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August 3 - 6

International Convention Overland Park, KS

COSMOTOPICS
SUMMER 2011

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR
Sheila Anderson

Celebrate good times, come on! That makes me want to get up and dance, and in the very least ... celebrate. It's true we find ourselves down in membership (and Gary has a plan that would put us 108 members in the black - see p.7), but let's focus on the many reasons to celebrate us. Think of all the new people who did join Cosmos this year...YAHOO! Think of all the lives we touch in the various centers and programs we support (page 8-9). Think of all of the friendships you enjoy just by being a Cosmo member. There's a party going on in every Club! We celebrate 100 years of Cosmopolitan in just a few short years. That's a celebration to look forward to. But there's another party just around the corner. Join us in Overland Park, KS, August 3-6 for our International Convention. You can bring your good times and your laughter too, we're gonna celebrate Cosmos with you. It's time to come together ... note to self, pack my boogie shoes (I know, that's a whole other song!).

MISSION STATEMENT

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



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COSMOTOPICS

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Year End News



Kevin Harmon
Executive Director

Another year of Cosmopolitan is behind us. At this writing it is unknown where the membership stats ended up, but the outlook was that we would be down overall for the year. That is really unfortunate. But we have a lot to be grateful for while we face the challenge of the future. A challenge I am convinced Cosmopolitan can not only meet, but surpass.

The past is just that, the past. We could dwell on all the things we might have done or might have tried to stem our drop in membership. We could examine ways to improve our financial status and try to determine additional sources of income. We could once again take a look at why no one seems to have heard about Cosmopolitan other than our members and benefactors. We could do a lot of things to see about "Who We Are and What We Do". I think I have heard that saying before.

What we are going to do is assemble our Board of Directors just prior to the International Convention and, with the assistance of a professional, take a good hard look at what Cosmopolitan is today, what we want to be as a Club and how we might best get there. In essence, we will examine the who we are and what we do with an eye towards making sure we are doing the best we can to further our mission. Oh, and we will define what that mission is just in case it needs tweaking.

This will be a monumental time for Cosmopolitan. It will be a time of reflection and hope for the future. It is vitally important that our Board, representing each and every Cosmo, puts their various talents and perspectives to work for the overall good of our Club. It is imperative that we succeed. And it's not really about getting more members or increasing

cash flow at all. It is about being able to continue our help for people in need.

We have done a tremendous amount for the people of our communities, as well as people who don't know a thing about Cosmopolitan but are better off for our efforts. And that is the essence of Cosmopolitan. Taking our talents and focusing them on a common purpose of helping others.

Think about what has been accomplished. Cosmos started and support world renowned Diabetes treatment and research centers. Cosmos have established community based outreach programs for the identification and treatment of diabetics. Cosmos have partnered with community based health care facilities to provide expensive and vital diabetes supplies and support. Cosmos have built parks and buildings that make our communities better places to live. Cosmos have identified community needs and mobilized to meet those needs.

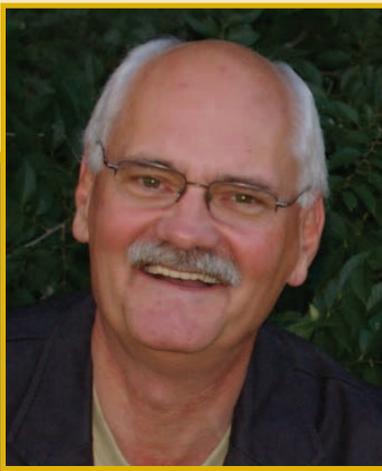
It is without question the most asked question in Cosmo, why are we now at under 2000 members worldwide? Why aren't we at a million or more? I certainly don't know that answer. I think about it a lot. Diabetes is an epidemic and Cosmo has been in on the battle against it since 1970. So why aren't we consistently growing?

My hope for the coming year is that your Board can identify some ideas and strategies during our sessions in Overland Park to set our course for a brighter future with many more members. There is still a lot of work to do in our Centers, Projects and Communities. And we not only need more help, but I think there are people among us that would benefit from being a part of our Club. I am convinced.



*And that is the
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Taking our
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President's Message



Richard Greer
President

We must offer
our prospects
an exciting
challenging
environment
whenever
they attend
a meeting or
community
activity.

With summer here, we can look forward to the International Convention in Overland Park the first week of August. The hotel is outstanding, the rates are good and there will be a lot to see and do. The Convention Committee has arranged a full agenda, including meetings, tours and workshops. Since the hotel is only a few blocks from our International Headquarters, you will have the opportunity to visit this historic building. You will be able to view the courtyard with the commemorative bricks, and check out the history on display. Remember that we will celebrate 100 years of Cosmopolitan International in a few years.

After a number of years featuring membership increases, we have had a drop in numbers that we need to look after. We all know that service clubs in general are experiencing the same problems as we are. We all know that without new members, our Club will not be able to survive, as we know it for too long. We all know what we can do about it, so we need to take some action now.

While visiting Clubs and discussing the difficulty of attracting new members, many of the same topics come up:

People, especially younger prospects are too busy with jobs and family. They do not have the time to support Club activities.

Yes, people are busy. On a recent tour on a Saturday, I noticed a number of activities happening at almost every shopping center or large park. There were people selling hamburgers in aid of the Relay for Life campaign for cancer research. A large group of walkers headed past, carrying signs promoting their cause. It was tough to find a parking space near the farmers market, as there was a rally in support of a shelter for the disadvantaged. These activities happen all the time-and they happen in your town as well. Yes, people are busy. We need to get these busy people interested in Cosmopolitan.

Service Clubs are old school, and will not let me feel that I am helping those in need, nor will give me the satisfaction I need from my commitment.

The days of the "old clubs" are soon over. The new clubs offer progressive projects that keep the members interested and really have a reason to exist as a club. We must offer our prospects an exciting challenging environment whenever they attend a meeting or community activity. Our busy new members will no longer accept a breakfast meeting scenario week after week with nothing accomplished. Yes, they want to help. Yes, they are ready to help. No, they will not be around too long if they feel their time is wasted.

There is no benefit from belonging to an International Organization-I am better off working for a local group.

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

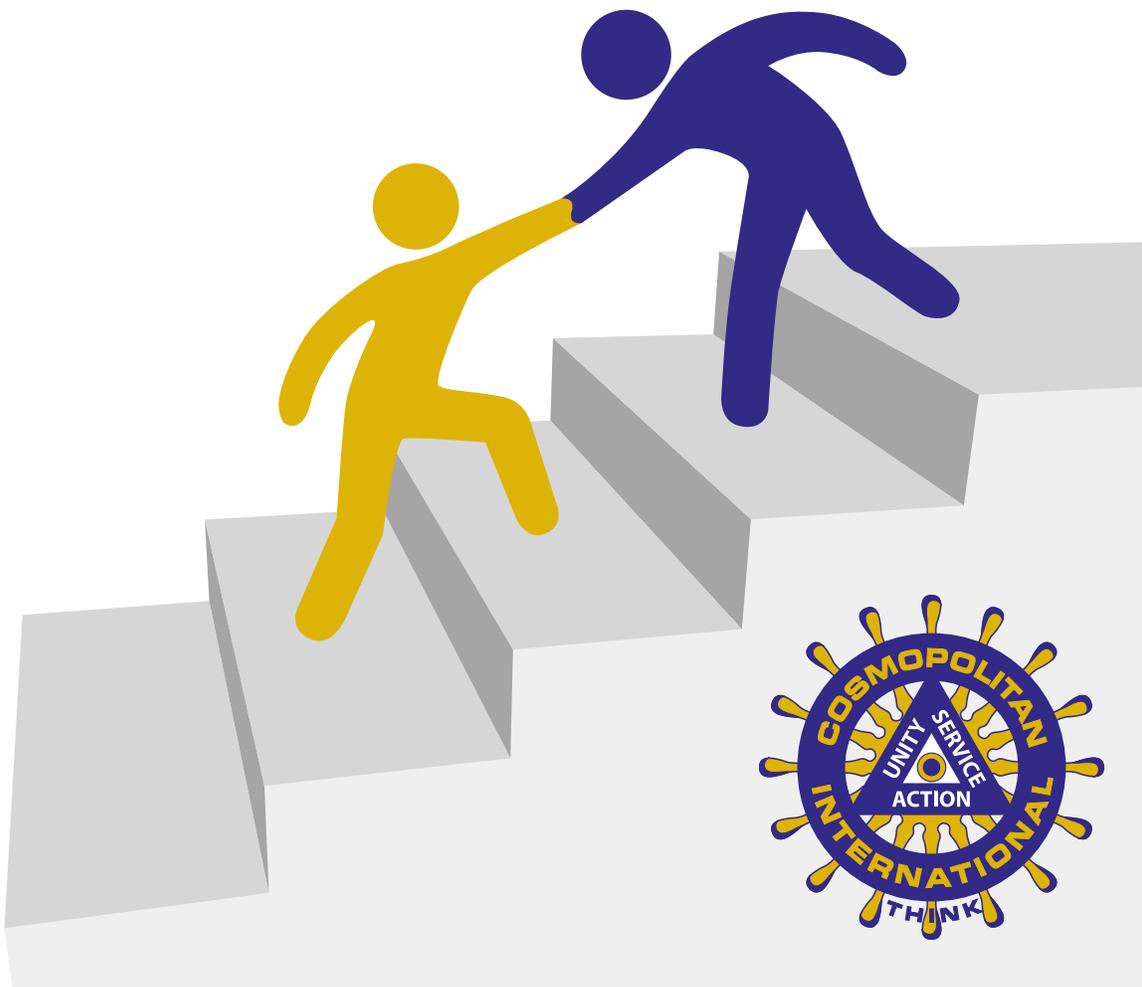
This credibility goes a long way when local Clubs present a project or a fundraiser. Yes,

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

We need to get our members thinking about new prospects. We need our members to work to keep our projects on track and to continue to help those around us that need our help. We need

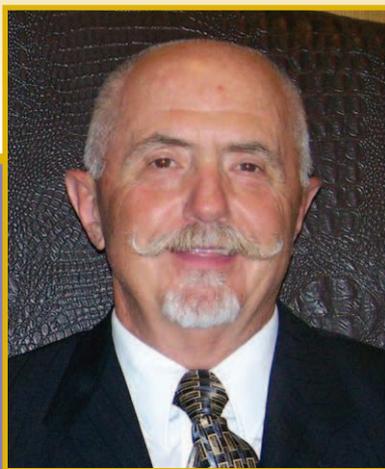
our members to support Cosmopolitan International and offer positive ideas and projects to keep our Club "On the Grow."

The end of June is the end of our fiscal year. It also marked the end of my term as International President, and my time on the International Board. The International Convention in Williamsburg in 2001 was First Lady Linda's and my first International Convention, and the starting point for my quest to become International President. We will be attending Federation and International Conventions for years to come. After all, Cosmopolitan is "The Club that Builds Friendships."



*We need
our members
to support
Cosmopolitan
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and offer
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keep our Club
"On the Grow."*

Closing Off the Year



Brian Duckett
VP Finance

*A great big
"Thank You"
to each and
every Cosmo
for getting
involved in
their Club
meetings and
projects!*

Well fellow Cosmos, our current fiscal year has finished and we have made some headway! Now we aren't showing significant numbers in overall membership increases, but some Clubs in our great organization have shown that they are doing everything they can to increase our numbers. Congratulations to those Clubs that have shown a positive membership increase. Great job Cosmos!

The Clubs that are showing success in drawing in new members are those that put on Membership Events that are unique and fun to attend. That should be the incentive for the other Clubs and their members to put their collective minds together and develop a unique and inspiring Membership Event format for next year. The time to start is now while ideas are fresh in your minds!

Financially, we have done a good job of maintaining our income and expenses and by pinching the pennies; we have stayed within our current budget. Being one of the smaller service organizations, we have to be very aware of the monies coming into Cosmopolitan International and the monies going out. A big "Thank You" to CI's Executive Director, Kevin Harmon, and Assistant, Cindy Harmon, for keeping a close eye on the budget and working within the budget lines so that we are fiscally stable.

This year I had the pleasure to visit a few Clubs within CI. To say the least, some of the Club visits were interesting as were the trips to get there and home. I have found that those Clubs are enthusiastic and are hard at work raising funds for the 2 Foundations and many worthwhile projects in their home communities. Being know as "The Club That Fight Diabetes", we

have done a good job of making in-roads into finding a cure for diabetes through our Beacons, Hands Across The Border, and Clubs Across The Border contributions to the Cosmopolitan Foundation Canada Inc. and the Cosmopolitan Diabetes Foundation. A cure for diabetes will be found and our great organization will be right there to celebrate. Great job everyone!

In closing, a great big "Thank You" to each and every Cosmo for getting involved in their Club meetings and projects!!! Without all of the effort put forth by our members, Cosmopolitan International wouldn't be as visible in your communities and the results of all of our fundraising wouldn't be put to good use. We are living our Creed: Unity, Service, and Action. We are one through Unity, provide through Service, and contribute by volunteering through Action!

Have a wonderful summer and a fun, worthwhile, and fulfilling Cosmopolitan year during our next fiscal year under the leadership of International President Phil Hanson and the new CI Board. Oh yea, see you all from August 3-6 at the International Convention in Overland Park, the home city to our historic International Headquarters building!



Lend a Hand

It's now time for the summer update from the Vice-President of Membership & New Clubs. It seems like just a couple of weeks ago I was writing the spring message. Dang...I think it was just a couple weeks ago! Oh well, here I go again.

We are coming up on the end of another Cosmopolitan Club year and it doesn't look like things have improved much on the membership front since we last visited. Now this in itself is not the end of the world. I know there are clubs out there recruiting like crazy and picking up members. Our problem seems to be that we keep losing them faster than we pick them up. I do want to let everyone that has brought in a new member or members, that Cosmopolitan International thanks you, and that I personally thank you from the bottom of my heart. Those of you bringing in new members are working hard to insure the survival of our great club, and if it were not for you, we may well have been looking back at the former Cosmopolitan International Club at this time.

Now to all the rest of the people out there in Cosmo land, it is time to start making an effort to help your club increase its membership numbers. You need to start inviting your friends, acquaintances, and neighbors to come see what Cosmo is all about. We have about 22 clubs below charter strength. If we could get these 22 clubs back up to charter strength of 20 members each, we would pick up close to 170 new members. Just doing this would get us back in to the black by 108 members. So, it looks to me like each Federation needs to take a close look at the clubs they have in their Federation that are below charter strength, then get busy and start helping them rebuild. The clubs above charter strength are generally doing a great job getting new members and keeping them. I applaud you for these great efforts. Now we need to see if some of your members would be willing to help a below charter club work on their membership. I know there are older clubs that feel they don't know anyone to ask, let's get out there and help them find someone. Better yet, ask someone you know from that clubs area to join the struggling club. If every member assisted one of the below charter clubs by helping them get one or two new members we would be well on our way to plus numbers in our membership.

Enough on membership for a few minutes. I did just return from a very nice weekend at the Mid-States Federation Convention in Elgin Illinois. Linda Stefanich, Mid-States out-going Governor, and Past International President Walter Alm, along with all the Federation members I met showed me great hospitality. Tom Rakow of the Elgin club met me at the airport and helped me get to my hotel. We had a great visit on the ride in, and we got to know each other a little bit better. I even found out he knew someone from Lawrence, Kansas, my hometown.

The convention was held in conjunction with a picnic and seeing the KC Cougars play baseball. As they said in the Christmas song "Let It Snow", the weather outside was frightful, but at least it didn't snow, didn't snow, didn't snow!!! It was however 50 degrees, misting heavily, and had a wind blowing in around 20 to 25 MPH. It was quite chilly but it didn't deter these like-minded Cosmos from running their Federation in the official manner.

The small but energetic group of Cosmopolitans, held elections, judged and voted on awards, read and voted on their Federation resolutions, and last but not least, let the VP of Membership and New Clubs say his piece. They were also kind and let me swear in their new Federation officers. Along with all this, we had a great picnic dinner of brats, burgers, and dogs with all the amenities. Then there was the KC Cougars baseball game. All that managed to tough out the cold wet weather enjoyed watching the Cougars win by a score of 6 to 2, and then after the game a great fireworks display. Who could ask for anything more?

Thanks to all from Mid-States that made my first official club visit a great one.

One last reminder to all club members... **RECRUIT, RECRUIT, RECRUIT!!!** See you all at the Cosmopolitan International Convention in Overland Park Kansas, August 3 thru 6.



Gary Bartlett
VP Membership and
New Clubs

*Those of you
bringing in new
members are
working hard
to insure the
survival of our
great club.*

Could We Be Any More Amazing?



Sheila Anderson
VP Marketing

Our 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.

In Spring 2007, Cosmopolitan International established a program to recognize three categories: 1) Major Cosmopolitan Diabetes Center/Program, 2) Major Cosmopolitan Community Center/Program, and 3) Cosmopolitan Support Diabetes Program. These Centers and Programs have to meet certain criteria. Applications are submitted to and reviewed by the Cosmopolitan International Board. Once they have been approved, they earn the designation of one of the above. I covered number 1 above in our Spring 2011 issue of COSMOTopics on page 9. So let's now take a look at how Cosmopolitan has helped shape the centers and programs in 2 and 3 above.

Major Cosmopolitan Community Centers/Programs

Cosmopolitan Industries, Ltd. (now called Cosmo) was established in 1971 through the tireless work of our Saskatoon Cosmopolitan Clubs. This grew out of a program aimed at providing local care for individuals with intellectual disabilities. The Clubs of Saskatoon have provided **over \$400,000**. Respecting the dignity and needs of each individual, Cosmo creates opportunities, provides support and challenges participants with intellectual disabilities to reach their full potential...enhancing their quality of life. Individuals here have assembled golf clubs which have been sold throughout North America, and they also assemble packaging for a variety of businesses in the area. Saskatoon's citizens know Cosmo for the paper recycling they've done since 1975. They currently fill over 600 semi trailers with recycled paper and cardboard each year, approximately half of this is exported to the US and the Orient.

Children with special needs are typically confronted with incredible challenges. Yet, the history of **The Special Learning Center** in Jefferson City, MO, and its programs have demonstrated repeatedly that these children have extraordinary potential to grow, learn, and succeed. Donations from the Jefferson City Cosmo Club

since 1995 total **\$649,476** which is monies raised from the annual Cosmo/Henke Golf Event. In 2001 The Center was able to build a therapy wing and a Kindergarten classroom. Since then, it has used the monies to supplement general operations in order to provide services to the children of mid-Missouri.

Cosmopolitan Supported Diabetes Program

The **Elgin Cosmopolitan Club Diabetes Emergency Rescue Fund** was started in response to a need by Sherman Hospital to provide medications for people with diabetes who are in the hospital or the emergency room but cannot be discharged because they cannot afford to purchase the medications needed to care for diabetes. Until their fund began, Sherman Hospital assumed the cost of providing these necessary medications. Thanks to the Elgin Cosmopolitan Club, they now have monies set aside for emergency aid to our neighbors who find themselves in this situation. When a patient need is identified by the social workers at Sherman Hospital, they can fill out a form request for assistance from the fund. They then give it to the patient along with the prescriptions for diabetes medications and testing supplies. A relationship was established with a local Walgreens Drugstore to accept these requests and the fund is billed for the prescriptions. Since the

Let's now take
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programs.

fund began, 4 years ago, they have helped over 65 patients.

The Capital Region Cosmopolitan Club in Harrisburg, PA, supports **Setebaid Services Diabetes Camps for Children and Teens with Diabetes** (Setebaid comes from spelling Diabetes backwards) in many ways. As you can imagine, camp is expensive. The Cosmopolitan Club in partnership with the Cosmopolitan Foundation provided **over \$4,000** in matching funds for scholarships for local children to attend camp in 2010. They also help by picking up in-kind donations, helping at camp, particularly on check-in and check-out day, or by providing transportation to local children to get to camp. Setebaid has benefited from the partnership because they are able to serve more children at their summer diabetes camps. And, local healthcare providers have benefited because they are able to work together and offer their patients a diabetes summer camp—a camp that is not only very educational, but one that is the best week of the summer for the campers.

The Center for Diabetic Wellness at Provena Mercy Medical Center in Aurora, IL, was developed in response to a community need. This relationship began right from the opening of the Center, in March 2005. The Cosmopolitan Club provided the Center with **\$3,500** to purchase a computer data system to track patient's progress through the program. They also provided the office furniture for the Center's clinical staff, a copier machine, a 52-inch flat screen TV for the education room. Over the past 5 years the Aurora club and with the assistance from the Cosmopolitan International Foundation has given over **\$25,000** to the Center. Most recently grant monies were obtained from the Cosmopolitan International Foundation for the purpose of establishing The Cosmopolitan Club Emergency Patient Assistance Fund. This fund is used primarily to assist patients who are unable to afford their medication and or testing supplies. The Club hopes to be able to continue supporting this fund

and the Center for Diabetic Wellness for many more years to come.

Rapid City Regional Medical Clinic – Endocrinology and Diabetes Education in the Black Hills offers services for the prevention, diagnosis, treatment and management of diabetes. In searching for ways to assist the learning, the clinic has begun a reward program that provides positive reinforcement for kids and teenagers for diabetes care “well done.” The program has been especially popular with those who have a hard time understanding the need for diabetes care. The rewards, typically discounted movie tickets and water park passes, are purchased using Cosmo funds. Other tools the Cosmopolitan Club has helped provide include: diabetes care binders to keep pediatric patients and families on track with their current diabetes management protocols; insulin vials or pens, and other supplies until a plan for independent coverage can be put into place for patients with no health care benefits; Glucometer test strips; ketone strips for women with gestational diabetes; ketone strips for children; and emergency counseling services for families in crisis.

Cosmopolitan Funds are being used by the **Regional Medical Clinic Endocrinology and Diabetes Education** in Rapid City, SD, to help patients of all ages improve their diabetes care. It consist of 4 Endocrinologist, 2 Physician Assistants, 4 diabetes educators and multiple nursing staff. This area is recovering from not having an Endocrinologist for several years. Some items include: binders for Pediatric patients to organize their diabetes care, Insuflon ports, Insulin bottles or pens until a plan can be put into place, Glucometer Test Strips, Ketone strips for women with gestational diabetes and for children, emergency counseling services for families in crisis, Incentives for older children to improve their diabetes care, and educational videos for children and adults.

Could we be any more amazing?!

*Respecting
the dignity
and needs of
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with intellectual
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reach their full
potential*

CDF Directors Update



Tom Gustafson
CDF Chairman

Fellow Cosmos:

At the upcoming convention one of our Foundation's traditions involves fellow Cosmos "lining-up" to make contributions to their favorite causes. In the past these have included most of our Cosmo-recognized projects, the Discovery Fund and the Beacons Fund. At the recent winter board meeting, the CDF approved a change to our recognition process for those Cosmos, clubs and federations who contribute to the CDF:

Fellow Cosmos, clubs and federations may now contribute to the Discovery Fund or to any Donor Directed Fund/Cosmo Recognized Project and receive credit to their ongoing Beacon Pledge if they so desire.

For example, if you are making a contribution this year at the Beacons event, you will have the option to direct a portion of your contribution to Discovery and Beacons or some other combination and receive credit for the full amount on your Beacon pledge. Our primary purpose for this change was to breathe new life into our Beacons Program while increasing our grant possibilities each year. Details will be available at the convention prior to the Beacons event.

As always, should you have any thoughts or ideas as to how the CDF can better serve Cosmopolitan International, please contact your local representative or me.

Best regards,

Tom Gustafson

CDF Directors-

With the end of another Cosmo year, we have two directors whose terms are ending:



Dean Barry
outgoing Mo-Kan
Federation Director



Bill Kubat
outgoing North Central
Federation Director



Duane Muck
Incoming Mo-Kan
Federation Director



Melvina Newman
Incoming North Central
Federation Director

Dean Barry - Outgoing Mo-Kan Federation Director

Dean's many years of service on the CDF and knowledge of the Foundation's inner-workings have been a tremendous asset to our foundation. Many of you know Dean and his dedication to this organization. Please thank him for his service when you next see him!

Bill Kubat - Outgoing North Central Federation Director

As many of you know, Bill is a man of very high standards and has brought a very experienced background to the Board. Bill was critical in the development of new CDF procedures that have moved the CDF into compliance with current laws and regulations. Please be sure to shake Bill's hand and thank him for his efforts!!

Duane Muck - Incoming Mo-Kan Federation Director

The Mo-Kan federation has elected Duane as their new representative to the CDF. Duane brings a financial background to the Board which will be extremely helpful in the continued management of CDF funds.

Melvina Newman - Incoming North Central Federation Director

The CDF Board welcomes immediate Past International President Melvina Newman to the Foundation. Her experience will be a great help as the CDF works to support CI in their ongoing efforts to fight diabetes.

outgoing **incoming**

COSMOPOLITAN FOUNDATION CANADA INC. WINS NATIONAL PHILANTHROPY AWARD

by Roger Bradley, V.P.

Cosmopolitan Foundation Canada Inc.

The Cosmopolitan Foundation Canada Inc. was nominated for a National Philanthropy award by the Alberta Diabetes Foundation (ADF) at the University of Alberta in Edmonton. Our Foundation has over the years funded many research projects for ADF. The three local clubs, Edmonton, Sturgeon Valley and St. Albert have a long standing relationship of direct donations from each club as well as the money raised by Rock' N August, a three club event which raised \$108,000.00 last year alone for the ADF.

National Philanthropy Day is celebrated across North America to recognize the role philanthropy and giving plays in our communities and is run by the Association of Fundraising Professionals (AFP). This was the 12th annual AFP Edmonton & Area National Philanthropy Day awards ceremony held at the plush Shaw Conference centre in Edmonton Alberta.

Individuals, companies, private groups and youth that have made notable contributions to the local community can be nominated in one of nine different categories; we were nominated in the Outstanding Service Club category. The qualification to be nominated in this category is "A Service Club that has demonstrated outstanding volunteer commitment through direct gift support and through encouragement and motivation of others to take leadership roles toward philanthropy and community involvement". The other groups nominated in this category were the Rotary Club of Edmonton South; the Business Alumni Association of the U of A; 501st Alberta Badlands Garrison and us the Cosmopolitan Foundation Canada Inc.

As part of the lengthy application process AFD stated "The Cosmopolitan Foundation of Canada is a service club whose mandate is to fund diabetes related education and research. To date, the Canadian Cosmopolitans have donated over one million dollars to the cause which has

contributed to funding studentship programs, equipment and the completion of the Alberta Diabetes Institute building itself. They are one of the Alberta Diabetes Foundation's biggest annual donors and they appropriately call themselves 'The Club That Fights Diabetes'."

I was first notified of the nomination on September 20, 2010 by email which in part read: "Good afternoon Mr. Bradley. On behalf of the AFP Edmonton & Area Chapter and the 2010 National Philanthropy Day Awards Committee, we would like to officially congratulate you on your nomination."

To date, the Canadian Cosmopolitans have donated over one million dollars to the cause which has contributed to funding studentship programs, equipment and the completion of the Alberta Diabetes Institute building itself.

I thought I was being punk'd! But not so, on October 27 my lovely wife, Tammie and I attended the Nominee Reception, rubbing shoulders with other nominees, past winners and the movers and shakers in our community was indeed a heady experience. To see our name listed on the Outstanding Service Club billboard made me extremely proud and honored, proud of all we as a service club have achieved in my five years as a member and honored to be recognized for our contribution to fighting this disease.

The Awards luncheon was held on November 18, with about 500 people in attendance.

The Alberta Diabetes Foundation table was hosted by ADF staff Kate Rieger who also works on Rock' N August with us; and Angela Saveroux; representing the Cosmos where Angela McFalls - President Sturgeon Valley club; Joan Randolph - CFC secretary & Edmonton club member; Rod Randolph - CFC Director and Edmonton club President; Gary Jurke - CFC Director & Sturgeon Valley club member and Roger Bradley - V.P. CFC & St. Albert club member. The Awards ceremony was wonderfully executed with some very good guest speakers and it was a great honor to receive this award on behalf of the Cosmopolitan Foundation Canada Inc.

Shane Jones from Global TV interviewed each winner after they were presented with their award, his question for me was: "With declining membership in service clubs these days, how do you retain your members and attract new members?"

My reply: "What a great question, Cosmopolitan International is actually the only service club to have grown its membership over the last five years, we keep members involved and motivated by having fun when we get together to raise money for good causes like fighting diabetes. I would like to thank Kate and all of the hard working staff at the Alberta Diabetes Foundation for this nomination and Dr. Light and Dr. Rajotte at the Alberta Diabetes Institute and their staff for the work they do in researching this disease and in the case of the world renowned Edmonton Protocol an actual cure."

Barry Read the President of Cosmopolitan Foundation Canada Inc. had this to say about the award: "On behalf the Cosmopolitan Foundation Canada Inc. and all Cosmopolitan Clubs, I wish to thank the Alberta Diabetes Foundation for putting our name forward for a National Philanthropy award. The winning of this award is validation of the efforts of Cosmopolitan members. It is also an example of how service clubs DO make a difference. We are indeed the Club that Fights Diabetes."

In the past year the Cosmopolitan Foundation Canada Inc. has donated \$100,000.00 to University of Manitoba for research into the effects of physical exercise on over weight youth with type 2 diabetes, then approved & initiated a \$125,000.00 donation to Alberta Diabetes Foundation to fund a scholarship program and now winning this Philanthropy award what a great year it has been.



Gary Jurke; Angela McFalls; Rod Randolph; Joan Randolph and Roger Bradley in attendance to receive the National Philanthropy Award.



Healthy Choices



Lavender, not just a pretty flower

By Nancy Donahey, RD, LD, CDE dietitian, diabetes educator

Lavender, a flowering fragrant plant and herb, has been used for over 2000 years. Egyptians used it as a perfume on their skin and in the mummification process. The Romans used Lavender flower in cooking and added it to bath water. Today there are more than 30 different species of Lavender plants grown across different continents. For information about lavender farms near you go to <http://everything-lavender.com/lavender-farms.html>. Many of the farms allow visitors and/or sell lavender products in local stores and farmer's markets.

According to folk wisdom, lavender has many uses. Infusions of lavender soothe and heal insect bites and burns. Bunches of lavender repel insects. If applied to the temples, lavender oil soothes headaches. In pillows, lavender seeds and flowers aid sleep and relaxation. An infusion of three flowerheads added to a cup of boiling water soothes and relaxes at bedtime. Lavender oil (or extract of Lavender) diluted 1:10 with water, rosewater, or witch hazel may help heal acne or treat minor skin burns.

Culinary use

For culinary use lavender should be grown free of chemicals and pollutants. Do not use lavender purchased from a craft shop in cooking unless they specify that it can be used for food. Lavender grown for non-food use may contain high levels of toxic pesticides. The main culinary lavender plants are *Lavandula angustifolia* and *Munstead* and are known as sweet lavender.

Cooking with Lavender flower can be interesting and can change the same old recipes by giving them new life with new flavor.

Lavender flowers, buds, leaves or stems, fresh or dried can be used in cooking. Use less of dried herb because of increased potency after drying. Lavender is a member of the mint herb family and may be substituted for Rosemary in recipes. Lavender flowers may be tossed into salads, buds steeped for tea and stems used as kabob skewers. A bundle of lavender may be added to the grill while smoking meats. Don't over season with lavender; it may make food taste bitter. Lavender flower extract, made from culinary lavender, could be used as a flavoring similar to adding vanilla to cookies, cakes and frostings. A herb blend called *herbes de Provence* which usually contains lavender was invented in the 1970s by spice wholesalers.

Medicinal use

English lavender (*Lavandula angustifolia*) and Dutch lavender (*Lavandin*, *Lavandula x intermedia*) can be used to produce an essential oil for topical applications for balms, salves, perfumes and cosmetics. Do not ingest lavender oil. Instead, you can inhale it (using an oil infuser), massage it into your skin or add it to a bath. Use lavender oil with caution because it can also be a powerful allergen for a few people. Allergic reactions to lavender can result in skin rashes, nausea, vomiting, and headaches when someone either absorbs lavender oil through their skin or inhales lavender via aromatherapy. Wikipedia states to avoid ingesting lavender during pregnancy and breastfeeding, and another source states that lavender can be a uterine stimulant in high doses, but safe as a culinary herb or for moderate use (<http://www.babycentre.co.uk/pregnancy/isitsafeto/herb&drugchart/>).

References:

<http://www.attra.org/attra-pub/herblist.html>
<https://attra.ncat.org/attra-pub/PDF/edibleflowers.pdf>
<http://everythinglavender.com>
<http://en.wikipedia.org/wiki/Lavender>

http://www.ehow.com/facts_5766655_food-nutritional-profile-lavender-flowers.html
http://www.ehow.com/list_6696679_effects-lavender-plants.html
<http://www.food.com/recipe/lavender-scones-145381>
<http://www.save-on-crafts.com/arpil.html>

Lavender Scones

INGREDIENTS:

- 2 cups white whole wheat flour
- ½ cup rolled oats
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ¼ cup butter
- ½ cup walnuts, chopped
- 1 tablespoon dried lavender flowers or
1½ tablespoons fresh lavender flowers
- 1 egg, beaten
- ⅓ cup honey
- ½ cup buttermilk
- 1 teaspoon vanilla

DIRECTIONS:

1. Preheat oven to 400 degrees. In a large bowl, combine flour, oats, baking powder, baking soda and salt. Cut in butter until the mixture resembles coarse crumbs. Add walnuts and lavender, mixing until combined.
2. Make a well in the center of the flour mixture. Add the egg, honey, buttermilk and vanilla. Stir to combine, mixing to form a soft dough. With floured hands, pat the dough until about 1 inch thick and cut into triangles or rounds using a large cookie cutter.
3. Place scones on a non-stick cookie sheet and bake for 12 to 15 minutes, or until lightly browned. Remove from heat and serve warm or let cool before serving.

NUTRITION FACTS:

Serving Size: 1 (59 g)

Servings Per Recipe: 12

**1 serving = 1 ½ carbohydrate servings
and 1 ½ fat servings**

Amount Per Serving

Calories 190

Calories from Fat 71

Total Fat 8g

Saturated Fat 3g

Sodium 230 mg

Total Carbohydrate 26g

Dietary Fiber 3g

Sugars 8.5g

Protein 5g



Lavender Eye Pillows

When placed over your eyes the pillow will block out the light and help you relax.

1. Cut 1 piece of silk or rayon to 9 x 11 inches
2. Fold in half with right sides together to equal 9 x 5 ½ inches
3. Stitch a ½ inch seam on one 5 ½ inch side and the 9 inch side
4. Turn the pillow inside out
5. Fill the opening with ½ cup dried lavender flowers and whole flaxseeds (I purchased both at a health food store).
6. Turn in the open end ½ inch. Stitch closed by hand or sewing machine.
7. You can heat the eye pillow in the microwave (1/2 to 1 minute) or cool it in the freezer for at least 2 hours for added relief.
8. To maintain the scent longer, store eye pillows in a resealable plastic bag. Herb-filled eye masks can retain their scent for several months.

Categories of Recognized Programs



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

Major Cosmopolitan Diabetes Center/Program

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

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

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

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

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

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

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

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

CORNBELT DIABETES CONNECTION, INC.

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

HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

330 Maine St., Lawrence, KS 66044
B 785.841.5760
Nikki King, Executive Director

Major Cosmopolitan Community Center/Program

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

**COSMOPOLITAN
INDUSTRIES, LTD.**
28 34th Street E, Saskatoon, SK S7K
3&2 CANADA
Peter Gerrard, Director
B 306.664.3158

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

Cosmopolitan Supported Diabetes Program

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

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

**ELGIN COSMOPOLITAN CLUB
DIABETES EMERGENCY RESCUE FUND**
Social Service Department, Sherman Hospital
934 Center Street,
Elgin, IL 60120
B 847.742.9800

SETEBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES

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

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

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

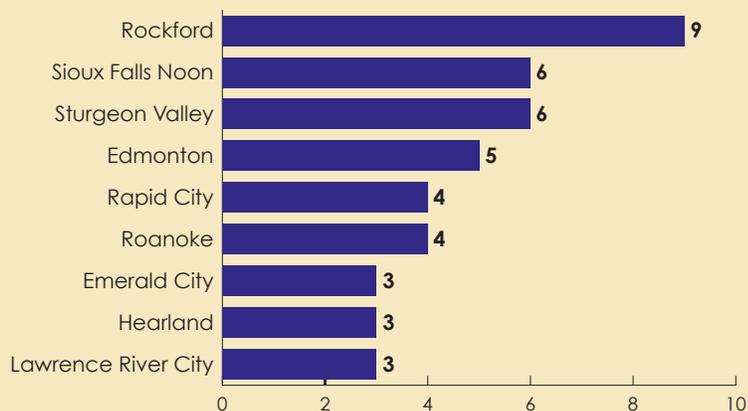
**RAPID CITY REGIONAL
MEDICAL CLINIC-
ENDOCRINOLOGY AND
DIABETES EDUCATION**
640 Flormann Street
Rapid City SD 57701
Dr. Thomas Repas
605-718-3300

Know & Tell



Top Clubs for Year

Net Member Increase through May 31, 2011



Federation Honor Roll

Net Increases through May 31, 2011

North Central	+7
Western Canada	+2
Mo-Kan	Even

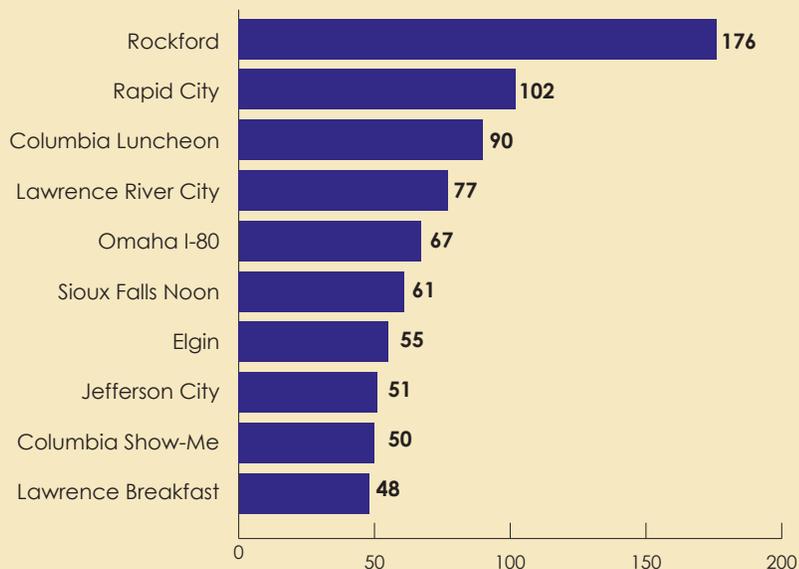
Club Honor Roll

For Clubs with Net Increases through March 31, 2011

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

Top Clubs

Total Members through March 31, 2011



TOP CLUBS



Out & About

The Visible Cosmo

By Bob White, Rapid City Club President

One would think that by wearing a yellow jacket with "Rapid City Cosmopolitan Club" emblazoned on the back to around fifty events each year attended by anywhere from 1,000 to 10,000 people per event, that, when asked if they would be interested in becoming a Cosmopolitan, the response would be something different than "who are you and what do you do". In light of being probably the oldest service club in the community and also the largest with over 100 members, most people would have noticed. Obviously, it's not the fault of the general population – we should be doing more. It's with this dilemma in mind that I've embarked on a quest to remove this cloak of invisibility.

Each year most clubs have some sort of event to distribute their hard earned donations. Rapid City is no exception nor will that change in the future. Ours is a noon luncheon with Club members and charities meeting to exchange funds-for-gratitude, an extremely moving and rewarding time for everyone not to be missed. At the close of this marvelous ritual, the Club becomes invisible again except for the press release that ends up on the third page of the Health and Lifestyle section of the local newspaper to be seen by a group of prolific readers or avid Cosmos.

Desiring to intensify some of that dynamic has led to the advent of the "Cosmo Shootout". Imagine distributing some of your funds in front of 5,000 cheering fans with an emcee announcing who you are and what you do, literally. Did I fail to mention that one of our fundraisers, or should I say approximately 20 mini-fundraisers, is scanning tickets and ushering for the local semi-pro hockey team. Of course, I believe this idea is applicable to other sporting events, such as football, basketball, baseball, etc. But, for our purposes, this has become a "shootout" between two deserving charities and we've done it three times. As the emcee announces that the....."Club that fights Diabetes" is distributing some "hard earned funds" to some needy charities, he mentions a little history and that the audience could "donate and join".

The words "Cosmo Shootout" and the Cosmopolitan International logo are emblazoned on the "Jumbotron" screen high above the arena as a fully attired shooter and goalie take the ice and the announcer explains who they are with a little background into what charities they represent and what their charities do, a big PR win for them, too. Then comes the rules....five shots, \$100 per shot with the money being provided by the Rapid City Cosmopolitan Club. If the goalie stops the puck, his charity receives the \$100. If the shooter scores, his charity receives the \$100 and so it goes for five shots. The crowd cheers and, for the moment, they all know who the Cosmopolitans are and what they do.

500 Years Of Marriage

Five Lawrence couples celebrated 50 years of marriage with a dinner May 4 at the Oread. The men are all members of the Lawrence Breakfast Cosmopolitan Club, four of whom were charter members more than 42 years ago. From left, are Joan Whitenight, Peter Whitenight, John Michel, Lori Michel, Vernis Flottman, Larry Flottman, Joyce Rankin, Larry Rankin, Sherry Catt and George Catt.



Photo submitted by George L. Catt



Out & About

Mid-States Federation Celebrates Successes in Serving People in Need

By Linda Stefanich

On a cold and wet Saturday afternoon in May, Mid-States Cosmos gathered together to celebrate this past year. This year's Annual Meeting was held in two parts – one by telephone conference with the clubs represented by their presidents and one at the Kane County Cougars stadium where a picnic and ballgame with family and friends followed the regular meeting. While membership has been a struggle for most clubs (both Rockford clubs are the only ones with increases - must be something in the water in the far north part of the state!), we celebrated our successes and the impact that our clubs have made on our region.

Sometimes I think we concentrate too much on the business at hand of raising funds and not on the impact we are making in someone's life. While raising money is important, ultimately, it is about the PEOPLE we serve, not the amount of \$\$\$\$ we raise. Subsidies given to patients from the assistance funds at both Elgin hospitals (Sherman and Provena St. Joseph) and the Provena Mercy Center for Diabetic Wellness in Aurora allow needy persons with diabetes to lower some financial barriers they may face when seeking medical treatment and supplies. This assistance leads to not only better control of their disease in their present, but to longer, fuller futures. Likewise, food pantries and other organizations serving impoverished people in the Rockford and Belvidere area benefit from grants and volunteer efforts; some of these families would otherwise have to choose between keeping a roof over their families' heads or putting food on their table. Children attending special camps for juvenile diabetes victims learn to cope with their disease while learning that they can still enjoy life to the fullest. All of this happens because we sold some corn, some poinsettias, or some pork chops! How wonderful is that!

I like to think of the Mid-States Federation as the small federation with a big heart helping people see a better future. It has been a privilege to have been able to serve this federation and my Cosmo brothers and sisters as governor. Please let me express my deep gratitude to my Mid-States officers, presidents, and members for everything they have done to make this a good year for me. It is truly the Mid-States members that make our federation such a success!



The Sweetest Day of Golf

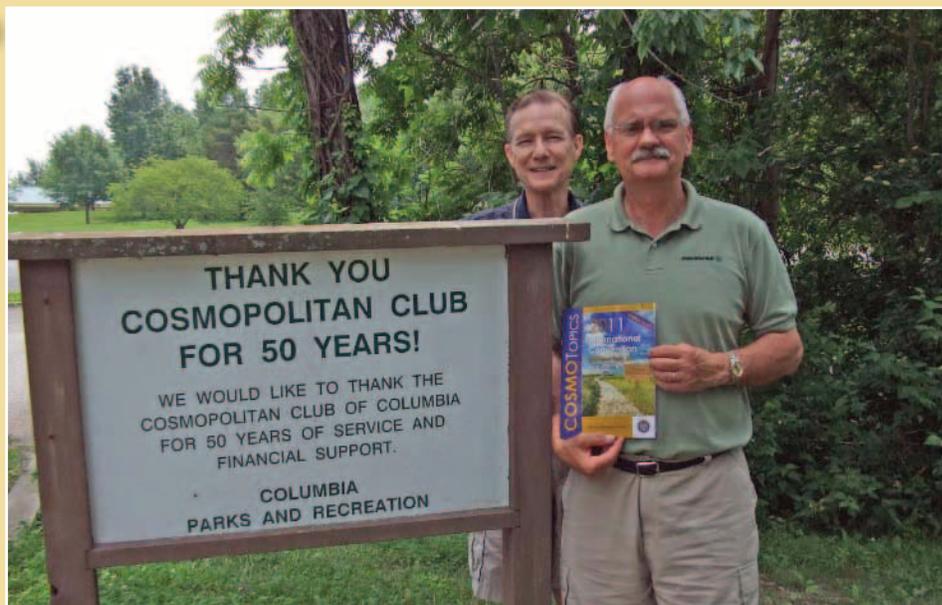
By Chris Bauer, Club President, Sioux Falls Noon

The Sioux Falls Noon Cosmopolitan Club held our Annual Golf Event in September. We have had fundraiser, membership and social golf outings in the past, but this year, our golf committee decided to make this a major fundraiser outing, and an event to remember for all those involved, hence the name "Sweetest Day of Golf". This year, with the increased emphasis on fundraising, our members brought in more golfers and sponsors than we have ever had. The club chose Camp Gilbert, an all diabetic camp for kids, as the recipient of our successful Golf Event. With their cause being the same as ours, the club has given many donations to Camp Gilbert over the years, but wanted to do something on a larger scale. At the end of the day, we were able to give them a check for \$5,000! This allows up to TEN full scholarships, or several partial scholarships, so that kids in the area can attend a camp with all diabetic kids like themselves. This is a wonderful cause, and what a great feeling for our club members and guests for all the smiles we helped create! With our success, we are looking forward to this September's Sweetest Day of Golf!



The Cosmo Globetrotter

Phil Hanson and Richard Greer holding the Topics in Columbia, MO



REGISTRATION NOW

2011

International Convention

August 3-6, 2011

Overland Park, KS

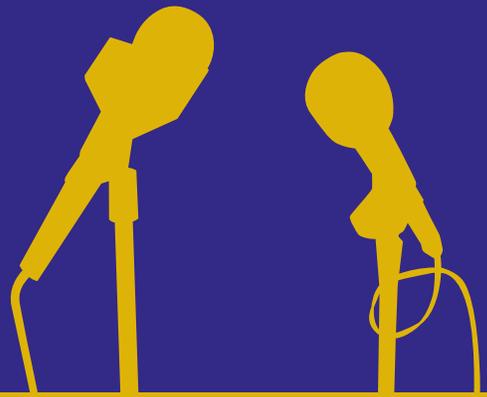
Join us in Overland Park, KS for the
2011 International Convention!

Sheraton Overland Park at the Convention Center

Home of your International Headquarters!



Featured Convention Speakers



David W. Gardner, MD, FACE

Associate Professor of Internal Medicine

Director, Cosmopolitan International Diabetes & Endocrinology Center

Dr. David Gardner, of our very own Cosmopolitan Diabetes and Endocrinology Center in Columbia, Missouri, will be the featured speaker at our Opening Ceremonies during our convention in Overland Park. You won't want to miss his update on the work being done at the Center and the contributions of Cosmopolitan Members and Clubs over the years. Dr. Gardner has been with our Center for many years and several Cosmo's will recognize him as having attended our conventions and helping with diabetes screenings.



H. Eugene Hoyme, MD (Dr. Gene Hoyme)

Professor and Chair, Department of Pediatrics

Sanford School of Medicine of The University of South Dakota

Chief Medical Officer, Sanford Children's Hospital

Senior Vice President for Children's Services, Sanford Clinic

Dr. Gene Hoyme of Sanford School of Medicine and Sanford Children's Hospital will be our guest speaker at the Beacons and Donations Breakfast during convention. You won't want to miss his presentation on "Searching for a Cure – The Sanford Project". There is some exciting information to relay about Sanford Health and their research to cure Type I Diabetes.



2011

International Convention

accommodation details

Sheraton Overland Park Hotel

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

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

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

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

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

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

\$198.00-Standard Non-Smoking Suite

Room Occupancy Tax-9%

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



Overland Park

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



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

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

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

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

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

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



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



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

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

OVERLAND PARK

K A N S A S

CONVENTION AND VISITORS BUREAU

2011 Cosmopolitan International Convention Schedule

Cosmo (Subject to Change)

Guest (Subject to Change)

Wednesday, August 3, 2011

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

Thursday, August 4, 2011

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

Friday, August 5, 2011

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

Saturday, August 6, 2011

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

Wednesday, August 3, 2011

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

Thursday, August 4, 2011

6:00 a.m. - 10:00 a.m.	Diabetes Screenings by the Cosmopolitan Columbia Diabetes Center
7:00 a.m. - 8:00 a.m.	Convention Registration
8:00 a.m. - 9:30 a.m.	Opening Ceremonies Breakfast
10:30 a.m. - 11:30 a.m.	Tour of Nerman Museum of Contemporary Art Lunch on own at museum
12:30 p.m. - 6:00 p.m.	Golf Tournament
1:00 p.m. - 5:00 p.m.	Time to Explore Overland Park
3:00 p.m. - 5:00 p.m.	Hospitality Room
6:00 p.m. - 10:00 p.m.	Kansas City T-Bones Baseball Game (optional event)

Friday, August 5, 2011

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

Saturday, August 6, 2011

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

2011 Cosmopolitan International Convention Registration

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

PLEASE FILL OUT ONE REGISTRATION FORM PER ATTENDEE.

Attendee Information

Name: _____

Address: _____

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

Email: _____

Is this attendee a Cosmo Member or Guest

Member of what Club(s): (1) _____ (2) _____

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

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

Please provide any dietary or special needs: _____

Complete Packages

	Postmarked After 7/1/11	Number of Participants	Amount
Cosmo Package:	\$240.00	_____	\$ _____
Guest Complete Package:	\$240.00	_____	\$ _____
Subtotal for Packages:			\$ _____

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

	Postmarked After 7/1/11	Number of Participants	Amount
8/3 Welcome Party	\$50.00	_____	\$ _____
8/4 Opening Ceremonies Breakfast	\$35.00	_____	\$ _____
8/5 CDF Donations & Beacons	\$35.00	_____	\$ _____
8/6 Purple and Gold Luncheon	\$45.00	_____	\$ _____
8/6 President's Banquet	\$75.00	_____	\$ _____
Delegate's Fee	\$15.00	_____	\$ _____

Optional Events

	Postmarked After 7/1/11	Number of Participants	Amount
8/4 Golf Outing		_____	\$ _____
8/4 T-Bones Baseball Game	\$20.00	_____	\$ _____
Total Due:			\$ _____

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

Credit Card Information:

Card Number _____ Expiration Date ____/____

Authorization Code: (3-digit code on back of card) _____

No convention registration will be accepted without full payment. Payment must be received no later than July 20, 2011.

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

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



COSMOTopics
PO Box 4588
Overland Park, KS 66204

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2011

**International
Convention
Overland Park, KS**

August, 3 - 6