am in. I still have a full-time commitment to my employer, and have to do



# with David House



most of my travels using vacation time. I do plan on visiting some clubs via Skype once we can get that setup.

## 8. Tell us about your family.

I married my wonderful partner in 1973, which makes 43 years this year. We have three children, two daughters and a son in the middle. Both girls are married, and have blessed us with 5 grandchildren. We enjoy spending time with our extended family as much as possible. Sandy just retired this year and has been spending much more time with the grandkids, which is making me a little jealous.

## 9. Where do you work, and what do you do?

I am a Senior (makes me feel old) Database Administrator for National Indemnity Company, the insurance umbrella for the Berkshire Hathaway companies in Omaha. I am responsible for approximately 100 SQL Server Instances located in Dallas and Omaha.

## 10. Rumor has it that you once owned a scuba shop in Florida. True?

Yes, shortly after Sandy and I were married, we decided to quit our jobs and school, and move to Miami. I worked for a short period of time for a Scuba Shop in Coral Gables, Florida, before moving to Key Largo and opening my own scuba shop. We ran tour boats and escorted skin and scuba divers out to the reefs in John Pennekamp Coral Reef State Park. I had the good fortune to be the underwater photographer for the taming and feeding of a six-foot Barracuda.

## 11. What makes you excited to get out of bed in the morning? In other words, what makes you tick?

I am a very goal-oriented individual, and I end up with a punch list in my head of things I need to accomplish. As I go through the day, I scratch off those things that I get done, and add things that I want to do to my internal list. So when I wake up, I already have things on my radar to work on for the day.

## AND SOME FUN STUFF:

### 1. Dogs or cats?

We both love dogs and have had several over the years, but not at the present time.

### 2. The beach or a lake?

Having had a scuba shop, I would vote for the beach, but only with a dock and a fishing boat.

### 3. Steak or lobster?

I grew up in Nebraska, where beef is king. But after having the dive shop in the Florida Keys, I would take lobster over steak any time.

### 4. Red or white wine?

I do enjoy a good full bodied merlot or cabernet wine. My wife prefers the sweeter wines.

### 5. Early riser or night owl?

I tend to be both. I seem to get a shot of adrenaline about 8:30 or 9:00 PM and end up working in my office till late. But I also have an internal clock that wakes me up around 6:30 AM. I find it difficult to get back to sleep.

### 6. Big spender or penny pincher?

I tend to be the spender, although as I have gotten more mature, the impulsiveness has gone away.

# Cosmopolitan International President Goals for 2016-2017

BY DAVID HOUSE

I have lots of ideas that could turn into projects or goals in the future, but I am also a realist. I realize that in a volunteer organization, you will have one major constraint: time. People today are so busy with sports for themselves/kids/grandkids, hobbies, work, and other civic involvement that time is a precious commodity.

So let me slim this down to several goals that I want to concentrate on this year:

I am passionate about the **Diabetic Alert Dog** program. I have seen first-hand what can happen when a youngster ends up with type 1 diabetes. It can literally destroy a family if they are not coached and presented with the tools they will need to face the challenges that will hit them in the face. I will put a major amount of my available time into the DAD program, and do everything I can to propel it forward.

I am also passionate about **my local club**. I refuse to sit on the sidelines, even though I have a lot on my plate this year. I am the membership chairman and have made a commitment to fully implement the membership growth plan that has been so carefully laid out by our VP of Membership, John Keeley. I will be urging

every club president to designate a membership chair in their club and challenge them to get passionate as well. If we don't bring new members into our organization, who will?

And I am passionate about **having fun!** You will hear me tell stories and jokes, and I always want to hear what fun activities other clubs are doing to keep their members engaged. If we don't have fun along the way, the effort eventually gets to looking more like a job. That is how members burn out. They end up working too hard to have fun! Without joy and laughter along with our efforts, we will cease to volunteer.

So I challenge all of you this year: hunt up some **COURAGE**. Provide your membership chairman with a list of ten names that you think would be great members in your club. Some of them you have not had enough courage to ask to come be a guest. Your membership chair has the tools to help. Then help your club put together a couple of membership events, show the video that you should already have received, and follow the plan. Your club will grow and you will increase your **FUN** and your community will be the ultimate winner!

## Now, here is a look at the officer goals this year:

### **International President Elect, John Hubert:**

- Update operation, convention, and leadership manuals;
- Implement an ambassador program for Past International Presidents to assist smaller clubs, newer clubs or ailing clubs to run effectively with membership growth; and
- Develop a Statement of Position refining our mission, purpose, vision, and values.

### **International Vice President for Fundraising, Rick Swansbro:**

- Supplement the cost of five (5) Diabetic Alert Dogs at club or international level;
- Develop three (3) promotional initiatives benefitting "Paws Saving Lives";
- Develop a video trailer for David House-created CI video; and
- Identify and develop three revenue channels which facilitate private and commercial donations.

### **International Vice President of Marketing, Bob White:**

- Grow "library" of stories and testimonials;
- Establish updated "menu" of items and resources available to clubs; and
- Promote work of international and federations to clubs.

### **International Vice President for Membership and New Clubs, John Keeley:**

- Realize ten percent membership growth;
- Realize 110 net new members including four new charter-strength clubs; and
- Realize 95 percent retention of membership counts.

### **International Vice President for Finance, John Krysak:**

- Continue to ensure fiscal responsibility with operating budget;
- Ensure that 2016 internal audit is completed in accurate and timely fashion; and
- Ensure fiscal transparency of operating budget.

# COSMOPOLITAN INTERNATIONAL COMMITTEES 2016-2017

# 2016-2017 COSMOPOLITAN INTERNATIONAL CALENDAR

We need YOU! Check out the following committees for 2016-2017 and think about what you are interested in and where you would like to help. Contact ED Tracy at [headquarters@cosmopolitan.org](mailto:headquarters@cosmopolitan.org) to sign up for a committee today!

1. **Action Planning** – Executive Committee
2. **Awards and Recognition** – Chair TBD
3. **Diabetes and Research** – Chair Bob White
4. **Finance** – Chair John Krysak
5. **Information Technology/Website** – Chair John LiCausi
6. **Leadership Development** – Chair John Hubert
7. **Marketing** – Chair Bob White
8. **Membership and New Clubs** – Chair John Keeley
9. **Fundraising** – Chair Rick Swansbro
10. **Annual Review** – Chair Bob Williams
11. **International Convention** – Chair John Krysak

**November 3, 2016, 7 p.m. CT**  
Fall Board Teleconference

**March 3 and 4, 2017**  
Winter Board Meeting, Omaha

**May 17, 2017, 7 p.m. CT**  
Spring Board Teleconference

**July 27 through 29, 2017**  
International Convention,  
Regina, Saskatchewan

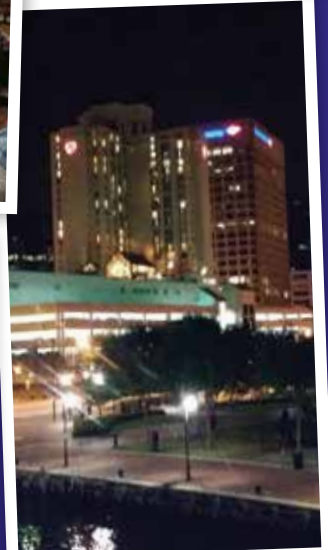
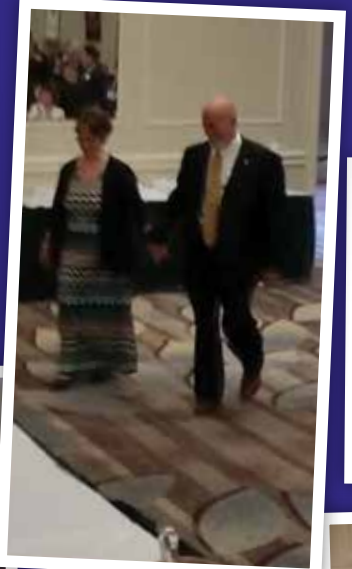
Cosmo members are always welcome to attend any board teleconference or live meeting. If you would like to attend, please contact ED Tracy at [headquarters@cosmopolitan.org](mailto:headquarters@cosmopolitan.org) for call-in or location information.

## COSMOTOPICS PRODUCTION SCHEDULE FOR 2016-2017

	<b>FALL 2016</b>	<b>WINTER 2017</b>	<b>SPRING 2017</b>	<b>SUMMER 2017</b>
<b>Articles Due to Editor</b>	Monday, August 29, 2016	Friday, November 11, 2016	Friday, February 10, 2017	Friday, May 12, 2017
<b>Edition Mails</b>	Friday, September 30, 2016	Thursday, December 15, 2016	Friday, March 17, 2017	Friday, June 16, 2017



# 2016 Convention Photos









# Opportunity & Accountability:

## Becoming Cosmopolitan International President-Elect

By Past International President Tom Stone

*The following was presented July 29, 2016, by Tom Stone at the 2016 International Convention in Norfolk, Virginia. Those in attendance consisted of Cosmopolitan leaders current and future who may aspire to one day become International President. The content of Tom's presentation is reprinted here for the benefit of those who may not have been able to attend the presentation.*

A number of years ago, three dedicated COSMOS, Steve Hanna, Larry Benton and I decided to run for International President. All were successful new member recruiters, all had experience in new club building, and all were willing to commit to executing a common plan. Steve would go first, then Larry, and finally myself. By the time that our years as International President were over, membership was increased, new clubs were built, and significant funds were raised.

Today the Cosmopolitan Operating Plan replaces the common plan that Steve, Larry, and I used and all candidates, current and future, will be asked to pledge to execute it.

Thank you for participating in this session. Our purpose is to use lessons learned in the past to discuss opportunities and accountabilities that face those dedicated Cosmos of today who are considering making a run for the highest Cosmopolitan offices, International President-Elect and International President.

### I. Making your Decision to Go for It

- a. What do you want to accomplish for the organization, its members and staff, its cause of defeating diabetes, and for yourself? In other words, what are the "critical outcomes" you want to achieve?
- b. Are you willing to put in the time and effort to prepare yourself to become International President-Elect and, eventually, International President?
- c. Are you willing to put in the necessary time and effort during your presidential year? This will vary; however, you will need to plan to spend several hours a week communicating with your board members, the Executive Director and others. You will need to stay up-to-date on finances, the status of club building efforts, and other matters. Finally,

as folks really like to receive hand-written notes, you will want to send several each week.

- d. Are you familiar with the current Cosmopolitan International Operating Plan, and are you prepared to aggressively continue the execution of that plan? It is very important that you commit to working closely with your immediate predecessors. As you support them and the achievement of their goals, you will see how you will fit in. While this will take some time, the results will be well worth your efforts.
- e. And are you committed to making performing the role of International President one of your very highest priorities during YOUR year?
- f. If so – **declare your interest in the position** and work toward becoming President-Elect.

### II. Decide what you want to accomplish for the organization, its volunteer members and staff, and for its cause of defeating diabetes.

- a. Keeping in mind the Cosmopolitan International Operating Plan, think about general goals that you want to reach – later you can reduce these to the top three or four "critical outcomes" and establish finite goals. These then become your "top objectives."
- b. Examples of possible goals include: membership increase, new clubs built, existing clubs returned to charter strength, charitable funds raised (this is especially important if an international fundraising project is in effect), etc.
- c. As International President, you will be CEO – Chief Executive Officer, responsible, with paid staff and



volunteer support, for all aspects of Cosmopolitan International. This definitely includes execution of the current Cosmopolitan International Operating Plan. Consider what areas constitute your strengths and in what areas you need help. For example, you may already be strong in the area of new club building. Perhaps you also feel comfortable in fundraising, while you need to brush up on the awards program. You may need to learn more about not-for-profit organization finance. Never forget that the Executive Director as well as all board members are members of your team and are there to assist.

### III. Look at how you might plan for a successful year.

- a. You will primarily be working with Cosmos who are volunteers. Volunteers generally are busy people, and they like to respond to requests from leaders who have already **set the example**. I found that as a club builder myself (I was one of the club builders for the Capital Region Club), I could better understand problems the volunteer club builders were facing. Our goal was to build eight new clubs and with the continued effort of John Bloom, our outstanding International Executive Director and hardworking board members (especially Brian Liepert, Governor of the Western Canada Federation, who became a new club building dynamo in Canada), we did build eight. So my advice is try to get actively involved in club building before you become International President.
- b. The same advice holds true with sponsoring new members. If you already have sponsored several, your request that others follow your lead carries much more weight. So again, my advice is that you actively get involved in sponsoring new members.
- c. Think about how you will communicate with your fellow Cosmos. You will have only a few face-to-face opportunities, and each one should count.
  - i. The first is the speech you will make after you are installed at the convention. This is your one opportunity to address the large group of dedicated Cosmos who have travelled to the international convention. While your audience will appreciate it if you are concise, it is important that you convey your theme and goals. Also, insure that you ask everyone to work with you to achieve those goals.
  - ii. Throughout the year you will have several opportunities to meet with board members either in person or by telephone. It is important that your message be carefully crafted to update participants on the overall status of Cosmopolitan International to include progress toward accomplishment of the goals. At every opportunity, board members should be encouraged to take ownership of the goals

and do all that they can to help Cosmopolitan International move forward.

- iii. Your appearance at club meetings should be carefully planned. It has been found to be helpful if the International President asks to be the main speaker at all club meetings attended. Remarks should include a clear statement of all goals to include the current status toward achieving those goals. All in attendance should be asked to help the club, federation and international achieve the goals.
- iv. Take advantage of the expertise of your Executive Director. When I asked our current outstanding exec, Tracy Miller, for her advice about this presentation, she contributed the following:

I believe our goal for your session should be to convey to each attendee the clear expectations of the office of International President. These would include:

1. Regular communication (including phone and email but not just email) with governors and the executive committee;
2. An active involvement in the business of Cosmopolitan, which would involve regular phone conversations with the ED to be kept updated on day-to-day operations;
3. Actively seeking out best practices from other service clubs;
4. Continually assessing the health of the organization and responding accordingly. Could include regularly occurring messages to membership or assistance to board members;
5. Meaningful gestures of appreciation and inspiration to the board and staff;
6. A presence on all pertinent teleconferences and live meetings. If the International President cannot be present, she or he should appoint a designee. It is not OK to have no presence; and
7. Active involvement and showing interest in the international convention.

### IV. In Summary.

Leading Cosmopolitan International at the highest levels truly is an honor and a privilege. Make your decision to go for it, to execute the Cosmopolitan International Operating Plan, and decide what you want to accomplish, plan, then move out.

Have a great year and have fun as you lead Cosmopolitan International.

# 2016-2017 Club Meeting Time and Locations

## **Aurora** - Mid-States Federation

**Time:** 3rd Thursday, 5:30 p.m.

**Location:** Oak Street Café

## **Bellevue Big Elk**

**Time:** TBD

**Location:** TBD

## **Belvidere** - Mid-States Federation

**Time:** First 3 Wednesdays, noon

**Location:** Belvidere Moose Lodge

## **Blair** - Cornbelt Federation

**Time:** Various

**Location:** The Heartland Tasting Room/Tap House in Blair, Nebraska

## **Broken Bow** - Cornbelt Federation

**Time:** Various

**Location:** Various

## **Calgary** - Western Canada Federation

**Time:** 2nd & 4th Tuesday, 6:30 p.m.

**Location:** Danish Canadian Club

## **Capital Region** - Capital Federation

**Time:** 4th Thursday, 6:30 p.m.

**Location:** The Radisson Hotel Harrisburg in Camp Hill, PA

## **Columbia Breakfast** - Mo-Kan Federation

**Time:** Tuesday, 7:00 a.m. (August-April). 1st & 3rd Tues. (May-July)

**Location:** Cosmopolitan Community Bldg

## **Columbia Luncheon** - Mo-Kan Federation

**Time & Location:** 1st Tuesday, 12:00 noon, at Columbia Country Club; 3rd Tuesday, 12:00 noon, Cosmo Community Center

## **Columbia Show-Me** - Mo-Kan Federation

**Time:** 1st Thursday, 6:30 p.m. (\*)

**Location:** Various

## **Council Bluffs** - Cornbelt Federation

**Time:** 2nd Tuesday, 7:00 a.m.; 4th Tuesday, 6:30 p.m.

**Location:** Village Inn Restaurant

## **Edmonton** - Western Canada Federation

**Time:** 2nd & 4th Mondays, 6:00 p.m.

**Location:** Boston Pizza

## **Elgin** - Mid-States Federation

**Time:** 2nd Tuesday, 6:30 p.m.

**Location:** Holiday Inn, Route 31 North, Elgin, IL 60123

## **Elizabeth City** - Capital Federation

**Time:** 2nd & 4th Tuesday, 6:30 p.m.

**Location:** Cosmopolitan Club Building

## **Emerald City** - Mo-Kan Federation

**Time:** 3rd Monday, 6:00 p.m.

**Location:** Various

## **Fargo - Moorhead** - North Central Federation

**Time:** Thursday, noon

**Location:** Fryin' Pan Restaurant

## **Fremont 100** - Cornbelt Federation

**Time:** Friday, 7:00 a.m.

**Location:** USA Steak Buffet, 830 East 23rd, Fremont, NE.

## **Greater Richmond** - Capital Federation

**Time:** Monthly on 3rd Thursday, 6:00 p.m. Except Sept-Oct, every Friday @ 6:00 p.m.

**Location:** Westwood Club

## **Heartland-Santa Fe Trail** - Mo-Kan Federation

**Time:** 3rd Thursday, 6:00 p.m. (\*)

**Location:** Various

(\*) Denotes various locations



**Jefferson City** - Mo-Kan Federation

**Time:** Fridays, noon

**Location:** Hy-Vee

**Johnson County** - Mo-Kan Federation

**Time:** Thursday, 7:00 a.m.

**Location:** Denny's Restaurant

**Lawrence River City** - Mo-Kan Federation

**Time:** 1st Thursday, 7:00 p.m.

**Location:** Various

**Lincoln**

**Time:** TBD

**Location:** TBD

**Norfolk** - Capital Federation

**Time:** 1st and 3rd Thursday, noon (no meetings in July and August)

**Location:** Norfolk Yacht Club

**North Side Lancaster** - Capital Federation

**Time:** TBD

**Location:** TBD

**Omaha Cornhuskers** - Cornbelt Federation

**Time:** Friday, noon

**Location:** Jericho's Restaurant

**Omaha I-80** - Cornbelt Federation

**Time:** Friday, 7:00 a.m.

**Location:** Rockbrook Garden Café

**Omaha West** - Cornbelt Federation

**Time:** Wednesday, 7:00 a.m.

**Location:** Garden Cafe, Rockbrook Village

**Platte River** - Cornbelt Federation

**Time:** 1st & 3rd Monday, 6:30 p.m.

**Location:** HyVee Meeting Room

**Prince Albert** - Western Canada Federation

**Time:** Wednesday, 6:30 p.m. (September - June)

**Location:** Prince Albert Golf & Curling Club

**(\*) Denotes various locations**

**Rapid City** - North Central Federation

**Time:** Monday, noon

**Location:** Thirsty's

**Regina** - Western Canada Federation

**Time:** 2nd Tuesday & 4th Monday (\*)

**Location:** Various

**Regina Capital** - Western Canada Federation

**Time:** 2nd Tuesday, 6:00 p.m. (September - June)

**Location:** Nicky's Café & Bake Shop, 1005 8th Avenue, Regina, SK

**Roanoke** - Capital Federation

**Time:** Wednesday, noon

**Location:** Frank's – 3743 Brambleton Ave.

**Rockford** - Mid-States Federation

**Time:** Thursday, 12:00 p.m.

**Location:** Forest Hills Country Club

**Santa Fe Trail**

**Time:** TBD

**Location:** TBD

**Saskatoon Bridge City** - Western Canada Federation

**Time:** 2nd Monday, 6:30 p.m.

**Location:** Doc Hollandaise Restaurant

**Saskatoon Couples** - Western Canada Federation

**Time:** Business meeting - 4th Tuesday, 7:30 p.m.  
- Social - 12th of each month

**Location:** Cosmopolitan Industries Ltd.

**Saskatoon Yellowhead** - Western Canada Federation

**Time:** 2nd & 4th Monday, 7:00 p.m. (\*)

**Location:** Various

# 2016-2017 Club Meeting Time and Locations

(continued)

## **Sioux City** - Cornbelt Federation

**Time:** Thursday, 7:00 a.m.

**Location:** Holiday Inn Downtown

## **Sioux Falls** - North Central Federation

**Time:** Monday, noon

**Location:** South Dakota Achieve 4100 South Western Ave. Sioux Falls, SD

## **Sioux Falls Evening** - North Central Federation

**Time:** 1st and 3rd Monday. 6:00 - 7:00 p.m.

**Location:** Fry N Pan, 4204 W. 41st Street

## **St. Albert** - Western Canada Federation

**Time:** 1st and 3rd Monday, 6:30 p.m.

**Location:** St. Albert Rugby Club

## **Sturgeon Valley**

- Western Canada Federation

**Time:** 2nd and 4th Tuesday, 6:30 p.m.

**Location:** St. Albert Rugby Club

## **Three Rivers** - Cornbelt Federation

**Time:** 2nd Tuesday, 6:30 p.m. (\*)

**Location:** Various

## **Topeka** - Mo-Kan Federation

**Time:** Noon, 1st, 2nd, & 3rd Thursdays of the month

**Location:** Topeka Country Club

## **Topeka** - Mo-Kan Federation

**Time:** Noon, 1st, 2nd, & 3rd Thursdays of the month

**Location:** Topeka Country Club

## **Wascana** - Western Canada Federation

**Time:** Third Friday of the monthly @ various times (\*)

**Location:** Various

## **Watch City** - Mid-States Federation

**Time:** 2nd Thursday on even months (\*) 3rd Friday on odd months (\*)

**Location:** Various

## **Wichita Air Capital** - Mo-Kan Federation

**Time:** 3rd Tuesday, noon

**Location:** Scotch & Sirloin

## **Wichita Downtown** - Mo-Kan Federation

**Time:** Thursday, 11:30 a.m.

**Location:** Candle Club

## **Winnipeg** - Western Canada Federation

**Time:** 1st & 3rd Tuesday, 6:30 p.m.

**Location:** Perkins Restaurant



(\*) Denotes various locations

# 2016-2017 International Convention Award Winners



 **Cosmo Member Community Service:**  
**John Krysak, Wascana**

 **Rookie of the Year:**  
**John Krysak, Wascana**

 **Patrick J. Hodgins Distinguished Service:**  
**Tom Gustafson, Rockford**

 **Cosmo of the Year:**  
**Kellee Rasmussen, Fremont 100**

## Other Award Winners...

### Big C:

Fremont 100, Columbia Luncheon,  
Columbia Show-Me, Jefferson City

### Step Up to the Plate and Swing Away (International President's Award):

Columbia Luncheon,  
Columbia Show-Me

### Newsletter:

Fremont 100 and Heartland

### Bulletin:

Heartland

### Club Community Service:

Heartland

### Rebuilding Friendships:

Aurora, Belvidere, Calgary,  
Columbia Breakfast, Columbia  
Luncheon, Columbia Show-  
Me, Council Bluffs, Emerald  
City, Fargo-Moorhead,  
Jefferson City, Johnson  
County, Norfolk, Omaha I-80,  
Omaha West, Rapid City,  
Regina Capital, Saskatoon  
Couples, Sioux City,  
Topeka, Wascana,  
Wichita Air Capital

### Medal of Merit:

Columbia Show-Me



# CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

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

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

## Major Cosmopolitan Diabetes Center/Program

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

### **EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER**

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

### **COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA**

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

### **THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND**

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

### **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**

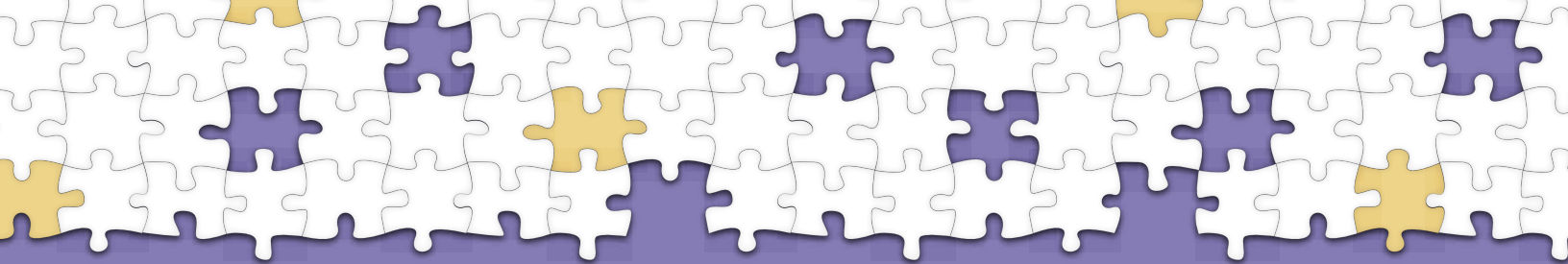
330 Maine St., Lawrence, KS 66044  
B 785.841.5760  
Shelley Wakeman, Executive Director  
director@healthcareaccess.org

### **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.**

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

### **UNIVERSITY OF CHICAGO MEDICINE**

Kovler Diabetes Center

900 East 57th Street, Chicago, IL 60637

Peggy Hasenauer, MS, RN, Executive Director

B 773.702.2371, Direct 773.834.4789, C 773.412.4171

[kovlerdiabetescenter.org](http://kovlerdiabetescenter.org)

[www.facebook.com/kovler.diabetes.center](https://www.facebook.com/kovler.diabetes.center)

### **SETBAID 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.setbaidservices.org](http://www.setbaidservices.org)

[info@setbaidservices.org](mailto:info@setbaidservices.org)

### **RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION**

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300

# The CosmoTopics News

# GET YOUR MESSAGE OUT!

Cosmopolitan members now have the opportunity to place either a business ad or personal message in the pages of Topics.

Would you like to increase sales for your business? Advertise in Topics! Want to wish a fellow Cosmo a happy birthday? Advertise in Topics!

**Costs are as follows:**

1/8 page (2"H x 3.5"W) . . . . .	\$25
1/4 page (4.75"H x 3.5"W) . . . . .	\$50
1/2 page (5"H x 7.5"W) . . . . .	\$75
Full page (10"H x 7.5"W) . . . . .	\$100

All ads should be submitted to [headquarters@cosmopolitan.org](mailto:headquarters@cosmopolitan.org). If placing a business ad, please send your artwork via JPEG (minimum resolution of 300 dpi) or high resolution PDF. Vector artwork (.eps, .ai, .pdf) with fonts outlined and 300 dpi embedded images, is preferred. If placing a personal message, simply send the wording of the message and we will do the design work.

Please make checks payable to Cosmopolitan International and mail to Cosmopolitan International, PO Box 7351, Lancaster, PA 17604. All messages should be in good taste and must be approved by COSMOTopics editor.

**Due dates for 2016-2017 are: August 12, 2016 for Fall edition, November 11, 2016 for Winter edition, February 10, 2017 for Spring edition, May 12, 2017 for Summer edition.**

Please contact Executive Director Tracy with any questions at (717) 295-7142 or (800) 648-4331 or email [headquarters@cosmopolitan.org](mailto:headquarters@cosmopolitan.org).

▲ Quarter page ad size

**YOUR AD  
HERE**

▲ Eighth page ad size

**YOUR AD  
HERE**

▲ Half page ad size

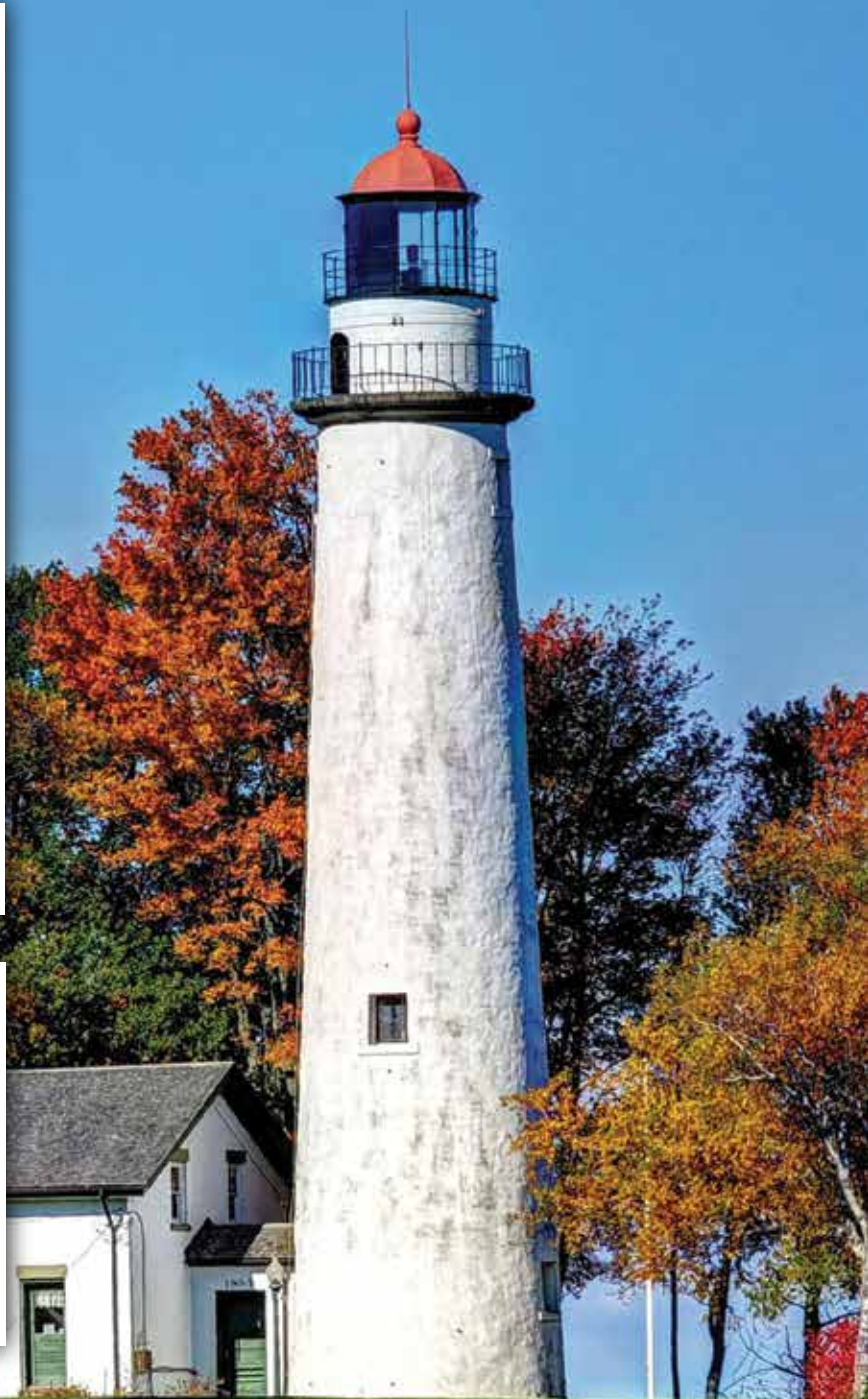


"Thanks Randy  
and Team  
for a great  
convention!"

-Jim and Dee  
Preston

"Congratulations to Capital Region  
Club Member Art Nelson on 50 Years  
of Cosmopolitan Service! Thank  
you for your dedication and the  
example you set for all of us!"

ED Tracy



FALL  
2016

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# COSMOTOPICS



COSMOTOPICS  
PO Box 7351  
Lancaster, PA 17604

## In Memoriam

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

- **James Keck, Sr.** – *Rapid City*
- **Bob Bennett** – *Omaha Cornhuskers*
- **Dick Devlin** – *Omaha Cornhuskers*

Sympathy also is extended to the following Cosmos on the loss of their loved ones:

- **Marge Thompson** – *wife of Omaha I-80 Cosmo Ed Thompson*

