

A publication of Cosmopolitan International

COSMOTOPICS
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2010 International Convention

Gettysburg, PA
July 28 - 31



THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR
Sheila Anderson

Do you know the secret to getting people to stay a member? What's your Club's purpose? Do you freeze up when someone asks you "what is Cosmopolitan?" How does membership impact our bottom line? What's the difference between branding and marketing? What's being done to bring awareness to our organization? Is chocolate the food of the Gods? What Clubs have net member increases? What Club chartered in 1969? How is the Emerald City Club doing after its first year? Do you know diabetes? What lessons were learned by PIP Tom Stone? All these questions are answered in this issue of Topics. Prepare to learn!

And speaking of learning, what better way to learn more about the history of our America than to come to Gettysburg, PA, for our International Convention July 28-July 31. This year the kids program is back! What a great experience for them to see the battlefields of the Civil War. There's plenty for all of us to do. You'll find one moving tribute after another to the men who fought on the famous battlefield. However, Gettysburg is more than just a battlefield. There are museums, a winery, Hersheypark, Boyd's Bear Country, and Outlet Shoppes. So come and explore all that awaits you in Gettysburg...and this issue of 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.



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COSMOTOPICS

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Fireside Chat



Kevin Harmon
Executive Director

Membership. Let's face it, membership is a focal point of Cosmopolitan and has been for some time. We have made great strides in membership growth the last few years, but the strides are really more like baby steps. Increasing our membership is tantamount to securing our future as a Club. More importantly it is the only way we can ensure that our legacy remains strong. It is through a vibrant membership that we can sustain research, treatment and education in diabetes as well as a host of important and worthwhile local causes.

It seems every International and Federation meeting that I have attended focuses on membership in some fashion. But let's get real. From the beginning we have missed the boat, so to speak, on membership. It has been said and proven that as a group we can fundraise better than anyone. It has also been pointed out that if we spent as much time and effort on our membership drives as we do on our fundraising efforts we would probably be the biggest Service Club out there, instead of one of the smallest. I agree with that analysis.

In the last few years the International Boards have put together some strategies that plainly work when it comes to attraction of members. You have heard it before but I am chatting about holding a Membership Event for your Club that has the same planning and execution as a big fundraiser. I am chatting about using the Great People Who Should Be Cosmopolitans form to identify prospects for the event. I am chatting about highlighting the accomplishments of your Club and the tremendous achievements locally and internationally that Cosmo has been part of during the event. And I am chatting about making it a fun and exciting time. Your Board is continuing the quest by adding on additional plans on how to retain members.

Since this is a fireside chat, let's do some more chatting. Let's talk about the successful Clubs. The Clubs that are growing each of the last several years and identify what makes them grow. And then let's chat about what keeps them strong and their members engaged or the retention aspect of membership.

The growing Clubs are the Clubs that have fun and embrace camaraderie in their membership. They aren't exclusive in their

fun either. They let all the members join in. There aren't many "cliques" in these Clubs. Anyone is welcome and encouraged to attend, work, laugh, fund raise, laugh some more, pitch in and last and most importantly...have fun. Is this your Club that I am describing? These growing Clubs also have purpose. Paying dues to come have a meal and listen to a speaker or have a business meeting and see the gang on a regular basis is in the end boring. You can go to the corner pub or restaurant regularly and have a meal while getting to know the other regulars, listen to the talk and people watch and then not even have to pay dues. So that is not what gets people to stay with Cosmo.

What really makes people want to stay is what made them want to join in the first place. To keep a member you need a Club that engages them as friends, that has fun, has goals, and encourages open thought and new ideas as well as lets the new member have a place in the Club that they and the Club are both comfortable with. I wrote in the last Topics about the idea of finding a new members "hot button." That means pointing the new member to a committee or activity within the Club that fulfills their need. People join a club for one of three reasons. They want to develop a skill, they want to help others or they want to meet other people. It is up to the sponsor or Membership Chair to find that hot button and then provide an avenue to embrace their need. That does not mean immediately guiding an accountant to being the next Treasurer. It means introducing the new member that happens to be a golfer to the other golfers in your club. You get the idea.

The Clubs that are on the move are those that have a sense of purpose above the routine meetings. That purpose can be as simple as a volunteer opportunity or as complex as the establishment of a diabetes education center at the local health clinic. It is why you exist as a Club. Without that purpose you can quickly wither or at the least fall into a rut. The growing and vibrant Clubs have a purpose and use it to their advantage in membership growth and retention.

If your Club does not fit the criteria described above then at the next board meeting begin a dialogue about formulating change. If your Club does fit the above criteria, then by all means schedule a Membership Event. You have new members waiting.

*The growing
and vibrant
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Full Steam Ahead



Melvina
Newman
International President

Cosmopolitan
is a network
of people
who care.

IMAGE - It isn't everything - but it IS important!! What's your opinion of big cities and then small towns? In music, is it rock and roll or classical? In politics is it Democrats or Republicans?

It didn't take you long to answer those questions. Each one creates an instant impression. Your opinion, whether positive or negative, springs to mind as soon as you hear each word. You may have lived in a small town once. It was pleasant, peaceful and friendly. You probably think that is the way all small towns are. Everybody has an opinion, often based on experience.

What do you think would happen if people in your local community were asked about Cosmopolitan? If they have heard of Cosmopolitan they would have formed a mental image of what the club is like. And, that image is the determining factor for whether they want to become a member. If image is that important, we need to do everything in our power to ensure that our club's image is a strong, positive one.

We have all been asked at some time, what is Cosmopolitan? There are many ways to answer but the shortest answer can be that Cosmopolitan is a community based organization that funds and supports diabetes prevention and education. This of course is accurate but a true understanding of Cosmopolitan must include an explanation of how we work together in our clubs, our Federations and Internationally.

Cosmopolitan is a network of people who care and as a member you are a part of a family. Our family is concerned about their

community and concerned about helping others and the one common goal that unites all of our clubs within Cosmopolitan International is supporting causes that fight diabetes. Cosmopolitan selected a disease that will certainly need our help for a long time with the current statistics of individuals with diabetes increasing. Oprah Winfrey dedicated her show on February 4, 2010 to Type 2 diabetes. "Diabetes is a ticking time bomb. It's a silent killer." Oprah Winfrey said during a taping of her show. Cosmopolitan has supported major research projects and many Federations and clubs support programs in their areas by providing support of diabetes education programs, financial assistance and screening programs. We can all be proud of all our efforts of helping fight diabetes.

Cosmopolitan is also for networking in business, for the fun and especially for the friendships. As I have traveled, I see so many clubs having fun and enjoying each other and they all look forward to their next activities. Cosmopolitan membership is all about friendships. Having friends all over North America is wonderful and we see this everywhere throughout International.

What is Cosmopolitan? It is a network of people who care, who work to find a cure for diabetes, who network for business and friendships, who become a part of a family and who love to have FUN.

Membership: Membership continues to be one of our biggest challenges for the year. Those clubs who rise above the rest have one major thing in common. They each set very specific goals and then work hard to achieve them. Setting goals and following up on them is hard work. But, it's the type of work that will help your club succeed. As President of your club, you must map your vision. Only you can set the direction. That doesn't mean that you have to be a one-person show. Share the responsibilities of achieving the goals with all your members. Get everyone "ALL ABOARD". We need to have everyone use the "Great People Who Should be Cosmopolitans" form and push membership events. Both concepts really do work.

You've recruited a bunch of new members. Or, your club has never had more members. But don't rest now. Your club needs to retain those members. Retention

needs to be a primary concern of every club. Ask yourself, would you join your club today if you were asked for the first time? Don't simply assume your club will retain its members. You need to work at it to keep everyone. Make everyone feel welcome and important. Listen to them. A club can't cater to the wishes of a few but must respond to its entire membership. Make sure meetings are interesting, lively and fun and that club activities are frequent and engaging.

Retention is critical for us to do even more service and to keep clubs strong and healthy. We have to make our clubs attractive for members and help us grow to our goal of 2110 members!!

Building new Clubs: Which Federation will be the first to sponsor a new Club? There are many areas in your Federations that could support a club. Think about the possibilities of additional members for Cosmopolitan's growth. The opportunities are out there so be willing to take those opportunities and build a new club.

Website: We all gripe about having time to answer emails, update our websites, create and send email promotions. But, before we complain too much, go back to those "good old days". Those days when we had no email and had to rely on the telephone or postal service to reach out to each other. Oh, yes, and when we had car trouble and had to walk a mile through a cow pasture to find a phone so we could get a tow. Aren't we glad they are in the past? Today we have a number of marketing avenues and one is our website to keep in touch. By communicating through Cosmopolitan's website we can keep in touch with important information!! So, hey, let's keep in touch!! Go to www.cosmopolitan.org, click on "Discussions".

Marketing: Building and maintaining an image is the foundation of Cosmopolitan's public awareness efforts. An image reflects everything associated with an organization, from its members and leadership to its mission and values. To help build this image, clubs should help increase Cosmopolitan's image. Having media connections is an important part of publicizing Cosmopolitan and its mission. Find out if any club members know someone who works in the local media who could put you in touch with someone who could help us create awareness of Cosmopolitan and our mission. Our Special Issue of CosmoTopics is moving along and we continue to be one step closer to publishing this issue this spring, along with working on obtaining a celebrity spokesperson.

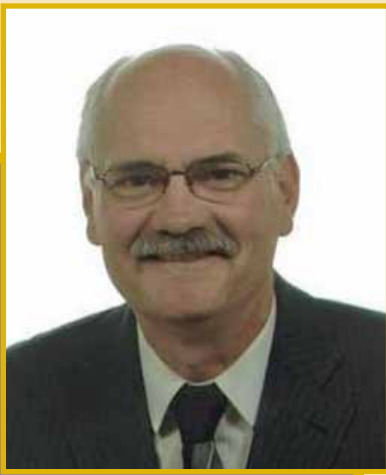
We still have a lot to accomplish before the end of our year and it will take the efforts of all of us to achieve our goals. Please continue with your efforts to increase membership and work on retention, and get active in your local club. Then, plan to attend your Federation Convention and be sure to make your plans now to attend the International Convention in Gettysburg. With everyone sharing "who we are and what we do" and participating in great events we will have an outstanding year -

FULL STEAM AHEAD – A FUTURE FREE FROM DIABETES!



Building and
maintaining
an image
is the
foundation
of our public
awareness

Review our Story



Richard Greer
President-elect

You have to be impressed with Cosmopolitan and our on-going efforts to help friends and neighbors in our communities. Take some time to read the winter issue of CosmoTopics you received in December, and you will soon know what I am discussing.

Turn to page sixteen and learn about the "Cherries for Charity" project spearheaded by the Fargo-Moorhead Club that raised over \$22,000.00. This program has been going on since 1982 and has been a welcome source of funds for local organizations. Check out the heartwarming story about the help a young family received from the Show-Me Club before Dad was deployed to Afghanistan. If you have ever been to Columbia, you will know what a beautiful city it is, and it is even more attractive now that the Cosmopolitan Clubs collaborated with the city to adopt a new roundabout. Keep reading and you will find stories about many other worthwhile projects coordinated by Cosmopolitan Clubs everywhere.

As you go through our publication, you will find a number of new ways we can use the internet to get our message across. Sheila Anderson, V.P. Marketing and CosmoTopics editor explains social media outlets such as Facebook and Twitter. International President Melvina Newman talks about her goals for the year. Other Cosmopolitan International Officers and Directors offer informative articles about their duties on the International Board.

We are "The Club that Fights Diabetes" and the proof is certainly there when you check out the articles covering diabetes related programs. The Strelitz Diabetes Center is front and center again in CosmoTopics with PIP Bob Williams presenting the first

installment of the Capital Federations' pledge of \$100,000.00. There are many other stories as you go through the next few pages. Read about the work of both Foundations, be impressed with the "Categories of Recognized Programs" page and the excellent work happening everywhere. The programs described here are really just the tip of the iceberg. There are many more projects that need to be recognized. Be sure to download an application form and send the information to Headquarters. Your diabetes related projects are all worthy of recognition. Be sure to let your fellow Cosmopolitans know about your success stories.

There is also a great article titled "The Rewards of Leadership" in this issue, written by PIP Steve Hanna. Cosmo Steve talks about the excitement of joining a Cosmo club, working at projects, moving through Federation responsibilities and right up to the position of International President. The experiences that he has had as a Cosmo have helped him in his life's work as well as his journey through life. His story is very common among Cosmopolitans. There are many people that can testify to the fulfillment they have experienced being in our Club.

When you have finished reading the spring edition of CosmoTopics, re-read the winter edition. The quality of the printing, the articles and the over all look of the publication will make you even prouder than ever to be part of Cosmopolitan.

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Strength in Numbers: The Sequel

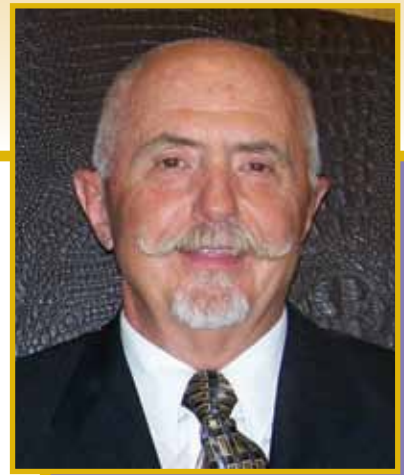
We are a chartered community-based, not-for-profit, international service organization. We rely heavily on the ambitions and hard work of our Clubs and individual members to achieve what Cosmopolitan International has been successful doing since our inception as an organization in 1918. This has been true throughout our organization's history, and in particular, over the last number of years. It is most evident in our recent membership increases, monies donated, and time volunteered.

A few years back, PIP Walter Alm investigated what projects and how much money and time Cosmopolitan Clubs invested into their communities. The results were amazing. We all know what our individual Clubs donate in time and money, but Walter's research showed that as an organization we do more than what was thought. In 2006 alone, Cosmopolitans contributed over \$950,000 to diabetes and community causes. This amount of money is only part of the equation. Hours of work raising the monies and volunteering are virtually impossible to track as we don't punch time clocks. We do our work over minutes, hours, or days of time invested, but the end result is the improvement of our communities and the satisfaction of helping others.

We ARE "The Club that Fights Diabetes"!!!! Because Cosmopolitan International has taken on the task of fighting and finding a cure for diabetes, our Clubs' have donated millions to diabetes research and projects through our Cosmopolitan Diabetes Foundation in the United States and the Cosmopolitan Foundation Canada, Inc. in Canada. This money has been used to help finance many projects for individuals with diabetes or in finding the cure for this horrendous disease. A cure will not only help our countries, but will help others worldwide.

We currently have 67 Clubs in Cosmopolitan International, consisting of 2006 members at the end of December. Over the last 4 years, we have had membership net increases and President Melvina Newman is "Full Steam Ahead" on the goal for us to reach a 5th straight year of membership increases. At the end of November we were at a +14 net gain for the year but with the December numbers we have a net loss of -18 for the year. Our membership numbers increase when we hold our Membership Events in October/November and March, but we must work to increase our numbers throughout the entire year and we must make our Club activities interesting and fun to retain the members we already have. I congratulate all members and Clubs for their hard work on membership and ask you all to continue this hard work to succeed in membership again this year.

Each year that we increase in membership, we have more Cosmos to continue the work that has been started or will be started. We will also have a larger membership base to bring in new members. That was evident last year when we had a net gain of 51 for the year. Our organization wouldn't be able to raise the monies we do or volunteer the time that we do unless we have the "Strength in Numbers" attitude that our GREAT organization has.



Brian Duckett
VP Membership and
New Clubs

Our Clubs'
have donated
millions to
diabetes
research and
projects.

Budget Picture



Phil Hanson
VP Finance

Dues have consistently been our major revenue source. In order for Cosmopolitan International to remain strong, we must maintain a strong membership base.

The Budget Performance Report along with the accompanying pie charts was reviewed by the CI board at this year's winter board meeting. I review the detailed financial statement monthly and address any areas of concern with our executive director, Kevin Harmon. The good news is that there are no areas of major concerns. Most of my questions have involved clarification of timing and account distribution.

The Cosmopolitan membership should review these statements to get an understanding of International's revenue and expenditures.

The Revenue and Expenditures Budget performance is based on the receipts and disbursement from 7/1/2009 through 1/31/2010 as compared with the budget for the same period. The annual budget is included to give the readers a picture of how we are doing when compared to the year as a whole.

The areas that will jump out to the readers are: **1)** CDF Grants and Cosmo Topics, which is a timing difference in the budget and we should receive those funds by year

end. **2)** Contracted Services is an expense that will not be incurred. This is now being handled by our staff. **3)** Education and Training expenses are incurred at the end of February and will be within budget. All other expenses are generally in line with the budget.

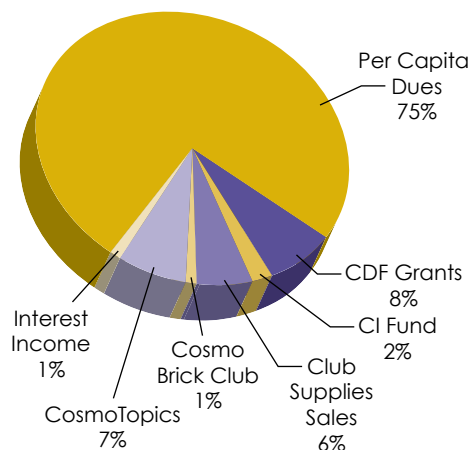
The pie charts point out the two driving factors concerning CI's finances, that of per capita dues on the revenue side and payroll on the expenditure side.

Dues have consistently been our major revenue source. In order for Cosmopolitan International to remain strong, we must maintain a strong membership base. So, if your club has not held its spring membership (get out and have fun) event, get on the stick and hold one before this year ends. As a matter of fact, if you personally have not brought in at least one new member in the last two years, I challenge you to go out and get one. While you are at it, stretch a little and get two. Don't leave it up to someone else. Challenge yourself.

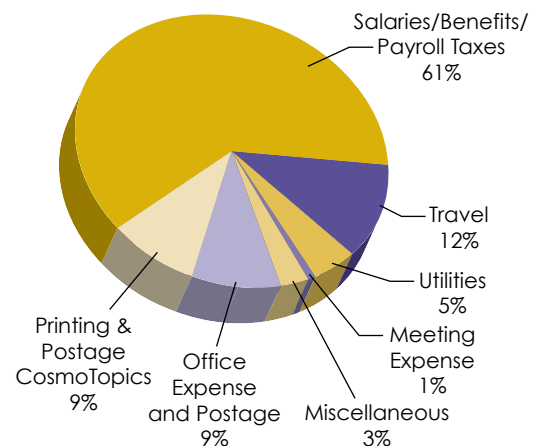
Full Steam Ahead!

The Cosmopolitan membership should review these statements to get an understanding of International's revenue and expenditures.

Annual Budget Revenues



Annual Budget Expenditures



Financial Statement

	Jul '09 - Jan 10	YTD Budget	Annual Budget
Revenue			
CDF Grants	725.86	15,100.00	17,600.00
CI Fund	5,000.00	0.00	5,000.00
Club Supplies Sales	4,575.45	7,300.00	12,500.00
Cosmo Brick Club	0.00	1,000.00	1,800.00
Cosmo Topics	6,116.00	11,326.50	15,102.00
Interest Income	685.17	726.00	1,352.00
Per Capita Dues	117,362.50	116,973.00	155,964.00
Total Revenue	134,464.98	152,425.50	209,318.00
Expenditures			
Accounting Services	2,800.00	2,800.00	4,800.00
Auditing	3,900.00	4,200.00	4,200.00
Awards	3,340.59	3,700.00	4,340.00
Bank Service Charge	821.02	875.00	1,500.00
Club Supplies Purchased	2,755.86	5,834.00	10,000.00
Computer Expense	2,320.45	1,150.00	2,000.00
Contracted Services-Other	449.00	8,750.00	15,000.00
Education and Training Programs	0.00	0.00	6,500.00
Meeting Expense	958.59	875.00	1,500.00
Miscellaneous	202.16	1,100.00	4,750.00
Office Supplies & Postage	3,563.08	6,883.34	11,800.00
Printing & Postage Cosmo Topics	6,637.64	10,500.00	14,000.00
Repairs and Maintenance	2,063.79	1,312.50	2,250.00
Salaries-Benefits-Payroll Taxes	55,309.86	57,821.00	97,336.00
Telephone and Internet	2,604.41	1,950.00	3,400.00
Travel	10,188.60	11,850.00	18,800.00
Utilities	2,824.91	2,900.00	4,900.00
Total Expenditures	100,739.96	122,500.84	207,076.00
Net Revenues over Expenditures	33,725.02	29,924.66	2,242.00

In order for
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membership base.

Branding versus Marketing



Sheila Anderson
VP Marketing

We're not simply talking about developing a logo or tagline that can be slapped on stationery and brochures

Is it a zebra or a horse? Branding and marketing can be deceptively identical, just like a zebra and a horse, but they are completely different elements in any organization's success. Ultimately they go hand in hand, but the development of each is unique.



Branding is a slow, collaborative process that ultimately defines the "character" of a company, product, or organization. Branding is developed internally and must be followed by those within the organization to be effective. Employees or consumers representing a brand need to devote their loyalty and trust whole heartedly in a brand for it to perform at its peak potential. Even though a brand starts internally, it is the external perception of a brand that truly defines it. It makes no difference how a brand is described internally if that description does not mirror the public perception. When a brand develops "ambassadors" (loyal devotees) both internally and externally, that is when the true strength of a brand can show. A brand is what results from marketing consistency: the customer comes to expect that the brand will continue to display the same characteristics, and this expectation creates a covenant between the brand and the customer. A brand will reflect the beliefs of the organization. When those beliefs are expressed consistently, branding, that is the communication of the covenant to the customer, will occur progressively, over time. Thus, repeated exposure is required before branding begins to be successful.

Marketing, on the other hand, needs to compliment a brand to be effective. Marketing is the process of spreading the brand's message or mantra. Obviously poor marketing can have a negative effect on a brand if the marketing strategy is not well planned. A clearly defined marketing strategy is always going to prevail over loosely arranged plans. The more defined the marketing plan, the easier it will be to measure results throughout the campaign. Marketing is a multi-faceted practice, but well designed marketing pieces should have the ability to trigger a response on their own. Marketing is not necessarily always selling something. Marketing can be simply for top of mind awareness, to show support of a related matter, or just to reinforce a brand's image.

To put it "monkey simple": Branding is the development of a company's "character". It's about putting a face with a promise on an organization. Marketing is the attempt to persuade the public perception of a brand. Branding is the image, an organization's footprint; marketing is the selling of that image.

So we're not simply talking about developing a logo or tagline that can be slapped on stationery and brochures, and, voila, we have a brand. As indicated above, it is about selling everything associated with our organization. Everything our organization and its members do is a reflection of our Cosmopolitan brand. The way we treat and relate to people we are helping and to each other and how people perceive who you are and what we do are all part of the brand experience. If an organization works strategically to grow its brand, the brand will grow the organization. Because a powerful non-profit brand will raise more money, attract more volunteers and help more people.

So how do we go about branding Cosmopolitan? The good news is we aren't starting at the beginning. We already have the name of our organization, logo, and tag line statement. Our name "Cosmopolitan" means citizen of the world. Our logo is designed in the shape of a pilot's wheel. Superimposed on it is an equilateral triangle with the words Unity, Service, and Action. The entire emblem is surmounted by the word THINK. As a ship is guided over the water by means of a pilot wheel, so too may your relations in Cosmopolitan be guided by mutual benefits between you and your fellow members. In UNITY there is strength. Many of us working together can do much more than one individual. In SERVICE there is satisfaction. It feels good to do something good for another human being. And ACTION is that dynamic force which integrates both Unity and Service. THINK is symbolic of the desire of every Cosmopolitan to be mentally alert in their duties and obligations to the community. It is the foundation of all, for we believe that "as a Cosmopolitan thinketh, in our heart, so are they!" Our tag line "the Club that Fights Diabetes" definitely tells what our focus is.

Now that we have all this done, the next step experts recommend is securing a spokes person. This is something we are working on with the realization that it may be a couple year process. We want to make sure the person that is selected is someone who can identify with diabetes on a more personal level with the public in general and who has possibly had to experience the help our Club is giving. This will ensure he/she, along with our organization, will touch the public on an emotional level via ads in print, television and radio as well as speaking engagements.

According to Larry Checco's book, *Branding for Success: A Roadmap for Raising the Visibility of Your NonProfit Organization*, he provides a five-step process that will move an organization toward successful branding. Let's explore the first step of conducting a SWOT analysis. SWOT is an acronym for strength, weaknesses, opportunities, and external threats.

INTERNAL FACTORS:

Strengths

- Q.** *What do we do best? How do we want our target audience to view us? What distinguishes us from other organizations?*
- A.** For one, it is said Cosmopolitans raise the most money per capita than any other service organization. According to our records, our Clubs raise and then donate over \$950,000 annually to diabetic and community related causes, which equates to about \$500 per member.

Weaknesses

- Q.** *In what ways do we have trouble clearly explaining to people outside our organization what we do? How much does our board know about branding, and how effective will members be in promoting and protecting our brand?*
- A.** One of our challenges is most people have never heard of our organization. For one thing, we simply don't have a huge advertising budget that allows for a lot of money being spent on avenues to get our name out there. Branding campaigns often use TV, radio, billboards, newspapers and sponsoring huge events to repeatedly deliver their message. However, it doesn't mean we can't come up with creative ways to do so and learn to stretch the dollars we do have.

*There is value
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Branding versus Marketing (continued)

The other area we struggle in is getting everyone on the same page so our message of who we are is consistent. There is value in having all our materials and key messages look, feel, and sound cohesive. Believe me, this is not just a challenge in our organization, it's a common issue in most businesses.

So, you ask, what's being done to move us in the right direction? Here's what I'm working on:

- 1. Graphic Standards Guide** – I had started this project when I was Governor and continue to work on developing. Our goal in all marketing efforts is to develop strong brand awareness and positive brand associations. The consistent use of logo graphics and key messages are the foundation of achieving the goal. Graphic standards are an important part of our branding process as we seek to increase our visibility and that continuity of our image. By following these standards we will produce materials that are consistent in appearance and that project our brand as a quality civic organization.
- 2. Public Service Announcements (PSAs)** – We received an offer from Scott Swedlund, Director of Sales at Great Plains Media in Lawrence, KS, to help us write Public Service Announcements (PSAs) and produce them for us FREE OF CHARGE. Scott graciously offered his services while Melvina and I were at a Cosmopolitan event at Health Care Access Clinic. Scott has helped the Lawrence River City Cosmos with their golf event and is impressed with the way they execute and get things done. I am in the process of working with Scott on these PSAs and hope to have them available for all Clubs to use in the next few months. A lot of radio stations offer free time for service organizations. The final PSAs will be available as downloads on our website under Resources/ Media Information.
- 3. Ads** – After the PSAs are completed, we will work on creating some print ads with core messages developed from the PSAs. More often than not, there are costs involved with placing ads in publications; however, some companies will offer discounted pricing to non-profits.
- 4. Fact Sheets** have been created for each Federation. These handy one-page sheets highlight key facts about our organization and can be used in a variety of ways, such as sending them along with Press Releases or have as handouts at your membership events. These are now available on our website under Resources/Media Information.
- 5. Press Releases** are another no-cost way to get our name out there. Consider sending these to your local media for any fundraisers you do, and even when you elect new officers or have your awards banquet. I have created some sample Press Releases for you to use. And if you need help with these, just let me know. I will be more than happy to send these out for you.
- 6. Public Relations Guide** – Creating a Public Relations Guide is on my to-do list. The goal is provide a guide on how to determine what is newsworthy, how to contact the media, how to share messages with the public, sample fact sheets, press releases, and the wording used in our PSAs.
- 7. Special Issue of CosmoTopics** – I am pleased to announce we have secured all the funding necessary to go to print with the Special Issue of CosmoTopics. Contributions as follows:
 - \$1,500 CDF
 - \$5,000 Canadian Foundation
 - \$2,500 from BD (Becton, Dickinson and Company). Sioux Falls Noon Club Cosmo members Jerry and Dana Priebe have a niece that works for at BD

We are still in
the process
of seeking
financial
sponsors to
help support a
Special Issue of
CosmoTopics.

Medical – Diabetes Care in Holdrege, NE. Jerry put me contact with her and we were pleasantly surprised when they announced they would help support our project with a \$2,500 donation! They will receive a quarter page ad in this Special Issue of CosmoTopics. To learn more about BD, visit their website at www.bd.com.

- \$300 Council Bluffs Club
- \$300 Sioux Falls Noon Club
- Due to the frugality at Headquarters, we are in better financial shape that we have been and have sufficient funding in our normal operation budget. So the rest of the money needed at this point will come from unrestricted earnings of Cosmopolitan allowing us to get this project on the way. We will still continue to take in grants and donations for this project.

The objective of this special issue of CosmoTopics is to showcase our projects while bringing awareness to our Club and its dedication to fighting diabetes. This 40-plus page publication was set to be published in March 2010, with the understanding that it may need to be moved back depending on funding and sponsorship. So this date remains flexible. It will be placed in doctor's offices, clinics, and diabetes education centers throughout the United States, Canada, and Mexico. Circulation of this publication is expected to be 15,000 at initial printing. This is the first time we have offered advertising to outside agencies.

8. **Website** – As you've noticed, our website continues to be updated and improved. One of the most exciting things is the revamping of our home page. This isn't completed yet, but will be very soon. We are working on highlighting our Major Cosmopolitan Diabetes Centers/Programs. We feel this will bring our major projects to the forefront to anyone visiting our website, especially potential members! The idea is to have a picture of each project and have those projects/pictures rotate. When you click on the picture, it will take you to more information about that project, similar to what the current International Projects tab on the left currently does. I am working with each Center/Program to get updated information. And speaking of visitors to our website (and I trust you all check it regularly!), there isn't any place where we greet visitors or even invite them to be Cosmopolitans. That's free advertising waiting to happen! So that will also be added.

EXTERNAL FACTORS:

Opportunities

Q. *Can we identify an expanding market for our organization?*

A. As noted in my last article, there is a move in younger generations to get involved in their community. To reach this demographic we are utilizing social media such as LinkedIn, Twitter, and Facebook.

Threats

Q. *Are there external factors that would prohibit our organization from promoting our brand? How much do we know about our competitors?*

A. It is said every strong brand needs an enemy. This is something non-profits by nature tend to avoid discussing. But strong brands are built by figuring out who the enemy is, what the enemy stands for and then building a brand that stands for the opposite. There are other service clubs out there that also raise awareness about diabetes. How much do we know about them? How do we do things differently from them? We probably need to spend some time in this area.

And we can have all the spiffy marketing collateral, the snappiest website out there, TV and radio ads everywhere...but still our very best form of marketing is, quite simply, you!

One of the
most exciting
things is the
revamping
of our home
page.



Healthy Choices



Chocolate, the food of the Gods

by Nancy Donahey, registered dietician and certified diabetes educator, member of River City Cosmos

History of chocolate

Cocoa, from which chocolate is created, is said to have originated in the Amazon at least 4,000 years ago. Chocolate, derived from the seed of the cocoa tree, was used by the Maya Culture, as early as the Sixth Century AD. The cocoa pod was often represented in religious rituals, and Mayan writings refer to cocoa as the god's food. In both the Mayan and Aztec cultures cocoa was the basis for a thick, cold, unsweetened, bitter drink called xocoatl. It was believed to be a health elixir.

The Aztecs, Mayans and other tribes native to some parts of current day Central America used cocoa beans as currency (who says money doesn't grow on trees). In 1513 Spanish explorers to the New World reported that 10 cocoa beans bought the services of a prostitute, and 4 cocoa beans got you a rabbit for dinner. During this time the name of the drink changed to Chocolatl from the Mayan word xocoatl [chocolate] and the Aztec word for water, or warm liquid.

In 1528 Hernando Cortez presented cocoa beans to the Spanish King, Charles V. Cortez is credited with suggesting that the bitter beverage made from the beans would taste better if sugar and vanilla, nutmeg, cloves, allspice, and cinnamon were added. The Spanish were able to keep chocolate a secret for the next 100 years, but after that it quickly spread across Europe.

The English, Dutch and Swiss also played significant roles in refining processing to develop the chocolate that we know today. In 1847 the first solid chocolate bar was created in England. The first milk chocolate bar was created in 1875 in Switzerland.

Types of chocolate

In the United States, the Food and Drug Administration (FDA) has established Standards of Identity for many chocolate and cocoa products. These standards designate the percentage of key ingredients that must be present.

Milk Chocolate

- A combination of chocolate liquor (not alcohol), cocoa butter, sugar and milk or cream. Milk chocolate must contain at least 10% chocolate liquor and at least 12% total milk ingredients.

Sweet Chocolate

- A combination of chocolate liquor (at least 15%), cocoa butter and sugar.

Semisweet Or Bittersweet Chocolate

- A combination of chocolate liquor (at least 35%), cocoa butter and sugar. Sweet chocolate and semisweet chocolate are often called dark chocolate, but currently there is no FDA Standards of Identity for dark chocolate.

Chocolate, Unsweetened Chocolate, Or Baking Chocolate

- - Chocolate or chocolate liquor is produced by grinding cocoa beans smooth into a liquid state. This chocolate can be sold as unsweetened chocolate or baking chocolate or used to make other chocolate types.

White Chocolate

- Made from the same ingredients as milk chocolate (cocoa butter, milk, sugar) but without the nonfat cocoa solids. White chocolate must contain at least 20% cocoa butter and 14% total milk ingredients.

Cocoa

- Cocoa is the product made by removing part of the fat (cocoa butter) from the cocoa beans and grinding the remaining material minus the shell.

Not all chocolate is created equal

Researchers say the high flavanol antioxidants in cocoa powder and dark chocolate may have health benefits. Study results suggest that chocolate may:

1. Improve brain function by increasing blood flow in the brain
2. Reduce blood pressure by making blood vessels more flexible
3. Reduce risk of heart attacks and lower LDL (the bad) cholesterol
4. Reduce the risk of blood clots and strokes by inhibiting blood platelets from sticking together.

Cocoa powder ranks the highest in antioxidants followed by dark chocolate and milk chocolate. Natural cocoa powders contain the highest levels of antioxidants. Dutching, or alkali treatment, of cocoa is a process used to lower the bitterness and darken the color of cocoa powder. But the Dutching process removes some of the antioxidants.

Dark chocolate is often distinguished by the percentage of cocoa solids in the bar. The cocoa content of commercial dark chocolate bars can range from 30% (sweet dark) to 70%, 75%, or even above 80% for extremely dark bars. Unsweetened baking chocolate may be 100% cacao. The larger percent cacao solids, the more antioxidants and health benefit.

Most of the studies done used no more than 100 grams, or about 3.5 ounces, of dark chocolate a day, but some showed health benefits with as little as 7 grams of dark chocolate per day. Two Special Dark Chocolate Hershey's Kisses weigh 9 grams; you could add a couple of Special Dark Chocolate Hershey's Kisses to your pill box every day for the health benefit! This amount of chocolate would only add 40 calories to your diet.

Many foods, notably fruits, vegetables and whole grains, are high in antioxidants. Antioxidants help prevent damage to cells in our bodies that can hasten aging and disease.

Two tablespoons of natural cocoa (powder) have more antioxidant capacity than 3 ½ cups of green tea, ¾ cup of blueberries or 1 ½ glasses of red wine.

http://www.hersheys.com/nutrition-professionals/Libraries/Fact_Sheets/

Chocolate is high in calories. The U.S. Government reference serving size for a chocolate bar is 40 grams (1.4 ounces). Five blocks of Hershey's Special Dark Chocolate (38 grams = 1.75" x 4.25") contains 180 calories. If you eat a 40 gm chocolate bar every day you may want to balance those 180 calories by eating less of something else. Cut out other sweets or snacks and replace them with chocolate to keep your total calories the same. An extra 180 calories per day over a year could add up to 18 pounds weight gain.

Nutritional values for some dark chocolate candies and baking ingredients.
Values are calculated for approximately one ounce (28 gm) for comparison.

Chocolate Item	Amount	% Cacao	Calories	Fat	Saturated Fat	Carbohydrate	Sugar
Special Dark Chocolate Hershey's Kisses	6 pieces (27 gm)	45%	120	8 gm	5 gm	17 gm	14 gm
Special Dark Chocolate Bar	4 blocks (30 gm)	45%	144	10 gm	6 gm	18 gm	14 gm
Ghirardelli Bittersweet Chocolate Chips	32 chips (30 gm)	60%	160	12 gm	7 gm	16 gm	12 gm
Baker's Unsweetened Baking Chocolate Squares	1 square (28 gm)	100%	140	14 gm	9 gm	8 gm	0 gm
Hershey's Cocoa Powder, Natural Unsweetened	3 Table-spoons (15 gm) = cocoa in 1 sq. baking chocolate less the fat	100%	30	1.5 gm	0 gm	9 gm	0 gm



Microwave Chocolate Pudding

Makes 5 servings, ½ cup each

INGREDIENTS:

2/3 cup granulated sugar
¼ cup natural cocoa powder
3 tablespoons cornstarch
2 ½ cups skim milk
1 teaspoon vanilla

DIRECTIONS:

1. Combine sugar, cocoa, and cornstarch in a medium-size microwave safe bowl.
2. Gradually stir in milk.
3. Microwave on high for 2 ½ minutes, remove from microwave and stir.
4. Microwave on high until mixture is cooked and thickened, about 2 minutes more. Cooking time may vary depending on the microwave.
5. Stir in vanilla.
6. Pour into individual serving dishes. Chill.

For lower carbohydrate:

Replace sugar with 1/3 cup sugar and 1/3 cup sucralose (Splenda). This reduces the calories to 145 and carbohydrate to 31 gm.

Nutrition Analysis:

Calories: 170
Total Fat: 1 gm
Saturated Fat: 0 gm
Cholesterol: 2 mg
Total Carbohydrate: 39 gm
Fiber: 1 gm
Protein: 5 gm
Sodium: 60 mg

Adapted from Hershey's® Chocolate and Cocoa Cookbook, copyright 1982.



To maximize your health benefits from chocolate:

1. Look for all natural (non-dutched) cocoa-containing products for the highest amount of flavanols.
2. Choose dark chocolate that contains 70% or greater cacao.
3. Keep your portions small, no more than 1 ounce (30 grams). As little as 7 gm of dark chocolate per day may be enough.
4. Chocolate Recipe Substitution: When a recipe calls for chocolate, use dark chocolate (usually less sugar) or even better cocoa powder. To substitute 1 oz of unsweetened chocolate, use 3 Tbsp of dry cocoa + 2 Tbsp of sugar + 1 Tbsp of vegetable oil.
5. A mark of quality chocolate is a short list of ingredients, such as: cocoa, cocoa butter, sugar and vanilla. Chocolate is supposed to be shiny, not white. You should hear a snap when you break off a piece. A little dab will do you...

Cocoa powder contains almost no fat. Chocolate is high in fat and most of that fat is a saturated fat. Typically saturated fats tend to cause our bodies to make more LDL (bad) cholesterol. But cocoa butter, the fat in chocolate, is mostly stearic acid. Research has shown that it doesn't raise cholesterol levels the same way that other types of saturated fats do. When consumed in moderation as part of a balanced eating plan, chocolate does not increase blood cholesterol levels. In fact, eating a 1.4 ounce milk chocolate bar instead of a carbohydrate-rich snack was shown to increase HDL (good) cholesterol levels.

You can eat chocolate and not feel guilty about it... if you eat in moderate to small amounts. A decadent piece of Valentine's candy or chocolate Easter egg is not going to harm your health, either. If given the choice, choose dark chocolate for its higher antioxidant content.



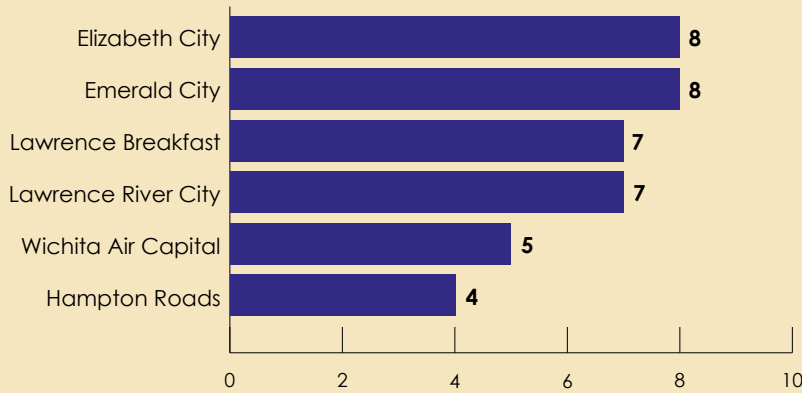
Know & Tell



TOP CLUBS

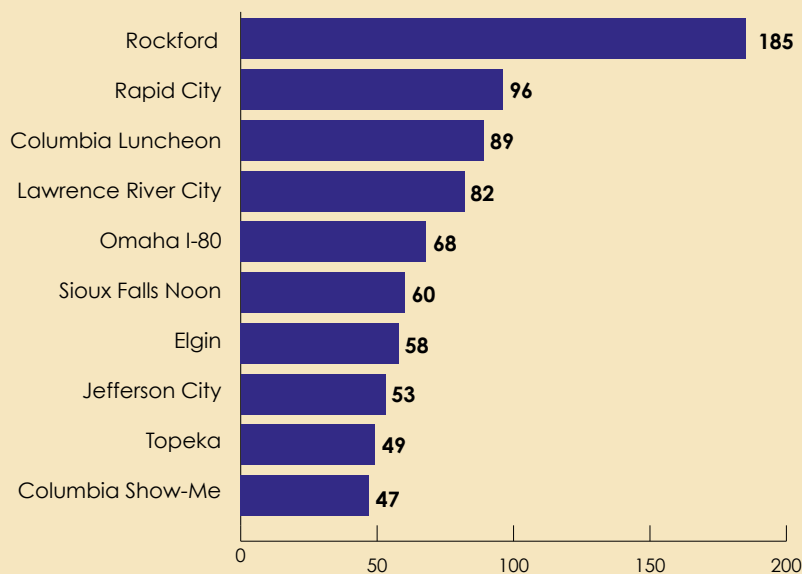
Top Clubs

Net Member Increase



Top Clubs

Total Members through January 31, 2010



Federation Honor Roll

Net Increases through January 31, 2010

**Capital
Mo-Kan**

Club Honor Roll

Net Increases through January 31, 2010

**Elizabeth City
Hampton Roads
Roanoke
Bellevue-Big Elk
Council Bluffs
Grand Island
Main Street
West Omaha
Belvidere
Columbia Breakfast
Lawrence Breakfast
Lawrence River City
Emerald City
Wichita Air Capital
Rapid City
Edmonton
Prince Albert
St. Albert**



Out & About

Meet the Lawrence Breakfast Club *by Kevin Harmon*

The Lawrence Breakfast Cosmopolitan held its inaugural and Winter party on January 23, 2010 with 62 members and guests attending. During this event, Club President David Lake turned over the reigns to new President Paul Monte. The Cosmo of the Year was awarded to Larry Auwarter, long time treasurer and do everything member. The newest members of the club were recognized during the ceremony and a listing of charitable donations from the Club was announced. The recipients of the funds included Donnelly College, Warm Hearts, C.A.S.A., Van Go Mobile Arts, Boy's and Girl's Club, Crimestopper's and our own Cosmopolitan Project - Health Care Access. The new Board of Director's was installed while the departing board was recognized for their hard work during the year. The evening was capped off with social time following a delicious meal.



L to R Dan Blomgren, Paul Monte, and David Lake. Incoming President Paul Monte congratulating David Lake on his two years of service as club president with a past-president plaque while Vice President Dan Blomgren looks on.



The Lawrence Breakfast Cosmos gather for their Winter Party and inaugural at Maceli's Banquet Hall in downtown Lawrence.



L to R Larry Auwarter and David Lake. Larry Auwarter addresses the members and guest after being awarded the Cosmo of the Year.

Cosmos on Parade *By Jeffrey T. Myers*

The Sioux City Cosmopolitan Club entered its decorated 1932 Fire Truck in the annual Sioux City Holiday parade on November 30th. Club members walked the parade route with signs about the club and passed out candy canes to the crowd of over 3,000 along the parade route. The club's annual holiday party followed at a "food" establishment at the end of the parade route. It was a great night for club and our fight to find a cure for diabetes.



Aurora Cosmos Name In Lights

By Kenlyn Nash-Demeter

The Aurora Cosmopolitan Club got their name in lights for the annual poinsettia sale through an electronic outdoor display sign courtesy of the Electricians Union. Despite the lagging economy, \$2,000.00 was realized from this sale of poinsettias. In December the Club sold poinsettias at the "Angel Expo", held at a large local shopping center. This event was explicitly for "not for profits." Our club was nominated for the annual "Best Business Award" in the "not for profit" category. This award is sponsored by the Aurora Chamber of Commerce. The Club received honorable mention. During the holiday season the Club also assisted in the Salvation Army bell ringing campaign which is a yearly event for the Club.

The Club was not just busy during the Holidays. Throughout the year the Club takes part in many worthwhile activities. The clubs "Drive Thru Bar-B-Q", held in May last year, was a success. It was held on the grounds of Provena Mercy Medical Center. Proceeds benefited the Diabetes wellness program at Provena. In June we served beverages at "Down Town Alive" festival. The club received the evening's tips for our treasury. We provided a scholarship for a diabetic child to attend a diabetic camp last summer. As members of the Aurora Chamber of Commerce, the Club had a booth at the "Business Expo" in October.

Members, Rita and Victor Smith have spearheaded an ongoing collection of paper back books, CD's and magazines. These are sent to our U.S. armed forces personnel. Member Joanie Bolden collected and stored food items for a local pantry. Member Sherrill Galis, R.N. assisted a homeless cancer patient in acquiring a home and furnishings. All of our Cosmo members assisted in these acts of generosity and compassion.

It is not all work with the Aurora Club. We like to have a little fun whenever we can. Victor Smith surprised his wife, Rita by being sworn in as a new member at the convention in New Orleans. Rita is the current Mid-States governor. Rich Ruffalo, a former member, also rejoined Cosmos at the convention. Other "Fun Stuff" this past year was the annual "Derby Day" potluck, Christmas Party and attending the musical "Broadway Auditions." Two of our members were in the cast of the musical. Kenlyn Nash-Demeter and Patrick Pfleeger Demeter, grandmother and grandson, represented our Club quite well. A new member and social event is planned for March. It will be a "game night" theme.

Kenlyn Nash-Demeter
Publicity Chair/Membership Chair/Ambassador Chamber of Commerce

Cornhuskers Then and Now

Where were you in October of 1969? Members of the West Omaha Club were meeting with future members of the Cornhusker Club. The Cornhusker Club was chartered with 39 Members on November 9, 1969.

On October 10, 2009, the Cornhusker club celebrated 40 years of service and friendship at the German American Society in Omaha. We were honored to have International President Melvina Newman and Cornbelt Federation Governor Wayne Hinkley address the gathering of 60 Cosmos and their families. We also enjoyed the wit and wisdom of Past International President Jim Sauer who acted as our Master of Ceremonies.

After 40 years, two Charter members remain active in our club, our current president Ken Dirksen and Chuck Poore. They regaled the audience with tales of the social and charitable activities undertaken in the early days of the club.

The Cornhusker Club has become famous in Omaha for our two annual fund raising rib feeds and our annual Christmas Party for 185 special needs children from area schools and their teachers. We have thoroughly enjoyed our membership in the Cornbelt Federation and Cosmopolitan International.



Santa Fe Support Reaches Across Borders

by Jim Flynn

The Santa Fe Trails Cosmopolitan Club is very proud of their hard efforts from this past year. Through selling funnel cakes at three different events and one "rib fest" supper, we were able to make the following donations this past year:

Charity	Donation
Kindness Connection	\$ 2,000
American Diabetes Assoc.	25,000
Cosmopolitan International	5,000
Angel Tree (Salvation Army)	3,000
Harvesters	1,500
Have a Heart	250
Tour de Shawnee	1,000
Cystic Fibrosis	4,000
Inter City Girls Softball	350
TOTAL	\$42,100

We have a very soft heart for the Kindness Connection and the enormous accomplishments this group has made in Peru.



The school that was built through Kindness Connection.



Kevin Harmon from Cosmopolitan, Emily Broxterman from Kindness Connection and Mark Stubbs from ADA receiving financial support from the Santa Fe Cosmopolitan Club.

Kindness Connection is a non profit organization committed to developing sustainable communities, promoting human development and improving the quality of life for individuals in underprivileged areas worldwide.

Emily Broxterman from the Overland Park area went on a "short" mission trip following her graduation from college. She became so involved with helping the impoverished people of the small town of Horacio Zeballos Gamez, Peru, that her mission lasted three years. During that time she developed self sustaining programs designed to help the destitute residents permanently break the cycle of poverty.

Upon returning to Kansas City and entering Medical School in 2006 she and her family founded Kindness Connection. Since that time they have been instrumental in doubling the size of the school and establishing a solid volunteer program. All efforts are intended to provide the poor Peruvians with the tools and skills needed to elevate themselves. The next major project is the establishment of a secondary trade school designed to teach teenagers skills which will allow them to escape a life of subsistence working in the local brick factories.



Three children in Peru with bricks drying in the background. Brick making is the predominant industry in the area.

Johnson County Club Celebrates Another Year

By Susie Bartlett

It was a cold evening and snow was piled all around, but inside the Heritage Country Club in Mission, Ks everyone was toasty. Gary and I attended the Johnson County Cosmo club's inaugural in January and were treated to a wonderful dinner, an 'unusual' installation of the incoming officers, and entertainment by LaDonna Gatlin, sister of the famed brothers. The fireplace was roaring, and outside the window, we could see the swimming pool. Made me long for summer and some hot weather! Outgoing President Bill Lauterbach thanked individual members for their contributions the past year. Patrick Ayers, a past president, installed the incoming officers, in an 'untraditional' ceremony. Lots of light-hearted banter and the job was done. The evening's entertainment, LaDonna Gatlin, told personal stories of growing up singing in the church and singing with her brothers until she married. She sang several 'oldies but goodies'. It was a great evening visiting with members and even brainstorming about a 'women's only' club with the wife of one of the members. A great group of Cosmos in the heart of Kansas City.



The Johnson County Club Salute?

Emerald City Cosmo Club Celebrates Their One Year Anniversary

By Gary Bartlett



One year ago, on February 28, 2009, a large contingent of Cosmopolitans found themselves gathered together on a chilly night in Topeka, KS. This gathering was the start of something wonderful, with the new Emerald City Cosmopolitan Club officially becoming chartered. There was much fanfare, with then International President Jim Smith, International officers, and a great crowd of local Cosmos from both Topeka and Lawrence in attendance to celebrate the event with the new members of the Emerald City Club.

At the time it felt as if the Emerald City Club was going to go places in Cosmopolitan, and they have not disappointed anyone. This group of 20 enthusiastic new Cosmo members took hold and set their club on a

path that has impressed everyone. During the past year, they have held numerous fundraisers which raised nearly \$4,500.00 to help in Cosmopolitan's fight against diabetes. Since chartering, they have added nine new club members, bringing their current membership total to 29. They even have their own club mascot, a stuffed chicken which was won by Emerald City Club members during a progressive auction at their very first Mo-Kan Federation Convention, which proudly displays its own Cosmo lapel pin and name badge!

The Emerald City Cosmopolitan Club has taken Topeka by storm and is definitely a club to be reckoned with. Few service clubs have as much fun, friendship and enthusiasm for their cause, as do the members of the Emerald City Club. Cosmopolitan's across North America are proud of the Emerald City Club's accomplishments and congratulate its members on their incredible first year in the Cosmopolitan International organization!



Categories of Recognized Programs



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 will be available from CI headquarters and is also a downloadable form from www.cosmopolitan.org under Resources, Club and Federation Info.

Major Cosmopolitan Diabetes Center/Program

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

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

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive, Columbia, MO 65212
B 573.882.2273
Elaine Rehmer, Administrator
rehmerf@health.missouri.edu

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

1100 S. Euclid Ave., PO Box 5039, Sioux Falls, SD 57117-5039
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.

4131 South 174 Street, Omaha, NE 68135
B 402.895.3764 or 402.490.9603
Ed Thompson, President

HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

1920 Moodie Road, Lawrence, KS 66046
B 785.841.5760
Nikki King, Executive Director



Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.

28 34th Street E, Saskatoon, SK S7K
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

SETEBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES

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

DIABETES INCORPORATED

12955 Bogus Jim Road
Rapid City, SD 57702
Deanna Smith, Executive Director
605-341-1273

PROVENA MERCY MEDICAL CENTER

Center For Diabetes Wellness
1325 N. Highland Avenue
(new address)
Aurora, IL 60506
Rita Smith, RN, MSN, CDE
630-801-2675

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street
Rapid City SD 57701
Dr. Thomas Repas
605-718-3300

Cosmo **Brick** Club

Purchasing a brick to be placed in the brick courtyard at International Headquarters is a wonderful opportunity to honor your club president, federation governor and award recipients. Bricks have also been inscribed in memory of friends and loved ones. To date, nearly 400 engraved bricks have been placed in the courtyard of the historic turn-of-the-century headquarters buildings.



BRICK CLUB WINTER 09

Sharpless M. Paxson
Baltimore MD
Cosmopolitan Club

In Memoriam
Edward Gibbons
Topeka Club 1975-2010

Eunice Gerdes
Columbia
Breakfast Club



In Memoriam

Capital Federation

William Lavin
Roanoke

MoKan Federation

Edward F. Gibbons
Topeka

North Central Federation

Homer S. Thune
Fargo-Moorhead

Western Canada Federation

Lorne Campbell
Saskatoon Bridge City

Stewart P. Duncalfe
Saskatoon Bridge City



To order your brick, please send your \$100 US check to headquarters with your engraving and acknowledgement info.

ENGRAVING INFORMATION

Name: _____

Street: _____

City: _____

State/Prov: _____

ZIP/Postal: _____

Phone: _____

Fax: _____

Do You Know Diabetes? *By Rita A. Smith, RN, MSN, CDE*

As members of the Cosmopolitan Club, the Club That Fights Diabetes, it is important for us to know about Diabetes. This information can be very helpful when telling prospective new members about our club and goals. After all, shouldn't we know about diabetes as that is what our club is about! This article may help you to be able to give a brief explanation of diabetes and/or answer some questions you may have about diabetes.

Diabetes is a very common disease. According to the 2007 National Diabetes Fact Sheet from the American Diabetes Association there are 23.6 million children and adults in the United States or 7.8% of the population has diabetes. Out of that 23.6 million people, 17.9 million have actually been diagnosed with diabetes. The remaining 5.7 million people have not been diagnosed. And 5.7 million people have been diagnosed in the pre-diabetes category. Each year there are 1.6 million new cases of diabetes diagnosed in people aged 20 years and older!

As you may know, there are two types of diabetes, Type 1 and Type 2. There is also another form of diabetes, Gestational, that some women may get while pregnant. And diabetes may also be induced by certain drugs, infections, pancreatic disease or other illnesses. But for the purposes of this article we will concentrate on Type 1 and Type 2 diabetes.

Type 1 diabetes previously was called insulin-dependent or juvenile-onset diabetes. Type 1 develops when the body's immune system destroys pancreatic beta cells. It is not known why this happens. Numerous research studies and clinical trials have been and are constantly being done today on finding a cure for diabetes.

The pancreas is an organ located in your abdomen with the purpose of making and secreting the hormone, insulin. Insulin regulates blood glucose. To survive, people with type 1 diabetes must take insulin as their body is no longer producing insulin. Insulin can only be taken by injection or an insulin pump. There is no oral form of insulin.

Type 1 diabetes most often occurs in younger people, children or young adults. However, it may occasionally occur at any age. In adults, type 1 diabetes occurs in approximately 10% of all diagnosed cases of diabetes. Risk factors for type 1 diabetes may be autoimmune, genetic, or environmental. At present, there is no known way to prevent type 1 diabetes.

Type 2 diabetes is the most common form of diabetes. It previously had been called non-insulin dependent diabetes mellitus or adult-onset diabetes. Type 2 diabetes accounts for 90-95% of diabetes. This type of diabetes is associated with obesity, older age and certain other risk factors. It usually begins as insulin resistance, a disorder in which the cells in the body do not use insulin properly. As the need for insulin rises as blood sugars rise, the pancreas gradually loses its ability to produce it.

There are many known risk factors for developing type 2 diabetes:

- People over the age of 45
- People with a family history of diabetes
- People with impaired glucose tolerance and/or impaired fasting glucose
- People who are overweight
- People who do not exercise regularly or have a sedentary lifestyle
- People with low HDL, Cholesterol or high triglycerides
- People with high blood pressure
- Certain racial and ethnic groups such as:
 - Non-Hispanic Blacks
 - Hispanic or Latino Americans
 - Asian Americans and Pacific Islanders
 - American Indians
 - Alaska Natives
- Women who have had Gestational Diabetes or who have had a baby weighing 9 pounds or more at birth

This brings up the question of "can type 2 diabetes be prevented or delayed"? The answer is YES! By living a healthy life-style through changes in your diet, increasing your level of physical activity, and maintaining a healthy weight. By making these positive changes, you can stay healthier longer and reduce your risk of developing type 2 diabetes. There is an old saying, that "we can't choose our family", but we can change our life-style even though you may have a strong family history of diabetes.

As mentioned previously in this article, many people may have diabetes and not be aware of it. As Cosmopolitans we can help with getting the word out about risk factors for diabetes, symptoms of diabetes and helping or sponsoring diabetes screenings in our communities.

Some of the symptoms of diabetes are:

- Increased thirst
- Increased urination
- Feeling tired or having little or no energy
- Vision disturbances, especially blurry vision
- More frequent infections that take longer to heal

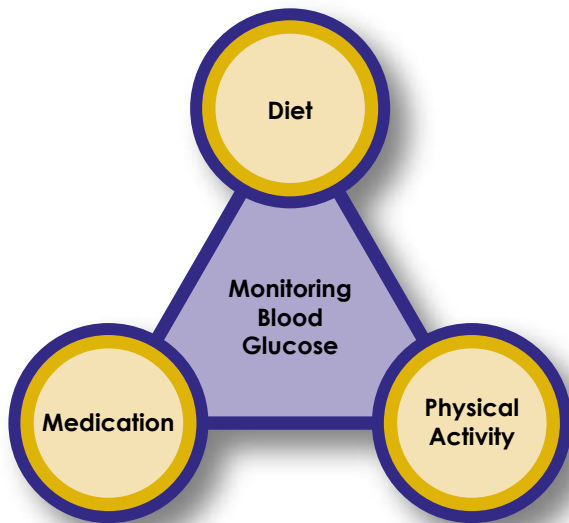
In type 1 diabetes these symptoms may occur suddenly, but in type 2 diabetes they tend to develop much more slowly. In fact many of the symptoms occurring in type 2 diabetes go un-noticed as they often are mistaken for other problems. This may contribute to a delay in getting diagnosed.

The most common way to diagnose diabetes is to have a fasting blood glucose test done. The only preparation for the test is to be fasting of both food and water for at least 8-10 hours. If the blood glucose test results are below 100 then that is normal and there is no diabetes. However if the results are between 100 and 125 then the person is considered to be in the Pre-diabetes range. Over 125 is considered to be diagnostic of diabetes.

People who are in the pre-diabetes range should begin life style changes immediately.

Ideally, the person should be sent to an education program with a Registered Dietician and a Certified Diabetes Educator to learn about developing a healthy life style.

Treatment for diabetes can be summed up using a triangle:



We use the triangle form to illustrate treatment because each side of a triangle is equal as is each life style change for diabetes equally important. And of course in order for the person to know if their blood sugars are in a normal range, routine monitoring of blood sugars at home is vital.

As mentioned earlier, the treatment for type 1 diabetes always includes insulin along with diet changes, monitoring blood sugars, and getting enough physical activity. In type 2

diabetes the person may initially begin treating their diabetes by diet changes, monitoring and increasing physical activity. If these life style changes are not enough to bring the blood sugar back into normal range then an oral medication may be added. Type 2 diabetes is considered to be a progressive disease. The longer a person has diabetes, the more challenging it is to control. Therefore, sometimes a person with type 2 diabetes may also need to take insulin to control blood sugar.

A blood test, the glycosylated hemoglobin can be a very useful tool in knowing if a person with diabetes truly has their diabetes under control. This test is also known as the A1C test and it provides a two to three month average of the blood glucose level. It measures the amount of glucose that attaches to protein in the red blood cell. Because these red blood cells live for about three months, the A1C test shows the average blood glucose during that time. The greater the amount of glucose in the blood, the higher the A1C result will be. This number is important to know because over a long period of time, high blood glucose may cause damage to large and small blood vessels and nerves leading to an increased risk for diabetes complications. Since the A1C is an average of blood sugars the results are given as a percentage. A person who does not have diabetes would normally have a reading of between 4-6%. The American Diabetes Association recommends that a person with diabetes strive to keep the A1C level at 7% or below.

Whether you or a family member has diabetes or you just want to be informed as a Cosmopolitan member, it is very important to get as much information about diabetes as possible. By knowing the risk factors and symptoms of diabetes and getting screened for diabetes every year, many times type 2 diabetes can be prevented or as least delayed. That's where we as members of the Cosmopolitan Club can be so valuable, getting the word out about diabetes and offering diabetes screenings in the community.

Governor News

Gettysburg, a place of historic bravery. A place to reflect on its importance in world history. 620,000 casualties of war on American soil. At Gettysburg, you will see 1400 monuments and memorials as they stand echoing the bravery of soldiers from the Blue and Gray. Be stirred by their commitment and realize the sacrifices of both soldier and citizen.

What once was a place of conflict has become a symbol of patriotism.

On July 28th through the 31st, Cosmopolitan International and the Capital Federation will host our annual convention here. 200+ people from across the U.S. and Canada will experience this historical place, some for the very first time.

The Capital Federation has planned a memorable weekend including golf, bus battlefield tour, and period re-enactors. There will be a youth program with interests relative to the

local area. Bring your family to learn about the Battle of Gettysburg right on the very soil where it happened.

From serving you in the hospitality room and hosting guest events as well as a silent auction, the Capital Federation looks forward to your visit at this year's Cosmopolitan International Convention and plans for you to have FUN, all in grand COSMO style!

If you have never attended an International convention, this is one you won't want to miss! For a deeper understanding of this place and the events that occurred here, you must come to Gettysburg and experience it for yourself.

On behalf of the Capital Federation of Cosmopolitan International,

LJ Smith, Governor

Past International President
Tom Stone



TOM STONE
PAST INTERNATIONAL
PRESIDENT
1994 -1995

“Building a Future Free from Diabetes” was my slogan when I served as International President from 1994-1995.

I can honestly say, however, that as strongly as I now feel about our diabetes cause, fighting diabetes had nothing to do with my decision, made in 1979, to join the West Shore Cosmopolitan Club in Harrisburg, PA.

In fact, I wasn't asked to join; I had to ask a member if I could join the Club.

It happened like this: I was invited to attend a weekly Cosmo breakfast meeting. I liked the group and I liked the fact that they got things done without a lot of ritual. I was invited back a couple of times, and I heard that a monthly board meeting was planned. Then I heard nothing.

I simply assumed that as I was on active duty in the Army or for some other reason, I had been denied admission. Thus, I stayed away from future meetings.

Before long, I ran into the Cosmo who had originally invited me, and he asked me why I had not been attending. He told me that I was welcome to come back; I asked him if I could join and soon I became a full fledged Cosmo.

The **LESSON LEARNED** is: generally you don't get members if you don't ask. I took that to heart and, currently, I proudly wear a membership building ring and have sponsored over 35 new members.

Not long after my initiation, I was “railroaded” into becoming club Vice President. **LESSON LEARNED:** don't miss a Board meeting.

But, I am so glad that I did accept this position as it enabled me to learn much more about the Club that builds Friendship. A couple of months later the President moved out of town and guess who became club President, a position I held for two years. I happily did my COSMO thing until the Army assigned me to Korea for a year as Commander of the Division Artillery of the Second Infantry Division.

Leave was a possibility and I chose to take mine so that I could be back to see my daughter, Sarah, graduate from high school. As I would be in the region at the time of the Capital Federation Convention in Baltimore, Cindy and I decided to spend one day and one night at the convention. While on a harbor cruise, three high ranking and physically large COSMOS maneuvered

talks about **lessons learned.**

me into a corner and wouldn't let me out until I had agreed to serve as Lieutenant Governor of the Mason-Dixon Region. **LESSON LEARNED:** beware of large, senior, smiling Cosmos who push you into a corner.

I served as Lieutenant Governor for three years, as Governor-Elect for a year and as Governor.

During this time I had many Cosmo mentors to include: Tom Harris, Larry Heim, Tom Williams, and Don Seyboth. Cindy and I participated in Federation and International Conventions and, when Tom Williams, Founder of the Cosmopolitan Diabetes Foundation decided to leave the Foundation Board, I was fortunate enough to be elected to serve as the Capital Federation representative.

Along the way I was Larry Heim's campaign manager when he successfully ran for International Office. **LESSON LEARNED:** develop a sound plan and then work the plan.

Meanwhile I retired from the Army, had a job where my boss didn't want me to run for Cosmopolitan International Office, changed jobs and became International Awards Chair. **LESSON LEARNED:** don't complain too loudly about the awards program when International Officers are present or you too could become Awards Chair.

Cosmopolitan does indeed Build Friendships and two of my best Cosmo friends are Larry Benton and Steve Hanna. At the Denver Convention in 1988, while the three of us were observing a hockey game from an indoor walking track, we decided to run for International Office. It was to work this way: Steve would go first and during his year as International President he would focus on Cosmo education. Larry would go second and he would focus on membership and I, who would go third, would be Larry's Membership chair. During my year as International President I would build on the ground ably laid by Steve and Larry.

It WORKED! The education that Steve stressed enabled Larry's membership efforts (we had a gain in membership) and I did what I could to continue the forward movement. With the support of the Board I set stretch goals in several areas to include: build eight new clubs, have a

membership gain of 100, complete the funding for the Valerie Millar Diabetes program, etc. Thanks to the hard work of many, including Larry, Steve, all Board members and especially Brian Leipert, the Western Canada Governor, as well as support from Headquarters Staff ably led by my friend Executive Director John Bloom; during the 1994-1995 COSMO year we built eight new clubs and had a membership gain of 101. We also raised enough money to complete the pledge made to the Valerie Millar program in South Dakota. **LESSON LEARNED:** develop a good plan, have outstanding COSMOS who believe in the plan to work the plan, get out of the way and spread praise around.

Since that time I have been privileged to serve again on the Cosmopolitan Diabetes Foundation Board and now, as a back bencher, I try to support those currently in office at the club, Federation and International levels.

Professionally, I am Founding President and CEO of Whitaker Center for Science and the Arts. We built Whitaker Center, a 130,000 square foot building in downtown Harrisburg, to house an interactive science center, a performing arts theater and a 3D IMAX movie theater. After retiring from that, I have done a lot of fund raising planning and training for not for profit organizations to include: libraries, arts organizations and others. Success in the fund raising field as in many others goes back to a lesson I learned early in my Cosmopolitan career: YOU DON'T GET IT IF YOU DON'T ASK. This applies as well to donations to worthy causes as it does to interesting prospective members in the greatest service club: Cosmopolitan International.

It is now over 30 years since I became a Cosmo. Would I do it again? ABSOLUTELY. I'm glad that I asked if I could become a Cosmopolitan. Cosmo Clubs, Federations and International continue to make a difference locally, regionally, nationally and internationally. We are actively "Building a Future Free from Diabetes".

**And we are having lots of FUN while we work!
As Cosmopolitans we are moving "Full Speed Ahead"!**

2010

INTERNATIONAL CONVENTION ACCOMMODATIONS: WYNDHAM GETTYSBURGH HOTEL

ADDRESS DELIVERED
AT THE DEDICATION OF THE CEMETERY
AT GETTYSBURG

FOUR SCORE AND SEVEN YEARS AGO OUR FATHERS BROUGHT FORTH ON THIS CONTINENT A NEW NATION, CONCEIVED IN LIBERTY, AND DEDICATED TO THE PROPOSITION THAT ALL MEN ARE CREATED EQUAL.

NOW WE ARE ENGAGED IN A GREAT CIVIL WAR, TESTING WHETHER THAT NATION, OR ANY NATION SO CONCEIVED AND SO DEDICATED, CAN LONG ENDURE. WE ARE MET ON A GREAT BATTLE-FIELD OF THAT WAR. WE HAVE COME TO DEDICATE A PORTION OF THAT FIELD, AS A FINAL RESTING PLACE FOR THOSE WHO HERE GAVE THEIR LIVES THAT THAT NATION MIGHT LIVE. IT IS ALTOGETHER FITTING AND PROPER THAT WE SHOULD DO THIS.

BUT, IN A LARGER SENSE, WE CAN NOT DEDICATE—WE CAN NOT CONSECRATE—WE CAN NOT HALLOW—THIS GROUND. THE BRAVE MEN, LIVING AND DEAD, WHO STRUGGLED HERE, HAVE CONSECRATED IT, FAR ABOVE OUR POOR POWER TO ADD OR DETRACT. THE WORLD WILL LITTLE NOTE, NOR LONG REMEMBER WHAT WE SAY HERE, BUT IT CAN NEVER FORGET WHAT THEY DID HERE. IT IS FOR US, THE LIVING, RATHER, TO BE DEDICATED HERE TO THE UNFINISHED WORK WHICH THEY WHO FOUGHT HERE HAVE THUS FAR SO NOBLY ADVANCED. IT IS RATHER FOR US TO BE HERE DEDICATED TO THE GREAT TASK REMAINING BEFORE US—THAT FROM THESE HONORED DEAD WE TAKE INCREASED DEVOTION TO THAT CAUSE FOR WHICH THEY GAVE THE LAST FULL MEASURE OF DEVOTION—THAT WE HERE HIGHLY RESOLVE THAT THESE DEAD SHALL NOT HAVE DIED IN VAIN—THAT THIS NATION, UNDER GOD, SHALL HAVE A NEW BIRTH OF FREEDOM—AND THAT GOVERNMENT OF THE PEOPLE, BY THE PEOPLE, FOR THE PEOPLE, SHALL NOT PERISH FROM THE EARTH.

ABRAHAM LINCOLN

NOVEMBER 19, 1863

Be historic. At the Wyndham Gettysburg Hotel you'll enjoy a brand new approach to old-world charm. Our federal-style property has the presidential feeling you'd expect to find at one of the nation's most important historic sites. Beautifully appointed in tones of blue and gold, there are even enough stars to make the most decorated officer a little envious. The Wyndham Gettysburg hotel was named 2008 Hotel of the Year by the Wyndham Hotels and Resorts brand, the highest honor in the upscale hotel chain's portfolio.

BOOK ROOM RESERVATIONS

BY 5:00 P.M. ON SUNDAY, JUNE 27, 2010

by calling 866-845-8885. Ask for the Cosmopolitan International room block.

RATES: (Available two days before and two days after)

\$124.00-Single or Double

Room Occupancy Tax: 9%

Check In: 3:00 P.M. Check Out: 12:00 P.M.

The Wyndham Gettysburg is conveniently located at the intersection of US 15 and US 30 in the Gateway Gettysburg campus providing easy access from major airports including:

- Harrisburg Int'l Airport – 50 min
- BWI Thurgood Marshall Airport – 1 hr 15 min
- Reagan Nat'l Airport – 1 hr 30 min
- Dulles Int'l Airport – 1 hr 30 min



Wyndham Gettysburg Hotel

95 Presidential Circle, Gettysburg, PA 17325 Ph: 717-339-0020

<http://www.wyndham.com>

Gettysburg, where the past is present.

Immerse yourself in history or enjoy a little shopping in a quaint downtown; it's all right here in beautiful rural Pennsylvania. Tour Civil War battlefields and see where Lincoln drafted the Gettysburg Address. Biking, skiing, and our popular ghost tours are sure to get your adrenaline pumping for all kinds of reasons. When you're ready to slow down the pace, take in a live show or indulge in a tasting at one of our local wineries.

Arts & Culture

Majestic Performing Arts Center - Professional tours, community and college produced live events - plus current films.

Points of Interest

The David Wills House - Visit the site where President Lincoln drafted the Gettysburg.

Eisenhower National Historic Site - See the home and farm of President Dwight D. Eisenhower.

General Lee's Headquarters - The site of General Lee's command during the Civil War.

Gettysburg National Military Park, Museum, & Visitors Center - 5,989 acres with Civil War battlefields, monuments, hiking, car tours and more.

American Civil War Museum & Gettysburg Gift Center - an educational and inspiring experience for families or tour groups of all ages. The museum is a "must" see for all visitors to Gettysburg.

Shopping

Battlefield Harley-Davidson - Pick up a new toy at this impressive Harley-Davidson dealership.

Boyd's Bear Country - Famous collectible stuffed animals and shopping super store.

The Outlet Shoppes at Gettysburg - Outlet center featuring over 70 amazing stores.

Sports & Amusement

Liberty Mountain - Snow skiing and tubing for everyone from beginners to experts.

The Links At Gettysburg - Golf Digest rates it as one of the top public courses in Pennsylvania.

Tours: Ghosts of Gettysburg - Some favorite haunts on the evening tours include: homes, battlefields, and cemeteries.

Adams County Winery - Enjoy tours and tastings at this 30 plus year old winery.

Hersheypark - Hersheypark features over 60 rides, family entertainment, and fun for the whole family and is just 1 hour from Gettysburg.

History

Gettysburg has taken great care of preserving the past for future generations. With the opening of the Gettysburg National Military Park Museum, visitors will have even greater opportunities to not only learn about the most famous Civil War battle, but the town itself - before and after the war.

President Abraham Lincoln

Walk in the footsteps of one of America's most famous presidents. Visit the train station where Lincoln arrived or the

David Wills House, where the president finished the Gettysburg Address. Stop by Soldiers' National Cemetery where Lincoln delivered the world-famous speech.

The Civilian Experience

For those who lived in Gettysburg in July 1863, the battle was a frightening experience. Take a downtown tour and learn the stories of the families who lived through one of the most horrific times in American history. Or visit the Shriver House and learn about one family's struggle through the bloodiest battle of the American Civil War.



A walk through downtown Gettysburg will make you feel as though you've stepped back in time. Visit the quaint shops, grab a bite to eat at a downtown restaurant or catch a show at the Majestic Theater.

Agriculture

Adams County, Pa., is home to Pennsylvania's Fruit Belt, where trees bearing apples, peaches and other fruit line the rolling hills. Take a drive into "Apple Country" yourself and explore the orchards. Events, farm markets and country dining bring it all to life.

Recreation

The Gettysburg area is home to a variety of recreational opportunities including golf, skiing, hiking and biking. Take a short drive down to Carroll Valley, Pa., and you're at the foot of one of the most popular ski slopes in the region, Liberty Mountain. Or test your golf game at one of the area's award-winning courses, a short drive from the Appalachian Trail.



Bring the kids to Gettysburg – The Youth Program is back.

The convention this year will have lots to offer to families through our youth program. Make plans now to attend convention and bring the kids. An exciting and fun filled package is available to keep the kids entertained while the adults participate in all the Cosmo activities.

The youth will have a variety of activities that include our Welcome Party and Reception, Battlefield Tour, Boyd's Bears, All Star Sports Center, Pizza Party, Games, Movies and Wii in the special Teen Room Center at the Hotel and plenty of other fun events. There is a swimming pool available, so bring your suits.

The youth will be fully chaperoned during program hours, so leave the worries to us. Guaranteed to have FUN.

Open for youth 8-15 years old. Package cost is \$175 for kids 12-15 and \$150 for kids 8-11. Includes 8 meals during the convention plus all activities listed above.

2010 Cosmopolitan International Convention Schedule

Cosmo

Wednesday, July 28, 2010

8:00 a.m. - 10:00 a.m.	Cosmopolitan Diabetes Foundation Board Meeting
10:00 a.m. - 12:00 p.m.	First Cosmopolitan International Board Meeting
12:30 p.m. - 5:00 p.m.	Golf Tournament
3:00 p.m. - 5:30 p.m.	Registration
3:00 p.m. - 5:30 p.m.	Hospitality Room open
5:00 p.m. - 5:30 p.m.	Parent/Teen Meeting
5:30 p.m. - 6:00 p.m.	First Timer Meeting
7:00 p.m. - 9:00 p.m.	Welcome Party
9:00 p.m. - ?	Hospitality Room open

Thursday, July 29, 2010

7:00 a.m. - 8:00 a.m.	Registration
8:00 a.m. - 9:30 a.m.	Opening Ceremonies Breakfast
9:45 a.m. - 12:00 p.m.	First Delegates Meeting
12:00 p.m. - ?	Free Time
2:00 p.m. - 4:00 p.m.	Awards Judging
2:30 p.m. - 4:30 p.m.	PIP Reception
3:00 p.m. - 5:30 p.m.	Hospitality Room open Dinner on your Own
9:00 p.m. - ?	Hospitality Room open

Friday, July 30, 2010

8:00 a.m. - 10:00 a.m.	Donations & Beacons Breakfast
10:00 a.m. - 12:00 p.m.	Workshops/Roundtable Discussion
12:35 p.m. - 5:30 p.m.	Battlefield Tour w/box lunch
7:00 p.m. - 9:00 p.m.	Battlefield Fare Dinner
9:00 p.m. - ?	Hospitality Room open

Saturday, July 31, 2010

	Breakfast on own
9:00 a.m. - 11:00 a.m.	2nd Delegates Meeting
11:30 a.m. - 1:30 p.m.	Purple & Gold Awards Lunch
1:30 p.m. - 5:30 p.m.	Free Time
1:30 p.m. - 3:00 p.m.	2nd Cosmopolitan International Board Meeting
3:00 p.m. - 4:30 p.m.	2nd Cosmopolitan Diabetes Foundation Board Meeting
3:00 p.m. - 5:00 p.m.	Hospitality Room open
6:00 p.m. - 7:00 p.m.	Cocktail Reception (cash bar)
7:00 p.m. - 11:00 p.m.	President's Banquet and Dancing
11:00 p.m. - ?	Hospitality Room open

Guest

Wednesday, July 28, 2010

12:30 p.m. - 5:00 p.m.	Golf Tournament
3:00 p.m. - 5:30 p.m.	Registration
3:00 p.m. - 5:30 p.m.	Hospitality Room open
5:00 p.m. - 5:30 p.m.	Parent/Teen Meeting
5:30 p.m. - 6:00 p.m.	First Timer Meeting
7:00 p.m. - 9:00 p.m.	Welcome Party
9:00 p.m. - ?	Hospitality Room open

Thursday, July 29, 2010

7:00 a.m. - 8:00 a.m.	Registration
8:00 a.m. - 9:30 a.m.	Opening Ceremonies Breakfast
10:00 a.m. - 12:00 p.m.	Stained Glass Class
12:00 p.m. - ?	Free Time
3:00 p.m. - 5:30 p.m.	Hospitality Room open Dinner on Own
9:00 p.m. - ?	Hospitality Room open

Friday, July 30, 2010

8:00 a.m. - 10:00 a.m.	Donations & Beacons Breakfast
10:00 a.m. - 12:00 a.m.	Free Time
12:30 p.m. - 5:30 p.m.	Battlefield Tour w/box lunch
7:00 p.m. - 9:00 p.m.	Battlefield Fare Dinner
9:00 p.m. - ?	Hospitality Room open

Saturday, July 31, 2010

	Breakfast on own
9:00 a.m. - 11:00 a.m.	Jewelry Class
11:30 a.m. - 1:30 p.m.	Purple & Gold Awards Lunch
1:30 p.m. - 5:00 p.m.	Free time
3:00 p.m. - 5:00 p.m.	Hospitality Room open
6:00 p.m. - 7:00 p.m.	Cocktail Reception (cash bar)
7:00 p.m. - 11:00 p.m.	President's Banquet and Dancing
11:00 p.m. - ?	Hospitality Room open

2010 Cosmopolitan International Convention Registration

Registrations accepted by MAIL to: Cosmopolitan International, PO Box 4588, Overland Park, KS 66204 by FAX at 913.648.4630 or ONLINE at www.cosmopolitan.org.

PLEASE FILL OUT ONE REGISTRATION FORM PER ATTENDEE.

Attendee Information

Name: _____
 Address: _____
 Home Phone: _____ Work Phone: _____ Cell Phone: _____
 Email: _____
 Cosmo Member Non-Cosmo Guest Youth Participant Age of Youth _____
 Club(s): (1) _____ (2) _____

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

- Past Intl President Capital Federation Host C.D.F. Board Member Diamond Beacon
- Past Intl First Lady Club President Beacon Northern Beacon
- Sponsor Life Member or President-elect Emerald Beacon Silver Beacon
- First Time Attendee C.I. Board Member Ruby Beacon Gold Beacon

Please provide any dietary or special needs information: _____

Complete Packages

	Postmarked On or Before 7/1/10	Postmarked After 7/1/10	Number of Participants	Amount
Cosmo Package:	\$250.00	\$275.00	_____	\$ _____
Guest Complete Package:	\$250.00	\$275.00	_____	\$ _____
Youth Package: (Age 8-12)	\$150.00	\$150.00	_____	\$ _____
Youth Package: (Age 13-15)	\$175.00	\$175.00	_____	\$ _____
		Subtotal for Packages:		\$ _____

Individual Events (only those not purchasing a package)

	Price Per Person	Number of Participants	Amount
7/28 Welcome Party	\$40.00	_____	\$ _____
7/29 Opening Ceremonies Breakfast	\$30.00	_____	\$ _____
7/30 CDF Donations & Beacons	\$30.00	_____	\$ _____
7/30 Battlefield Tour with Lunch	\$55.00	_____	\$ _____
7/30 Battlefield Fare Dinner	\$45.00	_____	\$ _____
7/31 Purple and Gold Luncheon	\$40.00	_____	\$ _____
7/31 President's Banquet	\$60.00	_____	\$ _____
Delegate's Fee	\$15.00	_____	\$ _____

OPTIONAL EVENTS (event not included in package ~ must be purchased separately)

7/28 Golf Outing	\$70.00	_____	\$ _____
Total Due:			\$ _____

Convention fees payable by credit card, money order, or check (U.S. Funds only. Canadian Cosmo may indicate "U.S. Funds" on their personal check).

Credit Card Information:

Card Number _____ Expiration Date ____/____
 Authorization Code: (3-digit code on back of card) _____

No convention registration will be accepted without full payment. Payment must be received no later than July 14, 2010.

CANCELLATION POLICY: Cancellations received before 6/28/2010 will be accessed a 25% cancellation fee. Cancellations received on or after 6/28/2010 but before 7/7/2010 will be accessed a 50% cancellation fee. Cancellations received on or after 7/7/2010 but before 7/14/2010 will be access a 75% cancellation fee. Any cancellations received or after 7/14/2010 will not receive any refund.

HOTEL REGISTRATION POLICY: Due to the contractual agreement Cosmopolitan International has entered into with the convention hotel that guarantees certain minimum numbers, any registered attendee that does not stay at the convention hotel will be subject to a surcharge based on the additional fees charged to the convention when room guarantees are not met.



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COSMOTOPICS

Spring 2010

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Register Now!

2010 International Convention

Gettysburg, PA
July 28 - 31

