

2016

INTERNATIONAL CONVENTION



Join us in Norfolk, VA
July 28 - 30, 2016

COSMOTOPICS
SPRING 2016

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR by Tracy Miller

It's the most wonderful time of the year, as the song goes. Yes, it's time for the 2016 International Convention, and this Spring 2016 edition of COSMOTopics provides all the information you need to know in order to make your plans to attend. The schedule, registration information, and articles highlighting all of the features of this year's convention are in the pages ahead, so sit back and get excited about what awaits you in Norfolk!

This edition of COSMOTopics also features an enhanced Out and About section, where Cosmos in action are shown at their best! I am continually heartened by the spirit of volunteerism that is alive and well within our beloved organization. As you read the stories, be thinking about how you can take these great ideas and concepts to your own club as we continue the good fight.

I hope to see you in Norfolk.

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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COSMOTopics is published four times a year. The \$9 subscription is added to the annual dues by Cosmopolitan International, Inc. Third class non-profit postage paid at Pontiac, IL.

POSTMASTER Send change of address to: COSMOTopics, P.O. Box 7351, Lancaster, PA 17604

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International President's Update

Cosmopolitan International is moving forward with the help of all the international board, club presidents, and Cosmopolitan members. Executive Director Tracy Miller has done an excellent job in keeping everyone on track and accountable.

I have spent the winter months in Mesa, Arizona, where I have tried to get my fellow retirees interested in starting a seasonal club at Sun Life RV Park. Starting a new club is a very rewarding experience, and I will continue trying to get others interested in the cause for fighting diabetes.

I want to thank the following people for their hard work in getting CI moving forward.

- John Keeley, Vice President of Membership, for all his work in getting membership ideas to all the governors and presidents of the clubs. He has some great ideas to promote membership drives or events. I do hope that all clubs are getting ready or have had membership events by now. Remember that the website has ideas for membership nights along with a PowerPoint presentation that can be adapted to your club events and activities.
- John Hubert, Vice President of Marketing and Communication, for his work in getting a marketing CD mailed to all governors. The governors, in turn, were to mail a copy to all club presidents in their Federation. If you do not have a CD, make sure you contact your governor and to get one. The CD contains an ad that can be taken to a radio station to be used as a public service announcement. I hope that every president has taken advantage of this CD to promote Cosmopolitan International and their own club. Communication has been a strong asset in keeping CI strong. The governors talk to the club presidents, who in turn communicate the needs and wants from the different clubs to me and ED Tracy. Thank you for keeping that line of communication open.
- Randy Wright, Governor of Capital Region and chairman of the International Convention, and his committee for keeping us informed of updates for the International Convention in Norfolk, Virginia, July 28-30, 2016.
- John LiCausi and Dave House, for working hard on the new website for CI. There have been some ups and downs in getting it up

and going, but when finished it will be user-friendly for all.

- Rick Swansbro, Vice President of Fundraising, for his work behind the scenes in researching ways to have successful fundraising events. It has been challenging endeavor exploring opportunities for our organization. Both Rick and ED Tracy have joined the Association of Fundraising Professionals and will soon participate in on-line fundraising training. I am hopeful that this training will lead to ideas that work for us in the future.
- ED Tracy, for the many hours she has put in for our organization. Many times, I receive emails at 1 a.m. or later. I know she is working hard for us.

In closing, Tracy and all of us have to "Step Up To The Plate" to do our best for CI. We have our work cut out for us on what we do for the diabetic and the disease of diabetes. Club presidents, you are the cheerleaders for our clubs! We encourage you to keep your board and members excited about membership and fundraising. At the same time, remember to have good Cosmo fun! It is through this camaraderie that CI can only get stronger. We are welcoming new members who are excited about our cause. Keep up the good work and be excited to be a Cosmo member!

Marjean and I have had a great time visiting clubs in U.S. and Canada. If we have not been to your club yet, we will be there soon. If you have any concerns or questions, call me at 712-253-8204.



Richard Gordon
President

It is through this camaraderie that CI can only get stronger.

Executive Director Update

Spring is a time of renewal and revival, and here at Cosmopolitan International, that means we are gearing up for the annual international convention. This year's international convention will find us in Norfolk, Virginia, for three spectacular, Cosmo-filled days. Let's take a look at the agenda from start to finish.

On **Wednesday, July 27**, Cosmos will want to begin arriving in Norfolk during the morning and afternoon hours. After getting settled in your room, make your way to the Presidential Foyer to register on site. That evening, plan to join us for either a Norfolk Tides baseball game or dinner with Cosmo friends old and new. If you plan to go to the baseball game, make sure you purchase your TIDE (light rail) ticket when you register on site for the convention. Meet in the lobby at 6:30 p.m. for a short walk to the TIDE. Shuttle transportation will be available for those unable to undertake the brief walk.

If you are planning to join Cosmo friends old and new for dinner, you will find an array of fabulous dining options within walking distance of our hotel. Depart from the main lobby at 6:30 p.m., and cost of dinner is on your own. After dinner, make your way back to the hotel's piano bar for continued fellowship beginning at 8 p.m. Of course, the hospitality suite also will be open from 6 to 11 p.m.

The convention officially opens on **Thursday, July 28**. Registration is open from 7 a.m. to 5 p.m. today, and our first event of the convention is the First Timers Orientation. Here, anyone who has never attended an international convention previously is welcome to join

International President Richard Gordon and his leadership team for insight into just what takes place at an international convention. Bring your questions and your ideas!

The Cosmopolitan Diabetes Foundation (CDF) and Cosmopolitan International (CI) both will hold board meetings this morning. Both meetings are open to all Cosmos; in fact, all are encouraged to attend. Board members traditionally sit around the board table with non-members in the surrounding seating. This is a wonderful time to learn more about the business of both the CDF and CI. If you have something to contribute during the board meeting, feel free to do so.

At 12:15 p.m., we will gather for lunch to officially open the convention and celebrate our cause. This luncheon will be hosted by the CDF, and is one of the most heartening events to take place at convention since it is here that we will celebrate the donations to the CDF this year. Seating is open except for reserved tables, so come stake your place!

The afternoon will find us aboard motorcoaches that will transport us to the Naval Station Norfolk. While the tour of the naval base is handicap-accessible, the ship we will tour is not.



Tracy Miller
Executive Director

Bring your questions and your ideas!



We will wrap up our first full day of convention with motorcoach transportation to Mermaid Plaza, where you will have your choice of an array of restaurants on your own. Buses return to the Marriott at 9 p.m. and, again, the hospitality suite is open from 6 to 11 p.m.

On **Friday, July 29**, we start the day with a special session for anyone who aspires to hold the office of International President. Past International President Tom Stone will lead us in an informational discussion about how to prepare for the office and what the expectations are of an international president. This session is a "must do" for anyone who plans to ascend to the highest office in Cosmopolitan.

This year's Cosmopolitan Educational Forum will feature a plenary session where we all will gather together to learn about the new Cosmopolitan website, followed by presentations on membership and fundraising.

The afternoon will see us off via the light rail (ticket prices included in package price) to the Eastern Virginia Medical Center. Here, we will enjoy a light lunch, diabetes screenings, demos and displays, and tours of the Strelitz Diabetes Center. Again, shuttle transportation is available for those unable to walk the short distance to the light rail station.

At 7 p.m., meet in the main lobby of the hotel, from which we will walk a short distance across the street to board the Spirit of Norfolk. Enjoy a lovely dinner, good conversation with fellow Cosmos, and a sunset tour of the beautiful harbor. Bring your jacket or light

wrap, as the air may be cool after sunset. We return to land at 10 p.m., and the hospitality suite is again open from 6 to 11 p.m.

We begin **Saturday, July 30**, with the annual delegate meeting at 11:30 a.m., which all Cosmos are welcomed and encouraged to attend. Here, important decisions and voting on a variety of issues take place. Even if you are not a delegate, come to the meeting to learn the latest Cosmo happenings.

Installation of 2016-2017 Cosmopolitan officers will take place at the luncheon at 11:30 a.m. today. Seating is open except for specific reserved tables. This is a special luncheon in that we witness leadership of our beloved organization being handed from one group of dedicated Cosmos to the next. Later in the afternoon, CI and the CDF again resume board meetings and, again, all are welcome to both meetings.

This year's international convention caps off with our annual President's Reception and Awards Banquet beginning at 6 p.m. Join us as we honor those Cosmos who achieved the highest honors among their peers this year and be encouraged that YOU could be among the winners for next year!

If your travel plans home allow, plan to stay **Sunday, July 31** for a wrap-up breakfast at the hotel. We will discuss what went well and what we might do differently next year and will reflect on another gathering of Cosmos from all corners, and of all ages, but who are joined together for the good fight that unites us all.



This year's convention truly promises to be special.

I look forward to seeing you there.

If you have something to contribute during the board meeting, feel free to do so.

Cosmopolitan Diabetes Foundation News



Melvina
Newman
CDF Chair

CDF provides
financial
support
directly to
Cosmopolitan
recognized
diabetic
programs.

It finally feels like Spring as I write this article. Because our Foundation has positive impact on those we serve and because individuals, clubs, and federations support us with gifts of money, it helps us “Spring” ahead.

We have all been asked at some time, “What is Cosmopolitan?” There are many ways to answer, but the shortest answer can be that Cosmopolitan is a community-based organization that funds and supports diabetes prevention and education. At a leadership conference I once attended, we went over the definition of a “service club,” and our final outcome was, “A group of people who VOLUNTARILY come together to solve COMMON PROBLEMS, meet COMMON NEEDS and accomplish COMMON GOALS.”

This of course is accurate, but a true understanding of Cosmopolitan must include an explanation of how we work together in our Clubs, our Federations, Internationally, and through our Foundations.

CDF Role:

When people ask us what CDF does, our quick answer is that we are the charitable arm of Cosmopolitan International. To further that short response, the CDF purpose statement is: “The Cosmopolitan Diabetes Foundation (CDF) is a public benefit corporation organized exclusively to promote the aims and objectives of Cosmopolitan International.”

CDF is organized exclusively for charitable, religious, educational, and scientific purposes, including for such purposes, the making of

distributions to organizations that qualify as exempt organizations under Section 501c3 of the Internal Revenue Code.

Therefore, CDF provides financial support directly to Cosmopolitan recognized diabetic programs such as Strelitz, Columbia Diabetic Center, Cornbelt Diabetic Connection, Crusader Clinic, and Health Care Access. CDF also provides financial support to Cosmopolitan International in the educational efforts of our membership.

Investments:

Although the Beacons Fund has experienced a drop in value due to current market conditions, fund income continues to support the Foundation’s work. We continue to be in constant contact with our advisor going over all the funds and making changes where necessary in order to have the best possible investment strategy and income for grants.

Grants:

In the Fall Issue of COSMOTopics, CDF reported that the CDF Board has the authority to make grants from the equity and grants we awarded last year were listed. We would like to share with all members how much these grants are appreciated by sharing letters we have received:

Crusader Community Health Foundation wrote:

On behalf of the patients, staff and Board members of Crusader Community Health, I extend our heartfelt thanks to you and members of the Cosmopolitan Diabetes Foundation for your continued support of the Crusader Community Health/Cosmopolitan Diabetes Program. Our 20+ year partnership has made a major impact on the care and treatment of diabetes in our community. Your generosity has enabled Crusader diabetic patients to feel better today while preventing the terrible long-term complications of diabetes tomorrow! Day after day, helping one patient at a time, we experience the gratitude of patients who are benefitting directly because of the care and passion of the Cosmopolitan Club! This generous contribution, \$5,000, will help us to achieve more progress in the health of our patients with diabetes. This donation will support the cost of diabetic test and access to optical and dental care. There are now over 4,000 diabetic patients served by Crusader and the forecast is for diabetes be on the rise. Together we can continue to make a difference...until there is a cure!

With grateful thanks, Linda Niemiec, CFRE, Vice President Development.



Cornbelt Diabetes Connection (CDC) wrote:

On behalf of the Cornbelt Diabetes Connection, Inc. I am writing to thank the Cosmopolitan Diabetes Foundation for the gift in the amount of \$5,000. We have ordered the new mobile nursing unit from Winnebago, and the gift of the CDF will be a great help in paying for the unit and our operating costs.

Sincerely, James F. Fenlon, Chair, Grants Committee.

The Research Foundation in Kansas City, Missouri wrote:

We want to thank you for the generous grant of \$3,000 from the Cosmopolitan Diabetes Foundation for support of The Research Foundation and our scholarship program for low income patients to attend classes at the Harmon Diabetes Center. Our organization recognizes the importance of diabetes education to the overall wellbeing and future health of patients with diabetes. We feel everyone has the right to learn how to manage and control the disease and reduce the risk for life-threatening complications, regardless of their financial status. Your grant will be used to award scholarships to patients who are low income, uninsured so they can attend diabetes self-management classes at the Harmon Diabetes Center. These classes will teach them how diet, exercise and medication all play a role in diabetes control. The dedication of your members to the cause of diabetes for so many years has improved the lives of diabetes patients nationally. We appreciate this generous grant and your support of our efforts.

Sincerely, Cynthia A. Randazzo, President & CEO

EVMS Strelitz Diabetes Center wrote:

Thank you for the most recent donation of \$15,500 from the Capital Federation and the Cosmopolitan Diabetes Foundation. The EVMS Strelitz Diabetes Center appreciates the long standing relationship we have with your organization. Thank you for your support of diabetes research – with your help we will discover ways to prevent debilitating complications and, ultimately, to find a cure for diabetes.

Sincerely, Laurie D. Harrison, Director of Community Engagement

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.

What is Cosmopolitan? It is a network of people who care, who work to find a cure for diabetes, who support our recognized programs and who become part of a family.

Your continued support in the future of your CDF will help us keep "Spring in the Air" all year long.

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.

Your continued support in the future of your CDF will help us keep "Spring in the Air" all year long.

Cosmopolitan Foundation of Canada, Inc.



Rod Randolph
CFC Chair

In the Fall 2015 article I wrote for COSMOTopics, I stated that we had been issued another challenge. We had just completed a five-year, \$125,000 commitment to the Alberta Diabetes Foundation (ADF). The ADF challenged us to step up again, and I am pleased to announce that Cosmopolitan Foundation Canada, Inc. (CFC) has agreed to another commitment of \$25,000 per year for seven years for a total of \$175,000.

The decision was unanimous at our mid-term meeting in October 2015. All clubs in the Western Canada Federation are fully behind our next commitment to the ADF. They were very excited as I presented the first \$25,000 to the Executive Director in November.

The Edmonton Protocol, a world renowned islet transplantation process, has cemented itself as a global leader in diabetes treatment. Dr. James Shapiro and his team recently performed their 500th islet cell transplant, a procedure that helps people with type 1 diabetes control their blood sugar glucose levels without daily insulin injections. "No other program has accomplished anything of this magnitude," says James Shapiro, Canada Research Chair in Regenerative Medicine and Transplantation Surgery, and director of the Clinical Islet Transplant Program in the Faculty of Medicine. We are all proud of what the team has been able to accomplish in Edmonton and we look forward to working with them as we move down the road of finding a cure for diabetes.

What's What at Convention

Whether the upcoming convention in Norfolk is your first or your fiftieth, here are some pointers for knowing exactly what's what during these fabulous three Cosmo days!

What do I do when I first arrive?

An optional pre-convention baseball game or dinner is planned for Wednesday, July 27, and is open to anyone who pre-registered. The convention officially kicks off Thursday morning, July 28. Registration is open from 7 a.m. to 5 p.m., and you will want to make registration your first stop so that you can get your name badge, pick up other important information, and say hello to Cosmo friends old and new.

What can newcomers go to?

Everything! Newcomers as well as seasoned members who purchased the package registration should feel free to attend all events with the one exception of the Past International President (PIP) reception. Those who have never attended convention previously will not want to miss the First-Timers event, which also is a good refresher for long-time members as well. Those who registered for ala carte events are welcome at the first-timers event, the board meetings and the delegate meeting.

What is a delegate? How do I know if I am one?

Each club selects one delegate per ten members of the club. Your club will select its delegate(s) in advance of international convention. If you volunteer or are asked to serve as a delegate, your club officers will discuss this with you in advance of international convention.

I'm new and don't really know a lot of people. How can I meet people?

First-timers will wear a ribbon on their name badges indicating that this is their first international convention. Seasoned members are very good about introducing themselves to first-timers, making them feel comfortable and introducing them to other people. If you are a first-timer and aren't meeting people, just let someone at the registration table know and soon you will find yourself with lots of Cosmo friends.

What should I wear to all the different events?

International Convention, overall, is a fairly casual event. The only event that is formal is the International President's Awards Banquet, where you will find tuxedos or suits for gentlemen and evening attire for ladies. For the social events such as luncheons, dinners and the dinner cruise, "smart casual" summer attire is appropriate. Board meetings and other meetings at the hotel usually find both gentlemen and ladies in business casual attire.

What if I want to say something at the board meeting? I'm not a board member.

All Cosmos are welcome to contribute at board meetings. Board members typically sit surrounding the board table, and additional seating is provided for non-board members. Board meetings are a great opportunity to learn exactly what's going on at International.

What about ADA special accommodations to the various events?

All events are ADA accessible except for the ship we will tour during the naval base tour. The naval base tour itself is accessible, although the ship portion of the tour is not. Also, if you require special accommodations for the dinner cruise, please notify ED Tracy by July 17.

If you have specific questions about International Convention, please feel free to contact ED Tracy at (717) 295-7142 or email headquarters@cosmopolitan.org. No question is too big or too small. We want to make sure you have all the information you need to have a great international convention experience!

See you in Norfolk!

We Get Letters

From time to time, we get letters here at Cosmopolitan headquarters. Presented below is one of the letters we wanted to share with you.

I felt the need to write to you all expressing my joy and extreme pride in the organization as witnessed by the Winter 2016 edition of COSMOTopics. I hope every Cosmo who received this issue will share it with many other folks, not only to attract new members, but also to just allow the WORLD to know who we are, what we have done, AND WE CONTINUE TO DO. As American and Canadian Cosmopolitans, we should really never have to explain that we are NOT the magazine. They should know us by who we are and wonder who is the magazine!

I became a member in 1967 and was so honored to be elect International President in 1978. Back then I was already able to see the great work of the clubs in this organization. It is the members and the clubs who make this organization. That is why I often wonder why we are smaller when we do so much for our communities. Why does that seed planted in another community in fresh soil not grow or dies before full growth? Could it be that membership brings a member more benefits than the benefit of what they give?

Now, here we are 2016, smaller in size but still in business and providing funding for diabetes health care and research. I do believe we are within reach of a total diabetes cure in the future. We must never give up on what we do, as a club, as a Federation, or International. I encourage the future Cosmo leadership to engage those younger folks to commit the same energy many of us older members provided in the past. The youth of today may do it a different way. If their methods produce success and rewards, then we "older guys" need to be cheerleaders, applaud, and enjoy in their achievements.

So, today, after reading the Topics, I am thrilled with the work you folks have done leading the organization. My love for this organization continues, so with a handshake in thought, I am

Richard Brynteson PIP 1978/1979 (that's a long time ago)

2016 INTERNATIONAL CONVENTION IN NORFOLK, VIRGINIA

by Peggy McPhillips

The Norfolk Cosmopolitan Club and the Capital Federation are honored to host Cosmopolitan International 2016 at the Waterside Marriott. The hotel offers views of the Elizabeth River and is within easy walking distance of a vibrant downtown. We look forward to showing off our little corner of Virginia!

Norfolk was established in August 1682, after an act by the Parliament of Britain's King Charles II ordered the establishment of a port town of 50 acres in each Virginia county. The site for the "Towne of Lower Norfolk County" was chosen because of our deep, natural, ice-free harbor. That same harbor, with its rivers and tributaries, sustains us today, supporting commerce and industry, recreation, and the greatest naval station in the world. From a population of one in 1682, Norfolk grew steadily and boasted 6,000 citizens by the eve of the American Revolution.

On January 1, 1776, British forces bombarded Norfolk from ships anchored off shore. Patriot factions completed the destruction so the British could not house their troops here. Only the brick hearths and chimneys, and the brick walls of the Borough Church – today's Saint Paul's Episcopal Church – remained standing. But a resilient citizenry returned and began to rebuild, even before the war's end. By 1800, Norfolk's population numbered 7,000 and Norfolk was the eighth largest town in America.

The 1807 attack on the USS frigate Chesapeake by the HMS Leopard just offshore was a contributing factor in President Thomas Jefferson's decision to ask Congress to declare war on Great Britain, resulting in the War of 1812. Fort Norfolk, a walled, masonry fortification, was constructed in 1810 on the site of a 1794 fort, to protect the harbor from British attack. The fort still stands and today is the property of the United States Army Corps of Engineers. Before the war, British Navigation Acts and Jefferson's retaliatory Embargo Act halted seagoing commerce and all but crippled local economy. The Treaty of Ghent, signed in Belgium on December 24, 1814, and ratified by U. S. Congress the following month, marked an end to trade restrictions and a gradual return to prosperity. Today, a Norfolk neighborhood bears the name "Ghent," honoring the Treaty and its positive repercussions for our economy. Our Ghent is an eclectic blend of Victorian-period architecture, shops, local businesses and restaurants. Seasonal outdoor dining provides ring-side seating for people- and dog-watching.

Norfolk was incorporated as a city in 1845. In 1855, one-third of our resident population died during an epidemic of yellow fever. Just seven years later, in March 1862, one of the most famous naval

battles in history was played out within view of the city by the first two ironclad battleships – the USS Monitor and CSS Virginia (formerly the USS Merrimac), while Norfolkians watched from the shore. Two months later, Norfolk was surrendered to Union forces and was under Federal occupation for the remainder of the Civil War.

The world came to Norfolk in 1907 when the Jamestown Exposition, commemorating the 300th anniversary of the first permanent English settlement in America, was held at Sewell's Point. In 1917 the Exposition grounds became home to the US Naval Operating Base, today's Naval Station Norfolk. Two World Wars more than doubled the city's population and a series of annexations ending in 1959 brought Norfolk to her current size.

In recent years revitalization programs have led to changes throughout the city. Our vibrant downtown commercial hub mixes with a menu of cultural offerings, educational opportunities, diverse neighborhoods and a comfortable blend of the old and new. From a tiny town of 50 acres, Norfolk has grown to 61.86 square miles and a population of more than 230,000.

We hope you will take the opportunity to enjoy some of Norfolk's attractions during your stay here. We are a walkable city, with many options for shopping, sightseeing, and dining within blocks of the Waterside Marriott. Of note is the General Douglas MacArthur Memorial Museum, located in the former (1850) Norfolk city courthouse, which chronicles the life of the five-star general best known as commander of the Allied forces in the Pacific Theater during World War II, and his role in the post-war occupation of Japan. Battleship USS Wisconsin (B-64) is one of the many attractions along the downtown Norfolk waterfront, and is moored just a few blocks east of the Marriott. Nauticus: The National Maritime Museum, located next to the Wisconsin, is home to Hampton Roads Naval Museum, which tells the story of the region's strong ties to the Navy. Also within walking distance, St. Paul's Episcopal Church still bears a cannonball from the British bombardment in 1776; the churchyard is a Who's Who of early Norfolk, and the stones tell their own story of hardship and survival in early America.





But enough about us – what about YOU?? Here is a brief synopsis of what we have planned for you during your stay in Norfolk:

Wednesday, July 27:

Registration is open from noon to 5:00 PM today. In the evening, you may explore downtown Norfolk and enjoy dinner at one of our many restaurants; or you may join us for a baseball game at nearby Harbor Park. This evening, the Norfolk Tides, AAA farm team of the Baltimore Orioles, will host the Columbus Clippers (AAA of the New York Yankees). We will gather in the lobby of the Marriott, departing the hotel at 6:30 to take the light rail system, the TIDE, to the stadium for a 7:05 game. Cost is \$4 round trip for the TIDE, and \$10 for admission to the game. Baseball and TIDE tickets will be available at registration and are payable in cash. Everyone is invited to gather in the hotel's piano bar beginning at 8 PM, or in the Hospitality suite from 6 to 11 PM.

Thursday, July 28:

Registration is open from 7 AM to 5 PM. The CDF Opening Ceremonies Luncheon will feature Dr. Jerry Nadler as keynote speaker. Dr. Nadler is Vice Dean for Research, the Harry H. Mansbach Chair in Internal Medicine and Chair of Internal Medicine at Norfolk's Eastern Virginia Medical School (EVMS). He is an internationally known physician/scientist whose work in diabetes research recently earned him an award as Virginia's Outstanding Scientist for 2016.

Later, we invite you to join us for a tour of Naval Station Norfolk, departing the hotel by motorcoach at 2:30 PM and returning at 6 PM. We have been given special permission to tour a ship, and will also ride by Admirals' Row, the only vestige of the state houses built for the 1907 Jamestown Exposition. The houses are used today as residences for senior officers and their families. There will be a separate bus for those needing ADA accommodations. Those passengers will experience the full tour of the base, but will not be able to board the ship, as the ships are not ADA compliant.

In the evening, transportation will be provided to Mermaid Plaza, where you will have a choice of restaurants for dinner on your own, or enjoy a tasting and light meal at the Mermaid Winery. Buses return to the Marriott at 9 PM. Hospitality suite is open from 6 to 11 PM.

Friday, July 29:

Registration is open from 7 AM to 5 PM. The morning begins with the Cosmopolitan Educational Forum, so come prepared to learn about the latest happenings at Cosmopolitan. At 11:30 AM, we will take light rail or shuttle to EVMS for a box lunch, diabetes screening, demos and displays, and tours of EVMS and the nearby Strelitz Diabetes Center. As the "Club that Fights Diabetes," we are so fortunate to have both EVMS and Strelitz right here in Norfolk, and look forward to showing you the place where much diabetes research takes place, and many breakthroughs are celebrated.

At 7 PM, we will walk a few blocks from the hotel to the downtown waterfront, where we will board The Spirit of Norfolk for a dinner cruise and sunset tour of the harbor, returning to the hotel at 10 PM. Dress is casual, and a light wrap is suggested. Hospitality suite is open from 6 to 11 PM.

Saturday, July 30:

Registration is open from 7 AM to 2 PM. A delegates meeting will be held in the morning, followed by the Purple and Gold Installation Luncheon at 11:30 AM. Following board meetings in the afternoon, we wrap things up on Saturday evening with the President's Reception and Awards Banquet at the Marriott beginning at 6 PM.

Sunday, July 31:

Sunday morning features an optional, on-your-own, wrap-up breakfast where you have the opportunity to give your feedback from the past three days. If there is enough interest, we also will offer an optional excursion to Colonial Williamsburg, a shopping experience at MacArthur Mall, or a walking tour of downtown Norfolk. Be sure to indicate on your registration if you are interested in any of these optional activities, and we will then follow up with those who are interested.

As you depart Norfolk to return home, we wish you a safe trip with "Fair Winds and Following Seas," and hope you carry special memories with you of your time spent in this historic City by the Sea!



COSMOPOLITAN INTERNATIONAL 2016 International Convention Schedule

July 27-31, 2016 • Norfolk, Virginia

WEDNESDAY, JULY 27, 2016

| | | |
|------------------------|----------------------------------|--------------------|
| 12:00 p.m. – 5:00 p.m. | Registration | Presidential Foyer |
| 6:00 p.m. | Optional Baseball or Restaurants | Meet in Main Lobby |
| 6:00 p.m. – 11:00 p.m. | Hospitality Suite | Room 616 |

THURSDAY, JULY 28, 2016

| | | |
|-------------------------|---------------------------------|-----------------------------|
| 7:00 a.m. – 5:00 p.m. | Registration | Presidential Foyer |
| 7:00 a.m. – 8:00 a.m. | First Timer Orientation | Tyler |
| 8:15 a.m. – 9:45 a.m. | CDF Board Meeting | Hampton Roads I-II |
| 10:00 a.m. – 12:00 p.m. | CI Board Meeting | Hampton Roads I-II |
| 12:15 p.m. – 2:15 p.m. | CDF/Opening Ceremonies Luncheon | Hampton Roads VI-VIII |
| 2:30 p.m. – 6:00 p.m. | Naval Base Tour | Board Buses from Main Lobby |
| 6:00 p.m. – 11:00 p.m. | Hospitality Suite | Room 616 |
| 6:30 p.m. – 8:00 p.m. | PIP Reception | Hampton Roads Ballroom III |
| 6:30 p.m. | Restaurants/Brewery | Meet in Main Lobby |

FRIDAY, JULY 29, 2016

| | | |
|------------------------|--|-----------------------------|
| 7:00 a.m. – 5:00 p.m. | Registration | Presidential Foyer |
| 8:30 a.m. – 9:00 a.m. | Special Session for Future International Presidents-Elect | Tyler |
| 9:00 a.m. – 11:00 a.m. | Cosmopolitan Educational Forum | Hampton Roads Ballroom V |
| 9:00 a.m. – 11:00 a.m. | Awards Judging | Hampton Roads Ballroom I-II |
| 11:30 a.m. | Tide and Shuttle Transportation to EVMS | Meet in Main Lobby |
| 12:00 p.m. – 5:00 p.m. | EVMS, including lunch, diabetes screening, demos/displays, tours | N/A |
| 6:00 p.m. – 11:00 p.m. | Hospitality Suite | Room 616 |
| 7:00 p.m. – 7:30 p.m. | Board for Dinner Cruise | Meet in Main Lobby |
| 7:30 p.m. – 10:00 p.m. | Spirit of Norfolk Dinner Cruise | N/A |

SATURDAY, JULY 30, 2016

| | | |
|------------------------|---------------------------------------|-----------------------------|
| 7:00 a.m. – 2:00 p.m. | Registration | Presidential Foyer |
| 9:00 a.m. – 11:00 a.m. | Delegates Meeting | Hampton Roads Ballroom V |
| 11:30 a.m. – 1:30 p.m. | Purple and Gold Installation Luncheon | Hampton Roads V-VIII |
| 1:45 p.m. – 2:45 p.m. | CI Board Meeting | Hampton Roads Ballroom I-II |
| 3:00 p.m. – 4:00 p.m. | CDF Board Meeting | Hampton Roads Ballroom I-II |
| 6:00 p.m. – 7:00 p.m. | President's Reception | Hampton Foyer VI |
| 7:00 p.m. – 11:00 p.m. | President's Awards Banquet | Hampton Roads V-VIII |

SUNDAY, JULY 31, 2016

| | | |
|-------------------------|-------------------|------------------------|
| 8:30 a.m. – 10:00 a.m. | Wrap-Up Breakfast | Frank/Shangri/Yorktown |
| 10:30 a.m. – 12:00 p.m. | Board Gathering | Frank/Shangri/Yorktown |
| 12:00 p.m. | Optional Tours | N/A |

Schedule subject to change.

2016 Cosmopolitan International Convention Registration

Registrations are accepted: ONLINE at www.cosmopolitan.org, by MAIL to Cosmopolitan International, PO Box 7351, Lancaster, PA 17604, or by FAX to (717) 295-7143.

PLEASE FILL OUT ONE REGISTRATION FORM PER ATTENDEE.

Attendee Information

Name: _____

Address: _____ City: _____ State: _____ ZIP: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email: _____ Club 1: _____

Kindly indicate any dietary restrictions: Vegetarian Vegan Gluten Free

Pre-Convention Special Event

- Baseball Game, depart hotel at 6:30 p.m. (Norfolk Tides, AAA of Baltimore Orioles, playing Columbia Clippers, AAA of the New York Yankees). Ticket cost is \$10 payable now plus \$3 Tide (light rail transportation) at time of departure.
- Dinner within walking distance of hotel followed by gathering at piano bar afterward in hotel. Cost of dinner and piano bar beverages are on your own.

Ala Carte (if not selecting Package):

- CDF and CFC Donations Luncheon/Opening Ceremony (Thursday), \$35.00
- Naval Base Tour (Thursday), \$75
- Dinner Cruise (Friday), \$75
- Purple & Gold Awards Luncheon (Saturday), \$35
- President's Banquet (Saturday), \$75.00

Package

Complete Package (includes all events except Pre-Convention baseball game or dinner/drinks); \$275 by July 1; \$300 by July 17

Name on Badge _____ Are you a Cosmopolitan member? _____

Do you require any special accommodations? _____

Please indicate if you are interested in attending any of the possible Sunday post-convention activities. Plans will be finalized if there is enough interest.

- Walking tour of Norfolk
- MacArthur Center Mall
- Williamsburg

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

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Past Int'l President | <input type="checkbox"/> Governor-Elect | <input type="checkbox"/> CDF Board | <input type="checkbox"/> Ruby Beacon (US) |
| <input type="checkbox"/> Past Int'l Spouse | <input type="checkbox"/> Club President | <input type="checkbox"/> CFC Board | <input type="checkbox"/> Diamond Beacon (US) |
| <input type="checkbox"/> CI Board (includes Governors) | <input type="checkbox"/> First Timer | <input type="checkbox"/> Beacon | <input type="checkbox"/> Northern Beacon (Canada) |
| <input type="checkbox"/> Delegate | | <input type="checkbox"/> Emerald Beacon (US) | |

Hotel Information

The host hotel is the Norfolk Waterside Marriott, 235 East Main Street, Norfolk, VA 23510-1668. Cosmopolitan has blocked 80 rooms each night for July 27, 28, 29, and 30. Room rates are \$110 per night. For reservations, call 800-228-9290 or 757-627-4200 and indicate that you are with Cosmopolitan International. To guarantee this rate, **rooms must be reserved no later than July 6, 2016 at 6 p.m. ET.** Any rooms blocked that are not reserved by this date will be released after 6 p.m. ET on July 6. Rooms may be reserved at the reduced rate after this time, but availability is not guaranteed.

Airport Transportation

Orange Peel Transportation is the recommended transportation company between Norfolk International Airport and the hotel. Cosmopolitan has negotiated rate of \$50 per person, round trip. Return transportation is available 24 hours per day on the hour. Please use group code "Cosmo" to receive the discounted rate, and provide a credit card at the time of your reservation. Reservations may be made by phone at 757-463-7500; by email at transport@orangepeeltransportation.com; or online at www.orangepeeltransportation.com.

Payment Information

VISA, MasterCard, American Express and Discover are accepted. (Circle one.)

Card Number: _____

Expiration Date: _____/_____/_____

Security Code (on back of card): _____

Name on Card: _____

Billing Address: _____

Billing City/State/ZIP: _____

Total Amount Billed: _____

- Check enclosed.
Mail to: Cosmopolitan International
PO Box 7351, Lancaster, PA 17604
- Fax. Fax to (717) 295-7143

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

No registration will be accepted without full payment. Payment must be received by July 15, 2016.

CANCELLATION POLICY: Cancellations received between July 1 and July 15 will be assessed a ten (10) percent cancellation fee. No refunds will be made after July 15.

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.

CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

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

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

Major Cosmopolitan Diabetes Center/Program

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

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

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

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

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

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

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

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

CORNBELT DIABETES CONNECTION, INC.

9905 South 173rd Circle, Omaha, NE 68136
H 402.895.6732, C 402.290.3471
Terry Sanford, Chair
tsanford77@cox.net

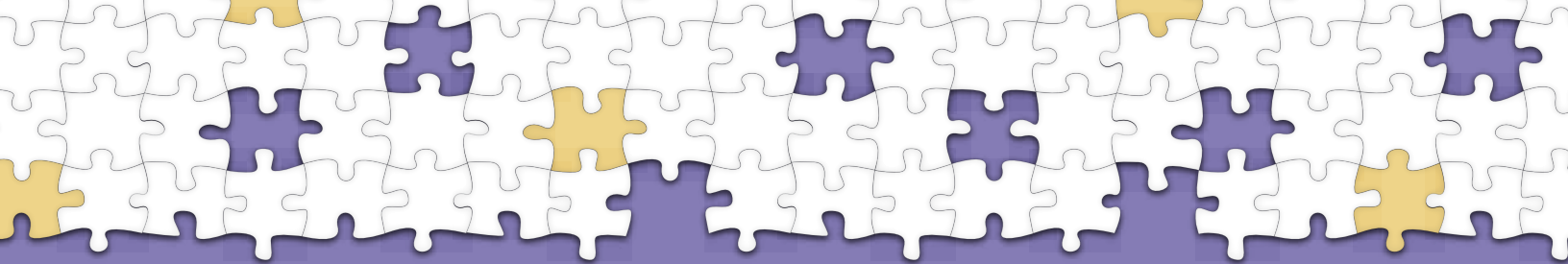
HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

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

DIABETES INCORPORATED

12955 Bogus Jim Road
Rapid City, SD 57702
Deanna Smith,
Executive Director
B 605.341.1273





Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.

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

Peter Gerrard, Director

B 306.664.3158

SPECIAL LEARNING CENTER

1115 Fairgrounds Rd. Jefferson City, MO 65109

B 573.634.3070

Debbie Hamler, Executive Director

dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Program

(Not to be confused with the Major Cosmopolitan Supported).

- Primary focus must be diabetes related
- A minimum of \$5,000 over two (2) years or \$10,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

ELGIN COSMOPOLITAN CLUB DIABETES

EMERGENCY RESCUE FUND

Social Service Department, Sherman Hospital

934 Center Street, Elgin, IL 60120

B 847.742.9800

UNIVERSITY OF CHICAGO MEDICINE

Kovler Diabetes Center

900 East 57th Street, Chicago, IL 60637

Peggy Hasenauer, MS, RN, Executive Director

B 773.702.2371, Direct 773.834.4789, C 773.412.4171

kovlerdiabetescenter.org

www.facebook.com/kovler.diabetes.center

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

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300



Out & About

Omaha Diabetes Foundation By David House

The West Omaha Cosmopolitan Club has run a Fall Dinner/Dance Fund Raiser event for the past 47 years (for many years it was simply called the 'Gonk'). We decided this last year that it was time for something new and fresh, so we organized a tailgate party for the football game between Nebraska and Miami in late September.

We negotiated a great deal with the Champions Club (golf course and clubhouse) and reserved their pavilion for the afternoon game. We secured quite a few football and sports items for the annual silent auction and ended up with almost 40 items for patrons to bid on.

Second in popularity to the game was the buffet. We had a hog roasted, and it was one of the best meals we have ever served at an event. We also had hamburgers and hot dogs for the kids, chicken breast, pasta, several cold salads, and a multitude of finger foods as well. The problem was too many choices, so everyone had to make several trips though the serving tables.

We also had a 50-50 drawing, and sold somewhere north of \$1,800 worth of tickets. The winner got a little over \$900 cash.

A great time was had by all who attended, and as we asked many of our patrons what their thoughts were, they said it was a great event and a wonderful idea. We are already in the planning stages for our next tailgate party this coming Fall!



We also held a membership event and invited guests to join us for an evening of pizza and beer at one of the local pizzerias here in town. We had six potential guests join us for the evening. We actually ran a contest within the club to generate potential leads and will be doing this again this Spring.

Diabetics Awareness Club at Fremont High School

By Benjamin Swanson

Due to the increasing number of diabetics at Fremont High School, Kellee Rasmussen, who runs the School To Career program at FHS, decided to do something to help spread awareness about the disease.

Formed to help promote a healthy lifestyle among diabetics at FHS, Rasmussen started the Diabetics Awareness Club at FHS at the start of the 2015-2016 school year.

"We have a student population that have both Type 1 and Type 2 diabetes, or has a friend or family member with this disease," said Rasmussen, who also serves as the sponsor for the FHS Diabetics Awareness Club. "The age group of 16-35 is one of the fastest growing groups for both Type 1 and Type 2."

The club meets every Tuesday during Tiger Success Time in computer lab B31 at FHS. Rasmussen said that since the official start of the club in October, there have been over 30 students attend one or more of the meetings.

"We want to help students avoid Type 2 diabetes and show them that someone with Type 1 diabetes can participate in everything a non-diabetic can," said Rasmussen. "We want to educate the student population on the facts about diabetes."

In addition to the monthly meetings, The DAC has also formed four committees (Social, Event, T-shirt and Fundraising) and the club members plan to do even more activities the rest of the school year.

"We plan to host at least two more social events to attract members," said Rasmussen. "We are also volunteering at the community night on Feb. 12th, to promote awareness of our group. We have split the club into four committees to address club growth."



Rasmussen said she's been pleased with the involvement of the club members this year.

"It has been overwhelming to me the enthusiasm that the students have shown," said Rasmussen. "Especially when we consider only about three members themselves deal with diabetes on a daily basis."

Another goal of the DAC this year is to become recognized as a charter "Teen Club" by the local Fremont Cosmopolitan Club 100, Rasmussen said. In April, Rasmussen said some club members will attend the Cosmopolitan Federation Convention.

"The main focus of Cosmopolitan is to raise awareness, provide education and services to people with diabetes," said Rasmussen. "We are the only service club with diabetes as our focus. We are hopeful to charter our teen club yet this year. Once chartered, we will be an official club with dues and be recognized by the International program."

The officers of the Diabetes Awareness Club at FHS are President Brittany Gier, Vice-President Kristina Frazier and Secretary Josephine Marshall.

Cosmo Clubs of Columbia

By Bruce Hibbard

The Cosmopolitan Clubs of Columbia, Missouri are pleased to announce three new members to their breakfast club. Their newest members are University of Missouri students and members of the Beta Eta chapter of Alpha Phi Omega, a national co-ed service fraternity.

Sophomore Nicki Chambers, junior Brittany Parmenter and senior Rachel Lira are honored to now join the club breakfasts not only as Alpha Phi Omega liaisons to the Cosmopolitan Breakfast Club, but as actual Cosmos. Gary Lenzini, Cosmopolitan Breakfast Club member, serves as an advisor to the Beta Eta chapter and campaigned to bring the students in as members of the club. Dean Barry, Cosmopolitan Breakfast Club member arranged for sponsorship of the students.

The Cosmopolitan Breakfast Club and Alpha Phi Omega have developed quite a symbiotic relationship in recent years. Alpha Phi Omega has volunteered many hours to the Cosmopolitan Clubs for many different fundraisers, including their Pancake and Sausage Day, Ready for Spaghetti Dinners, as well as other events. In return, Cosmopolitan Clubs have supported the members of Alpha Phi Omega with use of the community center, grants for leadership seminars and funding for Missouri Alternative Breaks, for which students travel to a different location in the country during winter and spring breaks to perform community service.



From left to right: Rachel Lira, Gary Lenzini, Dean Barry, Nicki Chambers, Brittany Parmenter

The Cosmopolitan Breakfast Club looks forward to combining efforts in fundraising to support the Diabetes Center at the University of Missouri Hospital, Camp Hickory Hill for type 1 diabetes education and multiple other community projects.

Our Opinion: An Example of Sharing and Service

Reprinted from News Tribune, Jefferson City, Missouri, January 22, 2016

Today we diverge from the realm of government policy to highlight two service clubs serving each other.

During the local Cosmopolitan Club's annual Pancake Day on Wednesday at the Selinger Center, a delegation of about a half dozen Host Lions Club members assisted.

In the spirit of sharing, members of the Cosmopolitan Club intend to assist the Host Lions at the annual Ham and Bean Day, scheduled for February 3 at Selinger Center.

The collaboration developed from the friendship shared by Eric Burkett, a Cosmopolitan member, and Dennis Licklider, a Host Lion.

Burkett was invited to assist the Host Lions last year and - although he said he mostly washed dishes - he also borrowed the Host Lions' more efficient process for serving dine-in versus carry-out customers.

Although each club's annual event has existed for more than 50 years, Burkett acknowledged: "We've never collaborated before. The Host Lions certainly have helped us, and we plan to reciprocate."

Licklider, a former track coach for the Jefferson City Public Schools, has known Burkett since Burkett was a pole vaulter in seventh and

eighth grade. Last year, Licklider said, the two men were visiting about ways to improve their respective club's events.

"There are times during the day when it's always busiest and you never can have enough help, so we talked about helping each other," Licklider said.

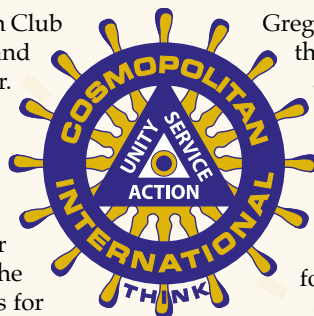
Greg Shields, a 24-year member and past president of the Cosmopolitan Club, echoed Licklider's sentiments about having enough volunteers for major events. "It's a challenge these days for service clubs to recruit and retain enough members."

Each local club is a chapter of an international organization with separate missions. The Cosmopolitan Club focuses on diabetes, and the Lions focus on vision and hearing.

But, as Licklider said, "it goes beyond any one mission. We're all here to make things better."

The members of these service clubs are serving with each other to advance and promote a higher ideal of service in the community and beyond.

They set an example worth following.





By Steve Wymore

Camp Hertko Hollow: Summer Camp for Kids with Diabetes

Hiking, horseback riding, swimming and more – that is what Camp Hertko Hollow near Boone, Iowa, provides to many children who suffer from diabetes. Attendees get to network with others in their age group who share this malady while learning how to cope with the many challenges it brings into their everyday lives. They learn that they are not alone in dealing with diabetes and enjoy fun-in-the-sun activities at the same time.

Each year, the Council Bluffs Cosmopolitan Club sponsors three to five kids from the area. Our goal each year is to fundraise at least \$4,500 to donate to this camp. This money covers the tuition for the students that we sponsor. Tuitions usually runs between \$600 to \$800 per student for the week's experience. Any money above our tuition costs is used by the camp as scholarships for families who cannot afford the costs themselves. We also give our families who are involved \$100 to help pay for the transportation costs to and from camp.

The Council Bluffs Cosmopolitan Club places high priority on sending kids with diabetes to this camp each summer. As such, we go to great pains to recruit area children to sponsor each summer. Now, one would not think that this would be too difficult to do. A free summer camp? Who wouldn't want that? Well, identifying students who would qualify is not always an easy task. Privacy laws being what they are tend to make the chore a lot more difficult. But, we have put an action-plan together that works well for us.

Goal 1: Create an awareness of what we do. Our first area of emphasis is to get information into the hands of potential student participants. We do this in a number of ways:

1. Cosmo Walt Coziahr, current Chair of this committee, visits with each school nurse to provide them with information about this opportunity. We tell them about the camp, its benefits to the participants and share pictures or letters from students we have sent in the past. We give each nurse our contact information, a packet with information about Camp

Hertko Hollow and ask them to pass on this information to students who they think would meet our criteria.

2. Cosmo Ed Tucker contacts each pharmacist in our area and gives them a 5x7 card which contains information about the camp and our contact information. We ask the pharmacist to include this information to qualifying candidates while dispensing their diabetic medicines. Ed, a former pharmacist himself, knows firsthand how important this channel of communication can be for our cause.
3. Finally, we put together a public display every time an opportunity to do so arises. At fundraisers, service projects, and similar events, we use this presentation to get the word out about Camp Hertko Hollow and how we raise money to send kids to this summer camp each year.

Goal 2: Provide funds to send kids to camp. After we have submitted the names of the students that we are sponsoring, the chore now becomes to fundraise the necessary dollars to pay for this experience. We hold a pancake feed every year in March for this expressed purpose. The Council Bluffs community has been very supportive with this fundraiser, and we have been able to accumulate most of the needed funding through this one project.

The rewards of this project are many. Students who have enjoyed this experience thank us for providing them with the opportunity to have attended camp, and some request to be repeat customers. Each Fall we start off our year reading thank you letters from some of the students we have sent to camp. It is not unusual to be participating in one of our community service projects when one of our past attendees will walk up and thank us in person for giving them this opportunity. It's the best advertising we can get. It also makes one sleep a little better at night.

As always, "it's great to be a Cosmo!"

Aurora Club On the Grow: From 20 to 34 Members!

By Kenlyn Nash-Demeter

That is our jump in membership, and exciting is the word! Among our new members is Peggy Hasenauer, MS,RN, Executive Director of The University of Chicago Kovler Diabetes Center. She has presented information to our club about the Center and all of the programs offered there. "In Transit," a program empowering teens and young adults to manage their diabetes and create a healthy future, was of special interest. Our annual donation for research was to the Kovler Center for research. It is encouraging to know that research is being done in our geographic area. Kovler shares and receives developing information with other research centers.

Ms. Hasenauer has volunteered to work with our Aurora club and the local Communities in School (another partnership with Aurora Cosmos) to present a workshop for school staff from four school districts on the care of diabetic children attending these schools. The first workshop was held last year. A highly successful initiative, this program is the brainchild of our member Deanna Bush. Deanna's son, Frankie, has been diabetic since he was 18 months old and has a diabetic alert dog named Stanley. Our club has been instrumental in raising funds to acquire Stanley. The second workshop is scheduled for early Spring. The club hopes the workshop will be an annual event.

It is a good idea to "tag onto" local events who welcome not-for-profits, such as farmers' markets, Fall harvest days, and local fests. The publicity and possibility of donations for Diabetic Alert Dogs is good, especially if we have Frankie and Stanley there to "meet and greet."

Fundraising events for our club in 2015 were a wine tasting complete with many raffles, and hors d' oeuvres, a drive-through bar-be-que, and book coupon sale for Community Days. Richard Gordon made the first purchase, and he bought five coupon books! Thanks, Richard.

Our impact locally benefits many. In the past five years, more than \$20,000 has been raised and donated to a variety of causes, including providing scholarships for diabetic summer camp for children; assisting a family to acquire a Diabetic Alert Dog; donating to Presence Mercy Medical Center, Center for Diabetes Wellness; and providing two scholarships to Waubensee Community College for students pursuing careers in the medical field. Donations to various not-for-profit organizations are Mutual Ground, a refuge for battered women and children; Marie Wilkinson Food Pantry; Joseph Corporation; Communities in Schools; and Aurora Historical Society.

Several of our members are working with a group of people in Indiana who plan to start a Cosmopolitan Club. Members from the Rockford and Elgin clubs are also assisting.

Our meeting in September was attended by International President Richard Gordon and First Lady Marjean Gordon. He shared the YouTube video of Deb Cook and her diabetic alert dog. His presentation covered much and varied information about Cosmopolitan International.



Jefferson City Cosmopolitan Club Donates \$51,800 to Special Learning Center

By Kelly Kruse and Steve Houser

The Jefferson City Cosmopolitan Club successfully completed the 21st Annual Tom Henke Charity Golf Classic event in October 2015. Activities for this event include an evening banquet on Sunday night with silent and live auctions and a golf tournament on Monday. Tom Henke, former St. Louis Cardinals relief pitcher and a Jefferson City Cosmo member, brings in sports celebrities, and each golf team is paired with one celebrity to golf with their team. This

event is the signature fundraising event for the club, raising more than \$1.2 million in net proceeds over the past 21 years. The club has donated nearly \$920,000 to the Special Learning Center in Jefferson City, which provides classroom instruction and therapy services to children with special developmental needs. The club also retains a portion of the proceeds each year, and has raised more than \$300,000 for diabetes assistance, education, and research.



On December 15, 2015, the club presented a check to the Special Learning Center in the amount of \$51,800 from the 2015 event. The club was able to retain \$17,000 for local diabetes-related projects. The club is currently working on the 22nd annual event, to be held October 9-10, 2016, at Capitol Plaza Hotel and Eagle Knoll Golf Club.

Wichita Air Capital Cosmo Club – More Money

By Gary George

The Wichita Air Capital Cosmo Club continues its excellence in fun and fund raising! The Club held its 18th Annual Golf Tournament for Diabetes on June 1, 2015, at the Crestview County Club. Eighty-nine golfers participated in the event with the net proceeds totaling \$18,000. All proceeds are pledged to the local America Diabetes Association - Kansas Camp Discovery as scholarships to allow every diabetic child the opportunity to attend the specialty camp. Kudos to the Co-Chairmen of the event Greg Piland and Larry Gurney!

Long-time Club member Willy Govert (48 years) served as auctioneer for the annual “Art Auction” held on January 23, 2016,

at the Pig In Pig Out restaurant. With 47 members and guests in attendance, Willy fleeced the crowd for a cool \$13,070, second best results in the history of the auction! Those guests in attendance had so much fun the Club received two new member applications at the event! Gotta love that Cosmo hospitality! Proceeds are pledged to assist Great Plains Diabetes with its ongoing research collaboration with two universities. This organization is carrying on the legacy of Dr. Richard and Diana Guthrie’s holistic and state of the art diabetes care philosophy. Dr. Guthrie, a Club member for 32 years, was the one of the original founders of the organization.

Columbia Luncheon Club Celebrates New Members

By CeCe Benton

Aric Jarvis, a member of the Columbia Luncheon Cosmopolitan Club, is a recipient of a \$100 VISA gift card award for sponsoring three new members during the Fall Membership Challenge that ran from October 1 to November 15, 2015. The induction of these new members into the club was a special occasion in that they were sworn in by three past International Presidents who also are past Patrick J. Hodgins Distinguished Member Award winners, and all members of the Columbia Luncheon Cosmopolitan Club.

Pictured left to right are Aric Jarvis, Travis Studley, Shelby Vermilye, PIP Kurt Kopp, PIP Phil Hanson, Kristen Cassidy, and PIP Larry Benton.



The CosmoTopics News

GET YOUR MESSAGE OUT!

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

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

Costs are as follows:

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

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

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

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

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

▲ Quarter page ad size

**YOUR AD
HERE**

▲ Eighth page ad size

**YOUR AD
HERE**

▲ Half page ad size

AFFORDABLE WINTER PARK LODGING? RENT SITZMARK RANCH / LODGE!



Sitzmark Ranch/Lodge offers affordable Winter Park lodging for groups from 10-18. Our distinctive 5 bedroom / 3 bath home is secluded on five private acres, yet convenient to Winter Park skiing, entertainment and shopping.

Amenities abound: Wi-Fi, flat screens, WB fireplace, wet bar, hot tub & solarium, family room, wrap-around front porch and updated kitchen, all meticulously maintained.

Call today and reserve year-round lodging—a weekend or a week—at Sitzmark Ranch/Lodge.

Sitzmark
TRAVEL

105th & Marty
Overland Park, KS
888-888-4754
sitzmark.com

See more on our virtual tour video: <https://www.youtube.com/watch?v=cs4NM5brHHY>

Sir Richard
WOOD CARVING / WOOD BURNING
Hand Crafted Wood Creations

Ph: 712-253-8204 Email: scissork@aol.com

Advertise in CosmoTopics!

YOU'VE BEEN LOOKING FOR THAT MISSING PIECE
TO HELP YOUR BUSINESS SUCCEED ...



YOU'VE JUST FOUND IT!
AT
JASEGROUP.COM/COSMO

JASE HAS CREATED A PACKAGE JUST FOR YOUR
SMALL BUSINESS. STARTING AT JUST \$49 A MONTH,
YOUR BUSINESS OR COSMO CLUB CAN ENJOY THE
ONLINE PRESENCE TO HELP YOU ACHIEVE SUCCESS.



SPRING 2016

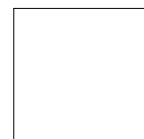
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COSMOTOPICS



COSMOTOPICS
PO Box 7351
Lancaster, PA 17604



In Memoriam

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

- **Adolph Honkala** – *Greater Richmond*

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

- **Maralyn Jayne Wymore** – *mother of Steve Wymore, Council Bluffs*
- **Donald Meints** – *father of Deb Peterson, Sioux Falls Evening*

