A publication of Cosmopolitan International

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Thank you, Kevin & Cindy!



THE CLUB THAT FIGHTS DIABETES

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U JAZZ WORKSHOP



Express Issue

HINK



FROM THE EDITOR Sheila Anderson

In many ways, it's a new day at Cosmopolitan International. We are embarking on a new cosmo year with many changes on the horizon. We find ourselves saying good-bye with a heartfelt thank you to Kevin and Cindy Harmon who have served our organization with great distinction as our Executive

Director and Membership Assistant. We hope you enjoy our trip down memory lane on page 11. We are saying hello to Tracy Miller, our new Executive Director, who is eagerly diving into her new role. Turn to page 3 to get to know her better. And with our operations now being run out of Tracy's home in Lancaster, PA, there are many important decisions to make, some of which will pull at our heartstrings. And that's okay. I would be worried if they didn't... it shows you truly care and that Cosmopolitan has now gone from just being a Club you belong to, to a passion in your life. And when it moves from your head to your heart, there we find the true spirit of Cosmopolitan.

You will notice this issue is smaller in page number, but it still packs powerful messages. We will be back to a full size issue in the Fall. And if any of you have an interest in contributing to our publication in any way – article ideas, volunteer to proofread, help gather articles, or like to write – please let me know. There is always room for improvement... change can be a good thing.

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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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 7351, Lancaster, PA 17604

Q&A with Tracy Miller

President-Elect Sheila Anderson recently interviewed Tracy Miller. Below, she shares Tracy's responses, giving fellow Cosmos the opportunity to meet and learn a little about their new Executive Director.

Who is Tracy Miller?

I am a lifelong resident of Lancaster County, PA, except for my college years when I lived in Delaware. I have a B.S. in Business Administration from Goldey-Beacom College and plan to begin graduate studies in management this Fall. I am married to Jeff for 21 years, and we have a 16-year-old daughter, Hope. Jeff is a Penn State graduate and an Army Ranger. Believe it or not, he and I met in elementary school! Hope is entering her junior year at our local high school and is considering occupational therapy as a career. I am close to my family, especially my almost-80-year-old mom.

Why Cosmopolitan?

Both of my paternal grandparents had Type II diabetes, as did my dad. The daughter of a close friend has Type I. My dad had a lengthy illness with numerous comorbidities and eventually lost both lower extremities. Diabetes directly contributed to his passing 26 years ago at age 59.

How have your past experiences prepared you for this position?

As managing partner of Tracy L. Miller & Associates, LLC, I have worked with numerous not-for-profit organizations over the last 12+ years. Strategic planning, budget, and membership retention and growth have been key focuses, along with organization advocacy and convention planning.

What is your vision for Cosmopolitan International?

I believe we first have to recognize the many achievements the organization has already realized. Even in my brief tenure, I have seen and talked first-hand with several clubs and felt their enthusiasm for our shared belief and goals. Going forward, I see an organization whose strategic plan is clearly aligned with our mission, whose members are respected, appreciated, and empowered with the tools they need to be successful; and whose finances are on solid footing as a result of wise decision-making.

How do you plan to get there?

Good communication and respect for all involved are essential for moving

Cosmopolitan forward. Our differing viewpoints also are critical because only when many minds meet do the best ideas emerge. There are undeniable challenges ahead, but meeting them with commitment and compromise from all will best position us for a successful future.

What are some of your early goals?

I plan to join the Lancaster club, get involved in their activities, and help grow their membership. I would like to talk personally with each club president to learn what their clubs are doing. And finally, I am looking forward to the convention this year so that I can establish and grow relationships with fellow cosmos.

On A Lighter Note...

What is your favorite food/ type of food?

Crab legs from North Carolina are hard to beat. We vacation each year in Sunset Beach, NC, and the seafood in general is outstanding. Crab legs are messy, though. Good thing my family isn't easily embarrassed!

One word that describes you.

Optimistic.

What is one place you'd like to visit that you haven't been to?

In our retirement, my husband would like to visit Hawaii, and I would love to take a Mediterranean cruise. I am especially captivated with Italy.

If you could have dinner with anyone dead or alive, who would it be?

Margaret Thatcher. A pioneering female leader, she led with conviction and stayed true to her beliefs despite frequent criticism. She believed in empowering the people and giving them ownership over their own destiny.

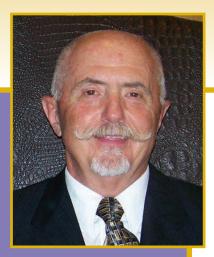
What is one thing on your "bucket list?"

I would like to read the Bible cover to cover. I've read the entire New Testament, but I would like to start at the beginning and go the whole way through. And I'm dying to see Barry Manilow in concert!



Tracy Miller Executive Director

I see an organization whose strategic plan is clearly aligned with our mission.



Brian Duckett 2012-2013 President

I would like to thank all Clubs that brought in new members this year and ask that they continue to

do so.

The Year in Review

The 2012-2013 fiscal year has drawn to a close and that allows us to look back on what has transpired over the year. The year kicked off with a well-planned, well-attended International Convention in Calgary, Alberta, Canada. With all Conventions, there were meetings to attend, decisions made, along with having some fun and getting to renew old Cosmo friendships as well as to make new ones. A big Thank You to Bill Smetheram, Harold Ager, and the members of the Calgary Cosmopolitan Club who worked with Executive Director Kevin Harmon and Assistant Cindy Harmon on making this one of the best attended Conventions in a number of years. A great time was had by all in attendance and I hope that everyone attends the Las Vegas Convention on August 1-3.

At the Calgary Convention, it was announced that Cindy and Kevin would be retiring by the next International Convention in Las Vegas. Following the Convention, an Executive Director Selection Committee was formed to look into the hiring of a new Executive Director to replace Kevin when he retired. Kevin announced that he and Cindy would be retiring at the end of June so the Committee had some time to select the best possible candidate. The Committee received 32 resumes/applications for the ED position. From that number, 6 were shortlisted, and eventually 4 were interviewed for the position. From those interviews, the name of Tracy Miller from Lancaster, PA, was recommended to the International Board for their approval. In early May, Tracy was appointed the new Executive Director of Cosmopolitan International and assumed her duties on July 1 and will be working out of her office in her home. With Tracy working out of her home, a HQ Building Committee consisting of Chair Jim Preston, Kevin Harmon, Gary Bartlett, Don Gentry, Tommy Johnson, and Phil Hanson was appointed to look at all options for the building, but as of this Topics being printed no recommendation or decision has been made. Discussion, with the membership, will be held at the International Convention in Las Vegas.

On October 6, the Executive Boards of the Cosmopolitan Diabetes Foundation and Cosmopolitan International met in Overland Park at Headquarters to discuss topics of mutual concerns. It was a full day of discussions with concerns from both groups being expressed. Another meeting was arranged for the Las Vegas Convention to discuss topics of mutual concern. It is imperative to have both groups get together for this purpose.

The CI Board held its annual Spring Board meeting on March 8-9. On Friday, March 8, a full day, from 9 AM - 5 PM, was spent discussing various topics and the implications on CI. Saturday morning was used to wind up discussions from the day before. Following lunch, President-Elect Sheila Anderson and Judge Advocate Jim McVay organized and put on a training session for all of the Governor-Elects that were in attendance. Following the Governor-Elect training, the actual Board meeting was held and adjourned. By having the discussion sessions all day Friday and Saturday morning, the actual Board meeting was shortened and decisions could be made.

Starting in April and continuing well into May, Federation Conventions were held in the 7 Federations in CI. I had the pleasure of attending the Capital Convention on April 19-20 in Richmond, VA, the Cornbelt Convention on May 3-4 in Sioux City, IA, and lastly, the Western Canada Convention on May 24-26 in Edmonton, AB. I would like to thank President-Elect Sheila Anderson for representing CI at the North Central Convention on April 26-27 in Fargo, ND, and the Southwestern Convention on May 3-4 in Austin, TX. I would also like to thank Vice President of Membership & New Clubs, Gary Bartlett for representing CI at the Mo-Kan Convention on April 26-27 in Overland Park, KS, and the Mid-States Convention on

May 18 in Rockford, IL. All reports indicate that the Conventions were well planned, business completed, with everyone having a good experience.

Following the Federation Conventions, Federation Awards for Patrick J. Hodgins, Rookie of the Year, Cosmo of the Year, and Member Community Service were to be sent to Headquarters by June 1. They were judged and will announced in Las Vegas during the Awards Luncheon. All other Awards will be judged in Las Vegas and announced at the Luncheon as well.

Throughout the year, Shelley and I had the pleasure of visiting 35 Clubs during Club meetings and meeting with members from 7 other Clubs while attending the Capital and Cornbelt Conventions. We would like to thank all Cosmos for making us feel welcome on our Club visits.

Like all organizations, we have had some bumps to overcome and one of them was membership retention and membership increase. Last year on June 30, we had a negative decrease in membership of 100. Again this year, I'm am sorry to announce another decrease of 33 members. This is due in part to 2 Clubs, Boulder and Saskatoon Bridge City, closing their doors on June 30. With these 2 Clubs leaving Cosmopolitan International, we lost a total of 26 members. On a positive note, more Clubs tried organizing and hosting a Membership Event this year and were very successful bringing in a number of new members. I would like to thank all Clubs that brought in new members this year and ask that they continue to do so. We have started to move forward in our retention efforts and to bring in new members to help Cosmopolitan International moving forward in a positive direction.

The start of the new Cosmopolitan year kicked off in Las Vegas at the 87th International Convention on August 1-3. It was great to see old Cosmo friends and meet new ones.

Overall, Cosmopolitan International has had a relatively good year considering the changes that have occurred and decisions that needed to be made. I would like to thank all Cosmos for their help and support in all of Cosmopolitan International's endeavours and ask that you continue to do so with the new Executive Director and Board.



We have started to move forward in our retention efforts and to bring in new members.



Melvina Newman **CDF Chair**

With our hard work and raising funds to help find a cure, we can hope to see a future free from diabetes.

Cosmopolitan Diabetes Foundation Update

It is hard to believe that by the time this article reaches you, this Cosmo year will have ended and a new year already has started. However, as the year closed, the CDF wishes to thank everyone who has supported Cosmo Projects through the Cosmopolitan Diabetes Foundation.

We all dream. We spend much of our lives ensuring that our dreams for ourselves and our families become reality. The important work we do in our volunteer lives as Cosmopolitans is a conscious effort to help people!

My final thought for this year is the dream of "A Future Free from Diabetes." As I write this article while we are sitting in the hospital with a family member suffering so much over the last several months from the complications of diabetes, our cause as "The Club that Fights Diabetes" becomes so much more important once again. People with diabetes have increased risk of heart disease, stroke and high blood pressure along with many additional complications. With our hard work and raising funds to help find a cure, we are helping to fight this terrible disease and can hope to see a future free from diabetes.

At the upcoming convention, one of our Foundation's traditions involves all fellow Cosmos eager to line up to make contributions to their favorite causes. In the past these have included our Cosmopolitan recognized projects, the Discovery Fund and the Beacons Fund. In addition to having the opportunity to make those contributions, Cosmos will hear about the work of the Cosmopolitan Diabetes Foundation and the Cosmopolitan Foundation of Canada. We will also have the wonderful opportunity to hear about the work of one of our recognized projects. Linda Niemiec, Vice President of Development at Crusader Community Clinic in Rockford, IL, will be with us at the luncheon as the keynote speaker to tell us about the clinic's work and how Cosmopolitan's support has helped in their mission.

Since CDF's Incorporation in 1976, CDF has met a series of milestones in forwarding the cause of research, treatment and education. Our fundraising efforts in this regard are unsurpassed and continue to set us apart. Since 1984, the Cosmopolitan Diabetes Foundation has awarded over \$584,900 in grants for diabetes-related purposes. Each year, your Foundation Board receives and considers thousands of dollars of grant requests for a wide variety of worthwhile causes. While we wish we could fund each request, our funding is limited to the monies we have for the year. We do try to award a grant to each of our recognized programs each year. I have had the opportunity to visit our major Cosmopolitan Diabetes Centers and some community programs and to meet with the Directors and learn more about our commitment to find a cure for diabetes. At all of these Centers, Cosmopolitan is held in high esteem for what we have done. We can only continue to help in the research and education if you the members help with contributions.

For over 35 years CDF members continue to work to defeat diabetes. The Beacons Fund was established in 1979 with 8 members. A pledge of \$100 per year for ten years is all it takes to be a Beacon (much less per day than a cup of coffee). With the support of the membership, our current investments are in excess of \$1,250,000. We know that expenses are increasing for all of us, so we need to continue to increase this number so that we are able to make the most of funding diabetesrelated grants. Thanks to the many Cosmos and friends who have helped us reach our current investments. If you are not a Beacon, we need you to step up and become a Beacon. If you have already completed your Beacon pledge, consider a higher level of giving such as the Emerald - \$5,000; Ruby - \$10,000; and Diamond - \$25,000. Membership in the Beacons is open to all Cosmopolitans and friends.

As always, should you have any questions or thoughts regarding CDF, please contact your local representative or myself. Again, thank you for your commitment and support of the Cosmopolitan Diabetes Foundation. We NEED YOU to make an impact on OTHERS!

The Cosmopolitan Diabetes Foundation is the 501(c)(3) charitable arm of Cosmopolitan International. All donations are tax-deductible.

"Hammer" to Clinch the Nail

Is your Cosmopolitan Club residing in a "No-Grow Zone?" (That's sort of like a military "No-Fly Zone!") And what are you doing about it? Nearly every message from our international leaders lately has been stressing the importance of membership growth through well-planned membership events...and I'm here to tell you that they aren't kidding. They work!!

In 2009, our Fremont Club, with some ideas gained from Cosmos largest club (thanks, Rockford) planned its first genuine membership event. Our membership at that time (31) had been experiencing a slow but steady decline. Results of first event = 10 new members! With the next two events we succeeded in doubling that number of 31, and our most recent event brought us 7 new members.

You may ask..."What's the secret?" Planning? "Yes!" Timing? "Yes!" Organization? "Yes!" Financial Investment? "Yes!" Location? "Yes!" APromise of Fun? "Yes!" YES! YES!! YES!!! All are important. But I'm convinced that the real clincher for a successful event is the speaker that is featured for the event...and this is NOT a speaker who tells our guests about our international organization---our clubs---our federations---our headquarters---etc. Nope!!! Our speaker is going to be tied closely to our international mission of working on a cure for and treatment of DIABETES. (Unique idea, Huh?) The speaker is the "frosting on the cake," the "hammer that clinches the nail," the "bait that entices guests to join."

This speaker is going to entertain, stimulate, encourage, and tug at the heartstrings of our audience while sharing what it is like to have two children with Type I diabetes as **Rik Bonness** did in 2010. One of the greatest football centers to play at Nebraska, Rik Bonness was a two-time First-Team All-American (1974-75), only the seventh player in Husker history ever to accomplish that feat. Rik was also a First-Team All-Big 8 pick in '74 and '75. Rik was a three-year starter and letterman who was also a Academic All-American in 1975. Following his college career, he became a linebacker for four years with the Oakland Raiders and the Tampa Bay Buccaneers. (Many tears in the eyes of our guests.)

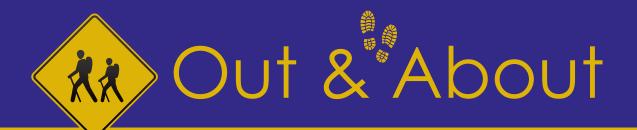
Or, in 2011, he might tell what it was like as a four-sport athlete to be diagnosed with Type I diabetes and how his doctor encouraged him by saying, "You've got diabetes... It doesn't have YOU," leading **Ben Cotton** to continue his outstanding play for the Cornhuskers of Nebraska. Cornhusker Tight End **Ben**, who has Type I diabetes, is a two–time First-Team Academic All-Big 12 (2009, 2010 Ben started in 13 of 14 games in 2010 and his blocking in the run game helped Nebraska lead the Big 12 and rank in the top 10 nationally in rushing offense. (Again—tears in many eyes.)

Or, in 2012 **C.J. Zimmerer** sharing with us his relationship with an Insulin Pump and the method of "counting carbs" at the football

training table while in the bruising-blocking-smashing position of fullback on the Nebraska team. The 6-0, 235-pound Zimmerer has an expanded role in Nebraska's new-look offensive attack. Zimmerer, majoring in criminology and criminal justice, is also strong in the classroom, carrying a 3.741 cumulative grade-point average. He has been recognized on the Commissioner's Academic Honor Roll for the last three years and was named to the Brook Berringer Citizenship Team in 2011. And, by the way, **he has accomplished all of this despite having to deal with Type I diabetes**.

And then, just to prove that there really is more to Nebraska than love for the "BIG RED," we feature, in 2013, a beautiful, petite, intelligent, well-spoken young lady, Carrie Vaughan, who describes in great detail what a week is like for a child attending Diabetes Camp...the fun, the camaraderie, the knowledge and understanding of how to deal with diabetes through diet and exercise, and the wonderful medical care provided by the camp as well. Carrie grew up as a camper at Camp Floyd Rogers (camp for diabetic children). A Type 1 diabetic since the age of 7, Carrie feels that has helped her to become the person she is today. When she graduated from high school in Logan, IA, she became a counselor for the camp. Two years later Carrie accepted the position as Assistant Director of Camp Floyd Rogers. Carrie graduated from Midland University in December with a Bachelor of Science Degree in nursing and a minor in nutrition. She is currently studying for her state nursing exam while running two dance studios. Carrie is the owner of Miss Carrie's Dance Studio, soon to be Carrie's Dance Academy in Logan, IA, and Tekamah, NE (This time no tears...but joy and happiness following her bubbly and inspiring presentation.) Incidentally, Carrie's message has helped to bring 11 new members into the Fremont Club.

So, Cosmos---if your club finds itself in that dreaded "No-Grow Zone," with no new members in recent months(years?), then it's time to wake up and smell the roses! Our mission is too critical to allow our organization to fade away. Without a vital and healthy international base, individual clubs will not be around for any great length of time. How tragic that would be! Membership!!! Membership!!! THAT'S OUR PLAN!!! IF ONE CLUB CAN DO IT---EVERY CLUB CAN!!!



Lawrence River City Club Hosts 18th Annual Cosmopolitan Diabetes Golf Classic

by Tommy Johnson, Mo-Kan Federation Past Governor

The Lawrence River City Cosmopolitan Club hosted the 18th annual "K.U. Credit Union Cosmopolitan Diabetes Golf Classic" on May 24th, at Alvamar Country Club, in Lawrence. The club's major fundraiser for the year netted over \$29,300, which will be used to assist uninsured diabetics in our community, through the Health Care Access Clinic, a Major Cosmopolitan Diabetes Center / Program.

A total of 52 foursomes participated in this year's fundraiser, which once again was played on both the public and private side courses at Alvamar. For the first time in the Cosmopolitan Diabetes Golf Classic history, a PGA golfer participated in the tournament. Topeka native and former Kansas University golf great, Gary Woodland, played in the tournament just for fun, not for prize money. Gary was also gracious enough to sign several autographs during the day. The K.U. Credit Union served as the tournament sponsor of the event for the fifth year in a row, with Black Hills Energy and Brigg's Automotive serving as major sponsors. In addition, the tournament attracted three \$1,000 business sponsors, eleven \$500 hole sponsors, fifteen \$250 caring sponsors, as well as a multitude of sponsors who donated lesser amounts and/or prizes. Famous Dave's BBQ once again donated a fabulous post tournament lunch for all of the golfers and tournament workers. The 23rd Street Brewery donated two kegs of beer for the event.

Mike Hertling and Tommy Johnson once again served as co-chairs of the event, and wish to thank all the River City Cosmos who volunteered their time to make this year's tournament a success. The 19th Annual Cosmopolitan Diabetes Golf Classic will be held on Friday, May 23, 2014.



When You Need A Helping Hand

By Anna Goodwin McCarthy, correspondent for The Daily Advance

Elizabeth City, NC.—For more than half a century the Cosmopolitan Club in Elizabeth City has provided wheelchairs and medical equipment to the community.

As Eugene Overton walks through a building that was constructed behind the Cosmopolitan Club two years ago to store the equipment, he reflects on stories of people finding hope through the loan fleet program organized and coordinated through the civic organization.

Overton, the loan fleet program chairman, recalled a grandmother borrowing a wheelchair for one day from the loan fleet program so she would be able to attend her granddaughter's wedding. The woman's daughter thanked Overton and the club, and told him her 83-year-old mother would not have been able to attend the wedding if she had not been able to borrow a wheelchair.

A smile appears on Overton's face as he remembers helping a young man find a lighter weight wheelchair that was easier for him to maneuver.

Stories like these motivate 84-year-old Overton to maintain a program that he said is beneficial to the community.

"You are helping people who can't help themselves," said Overton.

Pulling out his wallet, Overton locates his Cosmopolitan Club membership card that he has kept since he joined the organization in 1958. The former president, governor and life sponsored member of the club flips the card over where the club's pledge is printed. The words in the pledge "into my daily life" are true of the dedicated Overton, who receives messages on his home phone everyday requesting medical equipment loans from the organization.

Wheelchairs, crutches, walkers, bedside commodes and shower chairs are some of the items available for loan.

"We ask no questions," said Overton as he explained items are available to anyone regardless of age or income level.

Overton said the equipment can be loaned for a person's lifetime if needed, and the program serves people in Pasquotank, Gates, Camden, Currituck, Chowan, Perquimans and Dare counties.

By borrowing equipment, Overton estimates "\$300,000 has been saved in Medicare fees."

Rodney Trueblood, former president and secretary and current chaplain and editor of the club's monthly newsletter, said loaning equipment is "a good feeling."

The woman's daughter thanked Overton and the club, and told him her 83-yearold mother would not have been able to attend the wedding if she had not been able to borrow a wheelchair. "A lot of people wouldn't be able to afford the equipment," said Trueblood, emphasizing the need for the organization's loan fleet program in the community.

Overton said the medical equipment is often donated to the club. Overton and volunteers also repair equipment that has been given to the program. Each piece is marked with the club's name and sometimes Cosmopolitan International's logo which displays the words, "Unity, Service, Action."

Overton maintains an inventory of all materials loaned from the program. He gestures towards the box that contains the loan information for each item borrowed with each slip of paper representing an individual who has received an item from the program.

The Elizabeth City club's main project has been the loan fleet program with Cosmopolitan International's publication COSMOTopics, recognizing the club as having "amassed one of the largest collections of home health equipment in the country that is loaned to people in need throughout the area."

The club has also worked with Cosmopolitan International to raise funds to find a cure for diabetes.

The club, consisting of 16 members, meets twice a month at the Cosmopolitan building that was formerly Free Will Baptist Church on Cosmo Drive in Elizabeth City.

"We are always looking for new members," said Overton.

Overton said the club sponsors a Monday Night Bingo for the public. He said the building is also available to rent for occasions like birthdays, reunions and weddings.

For more information on donating or borrowing medical equipment from the Cosmopolitan Club, contact Eugene Overton at 331-2474 or leave a message on the club's answering machine at 335-1700.



PHOTO BY THOMAS J. TURNEY

Good to Know!

Our New Address

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Normal Business Hours

8:00 am - 6:00 pm EST

eNewsletters

Don't miss out on the current news from Cosmopolitan International. We have begun sending out electronic newsletters or eblasts to all our members. Our list is only as good as the information we have from you. So make sure your email is correct on your profile on the website. See below.

What to do if you aren't receiving these:

• Step 1: Make sure your email is correct on your profile on the website.

Log in, click on your name on the top right of the screen. Your Member Profile will pop up. Then click on Edit My Profile towards the top right of the box with your information. Scroll down to look at your email address. Type in your email if it is wrong and be sure to click on the Update button at the bottom.

Please note: Review the tutorial reference below for a step-by-step explanation about how to update your email address.

• Step 2: If it is correct and you aren't getting these, contact Headquarters.

IMPORTANT! You can also view these on our website under Member Center\Newsletters.

Website Help

Here are some FAQs on the website. If you still need some help, please contact our Headquarters Office. Tracy will be happy to help you!

• How to Login to the Website the First Time

You will find a tutorial on the HOME page of our website.

• How to Change Your Profile

You will find a tutorial on the HOME page of our website.

• I Forgot my Password, Now What Do I Do?

Go to www.cosmopolitan.org and click on the Login wording on the top right-hand corner of the screen. You will be taken to the Login screen. There you will see a box on the right side that says "If you have forgotten your password, simply type in your username to the left and click on the "Password Reminder" button ..." You will then be sent an email.

If for whatever reason you don't receive this email, contact Headquarters.

• What is my user name?

In almost every case, your user name is the first initial of your first name plus your last name (e.g., John Doe is "jdoe"). There are instances where a couple people have the same last name and first initial. In that case, numbers have been assigned after the initial and last name such as janderson1 or janderson2.

Again, you are welcome to contact Headquarters with any questions.

BRICK CLUB SUMMER 2013

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T.A. "Fuzzy" Schuyler International

President 198<u>5-86</u>

Thank you, Kevin and Cindy!



SUMMER 2013

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