

A publication of Cosmopolitan International

**COSMOTOPICS**  
SPRING 2011

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# 2011 International Convention

**Overland Park, KS**

**August 3 - 6**



**THE CLUB THAT FIGHTS DIABETES**

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





**FROM THE EDITOR**  
Sheila Anderson

Do you ever wonder why our organization exists? Are we really making a difference? This issue will help you answer those questions. In Richard Greer's article learn more about a "Little Club with a Big Heart". On page 5, find out how Elana McConnell's day after homecoming was probably much different than yours. Page 9 highlights "Our Reason for Being". For us to continue to be a light in someone's life, we need more people who are willing to join us and our fight against diabetes. Kevin, Gary, and Brian all discuss membership from holding a membership workshop to how it affects our budget (who knew, right?!). The CDF continues on a road of enhancements, bringing clarity to why they exist. Our Out & About section highlights the Jefferson City Club's donations and Omaha/Cornhuskers' Special Needs Children's Christmas Party, which was even attended by the mayor.

And is it just me, or are you missing your Cosmo friends from other Clubs? I Googled "making friends" and do you know there are actually websites out there telling you how to go about this? I say the best way is to just join Cosmopolitan. And if you really want to expand your circle of friends, come to International Convention in Overland Park, KS. Dorothy brought her friends with her to Oz, I think you can bring yours, too.

**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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# This and That



Kevin Harmon  
Executive Director

**It has been a while since we last talked and there are a number of ideas and issues that have come up over the last several years that bare discussion.** Every Cosmo member needs to be informed about what is going on in the organization. It is your organization and you should know. And with that, the following is a laundry list of projects and issues that have or are being studied or done.

Preparation work is done for the International Convention in Overland Park, our Headquarters home. The Overland Park Sheraton will be our host hotel. It is fabulous! I haven't attended an International at a more beautiful hotel. And it is just a few blocks from the Headquarters Building. The committee has kept the cost down to \$215 per attendee for the full package. And the Sheraton rate of \$99 per night and a 10% off in their eateries makes this a must attend event. Plus there will be an optional T-Bones baseball game at Community America Ballpark, named best ballpark in 2009. Oh, and it is \$1 beer and hotdog night. It includes a bus ride to the game and back. You can't miss this!

Speaking of Headquarters, the building got a facelift on the inside about two years ago with a very little bit of budget and some great big donations from headquarters area Cosmo's. New paint, new carpet, some new furniture, some re-arranging and organization made the inside special. Now it is time for the outside. Work will be complete when you join us for Convention where stucco repairs, window repairs and fresh paint will make the outside a showplace. And this all comes from the generous folks of the Tulsa Cosmo Club who donated a large sum for the upkeep of the building when their club sold their building. Thanks to our friends in Tulsa.

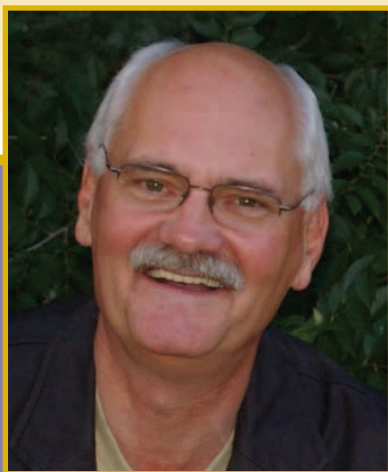
There are other initiatives that have proved fruitful and others not so much. You may recall that the idea of merging the US Foundation and the International

Boards was introduced a few years back. The idea came from other service clubs who had done just that and found it very helpful in efficiency and a huge money saver. Your International Board researched the process and practices of doing this and found it really didn't meet the needs of Cosmopolitan. Not everything that is good for the big clubs fits our family. So there is no movement on a merger. In fact, the two Boards are currently working together better than at any time in my tenure, either as your President or Executive Director. No need to change what works.

A fruitful initiative that deserves another look is the offering of training on membership retention and membership building. President Greer and I attended training on this subject via the Service Club Leaders Conference a year ago in Austin. The training was centered specifically about what encourages people to join service organizations and what makes them want to stay. We put on that training at the Gettysburg convention in an abbreviated but comprehensive way and it was well received. The offer was made and still stands to take the training on the road to Federation meetings and conventions. It can even be done at a club meeting, especially if you are about to schedule a membership event. North Central jumped at the chance and their convention will have a couple hours of the information. Mo-Kan is also on tap. And wouldn't you know, those are our top two Federations in membership this year. They are committed to spreading Cosmo. Shouldn't your club and Federation be?

*Every Cosmo member needs to be informed about what is going on in the organization. It is your organization and you should know.*

# Friendship and Cosmo



Richard Greer  
President

We have seen so many examples of Cosmopolitans in every city we have visited so far, helping their friends and neighbors.

**Long before my theme of “On The Grow” came along, my favorite Cosmopolitan saying was “Cosmopolitan-The Club That Builds Friendships”.** First Lady Linda and I look forward to Federation and International Conventions. The Convention in Kansas City this summer will be our eleventh consecutive time we have been fortunate to visit with our Cosmopolitan friends from every Federation.

The Convention attendees this year will include old friends-and hopefully many new friends. As International President, part of our job is to spend time visiting Clubs, to learn first hand what the Club members do to help those around them. We have been fortunate to visit a number of Clubs and make new friends that I hope to visit in the years to come at Conventions and Club meetings.

All of our Club visits have been outstanding. Each visit was exciting and interesting. One Club that really stands out is the Elizabeth City North Carolina Club. This is an example of a Great Little Club with a Great Big Heart! They are a small group, however, their project is probably unique to any service club in North America. They collect, repair and supply mobility devices free of charge to anyone who needs them. They have wheelchairs, walkers, canes, portable toilets, all sorts of aids-very much appreciated by those who use them. Can you believe that there are 1000 items out on loan in the Elizabeth City Area? When the users are finished with these items, the Club picks them up, repairs them and stores them away for the next person who needs them. Just think of the people who

are able to live a better life because of the work the Elizabeth City Club does for their city.

We also toured Crusader Clinic in Rockford, Illinois. This clinic, supported by Cosmopolitans, is a groundbreaking effort by all involved. The patients are cared for in a very positive way. All of their needs are met- diabetes, eye care, counseling of all types. Our hearts went out to the children getting their dental work done by professional, caring doctors. I know that these children will benefit greatly from this work, and many will enjoy life much more with pain free teeth.

We have seen so many examples of Cosmopolitans in every city we have visited so far, helping their friends and neighbors. I could fill pages with stories of all the good work Cosmopolitans do. From large fund raising events to the smallest pancake breakfast, we quietly go on our way looking after each other. Parents everywhere can sleep a bit better knowing their children have been helped by Cosmopolitans. That fact makes me sleep better as well.



# This Is Why We Do What We Do

**The Grand Island Cosmo's recently held their annual steak fry to celebrate their club projects and initiatives.** By all reports, this year was special. Not because the steaks were perfect. It was because of a very special guest. I am not talking about our Executive Director that was in attendance. I am talking about a guest who wanted to tell the club how happy she was to have received a scholarship to diabetes camp. I will let you read her words, minus some tears and hugs from those assembled. Her words sum up why we do what we do more than any words I could offer. Keep up the good work fellow Cosmo's. It is why we do what we do.



**Phil Hanson**  
*President-elect*



**Elana McConnell**

Summer of 2008 was a good one – I still remember 4-H camp where I made a lot of new friends. Despite the fun I was having, something just wasn't quite right. I carried my water bottle everywhere but even that amount didn't seem like enough to sustain me. I was

also running all the way to the other side of camp to use the bathroom, every hour it seemed. At the time, I thought nothing of it. It was the beginning of summer and my body was adjusting to the temperature change. I was simply dehydrated.

Fall of that same year was my very first year in high school and I guess you could say it didn't turn out quite the way I expected. My grades stayed amazing but each day I fought to keep my head up in class. All I could think about was running to the water fountain – that glorious drink of cool water. I was so tired and weak. It didn't help that I had trouble sleeping at nights. I would wake up to drink water as well as anything sugary I could find in the fridge. It was like my body could never get enough. Bedwetting against my control began to occur and it seemed like I could not fight off the "dehydration" I believed I had. Nights when I tried forcing myself not to drink anything to prevent this childish habit would turn into emotional breakdowns and I would finally give in. The end of September arrived and the buzz of the homecoming football game and dance rang through the air. I was excited for my first high school formal dance. It would be a night to remember. I had a date, I had the perfect dress and I also noticed I had the figure. All that dog

walking this summer really helped me slim down, I thought happily. However, at the time it was impossible for anyone, including myself, to notice my figure was far from healthy. Homecoming night was amazing. My date and I joined a group of friends for supper then danced the night away at the church. The dance offered punch and once again, I noticed how thirsty I was. I swallowed a glass of the punch quickly. Strangely enough, the room began spinning as I finished off a second glass.

The next day started out like any typical day. Little did I know that day would change my life forever. My mom looked at me with concern and informed me I had lost too much weight. The night before, when she had been helping me put on my dress she could see every bone in my body. "You have too many unusual symptoms. I called the doctor. They want to see you right away tomorrow." I had to admit I was scared but anxious to solve this problem right away. We took lunch to my grandma at the nursing home – it was sort of a family tradition – then stopped to grab some coffee on the way home. Mom headed over to the pharmacy right next door while I ordered our drinks. She approached me a few minutes later asking if I would be willing to let the pharmacist test my blood. My eyes grew wide with terror. If this was anything like finger pokes at the doctor I most certainly was not willing! However, my mom finally convinced me it was a good idea. The finger poke stung a little and I watched the little device read my blood. The pharmacist, Taylor, looked grim when the results came back. "It says 'high'." She looked at my mom and me. "This meter can only read blood sugars under 500." I panicked. Was that a bad thing?

"Do you think the coffee might have affected it?" my mom inquired. Taylor looked very unsure. "I don't know but we will test again in an hour and see how she

*The next day started out like any typical day. Little did I know that day would change my life forever.*

## This Is Why We Do What We Do (continued)

I can now  
proudly say  
that I am a  
Cosmo and I  
hope to do all  
I can to help  
people in our  
community –  
diabetics and  
non-diabetics  
alike.

is. I will call the ER." Seriously? It had already been a long day. I was exhausted, and now I had to stay stuck in another place for an hour AND go to the ER? What was going on?! My mom tried to soothe me. "We will go to the ER and get you tested. It may not be anything that serious." But that gut feeling hit me right then. Something WAS wrong with me. I just broke down and ran to the bathroom. I splashed water on my face and looked in the mirror. At the time, I felt I looked fine but had I not been in denial I would have seen the sunken in cheek bones and the glassy eyes. "I'm not sick, I feel fine!"

An hour later, after another result of 'high', Taylor finally got a hold of the doctor at the ER. With a sad wave, I thanked her then mom and I sped off to the hospital. We arrived. The nurses had me take a urine test and poked my finger yet again. While we waited in the ER for what seemed like hours, I fell asleep and woke up to drink water several times. The doctor finally came in and told me the news . . .

I was diagnosed with Type 1 Diabetes that day. It was Sunday, October 5th, 2008, the day after an amazing homecoming dance. Today I look back on how much I had denied myself. I denied anything serious could be wrong. I believed I had been dehydrated. But in reality, I had been sick all summer and just hadn't known it. My blood sugars were elevated to an astounding 1200. I had lost twenty-five pounds in two weeks. Strangely enough, I did not have any ketones (waste in urine that indicates the body breaking down fat for an energy source). Still, the doctor told me had I not come in till tomorrow, I could have gone into a coma by then or even worse, died. I felt shocked and betrayed at the news. Why did this happen to me? I was scared. I didn't know a thing about diabetes. The next five days I was overwhelmed with diabetic and nutrition information. I received an IV to hydrate me; that was probably the highlight of the stay: no more need for drink or bathroom runs. I even had to give myself a shot before I could leave the hospital. As the days went on, my vision began to blur terribly because my body was trying to readjust to becoming healthy again. I ended up buying high powered reading glasses just so I could finish my homework.

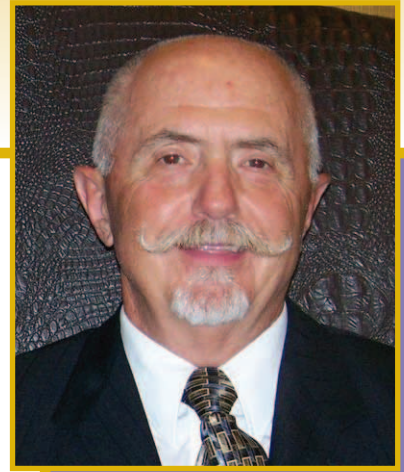
Two days later I was dismissed from the hospital. I had my very first show choir performance. Despite my mom's uneasiness

at me performing that night, I was determined. I told her, "Mom, I have to do this. If I don't I will let the whole team down. I can't let this disease stop me." My mom smiled at me and squeezed me tight. "OK." was all she managed to say. I could tell she was scared. I was terrified but still I handed her the reading glasses and minutes later, I climbed on to that very top show choir riser and gave it my all - even though I couldn't see a foot in front of my face. No one in the show choir knew this little tidbit because I still had not told many people about my diagnosis. Mom sat out in the audience probably squeezing the closest stranger's hand as tightly as she could. I knew she was worried that I would fall off the riser . . . That I would pass out right there. And of course these thoughts crossed my mind. But none of these things ever happened because I was not going to let it happen. Of course, right after that performance my sugar felt very low. I checked and turned out I was fine. "I'm fine, mom." I told her when she came running into the locker room. I smiled at her, "I'm just fine."

To this day, over two years later, I still try to live my life as normal as possible. Though I still have those days I wish I could throw my insulin pump off a six story building and be fine without it, I try to keep a positive attitude about my disease and educate other people. That day I climbed on that top riser was the day I promised myself I would not let diabetes slow me down, not physically or emotionally. I stopped feeling bad for myself and just did what I had to do. Though I was hesitant about diabetic camp, I was able to go to Camp Floyd Rogers thanks to the Cosmopolitan Club and their generosity. I had the time of my life and felt so at home being surrounded by people who were all just like me. I can now proudly say that I am a Cosmo and I hope to do all I can to help people in our community – diabetics and non-diabetics alike. My mom also joined the cause. By publishing this story, I hope to raise awareness and even hope for those out there who struggle with some kind of burden in their life. I thank God everyday for giving my body the will to fight diabetes for so long and more importantly, for giving me the chance to improve myself and help others. Though things may become bad at some point, life is not perfect and I know trials will knock me down everyday. But as I like to think, it is not how many times you fall but how many times you get back up that matter.



# Wrestling with the Budget



Brian Duckett  
VP Finance

**Well, Cosmos, don't envision the title of this article as having to do with the World Wrestling Federation!** The title is in reference to the work that was done to reach a budget that is workable for the next fiscal year. The budget for the next fiscal year was adopted at the Spring Board meeting in Kansas City on the February 25th weekend.

This year there was a lot of discussion on next year's budget for 2 obvious reasons, DECREASED MEMBERSHIP & thus DECREASED INCOME. Our Bylaws state that the budget is based on the average membership for the 3 previous years. That isn't a problem when you have 3 years where there are membership increases each year and that trend is continuing. Unfortunately, that is not the case. The 3 years that were used had 2 years of membership increases and last year's decrease. With that in mind, our new budget reflects a membership base of 1845 dues paying members. This current year's budget was based on 1921 dues paying members, a difference of 76. That difference in dues paying members works out to be a decrease of \$6,232 from the income side of the budget.

To help make up this difference, there are a few things that Clubs can do to assist us. One, and probably the biggest, is get out there and bring in new members. Increased membership means an increase in dues coming in that weren't budgeted for which means extra money in our coffers if an unexpected expense should arise. Another source of income for International is the "Buy A Brick" program. This is an excellent way for a Club to honor a Club member, Club President, or Club Award winner. If your Club hasn't been part of this program, it's never too late to start. We have budgeted for 60 Bricks to be purchased at \$100 each. We have 65 Cosmopolitan Clubs. If each Club honored their Club President we would have 65 Bricks sold and our income would be well over budget.

Over the last 4 years, we have managed to reduce the cost of staff salaries and benefits in comparison to the 4 years previous to that. Over the last 4 years, salaries and benefits averaged 47.1% of

the total income. In the 4 years previous, the salaries and benefits averaged 58.8%. Over the last 4 budgets, we had some good years of membership increases so your Board has worked diligently to save our organization money by tightening our organization's belt. Our staff has also re-bid some projects such as the printing of CosmoTopics, office equipment leases, internet and phone services, etc. to save more money in the budget and make our HQ more efficient and effective.

Executive Director Kevin Harmon has worked hard at maintaining a tight budget by streamlining office work. At the same time the Executive Director is more accessible than ever through e-mail and phone. Even on the go, it is not unusual to contact Kevin directly while he is visiting a club, on the road for a visit or simply going to the post office or one of our vendors. Kevin has made it clear that he is accessible almost all the time to assist members and their requests. If you happen to get voice mail, please be patient and he will respond to your message or call at the earliest opportunity. And don't be surprised if it happens at night or on the weekend.

In closing, the Board and Headquarters ask Clubs and members to support us by signing up new members. We have 2 ½ months until the end of this current Cosmopolitan year to sign up as many new members as we possibly can. The dues from those new members would be a significant boost to the income side of our budget. Also, place your order early for the "Buy A Brick" program so that the bricks can be done and in place in the Headquarters Courtyard for viewing when you attend the 85th International Convention in Overland Park from August 3-6, 2011.

*There are a few things that Clubs can do to assist us. One, and probably the biggest, is get out there and bring in new members.*

# Membership is Job One



Gary Bartlett  
VP Membership and  
New Clubs

**Here we are again fellow Cosmos.** A quick look at the statistics reveals it is time once again to start talking about membership for our great group. It may just be time to stop, regroup, refocus, and start using some of the tools provided by Cosmo International to help with stemming the tide of member drain. Membership is every club member's opportunity to share with others what you have found as a member of your club. Think about it. You joined because you saw or felt that joining would offer an opportunity to fulfill a need. You stayed because you found your niche.

As you all know, the more members we have the better each club is able to share the duties and responsibilities of membership. And at the same time, the easier it is to do all the projects that make this club special. You know, we are one of the only service clubs in existence that makes our purpose a major part of our club. "The Club that Fights Diabetes" isn't just a slogan, it's our club.

The program provided by International is really very simple. I think some of the tools found on the Cosmo website will be very helpful to anyone wanting to put on a great program. It's on the website, and even more is available with a phone call or email. There is the **How to Hold a Successful Membership Event pamphlet titled: Membership Tools**, that will help you get it all together. Then you can use your **Great People Who Should Be Cosmos** form for listing who you want to invite to your Membership event. Then you can use the **Membership E-Vite** to get these folks invited. And, of course, you can find a variety of **Membership PowerPoint Programs** in the PowerPoint section to guide you through the actual nuts and

bolts of telling our story. Take this easy to maneuver program and update it with your favorite pictures and club info and you are well on the way to a great presentation. Lastly, get a couple of current members, preferably those that are comfortable in front of a crowd, to make your presentation happen. We will even send an International Officer or Staff to put the program on if needed.

Now I understand how many of you might think I or Cosmo HQ might be mind readers. Given all the great things we have done, this would be easy to do. Well, I'm here to tell you that this would be a major faux faux. We do not read minds, but we do answer phones, e-mails, etc. and we would be very happy to assist anyone with their questions or concerns. Please do not let your club fall apart, disband or go belly up without first getting with Cosmo Headquarters or me! We may not have all the answers, but we have resources we can tap to get you answers and help. It would be a shame to lose a club because no one would ask for help. Let's all help to keep **COSMO ON THE GROW!!!**

*"The Club  
that Fights  
Diabetes"  
isn't just a  
slogan,  
it's our club.*





# Our Reason for Being

**Did Cosmopolitan emerge because of who we could be together or because of what someone needed our organization to be?** That question keeps running through my mind as I have been putting together the Special Issue of COSMOTopics. What is our purpose and does it really matter to anyone else? What if we were gone tomorrow, would anyone really miss us? Let's take a serious look at our impact, and you can tell me if our efforts are worth it.

In 1978 Cosmopolitan pledges to establish our first center at the University of Missouri in Columbia and raises over **\$1,000,000**.

In 1983 the Cosmopolitan International Diabetes and Endocrinology Center in Columbia, MO, opens its doors. The budgeted cost to construct the Diabetes Center was \$800,000 with **\$650,000** supplied by Cosmopolitan. Today, the Center stands as a model for the care of a large population of diabetic patients, the education of patients, and the education of health care professionals, and the conduct of basic and clinical research.

In 1984 Cosmopolitan International pledges **\$1,000,000** to establish our second center at Eastern Virginia Medical School. This center has become a widely acclaimed and highly honored institution, attracting patients, clinicians and researchers from all over the world.

In 1997 research scientists discovered a gene they called INGAP as a possible cure for diabetes. In 1999 the delegates at the International Convention approved the support of INGAP as an International project agreeing the following year to pledge \$150,000/year for five years. That's **\$750,000!**

The Cornbelt Diabetes Connection began in 1993 by the Cornbelt Federation Clubs "to provide health care and education about diabetes and related complications to communities and individuals that may have adequate access to such care of information." The screening program has tested 36,200 patients with over 5,000 referrals. Funds raised from the Cornbelt Clubs are around **\$410,000**.

In 1994 the Rockford Cosmopolitan Club decided to approach Crusader Clinic to help them develop a Diabetes program. Annually, over 42,000 individuals receive

care accounting for 150,000 individual patient visits. The Rockford Cosmopolitan Club along with other club partners and the Cosmopolitan Diabetes Foundation have contributed **\$330,000**.

In 1995 **\$100,000** was raised to fund the Valerie Millar Outreach Program at the University of South Dakota. This was established in memory of 15-year-old girl Valerie Millar who died of diabetes complications. Now called the Cosmo Fund for Children, more than 30 grants totaling over **\$71,000** have been distributed to programs that support diabetes education and awareness.

The River City Cosmopolitan Club has been supporting Health Care Access Clinic's diabetes program by purchasing glucose test strips, growing to **\$30,000** worth of support for the diabetes program. In 2009, the Club rolled up their sleeves to help the clinic save over **\$40,000** in building renovation costs as they prepared a new clinic.

The Alberta Diabetes Foundation in Edmonton's mission is to raise money to fund world-leading research of a cure for the diabetes epidemic. We aided with funding researchers and ensuring the longevity of the organization. The donations have paid for the state of the art technology vital to experimental procedures and the fund that allows them to take place, helping the ADI make their ambitious visions a reality.

I just merely scratched the surface. I think the message is clear: One organization can indeed make a difference. We want our organization to be able to link "who we are" with the needs being fulfilled, so that what we do together draws on our strengths and engages our full energy. We as Cosmopolitans need to act as if what we do makes a difference. Because it does.



Sheila Anderson  
VP Marketing

*We want our organization to be able to link "who we are" with the needs being fulfilled, so that what we do together draws on our strengths and engages our full energy.*

# CI and CDF Working Together

## Fellow Cosmos:

In the past few years, your Cosmopolitan Diabetes Foundation has made numerous changes/updates to our policies and bylaws to clarify our role, bring us up to date in regards to federal law, and make us more effective in our partnership with Cosmopolitan International. Below is a brief history of our updates and changes.

In 2008, the CDF Board determined the CDF's role was not clearly defined. Among Cosmos, CDF members and the CI Board there were differing opinions and confusion as to the CDF's primary role. Additionally, our mission statement was fairly ambiguous and added no direction.

To clarify the CDF's role, the CDF Bylaws committee under Bill Kubat, began an effort to trace back and document the CDF's original purpose by interviewing PIP's, past CDF directors who drafted the original articles of incorporation, organizations with foundations and governing boards, accounting experts, and legal counsel. From all of these conversations, the bylaws committee crafted a new mission statement incorporating the CDF's original intent and clarifying the role of the CDF as part of Cosmopolitan International.

Soon thereafter, the bylaws committee set to work to ensure our board was following new federal requirements for foundations. Bill Kubat again enlisted the help of legal counsel and our accounting firm to develop a purpose statement, policies for our directors, and better documentation for donor directed funds. At the recent CDF Board meetings in Kansas City, the CDF board voted and **unanimously approved** the new procedures and the following purpose statement:

***"The Cosmopolitan Diabetes Foundation(CDF) is a public benefit corporation organized exclusively to promote the aims and objectives of Cosmopolitan International.***

***Notwithstanding the foregoing, however, the CDF is organized exclusively for charitable, educational and scientific purposes, including, for such purposes, the making of distributions to organizations that qualify as exempt organizations under Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (or the corresponding provision of any future United States Internal Revenue Law." This may include contributions to non-501(c)(3) organizations, but restrictions on how the funds are used must continue to conform to 501(c)(3) regulations.***

In addition to updating our policies and bylaws, the CDF also set to work to streamline our operations. Up until approximately 2009, the CDF had budgeted a substantial amount of money for a CDF assistant. Discussions began as to how we could cut costs, streamline CDF operations, update our database, and receive better advice to the board. Our decision was to hire an accounting firm that could provide all of these functions at a fraction of the cost budgeted for the assistant- nearly an annual savings of \$20,000. These funds could then be used for grants and ongoing support for CI. Even with these savings, our database for both CI and CDF has been updated, our operations are more streamlined, and we have expert advice on ongoing CDF activities.



Tom Gustafson  
CDF Chairman

In 2008, the CDF Board determined the CDF's role was not clearly defined.

One other critical aspect of the CDF was creating a more open dialogue with CI Board. The CDF had historically supported CI with grants or through other means, and we intended to continue this practice. Annually, the CDF drafts a budget which includes funds for CI projects that meet 501(c)3 criteria. During the 2009-10 budget process, the CDF approached the CI board and made the following request: should budgeted funds not be required, CI would not request them. Those Funds could then be added to the Discovery Fund for distribution through grants at the annual convention. In 2009-10, the CDF had budgeted \$18,600 for CI projects. Of those funds, CI only requested \$10,000. The balance was added to the Discovery Fund and was granted to Cosmopolitan supported projects. In the 2011-12 CDF budget, there are no budgeted expenses for Cosmopolitan International. Because of communication between the boards and the elimination of the CDF's assistant position, the CDF's projected budget of approximately \$24,000 is about 1/3rd of the budget from 2007-8. Based on the CDF's new purpose statements, the two boards have an understanding that the CDF will support CI as needed. However, both the CI and CDF Board are now working together so that any savings in their respective operations have a visible, direct, and positive impact on our Cosmopolitan supported projects.

With regard to the Beacons program; in the past few years, it has become very apparent the Beacons program needed a "shot in the arm" to increase interest and participation. Because of the Beacon program's past success and reputation, the board discussed and approved a plan to enhance the current program. The CDF has expanded the Beacon Program so that members would receive credit on their Beacon for any contribution to the CDF. Our members now have the option of making immediate impact contributions (Discovery, CI Fund, Columbia, etc) or to the Beacons permanent endowment and still receive credit on their beacon for either contribution. This additional choice in no way affects current Beacons funds or alters the CDF Board's fiduciary responsibility to oversee Beacons Fund donations members have contributed the past 30+ years. It only expands the options our members have in their philanthropy through the CDF.

Lastly, with the market changes in the past several years, many of you have inquired as to how our investments are doing. To the right is a recap of the value by year. As you will see our investments have recovered and are above our previous high in 2007. (All values are from December of the respective year.)

As always, the CDF thanks all Cosmopolitans for their continued efforts to support Cosmopolitan International's goals and objectives through the CDF. Should you have any ideas or suggestions, please contact your federation CDF Director or call me directly.

**Best regards,  
Tom Gustafson, Chairman**

2003	\$863,000
2004	\$968,000
2005	\$993,000
2006	\$1,142,000
2007	\$1,225,700
2008	\$848,000
2009	\$1,138,800
2010	\$1,203,400
Mar-11	\$1,239,000

*Because of the Beacon program's past success & reputation, the board discussed and approved a plan to enhance the current program.*





# Healthy Choices

## It's Soup



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

Soup can be quite nourishing, depending on the ingredients. And the ingredients can be variable, but usually include broth or other liquid, vegetables, starch and protein.<sup>1</sup>

In the book, "The Volumetrics Weight-Control Plan" Barbara Rolls and Robert A. Barnett cite research showing that soup can help you eat less and lose weight. They found that when soup that was mostly broth was served as the first course of lunch, people consumed 100 calories less at the meal (as compared to eating the same ingredients as a casserole) and felt satisfied for several hours. Chunky soup was more satisfying than strained soup. Broth based soups usually have few calories per volume because of the high water content. The researchers found that it is not the soup's temperature providing the satiating effect; cold soup was as effective as hot soup.

### Soup can be a good source of:

- **Fluid** - water, broth, vegetable juices, and low fat milk
- **Protein** - meat, poultry, fish, beans, lentils, cheese, and eggs
- **Vegetables** - any kind; if your goal is low calorie, add more non-starchy vegetables
- **Grains** - include more whole grains, such as whole wheat pasta, barley, brown and wild rice

### Try this quick and easy soup recipe.

#### Chicken Soup

- 1 cup onions, chopped
- 1 cup celery, chopped
- 1 cup carrot, sliced
- 4 cups chicken broth, 33% less sodium
- 2 cups cooked chicken, diced
- ½ cup whole wheat pasta

Combine chopped vegetables and broth in a 3 quart sauce pan. Bring to a boil. Reduce heat and simmer for 10 minutes. Return to a boil and add diced chicken and pasta. Cook 8 to 10 minutes or until pasta is done. May add seasonings as desired. Makes 5 servings; serving size is 1 cup.

**In a hurry?** Substitute 3 cups of frozen mixed vegetables for the onion, celery and carrots (calorie and carbohydrate will be a little higher when the vegetables include peas, corn and lima beans). May substitute 1 cup of cooked pasta or rice for the ½ cup uncooked pasta.

#### Nutrition per serving:

170 calories  
3 gm fat  
20 gm protein  
15 g carbohydrate (3 gm fiber)  
48 mg cholesterol  
530 mg sodium

#### Exchanges:

½ starch, 1 vegetable,  
2 ½ lean meat



The Volumetrics Weight-Control Plan, Barbara Rolls, PH.D. and Robert A. Barnett, Harper Torch Publishers, 2003  
Master Cook 9 computer program used for recipe analysis.

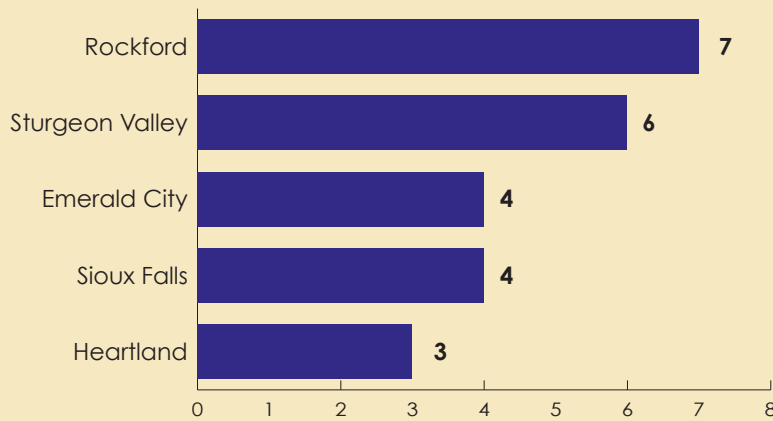
# Know & Tell



TOP CLUBS

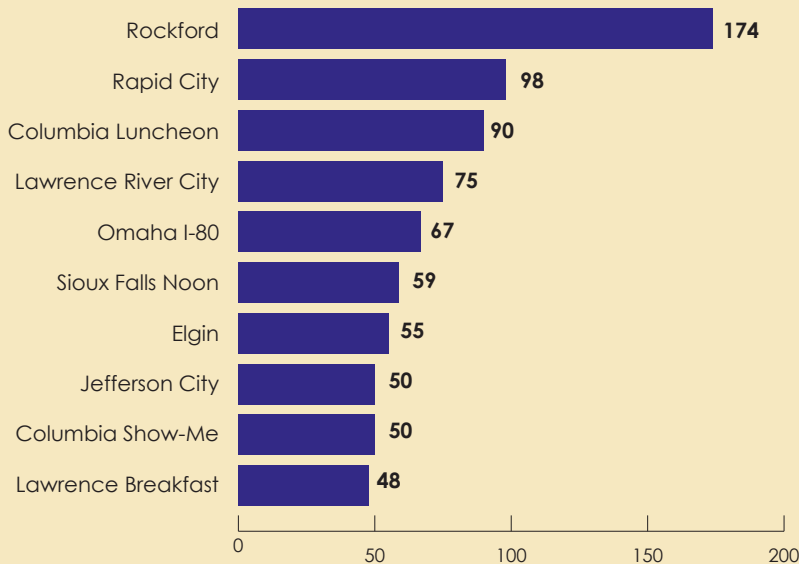
## Top Clubs for Year

*Net Member Increase through March 31, 2011*



## Top Clubs

*Total Members through March 31, 2011*



## Federation Honor Roll

*Net Increases through March 31, 2011*

**North Central +2**

## Club Honor Roll

*For Clubs with Net Increases through March 31, 2011*

- Rockford
- Sturgeon Valley
- Emerald City
- Sioux Falls
- Heartland
- Columbia Breakfast
- Columbia Show-me
- Lawrence Breakfast
- Elizabeth City
- Grand Island
- Omaha West
- Lawrence River City
- Santa Fe Trail

# 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](http://www.cosmopolitan.org) under Resources, Club and Federation Info.

## Major Cosmopolitan Diabetes Center/Program

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

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

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

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

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

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

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

### **CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM**

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

### **CORNBELT DIABETES CONNECTION, INC.**

4816 Royal Ct., Sioux City IA 51104  
H 712.239.2308, C 712-259-5689  
jfkwalker@aol.com  
Jim Walker, Chair

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

330 Maine St., Lawrence, KS 66044  
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](http://www.setebaidservices.org)  
[info@setebaidservices.org](mailto: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 500 engraved bricks have been placed in the courtyard of the historic turn-of-the-century headquarters buildings.



## BRICK CLUB FALL 2010

Donald C. Seyboth Past Intl. President 11/01/31 - 07/27/10	In Memory of Fran Koepke Columbia Show-Me
In Memory of Steve Schmillen West Omaha Club	In Memoriam Jay Krieger Topeka Club 2011
In Memory of Hunter Nicol 10/10/1913 - 4/20/2010	Donald R. Pacey 1930 - 2010 Elgin Club
In Memory of John Bonie 10/15/1915 - 10/25/2010	In Memory of Nolan Harper Cosmo Member 1980-2010



### *In Memoriam*

**Capital**  
Sharpless M. Paxson  
Baltimore

W. William Struck  
Bethesda

**Cornbelt**  
Joe F. Brdicko  
Fremont

Steven Schmillen  
Omaha West

**Headquarters**  
Donald C. Seyboth  
At Large

**Midstates**  
John L. Bonie  
Aurora

**MoKan**  
Fran Koepke  
Columbia Show-Me

Jay R. Krieger  
Topeka

**Southwestern**  
Nolan Harper  
Alexandria-Cenla



**Donald Seyboth, Past International President 1987-88**, passed away on July 27th, 2010. Don served with distinction during his tenure and watched over the fundraising efforts for Cosmopolitan's Second International Diabetes Center at Eastern Virginia Medical School. Don was a very dedicated Cosmo and will be missed by all.

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: \_\_\_\_\_



# Out & About

## CDF and Jefferson City Working Together

At the December 10th meeting of the Jefferson City Cosmopolitan Club, Greg Shields, Mo-Kan Federation Governor and a member of the Jefferson City Cosmopolitan Club, presented a check in the amount of \$7,700 to Mary Telthorst, Cole County Health Department, for assistance with the Cosmopolitan Community Diabetes Education program. The grant funds were received from the Cosmopolitan Diabetes Foundation of Cosmopolitan International, which awards grants to qualified applicants each year at the International Convention. The Cole County Health Department has developed a diabetes education program, in partnership with the Jefferson City Cosmopolitan Club, to serve newly diagnosed patients with no insurance coverage for diabetes education. The Jefferson City Cosmopolitan Club has also made a donation of \$5,300 to help support the program. Classes are held monthly, and include the basics of managing diabetes, treatment options, nutrition and more. A follow-up class is held after a three-month period to compare average blood sugar readings and determine how well the program is assisting patients with the management of their disease. Physician referrals, as well as self-referrals, are accepted into the classes. For more information, contact Mary Telthorst at the Cole County Health Department, 573-636-2181.



Melanie Christie, Mary Telthorst, Greg Shields, Cindy Davis and Jane Holtzman

## Special Needs Children's Christmas Party

*By Richard Moore, President Omaha/Cornhusker Cosmopolitan Club*

On December 6th the Omaha/Cornhusker Cosmopolitan Club held its annual Christmas Party for the Omaha-area special needs children. Two hundred special needs children were able to attend the party this year, and an additional 150 people supported the effort and Christmas spirit. Omaha Mayor Jim Suttle and Louise Latimer from Senator Ben Nelson's office were in attendance and pitched in to help. Cosmopolitan member Jamie Hendrickson and his wife generously paid for all of the food. The Ladies Auxiliary of The German American Society provided financial and serving help, and food servers from Creighton Prep High School, Marian High School, and HDR Engineering Company made sure each child received a warm meal. Approximately 350 turkey meals with the trimmings were served to all in attendance. Daniel Sabra, the first recipient of the Omaha/Cornhusker Cosmo Club's Paul R. Todd Memorial Scholarship, provided special Christmas music with his violin. The Omaha Fire Department's Captain Dave Mann brought his firemen and mascots, and friends of the firemen volunteered their helping hands. The firemen helped the children get off and back on their buses. In addition to a turkey dinner, each child was given a Christmas bag full of presents. Ah yes, we can't forget to thank Santa Claus, who made an appearance. We hope that our efforts made this a special Christmas for these children. We know it made Christmas special for us.

The Omaha/Cornhusker Club won the Cosmopolitan Club Community Service award last year for this annual event.





## Jefferson City Club Donates \$52,500 to Special Learning Center

By Jane Holtzman

The Jefferson City Cosmopolitan Club successfully completed the 16th Annual Tom Henke Charity Golf Classic event in October. Activities for this event include an evening banquet on Sunday night with silent and live auctions, and a golf tournament on Monday. Our goal is to serve 400 people at the banquet and have 30-34 teams for the golf tournament. This year, we served 490 at the banquet and had 30 golf teams.

Tom Henke, former St. Louis Cardinals relief pitcher and a Jefferson City Cosmo member, brings in celebrities, and each golf team gets one celebrity to golf with their team. Planning for this annual event begins every year immediately following the tournament, and we are already planning for the 2011 fundraiser. With this being the signature fundraising event for our club, we have donated nearly \$650,000 to the Special Learning Center in Jefferson City, which provides classroom instruction and therapy services to children with special developmental needs. Our club also retains a portion of the proceeds each year, and we have raised nearly \$225,000 for diabetes education and research over the past 16 years.

On December 20, 2010, the Jefferson City club presented a check to the Special Learning Center in the amount of \$52,500 from this year's tournament. We had another successful year for auction proceeds, even with the down economy. It is a heartwarming experience to see the smiles on the faces of these special children, and our club has helped enable the Special Learning Center to nearly double their building size and increase their capacity over the years. Although this event requires a lot of extra time and hard work from our members, we are proud to be able to assist the Special Learning Center, and the rewards are much greater than all the hard work involved!



Pictured left to right: Brad Binkley, Debbie Hamler, Tom Henke, Carey Riley, Jane Holtzman, Santa, Cindy Martin, Linda Shields, Kevin Riley, Harold and Frances Leydens, Pat Forbis, Cindy Davis.





# Out & About

## Rockford Cosmopolitan Awards Luncheon

*Rick Swansbro, President of Rockford Cosmopolitan Club*

On April 28, 2011, was the second annual Rockford Cosmopolitan awards luncheon. A total of \$37,545 was distributed among 11 non-profit organizations. The largest recipient being Crusader Community Health Foundation, which is consistent with our primary mission to fight diabetes. The remainder of grants were distributed in support of youth programs, the fight against hunger, local historical preservation, independent living and homeless shelters. **The 2010-2011 season has proven to be our single most successful fund raising year.** Record receipts were received from our 21st annual golf play day, our December Poinsettia drive and March Madness draw down. All of this would not be possible without the leadership of committee chairs, the Rockford Cosmopolitan Charities Board, the Rockford Cosmopolitan executive board, member volunteers and the great Rockford community. **Thanks to all for our best year as the Rockford Cosmopolitan Club.**



2010-2011 Award Recipients	Amount
Rock River Valley Pantry	\$2,985
Sounds of Good News (SOGN) Production	\$500
Rockford Park District Youth Golf Program	\$1,000
Center for Sight & Hearing	\$1,500
Westminster Presbyterian Church	\$1,200
Carpenter's Place	\$2,000
The First Tee of Greater Rockford	\$5,000
Midway Village Museum	\$2,360
The Rosecrance Foundation	\$3,000
University of Illinois Extension Winnebago County	\$3,000
Crusader Community Health	\$15,000
<b>Total</b>	<b>\$37,545</b>



## The Cosmo Globetrotter

Literally "cosmopolitan" means "belonging to all the world." We are encouraging members to take a picture of themselves in spots all over the world with their CosmoTopics magazine in hand. Then

in each issue, we will feature two Cosmos that took their picture with their CosmoTopics at some place in the world. We hope this will encourage you to carry your CosmoTopics with you while you travel, promote readership, be a good fit with the literal meaning of cosmopolitan, and just be a FUN new feature.

Please submit photos for consideration to [headquarters@cosmopolitan.org](mailto:headquarters@cosmopolitan.org).

**Be creative!**



*Phil Hanson with Brenda in Cancun.*



# 2011

## International Convention

### August 3-6, 2011

### Overland Park, KS

Join us in Overland Park, KS for the  
2011 International Convention!

Sheraton Overland Park at the Convention Center

*Home of your International Headquarters!*

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# 2011

## International Convention

### accommodation details

## Sheraton Overland Park Hotel

The Sheraton Overland Park Hotel at the Convention Center, the site of the 2011 Cosmopolitan International convention, has seamlessly blended the comforts of home with thoughtfully designed guest rooms complete with coffee makers, hairdryers, bathrobes and high-speed wireless internet that will be available to our group at no charge. For the fitness conscious there is the beautiful glass-enclosed indoor pool and the brand new Sheraton fitness center. You may relax with some "quiet time" at the updated lobby's Link@ Sheraton —offering a secure area to check your emails, take care of business at home or just hang out.

The OP1906 Bar and Grill serves delicious meals throughout the day. You will dine on a bountiful breakfast buffet, hearty lunch, and a dinner menu featuring comfort food with a southern twist. The tender steaks, fresh seafood, and house-made desserts earned them "Best Hotel Dining Room 2007" by Kansas City's The Pitch Magazine. Or relax in the newly renovated lobby, bar and lounge. Enjoy signature martinis, classic cocktails, a glass of wine, or a cold beer from our fully stocked bar, served by a friendly waitstaff. You will find everything you need for a relaxing and memorable stay.

Room reservations must be made by **5:00 p.m. on Tuesday, July 12, 2011** by going to our **Reservation Web Link** provided by Sheraton hotel on our website.

You may also make your room reservations by calling **(866) 837-4214**. In order to get the group discount rate you must tell them you are with the "**Cosmopolitan International Group**".

**RATES** (available 3 days prior and 3 days after the convention):

\$99.00-Traditional Guest room-Single or Double occupancy

\$198.00-Standard Non-Smoking Suite

Room Occupancy Tax-9%

Check In-3:00 p.m. Check Out-12:00 p.m.





# Overland Park

Welcome to Overland Park, Kansas, host to over 2.1 million visitors a year. Overland Park is a unique blend of metropolitan amenities and suburban hospitality packaged in a fresh, contemporary setting. Located less than 15 minutes from downtown Kansas City, Overland Park offers an abundance of attractions including over 250 restaurants, great shopping, theaters and over 80 public parks.



All of Overland Park's 35 fine hotels offer exceptional customer service and are conveniently located near major highways, allowing easy access to the Kansas City metro area. The region features everything from live theater and art museums to amusement parks and a zoo.

**New Theater Restaurant**, open year-round, brings Broadway-style musicals and plays with New York and Hollywood performers to Overland Park.

The 300-acre **Overland Park Arboretum & Botanical Gardens**, also open year-round, features a natural setting with walking trails, waterfalls, colorful flowers and a variety of gardens including a children's discovery garden, Monet garden and a legacy garden.

At the 12-acre **Deanna Rose Children's Farmstead**, visitors enjoy a turn-of-the-century farm including animals, birds of prey, vegetable and flower gardens, a one-room country schoolhouse, fishing pond, horse-drawn wagon and pony rides, an Indian Encampment, dairy barn, a butterfly garden and a Prairie Playground. More than 400,000 annual visitors make this one of the most popular attractions in the entire metropolitan region.

The **Nerman Museum of Contemporary Art** is the largest contemporary art museum in the four-state region and the only one in Kansas. Frequently changing exhibitions means there is always something new to view.

Shopping is abundant in Overland Park with everything from upscale boutiques to discount retailers. **Oak Park Mall** is the largest indoor-shopping mall in the region with over 185 stores and specialty shops, including Nordstrom, Macy's, Dillard's and JCPenney. **Hawthorne Plaza** includes a variety of exclusive specialty stores and boutiques. **Historic Downtown Overland Park** is home to quaint eateries, antique stores, art galleries and a variety of other locally-owned shops. **Corbin Park** has 1.1 million square feet of unique shopping and dining experiences and is anchored by Von Maur. In addition, Overland Park is just minutes away from other great shopping experiences at **Town Center Plaza**, **The Legends at Village West**, the **Country Club Plaza** and **Crown Center**.



Visitors of the area can also enjoy attending professional sports competitions including the **Kansas City Royals** (MLB), the **Kansas City Chiefs** (NFL), **NASCAR**, the **Kansas City Wizards** (MLS), and the **Kansas City T-Bones** (Northern League).



For groups of all sizes, the state-of-the-art **Overland Park Convention Center**, affords over 237,000 square feet of meeting, exhibition, banquet, pre-function and service space. The Center also features over 60 pieces of juried original artwork from local and regional artists.

We look forward to seeing you and are confident you will want to make a return visit to Overland Park.

## OVERLAND PARK

K A N S A S

CONVENTION AND VISITORS BUREAU

# 2011 Cosmopolitan International Convention Schedule

## Cosmo (Subject to Change)

### Wednesday, August 3, 2011

10:00 a.m. - 12:00 p.m.	First Cosmopolitan International Board Meeting
1:00 p.m. - 3:00 p.m.	First Cosmopolitan Diabetes Foundation Board Meeting
4:00 p.m. - 6:00 p.m.	Convention Registration
4:00 p.m. - 6:30 p.m.	Hospitality Room
4:00 p.m. - 4:30 p.m.	Orientation for First Time Attendees
5:00 p.m. - 6:30 p.m.	Past International President's Reception
7:00 p.m. - 10:00 p.m.	Welcome Party & Casino Night
10:00 p.m. - 11:00 p.m.	Hospitality Room

### Thursday, August 4, 2011

6:00 a.m. - 10:00 a.m.	Diabetes Screenings by the Cosmopolitan Columbia Diabetes Center
7:00 a.m. - 8:00 a.m.	Convention Registration
8:00 a.m. - 9:30 a.m.	Opening Ceremonies Breakfast
10:00 a.m. - 12:00 p.m.	First Delegates Meeting Lunch on your own
12:30 p.m. - 6:00 p.m.	Golf Tournament
12:30 p.m. - 5:00 p.m.	Time to Explore Overland Park
1:00 p.m. - 3:00 p.m.	International Awards Judging
3:00 p.m. - 5:00 p.m.	Hospitality Room
6:00 p.m. - 10:00 p.m.	Kansas City T-Bones Baseball Game (optional event)

### Friday, August 5, 2011

6:00 a.m. - 10:00 a.m.	Diabetes Screenings by the Cosmopolitan Columbia Diabetes Center
8:00 a.m. - 9:30 a.m.	CDF & CFC Donations Breakfast
9:30 a.m. - 11:30 a.m.	Diabetes Education & Membership Initiatives Workshops Lunch on your own
1:00 p.m. - 4:00 p.m.	Tour of Cosmo Headquarters
4:00 p.m. - 6:00 p.m.	Hospitality Room
6:00 p.m. - 9:00 p.m.	Dinner on your own
9:00 p.m. - 11:00 p.m.	Hospitality Room

### Saturday, August 6, 2011

6:00 a.m. - 10:00 a.m.	Diabetes Screenings by the Cosmopolitan Columbia Diabetes Center Breakfast on your own
9:00 a.m. - 11:00 a.m.	Second Delegates Meeting
11:30 a.m. - 1:30 p.m.	Purple and Gold Awards Luncheon
1:30 p.m. - 3:00 p.m.	Second Cosmopolitan International Board Meeting
3:00 p.m. - 4:30 p.m.	Second Cosmopolitan Diabetes Foundation Board Meeting
3:00 p.m. - 5:00 p.m.	Hospitality Room
6:00 p.m. - 7:00 p.m.	Cocktail Reception
7:00 p.m. - 12:00 a.m.	President's Banquet and Dancing

## Guest (Subject to Change)

### Wednesday, August 3, 2011

4:00 p.m. - 6:00 p.m.	Convention Registration
4:00 p.m. - 6:30 p.m.	Hospitality Room
4:00 p.m. - 4:30 p.m.	Orientation for First Time Attendees
7:00 p.m. - 10:00 p.m.	Welcome Party & Casino Night
10:00 p.m. - 11:00 p.m.	Hospitality Room

### Thursday, August 4, 2011

6:00 a.m. - 10:00 a.m.	Diabetes Screenings by the Cosmopolitan Columbia Diabetes Center
7:00 a.m. - 8:00 a.m.	Convention Registration
8:00 a.m. - 9:30 a.m.	Opening Ceremonies Breakfast
10:30 a.m. - 11:30 a.m.	Tour of Nerman Museum of Contemporary Art Lunch on own at museum
12:30 p.m. - 6:00 p.m.	Golf Tournament
12:30 p.m. - 5:00 p.m.	Time to Explore Overland Park
3:00 p.m. - 5:00 p.m.	Hospitality Room
6:00 p.m. - 10:00 p.m.	Kansas City T-Bones Baseball Game (optional event)

### Friday, August 5, 2011

6:00 a.m. - 10:00 a.m.	Diabetes Screenings by the Cosmopolitan Columbia Diabetes Center
8:00 a.m. - 9:30 a.m.	CDF & CFC Donations Breakfast
9:30 a.m. - 11:30 a.m.	Cosmo's in the Kitchen-Cooking Class Lunch on your own
1:00 p.m. - 4:00 p.m.	Tour of Cosmo Headquarters
4:00 p.m. - 6:00 p.m.	Hospitality Room
6:00 p.m. - 9:00 p.m.	Dinner on your own
9:00 p.m. - 11:00 p.m.	Hospitality Room

### Saturday, August 6, 2011

6:00 a.m. - 10:00 a.m.	Diabetes Screenings by the Cosmopolitan Columbia Diabetes Center Breakfast on your own
9:00 a.m. - 11:00 a.m.	Free Time to Shop & Relax
11:30 a.m. - 1:30 p.m.	Purple & Gold Awards Luncheon Free Time
3:00 p.m. - 5:00 p.m.	Hospitality Room
6:00 p.m. - 7:00 p.m.	Cocktail Reception
7:00 p.m. - 12:00 a.m.	President's Banquet and Dancing

# 2011 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](http://www.cosmopolitan.org).

**PLEASE FILL OUT ONE REGISTRATION FORM PER ATTENDEE.**

## Attendee Information

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

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

- |  |   |
|--|---|
| <input type="checkbox"/> Past Intl President               | <input type="checkbox"/> C.D.F. Board Member      |
| <input type="checkbox"/> Past Intl First Lady              | <input type="checkbox"/> Beacon Member (US)       |
| <input type="checkbox"/> Sponsor Life Member               | <input type="checkbox"/> Emerald Beacon (US)      |
| <input type="checkbox"/> First Time Attendee               | <input type="checkbox"/> Ruby Beacon (US)         |
| <input type="checkbox"/> MoKan Host                        | <input type="checkbox"/> Diamond Beacon (US)      |
| <input type="checkbox"/> Club President or President-elect | <input type="checkbox"/> Northern Beacon (Canada) |
| <input type="checkbox"/> C.I. Board Member                 | <input type="checkbox"/> Silver Beacon (Canada)   |
| <input type="checkbox"/> Governor                          | <input type="checkbox"/> Gold Beacon (Canada)     |

## Complete Packages

	<b>Postmarked On or Before 7/1/11</b>	<b>Postmarked After 7/1/11</b>	<b>Number of Participants</b>	<b>Amount</b>
Cosmo Package:	\$215.00	\$240.00	_____	\$ _____
Guest Package:	\$215.00	\$240.00	_____	\$ _____
		Subtotal for Packages:		\$ _____

## Individual Events (only for those not purchasing a complete package)

	<b>Postmarked On or Before 7/1/11</b>	<b>Postmarked After 7/1/11</b>	<b>Number of Participants</b>	<b>Amount</b>
8/3 Welcome Party	\$45.00	\$50.00	_____	\$ _____
8/4 Opening Ceremonies Breakfast	\$30.00	\$35.00	_____	\$ _____
8/5 CDF & CFC Donations Breakfast	\$30.00	\$35.00	_____	\$ _____
8/6 Purple and Gold Luncheon	\$40.00	\$45.00	_____	\$ _____
8/6 President's Banquet	\$70.00	\$75.00	_____	\$ _____
Delegate's Fee	\$15.00		_____	\$ _____

## Optional Events

	<b>Postmarked On or Before 7/1/11</b>	<b>Postmarked After 7/1/11</b>	<b>Number of Participants</b>	<b>Amount</b>
8/4 Golf Outing	\$50.00		_____	\$ _____
8/4 T-Bones Baseball Game	\$15.00	\$20.00	_____	\$ _____
		<b>Total Due:</b>		\$ _____

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 20, 2011.**

**CANCELLATION POLICY:** Per Board Policy—Cancellations received before 7/4/2011 will be accessed a 25% cancellation fee. Cancellations received on or after 7/4/2011 but before 7/13/2011 will be accessed a 50% cancellation fee. Cancellations received on or after 7/13/2011 but before 7/20/2011 will be access a 75% cancellation fee. Any cancellations received on or after 7/20/2011 will not receive any refund.

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





**COSMO**Topics  
PO Box 4588  
Overland Park, KS 66204

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# COSMOTOPICS

Spring 2011

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# 2011 International Convention

*Overland Park, KS*

**August 3 - 6**

