



COSMOTOPICS

A publication of Cosmopolitan International – *The Club That Fights Diabetes*

Fall 2005 Vol. 66 No. 1



Meet Our New International President Kevin Harmon

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COSMPOLITAN 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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Meet the Harmons

International President Kevin Harmon and First Lady Cindy Harmon

Tell us about your family.

Cindy and I are the proud parents of two girls, Erin, 24, and Melissa, 20 and recently celebrated our 28th wedding anniversary. We both grew up in Leavenworth, Kansas and moved to Lawrence when I attended Kansas University.

Why is the fight against diabetes important to you?

When we started with Cosmo we knew little about diabetes. Both our families and extended families have a history with the disease, as do way too many families. We are proud that we are part of the fight to cure this disease. When we have visited our diabetes centers and programs and see the work that is being done we have been amazed.

What are the biggest challenges facing Cosmopolitan?

As I look at the current state of affairs of Cosmopolitan the one burning issue is that we are the best club that no-one has ever heard of. An over simplification? Yes. But when we let people know who we are and what we do, how could they not want to join us? Solve this issue and membership, fiscal responsibility and every other major problem facing our organization is gone. We will focus on creating a variety of tools to enhance our image.



Why did you join Cosmopolitan International?

We were lucky enough to be asked to attend one of the first organizational meetings of the River City Cosmo Club. We knew nothing about Cosmo, a condition that still haunts many of our clubs, but joined on the first visit and became charter members. We looked at joining as an opportunity to spend some time with current friends as well as a good way to make some new friends.

What has the Lawrence River City Club meant to you?

Both Cindy and I have found our very closest and dearest friends through the River City Club. We look forward to meetings and projects because we enjoy being with the members of the club. Professionally, the club opened up doors in Lawrence simply because with three Cosmo clubs locally there is or was a Cosmo among the leaders of most businesses in town.

Where do you envision Cosmopolitan International 10 years from now?

Cosmopolitan will gain new strength and vigor in the coming years. Membership interest in service organizations is becoming renewed and Cosmo is positioned to capture that interest. We have a lot of work to do, but we have the people to do it and a "Recipe for Success" is solidly in place.

Breaking News ... Hurricane Katrina Relief

Many of you have inquired as to the status of members of the New Orleans Club as a result of Hurricane Katrina. At the time of this publication, we are unable to establish contact with those Cosmos, but we will provide an update via the website (www.cosmopolitan.org) when phone service has been restored.

In response to the devastation of loss of lives and property throughout the Gulf Coast region, a fund has been established through the Cosmopolitan Diabetes Foundation. Donations made to this fund will go directly to assist those Cosmos in need from the New Orleans Club.



Regina Recap

BARBARA JOHNSON
Executive Director

Thanks to the dedicated efforts of Convention Co-chairs Brian Leipert and Myrna Pollon, along with the assistance of many, many members of the Western Canada Federation, the 79th Annual Convention of Cosmopolitan International went off without a hitch.

Beautiful weather, plenty of good food and fellowship, informational meetings and workshops added up to a great time in the lovely city of Regina.

Previous convention attendees may have noticed some changes to the traditional format of the delegates meetings. The first delegates meeting was devoted to a “state of the organization” address (*available online at www.cosmopolitan.org*), provided by 2004-05 International President Derry Anderson. Reports from other officers, committees, and diabetes projects were deferred to workshops and board meetings. Streamlining the meetings afforded the delegates an opportunity to discuss the direction of the organization without time constraints.

The key issue confronting the delegates was the question of balancing the budget and funding the Director of Membership Development position (*see related article on page 5 of this issue*).

A summary of the action taken by the Board of Directors and the delegates appears below. Complete minutes may be obtained upon request from Headquarters.

The Delegates:

1. **Approved** an amendment to the Cosmopolitan International Bylaws to allow for utilizing funds from the Restricted Reserve Account for balancing the budget.
2. **Directed** the board to explore a long-term solution to fund membership development and club building based on club fundraising income.
3. **Defeated** a proposed \$14.00 annual dues increase.



4. **Elected** Bob Williams to the office of International President-elect; Jim Smith to the office of International Vice President for Finance and Marketing; and Tom Gustafson to the office of International Vice President for Membership and New Clubs.

The Board of Directors:

1. **Approved** the proposal of the Sioux Falls Noon Club to host the 2008 International Convention in Colorado Springs, to be chaired by Derry and Sheila Anderson.
2. **Formed** an International Convention Standing Committee and approved a revision to the Cosmopolitan International Board Policies defining the process of planning future International conventions.
3. **Elected** Jim Walker as the At-Large representative to the Cosmopolitan Diabetes Foundation Board.
4. **Conducted** a round table discussion with the federation governors regarding the challenges facing their federations as well as the successes enjoyed during this past year.



It's Time to Invest in Ourselves

JIM McVAY
International Judge Advocate

Several years ago, we members of Cosmopolitan decided to pursue a different strategy to assist in our membership efforts. We contemplated hiring a Director of Membership Development who would be responsible for developing and implementing a comprehensive plan to market Cosmopolitan and, in doing so, increase our overall membership. One of the primary concerns was the ability of our organization to pay this person's salary.

At the recent International Convention in Regina, after much discussion, the delegates voted to adopt an amendment to our bylaws which allows the Board of Cosmopolitan International to balance the budget and pay the salary of this Director of Membership Development using monies in the "Restricted Reserve" account. This restricted reserve account may be thought of as a savings account in which money has been held untouched over time to be accessed only in extraordinary circumstances. The consensus was that those extraordinary circumstances are now upon us.

Although the bylaw amendment was approved, a number of delegates quite properly pointed out that they were inclined to vote for the amendment, but did not at all like the idea of using our savings to pay salaries. This discomfort is understandable and warranted.

As individuals trying to manage our own household finances, we often hear experts tell us of the wisdom of setting aside funds for emergency situations. Of course, the thought is that we wouldn't use our

savings to pay our regular monthly expenses, whether it be the mortgage, the electric bill or the car payment. The same rationale can be applied to Cosmopolitan International.

The problem is that at present we are very limited in the options available to us to obtain the funds to pay the salary of the Director of Membership Development. Other than using money held in the Restricted Reserve account, the choices are as follows:

Increase Membership – it is obvious that the more members we have the more revenue International receives through dues. However, in the past ten years, we have been unable to "Stop the Drop" despite significant efforts by a number of our members. The argument then becomes circular – we need an increase in membership to pay for a Director of Membership Development and we need a Director of Membership Development to increase membership. In the short term at least, the solution lies elsewhere.

Charitable Contributions – we could also appeal to the Cosmopolitan Diabetes Foundation (CDF) or to our individual membership for a contribution to help offset the salary of the Director of Membership Development. Of course, the obvious problem with this approach is that it offers little, if any, certainty in the long run. It seems imprudent to base a budget on income that is speculative at best.

Raise Dues – until our membership increases, it would fall to existing members to fund the salary and expenses of the Director of

Membership Development. Such an increase would amount to approximately \$15.00 per member per year or \$1.25 per month. Although a dues increase was presented to the delegates in 2004 at the convention held in Branson, Missouri, it was not approved at that time. This issue will be considered again at the 2006 Convention in Rockford.

Regardless of what options or combination of options we decide to pursue, the fact remains that Cosmopolitan International and we, as its members, have to shift our focus. In the past, we have always made it our priority to raise money for the various charitable causes we happen to be interested in at the time, be it IN-GAP, the Valerie Millar Project, the Columbia Diabetes Center, or our local projects. We are at the point where the financial health of our own organization needs to take precedence. I encourage everyone to think about the issues before us, discuss these topics at your next club meeting, and consider whether you, your club, or your federation would consider making a donation to help insure the financial well-being of Cosmopolitan. But, most importantly, get involved, voice an opinion, and take an interest in the future of Cosmopolitan International. You are invited to contact any international officer or send a letter to the editor for *CosmoTopics*. We welcome your input.

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish."

~ President John Quincy Adams



A Strong Foundation

TOM GUSTAFSON

Vice President for Membership and New Clubs

Some of you may be aware that my wife, Deanne and I are in the process of building a new home. With the addition of our daughter Amanda last year, and our ever-rambunctious two-year old son, Ryan, we simply needed room to grow. Building a house is a lot like building an organization. Both require a solid foundation. For Cosmopolitan International, that foundation is members. Without members, our organization will not stand.

Last month, at the International Convention in Regina, we spent quite a bit of time discussing the importance of membership growth. The attendance by nearly 75 members for an early 8:00 a.m. seminar clearly indicated our membership's concern about our membership levels.

If we can take one important point from the convention – our membership requires a clear, well-planned effort! Many of you put endless hours into your fundraising and social events to ensure their success. Why would we expect success in our membership growth with any less effort? Membership growth does not just happen – it's a result of Cosmos planning events specific to membership and willing them to be successful. We spoke of the monies this organization has raised over the last 10 years – nearly \$150,000,000 (for those of you that attended the convention), and over \$3,000,000 for everyone else. A successful membership campaign would require a fraction of the effort required to raise these types of monies. But we must have a plan and then execute it! So plan your membership event now and grow your club.

The excitement level at convention consumed all of us – pass that excitement on to your Cosmos at the local level. Explain why membership events are critical to our organization and fun to hold. Once your club experiences the tremendous feeling from a successful membership event, you will see a new pride in your members. They will know that they are part of an organization that has a long list of great accomplishments that others should and will want to be a part of.

We have numerous clubs around CI that would love to share their success stories with you. Call Barbara or me if you need any names or help with your planning.

A number of clubs have already committed to holding membership events this fall:

- Aurora
- Bellevue
- Calgary
- Columbia Breakfast
- Columbia Luncheon
- Columbia Show-me
- Edmonton
- Omaha I-80
- Omaha USA
- Prince Albert
- Rapid City
- Lawrence River City
- Rockford
- Saskatoon Bridge City
- Saskatoon Couples
- Saskatoon Yellowhead
- Sioux Falls evening
- Sioux Falls noon
- Sturgeon Valley
- Wichita Downtown
- Winnipeg

If your club is not on the list, encourage your president to set a date. Or better yet, volunteer to chair the event yourself! A new brochure, *How to Hold a Successful Membership Event*, will walk you through the simple steps to ensure membership growth for your own club.

I am looking forward to hearing your success stories.





Convention Attendees Hear About Cosmopolitan's Impact on Diabetes

BOB WILLIAMS
Diabetes Committee Chairman

At our International Convention held in Regina, Saskatchewan this past July, a panel of diabetes experts discussed most, if not all, of the on-going programs supported by Cosmopolitans throughout the United States and Canada.

Panelists and programs included: Dick Brynston, Crusader Clinic Cosmopolitan Diabetes Program; Merl Duba, Cosmopolitan Pediatric Diabetes Center/Valerie Millar Network, Sioux Falls, SD; Gary Jurke, Canadian Programs; Elaine Rehmer, Cosmopolitan International Diabetes and Endocrinology Center, Columbia, Missouri; Ed Thompson, Cornbelt Diabetes Connection; and Bob Williams, Strelitz Diabetes Institutes.

With the possible exception of this author, this truly was an experts panel. Dick Brynston's overview of the Crusader Clinic was well received. Most notable was the fact that since 1994, \$184,948 has been raised to support the clinic.

Merl Duba followed with a presentation about the Valerie Millar Diabetes Outreach Network and the ongoing work in Sioux Falls to treat children with diabetes. He noted that Cosmopolitans have raised more than \$160,000 to support these efforts.

Elaine Rehmer talked at length about all of the good work at the Cosmopolitan International Diabetes and Endocrinology Center in Columbia, Missouri. She noted that the total number of patient visits had increased from approximately 8,100 in the fiscal year 2000/2001 to well over 15,000 in fiscal year 2004/2005. Cosmopolitan support now totals \$922,200.00 since 1976.

Ed Thompson briefed us on the Cornbelt Diabetes Connection, noting that the Cornbelt Federation has provided over \$350,000 to this program since its incep-

tion. He further noted that the Mobile Nursing Center now sees about 3,000 clients annually at 85-90 different sites.

I reminded everyone that the Strelitz Diabetes Institutes was founded with initial funding of \$1 million by Cosmopolitan International, of which nearly \$500,000 was raised by the Norfolk Club. As a result of the Norfolk Club's support, as well as others, over \$9,000,000 has been given to fund islet regeneration research at Strelitz. Additionally, the clinical care units at the Institutes see approximately 24,000 patients annually.

Aside from Canada, which we will talk more about in the next issue of *CosmoTopics*, since Cosmopolitan In-

ternational adopted diabetes as our major focus, we have raised over \$3 million in our fight to cure diabetes. The institutions and organizations we support treat or see over 42,000 clients and patients yearly.

INGAP

During the panel discussions, it was also reported that the Phase 2 trials have been completed with positive results regarding safety when given in large doses, and moderate success in demonstrating islet regeneration. Phase 3 trials will address the use of a more effective delivery method of the peptide using an insulin pump. More information on the Phase 3 Clinical Trials will be provided in the winter issue of *CosmoTopics*.

Since adopting the cause of defeating diabetes as our major international effort in 1977, Cosmopolitan members have raised over \$3 million in our fight to cure diabetes!

INGAP Contributions
We received \$74,544.82 in contributions during our international conference in Regina toward our \$750,000 commitment.
We're only \$56,270.61 short of meeting our goal!
Let's finish our commitment in Rockford!

2004-2005 International Award Recipients

Best Web Site Design	Capital Region, Capital Cindy Stone, Designer	45 Members Bill Pollon	Regina and Wascana Couples Clubs, Western Canada
Top Yearbook	Lawrence River City, Mo-Kan Deanna Hoss, Chairwoman	25 Year Member Anniversary	
Top Bulletin	Lawrence River City, Mo-Kan Helen Cox, Editor	Andy Anderson	Omaha Cornhuskers
Club Community Service	Jefferson City, Mo-Kan	Edwin Bolain	Wichita Downtown
Rebuilding Friendships		Dan Buck	Wichita Air Capital
Capital	Roanoke	Thomas Caron	Omaha I-80
Cornbelt	Grand Island	Kip Erickson	Fargo-Moorhead
Mid-States	Aurora, Elgin	Steven Fenske	Prince Albert
Mo-Kan	Lawrence Breakfast, Topeka	William Gehlsen	Rockford
North Central	Sioux Falls	Wade Griffith	Wichita Air Capital
Western Canada	Saskatoon Bridge City, St. Albert	Richard Kahler	Rapid City
		Thomas Lassandro, Jr.	Rockford
75th Anniversary Clubs		Woody Mahan	Council Bluffs
Calgary ~ Chartered March 1, 1930		Clyde McGeary	Capital Region
Edmonton ~ Chartered October 7, 1930		Duane Muck	Jefferson City
		Terry Murray	Wichita Downtown
Big "C" Award		Dennis Nelson	Topeka
Capital	Capital Region	Robert Pawlik	Saskatoon Bridge City
Cornbelt	Fremont, Three Rivers	Paul Phelan	Rapid City
Mid-States	Aurora, Elgin	Rodney Postle	Prince Albert
Mo-Kan	Columbia Luncheon, Lawrence River City	Milton Schreiner	Omaha Cornhuskers
North Central	Rapid City, Sioux Falls Noon	Robert Steinman	Columbia Breakfast
Western Canada	Edmonton, Sturgeon Valley	Thomas Stone	York & Capital Region
		Kevan Whitsitt	Columbia Luncheon
Medal of Merit		50-Year Member Anniversary	
Aurora Club	Frank Weiland, President	R. Keith Jobs	Grand Island
		Donald Johnson	Sioux Falls
Cosmopolitan Friendship Builder		Guy Kidwell	Lawrence Luncheon
10 Members		Bruce Lien	Rapid City
Bob Sutor	Edmonton Club, Western Canada	George Payne	Elizabeth City
Sam Bartow	Jefferson City Club, Mo-Kan	Norman Read	Prince Albert
Brad Eadeh	Southwestern Michigan, Mid-States	Edward Wurth	Omaha
Gary Christensen	Aurora Club, Mid-States		
15 Members		Membership Builder Award Ring	
Dick Kahler	Rapid City Club, North Central	Jim Walker	Sioux City and Three Rivers, Cornbelt
Lorne Wirth	Regina Capital Club, Western Canada	Brad Eadeh	Southeastern Michigan, Mid-States
20 Members		Club Builder Award	
Wayne Powell	Columbia Luncheon, Mo-Kan	Brad Eadeh	Southeastern Michigan, Mid-States
Jim Walker	Sioux City and Three Rivers, Cornbelt		
30 Members		Club President of the Year	Gary Peterson, Sioux Falls Noon Club
CeCe Benton	Columbia Show-Me Club, Mo-Kan	Governor of the Year	Walter Alm, Mid-States
		Cosmo of the Year Award	Larry Benton
		Cosmo Member	
		Community Service Award	Linda Johnson
		Patrick J. Hodgins Award	Jim Walker

Patrick J. Hodgins Award



Since joining Cosmopolitan International in 1992, **Jim Walker** has served as president of the Sioux City Club and currently serves as president of the Three Rivers Club. At the federation level, Jim served as Cornbelt Federation Governor in 1997-98 as well as serving on the Cornbelt Diabetes Connection board for 11 years. At the 2000 International Convention, Jim ran for International Vice President for Membership and New Clubs and this led him to ultimately serving as Inter-

national President in 2003-04. During his term as International President, Cosmopolitan International saw a positive membership increase and ended the fiscal year with a net profit. Since leaving International office, Jim has worked diligently to reinvigorate his local club, serving as club president, and building the club's membership from four members at the start of the year to 19 members as of June 30, 2005.

Governor of the Year



During his term as Mid-States Federation Governor, **Walter Alm**, led his federation to a successful membership increase, including the addition of one new club. And, if serving as governor didn't keep him busy enough, Walter has also served as president of the Elgin Cosmopolitan Club for the past

two years. This past spring, Walter chaired the club's second annual spring fundraiser "A Nostalgic Night of Non-Stop Rock 'n Roll Fun" which brought in a net profit of \$7,000. While serving on the International board, Walter was an active participant on the diabetes and membership committees.

Member Community Service Award



After retiring from teaching middle school and junior high schools for the past 37 years, Cosmopolitan Member Community Service Award Recipient **Linda Johnson** continues to serve her community. For the past four years, Linda has organized, trained and directed a free income tax service that serves over 250 people from the Omaha area each

year. She is also currently heading a \$50,000 fund drive to restore the historic pipe organ she played on at her local church for 25 years. During the Christmas season, Linda leads a non-denominational Victoria Christmas service that is part of the local historic area annual celebration. Linda also serves on the Omaha Cosmo Club's board of directors and as bulletin editor.

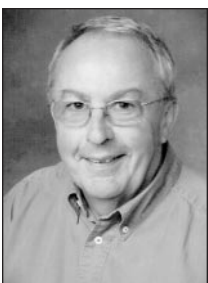
Cosmopolitan of the Year Award



Although **Larry Benton** is primarily recognized for his service as 1993-94 International President, the Cosmo of the Year Award recognizes a member's service only for the two years prior to the convention. During these last two years, Larry has worked tirelessly on club fundraisers, coordinating a successful three-club membership event, and

chairing the 2004 International Convention in Branson. In addition, Larry and his wife CeCe always have a "welcome mat" out for Cosmopolitans. They have hosted many Cosmo functions in their home including club meetings, socials, fundraisers, new member orientations, and even a pig roast.

Club President of the Year



In his nomination of **Gary Peterson** for the Club President of the Year Award, North Central Federation Governor John Gustafson summed it up like this: "Gary is the perfect fit for the criteria [of this award] with the characteristics of being a caring person, a great

leader, and being the Sioux Falls Noon club president who 'lit the fire' in that club and rebuilt sagging membership and brought new enthusiasm into the club's activities and projects."



Cosmopolitan Diabetes Foundation Annual Report

DEL OBERST
Cosmopolitan Diabetes Foundation Chairman

On behalf of the board and staff, I am pleased to report on the condition of the Cosmopolitan Diabetes Foundation for the 2004-2005 fiscal year, as well as some updates from the 2005 International Convention in Regina.

Contributions: Once again, Cosmopolitan clubs and members exhibited their generosity by contributing record-setting donations at the Beacons and Donations brunch. \$138,664.82 was donated to the following funds:

INGAP	\$74,544.82
Beacons	\$41,200.00
Discovery	\$1,250.00
Doors	\$19,050.00
Other	\$2,600.00

INGAP: Contributions to the Strelitz Diabetes Center through CDF to date are \$693,729.39. The total Cosmopolitan pledge to INGAP is \$750,000. Thanks to all who have supported this project. We strongly encourage everyone to continue their efforts to help Cosmopolitan International complete the pledge and make Cosmopolitan a part of finding a cure for diabetes.

Columbia Doors Program: As you may know, we started a Doors program to furnish additional rooms at Columbia Diabetes Center. The actual remodeling costs were funded by the University of Missouri. The cost to furnish the additional rooms is \$66,400. To date, we have commitments for eight doors for \$38,830. We have \$27,570 left to raise.

Discovery Fund: The Fall 2004 Combined Federal Campaign (CFC)

pledging is complete, with pledges of \$8,983.34. We will continue to receive further contributions against these pledges through February 2006. The fall 2003 CFC yielded total contributions of \$6,856.33, a decrease of \$2,632.53 from 2002. We are challenging each club to raise \$500 for the Discovery Fund to offset the decline in funds received from CFC. To date, the following clubs have accepted that challenge: Council Bluffs, Elgin, Fremont, Omaha I-80, Rockford and West Omaha.

Fiscal Report: As of June 30, 2005 the gross income of the Foundation was \$62,645. Expenses totaled \$55,746, which is an increase in equity of \$6,899.

Beacons: The CDF board is committed to the goal of raising two million dollars for the Beacons Fund. To date we have over one million dollars in commitments. We have one lighthouse finished and shining brightly and have the funds for the foundation to build the second lighthouse.

As of August 15, we have 1029 pledged Beacon memberships. At the 2005 Convention in Regina, we received two new Ruby pledges, one new Emerald pledge and seven new Regular Beacons pledges. Thank you! This is a great start to build on for 2005-06.

If you have already completed one Beacon, consider contributing to a second Beacon so that we can reach our goal of \$2 million in this endowment fund as soon as possible. As of June 30, the balance in the Beacons Fund totaled \$918,186.74, an increase

of over \$73,000 from the previous year.

Grants: The Cosmopolitan Diabetes Foundation Board approved the following grant requests at its recent meeting:

Camp Cosmo	
Diabetes Resident Camp	\$3,534
Crusader Clinic	\$6,122
Cornbelt Diabetes Connection	<u>\$4,544</u>
	\$14,200

Board of Directors: Dean Barry of the Mo-Kan Federation, Bill Kubat of the North Central Federation and Jim Walker as an At-Large member have been elected to replace Jerry Sigmund, Merl Duba and Richard Harrison who have each completed two consecutive terms on the board. The board thanks them for the time served on the Foundation Board.

It has been a pleasure to serve as chairman this past year.

New Beacons Pledges

Ruby	Dick and Bev Kahler Sioux Falls Club
Emerald Beacons	Derry and Sheila Anderson John Hanson Craig Heaton Steve Irwin Don McGinnitey James McNabb Joseph Palermo Jim Walker (3) Three Rivers Club

Beacon Totals

As of August 15, 2005

Diamond	5	Ruby	13
Emerald	25	Beacons	649

Cosmos in Action



Bethesda president Jack Meyerowitz presents three cases of Cosmo Bears to a representative of The Children's Inn at the National Institutes of Health. The Children's Inn provides free housing for children and their families while the children are being treated for cancer at the National Institutes of Health.

Tom Williams

Show-Me Cosmos Install New Board Members

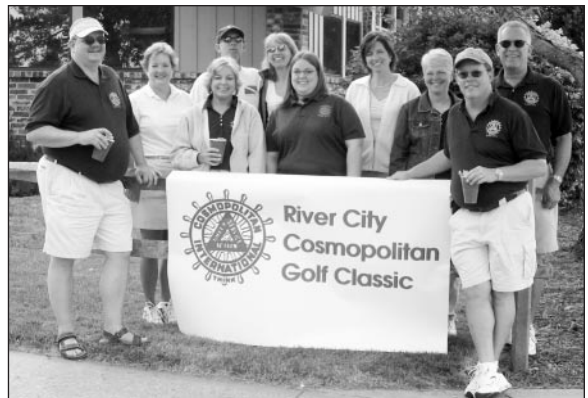


The Show-Me Cosmopolitan 2005-06 board members were installed July 7, 2005 by Mo-Kan Governor, Phil Hanson. Master of Ceremonies, Larry Benton, stands behind, admiring the happy bunch. Pictured in the front row are Rollin Thompson, President-Elect, and Ronda Benton, Parliamentarian. In the back row are: Janie Bakes, two-year board member; Judy Weitkemper, President; Lorna Baxter, Vice-President of Membership; John Kadlec, one-year board member; and Cheri Wise, two-year board member. The new board also includes Jan Goodson, Bill Goodson, Pat Luedders and Fran Koepke.

Tonya Benton

Lawrence River City Hosts Golf Classic

The Lawrence River City Cosmopolitan Club Diabetes Golf Classic was held on Friday, May 27th, at Alvamar Public Golf Course. The golf classic is the club's major fundraiser each year and the 2005 tournament marked the 10th anniversary of the event. This year's tournament attracted 124 golfers, a record number of club volunteers, and raised over \$12,000 to help in our fight against diabetes. Since the club's first golf tournament in 1996, a total of over \$82,000 has been raised by this very successful annual fundraiser!



Golf tournament workers, left to right: Gary Bartlett, Denise Johnson, Cindy Harmon, Robin Donahey, Nancy Donahey, Melissa Harmon, Leann Dickson, Susie Bartlett, Tommy Johnson and Jack Hohman.

Our golf tournament would not be successful without the wonderful support that we receive from our sponsors. This year a total of thirty-one sponsors contributed over \$8,000 in cash towards our tournament. In addition, over 30 prize sponsors contributed all of the great gifts and prizes for both the golfer goody bags and tournament raffle.

Thanks must also be given to all of the Lawrence River City Club's Golf Committee members who gave so much of their time and energy into securing donations, soliciting golfers, and planning and organizing this year's event. Those members include Gary Bartlett, Duane Dickson, Jim Durkin, Kevin and Cindy Harmon, Mike and Phyllis Hertling, Greg Hird, Jack and Pat Hohman, Tommy Johnson, Diana Klopfenstein, Ed Phlegar and Bud Stagg.

Tommy Johnson

Cosmos in Action

Downtown Wichita Club Shucks their Shirts!



L.C. Harmon, President of the Downtown Wichita Club, awakened from a deep sleep at 3:00 a.m. one morning with a plan to increase our membership. He divided our members into five teams

of 5 members, and ordered a different college shirt, such as K-State and KU for the respective teams. He even managed to have a company donate them. Each team had a coach. The way the plan worked was to require each team to wear their long team shirts to each meeting, until at least one of the team brought in a new member. If a member forgot to wear his shirt, he was fined \$1.00, along with his coach. Think how embarrassing it will be for the last team to "SHUCK YOUR SHIRT". After four weeks, we have six new members, and expecting several more, as two teams are still wearing their shirts. Mr. Harmon, I would say your dream has turned into a wonderful reality. Pleasant dreams! Do you think this could work for your club? It sure is working for ours!



Gene Kaup, Mo-Kan Governor



Western Canada Federation Midterm Bonspiel and Conference

October 21 - 23, 2005

The Prince Albert Cosmopolitan Club invites all curlers to come to the home of the first curling club in Saskatchewan for the fall meeting and bonspiel.

Curling will be held at the P. A. Golf and Curling Club, 22nd St. East and 10th Ave. The host hotel is the Travelodge at 2551 2nd Ave. West. To book a room call 306.764.6441 and ask for the Cosmopolitan rooms. The current price is \$75 per night, double occupancy.

Registration is \$115 per curler, and \$90 per non-curler. The first 16 teams registered will be accepted. Call early!



Registration Form

Team	Non-Curlers
Skip _____	1 _____
Third _____	2 _____
Second _____	3 _____
Lead _____	4 _____

Cosmopolitan Club _____

City _____

Register online at peet@inet2000.com, or mail registrations to:

Prince Albert Cosmopolitan Club
c/o Ken Peet
P. O. Box 181
Prince Albert, SK S6V 5R5

For more information, call Ken at 306.763.3910.

West Omaha Cosmos Hold 25th Annual Shrimp Feed



Roger Kadavy is the chief shrimp cook.

The West Omaha Cosmopolitan Club held its 25th Annual Shrimp Feed on June 6, 2005. This year, the event was held in a new location, the Anchor Inn, located just north of downtown Omaha on the Missouri River. The Shrimp Feed is one of two main fund-raising events the West O club sponsors.

For the second year, we had both luncheon and dinner service and we served nearly a thousand people. New this year, we got a lot of help from

students from Omaha Central High School who are members of the National Honor Society. These young folks did a marvelous job and took a big load off of the West O members. Still, most members put in a full day of work to make the feed a success, and a success it was – we netted a little over \$8,000. The money will be distributed among our charities, which include the Cornbelt Diabetes Connection, the Beacon's Fund, sponsoring a camper to Camp Floyd Rogers and other worthy causes.

Rich Owen

Main Street Cosmopolitan Club Hosts Boutique

The club will host a boutique Thursday Oct. 6, 2005, from 6 to 8 p.m. The boutique will be held at the Kollmeyers Building, at 4th and Main in Fremont, NE.

Our vendors include Pampered Chef, Mary Kay Cosmetics, Party Lite Candles, Purse's by Julie and Primitive Wood Creations. Kollmeyers sells gifts, treats, coffee and more. Also, the Rumor Mill coffee and sandwich shop will have drinks and food available. All vendors will be donating a percentage of their sales.

Dawn Clary



Cosmos Parade Through Aurora

Mary Hansen and Kenlyn Nash-Demeter represented the Cosmopolitan Club of Aurora in the city's annual 4th of July parade. Eleven other Cosmos and friends participated. It was the first time the club participated in the parade, but definitely won't be the last. They had a great response and received many cheers.

*Kenlyn Nash-Demeter
Special Events and Publicity Chair*

Fremont 100 Club Holds Golf Tournament

The Fremont 100 Club held their 12th Annual Golf Tournament on May 21st at the White Tail Golf Course in Fremont. 40 golfers helped make this a successful event, with profits of about \$3,000.

The club participated in the John C. Fremont Days in July, by holding a pancake feed on July 9th and 10th, and hosting the Cornbelt Diabetes Connection's mobile nursing unit.

The club is selling Nebraska Football raffle tickets. There are six games, and each ticket is \$10, or \$60 for the set. Each quarter pays \$100, and only 100 tickets for each game are sold. This has been a great fundraiser for our club. Please call Gail Nielsen, 402.727.4626, if you'd like information on how your club can run a similar fundraiser.

Gail Nielsen

Cosmos in Action

Columbia Luncheon Club Supports YouZeum



Columbia Luncheon Club President Andy Anderson, Glenn McElroy, Vice Chairman of YouZeum, and Jerry Sigmund.

The Columbia Luncheon Club presented a check for \$3,500 to Glenn McElroy, Vice Chairman of the new YouZeum, an interactive health sciences center. The YouZeum, scheduled to open in downtown Columbia in 2006, aims to educate visitors of all ages about recognizing healthy choices and risky behaviors. The new museum's website is www.youzeum.org.

Jerry Sigmund

Attention Government Employees and Military Personnel

Please support the fight against diabetes by designating the **Cosmopolitan Diabetes Foundation #1067** during the upcoming Fall 2005 Combined Federal Campaign (CFC). 100% of the funds contributed through this campaign are used to fund grants for diabetes related projects. In previous years, donations have been used to fund various projects, including diabetes education for patients as well as health care providers, scholarships to diabetes camps, and providing diabetes supplies for the underserved.

Thank you for your continued support in this important fight.

Sioux Falls Honors Member



Gary Peterson, Club President, John Gustafson, North Central Federation Governor, and Don Johnson.

Club member Don Johnson recently received a certificate for 50 years of membership in Cosmopolitan International. He has the second most tenure in the Sioux Falls Noon Club, and faithfully attends the weekly meetings, as well as participates in all club activities and projects.

Gary Peterson

Cosmo, Cosmo, Cosmo!



Shirley Collins, Past-President of the Cosmopolitan Couples Club of Saskatoon, presents the Club's annual donation to Peter Gerrard, Executive Director of Cosmopolitan Industries, at one of Cosmo's newspaper recycling depots. Cosmopolitan Industries provides opportunities and programs for 400 adults with intellectual disabilities. This very successful newspaper recycling program has 230 collection bins located at 90 depots throughout the city. Every bin bears the word COSMO in highly visible letters. The bin signs generate awesome goodwill for Cosmopolitan Industries and the Cosmopolitan Clubs in Saskatoon.

Barry Collins

Fargo-Moorhead Cosmos Help Local Charities

The five Fargo-Moorhead Hornbacher's Foods stores raised \$14,000 through their Cherries for Charity promotion, benefiting the Rape and Abuse Crisis Center of Fargo-Moorhead and the YWCA Shelter for Women and Children. The 23rd annual promotion was held June 29 to July 5.



Pictured from left to right: Dick Witt, Charity Chairman, Fargo Moorhead Cosmopolitan Club; Sheila Christensen, American Diabetes Association, and also a Cosmo; Jane Greminger, Assistant Director of Nokomis Childcare Center; Abby Gold, dietician, Family Health Care Center; Jody Patton, diabetes educator, Family Health Care Center; Cindy Christensen, American Red Cross; Trent Gerads, Boy Scouts of America; Gary Groberg, Churches United for the Homeless; Tracy Huebner, school nurse, Cass-Fargo Public Health; and Michael Rasmusson, President, Fargo-Moorhead Cosmopolitan Club.



The Columbia Cosmo clubs participated in the Columbia 4th of July parade. The parade had over 110 floats and marching bands. Cosmos enjoyed working together, riding the float and promoting the Cosmopolitan name.

Ronda Benton

In Memoriam

*Documented from
June 1, 2005 to
September 1, 2005*

Western Canada Federation

Roland Macknak
Regina Capital Club

Capital Federation

Norman Whitehurst
York Club

Cornbelt Federation

Richard Getzschman
Fremont Club

Edward Gralewski, Jr.
Bellevue-Big Elk Club

Mo-Kan Federation

Bernard L. Moffet
Johnson County Club

Kay Houser
Topeka Club

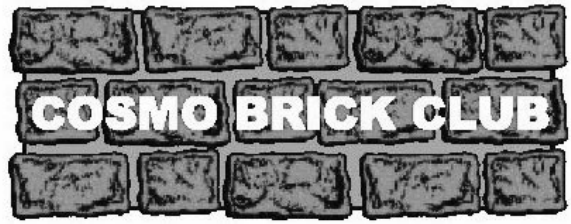
John L. Crum
Wichita Downtown

Hugh N. McClure, Jr.
Wichita Downtown Club

Cosmo Brick Club

Purchasing a brick to be placed in the brick courtyard at International Headquarters is a wonderful opportunity to honor your club president, federation governor and award recipients. Bricks have also been inscribed in memory of friends and loved ones.

To date, more than 350 engraved bricks have been placed in the courtyard of the historic turn-of-the-century headquarters building. To order your brick, please send your \$100 US check to headquarters with



your engraving and acknowledgment information. For more information, contact brenda@cosmopolitan.org.

Recent Courtyard Additions

In Memory of
Hugh N. McClure, Jr.
Downtown Wichita Club

In Honor of
Gus C. Bulleigh
Downtown Wichita

In Memory of Past
Pres. Tommy Manning
Elizabeth City, N.C.

In Memory of
Les Davitt
Oldest Cosmo

In Memory of Past
Pres. William Thomas
Elizabeth City, N.C.

In Memory of
Bob Curtis
Austin Club 1959-2005

In Memory of
Bernie Moffet
Johnson County Club
2005

In Memory of
Vernon James
Elizabeth City, N.C.

Love to Laura Ishman
Art and Lura Flynn's
Matchmaker

Cosmo Brick Club Order Form

To purchase a brick, return this form along with your \$100 check (U.S.) to International Headquarters.

ENGRAVING INFORMATION

(maximum of 3 lines, 21 characters or spaces per line)

ACKNOWLEDGEMENT INFORMATION

Name	
Street	
City	State/Prov. Zip/Postal
Telephone	E-mail

2005-2006 Cosmopolitan International Calendar

Federation Trustee Meetings and Conventions

Capital

October 15 Trustee Meeting Fredericksburg, VA
May 19-21 Convention Kill Devil Hills, NC

Cornbelt

Fall Trustee Meeting Sioux City, IA
April 28-29 Convention Omaha, NE
Spring Trustee Meeting Grand Island, NE

Mid-States

October 22 Trustee Meeting
January 28 Trustee Meeting
April 29 Federation Meeting

Mo-Kan

February 25 Trustee Meeting Overland Park, KS
May 5-6 Convention Lawrence, KS

North Central

April 28-29 Convention Rapid City, SD

Southwestern

TBD Convention

Western Canada

October 21-23 Mid-term Bonspiel Prince Albert, SK
May 26-28 Convention Saskatoon, SK

Cosmopolitan International and Cosmopolitan Diabetes Foundation Meeting Dates

September 24 CDF Board Meeting, Kansas City, MO
October 1 CI Board Meeting, Kansas City, MO
March 10 Governor-elect Training, Kansas City, MO
March 11 CI Board Meeting, Kansas City, MO
July 26 CDF Board Meeting, Rockford, IL
July 27 CI Board Meeting, Rockford, IL
July 29 CI Board Meeting, Rockford, IL

Important Dates for Club Officers

Secretaries

Sept 30 Deadline - adds or drops to HQ
Dec 31 Deadline - adds or drops to HQ
March 31 Deadline - adds or drops to HQ
June 30 Deadline - adds or drops to HQ
July 1 *Newly Elected Officer* form due to HQ

Treasurers

September 15 Insurance invoice
October 1 Dues invoice
January 1 Dues invoice
April 1 Dues invoice
July 1 Dues invoice

COSMOTOPICS Publication Schedule

Winter Issue

Deadline: November 1
Mail Date: December 1

Spring Issue

Deadline: February 1
Mail Date: March 1

Summer Issue

Deadline: May 1
Mail Date: June 1

Cosmopolitan International Board of Directors

Kevin Harmon
President

1924 Carmel Drive
Lawrence, KS 66047
H 785.841.5816
B 785.830.7406
harmon@lkpd.org

Bob Williams
President-Elect

7040 Highfields Farm Drive
Roanoke, VA 24018
H 540.774.8933
bobjoe9134@aol.com

Jim McVay
Judge Advocate

300 Overland Wolf Centre
6910 Pacific Street
Omaha, NE 68106-1045
H 402.496.7522
B 402.397.8900
jmcvay@omahalaw.com

Jim Smith
VP for Finance and Marketing

303 Poplar Crescent
Saskatoon, SK S7M 0A8
H 306.931.1219
B 306.221.1294
jim.smithjr@shaw.ca

Tom Gustafson
VP for Membership and New Clubs

129 Phelps Avenue, Suite 838
Rockford, IL 61107
H 815.639.0481
B 815.985.5116
gustafson.tom@msn.com

Federation Governors

Capital
Tom Griffey

7323 Colony Point Road
Norfolk, VA 23505
H 757.440.9508
B 757.547.9751
t.griffey@verizon.net

North Central
Melvina Newman

1401 Coates Road
Sioux Falls, SD 57105
H 605.338.7986
B 605.336.2758
melvinanew@aol.com

Cornbelt
Perry Johnson

2322 South 122nd Ave.
Omaha, NE 68144
H 402.333.0354
Lpj14562@aol.com

Southwestern
Helen Holt

140 Dixie Church Rd.
Sieper, LA 71472
H (318) 793-2279
holtmemories@aol.com

Mid-States
Linda Stefanich

441 Sullivan Road
Aurora, IL 60506
H 630.897.8806
B 630.701.2805
oasisldfs@hotmail.com

Western Canada
Richard Greer

1409 Elevator Road
Saskatoon, SK S7M 3X3
H 306.382.5179
B 306.653.2060
rgreer@sasktel.net

Mo-Kan
Gene Kaup

4311 Ironwood
Wichita, KS 67042
H 316.636.4568
gkaup10371@aol.com

Federation Governors-Elect

Capital
Dave Bradley

6819 Pallister Road
Norfolk, VA 23518
H 757.853.8758
B 757.222.2794
cdrb74uk@cox.net

North Central
Deb Peterson

4208 South Cathy
Sioux Falls, SD 57106
H 605.361.0884
B 605.977.5936
dpeterson@
cortrustbank.com

Cornbelt
Terry Sanford

6833 South 147th Street
Omaha, NE 68137
H 402.895.6732
B 402.572.8200 x404
tsanford@wessan.com

Southwestern
Dale Nicholson

128 North 70th West Ave.
Tulsa, OK 74127
H: 918.245.6522

Mid-States
To Be Determined

Mo-Kan
Duane Muck

2204 Livingston
Jefferson City, MO 65109
H 573.634.8849
B 573.761.6222
dmuck@socket.net

Western Canada
Norm Hill

P.O. Box 306
Prince Albert, SK S6V 5R7
H 306.763.4081
B 306.960.7881
nr.hill@sasktel.net

Cosmopolitan Diabetes Foundation Board of Directors

Chairman Del Oberst

387 Hamilton Avenue
Elgin, IL 60123
H 847.741.9153
Mid-States (2003-2006)

Vice Chairman Jerry Nelson

2448 North 149th Street
Omaha, NE 68116
H 402.493.7869
B 402.681.2114
waterman@tconl.com
Cornbelt (2004-2007)

Secretary Jim Walker

4816 Royal Court
Sioux City, IA 51104
H 712.239.2308
B 605.235.1220 (X6257)
jfkwalker@aol.com
At-Large (2005-2008)

Dean Barry

20034 Highway B
Clark, MO 65243
H 573.641.5501
barryjd@socket.net
Mo-Kan (2005-2008)

Bobbie Clifton

5816 Donahue Ferry Rd.
Pineville, LA 71360
H 318.640.9680
B 318.445.0163
billbobbie@krocket.net
Southwestern (2004-2007)

Bill Kubat

4604 Magnolia Circle
Sioux Falls, SD 57103
H 605.371.2630
B 605.362.3130
bkubat@sio.midco.net
North Central (2005-2008)

Robert Winters

255 College Cross, # 65
Norfolk, VA 23510-1145
H 757.625.0432
B 757.622.3111
Capital (2003-2006)

Ex-Officio

Kevin Harmon,
International President

Barbara Johnson,
Executive Director

Cosmopolitan International Headquarters Staff

Barbara Johnson

Executive Director
exdir@cosmopolitan.org

Brenda Vanden Hull

Membership Assistant
brenda@cosmopolitan.org

Cheryl Torrey

Foundation Assistant
cdf@cosmopolitan.org

Cosmopolitan Foundation Canada, Inc.

P.O. Box 7741
Saskatoon, SK S7K 4R5
Gary Jurke, President
25 Butterfield Crescent
St. Albert, AB T8N 2W6
H: (780) 458-5123 B: (780) 453-2358
garyj@teleplanet.net

Sioux Falls Pediatric Diabetes Center Valerie Millar Outreach Network

John Shelso, M.D.
1100 South Euclid Avenue
P.O. Box 5039
Sioux Falls, SD 57117-5039
(605) 333-7315

Strelitz Diabetes Institutes Eastern Virginia Medical School

Leon-Paul Georges,
M.D., FACP, Director
Etta Vinik, MA, Associate Director
855 Brambleton Avenue
Norfolk, VA 23510
(757) 446-5909

Cosmo Diabetes Center University of Missouri-Columbia

F. Elaine Rehmer, Administrator
One Hospital Drive
Columbia, MO 65212
(573) 882-2273

2005 - 2006 Cosmopolitan Club Directory

Alexandria-Cenla, LA

Southwestern Federation

Pres: Bill Holt
140 Dixie Church Road
Sieper, LA 71472
H: (318) 793-2279
holtmemories@aol.com
Meets: 1st & 3rd Thursday 6:30 p.m.
Sammy's Restaurant *

Aurora, IL

Mid-States Federation

Pres: Kathleen Yordy-Richardson
23 Knollwood Drive
Montgomery, IL 60538
B: (630) 966-1209
H: (630) 892-4177
kathieyordy@remax.net
Meets: 1st Thursday, 6:30 p.m.
Uncle Pat's Restaurant

Austin, TX

Southwestern Federation

Pres: James Harrison
P.O. Box 9364
Austin, TX 78766
H: (512) 453-1668
Meets: 1st Tuesday, noon
3rd Tuesday, 7:00 p.m.
Tres Amigos Mexican Rest.

Baltimore, MD

Capital Federation

Pres: Milton Sachse
1634 Belfast Road
Sparks, MD 21152
H: (410) 771-4468
Meets: 2nd & 4th Thursday, noon
The Valley Inn

Bellevue - Big Elk, NE

Cornbelt Federation

Pres: Julie Wheatley
19716 Ewel Ct.
Plattsmouth, NE 68048
H: (402) 296-2534
juliannewheatley@
hotmail.com
Meets: 1st & 3rd Weds., 6:45 a.m.
Downtown Coffee Shop

Belvidere, IL

Mid-States Federation

Pres: Jane Eurek
9716 Wilcox
Belvidere, IL 61008
B: (815) 544-8217
H: (815) 544-0399
jaeurek@aol.com
Meets: Wednesday, noon
Huddle Restaurant

Bethesda, MD

Capital Federation

Pres: Peter Beach
14905 Wesbury Road
Rockville, MD 20853
H: (301) 929-1529
pbeach@erols.com
Meets: Wednesday, 12:15 p.m.
Kenwood Golf & Country
Club

Blair, NE

Cornbelt Federation

Pres: Tim Hoffman
451 S. 16th St. # 211
Blair, NE 68008
H: (402) 426-3695
Meets: 1st and 3rd Tuesday, 7:00 a.m.
Café on Main

Boulder, CO

At-Large

Pres: James Gallagher
2921 20th Street
Boulder, CO 80304-2705
B: (303) 442-7927
H: (303) 443-2317
Meets: 2nd & 4th Thursday, 6:30 p.m.
The Cork and Cleaver

Broken Bow, NE

Cornbelt Federation

Pres: James A. Weber
R.R. 2, Box 250
Broken Bow, NE 68822
B: (308) 872-6811
H: (308) 872-3268
Meets: 2nd Tuesday, 6:30 p.m.
Lobby Hotel

Calgary, AB

Western Canada Federation

Pres: David Keller
89 Inglewood Grove S.E.
Calgary, AB T2G 5R4
H: (403) 247-1997
Meets: 2nd & 4th Monday, 6:30 p.m.
Danish Canadian Club

Capital Region, PA

Capital Federation

Pres: Thomas Stone
6319 Stephen's Crossing
Mechanicsburg, PA 17050
H: (717) 697-4524
Tom.stone@ix.netcom.com
Meets: 3rd Thursday, 6:30 p.m.
Mechanicsburg Naval Supply
Depot

Cheyenne, WY

At-Large

Pres: Donald Hasvold
8109 Bonnie Brae Loop
Cheyenne, WY 82009
B: (307) 632-1671
H: (307) 635-4322
Meets: 1st & 3rd Tuesday
Redwood Lounge

Columbia Breakfast Club

Mo-Kan Federation

Pres: Charles Thiel
912 Maplewood
Columbia, MO 65203
B: (573) 882-3268
H: (573) 443-1229
thielc@missouri.edu
Meets: Tuesday, 7:00 a.m. (ex. 5th)
Cosmopolitan Comm. Ctr.

Columbia Luncheon, MO

Mo-Kan Federation

Pres: Andy Anderson
6281 Southwest Way
Columbia, MO 65203-9442
B: (573) 875-1111
H: (573) 446-9327
andyanderson@aol.com
Meets: Monday, noon
Jack's Gourmet Restaurant

(* Denotes various locations.

Columbia Show-Me, MO

Mo-Kan Federation

Pres: Judy Weitkemper
3717 Bray Ct.
Columbia, MO 65203
B: (573) 817-2481
H: (573) 442-0271
weitkjud@aol.com

Meets: 1st Thursday, 6:30 p.m. (*)

Council Bluffs, IA

Cornbelt Federation

Pres: Ed Anderson
127 Brentwood Heights
Council Bluffs, IA 51503
H: (712) 323-4718
eandsanderson@mail.com

Meets: 1st & 2nd Tuesdays, 7:00 a.m.
(except in June)
Village Inn Restaurant

Edmonton, AB

Western Canada Federation

Pres: James Plastow
142 Grandin Road
St. Albert, AB T8N 1N9
H: (780) 460-7356
trafcogm@telus.net

Meets: 2nd & 4th Monday, 6:00 p.m.
Boston Pizza

Elgin, IL

Mid-States Federation

Pres: Jeffrey Hirter
2065 Aronomink Circle
Elgin, IL 60123
H: (847) 697-1147

Meets: 1st Tuesday, 6:00 p.m.
Village Squire

Elizabeth City, NC

Capital Federation

Pres: Vera Maxine Harrell
752 Mt. Herman Church Rd.
Elizabeth City, NC 27909
B: (252) 335-2596
H: (252) 264-2810

Meets: Tuesday, 7:30 p.m.
Cosmopolitan Club Building

Fargo, ND - Moorhead, MN

North Central Federation

Pres: Christopher Jackson
2909 11th Street South
Fargo, ND 58103
B: (701) 277-2168
H: (701) 235-1074
christopher.jackson@
noridian.com

Meets: Thursday, noon
Fryin' Pan Restaurant
September to June

Fremont, NE

Cornbelt Federation

Pres: Scott Getzschman
737 West 9th
Fremont, NE 68025
B: (402) 721-6301
H: (402) 721-4044
scottg@getzschman.com

Meets: Friday, 7:00 a.m.
Out Post Restaurant

Grand Island, NE

Cornbelt Federation

Pres: Kevin Wood
2517 W. 4th Street
Grand Island, NE 68803
B: (308) 384-0590
H: (308) 384-6674

Meets: 1st & 3rd Monday, 6:30 p.m.
Country Kitchen

Hampton Roads, VA

Capital Federation

Pres: Phyllis Quire
8311 Long Street
Suffolk, VA 23438
H: (757) 986-3859
wquire@earthlink.net

Meets: 1st Saturday, 7:00 p.m. (*)

Heartland, KS

Mo-Kan Federation

Pres: Don Gentry
8765 Candlelight Lane
Lenexa, KS 66215
B: (816) 391-5253
H: (913) 492-6936
euchee@everestkc.net

Meets: 3rd Thursday, 6:00 p.m. (*)

Jefferson City, MO

Mo-Kan Federation

Pres: Bradley Binkley
1922 Bald Hill Road
Jefferson City, MO 65101
B: (573) 634-0853
H: (573) 636-9808
brad_binkley@
jefferson-bank.com

Meets: Friday, noon
American Legion

Johnson County, KS

Mo-Kan Federation

Pres: Jeffrey Razafsky
11284 Hemlock
Overland Park, KS 66210
B: (816) 480-3802
H: (913) 451-2960
jrazafsky@ebekc.com

Meets: Tuesday, 7:00 a.m.
Denny's

Lawrence Breakfast, KS

Mo-Kan Federation

Pres: Greg Berger
1847 E. 800 Road
LeCompton, KS 66050
H: (785) 887-6745
B: (785) 840-3669

Meets: 1st, 2nd, & 3rd Friday, 7:00 a.m.
Mass. Street Deli

Lawrence Luncheon, KS

Mo-Kan Federation

Pres: Dean Penny
1220 North 1066 Road
Lawrence, KS 66047
B: (785) 749-1811
H: (785) 840-0799

Meets: Wednesday, except 2nd & 5th,
noon
Holiday Inn Holidome

Lawrence River City, KS

Mo-Kan Federation

Pres: Deanna Hoss
760 N. 1851st Diag. Road
Lecompton, KS 66050-4114
H: (785) 749-1063

Meets: 1st Thursday, 6:30 p.m. (*)

Main Street, NE

Cornbelt Federation

Pres: Jan Young
2221 Deerfield
Fremont, NE 68025
B: (402) 721-3596
H: (402) 727-0613
jan2221@hotmail.com

Meets: 3rd Tuesday, 7 p.m.
Blue Bottle Coffee House

Mexico City, MEX

Southwestern Federation

Pres: Roy Lion
Aguilar y Seijas 56-702
Lomas Chapultepec, DF
11000
H: (011) 525-540-0270

Meets: Various locations & times

New Orleans, LA

Southwestern Federation

Pres: Oliver Stentz
1125 Melody Drive
Metairie, LA 70002
B: (504) 463-8179
H: (504) 828-2322

Meets: Various locations & times

Norfolk, VA

Capital Federation

Pres: Cindy Cook
1800 Fleet Terrace
Norfolk, VA 23454
B: (757) 963-7554
H: (757) 963-7750
cmcook28@cox.net
Meets: 1st & 3rd Thursday, noon
Doubletree Hotel

North Side Lancaster, PA

Capital Federation

Pres: Glenn Ezard
1018 Nissley Road
Lancaster, PA 17601
H: (717) 898-2156
Meets: 1st & 3rd Wednesday,
6:30 p.m.
Lancaster Elks

Omaha, NE

Cornbelt Federation

Pres: Edward Wurth
8141 Farnam Drive, #225
Omaha, NE 68114-4443
B: (402) 397-5300
H: (402) 393-8171
Meets: Tuesday, 11:45 a.m.
Venice Inn

Omaha Cornhuskers, NE

Cornbelt Federation

Pres: Milton Schreiner
18108 Trailridge Road
Omaha, NE 68135
H: (402) 896-0353
miltonschreiner@cox.net
Meets: Friday, noon
Jerico's Restaurant

Omaha I-80, NE

Cornbelt Federation

Pres: Ron Barber
19855 Beverly Manor
Council Bluffs, IA 51503
B: (402) 558-5300
H: (712) 323-2412
rba1002180@aol.com
Meets: Fridays, 7:00 a.m.
Perkins Restaurant

Omaha USA, NE

Cornbelt Federation

Pres: Sue Larson
6456 Cuming St.
Omaha, NE 68132
B: (402) 595-1158
H: (402) 551-3866
slarson@mail.unomaha.edu
Meets: 1st & 3rd Monday, 6:00 p.m.
Olive Garden Restaurant

Omaha West, NE

Cornbelt Federation

Pres: Tim Carlin
1713 South 179th Street
Omaha, NE 68130
B: (402) 891-1234
H: (402) 330-2199
tcarlin@quinninsurance.com
Meets: Every Weds. (except 5th),
7:00 a.m.
Farmhouse Cafe

Placentia-Linda, CA

At-Large

Pres: Ed Bennett
2951 Pembroke
Fullerton, CA 92631
H: (714) 528-0980
ebrebri@msn.com
Meets: Various locations and times

Prince Albert, SK

Western Canada Federation

Pres: Kenneth Peet
532 Laurier Drive
Prince Albert, SK S6V 5M2
H: (306) 763-3910
peet@inet2000.com
Meets: Wednesday, 6:30 p.m.
September through June
P.A. Golf & Curling Club

Rapid City, SD

North Central Federation

Pres: James Preston
3610 Fraley Court
Rapid City, SD 57701
B: (605) 394-4143
H: (605) 342-6708
jim.preston@rcgov.org
Meets: Monday, noon
Rushmore Plaza Holiday Inn

Regina, SK

Western Canada Federation

Pres: Brian Mitchell
23 Rawlinson Cres.
Regina, SK S4S 6B7
B: (306) 584-9300
H: (306) 584-0214
mitchellm.b@
accesscomm.ca
Meets: Every 2nd Monday, 7:00 p.m.
Western Pizza

Regina Capital, SK

Western Canada Federation

Pres: Donald Landry
10 Powers Bay
Regina, SK S4X 1N2
B: (306) 585-5392
H: (306) 924-0568
Meets: 2nd Monday, 7:30 p.m.
Nickys Café (Sept. - June)

Roanoke, VA

Capital Federation

Pres: Michael Russell
c/o Russell & Assoc.
4728 Starkey Road
Roanoke, VA 24014
B: (540) 772-2778
mrussell@
russellappraisal.com
Meets: Wednesday, 12:15 p.m.
D.J.'s Restaurant

Rockford, IL

Mid-States Federation

Pres: Brian Lindsay
324 N. Rockford Avenue
Rockford, IL 61107-4547
B: (815) 231-1836
brian.lindsay@
morganstanley.com
Meets: Thursday, 12:00 p.m.
Forest Hills Country Club

St. Albert, AB

Western Canada Federation

Pres: Barry Taylor
12 Louisbourg Place
St. Albert, AB T8N 4L4
B: (780) 495-4366
H: (780) 458-8573
btaylor@shaw.ca
Meets: 1st and 3rd Monday, 6:30 p.m.
St. Albert Rugby Club
September - June

Santa Fe Trail, KS

Mo-Kan Federation

Pres: Richard Pryor
12009 W. 100th Terrace
Lenexa, KS 66215
B: (816) 714-1233
H: (913) 599-1012
rpryor@nw.org
Meets: First & last Friday, 7:00 a.m.
Ryan Lawn Care



(* Denotes various locations.

Saskatoon Bridge City, SK

Western Canada Federation

Pres: Roger Jolly
567 Tobin Cres.
Saskatoon, SK S7K 4N9
B: (306) 665-0213
H: (306) 242-9463
roger.j@sasktel.net
Meets: Monday, 6:30 p.m.
Delta Bessborough Hotel

Saskatoon Couples Club, SK

Western Canada Federation

Pres: George Wilson
1084 East Centre
Saskatoon, SK S7J 3A3
H: (306) 374-5113
gwilson42@shaw.ca
Meets: Social: 12th of each month (*)
Business: 4th Tuesday, 7:30 p.m.

Saskatoon Yellowhead, SK

Western Canada Federation

Pres: Darwin Baker
563 Nordstrum Road
Saskatoon, SK S7K 7X6
B: (306) 220-3735
H: (306) 975-3780
darwinbakersales@shaw.ca
Meets: Monday, 7:30 a.m.
Senator Hotel, Sept. - June

Scottsbluff, NE

At-Large

Pres: Kelly Beatty
610 W. 32nd
Scottsbluff, NE 69361
B: (308) 635-1926
H: (308) 632-5853
kbeatty@mcschaff.com
Meets: 1st & 3rd Wednesday, noon
Elks Lodge

Sioux City, IA

Cornbelt Federation

Pres: Keith Hawkins
4712 Birch Way
Sioux City, IA 51106
B: (712) 277-3221
H: (712) 943-1322
kkhawkins@aol.com
Meets: Thursdays, 7:00 a.m.
Mid-American Energy

Sioux Falls, SD

North Central Federation

Pres: Steven Mix
7209 W. Harvard Drive
Sioux Falls, SD 57106
B: (605) 336-1988
H: (605) 332-9472
mixs@canfieldco.com
Meets: Mondays, noon,
Sioux Vocational

Sioux Falls Evening, SD

North Central Federation

Pres: Dee Millar
213 East North County Road
Freeman, SD 57029
H: (605) 925-4768
deemillar@hotmail.com
Meets: 3rd Monday, 6:30 p.m. (*)

Southeastern Michigan, MI

Mid-States Federation

Pres: Bradley Eadeh
16231 Weatherfield Drive
Northville, MI 48167
B: (800) 967-9056
H: (734) 420-2588
beadeh3107@wowway.com
Meets: Various times and locations

Sturgeon Valley, AB

Western Canada Federation

Pres: Lynn Anderson
#11, 50 Oakridge Drive S.
St. Albert, AB T8N 7A1
B: (780) 917-7123
H: (780) 458-6168
landerson@stantec.com
Meets: 1st & 3rd Thursday, 6:30 p.m.
Senior Citizen Center
September - June

Three Rivers, IA

Cornbelt Federation

Pres: Jim Walker
4816 Royal Court
Sioux City, IA 51104
B: (712) 235-1220 X6257
H: (712) 239-6379
jfkwalker@aol.com
Meets: 1st Monday, noon
3rd Monday, HyVee, evening

Topeka, KS

Mo-Kan Federation

Pres: Roger Goetz
1918 SW Arrowhead Road
Topeka, KS 66604
B: (785) 354-7132
H: (785) 273-0613
Meets: Thursdays, 12:00 p.m.
Topeka Country Club

Tulsa, OK

Southwestern Federation

Pres: Dale Nicholson
128 N. 70th West Ave.
Tulsa, OK 74127
H: (918) 245-6522
Meets: 1st Thursday, 7:00 p.m.
Cosmopolitan Clubhouse

Wascana Couples, SK

Western Canada Federation

Pres: Kathleen Krysak
199 Wells Street
Regina, SK S4R 5Z6
H: (306) 949-9714
Meets: 22nd of each month, 7:00 p.m. (*)

Watch City, IL

Mid-States Federation

Pres: John Hurlbut
621 Wood Ridge Ct.
Elgin, IL 60123
B: (847) 741-0400
H: (847) 931-0285
elginjohn@aol.com
Meets: 2nd Thursday on even months (*)
3rd Friday on odd months (*)

Wichita Air Capital, KS

Mo-Kan Federation

Pres: Randy Oldham
4423 N. Linden
Wichita, KS 67226
B: (316) 315-0100
H: (316) 630-0450
Oldhams4@aol.com
Meets: 3rd Tuesday, noon
Scotch and Sirloin

Wichita Downtown, KS

Mo-Kan Federation

Pres: L.C. Harmon
1400 N. Woodlawn Apt. 3DE
Wichita, KS 67208
B: (316) 685-0111
H: (316) 681-3039
Meets: Thursdays, 11:30 a.m.
Spears Restaurant

Winnipeg, MB

Western Canada Federation

Pres: Gary Wensel
55 McNulty Cove
Winnipeg, MB R2M 5H5
B: (204) 477-2308
H: (204) 256-9775
gwensel@buhler.com
Meets: 1st & 3rd Tuesday, 6:30 p.m.
Viscount Gort Hotel

York PA

Capital Federation

Pres: President
Larry Riddle
27 N. Beaver Street
York, PA 17401
H: (717) 244-7867
W: (717) 854-7268
Meets: 1st Monday, 7:00 p.m.
First Capital Dispensing Co.

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Lawrence River City Club dons Derry's Duds.



Golf Chair Lorne Wirth congratulates golf champs Jerry Priebe and Tom Gustafson.

PIP Jim Sauer and Sue Larson with new International President Kevin Harmon and his wife Cindy.



New RCMP recruit Joan Walker.



Cosmos and friends enjoyed relaxation, good food and camaraderie at dinners hosted by Regina Cosmos.

Dick and Bev Kahler and Dick and Phyllis Brynteson enjoy an evening in Regina.