

A publication of Cosmopolitan International

COSMOTOPICS

WINTER 2015

LOOKING TO 2015

*An Exciting
Cosmo Forecast!*

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR by Tracy Miller

Welcome to January, when the long, cold days of winter are upon us. I have always loved January, not because of the cold by any means, but because the busyness of the holidays has passed and there is time to reflect and regroup. Did you make any New Year resolutions? I'd like to be wound a little less tight this year and remember to count my blessings.

In this edition of Topics, we hear from several members of the Executive Committee. Believe it or not, we are already halfway through the year, and I appreciate these committee members giving us a report on their areas of responsibility. There is a great deal going on with membership, our finances are healthy, and numerous clubs check in with their happenings. Plus the Diabetic Alert Dog project, which is our International Project, continues on schedule. Upcoming newsletters will have more details on the Project.

Be sure to mark your calendar now for the 2015 International Convention. This year's convention will be held July 23 through 25 at the Ramada Plaza Hotel & Convention Center in Omaha, Nebraska. The planning committee is hard at work to bring you another outstanding convention, so be sure not to miss it! Watch for newsletters and upcoming Topics for more information.

Thank you, as always, for all you do for our organization...and our cause...every day.

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

EDITOR

Tracy Miller
headquarters@cosmopolitan.org

GRAPHIC DESIGNER

Rockford Cosmopolitan Club Member
Peter Brodeski, Opus Creative Studio, Inc.
pbrodeski@opuscreativestudio.com

COSMOPOLITAN INTERNATIONAL OFFICERS AND DIRECTORS

PRESIDENT

Jim Preston
dpreston@mt-rushmore.net

PRESIDENT-ELECT

Richard Gordon
scissorsk@aol.com

VP FOR FINANCE

John Krysak
jkrysak@sasktel.net

VP FOR MARKETING

John Hubert
johnthomashubert@yahoo.com

VP FOR MEMBERSHIP AND NEW CLUBS

Ed Ficene
edficene@chastainotis.com

JUDGE ADVOCATE

Jim McVay
jmcvay@omahalaw.com

EXECUTIVE DIRECTOR

Tracy Miller
headquarters@cosmopolitan.org

FEDERATION GOVERNORS

CAPITAL	Charles Cenknor
CORNBELT	David House
MID-STATES	Walter Alm
MO-KAN	Helen Cox
NORTH CENTRAL	Bob White
SOUTHWESTERN	Richard Mealer
WESTERN CANADA	Keith Shepherd

INTERNATIONAL HEADQUARTERS

P.O. Box 7351, Lancaster, PA 17604

P. 800.648.4331 or 717.295.7142
F. 717.295.7143

www.cosmopolitan.org

Email: headquarters@cosmopolitan.org

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

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

- 3 What's Up at Headquarters?, Tracy Miller
- 5 A Cow on Ice, Jim Preston
- 6 Membership: Our Lifeblood, Ed Ficene
- 7 Half-Time Report, John Krysak
- 8 Working with You to Defeat Diabetes, Melvina Newman
- 9 Update on the Former CI Headquarters Building and Bricks, Gary Bartlett
- 10 Categories of Recognized Programs
- 12 Out and About
- 16 Unraveling Diabetes Research, Kathy Krysak
- 17 Get Your Message Out!
- 18 2015 International Convention
- 20 In Memoriam

What's Up at Headquarters?

In a word...a lot! Although it is still bitter cold outside and the festivities of the holiday season now are a distant memory, things are white hot at headquarters.

First, as we go to press, the headquarters building is in the final stages of being sold. Our tenant, Monogram Shop, will purchase the building at the agreed purchase price of \$200,000. All proceeds from the sale will be deposited into the account that houses our reserves and will not be spent without delegate approval.

Speaking of the building, as you know, files and other belongings in the building were shipped to Lancaster, Pennsylvania, last summer and currently are housed in a local storage unit. At first glance into the boxes upon their arrival, it appears that many of the files are very old and can be discarded. I have asked Past International President Tom Stone and Capital Region Governor Chuck Cenker, both local to me in Pennsylvania, to help me sort the items in the coming weeks. We will ensure that no items of historical or other value to Cosmopolitan will be discarded. Any records that contain sensitive information, of course, will be shredded. It is my hope to pare down the contents of the unit so that we may either relocate to a smaller, less expensive unit, or relocate the remaining belongings to my home office, thus eliminating the storage cost entirely.

I have shared previously in COSMOTopics that my first year as your Executive Director largely was about my transitioning to the job, relocating our operations to Pennsylvania, and learning as much as possible about our operations. This year is about implementing processes that will streamline our operations while maintaining our fiscal health. One area that I found to be quite fragmented in our operations was that of our accounting procedures. Cosmo Mike Hertling has done a fantastic job as our bookkeeper, and Cosmo Phil Hanson, a Certified Public Accountant, has graciously handled our annual and sales tax filings for us. I, here at headquarters, handled the dues billing. To streamline, we now will be working with Charles E. Bussard, CPA, located here in Central Pennsylvania. Chuck will handle all the responsibilities Mike previously handled, along with all of

our tax filings and the dues billing. We will pay him roughly the same amount we paid Mike with an additional \$250 for our annual filing. This centralizes all of our accounting operations and improves our accounting efficiency substantially. As for Mike, he has been fantastic to work with since I first came on board. Although I believe centralizing accounting is the right move for us, I am sad to think of not working with Mike. He is credited with devising the current internal control system we have in place and always has good ideas for how to make our operations better. He also has been very gracious through the transition to Chuck, and that speaks a great deal about Mike. He knows we all appreciate what he has done for Cosmopolitan, but I will say it again...thank you, Mike!

Membership remains a top priority this year. As I have mentioned previously, I believe Cosmopolitan would benefit greatly by offering a variety of levels of membership, not just one general membership. Having one level may have worked well in the past, but I believe one-size-fits-all no longer works, as evidenced by our declining membership numbers. I am in favor of exploring youth clubs, corporate clubs, young professional memberships, and Friends of Cosmopolitan memberships. One of my personal shortcomings is that of patience, and I would like to see all of the above in place very soon. I know, however, that we will benefit in the long term by thinking through our strategies and proceeding with a thoughtful plan, rather than throwing something together quickly only to see it fail just as quickly. Vice President of Membership Ed Ficenc and I currently are discussing these potential new levels, and soon we will convene a meeting of the membership committee to further work through the process. I have had conversations with Ray Mayhew of Platte River about youth clubs and Ray Meister of Fremont 100 about corporate clubs. I also recently met with the advisor of the Anchor Club of our local high school. Anchor is a youth initiative of the parent PILOT International, and when they heard that we are interested in starting youth



Tracy Miller
Executive Director

Membership remains a top priority this year.

Continued on next the page. ▶

What's Up at Headquarters? (continued)



Tracy Miller
Executive Director

clubs, they invited me to talk so that we could learn from their best practices. Anchor's advisor was gracious enough to tell me about all the steps they took to develop the Anchor Club, which boasts an amazing 100 students in one high school alone! Can you imagine the potential we have for Cosmopolitan? My goal is to have a proposal for the board to consider at the Winter Board Meeting.

After we get a youth program in place, I would then like to look at corporate memberships. Previously, we asked corporations to send their employees to our meetings. What if we flipped that around and started a club right at the corporation? Corporate Social Responsibility is a high priority in many workplaces today, and chances are that corporate executives will embrace this concept. Imagine...a Cosmo meeting Tuesdays at noon in the lunchroom of XYZ Corporation. This could be very appealing to employees because the meetings would occur right at their workplace (no rushing to a meeting after work), it wouldn't impact family time, and they would have the benefit of giving back to their community with their coworkers.

As for my concept of Friends of Cosmopolitan, this is an idea that stems from losing numerous members who have said they didn't have time to attend meetings. What if there was still a way for that person to be a Cosmo but not feel that they had to attend meetings? Suppose they just wanted to help with a fundraiser, or suppose they just wanted to receive Topics and nothing more? This is where the Friend level comes in. It would be a way for the individual to stay connected to Cosmopolitan, but on their own terms. Much more tweaking will be needed for this concept, but I am hoping the idea has merit. I hate to see people leave us entirely because they say they don't have time.

In closing, mark your calendar now for the 2015 International Convention! This year's convention will take place July 23 through 25 at the Ramada Plaza Hotel & Convention Center in Omaha, Nebraska. The planning committee is busy working on the details of the event, and registration should open soon. Check out the Save-the-Date in this edition of COSMOTopics.

Stay warm... Spring is coming!

2015 International Convention Omaha, Nebraska July 23-25



COURTESY OF THE OMAHA CONVENTION & VISITORS BUREAU

Mark your
calendar now
for the 2015
International
Convention!

A Cow on Ice

One of my dad's regular sayings was "That was about as graceful as a cow on ice." I certainly understood what he meant when Dee and I had the opportunity to join the Western Canada Federation in October for their Mid-term Curling Convention in Regina, Saskatchewan (easy to draw, hard to spell).

As I found out, curling is a sport held on ice, very slippery ice, where you shove a 45 pound stone 114 feet in hopes of getting the closest to the button (bull's eye). Each team has four members who each have an opportunity to shove two stones for each round of play. If you push the stone too softly, your teammates can sweep in front of the stone, melting the ice and helping to move the stone along. If you shove the stone too hard, there is nothing that can be done except watch your stone bounce off of the back wall. As you might guess, there is a lot involved in reading the ice and speed of the stone when it comes to curling.

My teammates Keith Shepherd, Rob Fluter and Norm Hill, were veteran curlers who were very graceful on the ice. Like many others that day, they were zipping along on the ice from one end to the other on their sliders or launching their stone by sliding along with their bodies fully stretched out, mere inches off the ice with all the grace and fineness of an Olympic gymnast. Me, the cow, not so much. I spent a lot of time on my knees and butt trying to figure out how to explain to my surgeon how I screwed up my artificial knees that he installed less than two years ago. I noticed some other players using a stick to shove the stone like one uses in shuffle board, so half way through the second game, I opted to use the stick method which saved me a lot a pain and gave me a little better control.

Thanks to my lack of talent, we lost both games on Friday evening which put me in a little bit of a funk especially when I found out that Dee's team managed to win one of their games. However, my mood brightened that evening because the festivities included good food, lots of beer, and much good natured bidding for the teams in a Calcutta. My team brought \$175 which was the lowest for any of the teams sold that evening. I went back to my room that evening vowing to rest my knees and get focused on the four games on Saturday with the specific goal of helping to win at least one game.

Saturday morning, my play had improved somewhat where I actually got a few stones in the 12-foot diameter circle around the button. I also managed to knock a stone belonging to the opposing team out of the circle. This involved a little bit of mixed emotions because the stone belonged to Keith Shepherd's daughter, Christine. However, it did make me feel good that I was able to contribute some to the team. We eked out a win the first game, so I was able to meet my minimum goal. We also went on to win the three remaining games by very small margins which must have been good because our team got our picture taken next to a very large trophy.

While in Regina, Dee and I also got to attend a Roughriders football game, tour Rob Fluter's construction business, enjoy fellowship with a number of Cosmo members at a Thai restaurant, laugh at a lot of the stories while eating a steak dinner at John and Kathy Krysak's home and attend a successful business meeting.

It was just a wonderful time with good comradeship, experiencing a wakey, wakey and drinking several beers before noon. Dee and I want to express our heartfelt thanks to the Western Canada Federation for inviting us to this outstanding conference.



ALLONS Y FAIRE



Jim Preston
President



I spent a lot of time on my knees and butt trying to figure out how to explain to my surgeon how I screwed up my artificial knees that he installed less than two years ago.

Membership: Our Lifeblood

According to the Cosmopolitan International bylaws, the Vice President for Membership and New Clubs is tasked with increasing membership, retention of members, and recruitment. I think this is the life blood of our organization - and of any organization, for that matter, whether it involves service clubs, business, or religious organizations.



We can bring in a large number of new members, which is a good thing, and bringing in members needs to be a major goal for all of us. But if we are successful with that goal only to lose members, our membership accomplishments will seem rather pale.

I've seen other organizations' programs that are designed to "stop the drop." The Vice President of Membership and New Clubs has to work with the Executive Director and international officers including the president, president-elect, vice president of finance, and vice-president of marketing since all of these jobs are intertwined which other.

The president and president-elect are ultimately responsible for our organization, yet all of the vice presidents need to work together. Marketing our organization means letting the public and our members know who we are and what we represent. It's up to the membership vice president to use those aids in prompting us to have a positive impact on recruitment of new members. The final responsibility rests with this person, but recruitment of new members actually rests with all of us. One person can't do it alone. Everyone is encouraged to "pitch in."

A big part of my responsibility is especially working with federation governors, club presidents and other Cosmopolitans interested in the recruitment of new members. This requires me to keep in touch with governors, and club governors need to keep in touch with club presidents on an ongoing basis. With this in mind, if anyone has any questions or

if there are club members who have any questions at all please feel free to let me know either by phone or email.

If we all keep membership in mind using Jim Smith's Great People Who Should be Cosmos as a reminder, we can't help but to be a viable growing organization. This document is available on the CI website under Member Center, Member Resources, Membership.

Club building needs to be thought of the same way. Building a club usually takes finding one person who is willing to start a club, with substantial support of the new club which will be needed and, no doubt, greatly appreciated. My job is to keep in contact with the club builder to answer any questions and encourage the new club and help in all ways possible. Cosmopolitan has some good information to help with club building with more on the way. Please feel free to reach out to me for new club building strategies. There is a very good feeling one gets when you have worked for weeks to start a new club and then attend the charter night of the club you have worked to build. It is a very satisfying experience.

I see this as a very important part of Cosmopolitan, and with everyone's hard work we can grow our organization into a strong club in our fight against diabetes.



Ed Ficene
VP of Membership

*One person
can't do
it alone.
Everyone is
encouraged
to "pitch in."*

**Remember if a Cosmo is a friend,
make a friend a Cosmo.**

OK Cosmos, It's Time for the Half-Time Report!



John Krysak
VP of Finance

The coach, Executive Tracy Miller, has been keeping eye on all the action from field level and I, as International Vice President of Finance, from the booth above.

The first half of this year has been exciting and filled with lots of action. Let's begin with the former headquarters building, shall we? Financially, it has helped to bring in \$8,000 of gross rental revenues while helping to reduce expenses by \$4,089, not including the commissions paid to get the building leased out. Net savings to date \$10,769 with respect to building. At press time, the building has not yet been sold so we have not realized any gains on its disposal. Project revenues down by \$12,000 as no fundraiser under way. Grant revenues down by \$7,000 as none received or requested from the Foundation. Net results for revenues for the first half, down by \$12,900. On the other side, your executive is controlling the expenses. The first half has resulted in total expenses being down by \$14,675 from the prior year, which includes the reduced building expenses mentioned above of \$4,089; additional commissions of \$1,320; and a reduction in administration wages and benefits of \$11,397. Way to go team!

Other first half action included balancing the certificates of deposit to the specified reserves set up by previous executives to a tune of \$65,800. Net accounts receivables down from the prior year at the same time by \$4,100, and accounts payables down by \$12,576, leaving us with a bank balance down by \$1,000 from the prior year.

FIRST HALF STATS: (not including building sale)

BUDGET	COSMOPOLITAN INTERNATIONAL 2014/2015	ACTUAL
\$78,394	TOTAL REVENUES	\$89,218
\$65,973	TOTAL EXPENSES	\$64,799
\$12,421	NET INCOME	\$24,418

SECOND HALF EXPECTATIONS:

As the executive knows, it is going to be a battle. We are about to experience some larger expenses with respect to the special January meeting of the board and the March governor elect training meeting. These expenses have been budgeted for but it will be a grind to keep the costs within budget. At press time, the building sale negotiations are still ongoing as to the effective date, but if all goes well, we should have some nice third quarter results. We have two rounds of dues and COSMOTopics billings to issue in the second half along with two rounds of COSMOTopics preparation expenses to incur.

FIRST HALF WRAP UP:

The members and the executive are doing an exceptional job from my stand point at this time but we need your help in the second half. We can all help out from the sidelines by keeping your membership stats up-to-date and by signing up a few new members. Let's go team – We Can Do It!

We can all help out from the sidelines by keeping your membership stats up-to-date and by signing up a few new members.



COSMOPOLITAN DIABETES FOUNDATION

Working with You to Defeat Diabetes



Melvina
Newman
CDF Chair

Acting
Collectively we
can achieve
significantly
greater
results than
by operating
individually.

Purpose:

For many years the Cosmopolitan International board recognized the need for a vehicle to fund the charitable efforts of its members which would allow U.S. taxpayers to take an income tax deduction for their Cosmo related charitable contributions. Most U.S. clubs operate under the CI umbrella, hence a tax deduction is not available to members for charitable contributions to clubs or to CI. To satisfy this need, your Foundation was incorporated in Maryland on December 6, 1976 as Cosmopolitan International Foundation, Inc. On March 30, 1977, it was recognized by the Internal Revenue Service, for an advanced ruling period, as a charitable organization under IRS Code Section 501c(3), so that contributions would be eligible as income tax deductions under the IRS code. The first contributions were accepted at the International Convention in Norfolk, Virginia in July of 1977. On December 12, 1979, at the end of the advance ruling period, its exempt status was made permanent. In April of 1980, in order to emphasize our primary efforts to detect and defeat diabetes, the name was changed to Cosmopolitan Diabetes Foundation, Inc.

Process:

As a 501c(3) organization, any donations made to the Foundation are tax deductible. Contributions received by CDF are earmarked to the designated fund of your choice and are then safely invested. CDF is administered by a Board of Directors of seven Cosmopolitan members. (Board members were listed in the Fall 2014 *CosmoTopics* and are reflected on the CI website). This CDF Board of Directors monitors the funds and investments until such time as they are disbursed in the form of grants.

Giving Plans:

As we close 2014, the CDF wishes to let everyone know how thankful CDF is for your generous contributions in the past. Through your efforts, the CDF continues to support CI operations and organizations that battle diabetes. We all receive many requests for donations, and CDF would like you to consider Cosmopolitan in those requests. Cosmopolitan clubs and individuals who contribute to our Beacons Fund means you are increasing the Beacons membership which also increases our equity. The Board then has the authority to make grants from equity after setting aside a reasonable operating reserve.

You are able to fulfill a Beacon pledge in several ways: To the Beacons Fund, to the Discovery

Fund, or to a Donor Designated Fund. The **Beacons Fund** was adopted at the International Convention in San Antonio, Texas, in 1979. The principal of the Beacons Fund is safely invested and cannot be invaded. Interest earned by this Fund is used to defray current operating expenses and may be used for grant requests. Designation to the **Discovery Fund** is the "a dollar in = a dollar out" strategy which enables CDF to make grants for diabetes related projects. No portion of the Discovery Funds will be used for administrative or other costs of operating the Foundation. **Donor Designated Funds** have been created to allow Beacons to contribute to a specific organization or charity for which a fund has been established and still get credit towards their Beacon's pledge.

Other funds:

From time to time Cosmopolitan International adopts specific projects. Your Foundation acts as the recipient and forwarder of the contributions to these projects. Remember, acting collectively we can achieve significantly greater results than by operating individually.

In the Fall Issue of *CosmoTopics*, a list was provided of the grants given during the past year. It is so gratifying to hear of how much those receiving a grant do appreciate the support. A couple examples of responses are: "...Wonderful news, thank you! Please send our appreciation to the committee. We promise to put it to good use!" and another response "... thank the Cosmopolitan Diabetes Foundation for the gift... We will put these funds to good use to operate the Mobile Diabetes Center and to educate people who have diabetes."

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

PLEASE NOTE!

CDF Official Mailing Address

All donation checks should be made payable to:

Cosmopolitan Diabetes Foundation or CDF

And mailed to new mailing address for CDF:

**420 Financial Court, Ste 124
Rockford, Illinois 61107**

Thanks for noting this new CDF mailing address.

Bricks and Mortar: Update on the Former CI Headquarters Building and Bricks

As we go to print, the former headquarters building is in the process of being sold to the current tenant, Monogram Shop, LLC. In preparation for rental of the building last Fall, the building committee was asked to get the building emptied out and ready for the new tenant. Since this was not something I could do alone, I sent out cries for assistance, and as usual Cosmopolitan clubs jumped at the opportunity.

When it came time to get things packed and loaded up to send to Tracy at the new headquarters in Lancaster, Pennsylvania, the Emerald City gang joined several from the River City club to assist in packing boxes and cleaning the building. We spent a couple of days getting stuff ready for the movers to pick up and then did a final cleaning of the building. Many thanks go out to these two clubs for their help.

The next task at hand was to get the memorial bricks picked up, and replaced. Once again we put out a call for assistance, and again our Cosmo friends stepped up. The Heartland club put together a group of folks that had experience with these bricks in the past (they were the ones that had actually installed many of them), then there were a couple of folks from the River City Club once again that brought the decorative rocks for a little landscape change around the building. And last but not

least, we had a group from the Columbia clubs bring pick-up trucks to haul the bricks back to Columbia for installation at the Cosmo Park pavilion there. The only issue with all of this is that the new Pavilion hasn't been built just yet, so we are storing the bricks at the Columbia Cosmo Bingo Hall until the parks department is ready for them. The good part of this storage is that there is no charge for this part of the task. Thanks Columbia Cosmos, You Rock!!!

Last but not least, there are a few bricks needing to be returned to folks that have asked for them. Just so you know, we found the majority of them and at this point I have them in my garage. I have been working on cleaning them up a little prior to figuring out what happens next. Washing the mud and sand off has been my project here recently. I also have to get a few bricks ready for shipment back to their original owners. Thankfully we have come up with a plan that will save several clubs money on mailing bricks back. I have asked and been given the go-ahead from clubs wanting all their bricks to bring the bricks to the International Convention next summer in Omaha. This way none of us have to pay for the shipping of the bricks.

Again, I just want to send out a BIG THANK YOU to all my Cosmo volunteers for helping us get this daunting task completed in timely manner. It's Great to Be A Cosmo!



Gary Bartlett
Building Chairman



Once again
we put out
a call for
assistance,
and again
our Cosmo
friends
stepped up.

CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

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

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

Major Cosmopolitan Diabetes Center/Program

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

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

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive, Columbia, MO 65212
B 573.882.2273

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

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

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

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

CORNBELT DIABETES CONNECTION, INC.

9905 South 173rd Circle, Omaha, NE 68136
H 402-895-6732, C 402-290-3471
Terry Sanford, Chair
tsanford77@cox.net

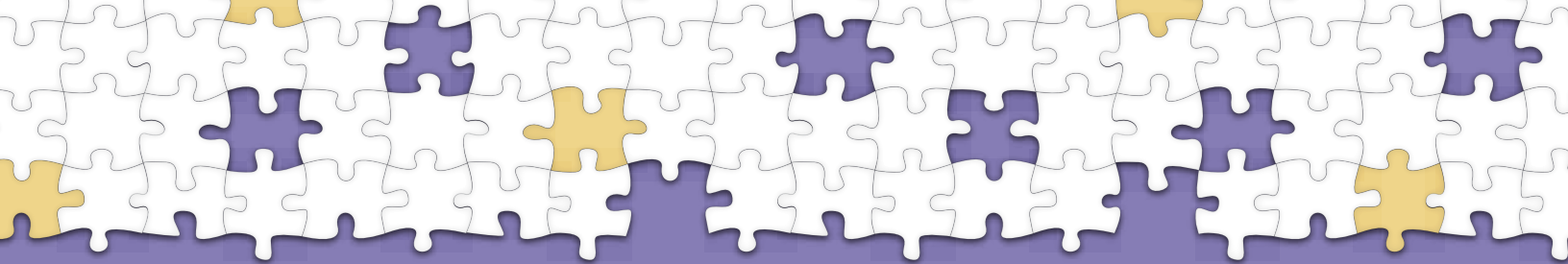
HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

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

DIABETES INCORPORATED

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





Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.

28 34th Street E, Saskatoon, SK S7K 3&2 CANADA

Peter Gerrard, Director

B 306.664.3158

SPECIAL LEARNING CENTER

1115 Fairgrounds Rd. Jefferson City, MO 65109

B 573.634.3070

Debbie Hamler, Executive Director

dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Program

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

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

ELGIN COSMOPOLITAN CLUB DIABETES

EMERGENCY RESCUE FUND

Social Service Department, Sherman Hospital

934 Center Street, Elgin, IL 60120

B 847.742.9800

PROVENA MERCY

MEDICAL CENTER

Center For Diabetes Wellness

1325 N. Highland Avenue, Aurora, IL 60506

Maria Aurora Diaz, Clinical Director

B 630.801.5756

SETBAID 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.setbaidservices.org

info@setbaidservices.org

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300



Out & About

Eastern Virginia Medical School/Strelitz Diabetes Center Honors Capital Federation

By Capital Federation Governor, Chuck Cenker

Members of the Norfolk Cosmopolitan Club, Capital Federation Governor Chuck Cenker and wife Marilyn, and Laurie Harrison of the Eastern Virginia Medical School (EVMS)/ Strelitz Diabetes Center (back row, far right), attend the Ruby Red Celebration at Eastern Virginia Medical School's 40th anniversary, Wednesday, November 19, 2014.

EVMS celebrated its 40th anniversary by honoring the support of forward-thinking community leaders for their generosity. On behalf of EVMS, Richard V. Homan, MD, President and Provost, Dean of Medicine; and R. Bruce Bradley, EVMS Foundation Board of Trustees recognized its 2014 Honorees. The Capital Federation of Cosmopolitan International was honored as the "Outstanding Third-Party Fundraiser."

As Dr. Homan stated, "Because of you, EVMS has earned a national reputation in fields like diabetes research, yet with the singular focus of safeguarding the health of your family, friends and neighbors." Homan continued, "So this is a celebration not of EVMS, but of you. It is only through your steadfast belief in us that we have become – and will remain – the cornerstone of our community's health care."



While at the Strelitz Diabetes Center, visiting with Jerry L. Nadler, MD, Director of EVMS Strelitz Diabetes Center and Aaron I. Vinik, Director of Research, I was pleased to learn that there is a major focus on the treatment and prevention of nerve damage that can afflict diabetes patients. Researchers are finding new ways to protect patients against the damaging complications of neuropathy, which affects the nerves in extremities. Neuropathy can rob a patient of feeling in the hands and feet and in some cases can lead to amputation. Dr. Vinik's work in detecting and fighting nerve damage is helping thousands maintain their quality of life.

Researchers also are addressing the phenomenon of falling that affects one (1) of three (3) people over age 65 who suffer from diabetes. Additional studies are being conducted on how diabetes harms the cardiovascular system and how these complications can be prevented.

Education initiatives at the Strelitz Diabetes Center empower patients with the information to manage the condition in a way that lets them live to the fullest while staving off life-threatening complications.

Cosmopolitan International, the Cosmopolitan Diabetes Foundation and the Capital Federation certainly should be proud of the partnership we have established over these past years with EVMS Strelitz Diabetes Center.

These are just a few out of a range of items that you helped support this past year. You are the lifeblood of EVMS. You supply caring, you supply compassion, and you give from your heart every day. Thank you for being committed to finding a cure for diabetes and improving the quality of life for patients with diabetes. Thanks to Cosmopolitans for the support of EVMS Strelitz Diabetes Center this past year! Because of you, EVMS was able to:

- a) provide diabetes test during twenty seven (27) community-based health screenings;
- b) take a leadership role at the annual Remote Area Medical (RAM) Program in Wise, VA, to provide health care to underserved individuals in southwest Virginia;
- c) continue to be the leader in diabetes evaluation and care; and
- d) add endocrinology fellows to its complement of world-renowned physicians.

EVMS

Eastern Virginia Medical School

Columbia Show-Me Celebrates with Walktoberfest

By Judy Weitkemper

Columbia's Show-Me Cosmopolitan Club held its ninth annual Walktoberfest for Diabetes and first 5K run/walk on Sunday, October 26, at Cosmo Park. The theme for the day was "Superheroes Unite to Fight Diabetes," and approximately 80 people were at the park to participate. Many were dressed as their favorite superhero.

We kicked off the day by welcoming everyone and thanking our sponsors. Soon after, some of the volunteer students from the University of Missouri led everyone in some pre walk/run stretches. A special thanks to the students for all their help at the park; we couldn't have done it without them!

While everyone was out on the walk/run, those remaining at the shelter were busy grilling hot dogs and getting everything ready for

the party after the event. All of the food and beverages were donated by Cosmo members, and several businesses donated prizes for the 5K participants. There were enough prizes that everyone who participated received something.

The male winner of the 5K was Samuel Wright and the female winner was Krystle Blunk Wattenbarger. Each received a basket filled with everything a runner could possibly use.

The weather was beautiful, and everyone had a lot of fun, vowing to be back next year with more people. The most important outcome, however, was that we raised more than \$8,000. The proceeds from the event will go to our local Cosmopolitan Diabetes Center to help those in our mid-Missouri area.



Saskatoon Couples Looks Forward to 21st Anniversary

By Kay Fey

The Cosmopolitan Couples Club of Saskatoon, which is part of the Western Canada Federation, will celebrate the 21st anniversary of its charter on March 14, 2015. On that charter day in 1994, there were 24 new members in attendance who became part of the Cosmopolitan family. The Couples club was part of a new wave at that time – women being equal and voting members of Cosmopolitan International.

In 1994, we became the fifth Cosmopolitan club in Saskatoon. Today, there are two clubs – the Cosmopolitan Yellowhead and the Couples club. Many amazing initiatives and programs were developed by these former clubs and we, as the Couples club, continue to honor and support their contributions to our city.

We are very much a “hands on” club, offering and giving of our time and energy. Annually, we Spring clean Cosmopolitan Park. We have built playhouses to raffle, built a garden shed at a Franciscan Forest Retreat, and chopped wood for a camp. For eight

years we have rung bells for the Salvation Army Kettle Campaign. For the past two years, we have helped pack Christmas gifts for elementary school children as part of the TLC (Tender Loving Care) for Children at Home” program. In 2014, we put together 275 gift bags.

The members of our club embrace the motto of “the club that fights diabetes.” Many are members of the Northern Beacon program, and some are at the sixth level of giving. We are a Hands Across the Border club, and three of our members have partnered with their American counterparts as members of the individual Hands Across the Border program.

As part of the Western Canada Federation, we were thrilled to be part of a recent \$100,000 grant initiative that studies the effect of fitness on teenagers with diabetes. And as our 21st anniversary draws near, the Couples club look forward to many more years of giving as the club that fights diabetes.

Rockford Gets “On the Bus”

By Chris Janke

The Rockford Cosmopolitan Club was honored to receive the “On the Bus” award from Crusader Community Health during their 42nd Annual “Evening of Caring” event on October 17, 2014. This award recognizes our club’s 20-year partnership with Crusader Community Health. We established the Crusader/Cosmopolitan Diabetes Program in 1994 which benefits Crusader’s 4,100 diabetic patients. The Rockford Cosmopolitan Club has donated nearly \$450,000 to Crusader during our 20-year partnership. As I shared during my acceptance on the club’s behalf, “It is a great honor for the club to be presented this award. This award represents health care to so many in the community that otherwise would not be served. The club values the work of Crusader Clinic and looks forward to another 20 years of partnership.”

In 2007, Cosmopolitan International recognized Crusader as one of its five major Cosmopolitan Diabetes Center Programs. Crusader is a Federally Qualified Health Center, and each year, more than 47,000 individuals receive top-quality medical and dental care. Many of these individuals might otherwise have little or no access to any healthcare. Rockford area residents from all walks of life choose Crusader as their partner in healthcare services.

The Rockford Cosmopolitan Club’s efforts in the community were recognized further as we were named one of the five finalists for the Rockford Register Star’s Excelsior award. This prestigious award which began in 1979 is presented each year to one local organization

whose work has had a positive effect on the lives of our local citizens. Although we did not win this award on December 4th, we were honored to be named a finalist for the first time and are determined to continue the hard work that lead to our nomination.

The Rockford Cosmopolitan Club’s next task will be working on our Spring initiative of accepting grant requests and determining the local organizations that will receive Cosmo grants in April 2015. Last year we were able to give grants to nearly 25 local charities.



Rockford club members receive “On the Bus” award from Crusader Community Health

Omaha I-80 Cosmopolitan Club: The Year of the Member

By Scott Knudsen

I-80 Cosmos... The year of the member. Focus on the current member and membership growth will follow. Make it fun, sometimes downright silly and the member will keep coming back and be motivated to share the experience with friends. I-80 Cosmos has added 5 new members since July 1.

Raising diabetes awareness and funding the research remain as our core mission. It is serious work, and I-80 takes it seriously; however, there is much fun to be had along the way.

Nonconforming consistency keeps the “we can’t do that, cause we’ve never done it before” member pacified yet allows adequate wiggle room to tantalize the more adventuresome, less conservative members.

At a recent breakfast meeting in mock celebration of the 59th anniversary of the first showing of TV’s Mickey Mouse Club, members were asked to name their favorite Mouseketeer during the self-introductions which happen each week immediately following the prayer which always occurs directly after the opening bell and a booming Good Morning Cosmos! The consistency is the order in which we do things. The nonconforming part is the fun we add to the process. The guest speaker that morning was World Herald columnist Mike Kelly who included us in his Saturday column with a shared headline, a mention of our serious cause of fund raising for diabetes research, and a comical review of our frivolity including the singing of the show’s theme song and a couple of us wearing Mickey Mouse ears.

We are all creatures of habit. Continuity is established by opening the meeting every Friday morning at precisely 7am and adjourning at exactly 8am at the same location with the same sequence of events. Attendance is usually about 40 members, and as one member so

elegantly stated, “It actually gets your weekend launched early, on a high note, with lots of laughter and camaraderie.”

Build it and they will come. Do it the same way every week and the habit is created. Create a fun, energetic, challenging environment for your current members and it becomes natural for them to want to share the experience with their friends. On national “Talk Like a Pirate Day,” well, you guessed it...self-intros required members to talk like a pirate, Aarrh Matey!

Each month for those of us that struggle with 7am meetings we have our “Bring-A-Guest” (B.A.G.) Lunch, always on the first Wednesday. We all understand you need to keep recruiting new members to keep your club vibrant and active. Schedule a variety of projects and social events. Include sporting events, wine tasting and holiday parties, fundraisers and community support projects. Ring the bell for the Salvation Army or staff the water station during the Walk for the Cure. At I-80 attendance is not required, it is rewarded.

Invite younger people to join the fun. Implement the Drop a Decade (D.A.D.) program. If you are 60 years old you probably have limited influence on a 30-year-old. However, there is a very good chance your sphere of influence includes many 50-year-old potential members that look up to you and would be honored to belong to “your” service club. Then, the 50-year-old will approach his 40-year-old friends, and before you know it, you have a young vibrant club with new ideas and activities to fit all life stages.

I-80 Cosmopolitan club is a fun way to start the weekend, make new friends, and share the wonderful experiences of life in the service of others.





UNRAVELING DIABETES RESEARCH

BY KATHY KRYSAK

Diabetes research is what unites us as an international community.

As part of the Cosmopolitan family, both Canada and United States members work tirelessly to raise funds for diabetes research. These funds, once requested and approved, end up in the hands of the researchers in the form of grants.

My question would then be, how do these researchers categorize the work they do? This question came to be because I, as chairman of the Diabetes and Research Committee, was asked to present an article for COSMOTopics based on diabetes research. Like everyone else who tries to dissect articles and journals, I found it challenging as to what to present. What interests me as an individual may not interest another. Some researchers want to dissect areas such as how obesity is related to diabetes while others want to know the effect of hypertension on diabetes.

To pick just one article was difficult in a sea of information. In the vast world of Internet, I “Googled” diabetes research and thousands of articles appeared. I then knew how a researcher feels. Where to begin?

In order to dissolve some of the mystery we need to focus on the word research. Research is vast and numerous. Researchers have made huge strides understanding the physiology, biochemistry, and genetics of diabetes. Topics are varied but the quest for the researchers remains the same - to improve the quality of life of people living with diabetes and to try and find a cure.

Researchers are divided in Canada by types of research. These types are described as pillars of a house, and each pillar of research interacts with the other. The Canadian Institute of Health research defines these categories in short form as follows:

Pillar 1 - Basic Biomedical Research; involves studying molecular, cells, and tissue to find out at the microscopic level how our bodies work in health and disease.

Pillar 2 - Clinical Research; the study of people/patients, taking the information and turning it into treatments, diagnostics, tests and cures.

Pillar 3 - Health Services Research; measuring how treatments are being delivered to the population and whether they are providing the promised benefits.

Pillar 4 - Population and Public Health; studying the health of whole populations and subgroups within the populations. The research topics are varied and complex. We hope by funding this research it will lead us to finding a cure for diabetes.

I then “Googled” research articles for diabetes funded by Cosmopolitan.

I suggest the following sites for articles of interest:

Cosmopolitan International special issue, <http://cosmopolitan.org/Portals/0/CosmoTopics/COSMOTopics%20Special%20Issue.pdf> and a Jonathon McGavock research study reported on at www.mich.ca/research/jonathan-mcgavock (Manitoba Institute of Child Health).

Canada and US clubs donate directly to diabetes. Data was collected in 2013/2014 as to exact amounts donated and spent on diabetes related projects on a per club basis and can be found on the Cosmopolitan website. Data soon will be collected from the clubs for the 2014/2015 year and submitted to the international governing board.

North of the border the Cosmopolitan Foundation Canada Inc. has just completed a \$125,000 commitment over five years to help fund the studentship of diabetes researchers at the University of Alberta in Edmonton, Alberta. These students do the testing for the researchers and are the researchers of tomorrow.

In conclusion, diabetes research goes on. With varied studies and findings we as an international community can be very proud that we contribute in a huge way to the research of today, and I am confident we will continue to do so into the future until a cure is found.

The CosmoTopics News

GET YOUR MESSAGE OUT!

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

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

Costs are as follows:

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

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

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

Due dates for 2014-2015 are March 15 for Spring edition and May 15 for Summer edition.

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

▲ Quarter page ad size

**YOUR AD
HERE**

▲ Eighth page ad size

**YOUR AD
HERE**

▲ Half page ad size

SAVE THE DATE!

July 23-25, 2015

2015 COSMOPOLITAN INTERNATIONAL CONVENTION

Ramada Plaza Hotel & Convention • 3321 S 72nd St, Omaha, NE, 68124 • Phone : 1-866-460-7456



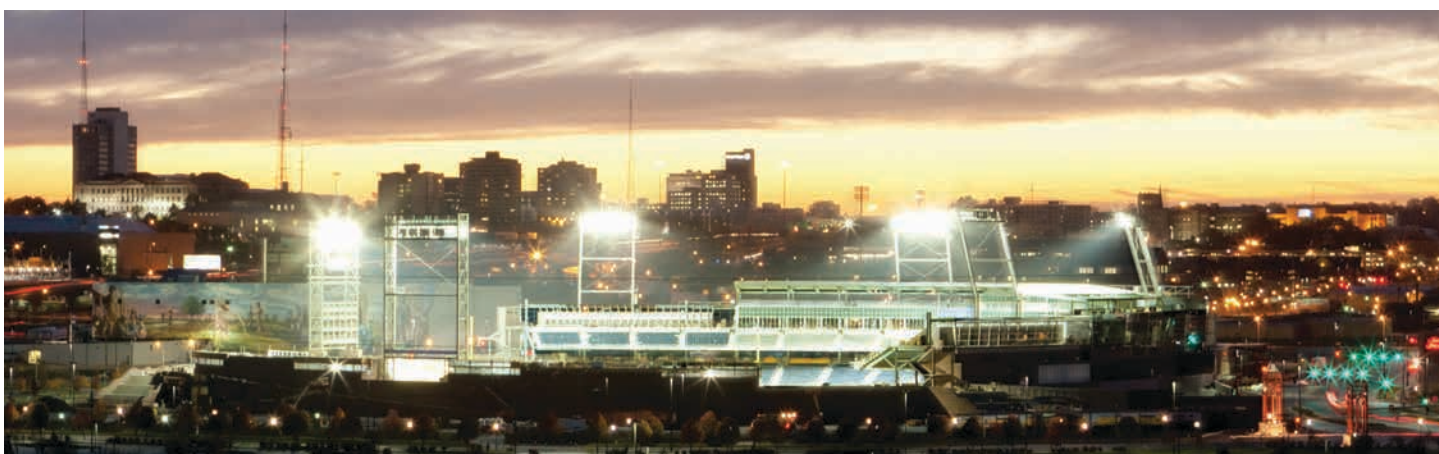
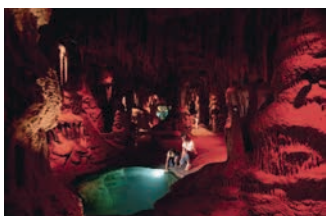
TOUR DE OMAHA • Three Fun-Filled Days!

EVENT HIGHLIGHTS:

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> • Registration • Casino Night 	<ul style="list-style-type: none"> • Registration • Opening Ceremonies • Luncheon • Friendship Dinner 	<ul style="list-style-type: none"> • Donation Luncheon • Zoo/ Air Museum Tour • Cosmopolitan Talent Show 	<ul style="list-style-type: none"> • Awards Luncheon • Presidents Banquet

Special Activities All Three Days For Non-Cosmo's

Henry Doorley Zoo • Strategic Air and Space Museum • Sights and Sounds of Omaha



PHOTOS COURTESY OF THE OMAHA CONVENTION & VISITORS BUREAU

WINTER 2015

In This Issue:

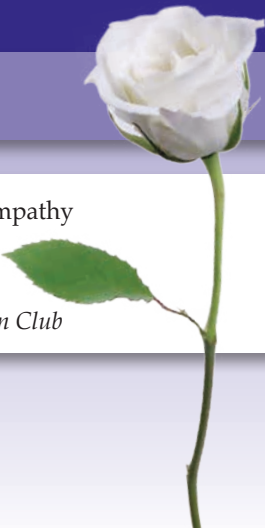
- 3 What's Up at Headquarters?, Tracy Miller
- 5 A Cow on Ice, Jim Preston
- 6 Membership: Our Lifeblood, Ed Ficenec
- 7 Half-Time Report, John Krysak
- 8 Working with You to Defeat Diabetes, Melvina Newman
- 9 Update on the Former CI Headquarters Building and Bricks, Gary Bartlett
- 10 Categories of Recognized Programs
- 12 Out and About
- 16 Unraveling Diabetes Research, Kathy Krysak
- 17 Get Your Message Out!
- 18 2015 International Convention
- 20 In Memoriam

COSMOTOPICS

In Memoriam

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

- **Joe May** – *St. Albert Cosmopolitan Club*
- **Barry Collins** – *Saskatoon Couples Cosmopolitan Club*



COSMOTOPICS
PO Box 7351
Lancaster, PA 17604

NON-PROFIT
ORG.
U.S. POSTAGE
PAID
Pontiac, IL
Permit # 592