Meet Our New International President
Kevin Harmon
COSMOPOLITAN 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.
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.

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.
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.

**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.
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 INGAP, 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 ensure 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 Cosmo-Topics. 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 Bryneston, 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 Bryneston’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, 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 inception. 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 International 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.

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
  - Designer: Cindy Stone

#### Top Yearbook
- Lawrence River City, Mo-Kan
  - Chairwoman: Deanna Hoss

#### Top Bulletin
- Lawrence River City, Mo-Kan
  - Editor: Helen Cox

#### Club Community Service
- Jefferson City, Mo-Kan

#### Rebuilding Friendships

<table>
<thead>
<tr>
<th>Region</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>Capital</td>
<td>Roanoke</td>
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<tr>
<td>Cornbelt</td>
<td>Grand Island</td>
</tr>
<tr>
<td>Mid-States</td>
<td>Aurora, Elgin</td>
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<tr>
<td>Mo-Kan</td>
<td>Lawrence Breakfast, Topeka</td>
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<tr>
<td>North Central</td>
<td>Sioux Falls</td>
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<tr>
<td>Western Canada</td>
<td>Saskatoon Bridge City, St. Albert</td>
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#### 75th Anniversary Clubs

<table>
<thead>
<tr>
<th>Region</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>Calgary</td>
<td>~ Chartered March 1, 1930</td>
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<tr>
<td>Edmonton</td>
<td>~ Chartered October 7, 1930</td>
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#### Big “C” Award

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<tr>
<th>Region</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>Capital</td>
<td>Capital Region</td>
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<tr>
<td>Cornbelt</td>
<td>Fremont, Three Rivers</td>
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<tr>
<td>Mid-States</td>
<td>Aurora, Elgin</td>
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<tr>
<td>Mo-Kan</td>
<td>Columbia Luncheon, Lawrence River City</td>
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<tr>
<td>North Central</td>
<td>Rapid City, Sioux Falls Noon</td>
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<tr>
<td>Western Canada</td>
<td>Edmonton, Sturgeon Valley</td>
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#### Medal of Merit

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<thead>
<tr>
<th>Club</th>
<th>President</th>
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<tr>
<td>Aurora Club</td>
<td>Frank Weiland, President</td>
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#### Cosmopolitan Friendship Builder

10 Members

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<tr>
<th>Name</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>Bob Suitor</td>
<td>Edmonton Club, Western Canada</td>
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<tr>
<td>Sam Bartow</td>
<td>Jefferson City Club, Mo-Kan</td>
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<tr>
<td>Brad Eadeh</td>
<td>Southwestern Michigan, Mid-States</td>
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<tr>
<td>Gary Christensen</td>
<td>Aurora Club, Mid-States</td>
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15 Members

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<tr>
<th>Name</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>Dick Kahler</td>
<td>Rapid City Club, North Central</td>
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<tr>
<td>Lorne Wirth</td>
<td>Regina Capital Club, Western Canada</td>
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20 Members

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<tr>
<th>Name</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>Wayne Powell</td>
<td>Columbia Luncheon, Mo-Kan</td>
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<tr>
<td>Jim Walker</td>
<td>Sioux City and Three Rivers, Cornbelt</td>
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30 Members

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<th>Name</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>CeCe Benton</td>
<td>Columbia Show-Me Club, Mo-Kan</td>
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45 Members

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<th>Name</th>
<th>Club Name</th>
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<tr>
<td>Bill Pollon</td>
<td>Regina and Wascana Couples Clubs Clubs, Western Canada</td>
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#### 25 Year Member Anniversary

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<thead>
<tr>
<th>Year</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>Omaha</td>
<td>Cornhuskers</td>
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<tr>
<td>Wichita</td>
<td>Downtown</td>
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<tr>
<td>Omaha I-80</td>
<td>Air Capital</td>
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<td>Fargo-Moorhead</td>
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<tr>
<td>Prince Albert</td>
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<td>Rockford</td>
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<tr>
<td>Wichita Air</td>
<td>Capital</td>
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<td>Rapid City</td>
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<tr>
<td>Rockford</td>
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<tr>
<td>Council Bluffs</td>
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<tr>
<td>Capital Region</td>
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<td>Jefferson City</td>
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<td>Wichita</td>
<td>Downtown</td>
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<td>Topeka</td>
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<td>Saskatoon</td>
<td>Bridge City</td>
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<td>Rapid City</td>
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<td>Prince Albert</td>
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<td>Omaha</td>
<td>Cornhuskers</td>
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<td>Columbia</td>
<td>Breakfast</td>
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<td>York</td>
<td>&amp; Capital Region</td>
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<tr>
<td>Region</td>
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<tr>
<td>Columbia</td>
<td>Luncheon</td>
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#### 50-Year Member Anniversary

<table>
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<tr>
<th>Year</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>Grand Island</td>
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<td>Sioux Falls</td>
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<tr>
<td>Lawrence</td>
<td>Luncheon</td>
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<tr>
<td>Rapid City</td>
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<tr>
<td>Elizabeth City</td>
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<tr>
<td>Prince Albert</td>
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<tr>
<td>Omaha</td>
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#### Membership Builder Award Ring

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<th>Name</th>
<th>Club Name</th>
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<tr>
<td>Jim Walker</td>
<td>Sioux City and Three Rivers, Cornbelt</td>
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<tr>
<td>Brad Eadeh</td>
<td>Southeastern Michigan, Mid-States</td>
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#### Club Builder Award

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<th>Name</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>Brad Eadeh</td>
<td>Southeastern Michigan, Mid-States</td>
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#### Club President of the Year

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<tr>
<th>Name</th>
<th>Club Name</th>
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<tr>
<td>Gary Peterson</td>
<td>Sioux Falls Noon Club</td>
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#### Governor of the Year

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<th>Name</th>
<th>Club Name</th>
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<tr>
<td>Walter Alm</td>
<td>Mid-States</td>
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#### Cosmo of the Year Award

<table>
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<tr>
<th>Name</th>
<th>Club Name</th>
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<tr>
<td>Larry Benton</td>
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#### Cosmo Member Community Service Award

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<th>Name</th>
<th>Club Name</th>
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<tr>
<td>Linda Johnson</td>
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#### Patrick J. Hodgins Award

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<th>Name</th>
<th>Club Name</th>
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<tr>
<td>Jim Walker</td>
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</table>
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 International 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.”
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 Streitz 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: $3,534
- Crusader Clinic: $6,122
- Cornbelt Diabetes: $4,544

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

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<tr>
<th>Ruby</th>
<th>Dick and Bev Kahler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sioux Falls Club</td>
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<tr>
<td>Emerald</td>
<td>Derry and Sheila Anderson</td>
</tr>
<tr>
<td>Beacons</td>
<td>John Hanson</td>
</tr>
<tr>
<td></td>
<td>Craig Heaton</td>
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<td></td>
<td>Steve Irwin</td>
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<td>Don McGinnity</td>
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<td>James McNabb</td>
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<td>Joseph Palermo</td>
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<td></td>
<td>Jim Walker (3)</td>
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<td>Three Rivers Club</td>
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Beacon Totals

<table>
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<th>Ruby</th>
<th>13</th>
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<tbody>
<tr>
<td>Emerald</td>
<td>25</td>
<td>Beacons</td>
<td>649</td>
</tr>
</tbody>
</table>

As of August 15, 2005
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

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!

Tommy Johnson

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

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 Baku-tes, two-year board member; Judy Weitkemper, Presi- dent; 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

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.
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

<table>
<thead>
<tr>
<th>Team</th>
<th>Non-Curlers</th>
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<tr>
<td>Skip</td>
<td>1</td>
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<tr>
<td>Third</td>
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<tr>
<td>Second</td>
<td>3</td>
</tr>
<tr>
<td>Lead</td>
<td>4</td>
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</table>

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

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.

Kenlyn Nash-Demeter
Special Events and Publicity Chair

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

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

Roger Kadavy is the chief shrimp cook.
Columbia Luncheon Club Supports YouZeum

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

Sioux Falls Honors Member

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

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.

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
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 Memory of
Les Davitt
Oldest Cosmo

In Memory of
Bernie Moffet
Johnson County Club 2005

In Honor of
Gus C. Bulleigh
Downtown Wichita

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

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

In Memory of Past
Bob Curtis
Austin Club 1959-2005

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 StateProv. Zip/Postal Telephone E-mail
## Federation Trustee Meetings and Conventions

<table>
<thead>
<tr>
<th>Region</th>
<th>Date(s)</th>
<th>Event Type</th>
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<td>October 15</td>
<td>Trustee Meeting</td>
<td>Fredericksburg, VA</td>
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<td>May 19-21</td>
<td>Convention</td>
<td>Kill Devil Hills, NC</td>
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<td>Cornbelt</td>
<td>Fall</td>
<td>Trustee Meeting</td>
<td>Sioux City, IA</td>
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<td>April 28-29</td>
<td>Convention</td>
<td>Omaha, NE</td>
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<td>Spring</td>
<td>Trustee Meeting</td>
<td>Grand Island, NE</td>
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<td>Mid-States</td>
<td>October 22</td>
<td>Trustee Meeting</td>
<td>Overland Park, KS</td>
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<td>January 28</td>
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<td>Saskatoon, SK</td>
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<td>North Central</td>
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<td>Western Canada</td>
<td>October 21-23</td>
<td>Mid-term Bonspiel</td>
<td>Prince Albert, SK</td>
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## Important Dates for Club Officers

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<tr>
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## Cosmopolitan International and Cosmopolitan Diabetes Foundation Meeting Dates

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<td>March 10</td>
<td>Governor-elect Training</td>
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<td>CI Board Meeting</td>
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<td>July 29</td>
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## 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
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Cosmopolitan Diabetes Foundation
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Vice Chairman
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B 402.681.2114
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B 757.622.3111
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Ex-Officio
Kevin Harmon,
International President

Barbara Johnson,
Executive Director

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Headquarters Staff

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Brenda Vanden Hull
Membership Assistant
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Cheryl Torrey
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P.O. Box 7741
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garyj@teleplanet.net

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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

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

Cosmo Diabetes Center
University of Missouri-Columbia
F. Elaine Rehmer, Administrator
One Hospital Drive
Columbia, MO 65212
(573) 882-2273
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.
Plattssmouth, 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.

(20) COSMOTOPICS / Fall 2005
The Club That Fights Diabetes
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  
B: (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  
B: (780) 460-7356  
trafcogm@telus.net  
Meets: 2nd & 4th Monday, 6:00 p.m.  
Country Kitchen  

Elgin, IL  
Mid-States Federation  
Pres: Jeffrey Hirter  
2065 Aronomink Circle  
Elgin, IL 60123  
B: (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: Fridays, 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  
B: (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: (913) 492-6936  
euchee@everestkc.net  
Meets: 3rd Thursday, 6:00 p.m.  
American Legion  

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  
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  

Johnson County, KS  
Mo-Kan Federation  
Pres: Jeffrey Razafsky  
11284 Hemlock  
Overland Park, KS 66210  
B: (913) 451-2960  
jrazafsky@ebekc.com  
Meets: Tuesday, 7:00 a.m.  

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  

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  

Lawrence Breakfast, KS  
Mo-Kan Federation  
Pres: Greg Berger  
1847 E. 800 Road  
LeCompton, KS 66050  
B: (785) 887-6745  
H: (785) 840-3669  
Meets: 1st, 2nd, & 3rd Friday, 7:00 a.m.  
Mass. Street Deli  

Lawrence Luncheon, KS  
Mo-Kan Federation  
Pres: Dean Penny  
760 N. 1851st Diag. Road  
Lecompton, KS 66050-4114  
H: (785) 749-1063  
Meets: Wednesday, except 2nd & 5th, noon  
Holiday Inn Holidome  

Mexico City, MEX  
Southwestern Federation  
Pres: Roy Lion  
Aguilar y Seijas 56-702  
Lomas Chapultepec, DF 1100  
H: (011) 525-540-0270  
Meets: Various locations & times  

St. Louis, MO  
Southwestern Federation  
Pres: Oliver Stentz  
1125 Melody Drive  
Metairie, LA 70002  
B: (504) 463-8179  
H: (504) 828-2322  
Meets: Various locations & times  

The Club That Fights Diabetes  
COSMOtopics / Fall 2005 21
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 68144-4443  
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 Pembrooke  
Fullerton, CA 92631  
H: (714) 528-0980  
ebribre@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  
baylor@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  
lkbeatty@mscschaff.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 48176  
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@topekaclub.com  
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.
New RCMP recruit Joan Walker.

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

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

Lawrence River City Club dons Derry’s Duds.

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

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