



COSMOTOPICS

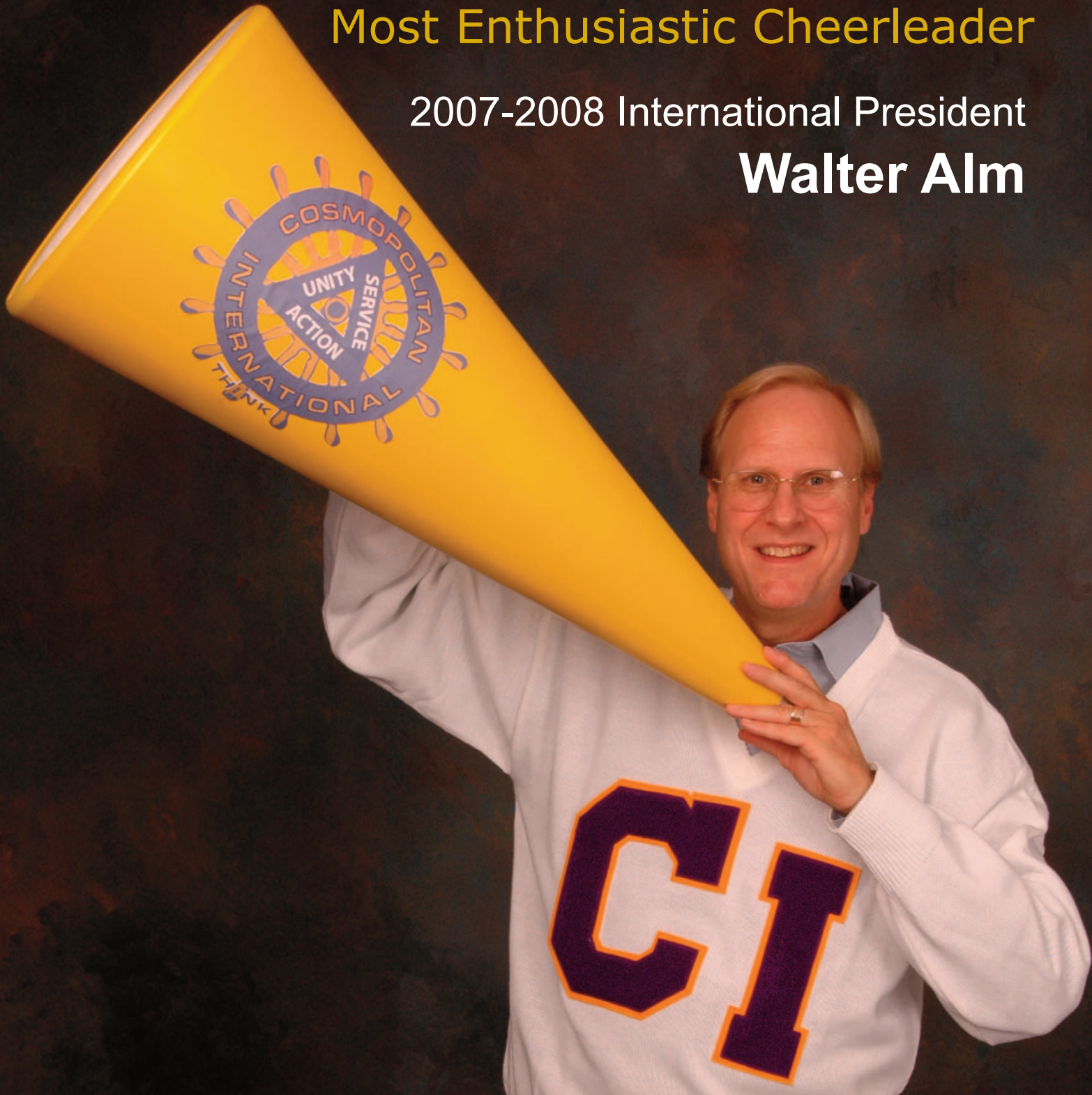
A publication of Cosmopolitan International
The Club that Fights Diabetes

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Cosmopolitan's Most Enthusiastic Cheerleader

2007-2008 International President

Walter Alm





The Club that Fights Diabetes

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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.

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LET'S TALK

Walter Alm
2007-2008 International President



Hello to all! My articles this year serve as my main opportunity to "talk" to all of you; it is very important to me to be able to do so. Let me begin by stating it is truly an honor to serve your club this year. Indeed it is your club. Each member is a shareholder in the club; we all play a role. The club derives benefit from each one of us.

Let's "talk" about topics that are important to me.

First, in preparation to serve as president, I have been looking through the Cosmopolitan International database. I have also reviewed our bylaws and policies. My conclusion has been what a staggering body of work proceeds us. So many have worked so hard for Cosmopolitan. I find it truly humbling. Hopefully this year we can continue to build upon this foundation

Next, my theme for this year is **"The Story's in the Numbers."** I chose this theme because of Cosmopolitan's history of charitable giving. Last year we contributed over **\$950,000** to diabetes and community causes. What a wonderful number! Knowing this number helps us tell our story to others. I hope we will continue to compile totals of our annual charitable giving. Additionally, I feel we should track other numbers. For instance let's keep numbers on children we send to diabetes camps, how many diabetes screenings we participate in, and how many hours we spend as community volunteers. What other numbers are important? Well the number of clubs, the number of new clubs, Cosmopolitan International's total membership and probably most important, our number of new members. I have always hoped that by knowing our various numbers, we will attract others and encourage new membership.

Another topic that is important to me is our communication chain. I feel it is important to be in touch with one another. Typically information will flow down from headquarters, myself, and the Cosmopolitan International executive committee, to the governors, the club presidents and ultimately to each one of you. The digital age makes this easier than it has ever been before. Please make sure that headquarters has

your e-mail address. Through e-mail, I hope to talk to you and you should feel free to talk to me.

Membership growth is another critically important topic. I want our clubs to stay active and vital. We can only accomplish this through new membership. Every member can participate in our growth. It all starts with names. Let's find people who want to join us and participate in our fellowship, fun, and support of diabetes and community related causes.

Our relationship, you and I, is very important to me. In previous articles, I have stated I am very proud of every one of our members. I would like to meet each of you and shake your hand and say thank you for all you do. Obviously that is not possible. My hope is to make regional trips to locations within each federation. I have asked the federation governors to help organize these visits. It is likely that they will announce a weekend gathering or special dinner where I will be flying in to meet with you. I really hope our schedules will match up and you can join me at one of these special meetings. An added benefit will be that you'll get to see my CI letter sweater in person.

Finally, there are two important thank yous. I wanted to acknowledge to our membership, my appreciation for the hard work that has proceeded my year. Each Cosmo year seems to present its own unique challenges and Bob Williams, 2006-2007 International President, and his board are to be commended for all they have done.

Additionally I wanted to comment on our magazine, *CosmoTopics*. With this edition we have tried to present a new, fresher format. It includes informative sections on diabetes, the numbers, and club history; these will be included in each issue. All of this creativity springs from our new editor Sheila Anderson. I thank her for all she has done.

Well it's been nice "talking" with you. Write me anytime, wafootdr@sbcglobal.net.



Just like the cover says,
this year I hope to be Cos-
mopolitan's most enthusi-
astic cheerleader. When
you consider all we do and
all we stand for, it is easy
to see why I am
enthusiastic.



IT'S ALL ABOUT ENVELOPES

Kevin Harmon
Executive Director

It is inventory time at Cosmopolitan Headquarters. That time of year when you prepare for a review of the books and accounts from the previous year's work. It is also a time to take stock of what you have accomplished during the year, and prepare for the coming year. It was a pretty good year. There is money in the bank, we don't owe anyone as we paid off everyone including the government and our loan from the Foundation, we had positive membership growth for the second year in a row, we are raising close to a million a year and we have made significant contributions to our home communities.

For the inventory and audit the first item of business for HQ was to contact our accountant and set up a time to meet and discuss. It was then that our audit firm reminded me about the inventory. It was time to dig out old records, review procedures, and then count the inventory. Yes, we count all the goodies we sell from HQ to the clubs and members from plaques to shirts to gavels to brochures. We count all the little Cosmo pins we have in stock for new members, experienced members and special members. We have a lot of pins and you don't want to lose count while going through them because you have to start over. Trust me, I know.

It dawned on me while looking over our supplies that we have way too many large shipping envelopes. We have a good number of standard size shipping envelopes by my estimate, but way too many large ones. How did that happen? Yes, we try to buy in bulk and we are

always watching for special deals from our suppliers, but this overabundance of large envelopes speaks of something much larger.

We use the standard shipping envelopes for new member kits primarily. When your club signs up one new member we set about ordering the name tag, printing one new member certificate, putting together the sponsor card and pin, as well as a current Topics and some assorted Cosmo literature. It takes a certain size envelope to put all that in and mail it to the club secretary. It takes a standard size envelope.

The large shipping envelopes are used for multi-member kits. That's where a club has had a membership event or been very active in recruiting. You need a large envelope to put two, three or four kits together. Plus the postman would much rather deal with one envelope than several. And it costs less to ship in bulk. Add to that the economy of printing several certificates at the same time and, well, you get the picture. We don't need fewer envelopes. We need more recruitment.

So that's it then. Question answered and problem solved. We have just the right amount of large envelopes in stock. In fact maybe we need to order some more. We want to be prepared to ship a lot of multi member kits out this year. There are a lot of people out there that would love to be Cosmos and involved in the friendliest club around. Go out and find them. We have the large envelopes ready and waiting.

The large shipping envelopes are used for multi-member kits. That's where a club has had a membership event or been very active in recruiting.

FINANCE AND MARKETING NEWS



Melvina Newman
Vice President for Finance and Marketing

Convention

Went to a Convention, reminisced with old friends and what a week! The attendance was awesome, the meetings and workshops were fabulous, learned what progress we are making in the fight against diabetes, the Riverboat Cruise and Zoo were delightful – what more can we say except “THANKS” for a great convention. I truly was honored to have the opportunity to serve another year as your Vice President, and I sincerely appreciate everyone’s support. I look forward to meeting many more Cosmos in the coming year. If you have any questions, I would welcome visiting with you, just contact me.

Meeting Your Vice President

I grew up in a rural community and learned from my parents about being involved in church and community. I was always active in school, church and 4-H activities and continued throughout college. My career began in the legal profession, then became the Vice President of Finance for a local corporation, moved on to own a Drive-In Restaurant, was SD District Manager for American Diabetes Association and am currently owner of floral and gift shops.

Current member of the Sioux Falls, SD Noon Cosmopolitan Club, have been very active with the club, serving on the Board, committees and office positions. Besides Cosmo, member of SD Floral Association, SD Advocacy Network for families, Soroptimist, the Leadership Council of the American Diabetes Association and continue to do volunteer work on several committees for the ADA fund raising events. Married to Richard, who has his own business and also is Cosmo member of Noon Club.

Budget and Finance

The goal for the year is to monitor income and expenses. We will continue to work to have sound financial statements. The budget was approved at the convention which will be used as our guideline. As for income, our primary source of income is from dues. Statements are timely sent, and we appreciate all clubs sending in the amounts in a timely fashion. Of course, the real way to ensure our financial viability is through membership and new clubs. Any increase will help with the budget and, in turn, will help to provide better services to you the “members.”

Marketing

A solid marketing program can attract new members. Sometimes people don’t think they want or need something until they are shown the value of it. We as members need to market Cosmopolitan in our communities with brochures, posters, fliers, contacting the news media and just talking about it in personal correspondence, handshakes and casual meetings.

Personalization is a trend that continues to build momentum. Just look around your local clothing retailers. Monogrammed and initialed clothing and accessories fill the shelves. And, consumers are embracing this “all about me” trend by making personal statements on everything they do. We can capitalize on the trend by buying Cosmo shirts, bags, mugs, pens etc. These products will help support Cosmopolitan and you can transform them into a great marketing tool. Check with headquarters for a complete list of “branded” items available. Make a commitment to market Cosmo in the year ahead.

It’s fall, the leaves are turning to brilliant fall colors and each of us is aware that key events are about to begin. Remember to be a part of these events and continue to promote and market in your community. “Brand” the Cosmopolitan name.



STAY WITH US

Richard Greer

Vice President for Membership and New Clubs

I chose the theme "STAY WITH US" at the Convention in Omaha this summer, because too many of our members lose interest in Cosmopolitan, and drift away throughout the year.

When we lose over 200 members, it is very tough to come up with an increase in membership. By making the clubs we have stronger, more dedicated and growing, we have interested members who want to "STAY WITH US."

How do we accomplish this? There are a number of ways, and I would like to go over a few of them.

Membership Events

I believe that membership events are the single most effective way to get new members, as well as to remind our existing members of the great things we do. When your membership chair brings out the scrap books, pictures and newsletters, we remember the good times and accomplishments of our club, rekindling the excitement we all feel from a job well done. When we are proud of our club, we are more likely to ask our friends to come to a meeting to find out what the excitement is all about.

Make the Membership Chair the most important position in your club. Ask your President-elect to be the Membership Chair, as they are very interested in having a growing club to work with when they become President. Commit to two membership events a year. Be sure that everyone in your club is dedicated to making the membership event a success. Follow the guidelines in the "How to Host a Successful Membership Event" brochure available from Cosmopolitan International. Keep the "Great People Who Should Be Cosmopolitans" form on your fridge. Hand this to your Membership Chair once a month.

Awards Program

Our awards program recognizes the accomplishments of both individual members and clubs, and are a great way to say thanks for a job well done. Ask your Past President to be your awards chair, as they will realize how important the Awards Program is. There are many members who work at projects all year long, and many that work at only one. Each person contributes, and it is worthy of recognition. Fill in the new form "Great People who Are Cosmopolitans" -soon to be available from your Governor or through Headquarters and give to your Awards Chair. This will make it easier for your committee to do their job at awards time.

Convention Attendance

By going to conventions, all members learn more about Cosmopolitan, at Federation and International levels. Make it a priority to attend

your Federation convention. Encourage your club to send at least two more people than last time to the next convention. Send these two people as well as two more to the International Convention in Colorado Springs next year. Send your newest member to your convention. By becoming up to date, all the attendees will bring the Cosmopolitan message back to your club.

New Club Building

When we have active, interested Cosmos in existing clubs, we are going to get people interested in new club building. It is not impossible to have at least one club building project going on in each Federation. It is never a waste of effort to try to build a new club. If you don't succeed right away, you still have the new contacts, and interested new people ready to join existing clubs. Get the "movers and shakers" in your club to commit to working on new club building. We have had a number of new clubs formed in the last two years. Get in touch with these new club builders, they would be pleased to work with you. There are all kinds of resources at Cosmopolitan International, as well as dedicated Board members ready to help.

Keep the membership we have. Make our clubs strong, growing, and dedicated.

- Rekindle the excitement at club level: *Host two Membership Events this year.*
- Recognize our accomplishments: *Support the Awards Program.*
- Reconnect with clubs in your Federation as well as Cosmopolitan International: *Attend conventions and encourage new club members to come along.*
- Revitalize Cosmopolitan by working towards new club building: *Get the "movers and shakers" to take the lead, and make the commitment to support them.*

These are just a few ways to help make our members want to "Stay With Us". There are many other things to do to make our clubs interested, strong and growing. Why not share your success? Please contact me, your Governor, or Cosmopolitan International. We are ready to help Cosmopolitans everywhere enjoy their club.

ONWARD AND UPWARD

Jim Smith
President-elect



All of our clubs are back meeting again after a little summer respite. I've been to a few meetings as I type this, and there are lots more on the horizon.

Omaha did an outstanding job of hosting our International Convention. Thanks again for all your efforts, we are deeply appreciative! And congratulations to all our award winners and newly-elected executive members at our club, federation and international levels.

So here we go. In this next year we are challenged with continuing our "net membership increase" records. We'll have to go back to our early beginnings to find an example of three years of continuous positive growth, and what a tremendous event that will be to celebrate! Let's all resolve to do just that.

Right now is planning time. Club Presidents and Governors both need to sit back and consider their up coming year and plan what they are going to do, how they are going to do it and when they want it completed. First among these events needs to be a date for at least one (and preferably more) Cosmopolitan Membership Events. Select a date at least a month off so there is time to put together a very classy evening showing off your club, and get some of your best members on this committee. There ensure that every member has a copy of the "Great People Who Should Be Cosmopolitans" form on their fridge doors and ask often how many names they have jotting down and if they have approached these people. This form is downloadable from our website www.cosmopolitan.org.

And plan your meetings to be FUN, orderly, FUN, interesting, FUN, crisp, FUN, over on time and FUN. We want your members to delight in attending your meetings, and to enjoy them to the fullest. Having FUN as Cosmopolitans is the very best thing we can do for the organization and for ourselves. As part of his campaign in Omaha, V/P fro Membership and New Clubs Richard Greer used the slogan "Stay With Us" on some note pads he handed out. I though it was a truly great slogan. The next net increase will be really easy to attain if we just stopped losing so many members each year, and if they are having too much FUN to quit, they will surely stay.

That's it for now, so let's sit down and plan some Cosmopolitan FUN!

Please note new contact information:

Home: 306.931.1219

Cell: 306.280.0033 (new)

Email: jim.smithjr@shaw.ca

Having **FUN** as
Cosmopolitans is the very
best thing we can do for
the organization and for
ourselves.



DIABETES FOUNDATION UPDATE

Jerry Nelson
Cosmopolitan Diabetes Foundation Chairman

NEW BEACON PLEDGES

RUBY

Bill Clifton
Bobbie Clifton

EMERALD

Wayne Wootton

BEACONS

Joyce Kubat
Gary Lenzini
Anne-Marie Mayne
Owen and Betty Miller
Greg and Linda Shields
Georgia Kae Wood
Jefferson City Club

*Special thanks to **Del Oberst and George and Kit Montz** for completing their Diamond Beacon memberships.*

We appreciate your continued support!

What an exciting time to be a Cosmopolitan! It was great to see everybody at the International Convention in Omaha, to say thank you and job well done to Bob Williams for his year, and welcome our new President, Walter Alm. I am excited and look forward to working together toward our goal, "The Club that Fights Diabetes".

It was great proof again this year at the convention of a small organization of great people doing large things. The support generated for diabetes-related projects and programs throughout the year, as well as at the Beacons and Donations Breakfast, allowed the Foundation to fund grants that could not have been funded without your generosity.

I am happy to announce that officers of the Foundation will remain the same for this new year. On behalf of the CDF Board, I want to personally thank Dick Bryntenson for his dedication and service to the Foundation as he retires. Tom Gustafson, was elected to replace Dick and will serve the remainder of Dick's term. We wish Dick all the best and look forward to working with Tom on the Board.

Cosmopolitans donated generously \$44,926 to the Foundation with monies being designated to funds such as the Beacons, Discovery, the Diabetes Centers/programs, and the CI Fund just to list a few. Each of these funds has been established to serve a specific purpose and each is fulfilling its purpose. For example, monies in the Discovery Fund have been granted out for diabetes-related projects (listed below) and

contributions to the CI Fund have been forwarded to Cosmopolitan International at their request to be used as previously determined.

GRANTS FUNDED IN AT THE INTERNATIONAL CONVENTION

- \$1,000 A1C Club - Topeka
(Diabetes Summer Camp)
- \$3,000 Camp Cosmo Diabetes Camp
- \$5,500 Cornbelt Diabetes Connection
- \$5,500 Cosmopolitan International Diabetes and Endocrinology Center
- \$5,500 Crusader Clinic
- \$1,000 Hampton Roads Cosmopolitan Club
(Vacation Diabetes Camp)
- \$1,200 Provena Mercy Medical Center
- \$2,300 Sanford Children's Medical Center

OUR THEME "FOLLOW THE LIGHT"

continues to lead the way to our goals:

- Increase Beacon membership by 60 new Beacons memberships
- Every club contribute to Discovery Fund
- Every club receive the Lighthouse award for increased Beacon membership

I look forward to this year and thank you for your continued support of the Foundation. I encourage all clubs to contact the Foundation representative in your Federation and invite them to a meeting. This is a great opportunity to learn what the Foundation is all about and to help encourage new Beacon memberships.



Jim McVay, CHAIR, INFORMATION TECHNOLOGY COMMITTEE

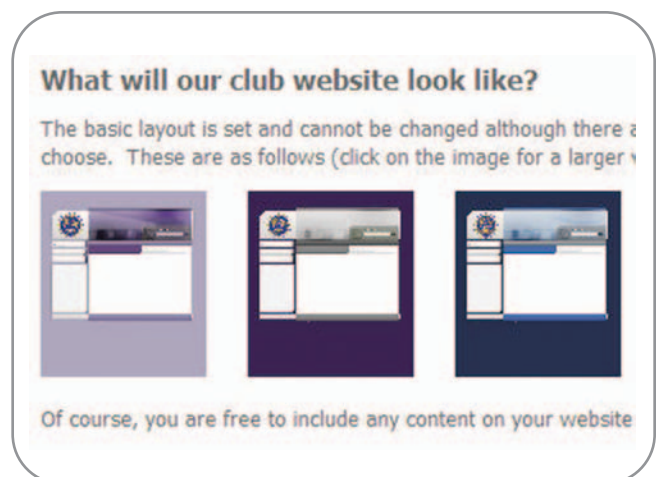
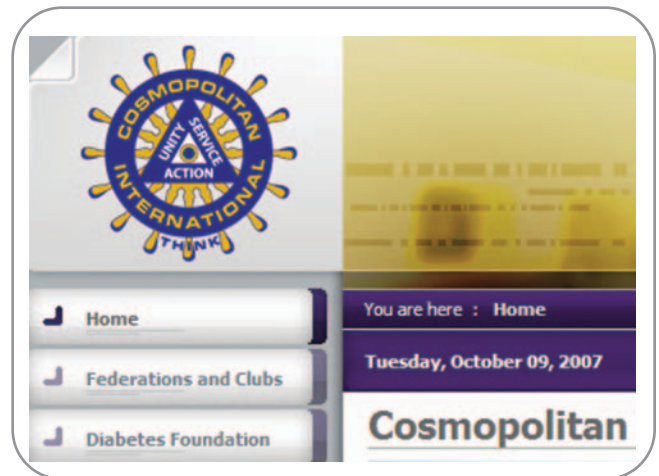
For the last nine years, we have made use of a website that was functional but which did not necessarily present us in a professional manner. Building on the work done by the Rockford Cosmopolitan Club, we have now taken a gigantic leap forward in terms of our "web presence."

The new Cosmopolitan website went live on the first of this month and incorporates all of the features available on the old website including a searchable member database, downloadable forms, and archived issues of *CosmoTopics*. In addition, there are some new and exciting things that are now available for our members. Most significantly, individuals now have the ability to update their personal information online including email addresses and other contact information. You simply need to locate your profile in the member directory, click on your username, and then click on the blue "pencil" icon to the left of your name. You can then add or edit your information (including uploading a photograph). Click "Update" at the bottom of the page to save your changes. The headquarters staff downloads this information directly from the website to insure that the Cosmopolitan member database is always up-to-date.

There are some additional features that will be added to the website in the next month including a shopping cart module which will allow you to order Cosmopolitan merchandise online. A credit card feature will also be available so that members can make their Beacon's donation, buy a Brick, or register for Conventions online. Of course, if there are other things you would like to see on the website, please let me know.

One of the greatest benefits of our hosting arrangement with Brilliance Business Solutions is that this same website layout is available for use by individual Cosmopolitan clubs at a greatly reduced cost. The Sioux Falls Noon Club, and the Capital Region clubs have already taken advantage of this offer, and we hope other clubs will be doing so as well.

You can get more information about creating a website for your own Cosmo club at www.cosmopolitan.org and clicking "Club Website FAQ's" under the "Federations and Clubs" tab. Of course, if you need additional information, please feel free to contact me directly.



Diabetes

This new segment provides insight from individuals who are living with diabetes and how they cope and deal with it on a day-to-day basis.

Pat Hohman joined the Lawrence River City Club in 1994 and has been living with diabetes for 31 years.

How old were you when you acquired diabetes?

I was diagnosed with type 1 diabetes 31 years ago when I was about 26 years old. I started to lose weight without trying and over a 2 week span of time I lost 17 pounds. I was not overweight. I was so weak that I couldn't lift my 1 year old son. I was urinating about every 15 minutes during the night. And, I just couldn't get enough to drink. I would dream that I was in a swimming pool drinking my way up and I still could not quench my thirst.

Is your diabetes treated with pills or insulin?

My diabetes has always been treated with insulin from the first day of diagnosis. I started with one injection of insulin, then two, then two different types of insulin both morning and evening. Eventually I was started on long acting insulin (ultralente, which is no longer manufactured) and fast acting insulin with meals. I was taking four or five injections daily. In 1997 I started wearing an insulin pump, which I continue to wear today.

Besides using medication, do you do other things to control your diabetes?

Other than taking insulin, I take an ARB, Diovan, to control blood pressure and to prevent kidney disease. I take an aspirin (81

mg) daily to help prevent blood clots than can lead to complications. And, I take a statin drug (Vytorin – combination of Zocor and Zetia) to lower my LDL cholesterol to less than 70. I also walk 30 minutes at least five days per week and do some other strengthening exercises.

What are the accomplishments in management of your diabetes that make you most proud?

The accomplishments that make me most proud are that I was able to obtain both a bachelors and master's degree in nursing, after being diagnosed with diabetes. My goal when I began nursing school was to become a diabetes educator and help other diabetics learn to manage their diabetes. I am also proud of the fact that I do not have eye or kidney disease. My heart is healthy and I have good circulation to my feet and legs.

What is the greatest difficulty or challenge having diabetes causes you?

Due to my busy work schedule, my greatest challenge is to take care of "me" while I am working. Some days I will have so many patients and so many phone calls that it is easy for me to miss checking a blood sugar or miss eating a healthy lunch. Fortunately I do wear the insulin pump and can make adjustments on those days.

Western Canada Federation

ED GILLETTE, Saskatoon Yellowhead

Mo-Kan Federation

JOE W. ROBERTS, Columbia Luncheon

DON L. SINGLETON, Columbia Luncheon

RICHARD W. KLUGE, Topeka

In Remembrance



Capital Federation

HARRY R. DUDLEY, JR., Norfolk

CARROLL C. BALLARD, Norfolk

JOHNNY B. RAPAY, Hampton Roads

ROBERT H. CASE, Norfolk

J. ROBERT MYERS, North Side Lancaster

As we modify the format of Cosmo Topics, we hope to provide a page devoted to presenting interesting information regarding Diabetes. Our format will be similar in each issue.

It is not the intent of these articles to give medical advice, please do not accept this information as such. Rather, we will try to provide information about the illness of Diabetes that we hope will be interesting to our membership. An effort will be made to provide web site addresses where this information has been found. Readers can use these web sites if they would like to investigate these topics in greater detail.

Info about Diabetes

An Artificial Pancreas

As many of you already know, a large part of Diabetes is associated with an abnormality of the pancreas to produce insulin, thus causing blood sugar (medically called glucose) to become raised above normal. This article summarizes advancement towards an artificial pancreas. An artificial pancreas will be a new concept in treatment for diabetes. Although still somewhat in the future, it is an exciting concept. It will include 3 things.

1 It will utilize a continuous glucose monitor. This will be a device which utilizes a small tube connecting to a very fine needle lodged in a person's belly. Because it is constantly in touch with their blood, it can provide a constant reading of the person's sugar level, 24 hours per day, 7 days per week.

2 An artificial pancreas will include an insulin pump which is a small machine about the size of a cell phone. Insulin pumps are usually worn on a person's belt. The pump contains insulin and has a small tube that runs into a very fine needle also lodged in a person's belly. Pumps provide a dose of insulin which moves through the tube into the individual's body. The insulin delivered in this manner lowers and controls the person's blood sugar.

3 Ultimately these two devices the continuous glucose monitor and the insulin pump will be interconnected with some form of computerized device. This computer link between the two devices will provide constant information from the continuous glucose monitor telling the insulin pump what dose of insulin will be required to keep the person's blood sugar as normal as possible. Like all technology the three devices, the continuous glucose monitor, the insulin pump and digital connection will likely become a small, compact, piece of machinery. This type of device will allow for more constant reading of blood sugar and more constant dosing of insulin in essence attempting to mimic what a natural pancreas does.

The goal of the artificial pancreas will be to constantly maintain blood sugars in a normal range. For more information, visit. www.jdrf.org/index.cfm?page_id=106682.

Insulin

Did you know that two Canadians discovered Insulin in 1921? Well they did. Frederick Banting, a Canadian surgeon, and his assistant Charles Best are credited with the discovery. It has revolutionized the treatment of Diabetes. They first used Insulin to treat a 14 year old boy on January 11, 1922. Insulin is credited with saving the boy's life.

Insulin Pumps

Have you heard of people with diabetes using insulin pumps? Have you ever wondered what an insulin pump is? Well an insulin pump provides an alternative to daily injections of insulin. Some people with diabetes give themselves as many as 5 shots of insulin per day. Pumps are usually worn on a person's belt. The pump contains insulin and has a small tube that runs from the pump to a very small needle lodged in the person's belly, the small needle does not hurt. After appropriate training, people push buttons on their pump and a dose of insulin moves from the pump through the tube and into their body. This allows people to provide themselves with more frequent doses of insulin. The dosage of insulin is based on their food intake and blood sugar readings from finger pricks. By using an insulin pump and delivering more frequent dosages of insulin, it is felt that individuals with diabetes can maintain their blood sugar in a more normal range. Studies show that by keeping blood sugar levels constantly in a normal range the risk of developing major complications associated with diabetes are reduced.



Remember the "SERVICE" in Service Clubs

Rod Randolph, WESTERN CANADA GOVERNOR

We are all part of a tremendous service organization doing great work in the area of Diabetes research as well as in our communities. The word **SERVICE** is a powerful word and can be broken down letter by letter with respect to our work in Cosmopolitan.



Status Quo

There truly is no such thing as Status Quo. You are either growing or going backwards. Whether it's a business, a relationship, or a service club, if it's not growing then it's going backward. We must continue to grow and constantly strive to improve. It's been said that true nobility is not about being better than anyone else, it's about being better than you used to be. We must not be content with the Status Quo.

Enthusiasm

When we add enthusiasm to our club it will take a project, a new member night or a fundraiser to a higher level. Enthusiasm coupled with a good idea equals unstoppable.

Reason

Every Cosmopolitan joined this great organization for their own reason. Whether it was Diabetes research, another cause supported by your club or just a desire to give back, we all had our reason for joining. Not only did we join for our own reason, we continue to stay for our own reason. Whether it's the work we do or the friendships that we've built let's not forget our reason for joining and remaining Cosmopolitans.

Vision

As Cosmopolitans we have to be visionaries. We must look down the road and ask ourselves where we want to take Cosmopolitan. Why can't we take our organization to 3000 members and 100 strong clubs? I believe that we can. We must be creative and think outside the box in all areas, now and in the future, knowing that what we do today will influence Cosmopolitan in the years to come.

Involvement

As current members and for the future of Cosmopolitan we must get involved. We need to be involved at the club level through committee participation, chairing or co-chairing an event or perhaps involvement at the club officer level. When new members join let's get them involved right away. Nothing tells someone we're glad you're here than to ask them for help right away.

Creative

Our lives are incredibly busy these days. Whether it's your career, running kids to sports events, dance and piano lessons or just trying to keep up with the daily grind of running your household, sometimes it's hard to fit in our club duties as well. For those reasons and many more it's important to be creative in your club. Creative fundraisers, creative new member nights and creative guest speakers at meetings will all help to keep the creative spark alive in our clubs. Let the creative juices flow and remember that all ideas need to be heard. Some will work well and some not so well but they all need to be heard. Give your members a safe environment to express their ideas.

Enjoy

Time spent in Cosmopolitan is intended to be enjoyed. Enjoy the work we do and the friendships that we develop. Choose to be an active Cosmopolitan and you will enjoy friendships all over North America. This is a great organization filled with great members so let's have some fun and enjoy it together.

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 buildings. To order your brick, please send your \$100 US check to headquarters with your engraving and acknowledgement info.

In Memory of
Howald K. Correll
Fargo-Moorhead Club

In Memory of
George Simpson
06/01/12-11/22/06

Donald L. Singleton
President 1990-91
Columbia Luncheon

Owen Miller President
Columbia Luncheon
2006-2007

In Memory of
Ian J. Gray
Prince Albert Club

In Memory of
Gerritt M. Van Hunnik
Fargo-Moorhead Club

In Memory of
Darlene Rousch
Grand Island, NE

Dennis F. Schuller
5/19/1914-7/15/2007

Voncile Byers
In Loving Memory
1912-2007

ENGRAVING INFORMATION

Name																			
Street																			
City										State/Prov					Zip/Postal				
Phone										Fax									

Building Friendships

Perry Johnson, PAST CORNBELT GOVERNOR

There are some popular catch phrases about Cosmopolitan, "The Club that Fights Diabetes" is quite popular. This is on publications we hand out and even on a large billboard in Omaha. Then, there is "The Club that Builds Friendships." Linda and I often used that one when talking to prospective members. We also pointed out that Cosmos had fun because, after all, the first three letters of "fundraising" are F U N.

Over time the friendship aspect of Cosmo quietly grew in our life to an unrecognized importance. Most of our friends were Cosmos. Many coworkers in our civic and charitable activities were Cosmos. For a decade, we celebrated New Years Eve with the same two couples whom we had met in Cosmo. Truly, Cosmopolitan had built friendships, and we had had fun while it was happening.

But, the friendships were about more than fun and fundraising. We learned this when my Lovely Linda entered the hospital for her last fight against Cancer. A mention to one Cosmo friend was telegraphed and every day Cosmo friends came to support us, around the clock. When we knew that we had to release her to a better place, Amanda and Jessica sent a few emails telling that we were going to have a celebration of her life of service. That evening Cosmos crowded her room and the family room. Some had driven for over two hours to be with us. At this past Convention I was constantly given sentiments, prayers, and hugs.

My dear Cosmo friends, "Thank you." But, please take away from our experience the knowledge that Cosmo truly does build friendships. Good people attract good people. So, use this God-given lesson when you talk to someone who should be a Cosmo. Tell that person that we are not empty slogans. Cosmos have depth. Cosmos fight Diabetes and improve their communities with friends, in true friendship. God Bless.

2006-2007 International Award Recipients

Best Web Site Design

Rockford (Mid-States)
Russ Dennis, Designer

Top Yearbook

Capital Region (Capital)
Mary Louise Dallam, Chairman

Top Bulletin

Sturgeon Valley (Western Canada)
Shawn Larson, Editor

Club Community Service

Jefferson City (Mo-Kan)

Rebuilding Friendships

Capital: Capital Region, Roanoke

Cornbelt: Omaha Cornhuskers

Mid-States: Elgin

Mo-Kan: Lawrence Breakfast, Lawrence River City, Wichita Air Capital

Southwestern: Alexandria-Cenla

Western Canada: Calgary, Saskatoon Bridge City, Wascana Couples

Big "C" Award

Cornbelt: Omaha Downtown, West Omaha, Omaha I-80

Mid-States: Rockford

Mo-Kan: Columbia Breakfast, Lawrence River City

Southwestern: Alexandria-Cenla

Western Canada: Calgary, Sturgeon Valley, Wascana Couples

Medal of Merit

Alexandria-Cenla Bill Clifton, President

President's Award

Federation with the Largest Net Increase:

Western Canada – Norman Hill, Governor

Federation with the most New Clubs:

Western Canada – Norman Hill, Governor

Cosmopolitan Friendship Builder

10 Members

Dexter Rumsey – Greater Richmond Club (Capital)

Larry Ryan – Santa Fe Trail Club (Mo-Kan)

15 Members

Bobbie Clifton - Alexandria-Cenla Club (Southwestern)

Kay Fey - Saskatoon Downtown Club (Western Canada)

Nancy Hill - Cosmopolitan Women's Club of Prince Albert (Western Canada)

David Rose – Calgary Club (Western Canada)

Frank Wehrstein – Rockford Club (Mid-States)

20 Members

Dean Barry - Columbia Breakfast Club (Mo-Kan)

Jerry Sigmund – Columbia Luncheon Club (Mo-Kan)

30 Members

Larry Benton – Columbia Luncheon Club, Columbia Show-Me Club, Lake Area Club (Mo-Kan)

35 Members

CeCe Benton - Columbia Show-Me Club, Lake Area Club (Mo-Kan)

45 Members

Jeanne Nielsen – Main Street Club (Cornbelt)

25-Year Member Anniversary

James Arthur (Regina)

Stan Rolfe (Lawrence Breakfast)

William Erickson (Rockford)

Larry Ryan (Santa Fe Trail)

Gary George (Wichita Air Capital)

Dwight Stoneburner (Johnson County)

Gerald Grywacheski (Regina)

Charles Thomsen (Lawrence Breakfast)

Warren Harming (Rapid City)

Paul Todd (Omaha Cornhuskers)

Jeff Korman (Winnipeg)

Carl Waldsmith (Rockford)

Robert Lee (Topeka)

Terrence Winslow (Grand Island)

Jay Maddox (Rockford)

Robert Winters (Norfolk)

William Mason (Baltimore)

50-Year Member Anniversary

Robert D. Alley (Wichita Downtown)

John W. Scanlan (Lawrence River City)

Membership Builder Award Ring

Nancy Hill - Cosmopolitan Women's Club of Prince Albert (Western Canada)

Key Fey - Saskatoon Downtown Club (Western Canada)

Club Builder Award

Nancy Hill - Cosmopolitan Women's Club of Prince Albert (Western Canada)

Kay Fey - Saskatoon Downtown Club (Western Canada)

Jim Smith - Saskatoon Downtown Club (Western Canada)

CeCe Benton - Lake Area Club (Mo-Kan)

Larry Benton - Lake Area Club (Mo-Kan)

Club President of the Year

Russell Dennis - Rockford (Mid-States)

Governor of the Year

Norman Hill - Western Canada

Cosmo of the Year

Jerry Nelson - West Omaha Club (Cornbelt)

Cosmo Member Community Service

Miles Schumacher - Sioux Falls Noon Club (North Central)

Patrick J. Hodgins Award

Derry Anderson - Sioux Falls Noon, Sioux Falls Evening Clubs (North Central)



Patrick J. Hodgins Award | DERRY ANDERSON

Derry Anderson, Sioux Falls Noon and Evening Clubs, joined Cosmos in 1991. He quickly proved his leadership in not only the Club and Federation levels, but in 1999 he moved into involvement at the International level. In 2004, he became one of the youngest International Presidents in history. He has attended 11 International conventions, built a club, is an Emerald Beacon, International Cosmo of the Year in 1996, helped International set up a new accounting system, and is serving on the International Task Force.



Cosmopolitan of the Year | JERRY NELSON

Jerry Nelson, West Omaha Cosmo, was selected as this years International Cosmo of the Year. Jerry has been a long time active West O member and for the last two years has maintained a strong presence in his club. Jerry chaired the clubs major fundraiser, a top ticket seller for the club's second fundraiser, a co-creator of the club's clothing drive, and a fixture at every club event even while serving as the CDF chair. Jerry is also very active in other community, church and family activities.



Member Community Service | MILES SCHUMACHER

Miles Schumacher, Sioux Falls Noon Club, has given countless hours of his very busy life to his community. He is involved in Masonic organizations, founding board member of Crimestoppers, Chamber of Commerce, USD Foundation of Continuing Medical Education, Sioux Falls Area Community Foundation, founding board member of Children's Medical Library, Sioux Falls Promise Support Team, Board member of Sioux Empire Fair, and is a guitarist in a mariachi band. He was Club President in 1986-1987 and has served on several club committees.



Governor of the Year | NORMAN HILL

Norman Hill was selected Governor of the Year for his remarkable leadership and dedication while Governor of Western Canada Federation. Norman kept the rekindled Cosmo spirit alive in Western Canada, forming two new clubs and seeing positive membership growth across the board. Norman was an integral part of the International Board during the year while at the same time visiting his clubs and providing positive encouragement to the Western Canada membership.



Club President of the Year | RUSSELL DENNIS, JR.

Russ Dennis was selected as the Club President of the Year for his outstanding leadership and involvement with the Rockford Cosmopolitan Club. Russ was instrumental in formulating the new Cosmo website shell program and the new site for the Rockford Club. As webmaster, Russ was awarded the Best Website Award at International convention. The Rockford club had positive growth this year, was very involved in the Crusader Clinic by establishing the Cosmopolitan Crusader Clinic Diabetes Program, and was host club of last year's International Convention.

our HISTORY

1957

The first issue of *CosmoTopics* is sent to press. Our biggest club was Tulsa with 156 members. Our newest club was Lawrence Luncheon with a November 30, 1956, chartering, followed closely in March with the charter of the Red Deer, Canada club. The international convention was held in Denver at a cost of \$31.25 for the total package. A standard room ran \$17 with suites going for \$44. A 10K solid gold Cosmo lapel pin sold for \$4.50 and the club banners went for \$15. Much has changed since those days. But a lot has remained the same. *Topics* articles reflected on fundraisers, community projects and civic involvement just like today.



ELIZABETH CITY, N.C. Pictures above are the new officers of the club who were installed by Past International President, A. C. Simms of Norfolk. A. C. is shown in the center of the picture turning the gavel over to President Bill Jones. Other officers installed include: R. O. Givens, Vice-President; George Payne, 2nd Vice-President; Norman Tadlock, Secretary; R. S. Hollomon, Treasurer; Marvin Herron, Sgt.-at-Arms; Ralph Hurdle and R. K. Milburn, Sr., Directors for one year; Luther White and R. K. Milburn, Jr., Directors for two years; and Frank McNaughton and T. L. McDanichs, Directors for three years.



COLUMBIA AND TULSA. Top photo: Part of the crowd of over 350 Cosmos and Pals that gathered at the Tulsa Spartan Coliseum as guests of the Tulsa Cosmopolitan Club. Club members from Kansas City, Columbia and Elgin were represented. Lower photo: In the return trip from the M.U.C. football game the Columbia-Kansas City group posed for a picture at their own lunch stop. The Missourians were guests of Tulsa and Williams City Cosmos and were highly entertained with bowling, two banquets and a softball game.



CALGARY, ALBERTA. Newly elected officers for the club are: from left to right front row: Fred Kenny, treasurer; Jack Scott, past president; Barney Joyce, president; John Creighton, first vice-president; Bob Junker, second vice-president; Bill Mitchell, secretary. Back row: Ken McNeill, Fred Jones, Jules Larsen, Bill Miller, Norma O'Neil, Frank Minard, Harry Hambly.



INTERNATIONAL PRESIDENT M. E. "Pete" BAKOW presents the Lawrence, Kansas Cosmopolitan Club charter to club president Jim Clark at the club's charter night dinner held on November 30.



ELGIN, ILL. In the club's first joint installation of its thirty-year history, the 1957 officers were installed in a very impressive ceremony. Left to right are: Phil Pump, 2nd Vice-President; Alvin Beyer, Corresponding Secretary; Claud Scribner, 1st Vice-President; Robert Keegan, Past President; Russell Fischer, President; Max Kolbe, Board Member; Kenneth Holmes, Governor of the Midstates Federation, Galesburg; John Ginnell, Recording Secretary-Treasurer. (Courier-News Photo)



ROCKFORD, ILL. There is an old saying: "Kindness is the oil that takes the friction out of life," and you can gather from the above picture that the element of friction is not discernible on the features of Cosmos Rodney Poth, Woodrow Akins, Harry Anderson, Samuel Mueller, Jack Nelson, Robert Key, and Bernard Kramlich. After their mission had been completed, their smiles were more genuine than ever for each in their own hearts had realized the gratitude.



Omaha Steak Fry

Top 10

Member Sponsors

Bill Dean, Topeka	70 members
Tom Etier, Rockford	65 members
Russ George, Headquarters	60 members
Jim Sauer, West Omaha	55 members
Bill Pollon, Wascana Couples Club	45 members
Jeanne Nielsen, Main Street	45 members
Roger Pilon, Saskatoon Couples	40 members
CeCe Benton, Columbia Show-Me	35 members
Steve Hanna, Lawrence River City	35 members
Brian Liepert, Regina	35 members
Judy Armbruster, Columbia Luncheon	35 members
Tom Stone, Capital Region	35 members

Top Clubs

Membership 2006

1. Rockford	118 members
2. Columbia Luncheon	86 members
3. Rapid City	77 members
4. Lawrence River City	65 members
5. Omaha I-80	63 members
6. Sioux Falls Noon	61 members
7. (tie) Jefferson City	54 members
7. (tie) Topeka	54 members
9. Norfolk	52 members
10. Columbia Show-Me	50 members

Largest

International Conventions since 1991

2004 Branson	319
2006 Omaha	286
1992 Austin	282
1993 Overland Park	280
1991 Omaha	259
1996 Las Vegas	257

Top Clubs

New Members 2006

Rockford	23
Alexandria-Cenla	13
Rapid City	9
Norfolk	9
Omaha I-80	9
Elgin	8
Fargo-Moorhead	8
Roanoke	7

Largest

Dollars Donated by Club 2006

Columbia Luncheon	\$118,990
Jefferson City	\$51,200
Rockford	\$30,300
Columbia Breakfast	\$30,000
Omaha I-80	\$25,778
Western Canada (for the Federation)	\$349,556

Largest

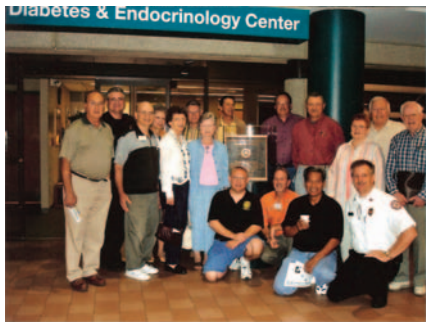
Dollars Donated by Member %

Elizabeth City	\$825
Aurora	\$760
Council Bluffs	\$752
Wichita Air Capital	\$656
Belvidere	\$628
Western Canada (for the Federation)	\$1,085

OUT&about

Columbia Breakfast Club

This winter the Columbia Breakfast Club had a special breakfast meeting at the Columbia Diabetes Center. There were 13 members and 4 guests present. After breakfast we had a short meeting and a program by Joyce Gillespie who brought us up to date on the remodeling of the Center. She then provided us with a wonderful tour of the facility explaining each of the new offices, expanded patient care rooms and the new equipment within the Diabetes Center.



After breakfast we had a short meeting and a program by Joyce Gillespie who brought us up to date on the remodeling of the Center. She then provided us with a wonderful tour of the facility explaining each of the new offices, expanded patient care rooms and the new equipment within the Diabetes Center.

Members Donate Prize Winnings

Dan and John Dougherty with Dougherty & Associates in Sioux Falls and Cosmopolitan members have chosen the Cosmopolitan Fund for Children (CFC) to receive the benefits of their hard work in a contest with GMAC Insurance this past year.

This is the first time such a contest was done by GMAC Insurance. Dan and John have won the top prize! A new cargo van from Billions Auto was donated to CFC plus a check for \$5,000. The total contribution increased the Valerie Millar Endowment Fund around \$25,000!

Billions plans to run an advertisement regarding this prize presentation. GMAC will be featuring an article on this promotion in an upcoming publication that they distribute. On September 6, 2007, Dan and John received the van from a GMAC Insurance representative and also presented a check to attending Cosmopolitan members.



Main Street Chairs Teen Program

The Main Street Club chaired the teen program at the International Convention held in Omaha in August. Katie Brannen of the Main Street Club was the chaperone for the three days. Kids attending were (front row) Jensen Sullivan, Alyssa Lenzini, Deanna Watson, (back row) Emily Stephenson, and Caitlyn Watson. The picture is from dinner at Kobe Japanese Steakhouse Saturday night.



Welcome Lake Area Club!

The Lake Area Cosmopolitan Club was officially chartered on June 28, 2007, at the beautiful Osage National Golf Resort in Osage Beach, Missouri. Emcee for the evening was Club Co-Founder, with wife CeCe, Larry Benton. Melvina Newman, Cosmopolitan Vice President, was on hand to officially install all the new members of the club. Executive Director Kevin Harmon was also on hand to present the charter. Allen Moore was installed as the club's first President. Allen told the crowd of club members, Mo-Kan Cosmos, Federation Officers, guests and friends about the plans for the year for impacting diabetes and attracting more members. The program for the evening was provided by Janice Gentile who provided information about her service dog that detects signs of diabetes complications. The Lake Area Club is new to Cosmo, but they have already had a fundraiser, plans for community involvement are laid out and more members are bound to be drawn to their enthusiasm. Pictured are 1) Allen Moore with Melvina, 2) L to R Dennis and Lisa McCamy, Laura Parrin, Scarlet Lovell, CeCe Benton, Rick Derks, Danielle Kimmel & Larry Benton. Not pictured Janice Gentile.



Cosmo Comedy for a Cure

The Sioux Falls Evening Club held its 3rd Annual Cosmo Comedy for a Cure on June 12 at Nitwits Comedy Club. The night included a silent auction and comedian from Las Vegas. The comedian was able to secure an autographed book and DVD set from actor Ray Ramono. Part of the proceeds (\$1,200) of the event were donated to the Children's Miracle Network and will be used for their Family Assistance Program with focus on helping children with diabetic needs and expenses.



Main Street Club News

The Main Street Club has signed four new members this year. Becca Ott has signed three of those four members. The Main Street Club held a raffle for two spa packages and raised around \$1,000. In the picture Becca Ott presents Terry Seigo with an award for being the chairperson for our community project. The Club prepares a meal the fifth Thursday of the month for Care Corp, the homeless shelter in Fremont. In the background is Sharon Hinds. Sharon was presented with the Cosmo of the Year Award. The Main Street Club and the Fremont 100 Club have been having a membership contest. The losing club is to provide the meat for a potluck picnic.



Fremont 100

Paul Denny and Joe and Ruth Brdicko take a break from serving concessions at the annual Polka Party. The club works numerous hours serving dinners and desserts. At the awards banquet awards were presented to John Rohlf, Patrick J. Hodgins; Chuck Gordon, Cosmo of the Year; and Scott Getzschman, Community Service.





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WALTER ALM

International President

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COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive
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B 573. 882.2273

Elaine Rehmer, Administrator
rehmerf@health.missouri.edu

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

1100 South Euclid Avenue
P.O. Box 5039
Sioux Falls, SD 57117-5039
B 605.333.7315

Dr. Laura Davis Keppen, M.D.

STRELITZ DIABETES INSTITUTES EASTERN VIRGINIA MEDICAL SCHOOL

855 Brambleton Avenue
Norfolk, VA 23510
B 757.446.5909

Dr. Leon-Paul Georges, M.D., FACP, Director

CORNBELT DIABETES CONNECTION, INC.

4131 South 174 Street
Omaha, NE 68135
B 402.895.3764 or 402.490.9603

Ed Thompson, President

CRUSADER CLINIC/ COSMOPOLITAN DIABETES PROGRAM

1200 West State Street
Rockford, IL 61102-2112
B 815.490.1600

Dr. Gordon Eggers, Jr., President and CEO

Major Cosmopolitan Community Programs

COSMOPOLITAN INDUSTRIES, LTD.

28 34th Street E, Saskatoon, SK S7K 3&2 CANADA
Peter Garrand, Director
P. 306.664.3158

2007-2008 Club Directory

ALEXANDRIA-CENLA, LA *Southwestern Federation*

PRES: Fred Dyer
4041 Heyman Lane #110
Alexandria, LA 71303
H: (318) 449-9336
MEETS: 1st & 3rd Thursday 6:30 pm
Evangeline Bank Building

AURORA, IL *Mid-States Federation*

PRES: Colleen Campbell
1081 Kane
South Elgin, IL 60177
B: (630) 773-9600
H: (773) 551-6874
ccturtle2002@yahoo.com
MEETS: 3rd Thursday
Location TBA

AUSTIN, TX *Southwestern Federation*

PRES: Trent Connelly
1803 Cedar Ridge Drive
Austin, TX 78741
H: (512) 441-0382
MEETS: 3rd Tuesday, 7:00 pm
Tres Amigos Mexican Rest.

BALTIMORE, MD *Capital Federation*

PRES: Al Brennan
304 Felton Road
Lutherville, MD 21093
H: (410) 825-2413
MEETS: 2nd & 4th Thursday, noon
The Valley Inn

BELLEVUE - BIG ELK, NE *Cornbelt Federation*

PRES: Victor Hoelting
13701 Tregaron Drive
Bellevue, NE 68123-4749
H: (402) 291-1659
vichoe@cox.net
MEETS: 1st & 3rd Wednesday, 7:00 am
Downtown Coffee Shop

BELVIDERE, IL *Mid-States Federation*

PRES: Carrie Cunningham
5024 Welsh Court
Rockford, IL 61107
B: (815) 986-7101
ccunningham@blackhawkbank.com
MEETS: Wednesday, noon
Huddle Restaurant

BETHESDA, MD *Capital Federation*

PRES: Michael S. Fistere
P.O. Box 15242
Chevy Chase, MD 20825
B: (301) 907-3907
H: (301) 656-8582
MEETS: Wednesday, 12:15 pm
Kenwood Golf & Country Club

BLAIR, NE *Cornbelt Federation*

PRES: Tim Hoffman
1051 S 17th Ave
Blair, NE 68008
H: (402) 426-3695
hoffmantc@huntel.net
MEETS: 1st Friday, Noon
(September-June)
Fernandos

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 pm

The Boulder Cork

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 pm
Lobby Hotel

CALGARY, AB *Western Canada Federation*

PRES: David Keller
89 Ingoldwood Grove SE
Calgary, AB T2G 5R4
H: (403) 686-7008
MEETS: 2nd & 4th Tuesday, 6:30 pm
(except in July & August)
Danish Canadian Club

CAPITAL REGION, PA *Capital Federation*

PRES: Jill DiVincenzo
3239 S. Scenic Road
Harrisburg, PA 17109
H: (717) 652-5003
jad3239@aol.com
MEETS: 3rd Thursday, 6:30 pm
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: Gary Lenzini
501 Kensington Lane
Columbia, MO 65202
B: (573) 443-1600
H: (573) 441-0069
slenzini@aol.com
MEETS: Tuesday, 7:00 am
Cosmopolitan Comm. Ctr.

COLUMBIA LUNCHEON, MO *Mo-Kan Federation*

Pres: James McNabb
2633 E. Alfalfa Drive
Columbia, MO 65202
B: (573) 847-7400
H: (573) 214-0086
psdk92@ispwest.com
MEETS: Tuesday, noon
Columbia Country Club

COLUMBIA SHOW-ME, MO *Mo-Kan Federation*

PRES: Brett W. Benton
5021 N. Shalimar Court
Columbia, MO 65202
B: (573) 449-3614
H: (573) 442-7363
brettb@bentonhomes.com
MEETS: 1st Thursday, 7:00 pm (*)

(*) Denotes various locations

2007-2008 Club Directory

COUNCIL BLUFFS, IA

Cornbelt Federation

PRES: Don Croson
307 Midland Drive
Council Bluffs, IA 51503
B: (712) 323-2848
H: (712) 322-1698
MEETS: 3rd & 4th Tuesdays, 7:00 am
(except in June)
Village Inn Restaurant

EDMONTON, AB

Western Canada Federation

PRES: Joan Randolph
93 Coachman Way
Sherwood Park, AB T8H 1M3
H: (780) 416-0774
rodjoan@shaw.ca
MEETS: 2nd & 4th Monday, 6:00 pm
Boston Pizza

ELGIN, IL

Mid-States Federation

PRES: Stephanie Sullivan
3845 Parsons Road
Carpentersville, IL 60110
B: (630) 377-2550
stephanie_sullivan@hilton.com
MEETS: 2nd Tuesday, 6:00 pm
Holiday Inn (except June & July)

ELIZABETH CITY, NC

Capital Federation

PRES: Virginia Bright
1220 Glendale Avenue
Elizabeth City, NC 27909
H: (252) 338-3737
evb1220@embarqmail.com
MEETS: Tuesday, 7:30 pm
Cosmopolitan Club Building

FARGO, ND-MOORHEAD, MN

North Central Federation

PRES: Cindy Ulland
P.O. Box 2984
Fargo, ND 58108
H: (701) 293-7273
cindy@raccfm.com
MEETS: Thursday, noon
Fryin' Pan Restaurant
(except in July & January)

FREMONT, NE

Cornbelt Federation

PRES: Roger Charette
1224 W. Military Avenue
Fremont, NE 68025
H: (402) 721-0606
user7991@neb.rr.com
MEETS: Friday, 7:00 am
Wilderness Lodge

GRAND ISLAND, NE

Cornbelt Federation

PRES: Jim Thompson
#7 Kuesters Lake
Grand Island, NE 68801
B: (308) 384-2380
H: (308) 384-6226
MEETS: 2nd & 4th Monday, 6:30 pm
Perkins Restaurant

GREATER RICHMOND, VA

Capital Federation

PRES: Kathryn Cumming
406 N. Allen Avenue
Richmond, VA 23220
H: (804) 222-5910
MEETS: 2nd Tuesday, (except July & Aug)
Westwood Club

HAMPTON ROADS, VA

Capital Federation

PRES: Hal Noyes
207 Glen Echo Drive
Norfolk, VA 23505-4117
H: (757) 480-8771
MEETS: 1st Saturday, 6:30 pm (*)

HEARTLAND, KS

Mo-Kan Federation

PRES: Mary Moreau
15601 Switzer
Overland Park, KS 66221
B: (913) 327-3048
H: (913) 897-9780
marymoreau67@hotmail.com
MEETS: 3rd Thursday, 6:30 pm (*)

JEFFERSON CITY, MO

Mo-Kan Federation

PRES: Greg Shields
1824 Lisa Drive
Jefferson City, MO 65101
B: (573) 442-4444
H: (573) 635-8051
MEETS: Friday, noon
American Legion

JOHNSON COUNTY, KS

Mo-Kan Federation

PRES: Don Melichar
9041 Rosewood Drive
Prairie Village, KS 66207
H: (913) 381-0971
Papa2d@aol.com
MEETS: Thursday, 7:00 am
Denny's

LAKE AREA CLUB

Mo-Kan Federation

PRES: Allen Moore
28572 Highway Y
Rocky Mount, MO 65072
B: (573) 392-1000
H: (573) 392-5272
amoore@advertisnet.com
MEETS: 1st Monday, 7:00 pm
HyVee Community Room

LAWRENCE BREAKFAST, KS

Mo-Kan Federation

PRES: John Ross, Jr.
1524 Lindley Drive
Lawrence, KS 66049-4219
B: (785) 865-0505
H: (785) 865-1313
MEETS: 1st, 2nd, & 3rd Friday, 7:00 am
Buffalo Bob's

LAWRENCE RIVER CITY, KS

Mo-Kan Federation

PRES: Helen Cox
12612 246th Street
Lawrence, KS 66044
H: (785) 842-0301
srhinc@hotmail.com
MEETS: 1st Thursday, 6:30 pm (*)

MAIN STREET, NE

Cornbelt Federation

PRES: Jeanne Nielsen
1985 County Road 15 Blvd
Ames, NE 68621
B: (402) 720-7274
H: (402) 727-4387
nielsen@tvsonline.net
MEETS: 3rd Tuesday, 7 pm
Blue Bottle Coffee House

(*) Denotes various locations

2007-2008 Club Directory

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: Russell Parrish
24 Dashiell Drive
Smithfield VA 23430
B: (757) 622-6306
H: (757) 227-5396
parrishdesign@hotmail.com
MEETS: 1st & 3rd Thursday, noon
Norfolk Yacht & Country Club

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 pm
Lancaster Elks

OMAHA, NE

Cornbelt Federation

PRES: Ed Ficenc, Jr.
4402 South 168th Avenue
Omaha, NE 68135
B: (402) 397-2500
H: (402) 733-6094
edficenc@chastainotis.com
MEETS: Tuesday, 11:45 am
Venice Inn

OMAHA CORNHUSKERS, NE

Cornbelt Federation

PRES: Dick Gorton
3312 South 107th Avenue
Omaha, NE 68124
B: (402) 399-1197
H: (402) 398-9301
thegortons@cox.net
MEETS: Friday, noon
Jerico's Restaurant

OMAHA LADYBUGS, NE

Cornbelt Federation

PRES: Anne-Marie Mayne
4735 S. 130th Street
Omaha, NE 68137
B: (402) 932-2858
H: (402) 502-1108
ammayne@gmail.com
MEETS: 2nd & Last Tuesday, 6:00 pm
Perkins Restaurant

OMAHA I-80, NE

Cornbelt Federation

PRES: Gery Whalen
910 S. 86th Street
Omaha, NE 68114
H: (402) 330-4811
MEETS: Fridays, 7:00 am
Perkins Restaurant

OMAHA USA, NE

Cornbelt Federation

PRES: Sue Larson
6456 Cuming St.
Omaha, NE 68132
H: (402) 551-3866
MEETS: 1st & 3rd Monday, 6:00 pm
Olive Garden Restaurant

OMAHA WEST, NE

Cornbelt Federation

PRES: Roger Kadavy
1607 S. 179th Street
Omaha, NE 68130-2634
B: (402) 880-4113
H: (402) 333-1570
rogerkadavy@cox.net
MEETS: Wednesday, 7:00 am
Perkins Restaurant

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: Al Porter
2514-6th Avenue East
Prince Albert, SK S6V 2K8
H: (306) 763-7512
alporter@sasktel.net
MEETS: Wednesday, 6:30 pm
September through June
P.A. Golf & Curling Club

RAPID CITY, SD

North Central Federation

PRES: Bernie Roth
13131 Thunderhead Falls Lane
Rapid City, SD 57702
H: (605) 343-6035
appleanniebb@aol.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
miller.chad@sasktel.net
MEETS: Every 2nd Monday, 6:30 pm
United Services Institute

REGINA CAPITAL, SK

Western Canada Federation

PRES: Rick Hack
P.O. Box 30004
Regina, SK S4N 7K9
B: (306) 791-9840
H: (306) 761-2414
rmhack@sasktel.net
MEETS: 2nd Tuesday, 6:30 pm
Nickys Café (Sept. - June)

(*) Denotes various locations

2007-2008 Club Directory

ROANOKE, VA

Capital Federation

PRES: James W. Behrens
4513 Farmwood Drive
Roanoke, VA 24018
H: (540) 774-3983
jbehrens4@verizon.net
MEETS: Wednesday, 12:15 pm
Tazza's

ROCKFORD, IL

Mid-States Federation

PRES: Derek Kiley
731 Parkview Avenue
Rockford, IL 61107
B: (815) 226-8845
H: (815) 963-0442
derek.kiley@sepracor.com
MEETS: Thursday, 12:00 pm
Forest Hills Country Club

ST. ALBERT, AB

Western Canada Federation

PRES: Ben Foster
23 Noah Close
St. Albert, AB T8N 7M2
B: (780) 460-3562
H: (780) 418-3161
bensfoster2@yahoo.com
MEETS: 1st and 3rd Monday, 6:00 pm
St. Albert Rugby Club
September - June

SANTA FE TRAIL, KS

Mo-Kan Federation

PRES: Larry Ryan
8306 Bridle Dale Circle
Lenexa, KS 66220
B: (913) 381-1505
H: (913) 745-5385
larryryan49@yahoo.com
MEETS: 1st & 2nd Friday, 7:00 am
Ryan's Lawn & Tree
Last Friday, 7:00 a.m.
Denny's

SASKATOON BRIDGE CITY, SK

Western Canada Federation

PRES: Ron Begalke
Box 819
Martensville, SK S0K 2T0
H: (306) 931-1119
ron.b2@sasktel.net
MEETS: Monday, 6:30 pm
Delta Bessborough Hotel

SASKATOON COUPLES CLUB, SK

Western Canada Federation

PRES: Terry Down
419 David Knight Way
Saskatoon, SK S7K 5M1
B: (306) 244-3158
H: (306) 242-5437
MEETS: 4th Tuesday, 7:30 pm
Cosmopolitan Industries

SASKATOON DOWNTOWN, SK

Western Canada Federation

PRES: Deb Schick
2429 Landsdowne Avenue
Saskatoon, SK S7J 1H1
H: (306) 373-4155
debschick@sasktel.net
MEETS: Every other Friday, noon (*)
September-June

SASKATOON YELLOW-HEAD, SK

Western Canada Federation

PRES: Darin Boire
139 Blackburn Crescent
Saskatoon, SK S7K 1E7
B: (306) 242-3333
H: (306) 374-7346
d.boire@cypressales.com
MEETS: Monday, 7:30 am
Senator Hotel
September - 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: Gary Munson
3303 Court Street
Sioux City, IA 51104-2838
B: (712) 293-4726
H: (712) 277-1428
rsllrsn@longlines.com
MEETS: Thursday, 7:00 am
Mid-American Energy

SIOUX FALLS, SD

North Central Federation

PRES: Ken C. Fisher
605 West 29th Street
Sioux Falls, SD 57105
B: (605) 977-5900
H: (605) 977-6560
kfisher@corinsurance.com
MEETS: Monday, noon
Sioux Vocational Services

SIOUX FALLS EVENING, SD

North Central Federation

PRES: Sheila Anderson
1500 N. Tahoe Trail
Sioux Falls, SD 57110
B: (605) 362-5677
H: (605) 334-2654
sheila.anderson@rascompanies.com
MEETS: 4th Tuesday, 6:00 pm (*)

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: Kathy Anderson
214, 9504-182 Street
Edmonton, AB T5T 3A7
B: (780) 930-5128
H: (780) 434-5401
kat.anderson@shaw.ca
MEETS: 1st & 3rd Thursday, 6:30 pm
St. Albert Senior Citizen Center
September - June

THREE RIVERS, IA

Cornbelt Federation

PRES: Jim Walker
4816 Royal Court
Sioux City, IA 51104
H: (712) 239-6379
jfkwalker@aol.com
MEETS: 1st Monday, noon
3rd Monday, HyVee, evening

(*) Denotes various locations

2007-2008 Club Directory

TOPEKA, KS

Mo-Kan Federation

PRES: Jerry Wittman
3803 SW Deer Trail
Topeka, KS 66610
H: (785) 267-5997
MEETS: Thursday, 12:00 pm
Topeka Country Club

TULSA, OK

Southwestern Federation

PRES: Virgil Graham
5416 S. Lakewood Place
Tulsa, OK 74135
H: (918) 622-0340
MEETS: Monthly, Evenings, (*)

WASCANA COUPLES, SK

Western Canada Federation

PRES: Shelley Duckett
Box 1266
Glenfell, SK S0G 2B0
H: (306) 794-2203
ducketts@sasktel.net
MEETS: 21st of each month (*)

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: P. Kelly Donley
300 West Douglas, Ste 500
Wichita, KS 67201-0201
B: (316) 263-5851
H: (316) 733-6537
kdonely@mtsgh.com
MEETS: 3rd Tuesday, noon
Scotch and Sirloin

WICHITA DOWNTOWN, KS

Mo-Kan Federation

PRES: Mark Kenyon
521 Akron
Augusta, KS 67010
B: (316) 685-0111
H: (316) 775-1062
mkenyon@lcharmon.com
MEETS: Thursdays, 11:30 am
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 pm
Viscount Gort Hotel

WOMEN'S CLUB OF PRINCE ALBERT

Western Canada Federation

PRES: Nancy Hill
P.O. Box 306
Prince Albert, SK S6V 5R7
H: (306) 763-4081
nr.hill@sasktel.net
MEETS: Last Wednesday, 7:00 pm
J.M. Cuelenare Library

YORK PA

Capital Federation

PRES: Larry Riddle
27 N. Beaver Street
York, PA 17401
B: (717) 854-7268
H: (717) 244-7867
MEETS: 1st Monday, 7:00 pm
First Capital Dispensing Co.

(*) Denotes various locations.

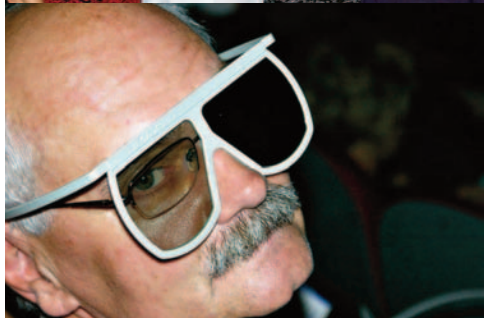


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Thank you

... Cornbelt Federation and Governor Terry Sanford for all of the support they've given us for the convention with their time and contributions ... Cosmopolitan staff, Cindy and Kevin Harmon. It was a pleasure working with you especially since it was a "baptism by fire." ... Art Brassard from Prince Albert for the use of his bus in transporting members to the zoo ... Katie Branigan for handling the teen program ... Matt Chilton for the hospitality room. We couldn't have done it without you! Personally, I want to express my deep sense of gratitude to Jerry Nelson for his untiring efforts, particularly in making sure we all had a place to stay. There was a slight snafu with the number of rooms, and he stayed on top of it ensuring us all a place to rest.



**Ed Ficenc, Jr.
Convention Co-Chair**

More pictures are available on www.cosmopolitan.org



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Ladies Hoodie in 8.2 oz lightweight 60/40 blend. Green Apple, Pink, or Navy **\$30**.



Leeds Sturdy Tote. Easily the most popular item at Convention! Pink, Blue, or Olive **\$15**.

Items not pictured:

- \$ 1.00 Ink Pen with Cosmo name and tag line
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- \$15.00 Quill presentation pen. Full color logo and presentation box.
- \$12.00 Set of 4 old-fashioned drinking glasses

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