



COSMOPOLITAN INTERNATIONAL

THE CLUB THAT FIGHTS DIABETES

Newsletter

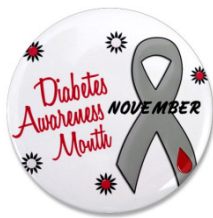
October 2016



Membership Message by John Keeley, International Vice President for Membership & New Clubs

Please bring a guest for fellowship to your next club function and repeat this two more times during the Cosmo year. One of your guests may already be involved in community service and cannot take on another commitment. That's okay because they understand that all of us are called by God to serve one another and will endorse and refer your club to others. Another guest may defer the invitation to join your club until sometime in the future. Your third guest has been waiting to be asked and you just did not realize this. They are ready to experience the fellowship and the personal fulfillment derived from working side-by-side with other like-minded Cosmo in our fight to find a cure for diabetes.

And remember, you can earn a \$100 gift card for sponsoring three new members in a calendar quarter. With the holidays quickly approaching, that is some serious cash incentive! Questions? Contact John Keeley, International V.P. Membership and New Clubs (keeleycosmo@gmail.com)



Diabetes Awareness Month is Coming! by Bob White, International Vice President for Marketing

As most Cosmo know, November is "Diabetes Awareness Month" – an opportunity for every club and individual to let the world know who we are, what we do and even why we do it! Do something(s) very public this month.

Consider some of these ideas:

- Ask your local mayor, city council person, etc. to publicly recognize Diabetes Awareness Month or recognize your Cosmopolitan Club for its contribution to the community, and make it very newsworthy.
- Have an important diabetes expert (physician, research specialist, dietician, community leader impacted by diabetes, etc.) make a presentation at your regular club meeting or other special event and invite the entire public (using PSAs or personal invitations), public officials, and other community bigwigs.
- Ask your local media (radio, TV, newspaper) to run special diabetes topics and make it easy for them by producing some of your own content. Most newspapers will run articles in their lifestyle sections if you write the article for them. Topics could cover – Who are the Cosmo, Are you at Risk, Prevention, Type-1 vs Type-2, Prediabetes, Gestational Diabetes, Thanksgiving

Recipes for Diabetics, Complications from Diabetes, Treatment & Care and whatever message you feel the need to impart.

- Have a special event and keep it simple, such as a “Dog Walk” to raise money for a Diabetes Alert Dog (D.A.D.), ask a liquor distributor to hold a beer or wine tasting and invite potential new members, visit a local endocrinology clinic and invite the media.

Most importantly: there are many other great ideas out there so share them with the rest of your Cosmo colleagues through your federation governor or all of our great governors!

- Art Brassard – adbrassard@skyvelocity.ca
- Russell Danstrom – rmdanstrom@hotmail.com
- Lavonne Hawking – Lavonnehawking@gmail.com
- Kelee Rasmussen – mikerz2857@hotmail.com
- Jim Schuh – gymshoe122064@gmail.com
- Judy Weitkemper – judyweitk@gmail.com

Do great things and let everyone know about it. No sense in keeping Cosmos a great secret!



There is Still Time to Get Involved

If you haven't yet signed up to serve on a Cosmopolitan committee for 2016-2017, there is still time to do so! The following committees need your help in order to be successful. Consider joining a committee and helping to make a real impact in the future of Cosmopolitan. Contact ED Tracy at headquarters@cosmopolitan.org or 717-295-7142 to sign up for more information.

Action Planning
Diabetes/Cause
Finance
IT/Website
Leadership
Marketing
Membership & New Clubs
International Conventions
Fundraising
PIPs Annual Review



Fall Board Teleconference Rescheduled

The Fall Board Teleconference has been rescheduled for Wednesday, November 9, 2016, 7 p.m. CT. Any Cosmo is always welcome to join in a board meeting, whether live or via teleconference. If you would like to join the call, contact ED Tracy at headquarters@cosmopolitan.org for call-in instructions.



Great Ideas from Council Bluffs

Cornbelt Governor Kellee Rasmussen sends a big shout-out to the Council Bluffs club for some great ideas that all clubs may consider using. The first idea is to hold a flu shot clinic at an upcoming club meeting. Contact your local healthcare provider or pharmacy to see if they will consider visiting your club to administer flu shots. Walgreens was happy to do so for Council Bluffs!

The second idea is to feature a brief bio with photo of new members in your club newsletter and provide the new member an opportunity to share a bit about him or herself at an upcoming club meeting. New members are vital for the growth of our clubs, so let's make them feel welcome! Kudos Council Bluffs!



Hats Off!

Hats off to Midstates Governor LaVonne Hawking, who recently sponsored three new Cosmo members in one quarter, thus earning a \$100 gift card! In fact, this is the second time LaVonne has achieved this noteworthy goal. You, too, can earn a gift card! Watch for LaVonne's tips on recruitment in the Winter edition of COSMOTopics.



Special Delivery...

Clubs will be receiving two items this week from International President David House...

1. A thumb drive (USB data stick) with 5 videos on it that can be used at many types of club activities
2. A listing of Bricks associated with your club (if there are any). We need additional information on the members listed on this form.

Please take the time to provide an update on the bricks form (if one is included in your packet). And use the videos on the data stick to promote your club and our organization.

And in honor of the upcoming US presidential election...



"Democracy is worth dying for because it is the most deeply honorable form of government ever devised by man."

--Ronald Reagan, 40th President of the United States of America

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