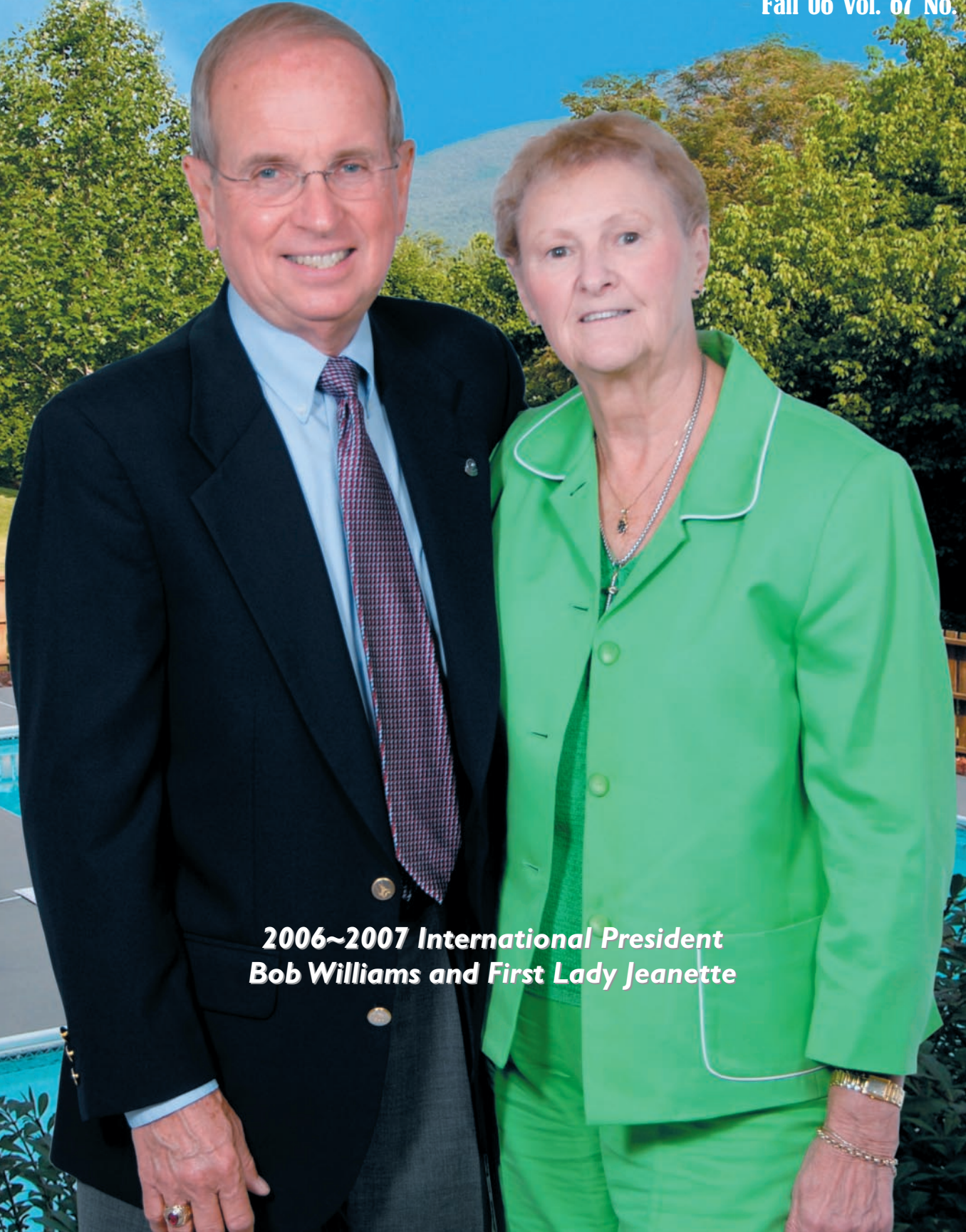




COSMOTOPICS

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

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***2006~2007 International President
Bob Williams and First Lady Jeanette***

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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.



COSMOTOPICS

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Do It Now!

BOB WILLIAMS
2006-2007 International President



Before I give you my thoughts regarding the coming year, I need to thank those individuals that have stepped up to the issues we have faced these past three months. Our office support staff has performed above and beyond the call of duty and Brenda and Cheryl are to be commended for their outstanding efforts.

And that's not all, brand new PIP Kevin and past first lady Cindy have put forth an exemplary effort to begin the process of getting our Headquarters operation back in shape. In addition, they both put in countless hours to prepare for our outstanding convention in Rockford. PIP Derry Anderson has been working diligently since July to get our books in order for our annual audit. I also want to thank those members of the Lawrence River City Club that provided valuable assistance in our tax matters and convention preparations. And last but not least, I want to thank our able Judge Advocate, Jim McVay, who has been actively working with both the federal and state tax authorities to insure that we are addressing these critical issues.

As you now know, the Executive Committee with the unanimous support of the Board appointed Kevin Harmon as our Interim Executive Director. Also, I have appointed a Task Force, lead by PIP Steve Hanna, to study and recommend an operating and staffing policy for our Headquarters operation. We expect to hear their preliminary recommendations at our Fall Board Meeting.

Finally, I wish to thank all of you for supporting our proposed dues increase. I can assure you we will manage our operating costs to the

fullest extent in order to put our Headquarters back on a sound financial footing.

Now for the coming year. Since the inception of Cosmopolitan International, twenty International Presidents have used a theme for their year. The first to do so was 1961-62 President Luis Otero of the Mexico City Club.

After much thought and some help from Jeanette and others, I have chosen:

DIN* ***Stands for** **DO IT NOW!**

Therefore, please join with me and let's:

Do It Now! **Get Active in Your Local Club!**

As we work to significantly grow our membership, please remember we're not looking for just "joiners," but members that want to make a difference in our local communities.

Do It Now! **Ask a Friend to Join!**

Jim Smith, Vice President for Membership & New Clubs and our new Director of Membership Development, Scott Knudsen, will be in regular communications with all of you and your club presidents to build upon the work that Tom Gustafson has done these past two years. With your support, we can really begin the process of rebuilding our membership rolls. And, if you think Tom badgered us about membership and membership events, "you ain't seen nuttin yet."

Do It Now! **Attend a Federation Convention!**

Federation Conventions offer us the first step to expanding our knowledge of what we do as an organization as well as affording us the opportunity to make new Cosmo friends.

Do It Now! **Chair a Major Project For Your Club!**

Established projects always need new blood and new ideas are always welcome. I am truly amazed at what our clubs do to support our fight to cure diabetes. And, that's not all we do!

Do It Now! **Attend an International Convention!**

We've got some great plans and locations for future international conventions. Our conventions are great venues for gathering with old friends as well as making new ones. Talk up Omaha and make plans for Colorado Springs.

Do It Now! **Spread the Word About Cosmopolitan and All That We Do!**

We are a great organization and we need to tell everyone we meet about all the great things we do in our fight to cure diabetes. Melvina Newman, Vice President for Finance & Marketing will be working with President-Elect & Diabetes Committee Chairman Walter Alm, to develop a plan which will be directed at getting our name in front of the widest possible audience.

Lets Just Do It!



A New Year Dawns For Cosmo

KEVIN HARMON
Interim Executive Director

This year has seen significant changes in Cosmopolitan. Most have been very positive with a few being a concern to all Cosmo's.

Let me first say that the concerns about unpaid withholding taxes to the State of Kansas and the IRS that were outlined in my recent letter to all Cosmo members have essentially been resolved. A tremendous amount of work by your staff and numerous volunteers over the last several weeks has resulted in all of our accounting records being converted to QuickBooks. At the same time every tax record since 2000 has been independently verified, checked and submitted along with all money due to the governments. I am very pleased to report to you that we are back on solid footing in our records and procedures.

There are many people to thank that contributed to this process. Your staff at headquarters, Cheryl Torrey and Brenda Vanden Hull, has been truly amazing as they jumped in and helped locate records, prepare reports and documents, prepared for the convention and generally kept us afloat during this transition period. The River City Cosmo's Posse, and especially Mike Hertling, gave of their time in organizing the convention materials while Mike schooled us on proper payroll practices. Derry Anderson spent countless hours on putting our books in order and making the conversion to QuickBooks. Both Bob Williams and Melvina Newman have made trips to HQ to assist in putting together solid business

practices. Jim McVay has and is spending hours on negotiations and filings with the IRS and various states. And my first lady Cindy spent weeks coming into the office to pour over records and checks and prepare tax documents. Words can't say Thank You enough, but let this little message try.

The positives of the year are so great in membership building, club building and fundraising that we need to focus all of our attention and efforts in those areas. With the groundwork laid out over the last few years I am confident we are entering into a new and exciting era of Cosmopolitan. Cosmo's built two clubs last year and there are at least three in the works already this year. Membership was up last year and everything points to a huge gain this year. Funds were raised at record levels and our INGAP commitment was retired with some extra thrown in. Things were really cooking last year and the time is now to continue our efforts.

There are a lot of people in our communities that are just like you and me. The only difference is that they aren't yet Cosmo's. They are people looking for the opportunity to get plugged in with a bunch of outstanding people who are thinking of their fellow man in their club and community efforts. Where would you be if someone hadn't taken a chance on you and asked you to be part of something special...your Cosmo Club. Use the "Great People Who Should Be Cosmo's" form available on our website, get it on the fridge door (it has to be on the

fridge—Jim Smith says) and get your list together. Find those great people who are just like you and me and get them into your club. Better yet, think seriously about sharing this club on a bigger scale by committing to build a new club. Your staff and officers are ready to help in your efforts.

While we are at it, let's make a commitment to invest in ourselves. With INGAP retired, let's turn our attention to our own internal needs. Let's invest in ourselves. Let's set aside individual, club or federation funds to help in our marketing, membership and HQ needs so that we can be even better at leading the fight against diabetes. Make a contribution to our new Cosmopolitan International Fund through your Foundation. Help us ensure the best possible effort toward finding a cure by ensuring we have the membership numbers and office support to get the job done.

It is a pleasure to continue to serve each of you as your interim Executive Director. The job has been a bit tougher than anticipated, especially with an International convention and Topics publication being the first two projects to accomplish. But it has also been a delight in that we are on the verge of something very special... years of solid membership growth to better cement our future and help us further our cause, the fight against diabetes. There is truly a new year dawning for Cosmo's.



Finance And Marketing News

MELVINA NEWMAN

Vice President of Finance and Marketing

CONVENTION

It was great to attend an outstanding convention in Rockford. Many thanks to everyone for making it so successful. The convention was fun, informative and showed us how much progress we are making in the fight against diabetes. However, there is still a lot to be done in planning for the future and making our story known. I was truly honored to be elected Vice President of Finance and Marketing at the convention. I sincerely appreciate everyone's support. If you have any questions please contact me, I would enjoy talking with you.

FINANCE

Since convention, Derry Anderson and I have had the opportunity to spend two days at Headquarters working on the books. Many thanks to the CI staff for all their help in working with us to get financials up to date and we want everyone to know that we are very close to having clean books. My position will be to continue to monitor weekly the payables, review the bank account statements and be in contact with staff regularly. The accounts receivable list from clubs is pretty close in being reconciled, however there are a few questions and staff will be contacting clubs about some receivables in question. Please answer HQ when you receive an inquiry so we can complete any outstanding receivables in a very short time. The primary source of income is from dues and that is why it is so important that dues are paid and up-to-date. Many thanks to the members who started and contributed to the new Cosmopolitan International Fund to provide a source of immediate funds for CI's present financial situation.

BUY A BRICK

Want to honor someone special? Want to have your club name at the Cosmo Courtyard? For only \$100 an engraved brick will be mounted in the courtyard in front of our headquarters. Contact headquarters today to get your brick ordered to honor or recognize someone special and help bring in revenue for Cosmopolitan International. We need to fill the Courtyard this year!!

MARKETING

Building relationships is part of building Cosmopolitan. No matter if you have been a member for 1 or 2 years or 20 or more years, we must market ourselves. If people "perceive" you as knowledgeable in Cosmo, then you're an expert to them. To create this perception, people need to see what we do and hear about why we do it. Write down some of the reasons so that you can convey the enthusiasm you have for your membership more easily to others and even share with other members and clubs. We want to thank our past officers and leaders for preparing and working to make this organization grow. Care has been given throughout the years as to where the seeds have been planted in order to produce good fruit. And what would we do without our members? You are the seed. As we watch each other grow, remember that we must be nurtured. Get involved and share any of your marketing ideas with the rest of us! This is your organization. Along the way we may have to pull a few weeds, break new ground and pray for rain – but our organization will grow and we can expect a great harvest. Through networking in each community we can market ourselves and relate our passion for Cosmopolitan International. Help us to market Cosmo in every community and never underestimate the power of a seed.

This is your organization. Along the way we may have to pull a few weeds, break new ground and pray for rain – but our organization will grow and we can expect a great harvest.





Let's Do The Two-Step!

JIM SMITH

Vice President for Membership and New Clubs

More Cosmopolitans are what we need. This would solve both our financial & growth problems. We would also have more fun in everything we do. We just need more Cosmopolitans. We need to get really serious for a few years and get a whole bunch of new Cosmopolitans. We topped off our population a few years ago at 4200 persons. Getting back there is a worthy goal and if every one of us went out and found just one new member to bring into the fold we would nearly be there in one year!

There are two things I want to ask of everyone in the coming year, two easy and really fun steps;

Step One- Go to our website, www.cosmopolitan.org, click on "Forms" and download our new form "Great People Who Should Be Cosmopolitans". Don't just look at it, print it off and put your name on top. This is YOUR list. Now sit back and think about all the Great People you know personally that should be on this list, without deciding for them whether they will join or not...that's their decision totally. Write down all the names that come to mind. Now put your new list on your fridge door where you can see it often, add new names as you think of them and tick off the "Progress Boxes" as you chat with people about Cosmopolitan. Tell them about the fun we have and about the great things we do locally and as an international organization.

Finding new members is the toughest job there is in Cosmopolitan, so approach the whole process without regard for rejection as there will be several people on your list who will turn you down. There will also be people who will be far more interested than you might have thought. Don't be troubled about turn downs...definitely learn to recognize the acceptance signs and be sure to ask your prospects to join! If you can't think of anyone just now, that's not a problem. Just put your list on your fridge door and I'll bet you'll have several names on it very soon. I have four pages on our fridge door presently and a dozen solid prospects lined up. If you're one of the hundreds of Great Cosmos who have never brought in a new member, I still want you to put a list up on your fridge door and add names as they come to mind. If you're uncomfortable about approaching them, ask your

club's Membership Chairperson to help you with your list. You set the rules of approach and we'll help you with the steps. Scott Knudsen, our new Director of Membership Development, is available to help as well. He has published a couple of helpful pages to assist you in thinking about who should be on your list. His "Drop A Decade" idea and his list of vocations are both great helpers when filling out your lists. So print off your "Great People Who Should Be Cosmopolitans" list and put it on your fridge door. It has to be on your fridge door as it won't work forgotten under a pile of other papers.

Finally, although we're serious about finding a whole new bunch of Great Cosmopolitans I would be very disappointed to think any of our current Great Cosmopolitans might decide to leave us instead of trying to find new members. We'll just do what we can do.

Ok, so you have your list underway, several names on it, several Progress Boxes are tick marked, and a couple of Great People are interested. Now what?

Step Two- Now we need to invite them to a Cosmopolitan Membership Event.

Your club needs to obtain the instructions for planning and carrying out a successful Membership Event. Our Headquarters has brochures available and there are also instructions on our website. It's vital to plan this evening carefully so that our prospective new Cosmopolitans can see us in our best light and learn all they need to know about what's in it for them; about how much fun we have; about the great Diabetes research we fund; and about all the other ways we help in our communities. It's also important for them to know that we will be signing up new members at this event so they are prepared to commit. Give your members lots of lead-time for your club Cosmopolitan Membership Events and make these really meaningful affairs.

That's all there is to it, two easy steps; Fill in your "Great People Who Should be Cosmopolitans" list and hold a well-planned Cosmopolitan Membership Event to welcome them aboard.

Let's set a new record...OK then, off to the Fridge!



Call For Action

Scott Knudsen
Director of Membership Development

It is not going to happen with another fancy plan or complicated program. It is not going to happen by simply talking about it or writing articles about it. It is not going to happen at all, until each and every one of us converts our dedication to Cosmopolitan into action and sponsors a new member.

Our club emblem places Action at the base or foundation of our equilateral triangle. Membership growth is basic to our mission. It is at the core of our being. Barriers fall with the influx of new ideas, fresh enthusiasms and the synergism of active members.

We know there is strength in **Unity**. We have experienced the satisfaction of providing **Service** to others and we understand **Action** integrates. Now is the time to build our strength and expand our service capacity by taking action on membership.

Cosmopolitan is the best-kept secret going. We all know how to raise money as if it grows on trees. We always have fun doing whatever we decide to do. We have somehow discovered a way to only allow nice people to join our ranks yet when it comes to growing our membership, we have been too modest to shout it out!

Great People Who Should Be Cosmos

This is an exciting time for us. The International, Federation and Local Club focus is on membership and membership is fun and exciting. We have a simple little action step that works. It is called “Great People who should be Cosmos.” Members throughout the entire International network are identifying ten prospective new members, writing their names on the “Great People” list, attaching the list to their refrigerator door, following the systematic instructions and adding new members. It is that simple.

Drop-A-Decade (D.A.D.)

Many clubs are taking it one-step further and addressing perpetuating their existence by recruiting younger members. As you are identifying ten “Great People who should be Cosmos” be sure you include at least one prospective member who is at least 10 years younger than

you. Make that person number one at the top of your list. Consider how flattered someone, ten years your junior, would be if a person of your stature took the time to call him or her and offer them the opportunity to belong to the very same club you belong to? Nothing has changed since you were ten years younger and admired those leading the way ahead of you. Once your club approves a few new younger members and allows them some leadership opportunities you will be amazed at how fast they will multiply.

Decisive analysis

With all our members focused on recruiting new members, many issues will self-correct. Some will not. That is where I come in. Membership acquisition is simply one component to the complex challenge. We need to identify our individual clubs strengths and weaknesses and build on the strengths. If we keep adding water to a bucket with a hole in it, we will still end up with an empty bucket.

There is nothing wrong with doing the same thing repeatedly if it is working. There is nothing right about doing the same thing repeatedly expecting different results each time. It is human nature to resist change. We all prefer to stay within our comfort zone even if our comfort zone is not producing the desired results. We even justify our stance by identifying similar environments experiencing similar challenges providing us with the excuse to label it as normal, therefore acceptable. Normal or not, it is not acceptable.

Give me the tough stuff. Share your difficult challenges with me.



Sometimes we all need an “outside perspective” to be objective in the analysis and decisive in the revitalization. Working together, we will be able to develop a clear, concise, solid course of action to fix whatever may be broken. Follow the course and your membership will grow and your club will thrive.

Take action now!



For Me It's All About The Glue

WALTER ALM
International President-Elect

This year I hope we can all feel glued together, as individual members, clubs, federations and ultimately as part of Cosmopolitan International. I want our entire organization to be strong. I often think about an individual member; I picture a person, unknown to me, somewhere in Omaha or Regina (you get the idea) working on a Cosmo activity and I feel so very proud of that person. We should all be proud of each other, because we are all working and participating in a wonderful organization, Cosmopolitan "The Club That Fights Diabetes." I want to share with you thoughts on two activities that have my attention.

First, CI is striving to compile a total annual dollar value of Cosmopolitan generosity. I am compiling these totals and breaking them out into diabetes donations and other (such as community service) donations. Our charitable work glues us together. Each individual member and each club work hard every year to raise money, and then enthusiastically give it away. It is imperative that we know what our total generosity is.

What an asset it would be to attract new members by quoting that last year Cosmopolitan gave away \$___ to diabetic related causes. \$___ to community activities, sent ___ kids to diabetic camps and overall we raised \$___ per capita through the efforts of our 2,000 members. We need to know the numbers that fit in these blanks. I am convinced they will be staggering. I think each and every one of us will be very proud of what we do together in the fight against diabetes and how much we support our communities' well being.

I also think new membership and member retention will flow from these numbers. The figures that document the annual charitable giving of CI (in its entirety) will be a strong point with which to impress potential new members as to the value of our club. It will encourage

them to participate in our good works. Picture a potential new member on the fence between joining Rotary or Cosmopolitan. Who knows, maybe our strong charitable giving might push their decision toward Cosmopolitan.

With cooperation from all club presidents we should have these totals compiled by the next Cosmopolitan International Board meeting in October. I can only imagine how proud we will all be when we see what we have accomplished. We are glued together in our efforts to support our communities and fight diabetes.

Second, let's look at diabetes. Most of the statistics that follow are drawn from the American Diabetes Association (www.diabetes.org), the Canadian Diabetes Association (www.diabetes.ca) and the National Diabetes Education Program (www.ndep.nih.gov/index.htm).

Blood sugar is measured in mg/dl (milligrams per deciliter), but let's drop the mg/dl for this review. Individuals with fasting blood sugars less than 100 are considered normal, 100 through 125 are considered pre-diabetic and 126 and above are diabetic. There are 20.8 million diabetics in the U.S. and over 2 million in Canada. Of the 20.8 million in the U.S., 14.6 million have been diagnosed as diabetic, leaving 6.2 million individuals walking around without a clue that they are diabetic.

Equally important is the statistic that there are 41 million individuals in the U.S. that have pre-diabetes. These individuals have blood sugars above normal but not high enough yet to be called diabetics. Unless there is some intervention, pre-diabetic individuals will become individuals with diabetes.

The ADA's "Diabetes Prevention Program" and the National Diabetes Education Program have studied pre-diabetes carefully. Here's a big piece of good

news, diabetes can be prevented. Many pre-diabetic individuals can delay the onset of, or prevent becoming diabetic.

Pre-diabetes and diabetes prevention pertain to Type 2 diabetes, usually adult onset diabetes, as opposed to Type 1, sometimes called juvenile or insulin dependent diabetes. It is estimated that 5-10% of diagnosed diabetics are Type 1; the vast majority of diabetics are Type 2. So how do pre-diabetics prevent becoming diabetics? By making changes in their diet and increasing their level of physical activity. Studies show that the loss of as little as 5-7% of their body weight can help prevent the onset of diabetes.

As Cosmopolitans, we have just completed the commitment to a huge diabetes research project, INGAP, which we should rightfully be proud of. The question now is, where do we go next? I am this year's chair of CI's Diabetes Committee and the committee is researching where we go next. I and the other committee members have asked club members who deal with diabetes (diabetic educators, nurses, physicians, diabetes center administrators, etc) for their ideas as to where Cosmopolitan can turn their attention to next. We should be able to bring suggestions to the October CI board meeting. I would encourage you to keep your minds open to the little projects that can have huge impact. As Cosmopolitans, if we devote ourselves to funding and organizing free blood sugar screening programs, that type of involvement has huge impact.

When a screening program picks up an undiagnosed diabetic, that intervention may save their life. When a screening program picks up a pre-diabetic and allows that person to adjust their diet and lose weight with increased activity and exercise, it cures their pre-diabetes, and prevents full blown diabetes. Blood sugar screenings, diabetes education and other small interventions are all things that we as Cosmos can support.



Diabetes Foundation Update

JERRY NELSON
CDF Chairman

It has been a productive and successful year for the Foundation. First, I want to thank Del Oberst, retiring Foundation Chairman, and Bob Winters for all their hard work and jobs well done on the Foundation board. Del will remain on as an Ex-Officio member to serve as a Financial/Investment advisor. I would like to welcome our new board members: Dick Brynteson, Mid-States and Bill Quire, Capital They were elected by their federations to replace Del and Bob respectively.

For those who don't know me, I have been a member of the West Omaha Cosmopolitan club since 1991. I have held most of the offices in my club and served as Cornbelt Federation Governor in 1998. I have been on the CDF board since the 2003 International Convention in Branson and I am proud to serve as CDF Chairman this year.

Contributions: Once again, Cosmopolitan clubs and members contributed generously to various funds and projects during the Beacons and Donations Brunch in Rockford. A total of \$112,284 was received. The main funds contributed to were:

INGAP	\$69,572
Beacons	\$19,900
Doors	\$ 9,290
Columbia	\$ 7,500
Discovery	\$ 6,850
CI Fund	\$ 6,636

INGAP: Congratulations to everyone for completing your current International Project, INGAP! Together, U.S. and Canadian Cosmos raised \$764,706.60 for INGAP research. Please see Bob Williams' article on Page 12 for more details. Thanks to all who have supported this project.

Columbia Doors Program: We are very close to completing our pledge to furnish thirteen newly remodeled rooms at the Columbia Diabetes Center. The total cost to furnish these rooms is \$66,400. To date, we have received \$55,937. We need \$10,463 to meet our goal. If you or your club are interested in this endeavor, there is one full exam room (\$7,290), one partial exam room (\$2,523) and one partial office (\$650) still available.

Beacons: As of August 31, we have 1108 pledged Beacons memberships. At the 2006 Convention in Rockford, we received one new Ruby pledge, one new Emerald pledge and five new Regular Beacons pledges. Thank you! This is a great start to build on for 2006-07.

Grants: Through the Discovery Fund, Cosmopolitan Diabetes Foundation Board was able to grant \$18,096.60 to the following organizations at the International Convention in Rockford:

Camp Cosmo	\$4,386.60
Crusader Clinic	\$6,855.00
Columbia Diabetes Center	\$6,855.00

I look forward to my term as Chairman of the Foundation. I ask you all to continue to support your Foundation. The best way to do this is to sign up a new Beacon, contribute to the Discovery Fund, \$500 per club or more now that INGAP is complete and contribute to the new CI Fund. I also encourage all clubs to contact the Foundation Board Member for your Federation and invite them to a meeting. This is a great opportunity to learn what the Foundation is all about and can help encourage new Beacons memberships.

New Beacons Pledges

Ruby	Bill and Phyllis Quire
Emerald	Ron and Jane Holtsman
Beacons	Anthony Bartel
	Grand Island (2)
	Sandie Knudsen
	Owen Miller
	Duane and Debbie Muck

Beacons Totals

As of August 31, 2006

Diamond	7	Ruby	13
Emerald	23	Beacons	678

2005-2006 International Award Recipients

Best Web Site Design	Norfolk, Capital Dick Cook, Designer	Steven Elsberg Scott Getzschman John Hankamer Steve Hanna Nolan Harper Richard Harrison Siegfried Isaak Scott Knudsen Robert McWilliams, Jr. Ted Milligan Richard Muhr Bill Officer Joe Scales Barry Solomon Donald Snedeker James Thompson Michael Walter R. Craig Weinbender	Rockford Freemont Topeka Lawrence River City Tulsa Austin Winnipeg Omaha I-80 Norfolk Wichita Air Capital Regina Capital Columbia Luncheon Lawrence Breakfast Sioux Falls Columbia Luncheon Grand Island Wichita Downtown Regina Capital
Top Yearbook	Lawrence River City, Mo-Kan Tim Dunham, Chairman		
Top Bulletin	Heartland, Mo-Kan Janet Feltham, Editor		
Club Community Service	Capital Region, Capital		
Rebuilding Friendships			
Cornbelt	Omaha Cornhuskers		
Mid-States	Elgin		
Mo-Kan	Columbia Luncheon, Columbia Show-Me, Johnson County		
Southwestern	New Orleans		
Western Canada	Calgary, Regina, Saskatoon Couples		
50th Anniversary Clubs			
Elizabeth City ~ <i>Chartered February 17, 1956</i>			
Big "C" Award			
Capital	Hampton Roads		
Cornbelt	Omaha I-80		
Mid-States	Aurora		
Mo-Kan	Columbia Luncheon Lawrence River City		
Western Canada	Calgary, Sturgeon Valley Wascana Couples		
Medal of Merit			
Calgary Club	David Keller, President		
Cosmopolitan Friendship Builder			
10 Members			
Diana Klingseisen	Omaha Ladybugs, Cornbelt		
20 Members			
Dick Cook	Norfolk, Capital		
Kathy Hurlbut	Elgin & Watch City, Mid-States		
25 Members			
Jim Walker	Sioux City and Three Rivers, Cornbelt		
25 Year Member Anniversary			
Terry Akister	Saskatoon Bridge City		
Curtis Braun	Columbia Luncheon		
Earl Caddell	Norfolk		
Robert Carlson	Fargo-Moorhead		
Ed Clupny	Wichita Downtown		
Walter Dixon	Lawrence Breakfast		
Robert Dojack	Winnipeg		
		50-Year Member Anniversary	
		Carroll Ballard	Norfolk
		H.O. Chapman, Jr.	Topeka
		L. Wallace Hopkins	Omaha
		Membership Builder Award Ring	
		Diana Klingseisen	Omaha Ladybugs, Cornbelt
		Club Builder Award	
		Diana Klingseisen	Omaha Ladybugs, Cornbelt
		Bodwin Hutchinson	Omaha Ladybugs, Cornbelt
		Dexter Rumsey	Greater Richmond, Capital
		Mary Rumsey	Greater Richmond, Capital
		Les Timm	Southeastern Michigan, Mid-States
		Jerome Sigmund	St. Louis Gateway & Columbia Dinner, Mo-Kan
		Club President of the Year	Kathie Yordy-Richardson, Aurora Club
		Governor of the Year	Richard Greer, Western Canada
		Cosmo Member Community Service Award	Glenn Dunbar, Capital Region
		Cosmo of the Year Award	Wayne Powell, Columbia Luncheon
		Patrick J. Hodgins Award	Jerome Sigmund, Columbia Luncheon

Patrick J. Hodgins Award



Since joining Cosmopolitan International in 1967, **Jerry Sigmund** of the Columbia Luncheon Club has served and represented his club, his federation and International well. And he has done it with perfect attendance. Perfect attendance for 37 years. Jerry has served in numerous leadership positions in his club, federation and on the Cosmopolitan Diabetes Foundation board at International for two terms. He is a two time club builder , with his first club coming in his second year

with Cosmo's. He has also found time to bring in over 20 members to his local club. Jerry has always been an active participant in Cosmo's and that is evidenced by having attended 17 federation and 29 International conventions leading up to Rockford where he hit the 30 mark. He is a Sponsor Life Member, a beacon in 1993 and now an Emerald Beacon a former Mo-Kan Governor and a truly dedicated Cosmopolitan who coined the phrase "It's not fair to not share" when speaking about spreading our story.

Cosmopolitan of the Year Award



Wayne Powell has been a Cosmo in the Columbia Luncheon club for 17 years and has had perfect attendance during the judging period. Wayne currently serves on the board of directors and chairs the club's donations committee. That would be very appropriate as Wayne is known for his fundraising efforts. He is always a top seller of Pancake and Sau-

sage tickets, brings in hole sponsors for the golf tourney and even helps other organizations with their fundraising needs. Wayne works diligently in spreading the Cosmo word by submitting numerous articles and stories to the local papers, radio and TV stations. His most important contribution in spreading the word has been inviting 25 new Cosmos into the Luncheon club over the years.

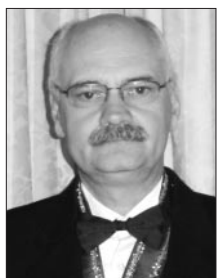
Member Community Service Award



Following his work in government service, **Glen Dunbar** of the Capital Region club spent twenty months in Nicaragua as a Peace Corp volunteer. He not only did his Peace Corp duties, but also taught English as a second language and helped raise funds for a boy who needed special medical care to regain the use of a leg. Following his return, Glen took a Red Cross course and headed to Florida to

assist in relief efforts following hurricane Wilma. His language skills were again utilized in assisting refugees of Hispanic decent. When he is not on the road volunteering, he is hosting foreign students in his home during holidays and vacations. Glen has a long history of volunteering, having spent time as a Scoutmaster, serving on numerous boards, volunteering at the local hospital, hosting foreign students and even Cosmo duties.

Governor of the Year



During his term as Western Canada Federation Governor, **Richard Greer**, led his federation to a successful membership increase, visiting many of the clubs, participating in numerous membership events and functions, and leading his federation to a resurgence in growth not seen for several years. Richard

also spent time attending all of the International meetings and events during his term. He was a steady influence in his local club, federation and Cosmopolitan International. Richard has been working behind the scenes making plans for new clubs in Western Canada and striving to spark the existing clubs to new levels of growth and fundraising.

Club President of the Year



Kathie Richardson of the Aurora Club has been a driving force in her club since joining in just 2003. She has led her club to an outstanding year of growth and vitality. Not only has she proven herself as a fundraising specialist, realizing a 26% increase, she has

also dedicated herself to leading the club to a 14% increase in membership. In her spare time, Kathie has been the clubs newsletter editor. Kathie initiated several new programs in the Aurora club including becoming a Chamber member, working to start a website, and donating to the New Orleans club.



Out with the Old, In with the New!

BOB WILLIAMS, 2006-2007 International President

Cosmopolitan International Fund A Way to Support our Headquarters Operations

As most of our members now know, we have experienced some recent difficulties in the operation of our Headquarters in Overland Park. **These difficulties will result in some near-term monetary shortfalls due to monies owed to the IRS and the State of Kansas for unpaid withholding taxes.** In addition, we have now paid the states of Nebraska and South Dakota for overdue sales tax.

To help with these liabilities, the Cosmopolitan Diabetes Foundation has approved a line of credit of \$30,000 to draw upon if needed. This is in addition to granting us all available funds permitted by their guidelines. As an organization, we greatly appreciate this offer by the Foundation, **but hope that we do not have to draw upon this line of credit.**

To prevent this possibility, a fund has been proposed by our PIP's led by Tom Williams, which provides the opportunity for U. S. tax payers to make tax deductible contributions to insure that the current financial difficulties do not hinder our diabetes efforts. **At our International Convention in Rockford and since, contributions of \$8,626.00 have been made to this fund, the CI Fund.**

Because we need help now, our PIP's are asking that our clubs and federations as well as individuals consider contributing this year and in the future to build the value of this fund to provide our organization a source of monies to cover the current and future costs of maintaining and expanding our efforts to detect and defeat diabetes.

Please consider helping us stay DEBT FREE by sending your contribution today in the envelope provided!

To make a contribution, checks should be made payable to the Cosmopolitan Diabetes Foundation noting CI Fund on the memo line.

Just think, if most of our clubs were able to contribute \$1000 in the coming year, we would be well prepared to move forward without assuming any debt.

INGAP- WE DID IT!

Cosmos, thank you all! We finally retired our INGAP commitment and, in fact we exceeded our goal this past year by over \$15,000.00. At the International Convention in Rockford, clubs and individuals contributed \$69,572.00 and we only needed \$55,000.00 to finish our commitment. As recommended by the Board, delegates voted unanimously to give the total amount contributed to The Strelitz Diabetes Institutes. Not including additional support over and above the Western Canada \$120,000 commitment to INGAP, Cosmopolitans raised nearly \$765,000 for this important research. All of our Federations can be proud of the support they provided to this international project.

I might add that Mo Kan, the home federation of immediate Past International President, Kevin Harmon, won the Mo-Kan/Cornbelt "shoot - out" which meant that Perry Johnson and his wife, Linda would be buying Kansas steak dinners for Gene Kaup and his wife Bev. Totals were: Mo-Kan; \$20,500.00 and Cornbelt; \$10,000.00. A great competition, but someone had to lose. Congratulations Mo-Kan!

Capital	\$209,477.76
Cornbelt	\$ 71,667.47
Mid-States	\$ 69,529.00
Mo-Kan	\$ 144,596.01
North Central	\$ 79,717.97
Southwestern	\$30,757.94
Western Canada	\$120,000.00
At-Large	\$ 2,645.00
CDF Grants	\$34,930.42
Misc. Donations	\$ 1,385.03
Totals	\$764,706.60

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, nearly 400 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 acknowledgement information. For more information, contact brenda@cosmopolitan.org.

Recent Courtyard Additions

In Memory of Eugene A. Mees Austin Club 1977-2006	Derry D. Anderson International President 2004-2005	Heartland Cosmo Club Founded July 1992 by Judy and Don Hover	
Ed Wurth President Omaha Club 2005-2006	In Memory of Betsy Thornhill Alexandria-Cenla Club	In Memory of George Bowers The Austin Club	In Memory of Peggy Payne Cosmo Pal Elizabeth City Club
In Memory of Hank Brown Johnson County Club 2006	In Memory of Dean S. LLOYD Roanoke Club	In Memory of H. Boyd Dickenson Roanoke Club	
In Memory of James E. Fagan Downtown Wichita Club	Clarence Riechmann Columbia Luncheon Charter Mbr. 1947-2003		

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)

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

Cosmos in Action

Catching Cosmo Fever in Prince Albert!

What a great convention! You won't believe the effect it has had on my wife Nancy. She wants to start a new Cosmo Club in Prince Albert! It came about as we were tipping and tailing beans that she picked from our garden the afternoon we arrived home from Rockford. Nancy was at the kitchen sink working with the beans, and I was cutting them in preparation of freezing them. We were discussing the Convention and the fun we had in Rockford.

At some point Nancy turned to me and announced, "I am going to start a Cosmopolitan Club for women, and it will deal with how Diabetes affects women." She then started to mention names of people who she thought would join. After naming a half dozen, we realized that we could not remember them all. I ran to my den and got out a form sheet of paper "Great People who should be Cosmopolitans" and started to write the names down. In five minutes I had to go back to the den for a second sheet. Five more minutes and a third sheet. When she got 25 names she left me working at the sink and picked up the telephone and started calling the names on her list. The first person said she would assist Nancy in forming a Club and would phone people as well. I was left to freeze the beans myself.

Guys, I must tell you, Nancy is certainly motivated after attending the Convention. She made new friends, Shelley Duckett, Linda Dojack, Brenda Sanford, and Myrna Pollon, to name a few. She learned about Diana Klingseisens work in forming a new Club in Omaha, and she experienced the fun of being a Cosmopolitan. *Nancy has caught the Disease!*

As she talked to the people on her list, she stressed the importance of doing it now –DIN– as she described the cards on the table at the banquet. She told them about the fun and friendship found at Conventions. She stressed the need for help for diabetics and the research for a cure.

That was Monday. Today she has a dozen confirmed candidates and has names on four full sheets of Great Cosmos should be Cosmos to call. She just left for town with my last sheets of blanks to give to her girlfriend who wants to assist her in calling people that she knows. The future looks promising for Cosmos in Prince Albert! Thanks for planting the seed.

*Norman Hill, Governor
Western Canada*

Send in an article by December 1st and your club could be featured here in the Winter Issue of *CosmoTopics!*

Cosmo Comedy for a Cure

The Sioux Falls Evening Club held its 2nd Annual Cosmo Comedy for a Cure on June 6 at Nitwits Comedy Club in downtown Sioux Falls. The night included a silent auction along with entertainment by Tracy Ashley, a comedian from the Minneapolis area. The event was again emceed by Dan Christopherson, a local former radio personality who himself has diabetes. Dan has experienced firsthand the complications that can arise from diabetes. A couple years ago, part of his leg had to amputated, and most recently, he lost his mother to diabetic complications.



Gala Woitte, Sheila Anderson, and Deb Peterson take a break during the silent auction.

The Club raised over \$3,000 from this event and donated \$1,000 to INGAP at the International Convention in Rockford.

*Sheila Anderson, Secretary
Sioux Falls Evening Club*

May a Busy Month for Lawrence River City

The month of May was a busy one for members of the Lawrence River City Cosmopolitan Club! During the weekend of May 5, 6 & 7, club members hosted the 58th annual Mo-Kan Federation Convention, and on May 26th, the club held its 11th annual “Lawrence River City Cosmopolitan Club Diabetes Golf Classic” fundraiser.

A total of ninety Mo-Kan members attended this year’s federation convention, which was held at the Lawrence Holiday Inn Holidome and was chaired by River City Cosmo Club member Diana Klopfenstein. Convention highlights included a golf outing, a Cinco de Mayo themed welcoming party, a tour of the Kansas University Robert J. Dole Institute of Politics, dancing until midnight at the Governor’s Ball, and a good dose of Cosmo camaraderie in the convention’s pool-side hospitality suite.

Duane Muck, from the Jefferson City, MO Cosmopolitan Club was installed as Mo-Kan Federation Governor during the convention, with the River City Club’s own Gary Bartlett being elected as Mo-Kan Governor-Elect. Mo-Kan members also appreciated having Cosmopolitan International President-Elect Bob Williams, and his wife Jeanette, travel from their home in Roanoke, VA to attend the convention.

Three weeks following the Mo-Kan Convention, River City Club members gathered together again and held a very successful golf tournament fundraiser at Lawrence’s Alvarado Golf Course. This year’s tournament, which was co-chaired by River City Cosmo Club members Mike Hertling and Ed Phlegar, attracted 124 golfers and raised over \$14,000 to help in our fight against diabetes. During the tournament’s 11-year history, nearly \$100,000 has been raised by the dedication and hard work of Lawrence River City Cosmopolitan Club members!

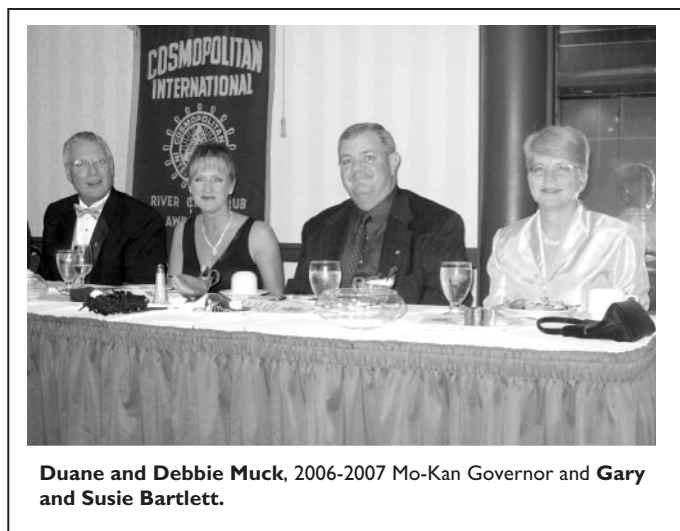
*Tommy Johnson,
Lawrence River City*



Ed Phlegar and Mike Hertling chaired Golf Classic.



Dennis Hoss, Robin Donahey, LeeAnn Dickson and Nancy Donahey serving at the Golf Classic



Duane and Debbie Muck, 2006-2007 Mo-Kan Governor and Gary and Susie Bartlett.

Diabetic Center Endowment Presentation

The Cosmopolitan Club of Aurora was instrumental in the promotion and establishment of the endowment fund for the Center for Diabetic Wellness. We are proud to be one of the first contributors to this fund. The Center for Diabetic Wellness offers free glucose screenings, provides education, detection of diabetes and medical referrals for ongoing care. Aurora Cosmos are committed to financial and moral support to this center. Our contribution to the endowment fund was \$2,000.

A \$10,000 donation was recently made to the Aurora Foundation by our club. The donation was made in honor and recognition of **John Bonie**, emeritus. John Bonie has been a member since 1956. Our participation in this fund will make monies available in the future for diabetic causes.

A scholarship to a local child was awarded for attendance to diabetic camp this summer. At our convention in Rockford, a check for \$400 was presented for research.

We continue to attract new members and our club members are vital, spirited and involved.

The photo is our presentation of \$2,000 check on June 13 for the establishment of the Provena Mercy Diabetic Center Endowment to be named for the Cosmopolitan Club of Aurora.

*Kenlyn Nash-Demeter, Publicity Chair
Aurora Club*

*Kathie Richardson, President
Aurora Club*



Left to Right:

Mike Meyer, VP of Marketing and Public Relations, Provena Mercy Medical Center; **Aurora Diaz**, Clinic Coordinator, Center for Diabetic Wellness, Provena Mercy Medical Center; **Mary Rudnicki**, Manager of Community Health Relations, Provena Mercy Medical Center; **Laura Stoney**, Executive Director of Provena Mercy Medical Center Foundation; **Kathie Richardson**, 2005-2006 President of Cosmopolitan Club of Aurora; **Rita Smith**, Certified Diabetic Educator, Provena Mercy Medical Center.

IN MEMORIAM

Documented from May 23, 2006 to September 12, 2006



At-Large Federation

THOM M. DANIELS
Headquarters

Capital Federation

H. BOYD DICKENSON
Roanoke Club

NELL WALKER
Wife of Rhea Walker Jr
Norfolk Club

GEORGE PAYNE
Elizabeth City Club

Mo-Kan Federation

JAMES E. FAGAN
Wichita Downtown Club

Southwestern Federation

EUGENE A. MEES
Austin Club

SAMUEL P. MANIPELLA
Tulsa Club

Western Canada Federation

NORMAN D. READ
Prince Albert Club

Stepping Outside the Box

With dwindling membership rolls, many clubs are struggling to survive. There is a tremendous need to not only attract additional members, but also to ensure that they remain active, contributing COSMOS. This article is based on a workshop I presented at the May Capital Federation Convention.

We all have a story, have backgrounds that make us unique individuals; we are all interesting. My question is: With such interesting people who are dedicated to Cosmopolitan ideals, why is it so difficult to find people to join the club? We work hard for the club and also have fun, but finding new members has been very difficult for us and many other clubs.

What can we do to improve this situation? We need to STEP OUT OF THE BOX!

- **Partner with local diabetes drug companies** by setting up a table at their event and distribute COSMO literature. This has the potential to inform attendees about our mission and is also a potential source of new members – both from the sponsoring organization as well as the participants.
- **Take out a paid advertisement** to supplement publicity articles provided to local newspapers. We need to step out of the box to make things happen.

Membership Recruitment/Retention

JILL DIVINCENZO, President-elect
Cosmopolitan Club of the Capital Region

- If you have success in getting new members, CONGRATULATIONS! But, do not keep your achievements to yourself. **Write an article for COSMO Topics** or let the Federation governor know for the federation newsletter. Let's communicate more between clubs.

Next, I would like to explore another subject – membership retention. Recently, at lunch, a member wondered where our funds go. I asked if she knew what "INGAP" was. Her answer was NO. The next day, I asked another, newer member the same question. She did not know either.

Members must be nurtured along if they are to remain members and not fall by the way side. Here are some ideas how to do this:

- **Membership Orientation** – Provide new members with details about the structure and purpose of the organization. It is especially important to identify what charities the club supports and why. If this has not been a regular feature, do it as a program at a regular meeting. All members could use a refresher! Discuss expectations of club members in the areas of fund raising, service, social activities, and dues structure.
- **Get them involved** – give them a committee assignment, ask their opinion and solicit their input. Welcome their ideas; don't discourage them.

- **Mentoring** – assign new members an established member to show them the ropes and get them involved.

I would like to conclude with this true story. Recently, while having lunch with our youngest daughter, the subject of Cosmopolitan came up. She recently attended the President's Banquet honoring her father. She told the story that when she was away at college, she would hear us discuss our involvement with Cosmopolitan. In her mind, she honestly thought Cosmopolitan meant a cocktail. She asked her sister why we had joined this group (the drinking kind) since we do not drink. She said that she honestly thought mom had begun to drink since dad had retired and would be home a lot. I took time to explain what we do and what we are about. If someone that close to a COSMO does not know about Cosmopolitan, just think of the community around us and how we need to "step out of the box" to educate and promote our mission and goals.

One drop of water helps to swell the ocean; a spark of fire helps to give light to the world. None are too small, too feeble, too poor to serve. Think of this and act.
Hannah More

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Kevin Harmon,
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Etta Vinik, MA, Associate Director
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rehmerf@health.missouri.edu

2006 - 2007 Cosmopolitan Club Directory

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Southwestern Federation

Pres: Bill Clifton
5816 Upper Donahue Ferry
Pineville, LA 71360
H: (318) 640.9680
Meets: 1st & 3rd Thursday 6:30 p.m.
Risk Services Building

Aurora, IL

Mid-States Federation

Pres: Rita Smith
306 Meadow Lane
Newark, IL 60541
H: (815) 695-5596
ritaasmith@provenahealth.com
Meets: 1st Thursday, 6:30 p.m.
Ernie McCann's Restaurant

Austin, TX

Southwestern Federation

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

Baltimore, MD

Capital Federation

Pres: Harry Silverwood
5 Valley Oak Court
Timonium, MD 21093
H: (410) 252-1418
Meets: 2nd & 4th Thursday, noon
The Valley Inn

Bellevue - Big Elk, NE

Cornbelt Federation

Pres: Victor Hoelting
13701 Tregaron Drive
Bellevue, NE 68123
H: (402) 291-1659
vichoe1@aol.com
Meets: 1st & 3rd Weds., 6:45 a.m.
Downtown Coffee Shop

Belvidere, IL

Mid-States Federation

Pres: Doug Fitz
P.O. Box 611
Belvidere, IL 61008
H: (815) 885-3510
df61008@yahoo.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
1051 S 17th Ave
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
3666 Sierra Morena Road SW
Calgary, AB T3H 3A6
H: (403) 686-7008
Meets: 2nd & 4th Monday, 6:30 p.m.
Danish Canadian Club

Capital Region, PA

Capital Federation

Pres: Glen Dunbar
606 Race Street
Harrisburg, PA 17104
H: (717) 234-4702
glendunbar@verizon.net
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: Steven Sapp
3501 Topanga Drive
Columbia, MO 65202
B: (573) 874-7557
H: (573) 441-1646
Meets: Tuesday, 7:00 a.m. (ex. 5th)
Cosmopolitan Comm. Ctr.

Columbia Luncheon, MO

Mo-Kan Federation

Pres: Owen Miller
1025 Yale Street
Columbia, MO 65203
Meets: Monday, noon
Jack's Gourmet Restaurant

(*) Denotes various locations.

Columbia Show-Me, MO
Mo-Kan Federation
Pres: Rollin Thompson
3501 E. New Haven Rd #179
Columbia, MO 65201
H: (608) 343-2553
hairmoccasin@mch-si.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
hirtman@comcast.net
Meets: 1st Tuesday, 6:00 p.m.
Village Squire

Elizabeth City, NC
Capital Federation
Pres: Walter Comstock
108 S. Ash Street
Elizabeth City, NC 27909
H: (252) 338-8646
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: Charles Gordon
2500 East 21st
Fremont, NE 68025
B: (402) 721-6301
H: (402) 727-1732
scottg@getzschman.com
Meets: Friday, 7:00 a.m.
Out Post Restaurant

Grand Island, NE
Cornbelt Federation
Pres: Cory Lenners
5 Via Como
Grand Island, NE 68803
B: (308) 384-5544
H: (308) 382-0211
Meets: 1st & 3rd Monday, 6:30 p.m.
Country Kitchen

Greater Richmond, VA
Capital Federation
Pres: Kathryn Cumming
406 N. Allen Avenue
Richmond, VA 23220
H: (804) 222-5910
Meets: Various times and locations

Hampton Roads, VA
Capital Federation
Pres: Hal Noyes
207 Glen Echo Drive
Norfolk, VA 23505
H: (757) 480-8771
Meets: 1st Saturday, 7:00 p.m. (*)

Heartland, KS
Mo-Kan Federation
Pres: Don Feltham
5017 Lewis
Shawnee, KS 66226
B: (913) 226-5000
H: (913) 422-1345
donjanetf@sbcglobal.net
Meets: 3rd Thursday, 6:00 p.m. (*)

Jefferson City, MO
Mo-Kan Federation
Pres: Mark Mueller
2907 Glovers Ford Road
Jefferson City, MO 65101
B: (573) 761-5300
H: (573) 635-3152
mmueller@exchangebk.com
Meets: Friday, noon
American Legion

Johnson County, KS
Mo-Kan Federation
Pres: Drew Quinn
6000 W. 145th Terrace
Overland Park, KS 66223
B: (816) 556-1108
H: (913) 814-7234
dquinn@winbury.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 River City, KS
Mo-Kan Federation
Pres: Tim Dunham
4305 Crofton Terrace
Lawrence, KS 66049
H: (785) 838-9813
B: (785) 423-2960
tccdunham@sbcglobal.net
Meets: 1st Thursday, 6:30 p.m. (*)

Main Street, NE
Cornbelt Federation
Pres: Sharon Hinds
1009 Jones Drive
Fremont, NE 68025
B: (402) 721-2230
H: (402) 727-6458
Meets: 3rd Tuesday, 7 p.m.
Blue Bottle Coffee House

Mexico City, MEX
Southwestern Federation
Pres: Eva Tentori
Priv. De los Cedros No. 35
San Angel, Tetelpan
Mexico City, DF 01720
H: (011) 525-585-2911
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) 963-7750
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: Bob Klingseisen
10517 Mary Street
Omaha, NE 68122
B: (402) 880-1229
H: (402) 305-3051
rklingsen@tconl.com
Meets: Tuesday, 11:45 a.m.
Venice Inn

Omaha Cornhuskers, NE
Cornbelt Federation
Pres: Dick Gorton
3312 South 107th Avenue
Omaha, NE 68124
H: (402) 398-9301
B: (402) 399-1197
rgorton@hdrinc.com
Meets: Friday, noon
Jerico's Restaurant

Omaha Ladybugs, NE
Cornbelt Federation
Pres: Diana Klingseisen
10517 Mary Street
Omaha, NE 68122
H: (402) 312-6525
dklingseisen@tconl.com
Meets: Tuesday 6:30 pm, Monthly
Sunset Valley County Club

Omaha I-80, NE
Cornbelt Federation
Pres: Mike Battershell
4860 Harney Street
Omaha, NE 68132
B: (402) 558-1221
H: (402) 661-7929
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: Art Brassard
988 First Street East
Prince Albert, SK S6V 0C4
H: (306) 764-6941
adbrass@sasktel.net
Meets: Wednesday, 6:30 p.m.
September through June
P.A. Golf & Curling Club

Rapid City, SD
North Central Federation
Pres: Frank Morrison
1302 38th
Rapid City, SD 57702
H: (605) 348-2457
wrp@rushmore.com
Meets: Monday, noon
Rushmore Plaza Holiday Inn

Regina, SK
Western Canada Federation
Pres: Chad Miller
1127 Rae Street
Regina, SK S4T 2B9
B: (306) 757-5555
H: (306) 522-9490
ccmiller@accesscomm.ca
Meets: Every 2nd Monday, 6:30 p.m.
United Services Institute

Regina Capital, SK
Western Canada Federation
Pres: Keith Shepherd
2323 Broad Street
Saskatoon, SK S4P 1Y9
B: (306) 757-5555
H: (306) 751-0040
dudley4_dudley@sasktel.net
Meets: 2nd Monday, 7:30 p.m.
Nicky's 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: Ben Foster
200 Baudrean Rd. Unit 301
St. Albert, AB T8N 6B9
B: (780) 418-3040
H: (780) 418-3161
bensfoster2@yahoo.com
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.

Saskatoon Bridge City, SK
Western Canada Federation
Pres: Ron Begalke
P.O. Box 819
Saskatoon, SK S0K 2T0
H: (306) 931-1119
ron.b2@sasktel.net
Meets: Monday, 6:30 p.m.
Delta Bessborough Hotel

Saskatoon Couples Club, SK
Western Canada Federation
Pres: Annette Claffey
523 Wilkinson Cr.
Saskatoon, SK S7N 3M1
H: (306) 373-8577
A.doc@sasktel.net
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: Lavina Suhr
12 W. 36th Street
Scottsbluff, NE 69361
H: (520) 466.1607
lmsuhr@charter.net
Meets: 1st & 3rd Wednesday, noon
Elks Lodge

Sioux City, IA
Cornbelt Federation
Pres: Rick Larson
201 Ruby Court
Sergeant Bluff, IA 51054
B: (402) 494-7447
H: (402) 943-5964
rslrsn@longlines.com
Meets: Thursdays, 7:00 a.m.
Mid-American Energy

Sioux Falls, SD
North Central Federation
Pres: Andrea Yugteveen
608 N. Twin Towers Circle
Sioux Falls, SD 57110
B: (605) 977-4836
H: (605) 359-5019
avugteveen@eidebailly.com
Meets: Mondays, noon,
Sioux Vocational

Sioux Falls Evening, SD
North Central Federation
Pres: Gala Woitte
27166 464th Avenue
Tea, SD 57064
H: (605) 368-2753
gwoitte@speednet.net
Meets: 4th Tuesday, 6:00 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: Terry Campbell
17911-78 Avenue
Edmonton, AB T5T 3A1
B: (780) 488-0989
H: (780) 484-9607
forker2@hotmail.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: Maureen Dumonceaux
766 Campbell Street
Regina, SK S4T 5N8
H: (306) 545-8389
dumon@cableregina.com
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: Michael O'Bryhim
9249 Wilson Estates Court
Wichita, KS 67206
B: (316) 201-6060
H: (316) 634-2877
obryone@rpsi.kscoxmail.com
Meets: 3rd Tuesday, noon
Scotch and Sirloin

Wichita Downtown, KS
Mo-Kan Federation
Pres: Jim Durham
2627 N. Dellrose
Wichita, KS 67220
H: (316) 686-1479
durhist@aol.com
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: 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.

(*) Denotes various locations.

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