

COSMOTOPICS

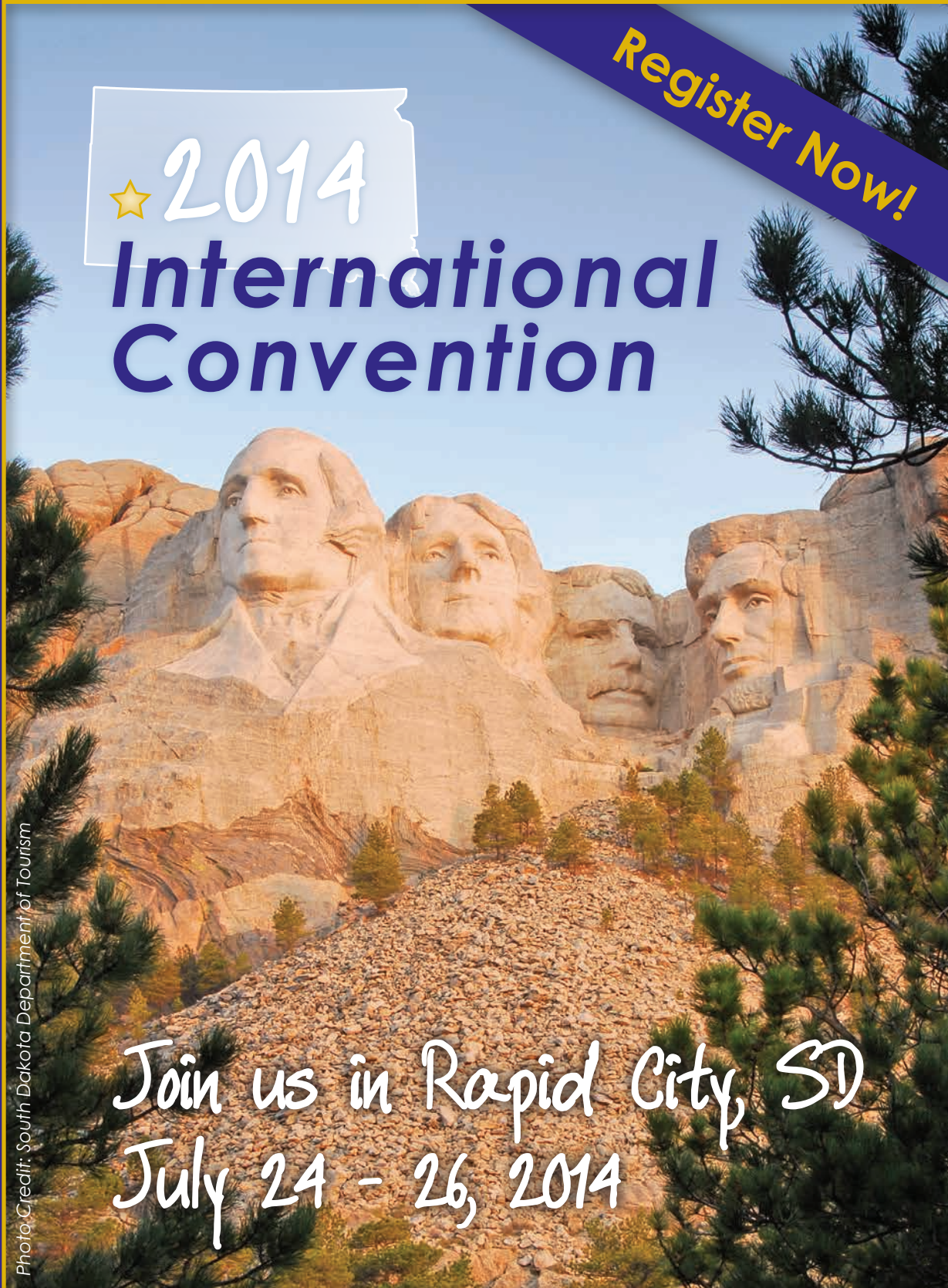
EARLY
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★ 2014

International Convention

Photo Credit: South Dakota Department of Tourism



Join us in Rapid City, SD
July 24 - 26, 2014

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR

Tracy Miller

I have big shoes to fill. For quite some time, International President Sheila Anderson has served as editor of COSMOTopics. Now, she has turned the reins over to me to serve as editor. I would like to congratulate Sheila on the editorial work she has done with the magazine and look forward to serving as editor going forward.

You will notice with this edition of Topics that we will begin featuring more club-focused articles with fewer articles by the executive committee in each edition. While updates from the executive committee are important, I believe those articles can be condensed into one or two articles. Coveted pages will be available for clubs to share their news and ideas and provide encouragement to each other regarding what is working in their clubs. Not every idea is a productive one, however, so clubs will share "what didn't work" as well. We also will discuss challenges. Does your club have a challenge or a need? Chances are, you will read about a fellow club's experience right here in the pages of Topics. I believe that Topics not only should be entertaining, but also should serve as a source of information and encouragement from and for our fellow members.

This Early Spring edition of Topics also features important information on the 2014 International Convention, scheduled for July 24 through 26, in Rapid City, South Dakota. This convention promises to be one not to be missed, so be sure to read all about it, and register today.

The door is always open if you have ideas for upcoming Topics. I hope you enjoy this edition and look forward to the next edition, which is right around the corner. Happy Spring!

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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Executive Director Update

I don't normally like surprises. I like organization and a plan, to know what to expect and what will be happening.

When I was a child and needed to see the doctor, I distinctly remember my mom taking me to see Dr. Hauck and finding the children's section of his tiny office in total chaos. Storybooks were scattered everywhere on the knee-high table in front of a faux fireplace, just begging me to come over to organize them. And organize I did, first putting the books in order according to height and then according to color. I could have gone as far as subject matter, but I feared that if I didn't hurry, Mrs. McGowan would call my name and I would need to leave my mission incomplete. I doubt grandfatherly Dr. Hauck would have liked getting behind schedule so that his five-year-old patient could complete what she felt to be the most important task of the day.

While I don't organize books at the doctor's office anymore, I still tend to avoid surprises and disorganization whenever possible. I recently had the opportunity to visit with Jim Preston and the 2014 International Convention planning committee in Rapid City, South Dakota. I have always liked Jim, but my esteem for him grew even greater when I saw that he had put together a very detailed agenda for my visit. In addition to meeting with the host hotel staff and the planning committee, we would be previewing some of the attractions featured on the 2014 convention bus trip. We would see the Crazy Horse monument and Mount Rushmore, along with a few other interesting stops. I was excited. We had a plan.

What I didn't realize as I sat on the plane to South Dakota, going over my notes and believing that I was thoroughly prepared for the visit and to enjoy what I had predetermined to be interesting-yet-average tourist sites was the majesty and awe at the hand of Mother Nature that awaited me. I had never been to South Dakota previously and, truthfully, never had a deep desire to go. I am an East Coast girl where things are sometimes on top of each other, and I kind of like it that way. Now that I have returned home, however, I can say that this trip was, without a doubt, one of the most memorable in my life. Visiting with the hotel staff and the planning committee went well and we got a lot of work done, but what truly amazed me was South Dakota itself.

Accuweather had predicted zero precipitation while I was in South Dakota, yet the day we were to visit Mount Rushmore, we found ourselves ascending a mountainside in quickly-accumulating snow. No matter, the peaceful splendor of the snow-covered trees and mountain peaks and the uninhibited view for miles had already captivated me to the point that this sun-and-sand girl barely blinked when Dee Preston's minivan fishtailed on the steep, guardrail-less roadway. When the weather eventually cleared and I stood before Mount Rushmore, I was reminded of this land's rich history, the promise of generations to come, and the greatness of the country I love. It was a moment I will not soon forget.

After touring the amazing Crazy Horse monument, it was time to make our way back to the Preston ranch through Custer State Park, a marvel of nature itself which encompasses 71,000 acres of spectacular terrain and an abundance of wildlife. Save for the six of us in Dee's minivan, there wasn't a soul for miles on that peaceful winter day. And while taking in all that winter has to offer in Custer, my thoughts gave way to what equal splendor we will take in this Summer during convention.

What's that, you say? You've already been to South Dakota, the Badlands, Custer, Mount Rushmore, and all the other attractions? You don't see the need to go again? Well, you may have seen South Dakota, but you've never seen it with your Cosmo family for an international convention. Jim and the planning committee have put their hearts into making this convention one of the best yet, and we owe it to them to experience their hospitality. Yes, important Cosmo work will take place at convention. We will hold meetings, discuss budgets, and make important decisions. But perhaps the most important thing we will do is simply be together in the spirit of the work that unifies us. Won't you join us?

Jim tells us that one of the tour bus hosts, Bernie Roth, is a wild card and to expect the unexpected. I'm signing up for his bus. I kind of like this surprise thing.



Tracy Miller
Executive Director

Jim and the planning committee have put their hearts into making this convention one of the best yet.

Onward



Sheila Anderson
International President

WELCOMING A NEW EDITOR

I am delighted to announce starting with this issue, Tracy Miller is now assuming the role as Editor of our publication. This opens up an exciting new chapter for the COSMOTopics. It made sense to move this role back to the Executive Director to ensure consistency year to year. And who better to know what should be communicated and will be of value to our members than our Executive Director. We both felt it was time and the right thing to do. I have enjoyed the many years in the various roles I have had with our publication. This will still be a team effort as Tracy will seek input and ideas from the Board, but she will ultimately be the one responsible for it. I have every confidence in her abilities and in her commitment to communication in all aspects. I look forward with great anticipation on how she will take it to the next level.

ALL IN! AWARD

Announcing the 2013-2014 President's Award: All In! Each year the International President comes up with what they feel is worthy of being recognized. Many times the main focus has been tied to membership. While I continue to believe membership is vital for our survival, I feel stronger in my belief that our organization exists and thrives because of what we do in our communities ... finding a need and filling it. Across our communities we have restored hope to countless individuals who struggle with diabetes or those who have other challenges ... we show that "Unity, Service, and Action" is more than a motto ... it is a way of life for those who wear the Cosmopolitan pin. As Past International President Kurt Kopp stated in his International President's Message from the Summer 2001 issue of COSMOTopics, "... I want to emphasize that membership numbers are not the be all and end all of how successful an organization is. The commitment of the organization's membership really determines how successful it is ..." So this year, the International Presidents Award is focused more on how our Clubs fill the needs in their own community, with one-quarter of it being based on membership retention. I included a membership component to tie into one of my goals for the year, which is to end with at least a 90% membership retention rate. In 2013 we ended up at 86.8%. As of March 15, 2014, Cosmopolitan International is right on target at exactly 90% retention: 178 members dropped divided by 1776 starting membership number as of 7/1/2013 equals 0.100 or 10%. Subtract 10% from 100 and that gives us 90%.

We show that
"Unity, Service,
and Action" is more
than a motto... It
is a way of life for
those who wear the
Cosmopolitan pin.

The All In! award is also open to all clubs no matter how many members they have. So a Club under the charter strength of 20 can still qualify and be recognized. There are several clubs that are just at or under charter strength that still provide an amazing amount of value in their communities.

Award Criteria:

- Qualifying Period:
 - July 1, 2013 – June 30, 2014
- The Club must do the following:
 - Hold at least 1 fundraiser in which money is raised.
 - Do at least 1 community service project.
 - Complete and return the report of diabetes contributions sent to all clubs by Jim Preston, President-elect.
 - Club must have at least a 90% membership retention rate from the number of members it had on July 1, 2013 to June 30, 2014.
- Please complete the All In Award Form which is available on the website under Member Center/CI Resources/Awards. All forms must be received by Headquarters by email or in the mail by July 1, 2014.
- A bannerette will be awarded at the International Convention in Rapid City to each Club meeting this criteria.

I look forward with great anticipation at seeing and meeting many of you over the next few months. I will be doing many Club visits from now until the International Convention in July. Many of you have asked me "how are you able to be the International President, travel, and hold down a full-time job?" I smile when I tell them it's certainly a balancing act. I believe one makes time for what is important to them. I am forever grateful to my colleagues at work and the President of my company. I am fortunate enough to work at a company that believes strongly in giving back to the community and understands there is skill development gained by volunteering or being part of a Board - specifically in planning, budgeting, negotiating, and leadership that will not only make a better person all around, but these skills will only add value to the workplace or job that employee holds. It's a win-win!

*"To the world you may be just one person,
but to one person you may be the world."
– Josephine Billings*

Cosmopolitan Diabetes Foundation/ Beacons Membership



Melvina
Newman
CDF Chair

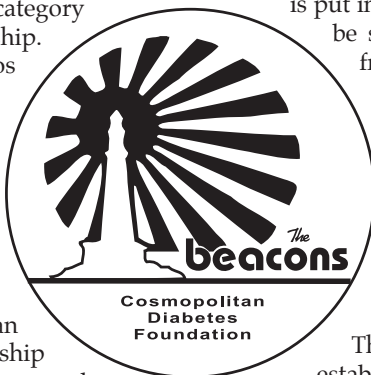
What Is CDF?

The Cosmopolitan Diabetes Foundation (CDF) was chartered in 1976 and is the charitable arm of Cosmopolitan International. It is the conduit through which contributions may flow from our members and the public to the charitable activities supported by Cosmopolitan International. CDF is a non-profit, non-stock corporation organized under the laws of Maryland.

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.

What Is A Beacon?

In 1979 the "Beacons Fund" was established. A Beacon is a very special category of Cosmopolitan membership. Beacons are those Cosmos that have demonstrated a willingness to support the aims and objectives of Cosmopolitan International over and above that of just being a local club member. Beacons are those Cosmos that have helped ensure the perpetuity of Cosmopolitan International. Beacon membership is open to all Cosmopolitans and Cosmo friends who are willing to commit to a minimum of a \$1000.00 pledge or contribution.



Contributions may be made several ways: to the Beacons Fund, to the Discovery Fund or to a Donor Designated Fund. These contributions may be to a single fund or divided; i.e., half to the Beacons Fund and half to a Donor Designated Fund. Therefore, several means are available to achieve full Beacon status.

Beacons contributions are tax deductible since the Cosmopolitan Diabetes Foundation is a 501(c)3 organization. All donations to the Foundation qualify as tax deductions to the fullest extent of U.S. law for income and estate tax purposes.

Board members of the Cosmopolitan Diabetes Foundation are responsible to make prudent decisions with respect to Foundation funds. The Board manages several funds, the largest of which is the Beacons Fund which is an endowment fund. The principal contributed is put in the Beacons Fund and cannot be spent. The investment income from this fund is used for CDF operating expenses, to fund grant requests supporting the goals of Cosmopolitan International and may be used to further the educational, scientific and charitable endeavors of Cosmopolitan International.

The Discovery Fund was established to receive contributions from clubs and individuals to fund grants for diabetes related projects. No portion of these funds will be used for administrative or other costs of operating the Foundation.

Donor Designated Funds have been created to allow Beacons to contribute to a specific organization or charity for which a fund has been established and still get credit towards their Beacon's pledge.

If you are a Beacon, we thank you. If you are not a Beacon, please become one, or if you have finished one Beacon, please consider another.

If you would like to know more about your Foundation, the Beacon memberships or Donor Designated Funds, invite your Federation's Board member to one of your meetings as the guest speaker. They would be happy to tell your club about the Foundation activities.

In 1991, multi-level Beacons were established:	
Beacon membership	\$1000.00
Emerald Beacon	\$5000.00
Ruby Beacon	\$10,000.00
Diamond Beacon	\$25,000.00

Pledges can be made as a one-time total contribution or over a period of ten years: \$100 for Beacon, \$500 for Emerald, \$1000 for Ruby and \$2,500 for Diamond. Shorter payment periods would, of course, be considered. Beacons receive a lapel pin for all levels and are recognized at the International Convention with a ribbon on their name badge and at the Beacon's Donations event.

If you are a Beacon, we thank you. If you are not a Beacon, please become one, or if you have finished one Beacon, please consider another.

Come Join The Adventure!



Jim Preston
*International
Convention Chair*

*We are this
excited about
hosting the 2014
Convention!*

The Rapid City Cosmopolitan Club and the North Central Federation are looking forward to hosting the 2014 Cosmopolitan Convention at the Best Western Ramkota Hotel and Conference Center in Rapid City. Room rates are \$89.99 plus tax with suites for an additional \$50. The hotel has an exciting water park which is provided to guests at no charge. The Minerva restaurant is in the hotel and receives high ratings from locals. The following is a synopsis of what has been planned:

Bernie Roth is coordinating a golf game on Wednesday, July 23, at the Fountain Springs Golf Course. This is a nine-hole course with lots of water situated along the northern edge of Rapid City near exit 55. Fees and half a cart will cost you approximately \$25. Tee off time is 3 p.m. so put together a foursome or come join Cosmo members and friends for a great start to the 2014 convention.

Bob White has organized a Texas Hold'em tournament for Wednesday evening at Cadillac Jacks in Deadwood. Ninety percent of the \$23 entry fee will go to a new club in the Northern Hills, or to a diabetes-related organization, or both. Free drinks are available for players. For those who are interesting in staying overnight Wednesday in Deadwood, please contact Bob for reduced lodging. Those requiring transportation or additional information should contact Bob at home at (605) 716-3647 or cell at (605) 431-8123 or email bcwhite@rushmore.com.

If you are not interested in playing Texas Hold'em, there are a number of restaurants in the immediate area that are within walking distance. The hospitality room hosted by **Paul Phelan** and his crew opens at 8 p.m. **Don Gentry** and **Larry Mantei** will be bringing some home brew while **Chris Zion** from Loves Park, Illinois, plans on bringing some craft beer from the Slap Shot Brewing Company if he can make it happen. **Toby Wiley** and **Alan Bishop** (both are members of the Hermosa Mafia) will be providing several bottles of homemade wine.

On Thursday, the Cosmopolitan Diabetic Foundation (CDF) and Cosmopolitan Foundation of Canada (CFC) luncheon is our first major convention activity. This is an opportunity for members to present additional

donations to these organizations. **Malcom Chapman**, a nationally known local speaker, will be talking about leadership, networking and the importance of communication. He is an exciting presenter who has an interesting and powerful message.

If this is your first International Convention, plan on attending the First Timers Orientation, presented by **Sheila Anderson**, **Tracy Miller**, and **Jim Preston**. This is an opportunity to meet the executive director and some of the international officers. It also provides an opportunity to learn some history about the international organization, how it is organized, and what it does to support all clubs. This training will help you get more out of the convention.

Later this afternoon, **Pauline Sumption** and her crew will be conducting an ice breaker exercise. You will be able to munch on some snacks, enjoy some drinks, socialize and participate in two exercises. These activities are designed to provide an opportunity to interact with fellow cosmos. If these exercises are half as much fun as the practice exercise, it is going to be a hoot.

On Thursday evening for a \$5 fee, you will have an opportunity to ride a double-decker bus to downtown Rapid City where you can enjoy the Summer Nights activities. There are a number of fine restaurants, entertainment, and shopping opportunities in this area.

Friday is the all-day bus tour of the Black Hills. You will visit Crazy Horse, view a variety of natural beauty, and have an opportunity to watch the "Days of '76 Parade," visit Saloon Number 10 or invest some funds at the Midnight Star, a casino owned by Kevin Costner. You will also get to see the Tatanka Buffalo Jump statue, have a steak dinner, and participate in the Lighting Ceremony at Mt. Rushmore. **Plan on bringing a light or medium jacket and long pants to pull over your shorts as the nights in the Black Hills can get rather cool.** A shorter version of the bus tour will leave the Ramkota at 2 p.m. but will not visit Deadwood for those who may not want to spend a full day seeing the sights.

We are dividing the buses into categories to help enhance your tour. **Frank Morrison** is a business owner who served a tour in the Navy. His bus will be heavy on fun featuring a number of jokes and stories. We have



2014 International Convention in Rapid City, South Dakota • July 24 – 26, 2014

rated his bus at an "R." **Bill Keck**, a former County extension agent and naval officer is very knowledgeable about the Black Hills and the surrounding areas. He will be able to enlighten you about a number of facts and tell stories about the history of the area. This bus will be fun and interesting with emphasis on education. We are encouraging the younger adults and those interesting in learning a lot about the area to take this bus. No alcohol will be allowed on this bus. This bus will be rated "G." **Jim Preston's** bus will be a combination of education and good times. Stories and unusual facts will be shared. This bus has been rated PG-13. **Bernie Roth** has agreed to guide the short tour bus, but will be available to take the longer tour if attendance merits an additional bus. Mr. Roth is a former business owner who occasionally instructs others in the game of poker and various other games of chance. Bernie is kind of a wild card; therefore, his bus has been rated PG. Expect the unusual. **Jerry Brown** will take the short tour bus if Bernie is needed for the longer tour. Mr. Brown is a former Army Engineer Officer who served in Vietnam. He is a very likeable guy who has worked diligently for the community. Jerry is a very flexible man so his bus remains unrated.

Soda pop and water will be available on all buses. Signs will be on each bus to help you make your selection on how you want to spend your day. All buses will be fun, interesting, and enjoyable with opportunities to interact with fellow Cosmos.

The delegates meeting and two board meetings take place on Saturday. While business is getting done, spouses, significant others, and young adults can take the opportunity to bead a bracelet. **Dee, Linda, Jeanette, and Nancy** will be conducting a class on how to make these attractive accessories. A \$10 fee is requested to cover the cost of material.

A tour of the Journey Museum has been scheduled for Saturday afternoon for those not involved in the CDF or CI Board meetings. **Arletta Schuh** will be coordinating this activity.

Bill Keck will be coordinating youth activities for children ages 6 to 14. Activities have been scheduled for Thursday afternoon and Saturday from 8 a.m. to 4:30 p.m. Plans include swimming, a tour of a gold mine, and participating in the spouse activities on Saturday afternoon. A charge will be assessed to cover the costs of these activities. Youth are

welcome to go on the bus tour on Friday at the guest price.

Shelly Evans will coordinate an opportunity to have your shoes shined prior to the cocktail reception and president's banquet. Children with diabetes will be shining shoes to help raise funds for diabetes camp. No fee will be charged, but tips are welcome. In addition to my dress shoes, I plan on bringing a couple a pair of work boots that haven't seen polish in years. **Please support this cause.**

Michael Shaw will be wrapping things up Saturday night. He has a wonderful voice and is a great entertainer. Those who attended the North Center Federation (NCF) convention in 2012 may remember Michael.

An "on your own" breakfast recap will be conducted Sunday morning at 8:30 a.m. in the Lincoln room. This is an opportunity to express your opinion on what went well, what did not go so well, and to provide suggestions on ways to improve our conventions. All are welcome to attend, but board members, Cornbelt Federation members and NCF members are especially encouraged to attend.

Please fill free to call any of the following to get more information on the convention:

Jim Preston:

605 255-4494 (h) • 605 545-7738

Bernie Roth:

605 341-2316 (h) • 605 430-8715

Frank Morrison:

605 343-3104 (b) • 605 484-9780

The 2014 International Convention:
*Don't just read about it; come be
a part of the adventure!*

*Not quite up
to having their
images cast in
stone, but working
hard on bringing
you an interesting,
enjoyable, and
informative
convention*

ALLONS Y FAIRE!



Photo by Jim Preston

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

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 3&2 CANADA
Peter Gerrard, Director
B 306.664.3158

SPECIAL LEARNING CENTER

1115 Fairgrounds Rd. Jefferson City, MO 65109
B 573.634.3070
Debbie Hamler, Executive Director
dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Program

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

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

ELGIN COSMOPOLITAN CLUB DIABETES EMERGENCY RESCUE FUND

Social Service Department, Sherman Hospital
934 Center Street, Elgin, IL 60120
B 847.742.9800

PROVENA MERCY MEDICAL CENTER

Center For Diabetes Wellness
1325 N. Highland Avenue, Aurora, IL 60506
Maria Aurora Diaz, Clinical Director
B 630.801.5756

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

Cosmopolitan Club of the Capital Region

By Barbara Jumper

Over the past year, the best ideas to surface in our club have included promoting open communication with club members, getting to know our fellow club members and their history with the club, what each member's particular interest is in the club (social, fundraising, marketing, event participation, board participation) and their availability. Additional ideas that have helped us include having structured board meetings, participating in events that promote the club and provide face-to-face contact, having speakers present at monthly dinner meetings, and coordinated efforts of club members to get the task done.

Time seems to be a challenge for many of us. With all the opportunities life affords, being available to participate in events becomes a challenge. We are a "mature club" which brings about unforeseen circumstances. However, this club has members who have backed each other and supported each other on the front line and behind the scenes. A member is just a phone call and a request for help away.

Challenges this year included identifying a president-elect, which remains a concern for the upcoming year. Several Cosmopolitan members are assisting in identifying the incoming president, though due to their and my current status, we, ourselves, are unavailable. Many of our members have held several roles and continue to be active members but would like someone else to take the leadership roles. Some of our members hold more than one role at a time.

Our committees work as a team and get the work done, sometimes without a committee chairperson. I am happy to work with our

committees to make phone calls to request support. Members always step up.

One goal for this year has been developing a manual with draft letters, templates, applications, submissions, and other documents to give to the incoming president. This information will be specific to the needs and accomplishments of the Cosmopolitan Club of the Capital Region.

Our activities and achievements this year include designing a new informational pamphlet, holding a membership wine and cheese reception, hosting the Inter-service Club luncheon in Harrisburg, and collecting funds to donate to a local non-profit at our holiday party. We were happy to participate in Step Out for Diabetes. We also held a Cosmo picnic, received a generous matching funds donation, supported Camp Setebaid, held a silent auction and play, and participated in the Holy Spirit Hospital Taste-In. Plans to host a dine-around and membership meeting are upcoming.

As president, this year provided me an opportunity to gain a deeper understanding of Cosmopolitan International as a whole. Though a member for several years, the opportunity to be the president this year has increased my knowledge of the internal workings and provided me with a greater understanding of the Cosmopolitan mission and the work that needs to be continued. Gaining recognition for our clubs and our mission among civic clubs and the general public is a marketing task we must all continue to strive for.

Emerald City Cosmo Club in Topeka Kansas

By Mary Ortiz

This is our fifth year as a club, and we currently have 30 members. Not bad considering we started with about 15 members. Our club is best known for an annual garage sale and for collecting aluminum cans at our St Patrick's Day parade. We may be a small club but we are mighty in strength. Our members are out in the community spreading the word of "Cosmo" at local charity events like the Christmas Bureau for the United Way, Helping Hands Humane Shelter, Marian Clinic, and The Hope House for Veterans.

We try to have a social event at least once a quarter. One of the best parts of being a Cosmo is that you always have a friend, no matter where you go or what you do. In October, we went on a hayrack ride. It was cold and raining, but with our "special drinks" we made it just fine. At our annual Christmas Party we had the pleasure of Mo-Kan Federation Governor John Hubert joining us. Let's just say we had an "interesting" gift exchange with drinks and leave it at that!

Our membership drive was not as successful as we had hoped, but we learned a lot and will continue looking for new members.



Ciprianna Guerrero, age 15, niece of Emerald City club president Mary Ortiz

I started a new procedure in our club this year. I give each member a red ticket at the beginning of the meeting, and they can buy a blue ticket, which is for a 50/50 drawing. The red ticket is so much more important because we will buy dinner for the winner of the drawing. Another new feature is that I enter club members' names in a drawing for every meeting they attend and every fundraising event they work per quarter. Each time an individual's name is entered, his or her chances of winning increase. Our club pays the next quarter's dues for the winner. This went over very well, especially with the winners!

My year is coming to an end, but our next president will keep things exciting for us.

Omaha/Cornhusker Cosmopolitan Club

By Candy Gorton

Our club evolved from the combination of two local clubs: the Omaha Downtown Club which was chartered in 1932 and the Cornhusker Club which was chartered in 1969. We meet every Friday at noon at Jerico's Restaurant in Omaha, with the exception of the second Friday of each month, when we meet for a monthly Thursday evening meeting. This allows our working members to more easily attend meetings, and to attract additional younger members. We have about 40 members currently. One of our members, Wally Hopkins, will receive a 60-year anniversary pin this year! We are planning a membership drive for this Spring.

We try to keep our members involved and fulfilled. Our main fundraisers are semi-annual rib feeds which are very popular. We usually feed around 350 people, and each time we hear that the featherbone ribs are the best yet.

Since the 1970's, we host a Christmas Party for the Omaha area's special needs children from several schools. Santa visits, and the kids and their helpers enjoy a turkey dinner with all the trimmings. Each child receives a gift bag to take home. The Omaha Fire Department and two high schools participate in this event with us, and several volunteers from a local business and another service organization also help. This event won our club the Cosmopolitan International Club Community Service Award a few years ago.

We routinely sponsor scholarships for diabetic children to Camp Floyd Rogers, where they have the opportunity to share some of life's challenges with others who also happen to have diabetes. By the end of the week at camp, these children know more about themselves and how to cope with diabetes, and they realize that they aren't as alone or as different as they once thought.

Our club, like others, is aging. As a result, some of our members have become less mobile and have a difficult time attending meetings yet still have an interest in club happenings. They get the minutes of our weekly meetings, but are missing some of the personal contact they used to get when attending meetings was easier. To help them feel connected, we decided to start visiting our less mobile club members on a regular basis. These visits help lift everyone's spirits. Remember, we pledge our friendship to our fellow Cosmos!

Our club's website is updated weekly with meeting notes, pictures, calendar events, and other news. We are pleased to have won Cosmopolitan International's award for Best Website the last three years.

<http://www.easysite.com/CornhuskerCosmoClub>

We also have a Group on facebook at:

<https://www.facebook.com/groups/154364211014/>



Out & About *continued*

The Platte River Cosmos Story

By Ray Mayhew

Three years ago Grand Island Cosmopolitan Club lost many members for a variety of reasons. The club president at that time served a second term since there was no one else who felt they were ready for the challenge. It became apparent that some things had to be changed.

To give our club a more upbeat and new look, the name was changed to Platte River Cosmopolitan Club. We began with a membership committee meeting at which we asked for ideas for rebuilding the club. Membership was at a low of thirteen at this point, and future events were uncertain. Our club felt there were not enough members to support our traditional fireworks fundraiser, so we worked with a different firework provider who supplied the manpower. Our club took a small percentage of the profits but did not feel it to be overall successful. We went on to hold our Art in the Park fundraiser where we sell our funnel cakes and other food items. We did not think there would be enough help, but we were wrong! Even non-member volunteers showed up to help along with some former members. With everyone pitching in, it really proved to be a fun time.

Soon after the Art in the Park fundraiser, sadly, we lost another member and were now down to 12. What were we going to do? We had a back yard party and club meeting to regroup. The new officers were elected, a membership committee was formed, and the date was set for the club's annual steak fry. Guests were invited, and we signed up three new members that evening.

Although our president assumed the additional role of treasurer, we are still on a membership roll. We signed up a new member in October, then another joined in February, and another in March, taking our current total to 16. I asked the two new members why they joined, to which they replied, "Your club has a good bunch of people, and they are friendly." The moral of this story is: Cosmo Friendship.

Reasons often heard for not belonging to a Cosmopolitan club are, I don't have time... What will it do for me... It's not my thing... I don't like meetings... I will volunteer to help at your fund raiser but I don't want to join a club... I can't afford it. The latter reason also is sometimes the reason members don't stay with the club after joining. This tells me we have a big selling job. To sell anything, all objections must be answered. After a person joins, it is important that we make them feel welcome and that they are given a part in the club to their liking.

What has worked for us is having good programs at every meeting, offering more social affairs, limiting the amount of fundraising, keeping meetings short and on time, and offering leadership opportunities. We call our meetings "get togethers." The most important selling feature, however, continues to be the friendship of all our members.



Platte River new members, left to right, Marty Bradley, Susanne Shaw, Lynn Koch, Bea Mayhew, Bob Labeledz

The Council Bluffs Cosmopolitan Club Becomes “Golden” in 2015

By Ron Fox

Who would have guessed in 1965, the year of our charter, that the Council Bluffs Cosmos would still be such a positive force in our community and in the fight against diabetes. Yet... here we are! 2015 will mark our fiftieth year of operation. To help in the preparation for this special event, a committee has been established to plan how and when we will celebrate this tremendous accomplishment. In the meantime, we stay busy doing what we do best. That is, raising monies for the fight against diabetes and being a positive force in our community.

This year, our goals were to keep focused on our fight against diabetes; to help the community of Council Bluffs when possible; to establish new friendships and cultivate old ones; and to have fun while doing it.

September and October saw us laying the groundwork for the year ahead. Committees were actively planning fundraising projects and taking care of business. Our good friends from Walgreens came to one of our meetings and administered flu shots to those who wanted them. September also saw us giving the CDC a check for \$1,125 to help with their expenses.

November saw us out in the community ringing bells for the Salvation Army kettles. This is always a popular activity for the club and it has been a great public relations tool for us as well. December is a time for giving and, as is the custom of the CBCC, we gave \$500 to Children's Square, a local charity that offers comfort and support to children who are not living in ideal situations. Children's Square houses many children who are displaced because of abuse or other conditions. The group used the money to buy gifts for children

who were staying with them at the time. Also, at our Pal's night in December, we collected new under garments (both kids' and adult sizes) at the request of the Micah House, a shelter for homeless families. The gift was valued at over \$800.

In January, we were busy doing and giving. We held a fundraiser at the Pizza Ranch Restaurant where we bused tables and delivered pizzas. We earned more than \$400 for our efforts. We also kept the spirit of giving alive and were able to give \$500 each to Interfaith Response and Habitat for Humanity, both local charities that impact our community in many positive ways.

That brings us to March, when we will hold a new member recruitment party on the 6th and one of our major fundraisers, our PANCAKE Feed on the 20th. Profits from this event will be used to send local students to Camp Hertko Hollow this summer. This is always a popular event with the community, and we hope this year is no exception. Last year we raised more than \$4,500 for Camp Hertko Hollow, and that is our goal again this year. We will hand out awards at our April meeting and select new officers for the coming year.

Finally, we will host our last fundraiser of the year at Westfair on July 23, 24, 25 and 27.

We are busy, but that's a good thing. We currently have 28 club members who are committed to our cause. When the dust settles at the end of the year and we have some time to reflect and to re-charge the batteries, we will look back with pride at all of the people who were helped because of our efforts. One can't help but feel good about what we've accomplished as a group. It's been said before and it is still true today...it's great to be a Cosmo!



*Who would have guessed in 1965, the year of our charter,
that the Council Bluffs Cosmos would still be such a positive
force in our community and in the fight against diabetes.*

Yet... here we are!

TOP TEN REASONS TO ATTEND THIS YEAR'S CONVENTION in Rapid City, South Dakota



July 24 – 26, 2014

10. A chance to play golf or Texas Hold 'em on Wednesday and visit with your friends in the Hospitality room.
9. An opportunity to enjoy the Summer Nights Festival in the City of Presidents.
8. Visiting with Sheila Anderson and Tracy Miller.
7. The Ice Breaker games on Thursday night.
6. Saturday night's entertainment (Michael Shaw).
5. An opportunity to be entertained and informed by Malcom Chapman, a nationally known speaker.
4. A day long bus tour of the Black Hills which includes the Crazy Horse Monument, Deadwood, wonderful scenery, the Tatanka Buffalo jump, lunch in a casino, cheap entertainment on the bus, a steak feed and the Mount Rushmore lighting service.
3. All activities on Thursday, Friday and Saturday, except for the \$5 bus ride downtown on Thursday night, are for the low registration fee of \$250. Room rates are \$90 a night.
2. Meeting some wonderful people from Canada and all across the USA .
1. An opportunity to learn more about diabetes and the progress to find a cure.

2014 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 913.648.4630.

PLEASE FILL OUT ONE REGISTRATION FORM PER ATTENDEE.

Attendee Information

Name: _____

Address: _____ City _____ State _____ ZIP _____

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

Members	Guest/Spouse	Optional
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- | | | |
|--|---|---|
| <input type="checkbox"/> Member Rate (includes all events except spouse/guest activity and spouse guest tours) \$250 by July 1; \$275 by July 18
<input type="checkbox"/> Delegate Meeting Only \$20
<input type="checkbox"/> Member Rapid City Club (members should pay their club directly; club will pay International) | <input type="checkbox"/> Donations Luncheon (Thursday), \$25
<input type="checkbox"/> Ice Breaker (Thursday), \$25
<input type="checkbox"/> Breakfast (Friday), \$20
<input type="checkbox"/> Bus Trip (Friday), \$110
<input type="checkbox"/> Purple & Gold Luncheon (Saturday), \$25
<input type="checkbox"/> President's Banquet (Saturday), \$50
<input type="checkbox"/> Spouse/Guest Bead Class, \$10, pay on site. Spouse or number of Guests _____ | <input type="checkbox"/> Golf (Wednesday; see COSMOTopics article for more information)
<input type="checkbox"/> Texas Hold'em (Wednesday; see COSMOTopics article for more information)
<input type="checkbox"/> Youth Program (age 6-14), cost TBD, pay on site. Number of Youths _____ |
|--|---|---|

Name on Badge _____ Name of Guest/Spouse _____

Are you a delegate? _____

Do you require any special accommodations? _____

Hotel Information	Payment Information
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Best Western Ramkota Hotel and Conference Center provides free shuttle service to and from the airport (please advise when making room reservations).

Six (6) complementary wrist bands for the aquatic center will be provided per room reservation.

Cosmopolitan has 15 rooms blocked for July 20 and 85 rooms blocked for July 23, 24, 25, and 26. Room rates are \$89.99 per night. To make reservations, call (605) 343-8550 and indicate that you are with Cosmopolitan International. To guarantee this rate, rooms must be reserved no later than June 21, 2014. Any rooms blocked that are not reserved by this date will be released on June 22. Rooms can be reserved at the reduced rate after this date, but there is no guarantee of availability.

Kindly indicate any dietary restrictions:
 _____ Vegetarian _____ Vegan _____ Gluten Free

_____ 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 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).
No registration will be accepted without full payment. Payment must be received no later than July 18, 2014.

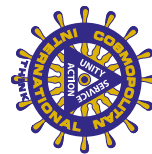
CANCELLATION POLICY: Cancellations received between July 1 and July 18 will be assessed a ten (10) percent cancellation fee. No refunds will be made after July 18.
HOTEL REGISTRATION POLICY: Per board policy, due to the contractual agreement Cosmopolitan International has entered into with the convention 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.

EARLY SPRING 2014

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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.

- **David Hall** – *Capital Region Cosmopolitan Club*
- **Jim Wartenhorst** – *Sioux Falls Cosmopolitan Club*
- **Neil Gow** – *Calgary Cosmopolitan Club*
- **Edward Wurth** – *Omaha Cornhuskers Cosmopolitan Club*
- **Carl “Knutie” Kresie** – *Topeka Cosmopolitan Club*
- **John Hamkamer** – *Topeka Cosmopolitan Club*

Sympathy also is extended to the following Cosmos on the loss of their family members.

- **Ray “Andy” Anderson** – *father of Past International President Derry Anderson*
- **Robert L.A. Keeley** – *father of Capital Federation Governor John Keeley*



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