



COSMOTOPICS

A publication of Cosmopolitan International
The Club that Fights Diabetes

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Jim and Pam Smith

2008 - 2009 International President and First Lady





FROM THE EDITOR

Sheila Anderson

A crispness in the air, leaves blanketing the earth...it's a new season. And it's a new season for Cosmopolitan. Jim Smith has taken over the helm and is sure to raise the FUN-o-meter for Cosmopolitan! Hang on tight...it's going to be a fantastic year! This issue is full of information sure to keep you excited about our club. You will have a new hero in Blake Burgess. Read this 9-year-old's inspiring story on Living with Diabetes. Got the munchies (and who doesn't?!), check out the Healthy Choices. And a new section called GovFUNor News is a way for you to hear from all our Governors throughout this year. Rick Derks starts us off right. And just what is Brian Duckett, Western Canada Governor up to? Turn to page 19! You'll love trying to guess the Who's That Cosmo from baby pics! So dive in...and be inspired!

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COSMOTopics

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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.

The Club that Fights Diabetes

NOTES AND QUOTES

Kevin Harmon
Executive Director



International Convention time has come and gone. Wow, what a great convention! Congratulations and thanks go to the many North Central Federation Cosmos who hosted us in Colorado Springs. Special thanks to the Sioux Falls Clubs and Sheila Anderson and Melvina Newman. The setting was breathtaking at the foot of Pikes Peak and the surrounding mountains. The trip to the Olympic Center, the Air Force Academy and the Flying W Ranch were just awesome. The meetings and other events weren't bad either.

If you missed this great convention, get ready right now for next year in New Orleans. Cosmos at convention always seem to get fired up for the year by hanging out with other Cosmos from all parts of our world. The exchange of information, the friendships developed and the enthusiasm for our cause is easily developed at convention. New Orleans will be one of the great ones. The Astor Crowne Plaza hotel in the French Quarter is a magnificent hotel. The sites and sounds of Bourbon Street are just steps away. The Mississippi River and its splendor are close at hand. The Southwestern Federation hosts for next year promise to "pass a good time".

Important changes took place at the convention this year. A significant By-Laws amendment was proposed and passed unanimously that should really kick start a significant year in membership. The initiation fee, as well as the transfer fee and reinstatement fee, were moved from the by-laws to board policy. Your board then set those fees at ZERO. That's right Cosmos. How great will it be to tell a prospective member that it costs nothing to join us other than the normal dues? And to top it off, a chartering club will only be charged the normal dues at the start of the first quarter after chartering. So, Cosmos, it now costs nothing to join.

The point is to make it as easy as possible to join this FUN group. The board's hope is that all clubs will examine their own initiation fees and adopt the same stance of eliminating the fee barrier of joining. The only bill you will now get from HQ is for a name tag, if you order from HQ, and mailing costs (nominal, and we simply can't absorb everything). The new member packet, pin, certificate, welcome letter, sponsor card, sponsor pin, brochures and first Topics are on us. Please review your clubs charges for a new member and do whatever you can to attract new members.

The last initiative that the board developed was to codify a program spearheaded by Walter Alm, our immediate past president. Dr. Alm asked the board to begin a voluntary fund to assist in club building and more importantly new club identity. This fund will be used to provide a newly chartered club a stipend to donate in their name to a worthy charity in the chartering locale. The idea being that the new club can immediately have a sense of purpose and perhaps capture some immediate publicity and community acceptance. Of course the new club will also feel the Cosmo community support for them and their new club. To date, many Cosmos and Clubs have donated to this fund. If you or your club would like to help ensure our future, send your donation to HQ. Be sure to indicate if you would like the donation for club building, new club donation or an unrestricted gift. Thanks Walter for a job well done.

...get ready right now for next
year in New Orleans. Cosmos
at convention always seem to
get fired up for the year by
hanging out with other Cos-
mos from all parts of our
world.



FUN FOR LIFE

Jim Smith

2008-2009 International President

We are bringing back the Club President manual, last used in 2004-2005. Here is the introduction letter that will be in this manual. I felt it appropriate for all Cosmopolitans to see.

Dear Cosmopolitan Club President,

When we became Cosmopolitans, we had a number of reasons in mind to justify our decision. Most of us had resolved to give back a little or a lot to our countries, communities and neighbors for the peaceful, prosperous lives we live here in Mexico, the United States and Canada. We may have been looking to grow our businesses as well through networking with people we had not met yet. We may well have had hopes of becoming more "International" ourselves by meeting friends from outside our own country. There are lots of reasons to join Cosmopolitan.

There are fewer reasons to remain as Cosmopolitans for the long term. So why have so many of us stayed for so many years?

We've stayed "on board" Cosmopolitan because we've enjoyed the adventure much more than we had originally guessed we would. We've met new, great friends in our clubs, in our federations and in our International environment that we never would have known if we had not become Cosmopolitans. These are quality people with whom we share many values and people we look forward to working and playing with. In short, we have FUN with these great people, and they are the wealth that we have acquired just by becoming and staying, members of Cosmopolitan International.

FUN for LIFE....truly this is the Cosmopolitan experience, the Cosmopolitan adventure, the Cosmopolitan reward.

And so as we charge into Cosmopolitan International 2008-2009, I ask you to always keep the goal of having Cosmopolitan FUN front and center in your thinking and in your planning. We've enjoyed good membership growth statistics recently and we were the best charitable donors of all the service organizations that attended this year's Service Leaders' Conference in Chicago. And we can expect those growth and donations numbers to continue to rise as long as all our members are enjoying the Cosmopolitan adventure; as long as they are having Cosmopolitan FUN.

This manual is intended to be your guidebook for your year as Club President. Take an hour tonight and study it carefully. Then keep it close by all year long. Please also get in the habit early of communicating with your district Governor, our Executive director Kevin Harmon and Yours Truly. You'll find us with the phone, E-mail and on our website Discussions Tab. Just ask, we would love to answer your questions, hear your great suggestions, or just chat.

Thank you for becoming a Cosmopolitan Club President... And remember to have FUN at this yourself.

In Cosmopolitan service,

Jim Smith
2008/2009 President

Let the
FUN
Begin!



REACH FOR THE STARS

Melvina Newman
President-elect



Once again, it was a great opportunity to attend the Convention in Colorado Springs. As a co-chair, many, many thanks to everyone for helping to make it so successful. The attendance by each one there helped in making it fun, informative and just a great opportunity to renew friendships in Cosmopolitan. Thanks to everyone who helped with workshops, the meetings, the fun parts and events and just for taking part in all the activities.

I was honored to be elected President-Elect and appreciate everyone's support. If you have any questions, I welcome visiting with you and look forward to seeing many of you during the upcoming year.

Are you proud to be a Cosmopolitan member? I'm sure your answer is an "unequivocal YES". Then do take part in all your local Club and Federation activities and plan now to take in the convention next July in New Orleans. This is a special opportunity to reconnect with old friends and make new ones; to be inspired by guest speakers; and to attend excellent workshops and have fun. You really cannot afford to miss an International Convention!!

Now is the time to plan for the year - Governors and Club Presidents both need to consider your goals for the upcoming year; what are you going to do, how are you going to accomplish it and when will it be completed.

REACH FOR THE STARS IN MARKETING: In order to attract those new members, we must brand our image. It's a challenging time for marketing. Today there are dozens and dozens of communication channels. This means that more than ever, our messages must be clear and relevant. If we want our message to penetrate the noise, three aspects of branding are crucial.

First is consistency. Clearly communicating our brand and raise awareness.

Our brand's promise is the second important aspect because it establishes an expectation, a sense of trustworthiness and relationship with our members.

Brand messaging is third. It recognizes our mission and addresses what a member wants in an organization.

Taken together, these three aspects allow us to increase our membership. Communicated properly our brand will be heard and seen and prospective members will trust our brand and this will lead to loyalty.

Cosmopolitan is an incredible organization and we need to keep expanding awareness of what we're doing. It can be a slow process, but if we continue to educate people about the work we are doing, it only will grow.

I am proud to be serving as your President-Elect. Working together as members, clubs, federations and International, we are achieving our goals and looking forward to a better, stronger organization. Sometimes, in the midst of our busy lives, it is difficult to see how our Cosmopolitan mission matters. But stop for a second and take a look at the world around you. We are making it a better place - we are truly making a difference.

Patrick J. Hodgins planted a seed and great things have grown from it. I hope we can keep on planting new seeds.

Cosmopolitan is an incredible organization and we need to keep expanding awareness of what we're doing.



2009 MEMBERS IN 2009

Richard Greer

Vice President for Membership and New Clubs

Our Club achieved another year of positive growth, making it three years in a row that we came out ahead. Great work everyone. However, my concern once again is the problem of members dropped year after year. This year we lost 248 people, 45 of who were from dropped clubs. That leaves us with a large loss- a number that has to change. By simply reducing that number by 25, we would have finished with an increase of 31 Cosmopolitans. We are great at bringing in new people, 254 this year, however we need to be better at keeping the ones we have.

When I went over the membership statistics to the end of June 2008, I noticed that there were a number of Clubs under charter strength, some Clubs didn't sign up even one new member, and the Clubs that did have new people joining them likely had at least one membership event.

Clubs Under Charter Strength. Charter strength is 20 members. Clubs with less than that number don't operate as efficiently as a larger Club. Members end up holding the same offices over and over, new ideas don't come up, and boredom sets in. There are approximately 24 clubs under charter strength and when you add up the numbers to get them there, it totals about 120 new Cosmopolitans. What an easy way to show an increase- strengthen the existing clubs. We have the foundation already built, just fill in the spaces.

Clubs That Didn't Bring In Even One New Member. Why would there be Clubs that didn't sign up a new member? These Clubs are not moving forward, someone needs to get them on the go, and right away. There were 12 Clubs with the same old faces as last year. We need to get each of these 12 clubs to sign up some new people right away.

Membership Events. It has been proven that clubs that hold Membership Events are the clubs that are growing. A well-planned professional presentation not only impresses your prospective new members, but also your existing people. Everyone gets involved, and everyone gains. International President Walter Alm spearheaded a March Membership Event drive this spring, resulting in 32 new members. We know that Membership Events work.

Please encourage each of your Clubs to commit to two Events this coming year. I suggest planning the first one for late October. That will give the organizers time to set a date, venue, and program. It will also bring in new people near the start of the season. March worked well for us last year, so why not give it another try as well.

Membership events are never a waste of time. If you don't get some new people the first time, follow up calls, and invitations to events will bring them in. 1) Get the "Movers and Shakers" to organize your event. 2) Be sure that your Event is well planned, interesting and above all- professionally well done. 3) Be sure to follow up with your guests, invite them to your functions and meetings, they will be impressed.

Next summer in New Orleans, I want to be able to say that we surpassed my goal of –

International President Walter

Alm spearheaded a March

Membership Event drive this

spring, resulting in 32 new

members.



FINANCE AND MARKETING NEWS

Phil Hanson
Vice President for Finance and Marketing



It was an honor to have been elected to serve as your 2008/09 Vice President for Finance and Marketing. Those attending the convention received information about my background but I should introduce myself to our members who did not get a chance to attend the convention.

I received my Master's Degree in Accountancy from the University of Missouri and am a Certified Public Accountant. Over the past 35 years I have audited various state and non-profit agencies, but my CPA practice is focused on tax. What that means, is I work to keep my clients' tax liabilities as low as legally allowed.

This year will mark my 30th year as a Cosmopolitan. I guess it is true, time really does fly when you are having fun! I remember back to the time I first saw Cosmopolitans in action. I was serving on the city council and the Cosmopolitan Luncheon Club was presenting a check (one of many) to the city to fund improvements in the city's park system. What a group! These guys were actually working and donating their time to provide better recreational facilities for the citizens of Columbia. Not long after that, I purchased some tickets for their annual pancake day and saw what fun the members were having while they were raising money for their projects. "WOW", I thought. A guy would be really fortunate to be a member of that group! How, I wondered, did a person get to join this dynamic group of community leaders? At the time I was very busy and didn't ask and no one asked me. Six years later, a friend who had just joined, asked if I would like to go to a meeting with him. The rest is history.

So what is the point of all this you say? Well, it is this: We are marketing Cosmopolitan every day. Whether we are having a fund raiser, presenting a donation to a worthy cause or helping build a playground, we are representing and presenting Cosmopolitan to the world.

Marketing doesn't just belong to the CI Board. We must all assume part of the job of presenting our services, talents, and capacity to potential new members. And then, most important of all, let's make our marketing pay off by offering someone the chance of a lifetime-the opportunity to be a member of Cosmopolitan.

FINANCE

At our first board meeting after the convention, we discussed and approved the need to set up an Audit Committee and review the internal controls of our organization. This is an important step that should also be taken at the individual club level as well. Whether your club has an internal audit performed by your members or hires an outside firm, you should have a standing committee responsible for that audit.

The Audit Committee should be responsible for selecting the auditor and meet with them prior to the audit to discuss any concerns. At the conclusion of the audit, the committee is responsible for meeting with the auditor to discuss any findings or suggestions the auditor might have to improve your club's financial system. This is an important step that is key to making sure you are receiving the report the auditor intended you to receive and it gives you a chance to have a discussion concerning the findings or other questions about the audit.

We are marketing Cosmopolitan Everyday! Whether we are having a fund raiser, presenting a donation to a worthy cause or helping build a playground, we are representing and presenting Cosmopolitan to the world.



DIABETES FOUNDATION UPDATE

Jerry Nelson

Cosmopolitan Diabetes Foundation Chairman

I would like to say thank you and job well done to Walter Alm for his year, and welcome our new International President, Jim Smith. I look forward to working together toward our goal, "The Club that Fights Diabetes."

The 2008-2009 Cosmopolitan Diabetes Foundation Board Members, as approved by the CDF Board at the International Convention are as follows: Jerry Nelson, Chairman; Jim Walker, Vice Chairman; and Bill Kubat, Secretary. I would like to thank Bill Quire for his service on the Board and welcome Bob Williams who is fulfilling Bill's unexpired term. New Board members bring lots of enthusiasm, and I look forward to a great year.

It was proved once again this year at the convention that a small organization with great people can do and does 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.

Cosmopolitans donated generously \$39,369.00 to the Foundation with monies being designated to funds such as Beacons, Discovery, and Diabetes Centers/programs just to list a few. We had grant requests for \$62,000 +, and were able to fund those requests as outlined to the right:



Grants Funded at the International Convention

A1C Club - Topeka (Diabetes Summer Camp)	\$ 1,000
Camp Cosmo Diabetes Camp Regional West Foundation	\$ 2,000
Capital Region Cosmopolitan Club (Vacation Diabetes Camp)	\$ 2,000
Cornbelt Diabetes Connection Cosmopolitan International	\$ 6,000
Diabetes & Endocrinology Center	\$ 6,000
Crusader Clinic	\$ 6,000
Diabetes Center Foundation - EVMS	\$ 5,000
Provena Mercy Medical Center	\$ 2,500
Total Funds Granted	\$30,500

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.

New Beacon Pledges (since June 30, 2008)

Emerald: Dick Gulizia
Beacons: Roger Kadavy
Bruce and Kathy McCollister

Special thanks to each Beacon who continues to make annual payments toward this endowment fund. We appreciate your continued support!

COSMOPOLITAN FOUNDATION CANADA INC.

Joe May
President

Why would a Federation have its own Foundation? The obvious answer is tax relief. Canadians could not donate to the Cosmopolitan Foundation and receive a tax receipt. In 1984, Cosmopolitan Foundation Canada was chartered. Major proponents were Fred Hughes of Regina, Lawyer Barry Collins and then Governor Rick Stevenson. Fred continues to be a major force in the Foundation to this day.

A major difference between The Cosmopolitan Canada Inc. and the Cosmopolitan Foundation. are the regulations as to building a large endowment fund. In the U.S.A. this is encouraged; in Canada 90% of tax receipted funds must be donated in 2 years.

Most of the tax receipted funds come from the "Northern Beacons" program. Like the standard Beacons program, Northern Beacons pledge \$1000, usually over 10 years. Like the Beacon's Fund there are now awards for larger donations [\$2,000.00, \$3,000.00 and \$5,000.00]

Cosmopolitan Foundation Canada, Inc. has donated \$800,000.00 since 1984. Most of the major universities in Western Canada [University of Manitoba, University of Saskatchewan, University of Calgary and the University of Alberta] have received grants. INGAP was supported with grants to McGill University in Montreal.

Recently, large donations [\$175,000.00] have been directed to the so-called "Edmonton Protocol" This program is based at the University of Alberta. In a nutshell, islets are harvested from the dead and transplanted in severe diabetics (say as many as 15 insulin shots/day) and like magic the next day, they become insulin free. [For details, go to GOOGLE, enter Edmonton Protocol] This program has been on going for 20 years, but has gained popularity recently.

The Foundation donated \$10,000.00 in 1989 and \$50,000.00 in 2003 (these funds were earmarked for the use of pig stem cells as a source of islets) we have committed \$125,000.00 to a 5 Year Program (\$25,000 per year) to fund a student attached to this program. There is one year left on this program.

We are looking forward to a great year with new donations at \$36,724.00, and we plan to raise gobs of money this year with DUCKETT'S DIABETES DASH. Governor Brian has agreed to run The Inaugural Arizona Marathon on Feb 15, 2009 in Glendale, AZ. For more information, please turn to page 19.

Get your pledge form at joemay007@shaw.ca.

See page 26 for a list of Board Members for both the Cosmopolitan Foundation and the Cosmopolitan Canada, Inc.

A major difference between The Cosmopolitan Canada Inc. and the Cosmopolitan Foundation. are the regulations as to building a large endowment fund.

Categories of Recognized Programs

The following classification was formulated by the Cosmopolitan International Board at its Spring Board Meeting, 2007. Using this classification, Cosmopolitan International can document the programs that our clubs and federations provide major support to. Once this information is compiled, we will generate a document that lists all of these Cosmopolitan funded programs as an illustration of our work and generosity. Ultimately it is hoped that this list will attract others to join our clubs and help in our efforts to fight diabetes and support our communities.

An application has been prepared to facilitate listing these programs. Applications can be submitted by individual clubs or federations.) Once an application is reviewed and accepted as complete, the proposed center/program will be appropriately listed.

Applications will be available from CI headquarters and is also a downloadable form from cosmopolitan.org under Resources | Club and Federation Info.

Major Cosmopolitan Diabetes Center/Program:

- Primary focus must be diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

855 Brambleton Avenue, Norfolk, VA 23510
B 757.446.5909

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

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive, Columbia, MO 65212
B 573. 882.2273

Elaine Rehmer, Administrator - rehmerf@health.missouri.edu

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

1100 S. Euclid Avenue, PO Box 5039, Sioux Falls, SD 57117-5039
B 605.333.7315

Dr. Laura Davis Keppen, M.D.

CRUSADER CLINIC/ COSMOPOLITAN DIABETES PROGRAM

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

Gordon Eggers, Jr., President and CEO

CORNBELT DIABETES CONNECTION, INC.

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

Ed Thompson, President

HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

1920 Moodie Road, Lawrence, KS 66046
B 785.841.5760

Nikki King, Executive Director



NEW!

Major Cosmopolitan Community Center/Program:

- Primary focus is non-diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single non-diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

COSMOPOLITAN INDUSTRIES, LTD.

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

Cosmopolitan Supported Diabetes Center/Program:

- Primary focus must be diabetes related
- A minimum of \$5,000 over two (2) years or \$10,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

PROVENA MERCY MEDICAL CENTER CENTER FOR DIABETES WELLNESS

274 E. Indian Trail, Aurora, IL 60505
Rita Smith, RN, MSN, CDE
B 630.897.4000 ext. 13



Jim McVay, CHAIR, INFORMATION TECHNOLOGY COMMITTEE

I enjoyed seeing everyone at the International Convention in Colorado Springs!! I would particularly like to thank those that took time out of their very busy schedules to attend the workshop on the Cosmopolitan International website. Hopefully we were able to answer most of your questions. Of course, if you are still having difficulty or have other questions, you may contact headquarters or send me an email at website@cosmopolitan.org.

We are in the process of adding some new and exciting things to the website and hope to have all of these updates made on by the time this issue goes to print. These are as follows:

Canadian Foundation Page

We will be adding a page for the Canadian Foundation which will explain all of the great things this entity does in the name of our Cosmopolitan members to the North. It will include the names and contact information for those individuals that serve on that Board as well as a submission form which can be used to make monetary donations through the website.

International Convention Poll

A page will soon be added which will allow you to rate the International Convention held in Colorado Springs. Not only will you be able to let us know what parts of that Convention you liked the best (or possibly, did not like), you will also be able to let us know what we can do to make future International Conventions even better.

Discussion Forums for Each Federation

A discussion forum for each of the Federations has been created and each of the club presidents has been made a subscriber to their Federation forum. Not only is this an easy way for the Federation Governors to contact each of his/her club presidents, it is also a means that clubs within each Federation can use to conveniently keep in contact with one another. Just click on the "Discussions" tab in the list and find the forum for your Federation. (Added Bonus: pick an "avatar" that shows your distinct style and include it in your profile).

Updated Officer and Club Info

We are currently in the time-consuming process of updating information for International, Federation, and Club officers. This information as well as club meeting data will be posted soon.

Image Rotator

We recently purchased a module that allows us to rotate various images on a particular web page. Look for a new, improved, and more dynamic look to our website.

Software Upgrade

Although not readily visible to our members, we are considering a software upgrade that will improve performance on our site and allow us to continue to add features that will keep the site interesting, of value to our members, and FUN!!

Our goal is to continue to make the web site an asset to our membership and Cosmopolitan as a whole. As always, if you have any ideas for things you would like to see or improvements that could be made, please let us know.

HEALTHYchoices

by Nancy Donahey, registered dietician and certified diabetes educator
member of River City Cosmos



To snack or not snack?

Dictionaries define “snack” as a hurried light meal and food eaten between meals. Some people need to eat snacks between meals if they are prone to hypoglycemia or low blood sugar either due to medication or their own physiology.

What makes a good snack? If you are likely to have low blood sugar between meals, then your snack should include a source of carbohydrate. Almost 100% of carbohydrate converts to glucose, which is your body’s preferred source of energy or fuel. Carbohydrate comes from whole grains, starchy foods, fruits, milk, yogurt and sweets. For most people a snack that provides 15 to 30 grams of carbohydrate will tide you over till the next meal. If the food also contains some protein and/or fat, the snack will have more staying power. And snacks may curb your appetite to help avoid over eating if meals are delayed. But don’t make the mistake of taking in more calories than what you need. If you eat 200 calories a day more than you need, you will gain 20 pounds in a year!

Examples of 15-gram carbohydrate snacks are:

3 squares graham crackers	95 calories
6 saltine or similar size whole grain crackers	80 calories
¾ ounce pretzels	80 calories
1 small apple	60 calories
17 grapes	60 calories
1 cup melon	60 calories
4 ounce cup canned fruit, no sugar added	60 calories
8 ounces low fat milk	90 to 110 calories
6 ounces light or plain yogurt	85 calories

Examples of 15-gram carbohydrate and 1 protein serving snacks are:

1 slice whole grain bread and 1 tablespoon peanut butter	180 calories
4 to 6 whole grain crackers and 1 ounce reduced fat cheese	160 calories
1 small apple and 1 ounce of mozzarella string cheese	135 calories
1 small banana and 1 tablespoon nut butter	160 calories
4 ounce cup canned fruit, no sugar added and ¼ c reduced fat cottage cheese	95 calories
6” flour tortilla and ¼ cup shredded reduced fat cheese	180 calories
1 stalk celery, 1 tablespoon peanut butter, 2 tablespoons raisins	160 calories
1/3 cup (1 ounce) soy nuts and 15 Goldfish crackers	180 calories
1 cup bean soup	170 calories
1 small taco	200 calories
¾ ounce corn chips and ¼ cup (1 ounce) reduced fat cheddar cheese	170 calories

Diabetes

Blake Burgess is 9 years old and the son of Jan and Rhonda Burgess, members of the Lawrence River City Club.



How old were you when you acquired diabetes?

Blake: I was 6 years old. My mom took me to the doctor because she noticed that I was going to the bathroom a lot. When we got to the doctor they checked my blood sugar and told me that it was 327 and that I had diabetes. I had to go to the hospital right away to begin getting insulin shots and finger pricks to check my blood sugar.

Rhonda: Blake was 6 years old and was diagnosed in June of 2005. I assumed that he had a bladder infection and was quite surprised and shocked when the diagnosis was type 1 diabetes. It was very scary and at the time I knew nothing about diabetes. Blake was in the hospital for 3 days while we learned how to manage his diabetes with insulin shots. We were very lucky that he was diagnosed before he had become very sick. That usually doesn't happen with kids who have Type 1 diabetes.

Is your diabetes treated with pills or insulin?

Blake: My diabetes is treated with insulin. When I was first diagnosed I had to have 4-5 shots a day using 2 different types of insulin, Novolog and Lantus. Now I have an insulin pump so I don't have any shots. I do have to change my insulin pump site every 3 days and I still have to check my blood sugar several times a day. I like my pump because I can eat whenever I want without having to get a shot.

Rhonda: Being 6 years old when he was diagnosed I was terrified of his reaction to getting so many shots a day but Blake was a real trooper right from the start. He just accepted it and even learned how to give himself a shot soon after he was diagnosed. His insulin pump has certainly changed his life because he has eliminated all of those shots. Inserting the pump site every three days is uncomfortable but it's a lot better than 4 or 5 shots a day.

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

Blake: I exercise by playing soccer and riding my bike with my friends but my doctor says that I can eat the same things as any other kid my age.

Rhonda: I think there's a real misconception that kids with type 1 diabetes need to restrict their diet but that just isn't true anymore. The first thing the doctor told us was that Blake could eat the same things as the other kids he just needed insulin whenever he ate anything. I often have parents ask me what Blake can eat when he goes over to a friend's house to play. It's nice to be able to say that he can have the same thing that his friends are having. We do try to make sure that Blake gets plenty of exercise because we do see that his blood sugar rises when he's stuck inside on a rainy day playing video games and of course a well balanced diet is essential for any child whether they have diabetes or not.

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

Blake: Making it through all of those shots and even learning how to give myself a shot before I had an insulin pump.

Rhonda: I'm just so proud of how well he's handled his diagnosis and has never let it bother him or get in his way. He just takes everything in stride and is very accepting that this is something that he has to live with everyday.

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

Blake: Always having to remember to stop and check my blood sugar and to program my pump to give me insulin whenever I eat. That slows me down a little bit.

Rhonda: Diabetes is very unpredictable. Some days Blake has great blood sugars and other days they are all over the place. I used to be very hard on myself when Blake's blood sugars weren't staying in the normal range but I've learned that you just do the best you can at keeping it under control. Some days we do great and other days, not so well, but he definitely has more good days than bad. We pray everyday that a cure will be found soon and that Blake won't have to live the rest of his life with diabetes, but until then we just keep doing our best. Blake makes us very proud to be his parents. He never complains about having diabetes.

SPECIAL NOTE: The 2008-2009 Diabetes Committee appointed by our International President, Jim Smith, will be in charge of providing information for these articles. Committee members are Dr. Walter Alm, Past International President, and Sheila Anderson, North Central Governor.

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

by Dr. Walter Alm and Sheila Anderson

Statistics

For several years, our best information regarding diabetes statistics were based on findings of 2005. Recently long awaited updated statistics were released by the Centers for Disease Control and Prevention (CDC). The new 2007 diabetes statistics continue to be alarming. They now document that there are 23.6 million people in the United States who have diabetes, representing 7.8% of the US population. Of the 23.6 million people with diabetes, 5.7 million people are undiagnosed; meaning, they have diabetes but are walking around totally unaware of it and, as a consequence, are not being treated.

The Canadian Diabetes Association states that 2.4 million Canadians have diabetes. It is estimated that 1/3 of adults with diabetes are undiagnosed. Again, they have no knowledge they have diabetes. Canadian statistics further reflect that 10% of the population over 65 has diabetes. Aboriginal people illustrate diabetes rates of 3 to 5 times higher than the general population.

Diabetes statistics always reflect a category now referred to as Pre-Diabetes. These individuals have elevated blood sugar levels, but not to the point that they are diagnosed as having diabetes. This is an extremely important statistic because individuals diagnosed with Pre-Diabetes have the ability to reverse this process through diet and exercise. There are 57 million people in the US that have Pre-Diabetes. The Public Health Agency of Canada cites an

estimated 5.8 million people between the ages of 40 and 74 as having Pre-Diabetes.

Recent diabetes statistics also report the staggering annual economic cost of diabetes. As it pertains to the US, the 2007 statistics estimate the total economic cost of diabetes to be \$174 billion. This figure is further broken down to reflect direct and indirect costs of diabetes. Direct cost reflects monies spent on active diabetes related medical care and other associated chronic health disorders, a total of \$116 billion. Indirect cost reflects money lost to society because of diabetes. In 2007 indirect cost was estimated to be \$58 billion. These costs are associated with such items as 15 million work days absent, 120 million work days with reduced performance, 6 million days of reduced productivity for those not in the work force and 107 million work days lost due to unemployment disability. Additionally included as an indirect cost is \$26.9 billion representing the value of lost productivity due to premature death related to diabetes.

Similarly, the Public Health Agency of Canada states direct and indirect costs of diabetes. Although not as current as the US 2007 statistics, they reflect direct health care costs of \$884 million and indirect costs of lost productivity and premature death to be \$1.7 billion.

Aren't these figures staggering? It certainly underscores the importance of the work we do in our fight against diabetes.

Correction:

Please note there was an error in the Summer 2008 issue of CosmoTopics on page 15. The web-sites were left off for the following articles. Here they are:

Diabetes fact Sheet:

http://cdc.gov/diabetes/pubs/pdf/ndfs_2005.pdf

Since our Summer 2008 issue the CDC has published a 2007 National Diabetes Fact Sheet replacing the 2005 Fact Sheet cited above. This Fact Sheet can be found at: <http://apps.nccdc.cdc.gov/ddtstrs/FactSheet.aspx>

Chris matthews article:

<http://www.diabetes.org/uedocuments/df-chris-matthews-1207.pdf>

let's WALK!

As Cosmopolitans, there are many ways that we can serve the fight against diabetes. One program that has particularly impressed me is the American Diabetes Association's "Step Out, Walk to Fight Diabetes". During the months of September, October and November, a total of 200 cities will hold Step Out diabetes walks. Clearly the Step Out program will raise an enormous amount of money. Many of our clubs are already forming teams to participate. It's likely they will have team t-shirts reflecting their membership in Cosmopolitan.

Virtually every state that Cosmopolitan has clubs will be hosting Step Out walks. Some of the walks are scheduled for the end of September so you will have to move fast to organize and register. Most will be held in October. To find walks in your state go to this web address: http://main.diabetes.org/site/PageServer?pagename=OUT_homepage (I believe this web address is case sensitive). Toward the top of the left margin, beneath the heading "Walks Near Me" look for the pull down menu "Select a state..." Select your state, it will list the cities and the dates walks are scheduled. You can follow the prompts on the same web page to register a team and individual walkers. As Cosmopolitans, let's turn out to support this great program. Walk and have fun!



2006 Walk Team: Elgin Docs/Elgin Cosmopolitan

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.

Topeka In Memoriam
Otto Schnellbacher
2008

In Memory of
Charles Liberto Jr.
Cenla Club

James P. McNabb
President 2007-2009
Columbia Luncheon

E M Wright
Jo Co KS Club
2007

Richard Schindelka
Charter Member
Bridge City Cosmo

ENGRAVING INFORMATION

Name	
Street	
City	State/Prov Zip/Postal
Phone	Fax

Who's That Cosmo?



Denise Johnson has been a member of the Lawrence River City Club since 1990 and is a charter member. She served as the club's second president in 1991-1992, and has served 4 terms as club secretary and 5 terms as club treasurer. In addition, she has served as Mo-Kan Federation secretary. Along with her husband, Tommy, Denise enjoys spending time with her Cosmo friends, as well as her two children & six grandchildren.



Erin Harmon was the winner! Thanks to all that played and to Denise for allowing use of her picture. Both Erin and Denise received a Cosmo padfolio.

1



2



3



Your Choices:

A. Jim Sauer
D. Bill Quire

B. Jim Prouty
E. Derry Anderson

C. Kevin Harmon
F. Jim Smith

WIN a Cosmo Shirt!

Above are baby pictures of Past International Presidents. Can you guess who they are? Match them to the correct name and also give the year these individuals were International President. **Send your guess to Headquarters by 11/15.** All the correct entries will be put in a hat and a winner will be drawn. The winner will receive a Cosmo shirt.

2007-2008 International Award Recipients

Best Web Site Design

Norfolk (Capital)
M. JoAn Napier, Designer

Top Yearbook

Capital Region (Capital)
Mary Louise Dallam, Chairman

Top Bulletin

Lawrence River City
Tommy Johnson, Editor

Club Community Service

Jefferson City (Mo-Kan)/Tom Henke Golf Tourney

Rebuilding Friendships

Capital: Hampton Roads, Roanoke
Cornbelt: West Omaha, Sioux City, Three Rivers
Mid-States: Elgin
Mo-Kan: Columbia Breakfast, Heartland, Jefferson City,
Lawrence River City, Santa Fe Trail, Wichita Air Capital
North Central: Sioux Falls Noon
Southwestern: Tulsa

Big "C" Award

Capital: Capital Region
Cornbelt: Three Rivers, West Omaha
Mo-Kan: Lawrence River City, Jefferson City
North Central: Sioux Falls Evening
Southwestern: Alexandria-Cenla

Medal of Merit

Cornbelt: Three Rivers

President's Award

Federation with the Largest Net Increase:
Mo-Kan + 24

Cosmopolitan Friendship Builder

10 Members

Walter Alm, Elgin
Rick Derks, Jefferson City
Linda Shields, Jefferson City
Gary Bartlett, Lawrence River City

15 Members

Tom Rakow, Elgin
Gary Bartlett, Lawrence River City

25 Members

Richard Cook, Norfolk

30 Members

Jim Walker, Three Rivers

25-Year Member Anniversary

Jerry L. Beckler (Sioux Falls Noon)
Richard A. Schrom (Rockford)
James A. Cornell (Columbia Luncheon)
Miles F. Schumaker (Sioux Falls Noon)
Wilfred H. Goevert (Wichita Air Capital)
James G. Shull (Johnson County)
William N. Gow (Calgary)
Duane G. Simpson (Omaha I-80)
Bob E. Hilkewich (Prince Albert)
Mike J. Spoden (Rockford)
Arnold A. Howard (Omaha Cornhuskers)
Marvin E. Tracy (Columbia Breakfast)
Randall H. Kramer (Sioux City)
John L. Van Haften (Johnson County)
Ian P. Latham (Prince Albert)
Skip A. Walther (Columbia Luncheon)
Billy M. Nustad (Fargo-Moorhead)
Scott R. Younie (Sioux City)
Larrie A. Pool (North Side Lancaster)

50-Year Member Anniversary

John L. Bonie (Aurora)
J. Eugene Overton (Elizabeth City)
Richard E. Kahler (Rapid City)
Frank E. Short (Rapid City)
Robert P. Larson (Sioux Falls Noon)
John A. Sippel (North Side Lancaster)
William O. Lavin (Roanoke)
Ray Vallarta (Rockford)

In Remembrance

Capital Federation

WILLIAM G. BURNS, *Norfolk*

Mo-Kan Federation

VIRGIL D. LUEDDERS, *Columbia Show-Me*



Patrick J. Hodgins Award | BOBBIE CLIFTON
Alexandria/Cenla Club

Bobbie has always been a very active Cosmo. She joined Cosmo in 1996 and within two years was already her club's President. She is a willing and steady participant and leader in everything the Alexandria Club does. At the Federation level she has chaired committees, helped with conventions and ultimately served as Governor. At the International level, Bobbie continues her service to Cosmo by working as a club builder and serving on the Foundation Board. She is a Ruby Beacon and has made numerous contributions of time and funds to many other International projects and programs. She and husband Bill are a fixture at every International Convention and meeting.



Cosmopolitan of the Year | JUDY WEITKEMPER
Columbia Show-Me Club

Judy has been a Cosmo for nine years and has a record of perfect attendance. She has held several club offices including President. She has most recently been the Parliamentarian. She has chaired the club's largest fundraiser the last two years where money raised is earmarked for the Cosmo Diabetes Center in Columbia, Mo. She chaired a committee at the latest Mo-Kan Convention for her club. Judy is always involved in every Show-Me club activity, be it a fundraiser, work day, social or regular meeting. She also finds time to be involved in other causes in her community.



Member Community Service | DON FELTHAM
Heartland Club

Don has been a very active member of the Heartland club since joining including being President. He has served in virtually all capacities in the club. In the broader community, Don was a founding member of a non-profit that uses humor therapy in the treatment of serious and chronic illness. He is the Chair of the local schools Technical and Vocational Education Advisory board. Don volunteers regularly on community events with the Kansas City Chiefs, participates with the Chiefs Youth Football Camp, Operation Blessing (a national food bank), Operation Breakthrough (a community service operation) and numerous other worthwhile causes.



Governor of the Year | GARY BARTLETT
Lawrence River City Club

Gary was selected as our Governor of the Year for his dedication, effort and enthusiasm in leading Mo-Kan during the last year. His efforts were focused on building membership during the year as well as developing a special camaraderie among all the clubs. He has certainly accomplished both tasks with a huge membership increase and a revitalization of community in Mo-Kan. He also worked tirelessly as House Committee chair and Awards Chair. In that capacity he watched over the renovation of our HQ building and provided countless hours of assistance coordinating the awards program. He has also found time to start the formation of a new club, coming soon in Topeka, KS.



Club President of the Year | JIM WALKER
Three Rivers Club

Jim was selected as our Club President of the year for his tireless work in Sioux City and the rebuilding efforts of the Three River Club. Over the last couple of years the Three Rivers club has built itself up from 3 members to now 36 with a doubling of members during the current year thanks in large measure to Jim. The club is not really rebuilding anymore. It is reloading and approaching top ten status. Jim hasn't just worked in Three Rivers club. He continues to work on behalf of all Cosmos on the Foundation Board and wherever and whenever needed.

Gov**FUN**or NEWS

by Richard Derks, Mo-Kan Governor

Our CI Board does an amazing job with the articles they write for the CosmoTopics. We felt the Governors could enhance our message. So this year we have started a new article called GovFUNor News. This will allow you to hear from each of the 7 Federation Governors over the next 4 issues. We hope you enjoy this new feature.

Mo-Kan Highlights

Allow me to introduce myself; I am Rick Derks, MO-KAN Federation Governor for 2008-2009. I am a member of the Jefferson City Cosmopolitan Club (23 years) and the Lake Area Cosmopolitan Club (charter member) at Lake of the Ozarks. We have a lot going on in the #1 Federation of Cosmo International. Gary Bartlett is well on his way to building a new club in Topeka. If you know of any potential members in the Topeka area, please notify us and we will get in contact. Our Federation has gotten a great start on maintaining our lead in membership. At last report we are +7. Planning for the 2009 MO-KAN Convention in Wichita, Kansas is well underway.

I am proud to say that I have presented two of Cosmopolitan International's most prestigious awards to Mo-Kan Federation members. The 2008 Cosmo of the Year Award was given to Judy Weitkemper, and the 2008 Cosmo Member Community Service Award went to Don Feltham.

In August, I attended the Columbia Show Me Club's monthly meeting, where I presented the 2008 Cosmo of the Year award to Judy Weitkemper. As I told the very large crowd of Cosmos, Judy exemplified what a true Cosmo is. Judy has been very active in Cosmos and volunteer work for the surrounding area. As a matter of fact Judy is recognized as the founder of the annual 'Walktober Fest' – the Diabetes Walk planned for October 5, 2008, in Columbia, Missouri. I was greatly honored to present to Judy the award.

Then I had to pleasure to present to Don Feltham, the 2008 Member Community Service Award. Don was surprised, surprised, surprised to receive the award at the Heartland Clubs monthly meeting. Don, like all Cosmos (especially MO-KAN Cosmos) is a very dedicated, giving, and hard working Cosmo. What a great group at that meeting. We had so much fun that Heartland's new President, Tel O'Dell, was all torn up to be there.

Next was the Backyard BBQ Membership event at Jefferson City Cosmopolitan Club. The event was held at the club's Camp Timber Acres on a raining, dreary, but FUN night. The club signed 1 new member on the spot and I think will get another signed up before the end of the month.

During all of the club meetings, I have spread the word of President Jim's FUN plan for 2008 and 2009. I have let everybody see President Jim Smith's FUN pin and I have alerted everyone at each meeting that we considered it necessary to see everyone wearing a Presidents Fun Pin by Mo-Kan Convention next year... now 'that' sounds like a plan.

I'm having a great time visiting the clubs of MO-KAN Federation, the VERY BEST Federation in all of International. Feel free to discuss this or anything else in the Discussion Forums on www.cosmopolitan.org.

duckett's diabetes **DASH**

by Brian Duckett, Western Canada Governor

Western Canada Governor Brian Duckett challenges all Cosmos, friends of Cosmos and Cosmo Clubs to donate to the Cosmopolitan Foundation Canada, Inc. In return he will sacrifice his body by **running a marathon.**

The reason for my lunacy....I was President of the Canadian Foundation from 2000-2002. At our Federation Midterm Curling and Meeting in Oct. 2001, I stated that I would bicycle from Regina to Waskesiu, the site of our 2002 May Federation Convention, a distance of approximately 450 km aka 280 miles. It took me the better part of 4 days to reach my destination and it raised approximately \$8 500 for the Foundation.

At our May Federation Convention this year in Regina, I had a lapse of sanity again when I was discussing my goals as Governor and volunteered to run a marathon as another fundraiser for our Foundation. For those who aren't sure, a marathon is a running event of 42.2 km aka 26.2 miles. I have chosen and registered in The Inaugural IMS Arizona Marathon in Glendale, AZ on February 15, 2009. The marathon starts at 7 AM at the University of Phoenix Stadium, home of the NFL Arizona Cardinals. It winds past the Jobing.com Arena, home of the NHL Phoenix Coyotes and out to Luke Air Base, home of the F-16 Fighting Falcons. It also winds through some of the housing subdivisions of the Glendale area and finishes at the Westgate Center. If you wish to read more about this marathon, you can go to its website, www.thearizonamarathon.com, then click on Active.com at the bottom of the home page. As Shelley and I will be spending some time this winter in Mesquite, NV, it is only a short 6 hour trip to the Phoenix area, so this marathon will be close and Sheila Anderson, you would be proud of Shelley, she also wants to do some shopping there so we can get both done.



If any of my fellow Governors or their Federations wish to come on board and use my insanity as a fundraiser for the Cosmopolitan Diabetes Foundation, I welcome you to do so. The only thing that you have to do is organize your own pledge sheet and distribute it to the Cosmos in your Federation. If you feel like losing your sanity, I would welcome you to join me in running this marathon. If not, I only ask for your moral support on the February 15, 2009, between 7 AM until around noon. If anyone comes on board and would like to use the caricature of me running, please contact me duckettb@sasktel.net and I will send you a copy of it to use. If you have any questions, give me a holler and I'll do my best to answer them.

So who are these cosmopolitans?

The following article was written by Richard Brynteson, Rockford Cosmo member and Past International President, and appeared in the June 2008 issue of NIDC Notes, which is the Northern Illinois Diabetes Coalition newsletter.



Notes



Northern Illinois
Diabetes Coalition

So who are these cosmopolitans?

By **Richard Brynteson**, Rockford Cosmo Member & Past International President

Member Community Care and Education Committee - NIDC

In recent years the diabetes health care collaboration between Crusader Clinic and The Cosmopolitan Club of Rockford has drawn considerable attention. Perhaps you would like to know how this all came about. The Rockford Cosmopolitan Service Club was chartered in 1949. Since its formation the club has distributed tens of thousands of dollars to many worthwhile causes in the Rockford Area. For several years it sponsored Nursing Scholarships to the three Rockford Hospitals.

Cosmopolitan International is the umbrella organization to which the Rockford club belongs. There are many other clubs located in the United States, Canada & Mexico. In 1974 the delegates attending the International Convention selected Diabetes as its major national fund raising project. Over the next twenty years the International Cosmopolitan Clubs raised \$3,500,000.00 to fund a Diabetes Research & Treatment Center at the University of Missouri and a like center at the Eastern Virginia Medical School. Some other smaller projects were also funded. The Canadian Cosmopolitans operating under a different contribution tax structure have developed their own project and their contributions are included in the above dollars.

In 1994 the Rockford Club members decided to step a bit out on their own and made contact with the Crusader Clinic, discussing their Diabetic needs. During the first year the club extended a grant of \$5,000.00 to fund glucose monitoring devices and strips. With the success of that initial year the club decided to make Crusader one of its funding raising recipients. As the years rolled by the Club continued funding the Crusader program and invited other clubs and the Cosmopolitan International Diabetes Foundation to participate. After a couple of successful years the project became known as Crusader Clinic Cosmopolitan Diabetes Program.

The club and the clinic became interested in developing an outreach program. The Rockford Club purchased a van in which clinic staff could travel to many locations for testing of individuals. When Crusader Clinic announced its capital improvements program the Rockford Club raised through cash and pledges \$75,000.00 to fund a training center for diabetics at the West State facility.

The Rockford Cosmopolitan Club along with other club partners and the Cosmopolitan Diabetes Foundation have contributed \$330,000.00 to the program. The Rockford funds come from the sale of Poinsettias at Christmas and a March Madness draw down.

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Be a Volunteer for NIDC!

NIDC is looking for a few good men, women and children to volunteer in many areas of the organization!

Anyone interested can contact Dr. Herbert Jackson or Joe Marshall. Call 815-395-5727 to get contact information!

OUT&about

Alexandria/Cenla Donation

Presentation by the Alexandria/Cenla Cosmo Club of a donation to a local high school student to help with her expenses to attend a special training course to introduce her to the environment of medicine and hospital care.

We have included her letter of appreciation and wish her the very best in her future endeavors.

TO: CENLA COSMOPOLITAN CLUB, ALEXANDRIA, LA

FROM: CARRIE TANT, DAUGHTER OF ROYSE AND
PAM TANT, GEORGETOWN, LA

It is with great pride and appreciation that I take the privilege to thank your club for the \$500 donation to help sponsor my opportunity to attend the Youth Leadership Forum of Medicine in Houston, Texas, July 20-29. This will allow me to learn more about the different medical fields so, hopefully, when I graduate from high school, I will know which direction I would really like to pursue. Without your club's help, I probably would not have been able to go. So, thank you very much. If there were more clubs like yours willing to help the young as well as the old, our world would be a better place. Every child should be able to dream and plan for the future without fear that it is impossible to achieve. If you want it bad enough and work for it, all things are possible, and for me, the kindness of the people in your club has helped me reach a goal. So, thank you once again. When I get back I will come tell you all about what I learned and how great an experience it was.

I've also been invited to attend a program through Lasalle Parish School System called A Hec of Summer for 3 weeks. I will be at Urania Hospital working and doing different things, working with the doctors doing just about anything they can find for us to do. I'm really excited about that also.

Thank you very much, please keep me in your prayers,

Carrie Tant



L TO R: Janet, Margie, Bobbie, Marilyn, Alfred, Claris, Royse, Dwayne, Pam, Charlene, Recipient, CARRIE TANT, Bill, Fred, Penny, Billie, Helen, Bill, camera operator, Nancy Pratt, not shown

Show-Me Cosmo Club

On June 22, 2008 the 15th annual Cosmo Fishing Derby was held at Twin Lakes Park, Columbia, MO. This event is held for the benefit of Special Olympics Athletes. Approximately 35 athletes participated along with their caretakers and chaperones.

John Kadlec, Jr. has been the Cosmo Chair of this outing and puts in many timeless hours and efforts. John's Dad, John Kadlec, Sr., has always assisted with the Derby. Assistance from approximately 20 Cosmo members was provided. Their help is needed with the worms, poles, fishing, measuring fish and photographing all the fishing athletes. Hot Dogs, chips, cookies and cake are always provided by the Cosmo Club. Two beautiful cakes were provided by a mother of an athlete

and were enjoyed by the 70 in attendance. Awards are presented to the Special Athletes for the first fish caught, largest fish, most fish, and a ribbon medallion is given to each participant. The smiles on the athlete's faces bring a rewarding feeling to all who assisted in putting on this event. A big thanks to John Kadlec for all his time and effort in this event.



Community Service Activities Keep Heartland Club Busy

An old song familiar to most of us contains the words, "those lazy, hazy, crazy days of summer." The "lazy" sentiment did not apply to the members of the Heartland Club this year as they kept quite busy with community service events, but at times it did seem a little "crazy."



ADA Camp Discovery

June was an especially busy month. On June 1 the club prepared and served a dinner for the residents of the Ronald McDonald House near Children's Mercy Hospital. This is an annual service project for the Heartland Cosmos which we are planning to increase to a twice-yearly event. On June 8 nearly every member of the club arrived at the Kansas City River Market at 5:00 a.m. to assist with the American Diabetes Association (ADA) Tour de Cure. The Tour de Cure is a bicycle ride from Kansas City to Weston, Missouri, which raises money for ADA. In spite of the early hour, the Heartland Cosmos efficiently collected money, directed riders, completed registrations, and greeted all bike ride participants with a friendly Cosmopolitan smile.



Tour de cure

The following weekend, on June 14, once again club members helped with an ADA fund-raiser, the first annual Rick's BAD (Bikers Against Diabetes) Ride. Motorcycle enthusiasts from around the Kansas City area rode to raise money for ADA diabetes projects. Our club members directed parking, served lunch, and cheerfully filled in where they were needed.

July 20 was the hottest day of the 2008 summer up to that time, but extreme heat and humidity did not keep the Heartland Club Cosmos from working all afternoon at the ADA Summer Camp for children with diabetes. The Cosmos supervised parking, directed parents and children through the registration process, hauled luggage to wagons, answered questions, and connected campers with counselors. The camp personnel who have been responsible for the registration in the past remarked that this year was the most efficient yet, thanks to the help from the Heartland Club. Although they were physically worn out, the club members felt energized just knowing how we helped over 100 children with diabetes get a good start to their camping experience.

As Cosmopolitans we believe in our motto of Unity, Service and Action. The Heartland Club lived these words this summer as the entire membership actively served our community. The result of our club's actions has been two-fold: helping others and building unity within our own club. Yes, it was a crazy summer, but the Heartland Club thrives on and is energized by our community service projects.

Rockford Cosmos featured on Spirit of Caring Nomination Form

The photo featuring the The Rockford Cosmos is being used on the 2008 Spirit of Caring nomination form. The Rockford Cosmo Club won the 2007 Spirit of Caring award. The 2008 nomination form appeared in the Rockford Register Star in the August 10 and August 27 editions.

Celebrate Caring



2007 "SPIRIT OF CARING"
AWARD RECIPIENT
COSMOPOLITAN CLUB
PHOTO BY: GREG BAKER



Nominate an extraordinary individual or organization who exhibits unique kindness and concern for others in our community. Crusader Clinic's annual "Spirit of Caring" awards recognize caring individuals and organizations for their impact:

- As a leader
- In benefitting the community
- Length and breadth of service

Fill out the form below and attach a description (not to exceed 2 pages) of your nominee's exceptional contribution based on these criteria:

1. What is the extent of the nominee's involvement in a specific effort(s) or project(s)?
2. What is the impact of the nominee's caring effort(s) on the community?
3. What is the commitment of the nominee in caring for others? Identify the depth and longevity of the commitment.

Join us at Crusader Clinic's anniversary event, "Fall in Love with Caring" on Friday, October 24th at Giovanni's. The 2008 award winners will be announced at the event. Dinner tickets are available by calling (815) 490-1620 or our website www.crusaderclinic.org.

For additional information, visit www.crusaderclinic.org.



I NOMINATE		
ADDRESS	(city)	(state) (zip)
PHONE	(home)	(work)
MY NAME IS		
ADDRESS	(city)	(state) (zip)
PHONE	(home)	(work)

Mail to: Spirit of Caring, Crusader Clinic, 1200 West State Street, Rockford, IL 61102 fax to (815) 490-1623 email mcnamy@crusaderclinic.org

FORMS DUE BY: Thursday, September 4, 2008

Contact Maely Comany, CHS Administrative Assistant, for more information (815) 490-1620.

Ed Phlegar's RAID Raises \$1,100 for River City Cosmo Club's Fight Against Diabetes

Lawrence River City Cosmopolitan Club member, Ed Phlegar, found out that the state of Iowa is not nearly as flat when riding a bicycle as it seems when traveling by car. During the week of July 20-26, Ed participated in the "Register's Annual Great Bicycle Ride Across Iowa" (RAGBRAI), which is sponsored by the Des Moines Register newspaper. Ed cycled a total of 401 miles during the 7-day ride.

Ed was convinced by a friend, who had ridden in the RAGBRAI last year, to participate in the event. To increase his commitment to the event, Ed decided to dedicate his bike ride to the fight against diabetes. Having been a Cosmopolitan member for over 15 years, plus having recently lost his father due to complications from diabetes, helped strengthen Ed's commitment. Two months prior to the RAGBRAI, Ed began soliciting family, friends & co-workers to support his efforts by pledging either pennies per mile or a fixed dollar amount for his bike ride. Ed specified that all the money raised would be donated to the River City Cosmopolitan Club, to be used for the club's diabetes related purposes.

The positive response to Ed's RAID (Ride Across Iowa for Diabetes) was overwhelming & much greater than Ed had anticipated. Because of his efforts, Ed raised a total of \$1,100 in commitments to the River City Cosmopolitan Club. The River City Cosmopolitan Club would like to thank Ed for his wonderful commitment to the club & its fight against diabetes!



Are you ready for New Orleans 2009?

TOP 10 Reasons to Attend the 2009 International Convention in New Orleans



10. Jim Smith promises not to wear a skirt.
9. Bourbon, beer, beignets, and beads.
8. Ray Nagin will not be the keynote speaker.
7. Mardi Gras fun without the Mardi Gras prices.
6. Bobbie, Helen and "the Bills" promise ya'll will "pass a good time".
5. Governor of the Year Gary says, "Boobies make me smile".
4. Hospitality suite: Tulsa's buying, MoKan's serving— "Perhaps you've heard of us".
3. Watch Melvina wrestle an alligator.
2. The only hurricanes will be at Pat O'Brien's.

And the #1 Reason to Attend the 2009 Cosmo Convention in New Orleans...

1. Free FEMA trailer and fly swatter with every registration!



Cosmopolitan International Officers

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International Officers Installation

Photos courtesy of:
Chris Clinton Photography



2008-2009 International Board

L to R: **Earl Wilkes**, Southwest Governor; **Matt Chilton**, Cornbelt Governor; **Phil Hanson**, VP Finance and Marketing; **Melvina Newman**, President-elect; **Rick Derks**, Mo-Kan Governor; **Jim Smith**, President; **Russ Dennis, Jr.**, Mid-States Governor; **Sheila Anderson**, North Central Governor; **Richard Greer**, VP Membership and New Clubs; **Jim McVay**, Judge Advocate; **Jill DiVincenzo**, Capital Governor; **Brian Duckett**, Western Canada Governor.



Past International President Bob Williams installs the 2008-2009 International Officers in Colorado Springs on July 26, 2008.



2008-2009 Governors

L to R: **Earl Wilkes**, Southwest; **Matt Chilton**, Cornbelt; **Jill DiVincenzo**, Capital; **Russ Dennis, Jr.**, Mid-States; **Sheila Anderson**, North Central; **Rick Derks**, Mo-Kan; **Brian Duckett**, Western Canada.



2008-2009 Officers

L to R: **Phil Hanson**, VP Finance and Marketing; **Melvina Newman**, President-elect; **Jim Smith**, President; **Richard Greer**, VP Membership and New Clubs; **Jim McVay**, Judge Advocate.

Cosmopolitan Diabetes Foundation

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Awards
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GARY KRIPKI

Past President
Gateway Jewellers
Cold Lake AB
P 780.594.0292
garykripki@telus.net

2008-2009 Club Directory

ALEXANDRIA-CENLA, LA *Southwestern Federation*

PRES: Nancy Pratt
4430 Walden Drive
Pineville, LA 71360
H: (318) 449-9372
B: (318) 484-3328
nancy_pratt@rslinsurance.com
MEETS: 1st & 3rd Thursday 6:30 pm
Evangeline Bank Building

AURORA, IL *Mid-States Federation*

PRES: Richard Stefanich
441 Sullivan Road
Aurora, IL 60506
H: (630) 897-8806
B: (312) 322-6080
richard.stefanich@chifrs.org
MEETS: 3rd Thursday, 7:00 pm
Location TBA

AUSTIN, TX *Southwestern Federation*

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

BALTIMORE, MD *Capital Federation*

PRES: Barton Nagle
1055 W. Joppa Road, #553
Towson, MD 21204
H: (410) 252-7311
B: (410) 682-9107
muzzyfizz@aol.com
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: Michael Lepart
10397 Lawrenceville Road
Garden Prairie, IL 61038
B: (815) 961-4926
michael.lepart@amcore.com
MEETS: Wednesday, noon
Back Stop Bar & Grill

BETHESDA, MD *Capital Federation*

PRES: Michael S. Fistere
P.O. Box 15242
Chevy Chase, MD 20825
B: (301) 907-3907
H: (301) 656-8582
88michael@verizon.net
MEETS: Wednesday, 12:15 pm
Kenwood Golf & Country Club

BLAIR, NE *Cornbelt Federation*

PRES: Jill Vacek
10785 County Road 34
Blair, NE 68008
H: (402) 426-8450
vacek@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: Tim Johnson
79568 Sumner Road
Broken Bow, NE 68822
H: (308) 872-2294
B: (308) 872-0979
MEETS: 2nd Tuesday, 6:30 pm
Lobby Hotel

CALGARY, AB *Western Canada Federation*

PRES: Christopher Harris
91-Coral Springs Close SE
Calgary, AB T3J 3S5
H: (403) 285-7852
c.b@telus.net
MEETS: 2nd & 4th Tuesday, 6:30 pm
Danish Canadian Club

CAPITAL REGION, PA *Capital Federation*

PRES: David Hall
505 Broad Circle
Mechanicsburg, PA 17055
H: (717) 697-2087
bucktail21@verizon.net
MEETS: 3rd Thursday, 6:30 pm (*)

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: Keith Burnham
1600 East Bluebird Lane
Columbia, MO 65201
H: (573) 657-9640
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
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jamesmcnabb@centurytel.net
MEETS: Tuesday, noon
Columbia Country Club

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

PRES: Pam Anderson
305 Oakridge Court
Columbia, MO 65203
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pander6186@aol.com
MEETS: 1st Thursday, 7:00 pm (*)

(*) Denotes various locations

2008-2009 Club Directory

COUNCIL BLUFFS, IA

Cornbelt Federation

PRES: John Kilday
1110 Arbor Ridge Drive
Council Bluffs, IA 51503
H: (712) 323-0555
MEETS: 3rd & 4th Tuesdays, 7:00 am
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: Walter Alm
958 Carolyn Drive
Palatine, IL 60067
H: (847) 705-0731
B: (847) 742-0500
wafootdr@sbcglobal.net
MEETS: 2nd Tuesday, 6:00 pm
Holiday Inn (except June-August)

ELIZABETH CITY, NC

Capital Federation

PRES: Erna 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: Kathy Robley
P4510 13 Avenue S
Fargo, ND 58103
W: (701) 282-1235
kathy.robley@noridian.com
MEETS: Thursday, noon
Fryin' Pan Restaurant
(except in January & July)

FREMONT, NE

Cornbelt Federation

PRES: Richard Vitters
1034 Skyline Drive
Fremont, NE 68025
H: (402) 721-3370
rvitters7@aol.com
MEETS: Friday, 7:00 am
Wilderness Lodge

GRAND ISLAND, NE

Cornbelt Federation

PRES: Larry Shaw
1041 South Pine
Grand Island, NE 68801
H: (308) 382-3028
B: (308) 382-1350
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: Once a month
Westwood Club

HAMPTON ROADS, VA

Capital Federation

PRES: Cissie Rapay
1612 Tewksbury Court
Virginia Beach, VA 23456
H: (757) 495-7022
c.rapay@juno.com
MEETS: 2nd Saturday, 6:30 pm (*)

HEARTLAND, KS

Mo-Kan Federation

PRES: Ted Odell
9000 Pflumm Road
Lenexa, KS 66215
H: (913) 541-1745
todell1@kc.rr.com
MEETS: 3rd Thursday, 6:30 pm (*)

JEFFERSON CITY, MO

Mo-Kan Federation

PRES: Jim Price
2304 Lorenzo Green Drive
Jefferson City, MO 65101
H: (573) 893-5795
B: (573) 634-6060
price0894@embarqmail.com
MEETS: Friday, noon
American Legion

JOHNSON COUNTY, KS

Mo-Kan Federation

PRES: Patrick Ayers
1507 Colt Circle
Raymore, MO 64083
H: (816) 331-1304
B: (913) 649-1776 x17
patrick@americanstroke.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, 6:30 pm (*)

LAWRENCE BREAKFAST, KS

Mo-Kan Federation

PRES: David Lake
3526 Morning Dove Circle
Lawrence, KS 66049
H: (785) 838-1195
MEETS: 1st, 2nd, & 3rd Friday, 7:00 am
Zig & Mac's

LAWRENCE RIVER CITY, KS

Mo-Kan Federation

PRES: Robin Donahey
306 Nebraska Street
Lawrence, KS 66046
H: (785) 841-0730
ndonahey@sunflower.com
MEETS: 1st Thursday, 6:30 pm (*)

MAIN STREET, NE

Cornbelt Federation

PRES: Shelly Walters
419 W. Cathy Avenue
Fremont, NE 68025
H: (402) 721-7870
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sawalters@aaane.com
MEETS: 2nd Tuesday, 7 pm
Gambino's Restaurant

(*) Denotes various locations

2008-2009 Club Directory

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Southwestern Federation

PRES: Eva Tentori
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San Angel, Tetelpan
Mexico City, DF 01720
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MEETS: Various locations & times

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PRES: Elizabeth Kinard
4928 Lookout Road
Virginia Beach, VA 23455
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stained_glass@cox.net
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: Darrin Branson
302 Prairie Road
Plattsmouth, NE 68048-7610
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d.branson@windstream.net
MEETS: Tuesday, 11:45 am
Caniglia's Venice Inn

OMAHA CORNHUSKERS, NE

Cornbelt Federation

PRES: Milt Schreiner
18108 Trailridge Road
Omaha, NE 68135
H: (402) 896-0353
milts@live.com
MEETS: Friday, noon
Jerico's Restaurant

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Whitehouse Bar & Grill

OMAHA I-80, NE

Cornbelt Federation

PRES: Randy Schuller
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B: (402) 361-7362
gforce1038@cox.net
MEETS: Fridays, 7:00 am
Rockbrook Garden Cafe

OMAHA USA, NE

Cornbelt Federation

PRES: Sue Larson
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MEETS: 1st & 3rd Monday, 6:00 pm
Olive Garden Restaurant

OMAHA WEST, NE

Cornbelt Federation

PRES: Rich Owen
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Omaha, NE 68164-4294
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richowen@cox.net
MEETS: Wednesday, 7:00 am
Perkins Restaurant

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At-Large

PRES: Ed Bennett
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Yorba Linda, CA 92886
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ebrebr@adelphia.net
MEETS: Various locations and times

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Western Canada Federation

PRES: Morris Yelland
133-20th Street West
Prince Albert, SK S6V 4G1
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MEETS: Wednesday, 6:30 pm
P.A. Golf & Curling Club

RAPID CITY, SD

North Central Federation

PRES: Bill Keck
4815 Telemark Court
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MEETS: Monday, noon
Thirsty's

REGINA, SK

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MEETS: 2nd Tuesday & 4th Monday (*)

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PRES: Brad Helgason
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Nicky's Cafe

(*) Denotes various locations

2008-2009 Club Directory

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Capital Federation

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MEETS: Wednesday, 12:15 pm
Tazza's

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Mid-States Federation

PRES: Don Cuppini
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MEETS: Thursday, 12:00 pm
Forest Hills Country Club

ST. ALBERT, AB

Western Canada Federation

PRES: Brent Bodeur
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H: (780) 419-6790
B: (780) 203-6790
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MEETS: 1st and 3rd Monday, 6:00 pm
St. Albert Rugby Club

SANTA FE TRAIL, KS

Mo-Kan Federation

PRES: Dave Davis
5415 Locust Lane
Kansas City, KS 66106
H: (913) 831-7919
dayvdavis@att.net
MEETS: 1st & 2nd Friday, 7:00 am
Perkin's Restaurant

SASKATOON BRIDGE CITY, SK

Western Canada Federation

PRES: Brian Miller
Box 1292
Martensville, SK S0K 2T0
H: (306) 975-3965
B: (306) 933-3020
brianm@sohandy.com
MEETS: Monday, 6:30 pm
Delta Bessborough Hotel

SASKATOON COUPLES CLUB, SK

Western Canada Federation

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H: (306) 373-8577
B: (306) 683-8268
k.claffey@sasktel.net
MEETS: 4th Tuesday, 7:30 pm
Cosmopolitan Industries

SASKATOON DOWNTOWN, SK

Western Canada Federation

PRES: Deb Schick
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The Ivy

SASKATOON YELLOW-HEAD, SK

Western Canada Federation

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H: (306) 975-3780
B: (306) 653-4303
darwinbakersales@shaw.ca
MEETS: 1st & 3rd week (*)

SCOTTSBLUFF, NE

At-Large

PRES: Lavina Suhr
12 W. 36th Street
Scottsbluff, NE 69361
H: (308) 632-4929
lmsuhr@charter.net
MEETS: 1st & 3rd Wednesday, noon
Elks Lodge

SIOUX CITY, IA

Cornbelt Federation

PRES: Michael Potash
207 Vista Court
Sioux City, IA 51104
H: (712) 258-0061
B: (712) 277-4100
potash@compressedsteel.com
MEETS: Thursday, 7:00 am
Mid-American Energy

SIOUX FALLS, SD

North Central Federation

PRES: Bruce McCollister
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Sioux Falls, SD 57103
H: (605) 271-2524
brucemcc@sio.midco.net
MEETS: Monday, noon
SD Achieve

SIOUX FALLS EVENING, SD

North Central Federation

PRES: Jerry Priebe
6509 West Strabane Trail
Sioux Falls, SD 57106
H: (605) 362-2660
B: (605) 323-2811
jerry@jerryprise.com
MEETS: 4th Tuesday, 5:30 pm (*)

STURGEON VALLEY, AB

Western Canada Federation

PRES: Robert Larson
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Edmonton, AB T5E 4J6
H: (780) 478-9664
B: (780) 453-2358
rlarson@waymarc.com
MEETS: 1st & 3rd Thursday, 6:00 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) 239-2308
jfkwalker@aol.com
MEETS: 2nd Tuesday, 6:30 pm (*)

(*) Denotes various locations

TOPEKA, KS

Mo-Kan Federation

PRES: Charles Meier
3100 Canterbury Lane
Topeka, KS 66604
H: (785) 233-4546
MEETS: Thursday, 12:00 pm
Topeka Country Club

2008-2009 Club Directory

WASCANA COUPLES, SK *Western Canada Federation*

PRES: Karen Shepherd
3434 Arbor Grove Drive
Regina, SK S4V 2N8
H: (306) 751-0400
B: (306) 585-4130
karen.shepherd@uregina.ca
MEETS: 22nd 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-even months
3rd Friday-odd months (*)

WICHITA AIR CAPITAL, KS

Mo-Kan Federation

PRES: Brent Doonan
7322 Cedaridge Circle
Wichita, KS 67226
H: (316) 260-3377
B: (316) 722-6034
brent_doonan@doonantruck.com
MEETS: 3rd Tuesday, noon
Scotch and Sirloin

WICHITA DOWNTOWN, KS

Mo-Kan Federation

PRES: Mike Floyd
1445 N. Rock Road #175
Wichita, KS 67206
H: (316) 634-1839
B: (316) 634-2985
mike@dsiks.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: 3rd Wednesday, 7:00 pm
J.M. Cuelenare Library

(*) Denotes various locations.



Thank you

... **Andrea Vugteveen** for ensuring our Hospitality Room rocked the convention...**Les Timm** and **Derry Anderson** for keeping us on budget, what a job that was!...**Darwin and Jane Sletten** for being such gracious hosts to our guest speaker from Sanford Health, Andy Wentzy...**Jerry Priebe** for taking charge of the Art Prouty Golf Tourney (yes, the Canadians still love you!)...**Dana Priebe** for heading up the Guest Program (who better to take you shopping?!)...**Brandi Snow**, **Billie Jo Kubat**, and **Megan Priebe** for their untiring efforts at keeping the Cosmo Youth and Teens entertained at all times...**Gary Peterson** and **Jerry Priebe** for driving the Teens and Guest as needed and doing it safely...**Bev Peterson**, **Joyce Kubat**, and **Marion Timm** for pitching in wherever needed, and we do mean WHEREVER needed (Guest program, Teen Program, Registration table, etc.)...**Bill Kubat** for lining up an amazing guest speaker for our Opening Ceremonies...**Chris Clinton** for capturing our event in photos by being the official photographer for our convention...**Denise Johnson**, **Susie Bartlett**, **Pat Hohman**, and **Phyllis Hertling** for running the Cosmo store...**Tommy Johnson** for his creativity in designing the Cosmo Cash...**Melissa Harmon** for unselfishly agreeing to be a designated driver as the guests toured the winery...**Perry Johnson** for being man enough to wear a skirt and be the head Cosmo cheerleader...**Kevin, Cindy, and Erin Harmon** - there simply aren't enough words to thank you for all you do!

Sheila Anderson and Melvina Newman, Convention Co-Chairs

See back cover for pictures from the International Convention.
Additional pictures can be found on www.cosmopolitan.org.

Colorado Rocked!



photo courtesy of Gary Bartlett



photo courtesy of Chris Clinton Photography



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