

COSMOTOPICS
SUMMER 2012

Don't forget
to register!
Calgary, AB
July 25 - 28

2012 International Convention

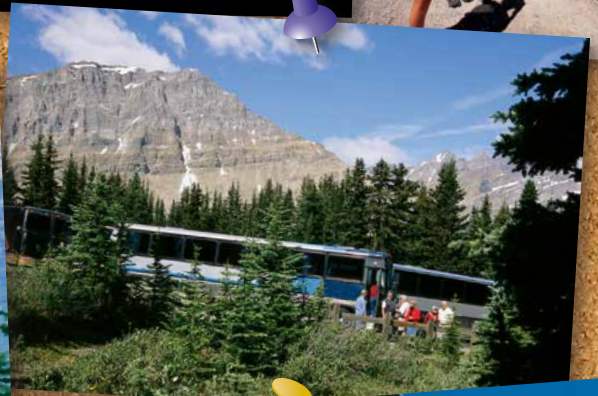
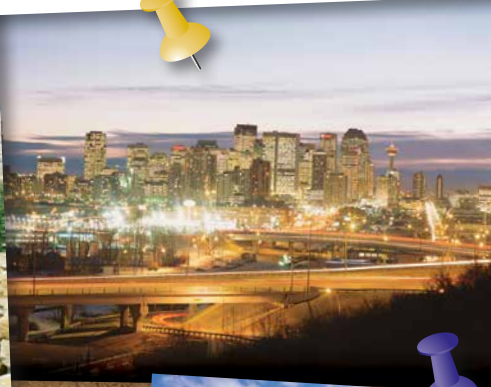
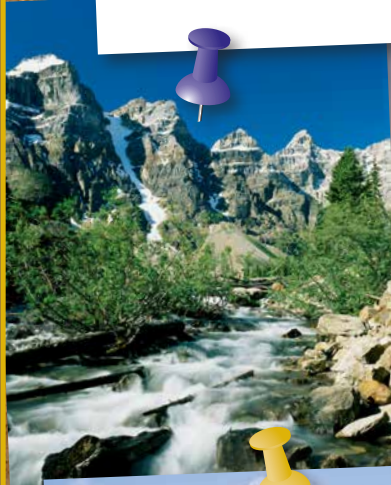


Photo Credit: Tourism Calgary

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR

Sheila Anderson

I remember when I first got involved with Cosmopolitan, I had absolutely zero interest in attending any conventions. I mean, really...how boring, I thought. I didn't want to spend my valuable vacation time to spend 4 days with people I didn't know, go to a city that I may not have any interest in visiting, and sit in meetings all day. I know, right?! Kind of selfish of me. Fast forward about 20 years later...

Oh, the places I've gone! There are places I've visited that I never would have had the opportunity to visit if it were not for our International Conventions. And to be able to be there with now my best friends...I don't think I could put a dollar amount to that. It really is priceless!. And my family knows not to schedule anything during this time as International Convention comes first...even had a niece change her wedding day because it interfered with Convention. Now that may not be the commitment level you have and that's okay. I want you to be involved in Cosmopolitan at whatever level works for you. But for those of you that have debated whether to attend a convention, this would be the year! Calgary, the Canadian Rockies...what an amazing trip of a lifetime!

There is one new section I'd like to introduce you to in this issue. We are starting a training and/or educational article called COSMO U. We hope this will provide "Joe Cosmo" with valuable info in all areas of Cosmopolitan. Turn to page 12 to view our premier article and enjoy the rest of this issue.

Hope to see many of you soon. I will leave you with this thought: "There are many wonderful things that will never be done if you do not do them." Believe that you make a difference.

MISSION STATEMENT

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



COSMOTOPICS

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

POSTMASTER Send change of address to: COSMOTopics, PO Box 4588, Overland Park, KS 66204-4588

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The Chance of a Lifetime

It's a chance of a lifetime. Beautiful mountains, pristine lakes and streams, ancient glaciers, unspoiled wilderness, camaraderie of new and old friends, learning about your club and organization are but a few of the things you will find in Calgary, Alberta, Canada. All this and more in a metropolitan city that celebrates its frontier history while delivering all the amenities of modern life you have come to expect. Calgary, Canada is the place to be this July as part of the Cosmopolitan International Convention.

Consider joining your fellow Cosmos at this year's convention held at the Best Western Village Park Inn. Cosmos from all parts of the US and western Canada will be travelling to our convention city by plane, train and car. Once there for the convention, plan to explore the great Canadian Rockies.

I can tell you from personal experience that the area boasts the most spectacular scenery of a mountainous region I have ever experienced. Some years ago, Edmonton, Canada hosted our convention and our family joined with another Cosmo family to drive to the convention from Kansas and sightsee on the way. We were awed by the Black Hills of South Dakota. We relished the chance to visit Mt. Rushmore and the beginnings of the Crazy Horse monument. We drove through places with catchy names like Ten Sleep Canyon that was steep and winding enough to "smoke" the breaks on our overloaded mini-van. We marveled at the headwaters of the Missouri River that flows majestically by our childhood home town. We took in Old Faithful and Yellowstone and could literally almost touch herds of elk. We were on the vacation of a life time.

But what awaited in Western Canada was awe inspiring. The best for last in the trip is how it happened. Our family had no idea of the scenery and majesty that

awaited. Having vacationed many times in Colorado, we thought ourselves familiar and old hands at the Rocky Mountains. No. The Rockies in Canada, though still a part of the same range of mountains, were somehow taller and brighter and, well, better.

We got a chance to visit a fellow Cosmo who dresses in period dress and played the Alpine Horn at Lake Louise. We shopped in Banff. We climbed on actual glaciers. We drove through areas that looked like we were the first humans to be in the area, though we knew we weren't as someone built the road. Suffice it to say that it took our breath away to experience the Rockies in Canada, not an hour from Calgary. Plus to see the Olympic ski jumps in what seems like the middle of town and not in the mountains was a trip in itself.

The city of Calgary is as metropolitan as any big city, yet it annually celebrates the frontier days when Calgary was just starting and a western outpost of society. It's called the Calgary Stampede and we will just miss it, unless you come early.

All this, plus four days of Cosmo fun and friendship is waiting for you. Please join us in Calgary. Make a memory. We'll see you there.



Kevin Harmon
Executive Director

*Calgary,
Canada is
the place to
be this July
as part of the
Cosmopolitan
International
Convention.*



Photo Credit: Tourism Calgary

The Future of Cosmopolitan



Phil Hanson
President

We cannot
rest on what
we have
done.

Goals for every club:

1. Replace every lost Cosmo
2. Recruit a new member for Growth

I was attending a friend's 50th wedding anniversary the other day. During a discussion at our table another friend stated that she felt very proud when she overheard her son giving advice to his son; the same advice that she had given to her son many times. That advice: "Show me your friends. I will show you your future." As we talked about how true that statement is, I couldn't help but think about my Cosmopolitan friends: individuals who are dedicated to their clubs, motivated to working together to find a cure for diabetes, tireless fund raisers, and in general, just love sharing their dedication with other Cosmos. With friends like these, Cosmopolitan does have a bright future!

Notice that I said bright future. Let us get one thing straight: the best years of our lives, the best years of Cosmopolitan are not behind us, they are ahead of us. There is so much for us to do. There is so much for us to do.

We cannot rest on what we have done. Yes, we have 5 major Cosmopolitan diabetes programs in which we are involved. In addition to that, we have our Cosmopolitan International Diabetes and Endocrinology Center located in Columbia, MO. Our International Center has three major objectives: 1) to provide state-of-the-art care to a large population of people with diabetes, 2) to educate patients and health care professionals about the disease, and 3) to conduct basic and clinical research. Yes, we can be proud that our center has educated and continues to educate physicians that are now practicing throughout the United States. We can be proud that our International Center developed the A1C test and that an at-home version of the test is hailed by patients as an important breakthrough to improved control and independence in their lives. Yes, we can be proud of our accomplishments, but there is so much more for us to do. There is so much more for us to do.

The only way we are going to see that bright future... The only way we are going to work on all that we have to do... The

only way - is to make sure we have a strong membership base. I have listened to all the excuses as to why membership is declining - every one of them. I might have even made up a couple. I no longer accept any of them. Not a single one. They are not excuses as to why good people do not join Cosmopolitan. They are only excuses as to why it is harder to find them. This has been proven by clubs such as Council Bluffs, Fremont and Rockford. Fremont has had an increase of 68% in membership over the last three years. Are they working in a different world than the rest of us? The answer is NO, they are just working! They have increased membership from 31 in 2009 to over 52 at the end of April and probably more by the time this Topics hits the print stand. Their actions remind me of a quote by President John F. Kennedy, "Things do not happen. Things are made to happen." Yes, fellow Cosmos, Fremont is making things happen.

In the last issue of the Cosmo Topics I requested that each and every club immediately set the following two goals:

- 1. For every member that has dropped from our roster since July 1, 2011, our club will actively recruit until we have found a replacement.**
- 2. For every ten members on our club's roster, we will actively recruit one new member for growth.**

I have repeated them here because I want you and your club to make them your personal goals.

If you need clarification, go online and reread my spring article www.cosmopolitan.org. If you work hard it is possible to achieve your goals by the end of June. If not, set a date for completion. Be part of the clubs that are making things happen.

Every year at your club's 1st meeting, these goals need to be reaffirmed. If we do this, Cosmopolitan's future will be very bright indeed. It needs to be bright. There is so much for us to do.

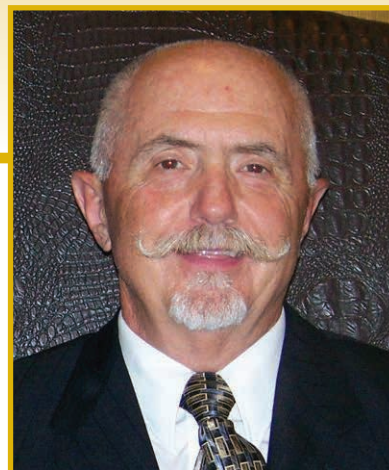
Rebuilding after the Flood

With a flood, there is a lot of devastation, but people band together and help each other rebuild... They TEAM together to get the job done! Cosmopolitan International, over the last few years, has been flooded with a loss of members and Clubs, but now is the time to stop the flooding and start to rebuild our fine organization back to where it was when we had a number of years of positive membership growth.

Every Club has the ability to bring in a few or a lot of new members if they plan a well organized Member Night/Event. Hosting an event for new membership is like the little Dutch boy who put his finger in the dike until help could arrive. Over the last month or so, some Clubs have been the little Dutch boy by stopping the flood of membership loss, but they need help from the other Clubs to jump in and help bring in new members. At the end of March, we were down 108 members for this fiscal year. At the end of April, we were down by 95 for the year, which means that for the month of April, we were a +13 in membership. This is a good place to start rebuilding, but we need to continue our efforts until the end of June. It would be nice to have an overall positive membership increase for the year, but realistically, to gain 95 plus members by the end of June will be virtually impossible, but we can continue the work of those Clubs that have worked hard and brought new members into their Clubs. Rebuilding after a flood is a long process, as I and other Cosmos have experienced last year, and it will take more than a couple of months to rebuild our organization, but if our Clubs commit to working hard to rebuild Cosmopolitan International, it can be accomplished through TEAM WORK! I ask that ALL of our Clubs commit NOW to hosting a couple of Membership Nights/Events next year. If they can do that, we can stop our membership flood and rebuild this fine organization. We have also

lost a number of Clubs this year so we need to stop that flood as well, so if you have any prospective locations for new Clubs, I implore you to contact your CI Board with your ideas so we can work with you in making a new Club or Clubs a reality!!! It is a goal of mine next year as your President, to work on bringing membership back to a positive increase. With that goal in mind, I am prepared to wear my chest waders when I visit Clubs to work with them to help stop the flooding of members.

It has been a fun year for me, as your President-Elect, to represent Cosmopolitan International anyway that I could. I attended the Service Organization Leaders Conference last November in St. Louis as a representative for CI, along with our Executive-Director Kevin. It was very informative and I was able to exchange ideas with leaders from the other service organizations. I have also attended the North Central and Western Canada Federation Conventions this Spring and have visited some Clubs or attended some Club functions throughout the year. I am looking forward to representing all members and Clubs next year as your President. Fellow Cosmo Shelley and I are also looking forward to visiting as many Clubs as possible next year. Enjoy the rest of your Cosmopolitan year and I'm looking forward to working with you all next year to rebuild Cosmopolitan International!



Brian Duckett
President-elect

We
need to
continue
our efforts
until the
end of
June.

Our Bottom Line

As I mentioned in the last COSMOTopics, “Members Equal a Balanced Budget.” The last few months have been like the weather here in the Midwest.

One day cold, we have clubs whose membership is dropping. Of course, clubs can't keep members on their rosters if they aren't paying their dues. Then we'll have a day where clubs sign up new members, like the Winnipeg Club, Heartland Club, Council Bluffs, Fremont Club, and others who may have signed recently. Congratulations! They have all had membership nights with great results, which shows that even though we lose members, there are those who are happy to join us.

I know this sounds like a membership article, but we all have to be aware of where we stand on membership and how that affects our bottom line. Clubs get their operating funds from fund raisers; dances, casino nights, can shaking, funnel cakes, shrimp feeds, and golf outings to only name a few. With these events clubs are able to keep their individual club dues at a reasonable amount. But at International the only way we can pay our bills is through dues. This includes the maintenance of the building, new member packets, COSMOTopics and all the services we expect from our International staff. I know that some think we have places where we could pay less. I want to assure you that the budget is very closely monitored for International by your executive committee and board. I get copies of the checks written and debit card usage, and I make it a point to review what we have paid and to whom. Your staff has been very diligent on expenses. This past quarter we have had to replace the furnace, water heater, and make other repairs to keep the headquarters building in good condition. The staff obtained bids and we used the best value we could to make sure the work was done in a timely manner and within budget. Those of you who own homes or businesses know that these repairs are always out there and come at you when least expected. But they have to be addressed or they will become a major problem and usually at bigger expense. They don't disappear. When done these repairs will give us a very attractive and properly functioning building.

Also the line has been held on travel expense. Your international officers have stayed close to home to hold down on their travel expenses. I think that is pretty amazing that all the federations have been visited for their conventions and in some cases by more than one officer.

With that I would like to thank the Southwestern Federation for the true definition of Southern hospitality they showed Tara and I when we visited their convention. We really did pass a good time. Seeing what this federation can accomplish with their membership sure could be the envy of all clubs. As they read their reports on activities I had to pull out my membership stats to see how many members they actually have to accomplish all the good things they do. I can't thank them enough.

But back to our membership and the effect on finances. We currently are at 1814 members as of April 30, 2012, that is a net loss of 95 for the year. But at the end of March we were looking at a net loss of 108. That means the trend is turning. The main concern is with the upcoming convention we may be losing some clubs as the year ends. I know of two that are probably going to be folded by Calgary. They have a total of 15 members so you can see what affect that will have on our bottom line. And there may be some out there we aren't even aware of yet. We need everyone's help reversing that trend. As in any business, if you are losing customers (members) you have a problem with the bottom line.

If everyone would sign one new member before the Calgary that would sure make the year end on a positive note. Please commit to signing on new member to each of your individual clubs.

As always:

**If a Cosmo is a friend;
make a friend a Cosmo.**

Looking forward to seeing you in Calgary.



Ed Ficenece
VP Finance

*As in any
business, if
you are losing
customers
(members)
you have a
problem with
the bottom line.*

Membership Events Work

April and May have been busy months. I was lucky enough to swear in several new members at the Emerald City, River City, and Fremont 100 Clubs this past month.

I had a great visit with the Fremont 100 Cosmopolitan Club in Fremont, Nebraska. These folks put on an excellent membership meeting, and subsequently added 5 new members that evening. They followed the plan of a formal, well prepared membership event. They used one of the slide presentations found on the International website at www.cosmopolitan.org and prospects responded. Ray Meister and his club members are to be congratulated on a job well done. Since then I have heard about several more new members from clubs in Nebraska and South Dakota.

This tells me that Cosmo's have gotten the message that membership is essential to the longevity of Cosmopolitan International as a successful service club. I will add though, that just because some clubs have stepped up, not all have. To be successful, all clubs need to put out the effort and get the recruiter mentality. Also, everyone needs to remember this... Cosmopolitan International cannot get you new members, the International Board cannot get you new members. Club members almost always come from other members in your respective clubs. Everyone that is a current member of Cosmopolitan International needs to put forth the effort to recruit, and this needs to be done on a continuous basis to become successful.

We must all remember President Phil Hanson's goals for the year. He did not set grand goals, but he did set achievable ones. He requests that each club set the following two goals:

1. For every member that has dropped from our roster since July 1, 2011 our club will actively recruit until we have found a replacement.
2. For every ten members on our club's roster, we will actively recruit one new member for growth.

Please keep these two goals in mind when planning your membership events.

I think now might be a good time to resurrect the old system that was used several years ago labeled Drop a Decade. This system encouraged all members to look at membership prospects, and invite those prospects that were at least 10 years younger than the inviting member to a membership meeting. If this works as planned we will eventually refurbish our group with younger members. We know not everyone will be able to find a willing participant but, as I always say, if you don't ask, you can guarantee they won't join.

My next task was to attend the Mo-Kan Federation Convention. As always we had a great turn out and I believe everyone had a good time. We had former Kansas University Basketball player Mike Maddox and his daughter Sarah as our guest speakers at our luncheon on Saturday. Sarah was the star of the show. Sarah has diabetes and she explained to all just how she deals with the disease and still plays volleyball and soccer. Mo-Kan members all had a chance to see exactly the type of issues that arise from this disease, and just how resilient young people are if given the chance by the research and developments that we as Cosmos have helped to come about. It should make us all proud to be Cosmos.

In closing, I want to say Thanks to all that brought in new members. It's through your efforts that we as a club will survive. Keep up the good work, and keep those new members coming in.



Gary Bartlett
VP Membership and
New Clubs

*To be
successful, all
clubs need
to put out the
effort and get
the recruiter
mentality.*

Fast Facts about Cosmopolitan

Are you a Cosmopolitan expert? Test your knowledge about Cosmopolitan . . . You just may learn something new!



Sheila Anderson
VP Marketing

*It's up to
you as a
club to be
seen in your
community.*

1. In what year was Cosmopolitan International founded and by whom?
2. The mission of Cosmopolitan International is to contribute to community well-being through _____ and _____ with special emphasis on supporting efforts to prevent and find a cure for diabetes.
3. We are proud of the fact that _____ of money we raise for diabetes education and research goes into our operating costs of Cosmopolitan International.
4. Based on 2007 figures, our clubs raise and then donate over \$_____ annually to diabetic and community related causes.
5. Cosmopolitan International Headquarters is located in the historic downtown district, in the former Overland Park _____. The building was built in 19____. It has served as our Headquarters since 19____.
6. The biggest our organization ever got was around _____ members about 60 years ago.
7. During the 19____s, Cosmopolitan International members became aware of the serious need to combat diabetes mellitus.
8. What was our tag line before we changed it to The Club that Fights Diabetes?

9. The A1C test was developed at the _____.
10. The idea of "pre-diabetic" came from what Major Cosmopolitan Diabetes Center?
11. What federation has a mobile nursing unit that goes into the community and does diabetic screenings at no charge? In what year did they start this program?
12. At the 1999 Cosmopolitan International Convention in Saskatoon, Saskatchewan, Canada, the delegates approved the support of the _____ as a new Cosmopolitan International project. This project is located at what Major Cosmopolitan Diabetes Center?
13. In 1997, research scientists at the Strelitz Diabetes Center at Eastern Virginia discovered a gene they called _____ as a possible cure for diabetes.
14. Which one of our Major Cosmopolitan Diabetes Centers perfected transplanting pancreas cells into a person's body to cure diabetes?
15. In which federation is Setebaid Services Diabetes Camps for Children and Teens with Diabetes located?
16. Which one of our Major Cosmopolitan Community Centers/Programs does paper recycling and assembles golf clubs sold throughout North America?
17. What federation started an endowment fund named after a 15-year-old girl that died from diabetes complications?
18. In what year was the first issue of COSMOTopics sent to press?
19. What are our 4 oldest existing clubs?
20. What was the first name of our club?
21. What year did Cosmopolitan go truly international with a club in Canada and what city was that club located in?
22. True or False – The Cosmopolitan Clubs started out as all male clubs.
23. Cosmopolitan International arranged and organized the first North American Service Club Leaders Conference in Chicago in which year?
24. The name Cosmopolitan means "_____ of the _____."

1. 1918, Attorney Patrick J. Hodgins
2. Charitable donations, volunteer service
3. Not a single cent. We operate solely from the money we receive from membership dues. This is quite different than other service clubs and nonprofits.
4. \$950,000
5. State Bank, 1910, 1970
6. 5,000
7. 1970s
8. The Club that Builds Friendships
9. University of Columbia Missouri
10. University of Columbia Missouri
11. Combelt Federation, 1993
12. INGAP diabetes research, Eastern Virginia Medical School
13. INGAP (Islet Neogenesis Associated Protein)
14. University of Alberta – the Edmonton Protocol
15. Capital Federation – Setebaid is one of our Cosmopolitan Supported Diabetes Programs.
16. Cosmopolitan Industries, Ltd located in Saskatoon
17. North Central Federation. The Valerie Millar Outreach Program which is now called the Cosmo Fund for Children.
18. 1957
19. Norfolk, VA; Sioux Falls, SD; Grand Island, NE; Fargo-Moorhead, ND
20. International Federation of Cosmopolitan Clubs
21. 1927, the Winnipeg Club
22. True
23. 1927 and it has been held ever since
24. Citizen, world

ANSWERS



Healthy Choices

Sugar and Diabetes: Fact or Fiction?

By: Cosmopolitan International Diabetes & Endocrinology Center at the University of Missouri
– Columbia; with bylines for Scottie Rawlings, RD, CDE, and F. Elaine Rehmer, MBA

What question is a person with diabetes, or even pre-diabetes, frequently asked? “Should YOU be eating that?” Or perhaps they are told “You have diabetes; you can’t have sugar!!”

By questioning their food choices, we may inadvertently hurt someone’s feelings and we might not even be correct!

Can a person who has diabetes eat sugar?

FACT: Carbohydrate is the main nutrient from food that raises the blood sugar level and it is also the main source of energy that fuels your body! This is a fact... Just like the sun comes up in the east, carbohydrates raise the blood sugar. This is not GOOD or BAD, RIGHT or WRONG... It’s just a fact.

There are two major types of carbohydrate:

1. Starch
2. Sugar

There are four food groups that are sources of carbohydrate.

1. Grains, Beans, and Starchy Vegetables (such as corn and peas)
2. Fruit and Fruit Juice
3. Milk and Yogurt (NOT cheese)
4. Sugar (sweets/desserts)

All of these foods RAISE the blood sugar. However, ALL of these foods can also be part of an eating plan that will achieve blood sugar control.

In the past, sugars such as candy, cookies, cake, regular soda, and similar food items containing sugar, were not allowed for people with diabetes. Based on recent scientific research, we have discovered that the overall eating plan is more important than avoiding certain foods. Consequently, the “old” rules for avoiding sugar have been relaxed.

The American Diabetes Association recommendations for individuals who have diabetes now allow SUGAR in a meal plan. Sugar is NOT off limits. Instead, the focus is directed toward the TOTAL amount of carbohydrate intake.

FICTION: All carbohydrates are equal. While sugar is allowed, it is important to moderate the amount – which is the same advice for someone without diabetes. It is important to remember that “sweets” often contain lots of fat and calories as well as carbohydrates.

FOOD ITEM/PORTION SIZE	CARBOHYDRATES	CALORIES
Large banana (7" long)	35 grams	150 calories
Frosted Cake (2" square)	35 grams	210 calories
Snickers bar (2.07 oz)	35 grams	280 calories

All of these foods contain the SAME amount of carbohydrate, however the calories are different. Both will affect the blood sugar.

FACT: YES, a person with diabetes CAN eat foods containing sugar. The amount of carbohydrate at the meal is the most important factor, however, sugar can be part of the carbohydrate content at the meal.

Persons who have diabetes, working with their dietitian and care team, can calculate the appropriate carbohydrate prescription required for each meal that will help achieve maximum blood sugar control. Once the ideal prescription is determined, it is their CHOICE how they spend their carbohydrates!



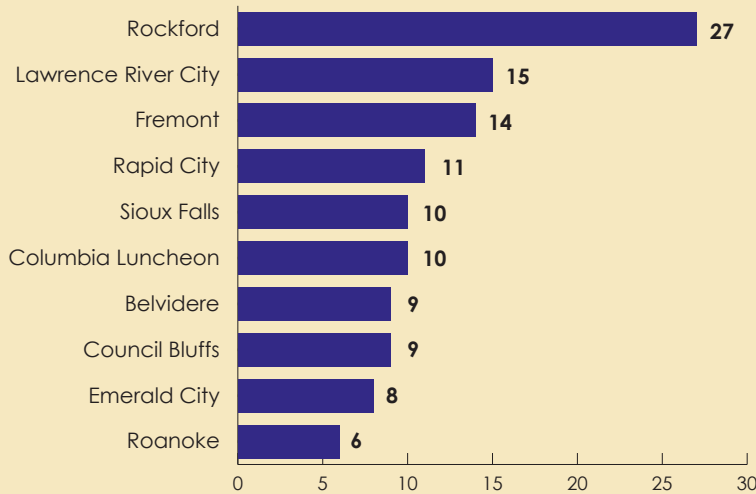
Know & Tell



TOP CLUBS

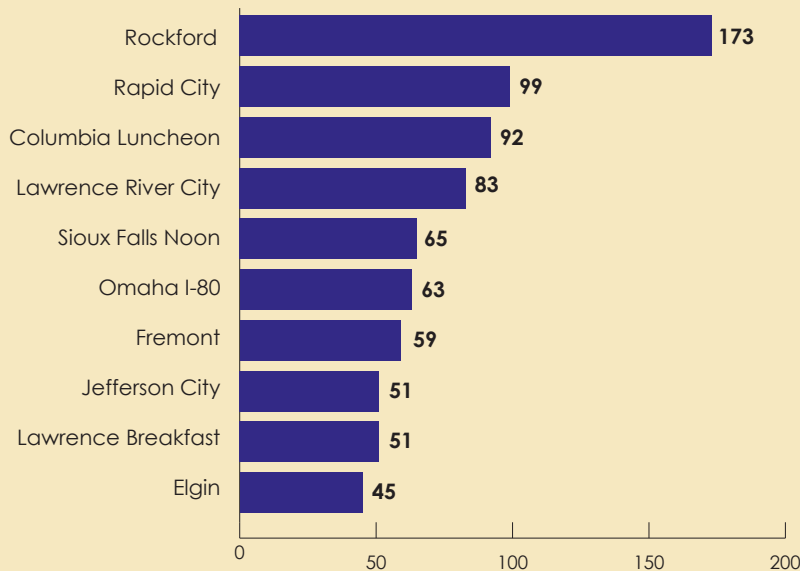
Top Clubs

New Members Added through May 31, 2012



Top Clubs

Total Members through May 31, 2012



Federation Honor Roll

Net Increases through May 31, 2012

Mo-Kan +17

Club Honor Roll

For Clubs with a Net Increase of 5 or More through May 31, 2012

- Fremont (12)**
- Lawrence River City (8)**
- Council Bluffs (8)**
- Emerald City (5)**
- Sioux Falls (5)**
- Numerous at (3)**



COSMO U

A Step-by-Step Guide to Holding a Successful Membership Event

Membership Events don't just happen, you have to plan for them to happen. The information in this article offers ideas on how to help you plan a successful Membership Event. Starting with "the Rockford Approach", the Club that revolutionized Membership Events and we have then highlighted other Clubs who continue to have success with Membership Events. Most of them have taken the Rockford Approach and have adapted to fit the personality of their Club. You are welcome to contact any of the other Clubs with questions, or as always, you can contact our Headquarters office.

The Rockford Approach

Adapted from the Winter 2008 COSMOTopics

1. Put together a Membership Committee that will be in charge of the Membership Event and select a membership chair, whether it is yourself or someone else who is enthusiastic.
 - a. Collectively pick 4 or 5 people that are advocates for growing the club that can dedicate a little time and set a meeting with them and ask them to be Team Captains.
 - b. Look for outgoing, positive folks.
 - c. Ask them for a month's time- not an ongoing long term commitment.
 - d. Ask them to be Team Captains, which will entail coming to a lunch or dinner and some phone calls and e-mails.
 - e. Get 4 or 5, no less. Some people are going to have work and family things come up and might not be able to drive this, and you don't want the success or failure to rest on only a couple of people.
2. Schedule a lunch or dinner that every Captain can attend about a week prior to the contest start date.
3. Announce membership contest at Club meeting.
 - a. Hold a draft in which each Team Captain gets to pick a teammate one at a time. This is the FUN part! Good captains will make this event awesome.
 - b. Each Cosmo will be drafted on a team – Everyone! Do not exclude people that do not participate in many events - some people are waiting for a spot to contribute, and this could be a way. It could also get their passion flowing again when they see something new is coming.
 - c. Have the Captains pick team names.
 - d. Have a draft board with all members and move them as they are drafted.
 - e. Give the Captains rosters of all members.
 - f. Ask them to play it up a bit.

“Be upfront on the cost and what is expected of them as a member. This is what it costs. Those dues will pay for this. We are going to ask you to work on X projects. Here’s the amount of time and effort we’re going to ask you to put in.”

-The Rockford Approach

4. Monthly Drive

- a. Captains personally call all Cosmos on their team.
- b. Captains can hold a lunch with their team to establish a team goal.
- c. Complete the “Great People Who Should be Cosmopolitans” form. You can find this on the International website under Resources.
- d. Make the calls early in the month. Things come up, people procrastinate. Focus early when it is fresh and exciting.
- e. Weekly e-mails and follow up for status.
- f. Consider arming members with a WHY COSMO package
Applications, info about what Cosmo is/does (i.e. Cub Brochure), maybe a Club calendar of events. This will make it much easier to ask people to join.

5. New Member Dinner

- a. Establish a dinner or special lunch which is after the contest date that teams will invite people to during the month. DO NOT do this during a normal business meeting.
- b. Encourage new members to attend if they can.
- c. Set agenda for the event
 - i. Welcome by Club President – atmosphere of inclusion
 - ii. Use a **PowerPoint** to help you through (**Cosmo website under Resources**)
 - iii. History of Cosmopolitan
 - iv. Projects:
 1. International Projects
 2. We do other things in our local community
 3. We’ve been around for a long time. Here’s where we differ. Tell them about multi-million dollar diabetes center at U of MO Columbia, EVMS, Canadian programs, Sanford Project. Then localize it about 10-15 minutes. Don’t have to show it as all diabetes, may tend to exclude some guests. Show we do a lot of other stuff.
 - v. Be upfront on the cost and what is expected of them as a member. This is what it costs. Those dues will pay for this. We are going to ask you to work on X projects. Here’s the amount of time and effort we’re going to ask you to put in. Make sure you let them know upfront what’s expected of them. We want as much of your time as what you’re willing to give.
 - vi. Find the person in your Club that can stand up to seal the deal – sign on the dotted line. Utilize the talents in your Clubs. Example – the insurance salesman that knows how to seal the deal.
 1. You’ve heard all about us and we are hoping you want to join us. Maybe have people in the audience that you know are going to join.

Tips from other Clubs

You are welcome to contact these individuals if you have questions when putting together your own Membership event.

An Interview with the Fremont 100 Club, Fremont, NE

Contact: Ray Meister

E-mail: rmeister@neb.rr.com

Phone: 402.727.1829

1. How far in advance did you start your planning?

Began in January for a membership event to be held in April

2. Did you put together a committee?

A committee of three was formed for the first event three years ago composed of President, Ray Meister; President-Elect, Roger Larsen; and Secretary, Kyler Nelson. This same committee has conducted all three of our membership events.

3. How often did they meet?

We met at least four or five times.

4. Did you create a budget for your event?

Yes, the Fremont Club 100 has budgeted \$800.00 each year to conduct its membership event. Any organization that wants to grow has to be willing to invest some funds to make the effort successful.

5. Did you do a team competition within your club that Rockford has done? If so, how exactly did you work that? What were the rules?

Yes, we've conducted an exciting "Fantasy Football Contest" within our club with a number of small teams to stimulate competition amongst the members. Any Club can contact me regarding the details of this.

6. How did you invite prospective members? Did they have to RSVP?

We invited our guests with a very carefully crafted letter of invitation and included an addressed and stamped postcard for them to use in responding to the invitation. A sample of our letter and card are available for other clubs to use if they so desire.

7. Did you hold your event on a special day and time other than your normal meeting day and time? If so, what venue? For example, did you do it at a local restaurant or did you go to a meeting room somewhere?

We held all three of our events at the Clarion Inn in a special meeting room on a Thursday evening each time. (Our normal club meetings are on Friday Mornings at 7:00 a.m. at this same location, but in a different room.)

8. What did you do at your membership event?

Our event was created as a social event with hors d'oeuvres and drinks (wine/beer/or mixed drinks) Each attendee received 2 tickets for 2 drinks at the bar. A social mixer was started at approximately 6:30 p.m. with time to visit and eat with the goal of beginning the program at approximately 7:00 p.m. The program began with each Cosmo member present introducing themselves with a very brief comment about themselves... and as we went up and down the tables, each guest introduced themselves as well. (Our regular meetings have a lot of humor involved in the introductions as we share things about each other...and we tried hard to keep the introductions at this event light and enjoyable as well)

9. Did you have a guest speaker?

Following the introductions, our featured speaker is introduced and they have been incredible. Year # 1: Rik Bonness – two time All-American Center on the Cornhusker football team/ five-year Professional Football Player



at Tampa Bay/ Father of two boys who were diagnosed as Type I Diabetics as children/ Rik has been active as a spokesperson for the Juvenile Diabetes Research Foundation. Year # 2: Ben Cotton—Type I Diabetic since childhood/ a four-sport athlete in high school/ current starting Tight End on the Nebraska Cornhusker Football Team. Year # 3: C. J. Zimmerer – Type I Diabetic since childhood/ currently in a battle for the starting Fullback Position on the Cornhusker Football Team. Rik shared some big moments of his football career and also very poignant thoughts and memories from the position of a loving parent with two diabetic children. Ben and C.J. provided insight into their lives as athletes with diabetes to contend with. Their explanation of living with insulin pumps and managing the battle with diabetes while competing at such a high level of activity was very, very enlightening.

10. **Who spoke on what?**

Following the featured speaker, President Ray presented a Power Point Presentation about Cosmopolitans. This presentation was designed so that International and Federation Officers could be introduced and could speak very briefly about International and the Cornbelt Federation. The main emphasis (and this is important) of the Power Point Presentation was on the Fremont Club---what we do---how we do it---and the fun that we have doing it. We feel strongly that IF SOMEONE IS GOING TO JOIN COSMOPOLITANS, their decision will be based primarily on what they see, hear, and experience with our club and its members that evening. Our goal is to get them to become a member at the conclusion of this event and to be inducted into membership by our International or Federation dignitaries on the spot. The Power Point Presentation concluded with our offering them the opportunity to join our cause. And, as a nice touch, we offer to pay a portion of their first year's dues if they join that evening. (Again—a copy of our power-point presentation if available for other clubs to modify to fit their club's needs in attracting new members)

11. **How many members have you sworn in?**

In the three membership events held so far, we have inducted a total of 19 new members on the spot the evening of the event. However we have had a number of other members join just prior to the event because they have been invited as guests to a club meeting during the contest leading up to the event, or have joined in the weeks immediately following the event. Beginning with our first membership event 3 years ago until the present time, our membership has grown from a total of 31 members to our current total of 59 members.



12. **How often do you hold a membership event?**

We have conducted one membership event each year for the past three years. Held during the month of April. However, growth in membership has had very heavy emphasis in our club throughout the year, and I think this is due in a large part because of the emphasis brought about by the formal membership event, itself.

13. **What have you learned from doing these that you feel might be helpful for other clubs as they put one together for the first time?**

Organization! Organization!! ORGANIZATION!!! Don't leave anything to chance! Details are important. Nothing may go wrong---right down to having a sharpened pencil and abbreviated membership application on the table in front of each guest so they can easily sign on the dotted line when given the opportunity to do so. AND, REMEMBER, it's your club that they are joining---your club that is doing a lot of good in your community, but even more importantly, it's that terrible OGRE called DIABETES that you are fighting. You're sending kids who, without your help, would probably not be able to attend diabetes camp --- you're helping doctors and scientists research ways to a cure --- you're providing assistance to people who may be short of the funds needed to acquire testing materials or insulin and supplies for their child---and you're gaining some self-esteem in doing it while having a lot of fun and fellowship with your fellow Cosmopolitans along the way. After they have joined your club, then they are ready to learn all about the Federation and the International Organization that they're a part of and the importance of keeping them STRONG with our support.

Tips from other Clubs *(continued)*

Lawrence River City

Contact: Gary Bartlett

E-mail: gary@cosmopolitan.org

Phone: C. 785-760-0646

One of the things the River City Club does is produce a folder to give to the member prospect. This folder has a welcome note from the federation governor and current club president. It contains a copy of the Who We Are and What We Do sheet from the website (under Resources). It also contains, if possible, the most recent copy of the COSMOTopics. The club has a tri-fold info brochure that is also in the folder. We always add two membership applications and a pen just in case they are ready to join when we are done.

Our members invite and bring in the guests. We don't use a formal invite just because this other way is working pretty well for now.

When we do the PowerPoint, we talk about International and the projects that have been accomplished, but we keep this portion short. Most people that attend are there to find out about the club and what we do, so we talk at length on these things.

We hold our event at a local restaurant in the evening. We do a social from 6:00 PM to 7:00 PM. We start our meeting at 7:00 PM and the entire event lasts about 3 hours.

Note from Gary Bartlett, VP of Membership and New Clubs: I want to add that after attending membership events over the past couple of months I have observed that the well prepared and thought out event brings in members far better than a wing and a prayer meeting.

Sioux Falls Noon Club, Sioux Falls, SD

Contact: Lanny Auringer

E-mail: lauringer@innovativedesign-sf.com

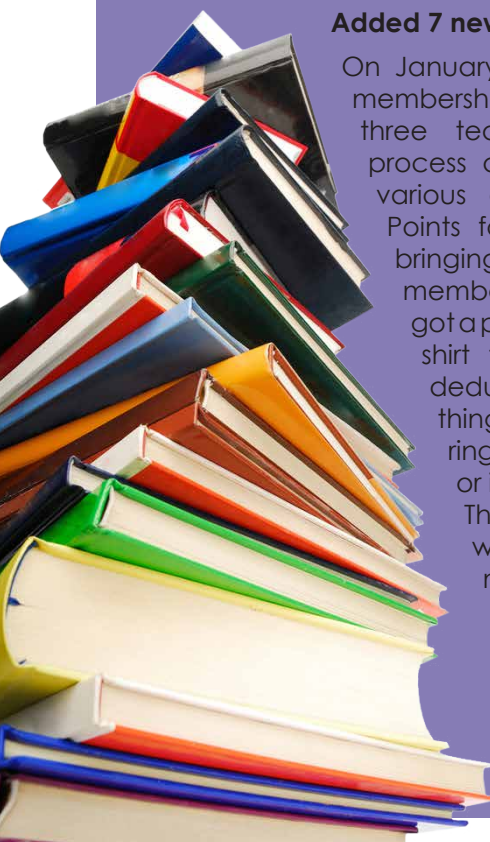
Phone: 605.335.1011

Added 7 new members

On January 16 we kicked off our membership contest. We created three teams through a draft process and assigned points to various actions and activities. Points for attending meetings, bringing guests, signing up new members, volunteering, even got a point if you wore a Cosmo shirt to Club. You also got deducted points for various things like your cell phone ringing during a meeting or interrupting the speaker. The intent of the contest was to get the current members involved and to encourage bringing guests and potential members to all of our events. The contest ran through April. The

winning team gets steak dinner, middle team gets hamburgers, losing team gets hotdogs at a social outing in June.

The actual membership event was held in conjunction with a golf outing during the day at a country club. Current members were asked to invite prospects to the golf outing. For those that don't golf, beginning at 6:00 pm we held a casual social event including appetizers, 1 drink ticket, and prizes. There was no cost for the social for guests and members other than additional drinks. The membership event included some parts of a regular club meeting so prospects could get a feel for what a meeting was like. We made sure we explained each part of our "meeting" to those in attendance that evening so they understood the flow our normal meetings. Then spoke about what our club does on a local, federation, and international level along with Cosmopolitan projects. President Phil Hanson was in attendance and spoke about International. We then asked if anyone was interested in joining and that it would be a big deal to have the International President swear them in on the spot. We had 7 people join that evening!



Council Bluffs Club, Council Bluffs, IA

Contact: Ed Anderson, E.
E-mail: eandsanderson@yahoo.com
Phone: 712-323-4718

Contact: Rod Miller, E.
E-mail: millrodcar@cox.net
Phone: 402-490-2557

Started year at 19 members, now at 26. 11 members signed up.

We held a membership night using the Fremont 100 Club format with revisions to better fit our club. With their help, we had a very successful membership drive. We formed a committee of four people that met in December/early January. At a regular club meeting we had everyone fill out a sheet similar to the Great People Who Should be Cosmo form; it included their name, address, and phone number. They had to write down anyone that they thought they might want as a member. One idea - go through your church roster. Then in January they made calls to all the people on the forms: "I'm so and so from the Cosmopolitan Club. We are having a membership meeting in March. I would like to send you a letter about who we are and what we do. You are not committed at all." We sent out 36 letters and had a response of 27 that said they would come. We followed up with these people a week before the event to see if they were interested in coming - "Would you be interested in coming to our membership event. It is only an hour long and you know who is talking at our event." We had 27 show up for the event.

The membership drive was held the evening of March 8 at a local community hall where we served refreshments and some of the spouses made

appetizers. The building cost was \$100 and we spent another \$50-\$60 on food and beverage. We had a social at 6:30 and we started our presentation at 7:00. Thanks to the team of President Rod Miller, VP Ed Tucker, Bob Hansen, John Kilday and with the help of the club members and their pals, we had 27 people with their wives attend. We opened the night with a prayer and the National Anthem sung by the "Witness" a quartet which did a fantastic job. Governor Randy Schuller and his pal Emily were in attendance. Randy gave a short talk about Cosmopolitan International. Rod Miller gave an excellent power point presentation on the activities of the Council Bluffs Club (used the PowerPoint found on the International website under Resources) and gave an overview of the Cornbelt Federation. A girl that we had sent to Camp Herko Hollow, a diabetes camp that we sponsor kids to attend, talked about some of their daily activities and how they learn new techniques to live with diabetes. Don Croson our charter member, gave a review of his experiences as a Cosmo since 1965.

We then told the group that if they think they might be interested, we would like them to fill out a form with their name and told them we'd like to see them at our next club meeting. We had 11 people sign up as prospective members and almost all of them came to our next club meeting. They came to about 3 or 4 meetings which gave them time to visit our club and see what they thought about it. We had really good speakers/programs lined up for those meetings. After 3 or 4 meetings, we asked how many would be interested in joining. We invited our Federation Governor over to swear them in. Since our membership event, we have had 9 of those prospects join and 2 more are in the wings for Fall. We do not meet from June until September.

Cornbelt Federation

Contact: Randy Schuller,
Federation Governor
RESchuller@cox.net, P. 402.850.3091

The Cornbelt Federation is trying something new this year as an incentive to hold a membership event. They have offered to pay any club \$100 if they hold a membership event. This money can be used however they wish such as help defray cost

of holding a membership event. There are specific guidelines to what qualifies for a membership event such as the event must be held at a specific date other than a regular club meeting and must be designed to generate new members. An additional incentive of \$150 is offered to signing up members from those events and is broken down by the size of the club. A club with membership 20 and under has to get 2 new members, a club 21-39 has to get 3, and clubs 40+ have to get 4 new members.

Categories of Recognized Programs

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

Major Cosmopolitan Diabetes Center/Program

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

855 Brambleton Avenue, Norfolk, VA 23510
B 757.446.5909

Jerry L. Nadler, M.D., FACP, Director

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive, Columbia, MO 65212
B 573.882.2273

Elaine Rehmer, Administrator
rehmerf@health.missouri.edu

THE COSMOPOLITAN FUND FOR CHILDREN

VALERIE MILLAR ENDOWMENT FUND

PO Box 394, Sioux Falls, SD 57101-0394
B 605.333.7315

Dr. Laura Davis Keppen, M.D.

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

1200 West State Street, Rockford, IL 61102-2112
B 815.490.1600

Gordon Eggers, Jr., President and CEO

CORNBELT DIABETES CONNECTION, INC.

4816 Royal Ct., Sioux City IA 51104
H 712.239.2308, C 712-259-5689

jfkwalker@aol.com

Jim Walker, Chair

HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

330 Maine St., Lawrence, KS 66044
B 785.841.5760

Nikki King, Executive Director

Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.

28 34th Street E, Saskatoon, SK S7K 3&2 CANADA
Peter Gerrard, Director
B 306.664.3158

SPECIAL LEARNING CENTER

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

Cosmopolitan Supported Diabetes Program

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

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

ELGIN COSMOPOLITAN CLUB DIABETES EMERGENCY RESCUE FUND

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

PROVENA MERCY MEDICAL CENTER

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

SETEBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES

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

DIABETES INCORPORATED

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

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street
Rapid City SD 57701
Dr. Thomas Repas
605-718-3300



Out & About

Rapid City Cosmopolitan Club – Big C award 2012

Cosmopolitan Club of Rapid City for many years has supported the local Diabetes Inc. For the past three years we have supported the Diabetes Inc Kamp for Kids by our annual "Reflections: Light Up the Night for Diabetes". This Diabetic Kamp for kids has been existence since 1998 with a staff of medical professionals and other volunteers to include endocrinologists, psychologists, diabetic educators and dietitians. The diabetic child and one parent attend the camp free of charge and the remaining family members are charged a reduced rate to encourage other family members to attend. The camp provides a resource for technologies, information concerning new research, psychological support for both the diabetic and their family and networking for those in attendance. Diabetes Incorporated mission statement is to provide and facilitate quality education and services

for and on behalf of the diabetic community. This mission corresponds with the Rapid City's Cosmopolitan Clubs desire to help children, adults and their families with diabetes.

'Reflections' is an evening of fun and camaraderie in support of this Kamp for Kids. This is an evening where candles are placed on and around Memorial Pond that are donated in honor and in memory of friends, family and acquaintances with diabetes. This past year a check was presented to Deanna Smith, Executive Director of Diabetes Inc of Rapid City in the amount of \$15,000. The Cosmopolitan Club members in attendance received a standing ovation from the 125 kids and parents in attendance. We are preparing for the 2012 Reflections that will help many families and diabetic diagnosed patients and other organizations in the community.



Columbia Luncheon Club Members Jerry Sigmund, Phil Hanson, John Hubert, Jim Cornell, and Lee Flohra along with Show-Me Club members Brenda Hanson and Dayton Shepherd showed their support and to honor and remember those men and women who have served and those currently serving our nation. This is the 15th year the Cosmos have entered in the Memorial Day Parade in Columbia, MO. The Cosmos always get a loud cheer and applause from the crowd as they go by.

Meet Our New Members From Georgia, USA

By Jim Smith, Past International President 2008-9

When we were our 2008-9 Fun For Life tour we spent a few rest days between club visits and conventions at a beautiful campground in Golden, Colorado. It was a city operated Good Sam park and we had a beautiful site backing onto a white water creek which also happened to be within walking distance of their gorgeous wild west downtown. The city of Golden has done a magnificent job of restoring this old mountain community into a beautiful and interesting place to visit.

The second day we were there we acquired some new neighbors in a brand new Tiffin Allegro Bus diesel motor home. We met Ted and Martha Barrett as soon as they arrived, and we have been good friends since.

When we parted in Golden they made us an offer. They asked if we would show them the Canadian Rockies during the summer of 2011. We agreed without hesitation.

The original plan was to meet them in Lawrence, KS where we would be camping in our motor home; bring them to the President's Ball and then lead them back to Canada and on to the Rockies. Unfortunately Pam wasn't well enough to leave Canada at the time so they met us in Elbow, Saskatchewan and we entertained them for a couple of days and off we went to the Rockies. They also brought another Georgia

couple with them, Carl and Laverne Abbott in another brand new Tiffin Allegro Bus. Pam and I have also traded our motor home in since the tour and now have a Monaco Cayman 37'. Off we went in three big RV's and spent two great weeks in Lake Louise, Jasper and Banff. It was just as much fun for Pam and I as we had never spent that much time in the area. We saw lots of stuff for the first time.

The Barretts and the Abbotts are volunteers too. Both are involved with the Georgia Mountaineers chapter of the Family Motor Coach Association. Ted is Past President and Carl is President Elect.

After we met them in Golden, Pam and I also joined the FMCA. Then I suggested Ted should consider joining Cosmopolitan International as an "At Large" member. Shortly after we left them in Banff, he did just that. He is our first ever member from the great state of Georgia.

We are hoping to see them when we visit them sometime in Georgia (not yet planned, but on the "bucket list") and also at Cosmopolitan International conventions. They are wonderful, interesting people and will make great Cosmopolitans if we can encourage them to get involved a little more actively.

Meet The Barretts and the Abbotts!



Carl and Laverne Abbott; Martha and Ted Barrett; Pam and Jim Smith at Lake Louise, Alberta



Rockford Cosmopolitan Club Creates Endowment Fund

By Tom Grimes, Rockford Club President

The Rockford Cosmopolitan Club voted unanimously to create a permanent endowment fund. The account will be funded by setting aside 20% of all future fund-raiser net income. In conjunction with the creation of the endowment, the Rockford executive board applied for the Carroll H. Starr Endowment Challenge with the Community Foundation of Northern Illinois. Parts of the Application Narrative are as follows:

"Cosmo's have decided to prioritize creating a mechanism to accelerate funding of a permanent endowment to perpetuate our goals and objectives beyond our individual involvement"

"Our endowment goal is to not just raise money to grant to local charities and fund the Charles Uram Award, but to create a legacy. So that one day, while we may not be remembered individually, we may be remembered as a whole, as Rockford Cosmo's; that we may have an impact on the lives of those separated from us by generations."

The Rockford Cosmo's were selected as one of four finalist organizations. Tom Grimes, Dayton Smith III, Dr. Kris Tumilowicz, and Joe Goken then represented the COSMO club during a 45 minute presentation process. James Patterson of the Community Foundation of Northern Illinois made the official announcement preceding Mayor Morrissey's luncheon talk to the Rockford Cosmopolitan club.

"The Rockford Cosmopolitan club has been selected to participate in the Carroll H Starr Endowment Challenge and upon satisfaction of the challenge will be recipients of \$25,000 in matching funds from the Community Foundation of Northern Illinois."

What does this mean for the Rockford club? The Rockford Cosmopolitan club will contribute about \$8,000 more per year over the next three years towards the endowment. This will be done by considering new fund-raising initiatives. At the completion of the three year challenge, the Rockford Cosmopolitan endowment will stand at \$150,000. This balance will comprise \$50,000 from the existing Founders Fifty fund, \$75,000 contributed via the Rockford Cosmo's as part of this challenge, and \$25,000 in matching funds from the foundation. The \$150,000 endowment will generate \$6,000 per year which will help fund donations to Rockford Area Charitable Organizations, including the Chuck Uram Award.

This \$150,000 endowment will be a jump start to what we hope will grow into the Millions. Thank you, Community Foundation of Northern Illinois, we look forward to continuing what has become a great partnership. Congrats to all Cosmo's... It's a Great Day to be a Cosmo!!!

Columbia Cosmopolitan Luncheon Club Completes Another Successful Pancake and Sausage Breakfast Event

By John T. Hubert, President, Columbia Cosmopolitan Luncheon Club

Once again with the help of our fellow Columbia, Missouri Cosmopolitan Clubs, the Breakfast and Show-Me Club, we have completed another successful Pancake and Sausage Breakfast event. The event has grown into an anxiously awaited function in the community, for it has been an annual event with us since 1952. We were extremely lucky this year with the mild winter and a great time was had by all, guest and fellow Cosmopolitan's. Wayne Powell, a friend of the Cosmopolitans, was able to get a large photo spread of our event in the local paper, The Columbia Daily Tribune, highlighting our smiling faces.

Our club was honored by one of our Past Presidents, Stan Stafford, with a gift of \$4000.00 from the Stafford Family

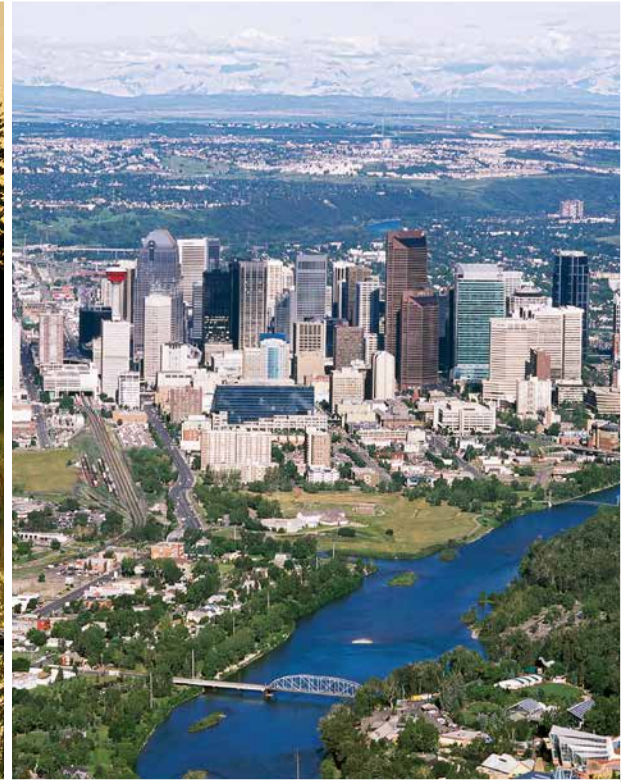
Charitable Trust. Stan Stafford served our club as Secretary in 1959 and as President in 1960. From 1971 to 1972 Stan served as the Governor of the Mo-Kan Federation and received the Mo-Kan Federation Distinguished Service Award. It was Stan's request that we use the funds to update our kitchen which we did with the purchase of new grills. Our senior members talk about when we built our Building, Stan insisted we outfit it with a kitchen. When the additional cost was questioned Stan decided to fund the project himself. Unfortunately we lost Stan in February 2010, but he will always be remembered in the hearts of The Columbia Cosmopolitan Luncheon Club.

Thanks to all for another successful P & S Day.



2012

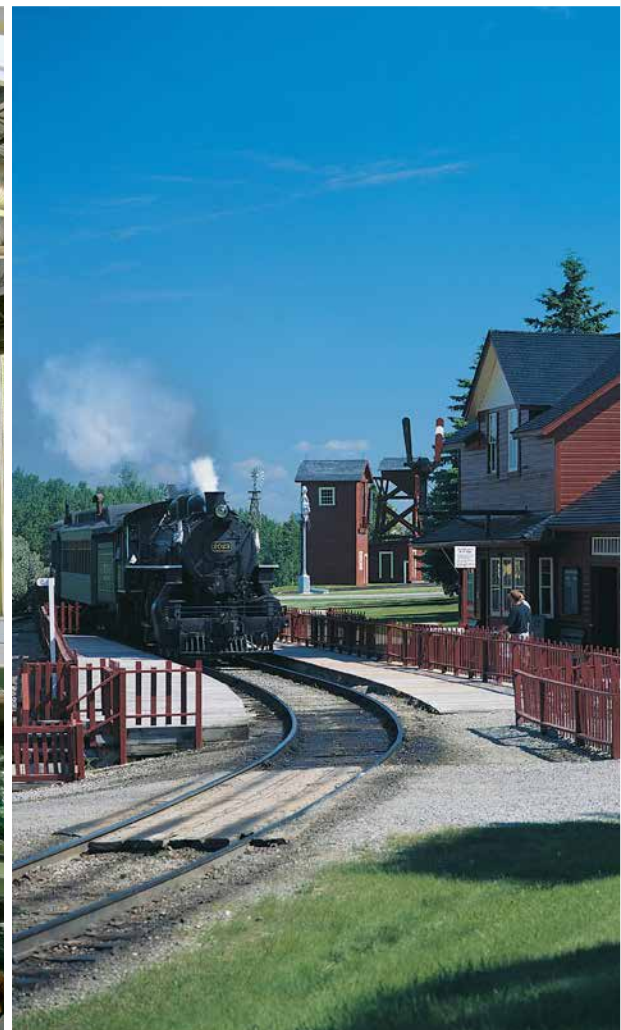
INTERNATIONAL CONVENTION



JOIN US IN CALGARY!



Photo Credit: Tourism Calgary



2012

INTERNATIONAL CONVENTION

Calgary, AB, July 25 - 28



Photo Credit: Tourism Calgary

Site of the 2012 Cosmopolitan International Convention

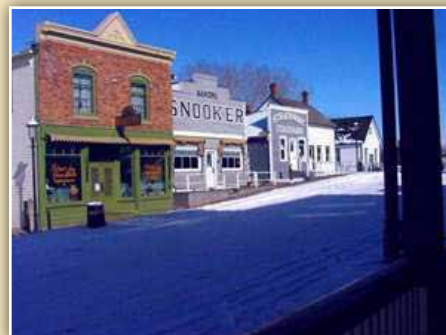
Calgary is a destination like no other: a mix of dynamic big-city energy, cheerful western hospitality and wondrous natural beauty.

An urban centre surrounded on all sides by scenic Canadian vistas, Calgary's diversity as a travel destination is its greatest strength. Wine, dine and take in the ballet, or rough it at a guest ranch in the foothills of the Rocky Mountains.

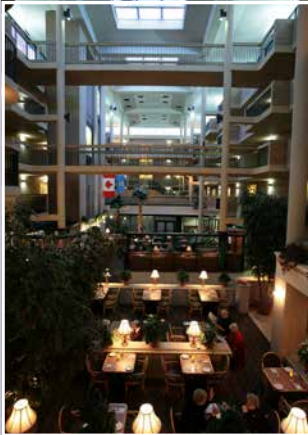
Or do all of that and more...in the same weekend.

Heritage Park Historical Village

All year long you're invited to explore Heritage Town Square, which includes restaurants, shopping and the world-class Gasoline Alley Museum. Discover how the introduction of the automobile changed our culture.



Welcome to BEST WESTERN Village Park Inn!



Discover this full-service Calgary hotel offering underground parking, high-speed Internet and convenient location in the heart of Calgary.

The BEST WESTERN Village Park Inn takes great pride in offering attentive customer care to every guest traveling to Calgary for business or leisure. Hotel guests will find this the perfect location situated right off Highway 1 (Trans Canada) and the Calgary Light Rail System. The University of Calgary and McMahon Stadium are within walking distance from the hotel. World-renowned Children's Hospital and the Foothills Hospital are nearby. Business travelers will be near many corporate locations including the Garrison Business Park.



For guests looking for things to do in Calgary, the hotel offers access to the Calgary Zoo, Calgary Stampede and Banff National Park.

Each stylish and spaciouly-appointed guest room features cable satellite television and high-speed Internet access. Enhanced amenities include an on-site restaurant and cocktail lounge, indoor swimming pool, executive club floor with VIP services and underground heated parking.



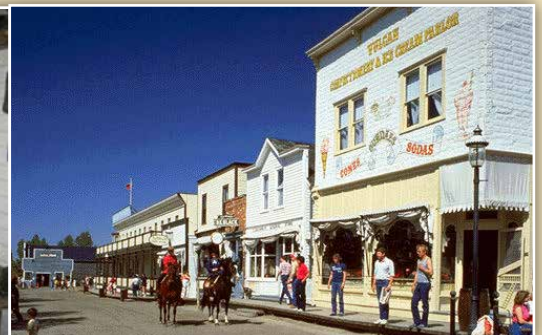
1804 Crowchild Trail NW, Calgary, Alberta, T2M 3Y7, CA
Phone: 403-289-0241
Fax: 403-289-4645
Toll Free Reservations: 888-774-7716

Rates: Standard Queen or Two Queens 119.99 CDN
Check in 3:00 p.m. Check out 11:00 a.m.
Reservations must be received no later than June 24, 2012

Seasonally, from May until October, step back in time to our lively Historical Village. Meet friendly pioneers, ride our authentic steam train, enjoy the antique midway and immerse yourself in the old west.

Heritage Park has numerous special events running throughout the year, both indoor and out. From Heritage Day in August to Once Upon A Christmas in November and December, there is something for everyone.

Your optional reservation fee will include entry to both the Historic Village and Gasoline Alley Museum, bus transportation and lunch at the Village. What a deal!



2012 Cosmopolitan International Convention Schedule

Cosmo

Wednesday, July 25, 2012

1st CI Board Meeting
1st CDF Board Meeting
Convention Registration
First Time Attendee Orientation
Past International President's Reception
Welcome Party
Hospitality Room

Thursday, July 26, 2012

Convention Registration
Opening Ceremonies
First Delegates Meeting
Lunch on your own
Golf Tournament
Free Time to Explore Calgary
International Awards Judging
Dinner on your Own
Hospitality Room

Friday, July 27, 2012

CDF & CFC Donations Breakfast
Workshops
Trip to Heritage Historical Village (optional)
Dinner on your own
Hospitality Room

Saturday, July 28, 2012

Breakfast on your Own
2nd Delegates Meeting
Purple & Gold Awards Lunch
Free Time to have FUN
2nd CI Board Meeting
2nd CDF Board Meeting
President's Cocktail Reception
President's Banquet & Installation
Hospitality Room

Guest

Wednesday, July 25, 2012

Convention Registration
First Time Attendee Orientation
Welcome Party
Hospitality Room

Thursday, July 26, 2012

Convention Registration
Opening Ceremonies
Trip to Devonian Gardens/Downtown
Lunch on your own
Golf Tournament
Free Time to Explore Calgary
Dinner on your Own
Hospitality Room

Friday, July 27, 2012

CDF & CFC Donations Breakfast
Trip to Heritage Historical Village (optional)
Dinner on your own
Hospitality Room

Saturday, July 28, 2012

Breakfast on your Own
Free Time to Shop & Relax
Purple & Gold Awards Lunch
Free Time to have FUN
President's Cocktail Reception
President's Banquet & Installation
Hospitality Room

Exact times of events are yet to be determined. Due to space availability, the timing of events will be set once attendance numbers are known. Time to reset rooms from meal function to meeting function may need to be included in the schedule. Thanks for your understanding. All events will be on the days listed.

2012 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 Non-Cosmo 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"/> Western Canada Host | <input type="checkbox"/> C.D.F. Board Member | <input type="checkbox"/> Diamond Beacon (US) |
| <input type="checkbox"/> Past Intl First Lady | <input type="checkbox"/> Club President or President-elect | <input type="checkbox"/> Beacon Member | <input type="checkbox"/> Northern Beacon (Canada) |
| <input type="checkbox"/> Sponsor Life Member | <input type="checkbox"/> C.I. Board Member | <input type="checkbox"/> Emerald Beacon (US) | <input type="checkbox"/> Silver Beacon (Canada) |
| <input type="checkbox"/> First Time Attendee | <input type="checkbox"/> Governor | <input type="checkbox"/> Ruby Beacon (US) | <input type="checkbox"/> Gold Beacon (Canada) |

Complete Packages

	Postmarked On or Before 7/1/12	Postmarked After 7/1/12	Number of Participants	Amount
Cosmo Package:	\$240.00	\$260.00	_____	\$ _____
Guest Complete Package:	\$240.00	\$260.00	_____	\$ _____
		Subtotal for Packages:		\$ _____

Individual Events (only those not purchasing a package)

	Before 7/1/12	After 7/1/12	Number of Participants	Amount
7/25 Welcome Party	\$50.00	\$55.00	_____	\$ _____
7/26 Opening Ceremonies Breakfast	\$35.00	\$40.00	_____	\$ _____
7/27 CDF Donations & Beacons	\$35.00	\$40.00	_____	\$ _____
7/28 Purple and Gold Luncheon	\$45.00	\$50.00	_____	\$ _____
7/28 President's Banquet	\$75.00	\$80.00	_____	\$ _____
Delegate's Fee	\$15.00		_____	\$ _____

OPTIONAL EVENTS (event not included in package ~ must be purchased separately)

7/26 Golf Outing	\$65.00		_____	\$ _____
7/27 Heritage Park Historical Village	\$35.00		_____	\$ _____
		Total Due:		\$ _____

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

Credit Card Information:

Card Number _____ Expiration Date ____/____
 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 11, 2012.

CANCELLATION POLICY: Per Board Policy- Cancellations received before 6/25/2012 will be accessed a 25% cancellation fee. Cancellations received on or after 6/25/2012 but before 7/4/2012 will be accessed a 50% cancellation fee. Cancellations received on or after 7/4/2012 but before 7/11/2012 will be access a 75% cancellation fee. Any cancellations received on or after 7/11/2012 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.

SUMMER 2012

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Register Now!

2012 International Convention

**Calgary, AB
July 25 - 28**

COSMOTOPICS



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Overland Park, KS 66204

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