

*A publication of Cosmopolitan International*

# 2013-2014 Comes to a Close



**COSMOTOPICS**  
LATE  
SUMMER 2014

**THE CLUB THAT FIGHTS DIABETES**

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





## FROM THE EDITOR

Tracy Miller

It is hard to believe the 2013-2014 year has come to a close. This edition of COSMOTopics takes a look back at some of the high points of our year, along with a look at the challenges that face us as we look to the new year. If the past year was about transition, the new year will be

about strategy and process improvement, all while remaining true to our core values and shared beliefs.

Last time, we asked how well you know your neighbor, your fellow Cosmo, and yourself. I hope you are enjoying reading some intimate stories about those around you and how we all affect each other's lives. This edition features a profoundly touching story about a young girl named Mary (pg. 12). As you read about Mary's plight from long ago – in her own words – you no doubt will be heartened by how far we have come in our mission – and how far we have yet to go.

In light of a great deal of transition at Cosmopolitan this past year, COSMOTopics has, at times, been published at nontraditional times. However, we now are back on schedule and look forward to bringing you more stories about our clubs, our members, and our mission. In fact, the Fall edition of Topics, which highlights the 2014 International Convention, should hit your mailbox before you can say, "More Topics!"

## 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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- 3 Executive Director Update
- 5 Cosmopolitan Diabetes Foundation Year End Update
- 6 Reflections from a Past International President
- 8 Prince Albert Cosmopolitan Club: The 75th Anniversary Historical Presentation
- 10 Categories of Recognized Programs
- 12 We've Come a Long, Long Way/Sugar Baby
- 14 Cosmopolitan Charters New Club in Lincoln, Nebraska
- 15 Q&A with Lincoln Cosmopolitan Club President Julie Brezenski
- 16 In Memoriam

# Executive Director Update

## Where We Have Been...and Where We Are Going, Part I

It is hard to believe I have been with Cosmopolitan for more than a year. I remember my first week on the job in July 2013 thinking, "This is going to be great!" Then came the second week in July, when members of the executive committee and I convened for training at our former headquarters building in Overland Park, Kansas, thinking "What have I done?"

Fortunately, any hesitancy I felt passed quickly, and I realized that these folks with whom I was working, those whom I really didn't know well until that week, were selfless, dedicated professionals, ensuring that I was on board as fully and as quickly as possible. They took the week off work and came to Overland Park at their own expense because they cared about our future and making the transition as smooth as possible. We worked from early morning until late evening almost every day from Saturday through the following Sunday, very aware that our time together was limited and we had as much to accomplish as possible. We worked on financial matters, dues billing, inventory, the website, and the 2013 International Convention, which at that point was just a few short weeks away.

I returned home energized and brimming with ideas about our future. During the 2012-2013 fiscal year, our finances had fallen severely in the red, and we needed to turn that around. Membership was dropping, and we needed to find solutions to remedy that as well. The strategic plan that had been on a shelf for several years needed to be dusted off to become our guiding light. We had an extraordinary amount of work to do.

Fast forward to July 2014. With a full year having passed, let's take a look back at the major highlights from this past year.

- We transitioned operations of our organization from Overland Park, Kansas, to Lancaster, Pennsylvania. This transition included relatively simple issues such as address change, to much more complex ones such as taxes, insurance, and state annual report filings. We packed, transported, and relocated the entire contents of the building (with the exception of some furniture) to Lancaster, with some items held in a storage unit and most in my home office.
- We welcomed 166 new members!
- We realized a budget surplus of nearly \$36,000.
- We reduced expenses by 1) closing dormant merchant accounts, thus eliminating steep monthly fees; 2) reducing the number of employees covered by Worker's Compensation; 3) switching conference call vendors and telephone/Internet providers; 4) discontinuing costly rental equipment; and 5) discontinuing our use of debit cards. Perhaps the most significant cost saving resulted, however, in reducing the number of employees from two to one via retirement.
- We improved member relations and communication by producing a newsletter which typically is emailed to members monthly and is posted on the website.
- We updated and created several brochures for membership use. We also provided new ideas for inviting guests to meetings, which are available on the website.
- We conceptualized and began planning for the next International Project – the Diabetic Alert Dog. This initiative was approved by delegates at the 2014 International Convention and will be further planned during the 2014-2015 year.
- We improved our accounts receivable situation considerably. At June 30, 2013, our accounts receivable stood at more than \$15,000. For the same time frame one year later, our accounts receivable stood at approximately \$2,800.

**Continued on next the page. ▶**



**Tracy Miller**  
**Executive Director**

*The strategic plan that had been on a shelf for several years needed to be dusted off to become our guiding light.*

## Executive Director Update (continued)



Tracy Miller  
Executive Director

*We have streamlined processes, enacted better communications, and eliminated useless practices.*

- We brought focus to our daily work by implementing the Action Plan, which is a comprehensive document that outlines all projects, ideas, and tasks to which we assigned importance within the Strategic Plan. This is a living document that is updated throughout the year, and which now is reviewed on an annual basis. For each concept listed, an action officer and priority number is assigned to ensure accountability and that we are moving forward with what we said was important. A copy of the Action Plan is on the website.
- Consistent with delegate direction at the 2013 and 2014 International Conventions, our former headquarters building now is leased, and we anticipate that our tenant will purchase the building within the next few months. Proceeds from the sale will further strengthen our organization's financial health.
- We have established a system of internal controls which allows us to process accounts payable in an efficient manner.
- We post our updated financials on the website. In the spirit of transparency, members are invited to review our financial situation at anytime and ask questions or share comments.
- We review all International Convention contracts to ensure that Cosmopolitan's interests are protected. This includes the elimination of attrition clauses, meeting room charges, food and beverage minimum charges, and other clauses that typically are written to protect the host property.

As you can see, it's been a very busy year. We have streamlined processes, enacted better communications, and eliminated useless practices. Simply put, if it doesn't benefit members or further our cause, we don't do it.

And while we celebrate our successes, we would be remiss not to acknowledge our ongoing challenges.

We realized a net membership loss of 94 during the 2013-2014 fiscal year. We said goodbye to the Lawrence Breakfast Club, losing 47 members. We also lost 16 members from the Lawrence River City Club and four with the retirement of the Bethesda Club. And sadly, twenty-four of our members passed away in the last year. As you can see, these combined events accounted for a large portion of our membership loss. And while we have maintained a very healthy financial picture even in light of this dues revenue loss, we must remain ever mindful that continuing to bring in more members means more people fighting for our cause. It is not just about our bottom line – it is about our fight.

Marketing of our organization continues to be an ongoing challenge. We now are thinking outside the box, however, and are preparing to roll out new and exciting concepts and approaches. Get ready to read more about that in the next edition of COSMOTopics. Spoiler alert: you'll be hearing about youth clubs, virtual clubs, corporate memberships, and sponsorships.

In closing, you may know that I am a fan of the late American poet Maya Angelou, who said, "Let gratitude be the pillow upon which you kneel to say your nightly prayer." I am grateful for everything that has happened this year—for both the team-won successes as well as the challenges that encourage us into the future and for the impact our organization has had on those for whom we champion each day. As the new year dawns, the challenges we will take on will be great – but greater yet is our resolve to invite in more members, think creatively, and work ever closer to our mission. Although I have just one year under my belt, I always will believe that I get so much more from Cosmopolitan than I give. For me, it is much more than a job. I will continue striving to provide strategic leadership, a caring word, and immense gratitude for all that you, as a Cosmo, do each day.

**Next Time: Where We Are Going, Part II**

# Cosmopolitan Diabetes Foundation Year End Update



Melvina Newman  
CDF Chair

**This Cosmo year will have ended by the time you read this article and a new Cosmo year has started. However, the Cosmopolitan Diabetes Foundation (CDF) wishes to thank everyone for your support of the Cosmo projects through your Foundation.**

My final thought again this year is the dream of "A Future Free from Diabetes." People with diabetes have increased risk of heart disease, stroke, and high blood pressure along with many additional complications. With our hard work and raising funds to help find a cure, we are helping to fight this terrible disease and can hope to see a future free from diabetes.

At this year's convention, one of our Foundation's traditions involves all fellow Cosmos eager to line up to make contributions to their favorite causes. In the past, these have included our Cosmopolitan recognized projects, the Discovery Fund, and the Beacons Fund. In addition to making those contributions, Cosmos this year heard about the work of the Cosmopolitan Diabetes Foundation and the Cosmopolitan Foundation of Canada. We also had the opportunity to hear about some updated research on finding that cure for diabetes.

CDF's fundraising efforts have reached milestones and continue to set us apart in the cause for research, treatment and education. Since 1984, the Cosmopolitan Diabetes Foundation has awarded more than \$609,400 in grants for diabetes-related purposes.

We recently received many grant applications, and each year your Foundation Board considers thousands of dollars of grant requests for a wide variety of worthwhile causes. Applications were reviewed and grants awarded in July 2014. All grant requests must be for diabetes-related purposes. While we

wish we could fund each request, our funding is limited to the monies we have for the year. We do try to award a grant to each of our recognized programs each year. I have had the opportunity to visit our major Cosmopolitan Diabetes Centers and some community programs and to meet with the Directors and learn more about our commitment to find a cure for diabetes. At all the Centers, Cosmopolitan is held in high esteem for what we have done.

For more than 35 years, CDF members continue to work to defeat diabetes. With the support of the membership, our current investments are in excess of \$1,313,000. We know that expenses are increasing for all of us, so we need to continue to increase this number so that we are able to make the most of funding diabetes-related grants. Sincere thanks goes to the many Cosmos and friends who have helped us reach our current investments. We can continue to help in the research and education only if you, the members, continue to help with your contributions.

The Cosmopolitan Diabetes Foundation is the 501(c)(3) charitable arm of Cosmopolitan International, making donations tax-deductible.

Please do not hesitate to contact your Federation representative if you have any questions or concerns. You are also welcome to contact me or any of the Board members for input or questions as to how the Cosmopolitan Diabetes Foundation can serve you.

*Again, thank you for your commitment and support of the Cosmopolitan Diabetes Foundation.*

*We NEED YOU to make an impact on OTHERS.*



*CDF's fundraising efforts have reached milestones and continue to set us apart in the cause for research, treatment and education*



# Reflections from...

By Richard Brynteson, PIP 1978-1979

**As I share some thoughts on membership in our organization, let me first relate some personal belief derived from years of membership and leadership in Cosmopolitan International. I believe the most important task of any service club and its members is service to one's community. Any other reasons actually are a benefit of belonging.**

I have been a member of the Rockford Cosmopolitan Club since 1967 and served as President in 1972. I was accorded the opportunity to serve as International President in 1978-1979 and served as chair of the Cosmopolitan Diabetes Foundation on two occasions. I mention this as I have had the opportunity to witness the growth and loss of membership and clubs. I would like to think there is a sure cut method to stop the losses and start a growth trend. At the end of this article I offer a suggestion that may start the opportunity. My Past International President colleagues could very well fill in any blanks I might miss. They, too, have witnessed the same picture as I. This writing in no way should portray a doom and gloom outlook; rather, it is presented with some of my thoughts gleaned from years of observation. I fully realize it will not establish a one-shoe-fits-all membership solver. I will tell you like I have seen it, recorded it to memory, and you can draw whatever help you need for your club.

So let's take a look at the Rockford Club as an example of club growth. Approximately 15 years ago, the Rockford Club was at a membership of about 35. Some of us senior folks (both in age and length of membership) drew the conclusion that if we did not do something soon, and perhaps earth-shattering, we would no longer be a viable club in five years. As a Past International President, I had already witnessed the unfortunate closing of clubs and loss of members. Let me briefly share what I witnessed as possible causes for loss and closures.

One observation was the unwillingness of senior club members to train successor officers and leaders and then retire from their position of responsibility. Nothing turns off young leaders more than micro-managing or being assigned the garbage detail at every event. Telling a new young leader "we tried that before and it did not work" is sure to discourage anyone from attempting a fundraiser or any task.

As a group of Rockford seniors, we agreed that our group of younger members seemed to have leadership capabilities. We deemed it was time to turn over the management of the Rockford club to them with no strings attached. At the next board meeting we began suggesting, selecting, and offering these young leaders the opportunity to serve and began

making way for their leadership. We seniors placed ourselves in positions of cheerleaders. No doubt we witnessed a time of question about this decision; however, our move paid off in the long run.

Two major events took place contributing to the subsequent growth of the club. During a meeting of the Charities Board in 1994, and at the suggestion of one of the younger leaders, Rockford decided to engage in and support a diabetes program with the Crusader Clinic. This project would challenge the club with something charitable for which to work. Crusader Clinic, which did not have a major diabetes program, became the club's choice. That partnership, now fast approaching \$500,000, was and is a contributing factor for membership growth. Crusader, however, is not the only recipient of Rockford funds.

Twice a year the club also awards various funds to other select charitable organizations. Not all events involve the giving of funds. Once a year at a dinner hosted by the Community Foundation of Northern Illinois, the Rockford Club presents the Charles Uram award to a local citizen who has been nominated by a charitable organization. The winner's organization receives \$5,000. Twice a year several members crank up the fire in a very large grill by a neighborhood church and the club feeds a big hamburger meal to several hundred poor or homeless folks. Annually, the club members participate in a food distribution event.

In my opinion, a club having major projects on which to concentrate their support develops a strong community mission for the club. To be able to distribute these amounts of funds, the leadership and membership must be engaged and be working on more than one fundraiser. Rockford has three. The sale of poinsettias at Christmas, A March Madness Drawdown, and a major golf tournament in August. An active club finds it easier to attract new members.

Membership attraction in the Rockford club continues to be a necessary job. There are a multitude of times the club uses an event to attract members, especially at a time when funds are being given out to the community. There have been two events that seem to attract the most. In the early part of the year, the club conducts a chili shoot-out. The event is held at

*In my opinion, a club having major projects on which to concentrate their support develops a strong community mission for the club.*

# a Past International President

a local gun club, affording the members and future members the opportunity to show their skills at skeet shooting. Five members are chosen to show their skills at preparing chili. The second event is a membership night held at Forest Hill Country Club. A dinner is served during the event, followed by several presentations on the activities and purposes of the club. The humor of this evening starts when the call goes out to those who would like to join. It soon gives the appearance of an evangelistic revival as eight to 15 people proceed to the front for induction.

Let me share some additional thoughts regarding membership, club building & growth.

The 80/20 rule still exists: eighty percent of the work gets done by twenty percent of the members. However, that number sometimes is by club event and not as a club as a whole. The 20 might be those interested in that event and will change by event. When you have a larger club there is more opportunity to engage the membership. If a record is kept, I suggest it will show that each member participates in more than it may seem.

A strong continuing leadership is paramount. One of the methods to achieve this is to line up the leaders. Many clubs will start future presidents in the role of Treasurer. Others may have a President along with two or three vice presidents. This allows a way to position the future leaders and affords opportunities for removal either by club or at a member's request.

Repeat leaders. I applaud so many folks over the years who step forward to assume a position they held previously. This happens within both the federations and the clubs. It is an area, however, that I take exception with. When a club allows this to happen it has not made the real effort to attract members and

leaders. If this becomes the reason to fold, the club has not given consideration to what a loss it would bring to its community. During my year as International President in 1978, I observed the loss of three clubs on the pure stubbornness of members or leaders who refused to step aside or allow younger members the opportunity to lead the club to a greater future. There are,

however, many new members who think they lack the ability to assume a leadership position. Let's try mentorship. I had a mentor and never would have become International President without him. Perhaps clubs (even International) should establish a "Cheerleaders" Board consisting of past leaders willing to be mentors and trainers and bring forth our "hidden" leadership.

Finally, times and generations we seniors remember and lived through have and continue to change. I have become very interested in and just finished reading several articles and papers regarding "generational differences." Let's see, we have the Traditionalists, Baby Boomers, Generation X, Millennials (Generation Y) and now Generation Z.

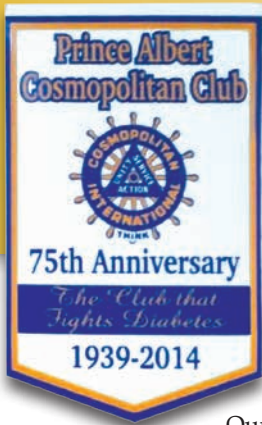
It is with this in mind I suggest, maybe even challenge, the leadership of Cosmopolitan International to take a serious look forming a committee to look at how we address these generations in the future to attract members and build clubs. Sorry folks, we can no longer attract members and build clubs under Traditionalist and maybe even Baby Boomers core values. Bill Gates was once asked why he allowed tee-shirts, blue jeans and tennis shoes as work clothes. He replied, "I pay for what is in their brain, not for what they wear." Maybe our future success in members and new clubs lies with our younger "generational" ideas and core values.

In contributing this article it is my hope the readers will use it to generate more questions, ideas, and thought about the future. Remember this: Rockford was once at 35 members.

*Let's try  
mentorship.  
I had a mentor and  
never would have  
become International  
President without  
him.*

teach inspire

motivate



# Prince Albert Cosmopolitan Club: *The 75th Anniversary Historical Presentation*

By Merv Sutton

As our clubs celebrated its 75th Anniversary on April 30, 2014, we offer a look back at some of our fond memories as well as some "firsts" within our club.

Our club has taken great pride in preserving snippets of our history and is passionate about preserving the history of our activities. It is part of our culture; that what we do must be remembered.

As an example, the renovation of the meeting room in the lower hall of the Curling Club in 1993 saw us build in a trophy case. It was not only to provide storage for items that showcase our work but also to remind us how important our service is to our community. For clubs that meet in restaurants, cafés, businesses, and homes, public display cases are not possible for them. We often take for granted the ability to reflect on our past through what we have on display. We should not. Our history is part of our club, part of the Prince Albert Cosmos – and we must protect that.



The speakers are the club's past two **Cosmograph Scribes**. Cosmo Norman Hill (the Presbyterian Monk) the past Cosmopolitan Scribe, and Cosmo Merv "Sir Muffin" Sutton (Mennonite Scribe) is the current Cosmopolitan Scribe.

Speaking of artifacts and items from our history, the speakers at our anniversary celebration were **Cosmograph Scribes**. Cosmo Norman Hill, otherwise known as the Presbyterian Monk, is the immediate past scribe. I, Cosmo Merv Sutton, also known as the Mennonite Scribe, am the current Cosmopolitan Scribe.

We have always had scribes in the Prince Albert Cosmopolitan Club. The writers of the *Cosmograph* – or *CosmoGossip* as it was called in 1939 – reported on the fellowship, the projects, and fundraisers of the club. Early Graphs indicated that

nicknames were part of Cosmo from the get-go. Elmer Hicks and Bert Moon were known as the Donut Boys. Harry Teagle, the International Secretary, was known as "Old Baldy." Today, our hard working Cosmos are also known as Smurf (Chris Clinton), Roger Wabbit (Roger Devine), Artful Dodger or Grinder (Arthur Brassard), Stumpy (Wayne Serfas), Elmer Fudd (Elmer Miazga), Wild Bill (Bill Allan), Coyote (Norman Horne), Crooked Al (Al Porter), Foghorn Leghorn (Doug Gent), Grinch (Al Hunt), Chicken Bob (Bob James), Bib Man (Bernie Dupuis), Senator Bohdan (Bob Hilkekich), Bingo Wally (Wally Tetarenko), Sure Shot (Rod Postle), Troublemaker George (George Kushneriuk), "Can't Say" Don (Don Delorme), Tiny Ken (Ken Peet), Archie Slice (Archie Aug), Peter Pumpkin (Peter Peppeler), Bison Wrangler (Terry Rock), and many, many names for our beloved Sgt. At Arms.

Our 75 years of yearbooks tell us that Cosmopolitan has always been fun and we have achieved a lot of good.

Our **1st official money raising project** in 1939 was "A Donut Sale with Tea." We cooked our own donuts.

Our **1st project** was the Cosmo Boys Camp in 1939. Cosmo Neville Hadley donated four acres on his farm at Christopher Lake for the boys' camp. Our motto "**It is better to build boys than mend men**" was established at this time. Fifteen hundred boys attended this camp over its 20-year life span. Unfortunately, Cosmo Neville never lived to see all the good that he started on his property. He was killed in military action on August 28, 1944.

Our **1st speaker** was a Prospector name Jack Hebden, whose topic was "Thar's Gold in Them Thar Hills." Prospector Jack was described as residing somewhere between Prince Albert and the Northern Boundaries of Saskatchewan.

Our **1st President** was Charlie Musk who worked closely with Lovell Smith of Saskatoon, the International President in 1939. Cosmo Charlie was the Governor of the Western Canada Federation in 1943, and he and Lovell Smith together with the Prince Albert and Saskatoon clubs organized the Federation Convention in Banff, Alberta. They needed special permission from the President of Canadian Pacific to host it at the Banff Springs Hotel.

We have in our trophy case the Charlie Musk Trophy that was presented to the Cosmopolitan of Year at the annual Conventions of the Western Canada Federation.

Our **1st Better-be-here Draw** was on November 2, 1940, and to my knowledge, I believe Cosmo Norman is the only one to win it three times in one year!

Our **1st Scribe** was Father St. Pierre who's first *CosmoGossip* was April 8, 1939. An interesting side note is that the information provided to the Herald by Cosmo Bernie for our anniversary event contained an old black and white photo



Cosmos Bernie "Bent Bernie" Dupuis & Don "Can't say" Delorme put together a terrific history book that was presented to incoming President Cosmo Peter "Peter Pumpkin" Deppeler.



Chair Cosmo Roger "Wabbit" Devine





of a couple of Cosmos working at the Boys Camp on Christopher Lake. Roger St. Pierre called Cosmo Claire to say he could identify the two men as his dad, an uncle, and that as a young boy he attended the Cosmo Camp.

The **1st Ladies Night** took place on April 24, 1939, with 56 Saskatoon members and their wives driving up for the celebration. There were no paved roads in those days. In 1942, our ladies formed the Prince Albert **CosmoPals** club.

On March 29, Cosmo Dewey Kring, the Scribe of the Kearley Cosmo Club in Nebraska called our club the "**Baby Cosmo Club of the International Federation.**" However, at the beginning of our seventh year in 1946, Cosmo Harry Barton, was quoted as saying: "**We have grown from the Biggest Little Club to the second largest club in the Western Federation.**"

The **1st Bingo game** was played in 1940 on the bingo cards we still use that we obtained from the Legion. Starting in the 1950's, we operated Radio Bingo with CKBI Radio and later the Television Station throughout the viewing area. We spent many an evening stuffing bingo cards and many a mile driving them to surrounding communities. Working with Bingo Wally is much easier these days!

Our motto regarding supporting youth was put to good use in the 1940's as we leased the Minto Arena and installed a dance floor. We called it the Cosmocode and used it for dances. A group of teenagers called The Cosmo Teens attended dances and sports activities in the Cosmocode. Evening dances focusing on entertaining young military personnel.

In October 1944, our club organized the **1st Western Canadian Victory Light Horse Show and Pageant in Prince Albert.**

The **Cosmo Fishing Trip** was also there in the early years. Cosmo Jack Hadley was known to catch very big Northern Pikes, and old timers often told the story of Cosmo Jack fighting off a big black bear who tried to take Jack's big jackfish away from him. Cosmo Jack won the fight.

We used to dress up our curling teams in the **Cosmo Bonspiels.** Who could forget dressing up as nuns along with Cosmos Ian Latham, John Gorman, and Bob Gage. Our club was also hosting a

hospitality room at the Sheridan Hotel in Saskatoon and the four nuns were lugging cases of beer up the elevator to the hospitality room. Cosmo John was also the Principal of Meath Park School when the **MADD committee** from his school crowded into the elevator on the second floor. His nun costume was not enough to disguise who he was. Cosmo John was truly tongue-tied.

Another year Cosmo Gordie Braaten took Cosmo John's place on the team. That year we dressed up in **kilts** and were known as McSutton, McBraaten, McGage & McLatham. We won a birdhouse each that year in Saskatoon which Cosmo Gordie hated. Gordie was a carpenter and he thought the birdhouses were made in China. Next year he made sure he was on the prizes committee because we hosted the Bonspiel. He made sure the birdhouse prize committee from Saskatoon received a heavy doghouse that Cosmo Gordie had made.

Throughout the years we have met the in the Spanish room at the Empress Hotel, the PO Café on Central Avenue, the Marlboro Hotel, Cosmo Lodge and here in the Golf and Curling Club. We have assisted in projects to help improve life in our community. They include the installation of a playground and paddling pool, a Memorial swimming pool, a Seniors high-rise, facilities in the Little Red Park including the Cosmo Lodge, Baseball and Hockey Teams for youth, the YWCA, the Art Hauser Centre and Mont. St. Joseph as well as Camp Tamarack for children with special needs.

Our club is filled with men with stories much like that. Club members worked hard over the last 75 years and we have a lot of fun doing it. The strength of our club is the characters that make up our membership and through this we will continue to serve our community.

# CELEBRATING 75 YEARS



The 75th Year banner was presented to Cosmo Rod "sure shot" Postle, a long time Cosmo Member, by WCF Lt. Governor & Club President Arthur "Artful Dodger" Brassard.

# 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

#### **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.**

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Terry Sanford, Chair  
tsanford77@cox.net

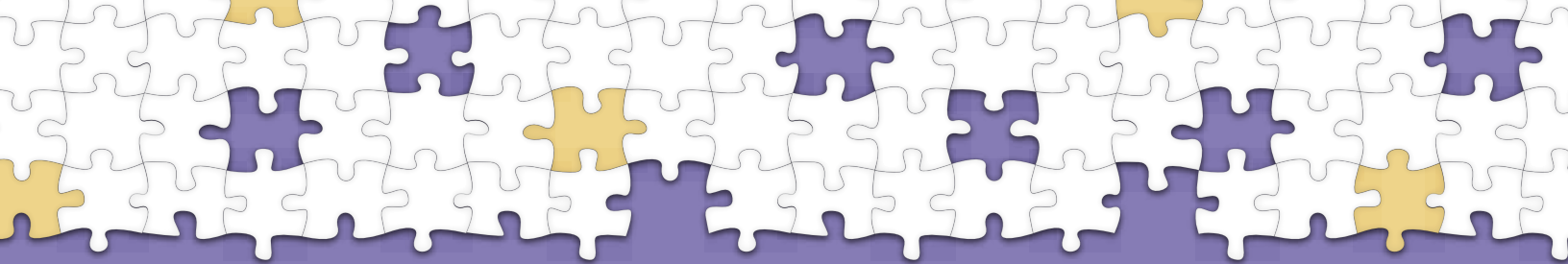
#### **HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM**

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 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

### **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

# We've Come a Long, Long Way

By Ray Meister, Fremont Cosmopolitan Club 100

These are excerpts from a college essay written by a brilliant young lady, my sister, Mary, born in 1921 (the year that insulin was first discovered in Canada). She was oldest of seven children, and sixteen years my elder. Diagnosed with diabetes at the age of ten, she lived to be twenty-six years of age before passing away from complications of this disease. Mary was valedictorian of her high school class and was initiated into "Who's Who in American Colleges and Universities" in her senior year of college. She had worked her way through teacher's college by teaching in country schools and attending college in the summers. Upon her college graduation she embarked on her "career-to-be" as a high school English teacher in Villisca, Iowa. Shortly into the school year she fell into a diabetes-related coma and was hospitalized for several weeks. Upon her recovery she lived at home for awhile and then spent the rest of her life in Stockton, California, living with the orphaned cousin that my parents had raised. The dream was that she could receive better care from doctors in San Francisco who were conducting diabetes research. Alas! This was not to be and as complications grew, including loss of her eyesight, she left this

life in 1947 at the age of 26. I was 10 years old. This could not be!! Witnessing the grief of my parents was overwhelming.

I am so grateful for the efforts of groups, such as Cosmopolitans, for the support they have given for research into the care and treatment of diabetics in the decades since insulin was discovered. We, today, take an awful lot for granted regarding the treatment of this malady. We have expectations that a diabetic person can live a long and fruitful life with the medications and lifestyles that are available today. Perhaps it would be in order for us all to be reminded of what it was like for a child with diabetes who lived nearly one hundred years ago. I lovingly share with you my dear sister, Mary.



Mary and Ray

## SUGAR BABY

by Mary Meister

On January 23, 1921, a severe mid-winter storm was furiously working itself into a lather of sleet and snow. Within the shelter of a sturdy old rock house could be heard a series of lusty wails as if in defiance of the storm, they would drown out the moaning and screaming of the wind. I had made my appearance in the world.

No doubt Papa felt a wee bit of disappointment when he learned that his first born was a girl. My parents had set up housekeeping in the boom period immediately after the First World War. Perhaps foreseeing that good times couldn't last forever, Papa had hoped for a virile son, who in later years could help repay the debt created when he had purchased, in southeast Nebraska, a few expensive acres of "not so good" land, a run down place, and an ancient rock house that caused my meticulous mother endless discomfiture and labor.

I was a jolly baby with a round moon of a face and brown eyes that could hardly see over my cheeks. Whenever I laughed, my eyes disappeared from sight almost entirely. Much of my care fell to my two cousins—little half-orphan girls, aged four and six, that Mother had taken into her care when their mother, my mother's sister, died. My grandmother lived with us, too, and catered to my every wish. Mother was almost constantly outside helping Papa with the farm work, planting, hoeing, haying, harvesting, caring for chickens, milking, and doing all the other jobs that are connected with a farm.

Most of my other early childhood memories are in some way connected with my beloved grandmother. I used to sit near her on the cot for hours listening to stories she told of her childhood experiences in Switzerland.

When I entered the Primary grade at the one room country school, Dry Branch District No. 2, there were thirty pupils in attendance. Nearly half of these were my first cousins. My early years of school—happy as they were, remain a hazy blur on my memory because of what befell me when I was ten. For some time I had been losing weight till my softly rounded body grew pitifully thin and weak. Mother says she used to cry when she bathed me, though I remember none of this. I devoured huge quantities of food - to no avail. All my buoyant energy vanished, and though my grades did not seem to be affected, I grew listless in school. In final desperation, my parents took me to a doctor. I heard absolutely nothing he said, and not until a long, long time afterward did I understand the look on Mother's and Papa's faces when they came from their conference with him. I couldn't comprehend the new tenderness and love they showered on me. Sometimes I would catch Mother staring at me as though she were trying to paint forever a picture of me in her mind. My cousins and schoolmates changed in their attitude toward me also. They



The rock house where Mary was born.

became so kind that it hurt. Often I would see them whispering in groups, then turning to see if I had heard. This change in others and myself not only baffled, but frightened me. To make matters worse, I didn't know what to fear, and the ever-present doubt and dread of the unknown was maddening in its intensity. Furthermore, all the attention I was receiving was slowly but steadily spoiling me. I grew (temporarily I hope) self-centered, selfish, and terribly jealous.

My first meal, when I came home from the visit to the doctor, consisted of a dish of cabbage cooked in salt water, and one of lettuce without any seasoning whatsoever. I loathed cabbage, and cried bitterly when I knew that it was all I could have. Gradually my diet was increased, but I despised so many vegetables that my meals were limited in variety. Mother used to bring my lunch to school and wait while I devoured the delicious, hot steaks, and barely nibbled at the vegetables. Through the years, without any noticeable effort that I can remember, I have gradually learned to like all kinds of food until I am certain that there is not a less "finicky" person on the college campus. Meanwhile, my nameless fears grew, and I could see no reason for all the bother. "Just some passing disorder," I consoled myself.

One day Mother and Papa came home after a trip to the doctor. In her hand, Mother carried a small book. I asked to see it, and there, printed in glaring gold capital letters on the cover were these words, "STARVATION TREATMENT FOR DIABETES." Starvation? Diabetes? Everything became suddenly very clear. Stark, cold horror seized me and I turned to Mother begging her to tell me it was not true. The strange part was that even though my schoolmates had been cautioned not to tell me of my condition, my parents thought I knew all about it. Some time elapsed before I could really forgive them for keeping me in the dark about so serious a matter.

The very day I learned of my condition, there suddenly flashed on my memory a scene of the previous summer. We were seated around the dinner table discussing the recent death of a young girl who had died because of complications due to diabetes. I remember thinking how terrible it would be if I got the disease, and I've often wondered about the psychological significance of that little incident.

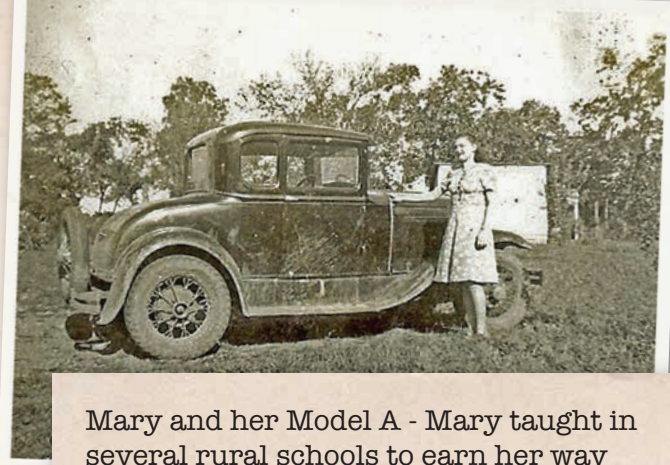
I had always worked hard in school, not because I had to, but because I loved everything about school - especially books and reading. Now I began to study even harder - trying in some way to make up for my physical deficiency by earning the highest grades of my class. I used to look forward to each day, pondering in my mind the nice things that were going to happen, or guessing at those that might happen.

I felt none of the thrill that is supposed to be customary when my Eighth Grade Diploma was given to me. In fact, I almost regretted having passed at all. I recall sauntering home the evening before the picnic day, with a heavy heart and lagging steps. To this day, I can't walk along a country road in the warm dusk of a May evening, with the song of a Meadow Lark in my ears, and the lush odor of young, green, growing things in my nostrils, but that a wave of nostalgia passes over me.

Though I was very slow in growing up, when I began my junior year in high school, everyone marveled at my sudden increase in stature and weight. My remaining high school days passed so swiftly that before I fully realized what was happening, I was applying for schools. In bitterly cold weather, Papa and I traversed the countryside so that I could "sell myself" to school boards whose pet phrase that year seemed to be, "We want an experienced teacher." At last I was elected to teach a country school of eight, by the name of Hazel Dell District 13. My beginning salary was forty dollars a month, to be increased to forty-five dollars a month after Christmas if I was satisfactory. I was. Let it suffice, here, to say that those three years of teaching, with their disappointments and joys, were among the happiest of my life. For the first time I was exclusively on my own, and it gave me great satisfaction to realize that I possessed the ability to "steer my own ship."

I began college at Peru State Teachers College in the summer of 1939, and have attended each summer term after that. This brings my story up to the present. My brief mention of college days is not due to the fact that they have made no impression on me, but because I would rather view them some day as a whole. Of plans for the future, I have many - but what are plans in this chaotic world? Perhaps one had better call them daydreams and let it go at that.

This, then, is not the end, but the beginning of an unfinished chapter in the life of --- yes, I still am, and perhaps (unless science deems otherwise) always shall be, a Sugar Baby.



Mary and her Model A - Mary taught in several rural schools to earn her way through college. This was her first car to travel the dirt and often very muddy and snow-drifted roads to teach her students.



Mary in Stockton, CA

# Cosmopolitan Charters New Club in Lincoln, Nebraska



By Tracy Miller, Executive Director

For many, the notion of Friday the 13th carries visions of bad luck, mishap, and perhaps horror movies of the same name. But for the newest Cosmo club based in Lincoln, Nebraska, Friday the 13th this year was nothing less than an inspirational, joyful, and uplifting occasion as this amazing new club received their charter on Friday, June 13, 2014.

Under the guidance of mentor and current Vice President of Membership Ed Ficene, Club President Julie Brezenski poured her heart into the formation of the new club, talking with everyone she knew for months about her excitement and enthusiasm for her new venture. She had a clear goal and worked daily toward that goal. She even set a date for the charter celebration well before having the requisite 20 members in the club. As Julie reached out to everyone she knew, one by one, her enthusiasm spread, and those with whom she spoke agreed to attend pre-charter meetings. They discussed their structure, considered who their officers would be, and chose their first fundraiser activity.

Soon after the date for the celebration was set, a venue was reserved, invitations were printed, and international leaders booked their travel to Nebraska. And yet, with just days to go until the celebration, the soon-to-be club still fell a few members short of charter strength. Undeterred, Julie redoubled her efforts



Julie Brezenski (left), President of the Lincoln Cosmopolitan Club with Sheila Anderson, 2013-2014 International President

and called even more people, some of whom were just mere acquaintances. She was not afraid to hear “no,” and never lost sight of her ultimate vision of a world free of diabetes. One “no” just put her closer to the next “yes.”

Julie’s belief and tenacity paid off. At 6 p.m. on that Friday the 13th, new club members, Cosmos from nearby clubs, international leaders, and community officials were on hand to welcome all 20 new Lincoln Cosmopolitan Club members and present the club with their official charter.

In the weeks since the charter celebration, this fired up new club already has held its first fundraiser – a sand volleyball tournament that raised more than \$1,200. A second fundraiser raised another \$1,000, and plans are being made to support camperships for area children to attend diabetes camp.

With Ed’s leadership, Julie’s energy, and the enthusiasm and dedication of the club members, the Lincoln Cosmo Club is off and running. For this club, failure was not an option as they raced toward the finish line. Their dedication serves to remind us not to give up when things get tough. How often do we not invite someone to a club meeting because we fear he or she will say “no?” How often do we shy away when someone asks “What’s Cosmopolitan?” Julie and the new Lincoln club have proven that tenacity and determination pay off – even on Friday the 13th.



Attendees at the Lincoln Club charter night.



# Q&A with Lincoln Cosmopolitan Club President Julie Brezenski

By Tracy Miller, Executive Director

**Q** What would you like your fellow Cosmos to know about you?

**A** The most important thing people should know about me is that I believe in synergism and working together to find solutions. I do not come at problems without finding solutions.

---

**Q** When did you join Cosmopolitan and what inspired you to join?

**A** In December 2009, I was asked by Leonard McCarty, a member of Platte River Cosmopolitan Club, to join because he knew I was actively involved in my community and that I have a daughter with Type 1 diabetes.

---

**Q** What was your motivation for starting the Lincoln club?

**A** When I moved to Lincoln in 2013, I knew no one. I searched for ways to become involved in the community, but while holding a full-time job I found it surprisingly difficult to get networked and find these opportunities. Then Ed Ficenec (then Cornbelt Federation Governor) and Sheila Anderson (then Cosmopolitan International President) approached me, and it seemed like a no-brainer.

---

**Q** How did you go about finding members for the new club?

**A** In the beginning, we had a launch party with other club members attending and bringing their friends/relatives/guests from the Lincoln area. That brought our core group. From there, I've made a point to talk about Cosmos to pretty much everyone I meet. I am clearly passionate about the organization, raising awareness for diabetes, and educating people that their lifestyle is a choice. If you are diagnosed with diabetes, your lifestyle choices become even more important.

---

**Q** Tell us about your vision for your club.

**A** My vision is to continue to grow a diverse membership group, to find more ways to be active in the community, and to remain a "fun place to be" while raising awareness for diabetes, as well as helping send kids to camps and other sponsorship opportunities.

---

**Q** What are some of your goals for the new club?

**A** My goal for the club is to double our membership by December 1, 2014; to continue our volleyball fundraiser and have twenty teams at the 2015 tournament; and to continue growth year by year. As a young club, we are looking to do even more with the concept of a virtual club.

**Q** How have your past experiences prepared you to serve as president of the Lincoln club?

**A** I don't know that I really have any leadership experience. I was brought into this role as more of a "recruiter" in order to get people involved and enthusiastic about the cause. I am passionate in everything I do, and my hope is that this passion will be used to better the entire Cosmopolitan International organization, but especially with my new Lincoln Cosmo family! They are a terrific core group of folks and I could not have picked a better group of people to be working with!!! Thanks to everyone for getting this club going - it was not a solo-mission but a joint collaboration.

---

**Q** When and where does the club meet?

**A** Lincoln Cosmos regular club meetings are held the first and third Tuesdays of each month at Panera Bread - 66th & O Street, Lincoln NE

---

**And just for fun:**

**Q** Who would you most like to have dinner with?

**A** Donald Trump

---

**Q** What is one thing always found in your refrigerator?

**A** Mustard. You never know when you're going to need to make potato salad!!

---

**Q** Three words that describe you?

**A** Energetic, optimistic, and giving.

---

**Q** What's on your bucket list?

**A** Skydiving.

---

**Q** Who's your favorite author and why?

**A** I don't have just one favorite author. I read anything inspirational or motivational.

---

**Q** Milk chocolate or dark chocolate?

**A** Milk chocolate covered strawberries!

# LATE SUMMER 2014

## In This Issue:

- 3 Executive Director Update
- 5 Cosmopolitan Diabetes Foundation Year End Update
- 6 Reflections from a Past International President
- 8 Prince Albert Cosmopolitan Club: The 75th Anniversary Historical Presentation
- 10 Categories of Recognized Programs
- 12 We've Come a Long, Long Way/ Sugar Baby
- 14 Cosmopolitan Charters New Club in Lincoln, Nebraska
- 15 Q&A with Lincoln Cosmopolitan Club President Julie Brezenski
- 16 In Memoriam

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## In Memoriam

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

- **Harold Thompson** – *Omaha Cornhuskers Cosmopolitan Club*
- **Harry Rosman** – *Northside Lancaster Cosmopolitan Club*
- **Fred Hughes** – *Regina Cosmopolitan Club*
- **Earl Wilkes** – *Austin Cosmopolitan Club*
- **Howard Byram** – *Austin Cosmopolitan Club*

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

- **Alfred Burns** – *brother of Northside Lancaster President Kathi Lesperance*
- **Bevin Leipert** – *brother of Past International President Brian Leipert*

