

A publication of *Cosmopolitan International*

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COSMOTOPICS
SPRING 2013

2013

INTERNATIONAL CONVENTION

Join us in Las Vegas August 1-3, 2013

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR
Sheila Anderson

Many things have changed since Cosmopolitan International began in 1918, but one thing remains the same: our desire to make our communities a better place through service. Let's have a "get it done" attitude and be passionate about seizing opportunities in every aspect of the projects we support. Our organization's foundation was built on drive and hard work. As Cosmopolitans, we need to be committed to keeping our foundation strong. Be proud of who you are and the work you perform. This year Brian has established an environment where teamwork and collaboration are encouraged and celebrated. Now more than ever we need a commitment from ALL to step up and share your passion and energy to move our organization forward. You are the foundation of our success.

Speaking of having a strong foundation, we have two Clubs that are celebrating impressive milestones. Congratulations to Jefferson City for 50 years of service and the Columbia Show-Me Club is celebrating 25 years. Just think of the mark they are leaving in their communities!

And just think of the mark we leave on our host city as we gather for International Conventions. This, in more cases than not, is the first time some of these communities have come into contact with our great members and our organization. You just never know where you will meet your next new member! Maybe, it will be in Las Vegas . . . see you there in August!

MISSION STATEMENT

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



COSMOTOPICS

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Notes and Quotes



Kevin Harmon
Executive Director

There is never a dull moment around Cosmo. Such is the case this spring as preparations are under way for a variety of items. It is convention season, the last push for positive membership growth is going full tilt, plans for the coming year have been formulated, a raffle to help with expenses is ongoing and a worldwide search is under way for your next Executive Director.

Be sure to note in this issue the news and information about our International Convention in Vegas. It should prove to be one of the more enjoyable and action packed convention since, well, since we were last in Vegas. This time we are at the LVH. This is a shortened convention in format and scope. We will only be having one delegates meeting, but we will turn the traditional first one into an issues and answers event with training and learning opportunities. There is no off site event or visit, so be sure to book extra time outside the convention to take in a show or visit the sites.

Membership is always an issue as it is this year. Proven tools are available to assist your club increase membership. Take advantage. Schedule a membership event and spread the good name and works of Cosmopolitan to others. We are close to having positive membership growth this year and you can help. Invite a friend, relative, co-worker or stranger to join us in helping our communities be better.

Your Board of Directors is actively planning and assessing all aspects of Cosmopolitan. The effort is intended to streamline our business model and find any and all ways to become more efficient and better able to serve our members. The new website has been introduced and with it come a number of efficiencies and tools to make the member better able to access information, the officer's

jobs easier and headquarters more efficient and effective. Check it out. You will be pleasantly surprised.

With membership dues being Cosmo's only significant source of revenue, even slight drops can have a dramatic impact on the bottom line. Cornbelt Governor Richard Gordon has been working hard on a project to increase funds and fun by putting his carving tools and artistry to work. Richard has produced a wooden sculpture of an American Bald Eagle snatching a fish out of a Canadian lake and has donated the piece to Cosmo to raffle off. All members are asked to get involved with this project and sell some tickets. Your Governor has been given the initial allotment of tickets for distribution. Headquarters has more for those members who really get going on this revenue generator.

Lastly, Cindy and I will be leaving Cosmo at the end of the year. It has been both rewarding and challenging over our years with you. We enjoyed the journey initially, but it is time to find other challenges and opportunities. Some of you will remember we were entering retirement when Cosmo needed our help some seven years ago. The new director, whomever that will be, will need all of your help in order to continue to make Cosmo the right club for all to join and belong to. Make a conscious effort to do your part.

*We are close
to having
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year and you
can help.*

Where We Stand

Can you believe that our current Cosmopolitan International fiscal year is 9 months completed? When I sat down to think about what I was going to say in this article, I realized that we were already 3 months into 2013 and only 3 months left.

As I thought on this, I reflected on what has happened in the first 9 months:

1. WEBSITE

On Friday, November 23, the new Cosmopolitan website was launched. Back in September, Jim McVay suggested the possibility of creating a new website for our organization that would be easier to navigate through, cheaper to run, and have the ability to do more for us as an organization. If you haven't already used the new website, go to www.cosmopolitan.org and follow the tutorial to log-in if it's your first time. The website allows Headquarters and the CI Board to communicate with Club Officers as well as the entire membership. It also streamlines Club membership verification and dues billing. It also has the capability for Club Secretaries to enter the information on new Club members without filling out a form and mailing it to Headquarters. Then it's just a matter for Headquarters to verify the information is correct. A big thank you to the website TEAM of Jim McVay, Sheila Anderson, Cindy Harmon, and Kevin Harmon for formulating, testing, and implementing the website. Your time and hard work is greatly appreciated.

2. MEMBERSHIP

We have had our ups and downs with membership this year. We started the year with 1809 members. At the end of July, we had a membership increase of +4, but by the end of August, our membership stood at a +1. By the end of September, we had lost 36 members for a membership count of -35 for the year. Membership started to turn around in October with a +10 for the month which put us at -25 for the year. With November, traditionally being our Club Membership Event month, we saw a marked increase in membership with a +27 for the month and a +2 for the year. At the end of December, we had a -13 for the month and a -11 for the year. We have fluctuated up and down in membership since the New Year, but as of March, we have brought in 128 new members and lost 129 for a -1 for the year. The loss of membership in September and December is probably due to the fact that every Quarter, Clubs are asked to verify their Club rosters, and it is during these verifications that we see Clubs deleting members who have left the Club. Over the last number of years, we have asked Clubs to organize and host Membership Events. November and March have traditionally been the suggested months, but these Events can be held anytime throughout the year. The Clubs that hosted an Event in November were successful and increased our membership.

Are you wondering how your Club or Federation is doing in membership? Log-in to the new website, go to Member Center > Membership Statistics to look at our real time membership stats.



Brian Duckett
President

Log-in to the new website to see how your Club or Federation is doing in membership.

3. FINANCES

The budget for this fiscal year was set last February at the Winter Board meeting in Kansas City. After a lot of discussion and changes, the budget was passed showing a deficit of over \$14,000. Income at the International level is based on membership and over the previous years, we have had a net decrease in membership which affects our financial situation. An interim audit has just been completed and our financial accounting is good, but there were some concerns expressed regarding the loss of funding through membership. I can assure you that the Finance Committee and Executive Director Kevin are looking at ways of saving us money so our deficit is reduced, but we still need Clubs to come on board and bring in new members to help our financial situation.

4. NEW CLUB BUILDING

As an organization, we haven't built a new Club since the 2008-2009 fiscal year under the leadership of President Jim Smith. In November, Executive Director Kevin Harmon and Vice President of Membership and New Clubs Gary Bartlett made a trip to Salina, KS, to give a presentation to interested individuals about the possibility of starting a new Club in that community. We are now waiting to hear back from them.

President-elect Sheila Anderson and CDF Chair Melvina Newman are going to Aberdeen, SD, in April to make a presentation to a parent support group (children with diabetes) at Sanford Aberdeen to tell them about our organization and to see if there is any interested with forming a new Club in this community.

5. PRESIDENTIAL VISITS

Shelley and I have had the pleasure of visiting 31 Clubs so far this year in Cornbelt, Mid-States, Mo-Kan, North Central, and Western Canada Federations. We have enjoyed meeting the members in attendance and have enjoyed participating in 3 Club events which were 2 fundraisers and a community-based project. We look forward to continue our Club visits until the end of this fiscal year and seeing everyone in Las Vegas.

6. EXECUTIVE DIRECTOR POSITION

At the Calgary International Convention, Cindy and Kevin indicated that they would be retiring by the next International Convention in Las Vegas. A Selection Committee was formed and has been at work looking for a new Executive Director. In the fall, Kevin indicated that they would be retiring in early January, but were asked to stay on until the end of the Las Vegas Convention to allow for a smooth transition of duties to the new Executive Director. They will be completing projects that have been started which includes finalizing the details for the Las Vegas International Convention from August 1-3.

I asked everyone to help our organization by following the TEAMWORK principle to get our fine organization turned around and heading towards being a sound organization membership wise and thus, financially sound. I have seen TEAMWORK at the Club level through my visits and have also seen it at the International level, but we need to dig down over the next 3 months to get our organization solvent again. At the Spring Board meeting in March, there was a lot of discussion on how we hope to do this. Do we have the answers on how to do this? With discussion and the help of the membership, I feel confident that we can make an impact before June 30.

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Benefits of Belonging to an International Organization



Sheila Anderson
President-elect

On the drive home from the Spring Board Meeting, Melvina, Newman, Ed Ficenec, Jim McVay, and I were discussing the benefits of belonging to an international organization/service club versus volunteering your time to a local group. We came up with a great list of pros for this.

Benefits of belonging to an international organization:

1. Creates a broader influence.
2. One Club can't have the impact as several together in funding diabetes research.
3. Provides a sense of identity – you belong to something.
4. You are part of something recognizable (logo, brand).
5. Gives your local club credibility. For example, “we're an international organization of 1,800 members . . .” has more credibility than saying “we're a group of 15 people that get together and raise some money.”
6. Creates consistency – uniform policies and procedures with everything coordinated at Headquarters and communicated out to the Federation which, in turn, communicates to the local clubs.

I then thought I would pose this question to some Past International Presidents as well as some members of our largest Cosmopolitan Club. The amount of discussion and feedback was fantastic. Thank you all for contributing your thoughts and expressing your feelings.

Credibility goes a long way when local Clubs present a project or a fundraiser.

“Cosmopolitan International has committed to finding a cure for diabetes. As an International organization, we are fortunate to be able to direct the efforts of Club members in Canada and the United States to finding that cure in ways unique to their own country. As an International Organization, we have a Headquarters staff offering support, supplies and all that goes along with a successful Club . . . We offer stability and a recognizable brand that gives each local Club the credibility needed to make a good impression in their home city.

This credibility goes a long way when local Clubs present a project or a fundraiser. Yes, we are the Club that Fights Diabetes. Yes, a cure for diabetes is our commitment. However, our Clubs do more than work towards a cure. Local Clubs are always helping local causes. Projects supporting many great causes are on the roster of every Club in Cosmopolitan. Much of the money earned at local levels, stay at the local level. Couple the International mandate of Cosmopolitan with the hard working local Cosmopolitan Club, and you have a recipe for a very successful group.”

-Richard Greer, 2010-2011 International President

“The perpetuity aspect of the mission by not relying on any one club to sustain itself and not lose sight. It also puts many more dollars at work through our jointly supported projects and inspires others to join the our mission and multiply the giving.”

-Don Cuppini, Member of the Rockford Cosmopolitan Club, Past Club President

"As you well know, there are many reasons to have an over-riding organization.

1. *Strength in unity and purpose. Look at what we have done in Columbia, EVMS, Cornbelt Diabetes Connection, Crusader Clinic, Canada, and our other diabetes programs. There is strength in numbers when we are working toward a common goal.*
2. *Fundraising - Certainly local clubs are capable of raising significant dollars for their local charities, but smaller clubs need help in these efforts, i.e., training and more importantly help from the CDF in grants.*
3. *Identity - Although we still are lacking here, our major recipients of support, Strelitz, Columbia, etc. really know and appreciate who we are. We do need a logo and brand recognition.*
4. *The Federations provide a means to break down our organization to a more manageable level in addition to facilitating a focus on local area/region needs. Without this sub-structure, we would be hard pressed to operate efficiently at the international level.*
5. *Fun - Getting together at federation and international conventions allows us to not only have fun and establish good friends, but to compare notes regarding our clubs actions and projects.*
6. *Competition - Our awards program presents an opportunity for friendly competition while encouraging clubs and members to achieve that next level of excellence.*
7. *Communications - COSMOTopics and other regular communications tend to build a sense of being more than (in your words) " a group of 15 guys that. . ."*
8. *Friendship - When Jeanette and I attended our first international convention, we were welcomed as family. Our Cosmo friendships beyond my local club are something we both treasure.*

Finally, without structure and purpose, any attempt to achieve the kind of things we have accomplished since adopting diabetes as our main thrust just would not have happened. Remember how we were struggling to complete INGAP? With a little bit of organization and a little competition and fun, we met and in fact exceeded our goal."

-Bob Williams, 2006-2007 International President

So you can see there are numerous benefits to belonging to an international organization. And if someone dare asks "are service clubs too old to matter?" My answer is a resounding "no!" With millions of members in virtually every city in the world, ALL service clubs are able to put people on the ground anywhere at any time to do whatever needs to be done to make our world a better place. Yes, there is value in service clubs still today. They are growing throughout the world. Their growth is strong outside the U.S. but it is still strong. I am proud to be a Cosmopolitan. Putting others first is about as cool as it gets!



**COSMOPOLITAN
INTERNATIONAL**

THE CLUB THAT FIGHTS DIABETES

There is
strength in
numbers
when we
are working
toward a
common
goal.

Let's Grow



Gary Bartlett
VP Membership and
New Clubs

Well, fellow Cosmos, it looks like we still have some work to do to turn the corner in the membership area. As of April 20 we are down just a bit at minus 2 for the year. Great work so far, but still more to do to reach our goal of positive member growth.

We recently have had several clubs that have held well-planned and presented Membership Events, and they have gained new members. So, it just goes to show that a well-planned, thought-out, and presented program really does work. So, I would like to suggest that all clubs, no matter their size, make an effort to do at a minimum one per year New Member Event, but an even better idea would be to do two.

As we have discussed before, the PowerPoint template for membership events is on the website under the Resources tab, so all you really need to do is download and fill in the blanks with items that fit your club and tells what you do. Once this is updated to showcase your club, the next step is to set a date and start inviting potential members. Keep the talk on Cosmopolitan International to a minimum, as all these folks are here to learn about the local club first, and make sure you wow them with the things your club does in its *Fight Against Diabetes*, as well as *Community Service Projects*.

Make sure you have up-to-date information about your club readily available at your event to give to your potential new members, as this will be the best time to connect and get them to sign up. Always keep New Member signup sheets handy at every event just in case they might be needed.

Speaking of the new website (www.cosmopolitan.org) now would be a great time for all members to get signed up and start using this program. Jim McVay, Sheila Anderson, Cindy Harmon, and Kevin Harmon worked hard trying to get this website updated and online, so all Cosmos can have easy access. Don't let their efforts go to waste. Get signed up and start using this new site.

I know it's not my job to find my replacement, but another item to talk about is Membership and New Clubs Vice-President. Since this will be the last year I am eligible to be the VP of Membership and New Clubs, it's never too early to start looking for potential replacement candidates. Below is a description of the position copied from the Cosmopolitan

International By-Laws:

The Vice President for Membership and New Clubs shall be elected annually at the International convention from among those members in good standing in Cosmopolitan International who have previously held as a minimum the office of Federation Governor.

Vice President for Membership and New Clubs – The Vice President for Membership and New Clubs, in coordination with the Director of Membership Development, shall be responsible for increasing the membership of Cosmopolitan International by retention, recruitment and planned club building. He/she shall be responsible for planning and positive reinforcement that will enhance efforts by the Director of Membership Development, Federation Governors, Club Presidents and other Cosmopolitans (who desire to develop new clubs) in the development and implementation of the membership and new club building. He/she shall be responsible for coordination and follow-up with the Director of Membership Development. He/she shall be responsible for assisting the Vice President for Finance in accounting for membership and new club building figures affecting the commission for the Director of Membership Development. The Vice President for Membership and New Clubs shall communicate with the Federation Governors and President not less than monthly.

If you know of anyone that might have an interest in helping Cosmopolitan International increase its membership, as well as help build new clubs, please let Past International President Phil Hanson at phil@handsoncpa.com know who this person might be. Phil will be the one setting up the list of potential new officers for next year.

Make an effort
to do at a
minimum one
per year New
Member Event.

This, That And A Few Other Things



Jim Preston
VP Finance

BUDGET:

Three of the four members of the Finance Committee submitted a proposed balanced budget for 2013-2014. We also received a recommendation to raise the dues by five dollars. All four proposed budgets, along with a recommendation for a final budget, went to the Board of Directors for their approval in March. As a reminder, the Cosmopolitan International's fiscal year is from July 1 to June 30. After two adjustments, the recommended budget was adopted by the Cosmopolitan International Board on March 9, 2013. The Budget that was approved did not seek a dues increase and can be viewed on the Cosmopolitan website.

EXECUTIVE DIRECTOR:

One of the more expensive parts of the budget is payroll and associated benefits for the staff at the Cosmopolitan Headquarters. Payroll is typically the highest expense of any business or organization. One of the crucial elements of all the proposed budgets is to keep the costs for employees at or below current levels. The Executive Director Search Committee has determined that allowing the Executive Director to work from home will allow for a wider range of qualified applicants and the position can be filled at a lower cost than requiring this individual to relocate to Overland Park. This was supported by the Cosmopolitan International Board. The position was opened until March 1, 2013. The Cosmopolitan International Board asked the Selection Committee to reopen the position for an additional two weeks with a new closing of March 27 and advertise in the Kansas City area. Interviews of potential candidates was completed on April 20, 2013.

WOOD CARVING FUNDRAISER:

A valiant effort is being made by **Richard Gordon**, Cornbelt Governor, to help balance the budget and increase the reserves. Mr. Gordon is busy carving a wood statue of an Eagle bringing home dinner. He is donating the carving to Cosmopolitan International to raise funds through a raffle with the drawing to be held at the International Conference in Las Vegas on August 3, 2013. If each member would support Cosmopolitan International and Mr. Gordon's efforts by at least buying one five-dollar ticket and selling one five-dollar ticket, it would go along ways in resolving our financial situation. I am asking that Federation Governors and Club Presidents support this fundraising event. I will be offering a Cosmopolitan appropriate

prize for the top ticket salesperson, and I have asked Cosmopolitan Headquarters to donate prizes for a second and third place. Tickets will be available at each Federation Convention. I have seen what Mr. Gordon has done so far and I am truly impressed. Again, everyone's effort is needed to make this work. Thanks again, Sir Richard.

2014 INTERNATIONAL CONVENTION:

The 2014 International Conference will be held in Rapid City, SD, July 24- 26, 2014. The Planning Committee has already prepared a draft agenda and a preliminary budget. Their goal is to make this an interesting, educational, fun and exciting conference, and the Rapid City Cosmopolitan Club is busy working toward that objective. Current plans include a fun Ice Breaker event, a nationally known professional speaker who will really get you thinking, an evening at the Summers Night event in downtown Rapid City, an outstanding entertainer, and a day-long tour from one end of the Black Hills to the other. This bus tour which will be part of your packet and will include Crazy Horse Monument, Deadwood, a steak feed on a working ranch, spectacular scenery, a Tatanka exhibit, and the lighting ceremony at Mount Rushmore. A shorter version of this tour will be offered for those who do not want to take the day-long tour. Plan on attending this exciting event. You won't regret it. Please consider spending a few extra days in the Black Hills as there are far more things to see and do in the "Hills" than we could possibly show you in one day. Other things to do include the Badlands, exploring one of the many caves in the area, Black Hills Playhouse, Devils Tower, beautiful lakes and numerous hiking trails. Again, mark July 24-26 on your 2014 calendar.

PERSONAL NOTES:

My wife, Dee, lost her brother over the Thanksgiving Weekend. Doug was not only my brother-in-law, but my classmate and friend for many years. Cancer sucks! I want to thank everyone who sent condolences or who thought about us during this trying time.

I had my left knee replaced on January 30th and my right knee replaced on February 15th. This has slowed me down for a little while, but I hope to be up and running to enjoy Disney World with my kids and grandkids in July.

I am looking forward to seeing you in Las Vegas in August.

Allons Y Faire

Richard

Gordon is

donating a

carving to

Cosmopolitan

International

to raise funds

through a

raffle.

My Goals for the Year



Don Gentry
VP Marketing

I want to continue to expand our presence on-line to as many different social media sites as we can.

I will say that those of us that live in the heartland would like to see winter go away and spring arrive. I for one am tired of shoveling snow.

I would like to update you on my goals for the year.

WIKIPEDIA:

After a few rejections of the Wikipedia page I am creating for Cosmopolitan, it has been resubmitted once again for approval. Hopefully, we will have our own page soon. With the new website on-line, this will give us an additional presence and hopefully expand our name recognition.

PSA'S:

I have had meetings with a video producer/editor regarding the public service announcement (PSA) that is being created. The script is evolving and will be a live narrative type video production with photos, power point slides, and short video clips. There will be several more meetings to finalize the script and then to create the video. Once that process is finished and we have the final edits available, there will be a DVD created to send to clubs. I will be working with the designated marketing liaison to get our PSA broadcast on local stations.

SMART PHONE APP:

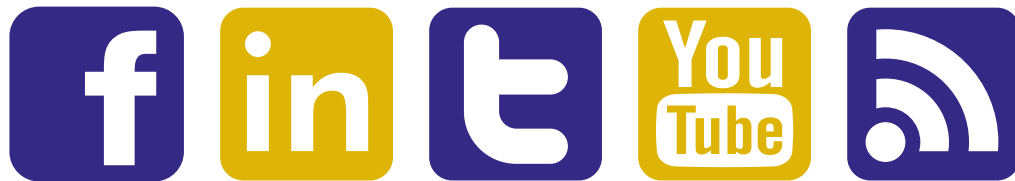
I am also working with a smartphone application developer to create a type of diabetes game to be distributed at no charge. The concept for the game will be to prevent your selected avatar from developing diabetes by making correct lifestyle choices, exercise choices, and correct diet choices. There are numerous diabetes applications that exist already, but they are mostly technical or recordkeeping applications. So far, I have

not found anything that resembles a diabetes game. The purpose of the game is to hopefully attract a younger generation by using a game approach. The plan is to have Cosmo logos and information about our organization sprinkled throughout the game. This project will take some time to develop and will be introduced first for android phones then converted for iPhones.

SOCIAL MEDIA:

I want to continue to expand Cosmopolitan International's presence on-line and exploit as many different social media sites as we can. If you know of other sites that we currently do not participate in, please let me know. On-line social media is no longer the future, it is the here and now and Cosmo needs to be there if we are to have any chance of expanding our presence in the service club world.

As an additional note, for most of us federation conventions are rapidly approaching. Please try to attend your local convention and encourage other club members to attend. Conventions are a great place to network, meet new Cosmos, and to learn what other clubs are doing in the world of diabetes, fundraising, and membership. The sharing of ideas has always been one of the purposes of conventions. The clubs that schedule and plan the conventions put in a lot of hours of hard work. Also, I hope to see many of you at the international convention this year. Las Vegas is always a great destination and we need your attendance at the convention this year.



Spring 2013 Cosmopolitan Diabetes Foundation Update

As we are nearing the end of our Cosmo year and heading into the last quarter, the Cosmopolitan Diabetes Foundation (CDF) wants to thank all members for your continued support of your Cosmopolitan Foundation.



Melvina
Newman
CDF Chair

INVESTMENTS:

For the past several years all our investments have been with the firm UBS. Last November our Investment Advisor at UBS moved to the Oppenheimer Company. The CDF board reviewed the options of either staying with UBS and work with a new advisor or move to Oppenheimer and continue to work with our same advisor who is very knowledgeable about the strategy of CDF. In December 2012, the investments were moved to Oppenheimer and we are working with our same advisor of many years.

Along with this move, the Finance Chair of the CDF Board has been in constant contact with our Advisor going over all the funds and making changes where necessary and authorizing moves to the best investment available. Our investments have held quite well over the past months and are currently at approximately \$1,220,710.

CDF ROLE:

To support the goals of Cosmopolitan International in its effort to support organizations that address education, treatment and a cure for diabetes. Therefore, CDF provides financial support directly to Cosmopolitan recognized diabetic programs such as Strelitz, Columbia Diabetes Center, CDC, Crusader Clinic and Health Care Access. CDF also provides financial support to Cosmopolitan International in the educational efforts of our membership.

FUNDS:

Funds that CDF distributes come from all Cosmopolitans who have been making contributions annually to the Foundation.

- The BEACONS FUND was created to establish an endowment intended to ensure the perpetuity of Cosmopolitan International. All contributions to the fund are invested and the income generated is used for CDF operating expenses. Income

not required for operating, is then used for various diabetic causes including support of Cosmopolitan International and for grants.

Remember, increasing Beacons memberships increases equity which means more income and increasing our opportunity to fund diabetes-related grants. Increasing our opportunity to fund diabetes-related grants means increasing our opportunity to raise awareness of and finding a cure for diabetes.

- The DISCOVERY FUND was also established to receive contributions from clubs and individuals to fund grants for diabetes related projects. No portion of these funds is used for administrative or other costs of operating the Foundation.

GRANTS:

In the Fall Issue of CosmoTopics, I reported that the CDF Board has the authority to make grants from the equity and the grants awarded from the income for the past year were listed.

We are again at that time to begin to receive grant applications. To be considered for a grant, all applications must be received by July 1. Any organization which can show evidence that its funds remain dedicated to charitable, educational and scientific purposes is eligible. All grants must be for diabetes-related purposes.

The Mission of the Cosmopolitan Diabetes Foundation is to support the goals of Cosmopolitan International to find a cure for diabetes by providing a means to support charitable organizations that address education, treatment and a cure for diabetes.

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

*Increasing
Beacons
memberships
increases
equity which
means more
income and
increasing our
opportunity to
fund diabetes-
related grants.*



Healthy Choices



CARBOHYDRATE COUNTING – WHY IS EVERYONE TALKING ABOUT CARBS?

by F. Elaine Rehmer, MBA - Manager, Cosmopolitan International Diabetes & Endocrinology Center at the University of Missouri – Columbia

Carbohydrate counting (carb counting) is a meal-planning tool that often helps individuals make good food choices. And, counting is a relatively easy way to keep track of the carbohydrates you eat during meals and snacks!

Carbohydrate foods raise your blood glucose level while insulin and physical activity lower your blood glucose level. Why is this important information? To help keep your blood glucose from going too high or too low, balance of carbs, physical activity, and any diabetes medication is necessary to keep you healthy!

How do carbs, insulin and physical activity really work together?

Three main nutrients – carbohydrate, protein, and fat – make up food. And, those three nutrients provide the fuel that makes energy for your body. We're concentrating on carbs right now – but it is important to remember that protein and fat are also important parts of your meal plan.

Carbohydrate is the type of fuel your body prefers. Foods with carbohydrate break down into glucose, the sugar that your body is able to easily use for energy. And, eating carbs makes your blood sugar go up! If you have diabetes, eating too many carbs can make your blood sugar go too high. That's why we count carbs! Counting your carb intake helps track how much carbohydrate you are eating and drinking which, in turn, helps you control your blood sugar level and control your diabetes.

What does it take to count carbs?

Now you understand a little about why carb counting is important. It is also helpful to learn which foods contain carbohydrates and how much carbohydrate is in your food choices.

- Know which foods contain carbohydrate.
- Understand how to measure carbohydrate in "carb choices" or grams.
- Learn the carb choices or grams of carbohydrate in common foods.
- Use the nutrition facts panel on product labels for carb counting.
- Estimate how much carbohydrate is in food when you can't measure portions or read labels.

Carbohydrate foods include:

- Starches, such as
 - breads, tortillas, and cereals
 - pasta, rice and grains
 - beans and lentils
 - starchy vegetables, such as potatoes, corn, and peas
 - crackers, pretzels, and snack chips
- Fruits and fruit juices
- Milk and yogurt
- Sugar, sweets, and desserts
- Non-starchy vegetables, such as broccoli, carrots, asparagus, and salad greens.

Carbohydrate choices

1 Carbohydrate (carb) Choice = 15 grams						
<ul style="list-style-type: none"> • 1 small apple • ½ banana • ½ grapefruit • 1 cup milk* • 1 cup baked french fries 	<ul style="list-style-type: none"> • ½ cup corn • ½ cup peas • ½ cup cooked oatmeal • ½ cup chocolate milk* • ½ cup ice cream* 	<ul style="list-style-type: none"> • ¾ cup cornflakes • 6 oz. yogurt* • 17 thin pretzel sticks • ½ large corn cob 	<ul style="list-style-type: none"> • ⅓ cup cooked rice • ⅓ cup cooked pasta • ⅓ cup ripe plantain • ⅓ cup baked beans 	<ul style="list-style-type: none"> • 3 peanut butter crackers • 2 cream-filled cookies • ½ hamburger bun • ½ English muffin 	<ul style="list-style-type: none"> • 1½ cups cooked cauliflower & broccoli • 1½ cups cooked beans • 1½ cups cooked carrots • 1½ cups cooked cabbage 	<ul style="list-style-type: none"> • 1 slice of bread • 1-6 inch tortilla • 1 pancake • ½-6 inch pita
Portion Size						
fist	½ baseball	light bulb	1 egg	½ deck of cards	1½ baseballs	compact disc

How many carbs do you need?

Everyone is different! As you begin counting the carbohydrates that you are eating, you may discover that your portions are bigger than you realized. The chart below is a good place to begin – but remember – your health care provider can help you fine tune your specific needs!

	For Weight Loss	For Weight Maintenance	Snacks (If Desired)
Women	2 To 3 Carb Choices (30 To 45 Grams Carbohydrate) Per Meal	3 To 4 Carb Choices (45 To 60 Grams Carbohydrate) Per Meal	1 Carb Choice (15 Grams Carbohydrate) Per Snack
Men	3 To 4 Carb Choices (45 To 60 Grams Carbohydrate) Per Meal	4 To 5 Carb Choices (60 To 75 Grams Carbohydrate) Per Meal	1 Carb Choice (15 Grams Carbohydrate) Per Snack



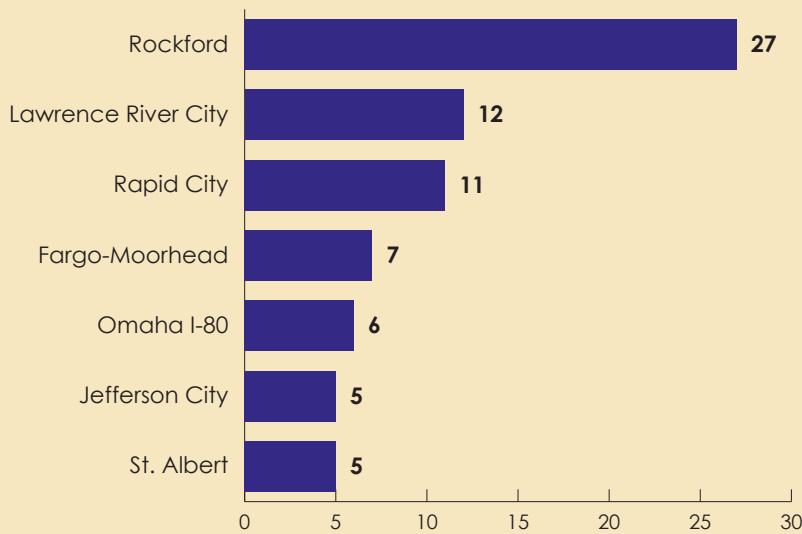
Know & Tell



TOP CLUBS

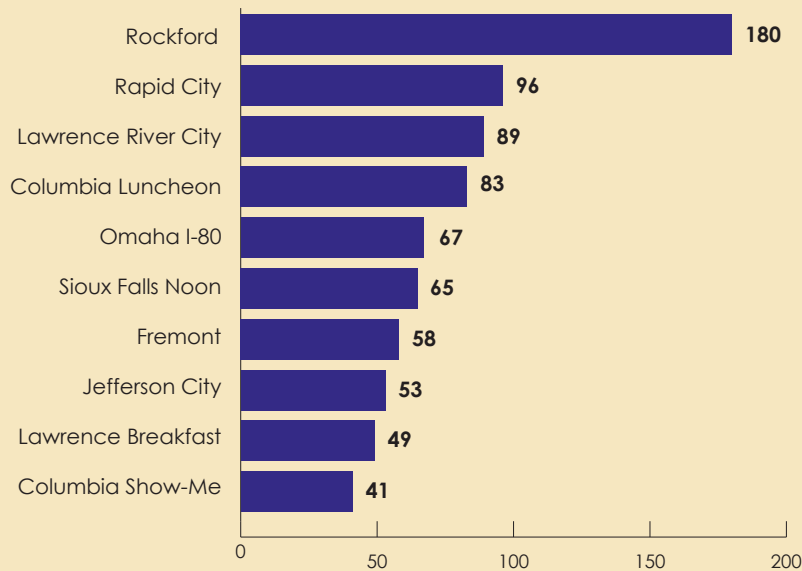
Top Clubs

New Members added through April 1, 2013



Top Clubs

Total Members through April 1, 2013



Federation Honor Roll

Net Increases through April 1, 2013

North Central +3

Club Honor Roll

For Clubs with 2 or more Net Increases through April 1, 2013

- Lawrence River City +8**
- Rockford +8**
- St. Albert +4**
- Wichita Air Capital +4**
- Fargo-Moorhead +3**
- Johnson County +3**
- Omaha I-80 +3**
- Prince Albert +3**
- Jefferson City +2**
- Regina Capital +2**
- Sioux Falls +2**

Cosmo U: Getting Down to Business

by Jim McVay, International Judge Advocate

One of the things that our members do very well is focus on the fun and friendships which are an integral part of any Cosmopolitan Club or Federation. However, there are times when it is necessary to “get down to business” and an application of some basic guidelines will help provide direction, efficiency, and a fair discussion of the matters at hand. Here are some basic things to keep in mind:

▪ **Have an Agenda:** The presiding officer (i.e., President, Governor, Committee Chair, etc.) should plan in advance as to what issues are to be discussed so meetings are organized and productive. If possible, background information relating to complex issues should be provided to members ahead of the meeting. One of the most important jobs of the presiding officer is to make sure that members stay on task and keep the discussion on point. An agenda assists in this process. To keep the meeting moving and avoid getting bogged down, the presiding officer can specify how much time should be allotted to certain topics subject to the rules of debate outlined below.

▪ **General Rules of Debate/Discussion:** In larger meetings, members must be recognized by the presiding officer before they can speak at a meeting and comments must relate to the pending topic or Motion. The maker of any Motion has the right to speak first. Each member may speak only twice on a topic in a given day and is limited to 10 minutes unless a Motion to Limit Debate is made, seconded, and passed with a two-thirds majority. No one is entitled to speak on the pending Motion a second time if someone else who has not yet spoken desires the floor. Meeting participants must be courteous and respectful. Again, it is the job of the presiding officer to make sure that the members in attendance follow these rules.

▪ **Handling of Motions:** The basic steps to a Motion are as follows: a member obtains the floor and makes the Motion, the Motion is seconded, discussion is had, amendments are made, and the vote is taken.

▪ **Making the Motion:** A Motion begins with the words “I move...” and another member seconds the Motion. The presiding officer then states, “It is moved and seconded that [repeats the Motion]. Is there any discussion?” Discussion is then conducted as noted above.

▪ **Calling the Question:** If it appears that there is no discussion on the pending Motion, the presiding officer can simply precede to a vote. Ordinarily, members wish to discuss the issue prior to voting and it is their right to do so (subject to the limitations mentioned above). However, it is possible for a member to force a vote on a pending Motion immediately by Moving the previous question or Calling the question. In order to do this, a member must first be recognized and have the floor (a member simply calling out “Call the question!” or “Vote” is out of order). After being seconded, a two-thirds vote in the affirmative is required in order to end discussion. If approved, a vote is immediately taken on the underlying Motion.

Example:

MEMBER A [after being recognized]: “I move the previous question.” [sits]

ANOTHER MEMBER [Seated]: “Second!”

CHAIR: “It is moved and seconded to order the previous question. (The chair may explain that ordering the previous question will cut off any further debate.) Those in favor of ordering the previous question signify by saying ‘aye.’”

CHAIR (assuming a two-thirds vote in favor): “There are two-thirds in the affirmative and the previous question is ordered. The question is now on the adoption of the motion to [stating in full the immediately pending question]. Those in favor, say ‘aye.’” [The chair proceeds to complete the vote on the underlying motion.]

▪ **Amendments to a Motion:** A member may desire to modify a Motion which has already been moved and seconded. Although this is sometimes accomplished by asking the member who made the original Motion to consent to the change, this is procedurally incorrect. A member can make a Motion to Amend by moving to insert and/or delete specific words or phrases in the original Motion. This Motion to Amend must be seconded, and then discussion is had on whether or not the amendment should be adopted and a vote is taken on that issue alone. It is the job of the presiding officer to manage this process by (i) stating the amendment, (ii) stating the main motion as it would read if the amendment were to be adopted, (iii) making clear once more what is the amendment that is to be discussed and voted on.

▪ If the majority of the votes are in favor of the proposed amendment, then it is adopted and the changes are incorporated. At that point, the discussion can continue on the main motion, as now amended, and a vote can be taken on that matter.

▪ **Minutes:** These are the official recordings of the meeting but do not become “the” minutes until they are approved by the group at the next meeting. The minutes should not record word-for-word discussion but the following items should be recorded in the minutes: (i) the exact wording of each motion, (ii) the name of the maker of each motion, and (iii) the action taken on each motion. Each independent item/subject covered should be recorded in separate paragraphs. These minutes for the Club or Federation should be retained and passed from Secretary to Secretary as the written history of that entity.

▪ **Voting by the Presiding Officer:** The presiding officer should make every effort to maintain an appearance of impartiality so members can feel confident that they will receive fair treatment. To this end, the chair does not participate in debate on any issue unless he or she gives up the chair until the issue is disposed of (which should seldom be done). In addition, the chair votes only when (i) the vote is by ballot, in which case the chair votes along with and at the same time as all other members, or (ii) if the vote is not by a ballot, the chair votes only when his or her vote will change the result. Members generally understood this to mean that if there is a tie before the chair votes, the chair may announce that he or she is voting in the affirmative, causing the motion to be adopted. However, the chair may also vote to if, in a case where a motion would be adopted by a single vote, he or she votes in the negative causing the motion to fail by creating a tie.

Hopefully the information provided will help you manage your Club or Federation meetings to make them more effective and better organized and, at the same time, allow everyone to participate. Of course, if you have any questions, please feel free to contact me.



Out & About

Columbia Show-Me Cosmopolitan Club Hosts the 7th Annual “Cosmo Walktoberfest for Diabetes”

by Judy Weitkemper,
Columbia Show-Me Club President

If you happened to be walking through Columbia’s Cosmo Park on Sunday afternoon October 14th, you probably caught a glimpse of the “Golden Wave” winding through the park trail or a whiff of Bill Weitkemper’s BBQ coming from the Burford Shelter. The gold shirts worn by the walkers represented the Cosmo Clubs in action, doing what they do best—stepping out for Diabetes and making their community a better place to live.

Sixty plus people attended this year’s walk and raised a total of \$8,651.60. The day started by Show-Me member, Jacki Swank, leading everyone in warm-up exercises before the brisk walk on the Cosmo Fitness Trail. The walk was followed by a cookout with all the food being donated by Cosmo members.

Also participating in the Walk were members from the Diabetes Center, Columbia Breakfast Club, Luncheon Club and the

Jefferson City Cosmo Club as well as our Mo-Kan Federation Governor, Tommy Johnson and his wife Denise.

The Show-me Club, Jefferson City Club and the Columbia Luncheon Club each contributed \$1,000 for the Diabetes Center. Walktoberfest started six years ago and has raised approximately \$70,000 for the local Cosmopolitan Diabetes Center. The proceeds are used for patient supplies not covered by insurance and for educational materials and outreach programs to benefit those though out the mid-Missouri area.

Walktoberfest has not only helped promote Cosmo Clubs but has helped raise awareness of Diabetes in the area. The Diabetes Center opened in 1984 with the help of Cosmopolitans and today is recognized nationally for excellence in patient care and multidisciplinary research programs. The center depends on fundraising efforts to support their work.



The Columbia Show-Me Cosmopolitan Club Celebrates a Milestone 25 Years of Service

by Judy Weitkemper,
Columbia Show-Me Club President

President Judy Weitkemper began the festivities by welcoming everyone and recognizing the special guests and Show-Me Charter Members in attendance. Special Guests included many charter members no longer with the club, family members, past Club members and our Mo-Kan Federation Governor, Tommy Johnson and his wife Denise.

Everyone enjoyed a great dinner, prepared and served by the Country Club of Missouri, while listening to Christmas Carols sung by A Work in Progress, a group from the Boonslick Chordbusters.

After dinner, Charter Members Larry Benton and Bill Johnson shared fond memories with everyone on how and why the club was started and some of its accomplishments over the 25 years. The Show-Me Cosmopolitan Club was the first Club to include membership to both men and women.

Mo-Kan Federation Governor Tommy Johnson congratulated the Club on its 25 year milestone and spoke about Cosmo International.

After other regular membership meeting activities, two of our “Junior Cosmos,” Blair Benton and Alex Swank led us in the Pledge of Allegiance.



Columbia Luncheon Club Update

By Patrick Zenner, Columbia Luncheon Club President

Columbia, Mo.—2012 has been a memorable year for the Columbia Luncheon Club. Beginning with our 63rd Annual Pancake and Sausage Breakfast in January, to our Club's \$15,000 donation to the Columbia's Parks and Recreation Department and \$20,000 donation to The Food Bank for Central & Northeast Missouri in June, to our Club delegation's attendance in Calgary to celebrate the passing of the gavel from Past President Phil Hanson to our new CI President Brain Duckett in July we've been busy.

Since July the Club has participated in several charity events for children, investigated additional opportunities to expand our presence with the local Parks and Recreation Department, and has been developing goals, objectives, and strategies to help guide our charitable efforts principally in the areas of diabetes and park development.

The Club has held two 5th Tuesday evening meetings joining together with our other Columbia Clubs (Breakfast and Show-Me) to further expand the Cosmopolitan presence in our community. We've even had the distinguished pleasure of hosting our CI President Brian and his wonderful wife Shelley at our Breakfast and Luncheon Club meetings.

The Club is gearing up for its 64th Annual Pancake and Sausage Day on January 26, 2013, and is in the process of planning a

membership drive to be held in February or March. Preparations are also being made to hold additional 5th Tuesday evening meetings with the intent of using that venue as an opportunity to attract new members not available during the lunch hour. Enhancing our membership base is a priority as we strive to continue the solid work of former Club President John Hubert and his outstanding recruitment skills that brought in 10 new members last year and secured another "Big C" award for the Club.

2013 holds great promise for the Columbia Luncheon Club. Membership while declining in mid-2012 is on the upswing. Our planned membership events will likely gain back what has been lost and hopefully result in our membership base exceeding where it was in July of 2012. Changes to our principle fund raising event, weekly bingo, are anticipated to increase the revenue stream and make us competitive with the other local bingo operations. Our investment portfolio, while affected by the economic downturn is still producing revenue allowing our charitable activities to impact the lives of many within Columbia. With a renewed focus and defined goals and objectives for charitable giving, 2013 may be one of the most memorable years for our Club in terms of reaching out to the community with tangible improvements that may be used by all.

Wichita Downtown Club News

On December 13th, Cosmopolitan International Vice-President of Membership & New Clubs, Gary Bartlett, along with Mo-Kan Federation Governor, Tommy Johnson, traveled to Wichita, KS to attend the weekly luncheon meeting of the Wichita Downtown Cosmopolitan Club. Having chartered on June 7, 1941, the Wichita Downtown Club will celebrate its 72nd anniversary during 2013!

Although their membership is currently at 7 members, back in the 1970's and 1980's, the Wichita Downtown Club maintained a membership of 90 to 100 members! The current members are a vibrant and fun-loving group of dedicated Cosmos, who meet weekly for lunch. According to Wichita Downtown Club member, and Past Mo-Kan Federation Governor (2004-2005), Gene Kaup, as recently as December 2010, the club's annual poinsettia fundraising sale netted \$1,800 for the organizations which the club supports. Recent donations include \$4,000 to the American Diabetes Association, \$1,200 each to the Methodist Clinic and Grace Med for diabetes research, along with a large handful of smaller community oriented donations.

Don't let their small number of members fool you – the Wichita Downtown Cosmopolitan Club is a force to be reckoned with and they are dedicated to increasing their membership. With assistance from both Cosmopolitan International and the Mo-Kan Federation, plans are currently underway to hold a membership recruitment event in the near future, in order to bring in a diverse group of new members. With nearly 72 years of club experience to draw from, and a great core group of dedicated club members who want to grow their club, the future is looking bright for the Wichita Downtown Club!



Austin Cosmo Club Participates in “Light the Night Walk”

By Nancy Harrison, Austin Club

The Cosmopolitan Club of Austin, Texas, participated in “Light the Night Walk” on November 3, 2012, which is sponsored by the Leukemia and Lymphoma Society (LLS). In addition to walking the mile and a half course, Cosmos greeted walkers as they arrived at the Park. Walkers were given information about the Walk, and brochures promoting the Cosmopolitan Club were distributed.

The Cosmo Walk Team presented donations totaling \$1,110 to the Leukemia and Lymphoma Society. To encourage donations for the Walk, Cosmo Richard and Nancy Harrison hosted a gathering of Cosmos and friends for chili and tamales at their home. Guests enjoyed frozen Margaritas carefully blended by

Cosmo J. R. Harrison, and they contributed to the Walk “with a smile on their face.”

For numerous years the Cosmo Club of Austin has participated in the annual “Light the Night Walk” and volunteered many hours assisting the Leukemia and Lymphoma Society in their information mail-outs. The mission of the LLS is to cure leukemia, lymphoma, Hodgkin’s disease and myeloma, and to improve the quality of life of patients and their families. The Austin Club has lost a number of members to Leukemia through the years. Therefore, the Club supports a meaningful cause – the Leukemia and Lymphoma Society.

Roanoke Club Wins Hearts of Local JDRF Chapter

The Cosmopolitan Club of Roanoke, Virginia was recognized at the Greater Blue Ridge Chapter’s 2012 Walk Awards Celebration, December 5, 2012 with numerous awards and accolades as a result of the Club’s participation in the Chapter’s annual Walk to Cure Diabetes. Team Captain and club member, Todd Manning, organized a very successful walk which resulted in the club being ranked sixth out of 54 teams in total dollars raised.

The club was recognized as having met the Corporate Team Challenge by having 20 or more team members and in addition, was recognized with the Greatest Gainer Award given for the team with the most dollars raised over the

previous year’s amount. Our Club raised \$6336.00 which was nearly double the amount raised in 2011.

As a result of the enthusiasm demonstrated by our entire team, the club was also awarded the “Fired Up” Award. Four members were recognized for raising over \$500.00 and Keegan Manning received a Golden Sneaker Award for raising over \$1000.00. Keegan (11), son of team captain, Todd Manning, was diagnosed with Type 1 diabetes at age eight. The oldest team member (by one year), PIP Bob Williams walked the entire 3 miles with his “pace man,” Club President, John Keeley. A good time was had by the entire team, both young and old.



Jefferson City Cosmopolitan Club Celebrates 50th Anniversary

By Jane Holtsman, Jefferson City Cosmo

The Jefferson City Cosmopolitan Club – “The Club That Fights Diabetes” - recently celebrated the 50th anniversary of the club’s original chartering, which took place January 12, 1963. The club hosted a formal dinner and program on April 6 at Truman Hotel in Jefferson City. Attendees included past and present members of the club, as well as family members of the original 37 charter members and other distinguished guests. Duane Muck, current president of the club, served as emcee for the evening. Proclamations were presented from the City of Jefferson and State of Missouri, commending the club for its commitment to the fight against diabetes and community service.

Jim Lysaght, magician and comedian, gave an inspiring and motivational program, encouraging the crowd to maintain, nurture and grow its membership to continue the mission of fighting diabetes and serving the community.

Urban Wussler, of the Columbia Luncheon Cosmopolitan Club, spoke about his travels to Jefferson City to recruit members and charter the Jefferson City club during 1962-1963. Wussler,



considered the founding father of the Jefferson City club, expressed his pride in the club and its projects to better the community and raise funds to assist with research and education for diabetes. Charter members and their families were recognized during the evening.

Mo-Kan Federation Governor Tommy Johnson, from Lawrence, Kansas, also gave remarks about the club’s successful fund raising projects – the Tom Henke Charity Golf Classic, annual Pancake Day, gift wrapping at Bass Pro Shops and gumball machines placed around the community. Johnson presented President Duane Muck with the club’s new 50-year gold banner.

One new member, Kyle Trimble was inducted into the club by Mo-Kan Governor Tommy Johnson. The Jefferson City Cosmopolitan Club meets three Fridays a month at noon, at the American Legion, 1423 Tanner Bridge Rd., in Jefferson City. They also hold one Tuesday evening meeting on the first Tuesday of each month. Interested potential members are invited to visit any meeting, or contact Duane Muck at 573-301-1520.

Council Bluffs Cosmopolitan Club Moving Forward

By Rod Miller, Council Bluffs Club President

The Council Bluffs Cosmopolitan Club is on the move. This has been our slogan and our focus since January of 2011. Why, you ask? Well, one short year ago we were a club with only 17 members. Two of the seventeen were original members when our club was first chartered back in 1965. We have ten others who have been with the CBCC for over 25 years.

As with many other service organizations, we were starting to see our membership decline. The gentlemen who were still with us gave us a fine nucleus on which to build. They have demonstrated a dedication and commitment second to none. Through the years they continue to demonstrate a great work ethic and would be invaluable as mentors to new members. With that in mind, we set out to increase our membership.

In March of 2012 we held a membership recruitment party. We did so on a bare-boned budget of under two hundred dollars. Half of that went towards the room rental. Our new recruitment list consisted of thirty-five invitees and nine of those became members. Because of this success, we will be having another membership drive in March of 2013. Our goal will again be to increase membership by at least twenty per cent.

Another focus of the CBCC has been to bring us as a club into the technological era. We needed to develop a web page so that we could take advantage of the many communication opportunities that it presented to us. New member, Dave Rutledge, has been

working with Dave House to get ours up and running. It is our hope that when he is done, we will have a vehicle that we can use to communicate to others our calendars, fund-raisers, service projects, goals, purpose, etc. We hope to have it operational by 2013.

Another change that you may notice has been in our newsletter. Using many different technologies(e-mail, video, cell phone, computer graphics) we are able to generate a newsletter that is current, informational, State-of-the-art, and most importantly, saves us money by eliminating most of the cost of postage that we use to incur. Since it is electronic, it can be distributed through our list serve and will also be available on our web page. New member, Ron Fox, has taken on this role and our new format has more than met our expectations.

Diabetes camp, Hertko Hollow continues to be a focus for our club. With the passing of Enos Nelson, charter member, Walt Coziahr has taken on the responsibility of identifying youths who could benefit from attending summer camp at Hertko Hollow. Walt has taken the recruitment of potential camp goers to every public and private school in the Council Bluff community. We are anticipating even more sponsorships because of his efforts.

Finally, with leadership from the seasoned veterans and the youthful enthusiasm of our new members, our future continues to look bright. We continue to look for new opportunities for fund-raising within the community while continuing to grow our membership.

Rockford Club Update

By Dayton Smith, Rockford Club President

Chili "Shoot-Out for New Members"

The Rockford club added about eight new members in revamped Chili "Shootout for New Members." The event features trap shooting and a chili cooking contest. The event was attended by nearly 80 members, guests, and potential new members. The club has added new members in prior years and it has always been a popular and affordable event; therefore we decided to put an added focus on the membership aspect of the event this year. Individuals hope to garner enough interest at the international convention in Vegas to participate in "Shot-Gun Golf." The county just opened a sporting clays course off the Vegas strip in the desert in which you rent shotguns and golf carts to go from station to station shooting things.

Russ Dennis with a group of four other shooters. ▶



March Madness 2013

The Rockford Club held its annual March Madness fundraiser during the kickoff of the NCAA tournament. This is our final fundraiser of the fiscal year and was sold out for the eight consecutive year. The club anticipates the final accounting to show a profit of approximately \$11,000. We also took the opportunity to add four new members. The funds will be used for our spring grants. While we had a record number of non-profits apply (35) we awarded \$28,750 to sixteen different organizations, the formal check presentation will occur April 25, 2013.

◀ Rick Swansbro with new members Ray Montelongo, Marc Barbeau, and Chris Pro.

Rockford Cosmo's tour Crusader Clinic's Diabetic Learning Center

The Rockford Cosmo Club toured Crusader clinic's diabetic learning center in early March. The members learned about the IPRO technology and approved a grant to purchase two IPRO diabetic testing units and sensors. The IPRO is a device a diabetic patient wears (with a needle inserted) for a couple days. The device tests the glucose levels every few minutes and then uploads the results at the end of the trial. It enhances the health care provider's ability to make confident treatment decisions that can lead to better diabetes management.

Rockford Cosmo's at a lunch/tour of Crusader Clinic ▶



◀ Tom Etier getting checked for Diabetes while sporting the Cosmo Special Edition they have at the facility.

Cosmo President Dayton Smith and a group of Cosmo's in front of the Cosmopolitan Diabetes Learning and Resource Center at Crusader. ▶



Rockford Charities Board

By Rick Swansbro, President of the Board

Serving as a member of the Rockford Cosmopolitan Charities Board is an honor. Although board member rotation on the charities board is only three years, we will forever feel grateful for the opportunity to make a difference in people's lives. To positively impact children who have no traditional home life, who have virtually nothing but a moment of hope we can offer. To offer hope to those fighting disease. To help the less fortunate among us. As a board, we only wish we could do more.

In March, the Rockford Cosmopolitan Charities Board members Matt Armstrong, Brad Born, Donnie Cuppini, Jake Dykstra, Tom Grimes, Pat Morrow, James Patterson, and Rick Swansbro met in the proverbial "smoke filled room" to review a record 35 grant applicants requesting over \$117,000 in funds. Fueled by pizza, refreshments and a passion to serve our community we awarded 15 grants for \$18,750.

The 15 grant recipients receive a letter of invitation to our annual grant recipients luncheon. This year's luncheon will be held Thursday April 25th at Forest Hills Country Club. A representative from each organization will have the opportunity to briefly describe how their organization will benefit from the charities board grant. In addition, each organization will stand for a picture with executive members of the Rockford Cosmopolitan Club.

Looking to the future, we expect to grant an expanding pool of money as we satisfy the three year Carroll H. Starr endowment challenge. With two years behind us and one year ahead of us to meet our \$75,000 challenge, we will be positioned to fully fund the annual Charles G. Uram award as a result of distributed interest from our growing Rockford Cosmopolitan endowment fund.

In addition, the money previously set aside to meet our Carroll H. Starr endowment will be added to previously earned funds raised as a result of our annual golf play day, poinsettia drive and March Madness draw down. We add a few game night fund raisers for good measure as well!

As a board, we only wish we could do more.

The Capital Region Club Enjoys a Lot of Fun and Learning

By Chuck Cenkner, President of Capital Region Club

"THE KIDS on the BLOCK"

The program and evening event was organized by COSMO Barb Jumper. Elaine and Ellen gave the COSMO members an excellent performance/teaching session concerning kids with Down's Syndrome, Autism, and physical disabilities. The lessons learned were how children interact with their classmates and how children with disabilities and others are able to understand and relate to each other. "The Kids came and spoke to us" from the heart!

"The Kids on the Block" puppet program is a national educational program that is offered locally by the Arc of Dauphin & Lebanon County to second graders. The troupe is available to perform within a thirty mile radius of Harrisburg, PA, as well as visiting summer camps, health fairs, libraries, churches, and community events.

We not only learned a lot, but had a great time doing it! COSMO Marilyn Cenkner, wife of Club President Chuck, also found a new special friend that wanted a big hug!



Strength and Determination Wood Carving

Richard Gordon, Cornbelt Federation Governor from Sioux City, IA, has created a stunning wood carving of an eagle reaching down grasping a fish with its claws, called Strength and Determination. This piece is valued at \$3,000 and took just under 200 hours to carve. This item is being used on an international project and will be given away on August 3, 2013, at our International Convention in Las Vegas. Tickets are available from Cosmos members via a donation. Contact your Federation Governor for more details.

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

Major Cosmopolitan Diabetes Center/Program

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

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

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive, Columbia, MO 65212
B 573.882.2273
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

PROVENA MERCY MEDICAL CENTER

Center For Diabetes Wellness
1325 N. Highland Avenue
(new address)
Aurora, IL 60506
Maria Aurora Diaz, Clinical Director
630-801-5756

SETEBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES

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

DIABETES INCORPORATED

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

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.

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: _____

BRICK CLUB SPRING 2013 ▼

In Memory of John W Becker 20-year Jefferson City Cosmo	Bob Senecal Lawrence KS Breakfast President, 1978-79	Ruth Buescher Pals President 1967 Columbia Luncheon	In Memory of John M Solak Capital Federation	Kit Montz Int'l Past President Austin TX Club	Dr. Richard C. Porch Johnson County Club Native American
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In Memoriam

Capital Federation John Sippel <i>North Side Lancaster</i> Ronald Harris <i>Roanoke</i>	MoKan Federation Bessie Towson <i>Columbia Luncheon</i> John Becker <i>Jefferson City</i> Kevin Brennan <i>Topeka</i> John Palmer <i>Santa Fe Trail</i> Sally Welch <i>Heartland</i>	North Central Federation Richard Erdman <i>Rapid City</i> Western Canada Federation Melvin Jaques <i>Calgary</i> Louise Ostoforoff <i>Saskatoon Couples</i>
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On December 31, 2012 Cosmopolitan lost a Past International President and valued member with the passing of **Mildred "Kit" Cahn Montz**. Kit was our first ever woman President and served with distinction in 2001-2002. Kit was also very active in the Cosmopolitan Diabetes Foundation where she attained Diamond Status in recognition of her donation of \$25,000 in support of Cosmopolitan. Kit will be missed by all who knew her and all of Cosmo send their heartfelt sympathies to the family.



2013

JOIN US IN LAS VEGAS!

INTERNATIONAL CONVENTION



Photo by Lasvegaslover

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Toll Free 888-732-7117
Main Line 702-732-5111
3000 Paradise Road
Las Vegas, Nevada, 89109

A special web link is available for registration. The link is available on our Cosmopolitan Website in the International Convention section. You can also use the following in your browser to access the link: [HTTPS://RESWEB.PASKEY.COM/GO/COSMOPOLITAN2013](https://resweb.paskey.com/go/cosmopolitan2013)



2013 Cosmopolitan International Convention Schedule

This convention schedule is a condensed and shortened version of the traditional schedule that concentrates on combining and eliminating some events.

You will note that there is not a welcome party or first delegates meeting. There is no formal guest or kids program. Members and guests are encouraged to explore and experience all that Las Vegas has to offer on your timetable and whim. You will find an emphasis on training and issues as well as the traditional awards, donations, elections and installation of officers. You will also find a schedule which fits the busy lifestyle of our members, yet allows plenty of time before, during and after the convention to make a weekend, week or more at your discretion and pleasure.

Thursday, August 1, 2013	
9:00 - 11:00 am	CI Board Meeting
11:00 - 12:30 pm	CDF Board Meeting
10:00 - 12:00 pm	Registration for Attendees
12:00 - 12:30 pm	First Timers Orientation
1:00 - 2:30 pm	Opening Ceremonies Luncheon
3:00 - 4:30 pm	PIP reception
5:00 - 7:00 pm	Hospitality Room
	Free Time

Friday, August 2, 2013	
10:00 - 12:00 pm	Awards Judging
12:00 - 2:00 pm	Donations and Beacon's Luncheon
2:30 - 5:30 pm	General Session – Intro of issues and Training
5:30 - 7:00 pm	Hospitality Room
	Free Time

Saturday, August 3, 2013	
9:00 - 11:30 am	Delegates Meeting
12:00 - 1:30 pm	Awards Luncheon
2:00 - 3:30 pm	CI Board Meeting
3:30 - 5:00 pm	CDF Board Meeting
6:00 - 7:00 pm	President Social – Cash Bar
7:00 - 9:00 pm	President's Banquet and Installation

Times of events are subject to change slightly. Day of event and approximate timing will not change. Exact times and exact location of events will be available prior to the convention once attendance numbers are known and final room assignments made.

2013 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: _____

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

Complete Packages

	Postmarked On or Before 7/1/13	Postmarked After 7/1/13	Number of Participants	Amount
Cosmo Package:	\$275.00	\$300.00	_____	\$ _____
Guest Complete Package:	\$275.00	\$300.00	_____	\$ _____
		Subtotal for Packages:		\$ _____

Individual Events (only those not purchasing a package)

	Before 7/1/13	After 7/1/13	Number of Participants	Amount
8/1 Opening Ceremonies Luncheon	\$60.00	\$70.00	_____	\$ _____
8/2 Donations & Beacons	\$60.00	\$70.00	_____	\$ _____
8/3 Purple and Gold Luncheon	\$60.00	\$70.00	_____	\$ _____
8/3 President's Banquet	\$90.00	\$100.00	_____	\$ _____
Delegate's Fee	\$15.00		_____	\$ _____

Fees quoted are payable in U.S. Funds only. Convention fees payable by credit card, money order, or check (Canadian Cosmo please indicate "U.S. Funds" on your personal check).

Credit Card Information:

Card Number: _____

Expiration Date: ____/____

No convention registration will be accepted without full payment. Payment must be received no later than July 18, 2013.

CANCELLATION POLICY: Per Board Policy- Cancellations received before 7/4/2013 will be accessed a 25% cancellation fee. Cancellations received on or after 7/4/2013 but before 7/11/2013 will be accessed a 50% cancellation fee. Cancellations received on or after 7/11/2013 but before 7/18/2013 will be accessed a 75% cancellation fee. Any cancellations received on or after 7/18/2013 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.

SPRING 2013

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Register Now!

2013 International Convention

*Las Vegas, NV
August 1-3, 2013*

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