

# COSMOTOPICS

Fall 2009

# Full Steam Ahead!

2009  
2010



THE CLUB THAT FIGHTS DIABETES





**FROM THE EDITOR**  
Sheila Anderson

Okay, I admit it. I'm a motivational junkie! So when I found myself looking for inspiration, I went to Ken Blanchard's website [www.kenblanchard.com](http://www.kenblanchard.com). And there it was "A vision illuminates an organization's purpose." Oh, my! Isn't that the truth?! "When everyone supports an organizational vision it creates a deliberate, highly focused culture that drives the desired results. In these organizations, people are energized by, excited about, and dedicated to making the vision a reality. They can describe the vision, are deeply committed to it, and clearly see what their role is in supporting it. They have a notable sense of purpose that creates and focuses energy. The result is an organization where values are aligned and everyone is in the same boat (or in our case, train!) together moving full steam ahead." I then had an "Ah, ha!" moment. I was convinced Mr. Blanchard had studied our organization for inspiration. All one has to do to get inspired is simply look inside this issue of CosmoTopics! Our new president, Melvina Newman, has laid out specific goals with the new theme of Full Steam Ahead. Richard is making every effort to keep our Club moving and "On the Grow." Phil is making sure we stay in line within our budget while supporting our goals. Brian is striving for 2210 members in 2010. And I, as your VP of Marketing, have set my focus on telling the world about you...it's Mission: Recognition. You're in for the ride of your life! Brace yourselves! It's FULL STEAM AHEAD!

**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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# COSMOTOPICS

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# Spread the Word



Kevin Harmon  
Executive Director

**WOW!** That is about all I can say about the recent International Convention in New Orleans. The Southwestern Federation, The Alexandria-Cenla and Austin Clubs and Bill and Bobbie Clifton put on a fabulous event. If you were there with us in New Orleans, you know exactly what I am talking about. If you missed the convention, we missed you too.

**W**ith a slogan of FUN for Life for our past year, it couldn't be a more fitting tribute to Jim and Pam Smith to end their year in the FUN capital of the South. Almost 200 Cosmos followed Jim and Pam to New Orleans and found the Convention Hotel to be first rate, the food scrumptious, and the hospitality top notch. The Astor Crowne Plaza is a remarkable example of having a message and atmosphere that the management wants conveyed and having every single employee know and live the message.

Cosmopolitan is poised to take what we learned in our workshops and were exposed to daily with the Astor staff and spread our own message. Your executive officers have been laying a groundwork that is based very much like the business plan of the Astor. Our plan has been pretty simple over the last several years and it has changed very little. Most good plans are rooted in simple. We want every single Cosmo in our organization to know the remarkable things that we have accomplished over the years, to commit to making our local communities better, to have fun and exciting meetings and invite all of our friends and associates to join Cosmos.

The plan is working and is being used by more and more clubs. At the club level it is very simple. Make sure your club is having fun and friendship at all your meetings and gatherings. Plan and execute two membership events every year. Use the event as a time to highlight to prospective members what Cosmo has done to fight diabetes on a global scale and what your club has done in the fight against diabetes and the multitude of local and regional projects that make a real difference in your communities. Use the Great People Form to keep a continuous list of prospective members to invite to the event. And then show the prospects the great fun and friendship that is Cosmopolitan. Every Club can do it and every club can have positive results.

At International we are also taking another step toward spreading our story through the adoption at this past convention of a Vice President of Marketing. The Finance and Marketing VP position was split to have a VP of Finance and a VP of Marketing. With the enthusiasm and energy already being shown by our VP and her committee, it will not be long before we shed that phrase that we are the best little club no-one has ever heard of and begin to be recognized as the leader in the service club industry that we are and have been.

*Make sure  
your club  
is having  
fun and  
friendship  
at all your  
meetings.*

# Full Steam Ahead



Melvina  
Newman  
*International President*

## **It is my sincere pleasure to serve as President of Cosmopolitan International for the 2009-2010 year.**

I warmly thank you, the membership, for the confidence bestowed upon me. I also, once again, found it a great opportunity to attend the convention in New Orleans. Thanks to all for a great 83rd annual convention and to the hosts this year. I want to especially thank all the "First Timers" who attended and look forward to seeing you at many more conventions.

The theme for the year is "FULL STEAM AHEAD". I choose this theme partly because of my love of hearing the trains from where I grew up, listening for their whistles and seeing their smoke, but mostly because of the staggering amount of dedication and work that Cosmopolitans have done in our previous years. So many have worked so hard for Cosmopolitan and we want to stay on that right track – "Full Steam Ahead".

We have terrific officers at the Club, Federation and International levels that are supporting our goals, have accepted the challenge that lies ahead, are taking charge to keep on the right track together as a "team", and to move Cosmopolitan the only way possible, "Full Steam Ahead".

We will be sending out to all our Club Presidents our Leader's Manual again this year. I would like to share some of my introduction letter with all of you:

*Cosmopolitan is all about program development, membership recruitment and finding a cure for diabetes. We are all about making a difference in our local communities and throughout the world with programs that benefit our mission statement to support efforts to prevent and find a cure for diabetes. We are all about increasing our membership. Cosmopolitan is an incredible organization and we need to keep expanding awareness of what we are doing.*

*Full Steam Ahead in 2009-2010 with Commitment, Connection and Change. You have lived out the COMMITMENT by supporting your club projects and found the time to give back to the welfare of your community, whether through diabetes or other charitable efforts. Your commitment to a healthy club is evidenced by the membership growth we have enjoyed the past 4 years. None of this would happen without CONNECTION. Our links to each other and to the world are crucial to living out our commitment to our mission. We have the opportunity to learn more about diabetes through our connection to the major Diabetes Centers we support. CHANGE is never easy, but*

*the risks are well worth the rewards. Now is a good time to reassess where we are in our clubs and where we need to change as we plan for the future.*

*Cosmopolitan International is small compared to many other service organizations, but we raise more money per capita than any other organization out there. We are very proud of that. The advantage we have in a smaller organization is for you to really get to know a lot of the people in it, and they get to know you and your efforts have much greater impact on the overall cause. We can only expect our growth and donations to increase because you are the ones truly making a difference.*

*We have a mission that really means something. This is an exciting time to be a Cosmopolitan. With the increase of diabetes nationally, never has the need for our work been greater -- whether it is raising awareness through programs or whether it is through our fundraising efforts to defeat diabetes. The best way for us to help is for us to be who we say we are – The Club that Fights Diabetes.*

Goals have been established for the 2009-2010 year. In order to achieve them, Cosmopolitans everywhere need to be actively engaged in their Club and Federation events. It is important for us to be aggressive in our goals, so let's go:

We have  
a mission  
that really  
means  
something.





### **FULL STEAM AHEAD TO INCREASE MEMBERSHIP**

I want all our clubs to stay active and vital. We can only accomplish this through new membership. Ask a friend or business associates to join. Promote the "Great People Who Should be Cosmopolitans". Let's strive for 2210 member by 2010. (This is only about a 10% increase).

### **FULL STEAM AHEAD BUILDING NEW CLUBS**

Our goal is to build at least one new club in each Federation. Ambitious – Yes --- Impossible – No. Look for members in other communities who want to make a difference.

### **FULL STEAM AHEAD IN KEEPING MEMBERS INFORMED**

A topic that is important to me is our COMMUNICATION to all members. Now, more than ever, with our increase of members, we must keep our members informed to keep them. We must make sure all Cosmopolitans never miss out on anything. Information will come from Headquarters, myself, and the International Executive Committee to the Governors, to the Club Presidents, to the members. Remember to keep the chain unbroken. We will be able to communicate easily with our website and through emails. Please make sure Headquarters has your current email address. With email we will be able to talk to you and you can feel free to talk to me or all the officers.

### **FULL STEAM AHEAD IN EDUCATION**

Inform all members of our Diabetes Recognized Programs, Contributions, Cosmopolitan Diabetes Foundation and Cosmopolitan Foundation of Canada. Attend a Federation Convention which will expand your knowledge of what we do as an organization, as well as make new Cosmo friends. Promote our Diabetes focus at club meetings.

### **FULL STEAM AHEAD MARKETING COSMOPOLITAN**

Develop a strategic plan and marketing strategy. In order to attract those new members, we must "brand" our image. We will develop a plan to raise public awareness. Identify who we are; where we are going and what we are doing. Market the Cosmo Brick Club and market Cosmo merchandise.

### **FULL STEAM AHEAD A FUTURE FREE FROM DIABETES**

During the year, I hope to see many of you through trips to your Federation. I will probably not be able to see every club but will work with the Federation Governors to help organize visits to your areas and hope our schedules will work out so I can meet with many of you.

Finally, I want to acknowledge all the hard work that preceded this year and thank everyone for their dedication and commitment to Cosmopolitan.

*It is  
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aggressive  
in our goals.*

# Our Club is on the GROW!



**Richard Greer**  
*President-elect*

*To keep the momentum going we need to keep doing the basic things that have worked well for us.*

**I am looking forward to the coming Cosmo year.** As President-Elect, I will be making every effort to keep our Club moving and "On the Grow".

Here are just a few reasons that our Club is on the GROW:

- Our International President Jim and Pam chartered new waters in the "FUN FOR LIFE TOUR".
- More Cosmos are using "The Great People Who Should Be Cosmopolitans" form.
- We achieved membership growth for the fourth straight year.
- We chartered a new Club. The Emerald City Club will be very successful.
- We enjoyed FUN conventions at the Federation level and in New Orleans.
- We made great strides in improving our Cosmopolitan identity by adding a new Vice- President for Marketing.

To keep the momentum going we need to keep doing the basic things that have worked well for us. We all enjoy having FUN, and as Cosmo Jim showed us, a Cosmo having FUN will enjoy working at projects, and is more likely to bring in some new members. Keep having FUN and encourage everyone else to continue with this theme. Be sure that everyone has a fresh copy of "The Great People Who Should Be Cosmopolitans" form on the fridge door and to turn it in to your Membership Chair. Remember that your Membership Chair is a very important position and should be supported by all Club members.

Membership increases four years in a row is a great achievement. We can continue this trend by having Membership Events at least twice this year. There should be a New Club initiative on the go in every Federation. Work with the "movers and

shakers" in your Federation, and start working on New Club Building. Lawrence River City- a Club about 1 hour away, started our New Club in Topeka. A concentrated effort resulted in a great New Club, one already working on projects in their area.

Conventions are the best way to get to know fellow Club members, and these meetings give the regular members a chance to express their opinions. Encourage your fellow Cosmos to attend Federation Conventions, and to plan for the International Convention in Gettysburg in 2010. There are many opportunities in our Club to become a leader. Run for executive positions in your Club, at the Federation level and at the International level. It is a very fulfilling experience and allows you to form policy and help guide our Club in the future. Conventions are more interesting when there are elections- so make sure to get your name on the ballot.

It is exciting to have a new Vice-President for Marketing. This position will improve our identity and will enable us to get our message across using all the forms of media available. Our new V.P. for Marketing is Sheila Anderson- a woman well known in Cosmopolitan. Sheila has experience in the marketing area, and has the contacts to get the job done. Watch for some new ideas from Cosmo Sheila.

I am looking forward to the coming Cosmo year. As President-Elect, I will be making every effort to keep our Club moving and "On the Grow". If we all get on board we will help our new International President, Melvina Newman, go Full Speed Ahead.

# Reviewing 2009



Phil Hanson  
VP Finance

**The first Cosmopolitan Topics of the new year is always exciting both to write an article for and to read what other officers and governors are planning for the new year.** What new ideas will be presented for our review and approval? What new directions might we be given an opportunity to explore?

One bright new direction was voted on in New Orleans. At the International Convention the position of Vice President of Finance and Marketing was split into the office of Vice President of Finance which I will hold this year and the Vice President of Marketing which will be filled by our past International First Lady, Sheila Anderson.

While I don't have an inside line on what new ideas Sheila might be presenting, I do know she is putting together a great team to market Cosmopolitan. My job will be to make sure those proposals are cost effective and within our means. I do know that Sheila is looking at a lot of ideas that will cost little or close to nothing. Now that fits my budget perfectly!

My goals for this year will be to make sure we stay in line within our budget and to support the other International Officers in meeting their goals. The best and most sure way for us to keep a balanced budget is to maintain a steady growth in membership. This is important not only for International, but for each club as well. No matter whether you are a small or large club an emphasis in membership is critical to your club. New members not only bring in additional revenue but new ideas that will help grow your club and energize your membership.

## COSMOPOLITAN INTERNATIONAL FINANCIAL SUMMARY FOR THE YEARS ENDED JUNE 30

|                       | 2009      | 2008      |
|-----------------------|-----------|-----------|
| Current Assets        | \$189,186 | \$173,985 |
| Fixed Assets          | 20,175    | 21,304    |
| Current Liabilities   | (23,692)  | (17,450)  |
| Long Term Liabilities | (421)     | (885)     |
| Equity                | \$185,248 | \$176,958 |

## REVENUES AND EXPENDITURES

|                |           |           |
|----------------|-----------|-----------|
| Gross Revenues | \$215,196 | \$257,315 |
| Expenditures   | (206,904) | (175,283) |
| Net            | \$8,292   | \$82,032  |

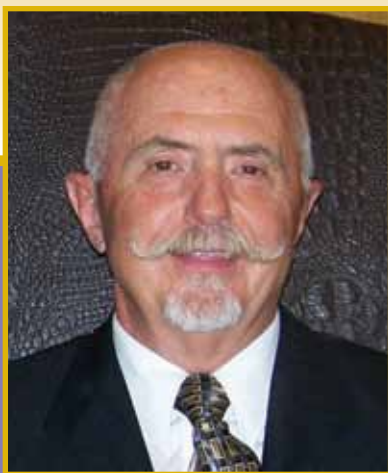
An explanation of the number above is in order. You will notice that there is a 16% reduction in revenues and 18% increase in expenditures. The reduction in revenues is the result of extra ordinary income in the 2008 year. That year CI received a \$25,000 gift from the Tulsa Club to be designated to the CI building repair fund. In the 2008 year \$25,706 was received for the CI fund. These are non re-occurring revenues, the loss of which does not cause alarm.

A majority of the increase in expenditures were from the following items: 1) staff benefits \$3,753 (we are actually getting a break on this because our Executive Directors previous employer is the provider of the group coverage); 2) printing and postage of Cosmo Topics \$3,080; 3) additional convention cost from Colorado \$7,273; 4) governor-elect training \$2,204; 5) International President travel \$4,512; 6) we picked up a full time staff person for an additional \$7,110. The balance is made up of small increases across the board.

Overall, CI is in good financial shape and the current year's budget will keep us there.

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# Are You Ready?



**Brian Duckett**  
**VP Membership and**  
**New Clubs**

There are 3 areas which we have to work on: member retention, membership increase, and club building.

**Thank you to everyone who supported me in my election to the position of Vice-President of Membership & New Clubs.** Last year we had "FUN FOR LIFE" with Past-President Jim. We look forward to continuing his theme at "FULL STEAM AHEAD" with President Melvina.

I will work towards increasing membership and building new Clubs to keep our GREAT organization strong and healthy. President Melvina's goals are: build one new Club per Federation and reach membership of "2210 in 2010". These goals may seem unattainable, but to achieve her goals, there are 3 areas which we, as Cosmopolitans, have to work on. These areas are member retention, membership increase, and Club building.

#### **RETENTION:**

This past year we gained 371 new members, but lost 320. We need to retain our members. In order to do that, we need to know why those members left and what can we do to keep them. I will be doing a survey as to why we lost members. I will be contacting all Federation Governors and Club Presidents to assist me in this project.

#### **MEMBERSHIP INCREASE:**

Last year we had a +51 member increase. This was the 4th straight year of a net increase for CI. In July, we had a membership increase of +10, 14 new and 4 dropped, which is a nice start to this Cosmo year. Over the last few years, we have held a Membership Night/Event in November and March and it is my intention to continue this, so start planning for November. You don't have to wait for those months; you could make every Club meeting a New Member Event. In order to reach our membership goal, we need

to continue using the "Great People Who Should Be Cosmopolitans" form. If you don't have one, go to the website and download one or two. We have a number of Clubs which are below the charter strength of 20 members. For those Clubs, make that a "goal".

#### **CLUB BUILDING:**

In March, I had the pleasure of attending the Charter Night for the Emerald City Club in the Mo-Kan Federation. It would be nice to attend a new Club charter again. For every new Club chartered, it is a minimum of 20 new members. If and when we achieve President Melvina's goal of 7 new Clubs, that is an increase in membership of 140.

Besides the Retention Survey, I would like to start a Cosmo Recipe Book of ideas for membership events, Club meetings, retention, and in general, make Cosmopolitan the organization to join and be part of. My challenge, which I issued in New Orleans, is for every 26 net new members that we achieve by next June 30, I will commit to running a marathon of 26.2 miles in the name of Cosmopolitan.

I look forward to working with Headquarters, CI Board, Federation Governors, Club Presidents, Club Membership Chairpersons, and all Cosmopolitans to make this another successful year.



# Mission: Recognition



Sheila Anderson  
VP Marketing

**No, we're not the women's magazine!** I can't be the only one that has had to answer that question. We are the Club that Fights Diabetes, and it's time more people know. It's Mission: Recognition!

A new marketing committee has been formed to take a fresh look at the message we are sending to the public and make the necessary adjustments to bring renewed strength and vitality to the awareness of Cosmopolitan and its fight against diabetes. Committee members are: Sheila Anderson, chair; Russ Dennis, Jr. (Rockford), Don Cuppini (Rockford), Bob White (Rapid City), Bob Williams (Roanoke), and Wayne Hinkley (Sioux City). Peter Brodeski (Rockford) will be brought on as needed for creative development.

At the root of our goals will be a pointed, focused marketing plan for all levels and layers of communication. I know what you're thinking, shouldn't we be cutting back on marketing in today's economy? Quite the contrary. Think of marketing as an investment, not an expense. Keeping our presence out there is vital. If we pull back, no one hears about us. When the economy turns around and people look at ways to become involved in their community again or have the resources for donations, they need to know we are still out there. If they haven't heard about us for awhile, they may forget about us (out of sight, out of mind) or worse, think we have folded.

There are effective low-cost/no-cost ways to market our organization. Marketing is

not always about spending money on the newest promo item. Rather, let's think of ways to get our name out there without touching our pocketbook. Press releases are a prime example. Tell your local community about Club events, newly-elected officers, awards, formation of a new Club, or a special guest speaker that others in the community would love to hear. As VP for Marketing, I am here to help you write these and send them to your media contacts.

A new area we are exploring is the rise of social media sites such as Facebook, Twitter, and LinkedIn. These provide a way for our organization to reach the younger generation at virtually no cost. Rotary International and Lions Clubs International are already doing this. Social media is here to stay. Major marketing firms are having to change their organizational structures to adapt. It's time we look at adapting as well.

We are planning to work diligently on enhancing our internet presence both visually and in content. But first, we need you to log on and use the site. If you don't know how or can't find your password, call Kevin Harmon at Headquarters. Second, provide us feedback. This is your site. Tell us what you would find helpful or what you think the public would like to know about us.

And now for the surprise! The Marketing Committee has been in contact with a celebrity who is diabetic and is interested in possibly being a spokesperson for Cosmopolitan. Please understand this is in the very beginning stages and is in no way a done deal, but we are certainly thrilled with the possibility!

*Keeping our  
presence  
out there is  
vital. If we  
pull back, no  
one hears  
about us.*

# Diabetes Foundation Update



**Tom Gustafson**  
CDF Chairman

## Fellow Cosmos-

Thirty plus years ago a group of forward thinking Cosmopolitans had an idea which would give our membership a variety of ways to support Cosmopolitan International (CI) and our many charitable causes. Year after year Cosmopolitans have continued to support this idea and have built the organization into now what we call the Cosmopolitan Diabetes Foundation (CDF). Within the CDF, several funds have since been established to support both CI (Beacons & CI Funds) and our favorite causes (Columbia, Strelitz, Discovery, Valerie Millar etc). Because of this forward thinking and the tremendous commitment of our fellow Cosmos, total assets and grant contributions through the CDF are well in excess of \$1,500,000. This year's convention in New Orleans again illustrated our fellow Cosmos commitment to the CDF idea by contributing \$45,000 to Beacons, Discovery and other designated projects and programs we support.

For those of you not familiar with Beacons, what is the Beacons Fund? The Beacons Fund is a permanent endowment where Cosmo-contributed dollars are never touched, and income generated from those dollars is used to defray CI overhead costs and support

diabetic related charities. Because of your fellow Cosmos' incredible commitment, Beacons Fund assets have grown to over \$1,000,000. Even more importantly, the CDF has made grants to diabetic causes of \$30,000 in 2008 and nearly \$50,000 in 2009 (see below), bringing our grants total to over \$410,000 since 1984. In addition, Beacons Fund dollars were used to cover CI overhead expenses of \$14,000 in 2008-9 and will cover \$17,000 in 2009-10. Cosmos should be very proud that their ongoing support the last thirty years has resulted in support of CI and CI related causes of \$108,000 in just the past two years.

So, as a Cosmo reading this quick article: Do you feel proud to be part of this organization? You certainly should as the above is just scratching the surface of what Cosmopolitans have built together while using the CDF. The CDF is here for you & your club – Let us know how we can help when your next great Cosmo idea comes along.

*Best regards,*

*Tom Gustafson*  
CDF Chairman

## Cosmopolitan Diabetes Foundation Grant Request Summary for 2009

| Item # | Requesting Agency   | \$ Granted |
|--------|---|------------|
| 1).    | Camp Hickory Hill (Columbia, MO)  | \$3,500.00 |
| 2).    | Cornbelt Diabetes Connection, Inc. (CDC)  | \$9,000.00 |
| 3).    | Cosmopolitan International Diabetes & Endocrinology Center (Columbia, MO)               | \$6,000.00 |
| 4).    | Crusader Community Health (Rockford, IL)  | \$9,000.00 |
| 5).    | Camp Hertko Hollow (Iowa)   | \$4,500.00 |
| 8).    | Provena Mercy Medical Center (Aurora, IL)--Revised request diabetes center to be closed | \$5,000.00 |
| 9).    | Setebaid Services (Capital Region, Harrisburg, PA)                                      | \$2,000.00 |
| 10).   | Sherman Health Foundation (Elgin Cosmo Diabetes Emergency Rescue Fund)                  | \$4,500.00 |
| 11).   | EVMS Strelitz Diabetes Center-( Norfolk, VA)  | \$5,000.00 |
| 12).   | Topeka A1C Club (Topeka, KS)  | \$1,350.00 |

**Total: \$49,850.00**

# Categories of Recognized Programs



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 [www.cosmopolitan.org](http://www.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  
Jerry L. Nadler, 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 Ave., 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



## 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 Gerrard, Director  
B 306.664.3158

### **SPECIAL LEARNING CENTER**

1115 Fairgrounds Rd. Jefferson City, MO 65109  
B 573.634.3070  
Debbie Hamler, Executive Director  
dhamler@speciallearningcenter.com

## Cosmopolitan Supported Diabetes Program

*(not to be confused with the Major Cosmopolitan Supported)*

- 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

### **ELGIN COSMOPOLITAN CLUB DIABETES EMERGENCY RESCUE FUND**

Social Service Department, Sherman Hospital  
934 Center Street,  
Elgin, IL 60120  
B 847.742.9800

### **SETEBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES**

PO Box 196, Winfield, PA 17889-0196  
B 570.524.9090 or 866.SETBAID  
Mark Moyer, MBA, MHA, Executive Director  
[www.setebaidservices.org](http://www.setebaidservices.org)  
info@setebaidservices.org



# Healthy Choices



## Fall squash offers a variety of nutrients.

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

We will soon have "frost on the pumpkin", but pumpkin and other fall squash are good for several months after picking. In fact you can store whole fall squash for up to three to six months.

Fall squash offers a variety of nutrients. It is considered a starchy vegetable on the diabetic exchange lists. One cup of most cooked fall squash (such as pumpkin and acorn squash) provides about 15 grams of carbohydrate or one carbohydrate serving (after subtracting fiber grams) and 80 calories; you can have one cup of fall squash for the same calories as half a cup of potato or sweet potato. Two cooked cups of spaghetti squash equals one carbohydrate serving and the same amount of carbohydrate you get from one-third cup cooked wheat spaghetti! And most fall squash provide an excellent source of vitamin A and a good contribution to your daily vitamin C needs.

**Storage of whole fall squash:** Place on top of thick pads of newspapers in a cool, dry, well-ventilated location, between 45 and 60 degrees F. Use within three to six months depending on variety of squash.

**To prepare and use fall squash:** Refrigerate tightly wrapped cut pieces of fall squash and use within 5 days. Once squash is cooked, the flesh of the squash can be stored frozen in a freezer container for up to one year.

All varieties of fall squash are great for puréeing, roasting and baking. Once squash is cooked and mashed, it can be used in soups, main dishes, vegetable side dishes, even breads, muffins, custards and pies. A 16 oz. can of pumpkin can be added to a large pot of soup to provide a good source of vitamin A and you won't even know it is there. To make some of your favorite cakes and cookies lower in fat and healthier, substitute equal amounts of pureed pumpkin or other pureed squash for fats and oil. The end product will probably turn out moister than when fat is used. Following is a recipe for Pumpkin Bars that does not contain oil. A serving is only 17 grams of carbohydrate per bar.

## Pumpkin Bars

Makes 12 servings

### INGREDIENTS:

2 eggs or ½ cup of no cholesterol egg substitute

¼ cup brown sugar

¼ cup Splenda

¾ cup solid packed pumpkin (or other cooked and pureed fall squash)

2 tablespoons honey

1 teaspoon vanilla extract

¾ cup all-purpose flour

1 teaspoon baking powder

1 teaspoon ground cinnamon

½ teaspoon ground ginger

1 tablespoon powdered sugar (optional)

### DIRECTIONS:

Preheat oven to 375 degrees. Spray a 9-inch square pan with nonstick vegetable cooking spray.

Beat eggs with electric mixer at high speed 2 minutes. Add brown sugar 1 tablespoon at a time, beating well after each addition.

Add pumpkin, honey and vanilla. Beat at medium speed 2 minutes.

Combine flour, baking powder, cinnamon and ginger; stir to blend. Add to pumpkin mixture; stir well.

Pour into prepared pan. Bake 20 minutes or until a wooden pick inserted in center comes out clean.

Let cool 10 minutes in pan; invert onto platter. Sprinkle with powdered sugar or top with whip topping. Serve warm or cold.

**Per serving: 85 calories, 1 gm fat, 35 mg cholesterol, 17 gm carbohydrate, 1 gm fiber, 2 gm protein, and 66 mg sodium. Diabetic Exchanges: 1 starch or 1 carbohydrate serving. If made with egg substitute: 76 calories, trace fat, 0 mg cholesterol, and other values the same.**



## NUTRITIONAL VALUE OF 1 CUP SELECTED FALL SQUASH, COOKED

|                  | Calories | Pro gm | Fat gm | Carb gm | Fiber gm | Vit A IU | Vit C mg |
|------------------|----------|--------|--------|---------|----------|----------|----------|
| Acorn            | 82       | 2      | 0      | 22      | 6        | 2002     | 16       |
| Butternut        | 82       | 2      | 0      | 21      | 0        | 22868    | 31       |
| Pumpkin          | 83       | 3      | 1      | 20      | 7        | 38129    | 10       |
| Spaghetti Squash | 42       | 1      | 0      | 10      | 2        | 170      | 5        |

# Fall Foods



Spaghetti squash is also known as vegetable spaghetti. It is called spaghetti squash because its flesh when cooked separates into yellow-gold spaghetti like strands. The skin of this watermelon-shaped squash is creamy-yellow to pale yellow color; and average size is between 4 to 8 lbs. Spaghetti squash can be prepared by several methods. It can be served hot topped with your favorite marinara sauce.

## Spaghetti Squash

### HOW TO PREPARE:

- **Bake:** Pierce the whole shell several times with a large fork or skewer and place in baking dish. Cook squash in preheated 375 F oven approximately 1 hour or until flesh is tender.
- **Boil:** Heat a pot of water large enough to hold the whole squash. When the water is boiling, drop in the squash and cook for 20 to 30 minutes, depending on its size. When a fork goes easily into the flesh, the squash is done.
- **Microwave:** Cut squash in half lengthwise; remove seeds. Place squash cut sides up in a microwave dish with 1/4 cup water. Cover with plastic wrap and cook on high for 10 to 12 minutes, depending on size of squash. Let stand covered, for 5 minutes.
- **Slow Cooker or Crock-Pot:** Choose a smaller spaghetti squash (unless you have an extra large slow cooker) so that it will fit. Add 2 cups of water to slow cooker. Pierce the whole shell several times with a large fork or skewer, add to Crock Pot, cover and cook on low for 8 to 9 hours.

Once the squash is cooked, let it cool for 10 to 20 minutes so it will be easier to handle, before cutting in half (if it wasn't already) and removing the seeds. Pull a fork lengthwise through the flesh to separate it into long strands. A 4 pound squash will yield about 5 cups of cooked spaghetti squash.

Pumpkin and other fall squash need not be just for pie. Fall squash is fairly low in calories and carbohydrate and most varieties are excellent sources of vitamin A. This fall consider trying some new recipes that contain squash.

Reference:  
<http://whatscookingamerica.net/squash.htm>  
<http://www.nal.usda.gov/fnic/foodcomp/search/>  
<http://lowcarbdiets.about.com/od/cooking/a/spagsquash.htm>  
<http://www.extension.umn.edu/extensionnews/2007/preservewintersquash.html>



# Governor

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## NEWS

### The Challenge is on! Full Steam Ahead!

by Bill Keck  
*North Central Federation Governor*

**T**he International Convention in New Orleans was great despite the humidity. North Central Federation can be proud of all our accomplishments this past year, thanks to the leadership of Sheila Anderson, Governor; the Club Presidents, and all 213 members. My heartfelt congratulations on a job well done. Let's keep it going in 2010-Full Steam Ahead. I look forward in working with you to "Make the Best Better".

In New Orleans, Jack Ostoforoff, the Western Canada Federation Governor and I challenged the other five Governors to a friendly contest of whose Federation would have the largest membership increase in the coming year. To make it interesting the Governors wagered a little bet and we each put in ten bucks-winner take all! Of course that will be me! "Not so quick" said my new Cosmo friend Jack whose last name a lot us had difficulty in pronouncing in New Orleans. It is pronounced "Osto-for-off".

So it is "Full Steam Ahead" in each Federation to encourage membership growth and building at least one new club in each Federation. The North Central Federation is up to the challenge. By the end of September I will have visited the six clubs in the NCF. We welcome the Boulder, Colorado Club and the Scottsbluff, Nebraska Club to NCF. Both of these clubs were clubs at-large, but thanks to PIP, Jim Smith's personal visit and encouragement last May, they agreed to join the NCF. Welcome aboard! I look forward in serving their club needs as well as the other clubs in NCF.

#### **My goals for the year are straight forward.**

1. A ten percent net gain in membership by promoting "Great People Who Should Be Cosmopolitans".
2. Charter one new club.
3. All clubs will earn the Big "C" Award.
4. All clubs will select a Cosmo of the Year and Community Service Member of the Year.
5. All clubs will be represented at the North Central Federation Meeting in Rapid City, SD April 30-May 2.
6. Market Cosmopolitans: "The Club That Fights Diabetes" and the use of the International website: [www.cosmopolitan.org](http://www.cosmopolitan.org).
7. Communicate. Keep the lines of communication open both up and down the organization structure: As Governor I will try to do my part.
8. Support our Cosmopolitan Officers and headquarters in any way I can.
9. Review the Awards and Recognition Program to best serve the membership. Please send me your thoughts and ideas to [bkeck4815@rap.midco.net](mailto:bkeck4815@rap.midco.net).
10. Have Fun! Lots of Fun. Full Steam Ahead!

I encourage you to make plans to attend the 2010 International Convention in Gettysburg, Pennsylvania, July 28-31. Hope to see you there.

Bill Keck, North Central Governor

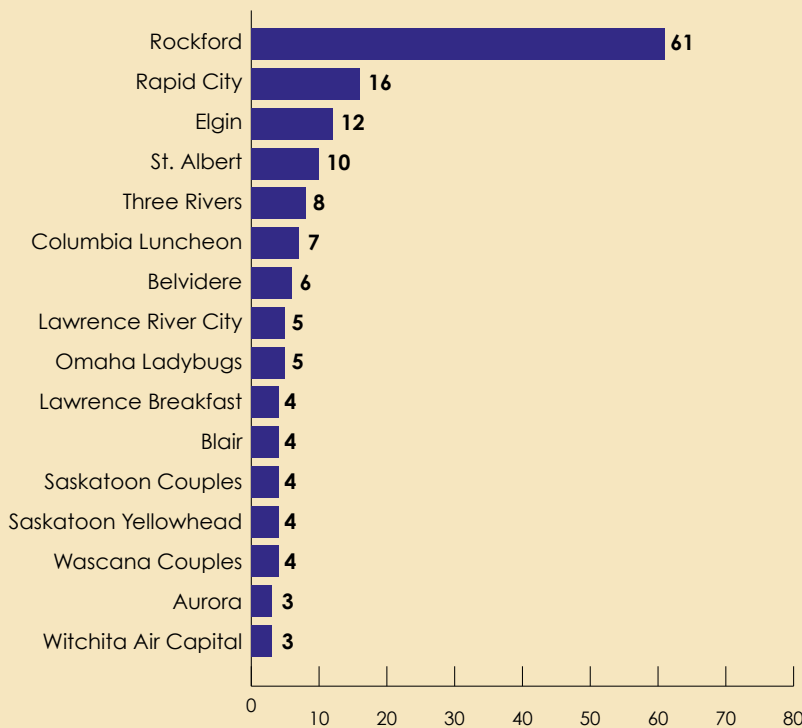
# Know & Tell



TOP CLUBS

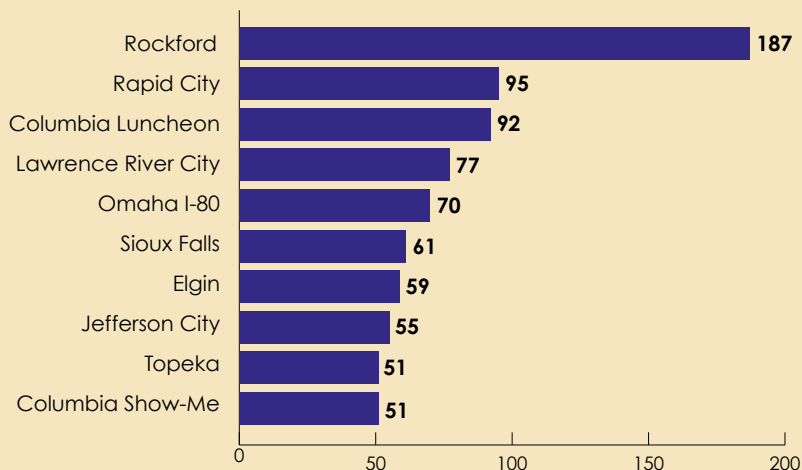
## Top Clubs

*Net Member Increase*



## Top Clubs

*Total Members*



## Federation Honor Roll

*Net Increases*

- Capital**
- Cornbelt**
- Mid States**
- Mo-Kan**
- North Central**

## Club Honor Roll

*Net Increases*

- Capital Region Club**
- Fremont 100**
- Omaha I-80**
- Three Rivers**
- Aurora**
- Rockford**
- Columbia Show-Me**
- Jefferson City**
- Lawrence Breakfast**
- Rapid City**





# Out & About

## \$15,000 Check Presented to American Diabetes Association

By Richard Pryor, SFTCC Officer

On April 3, 2009 the Santa Fe Trail Cosmopolitan Club in Lenexa, Kansas presented a \$15,000 check to representatives of the American Diabetes Association (Mark Stubbs, Executive Director and Bridget Kroner, Associate Manager) in support of ADA's upcoming Camp Planet D for diabetic children in Linwood, KS (to be held the week of 7/19-24/09).

The ADA Camp Planet D Facility is at Tall Oaks. Tall Oaks began operations in 1961 as a summer camp and is located on 350 beautiful woodland acres, two mile east of Linwood, KS. Housing at Tall Oaks includes air-conditioned dormitories, lodges and cottages. Last year, 124 campers (ages 7-14) attended ADA's summer camp. This year there are 121 children attending camp.

The ADA Camp Planet D is so important because it provides children with diabetes a safe environment where traditional summer camps may not. Children with diabetes often feel different and alone—camp offers a place for children to meet others they can relate to. Lastly, the camp teaches diabetes self-management skills that are necessary for a healthy, productive life.

Fun camping activities include: swimming, a challenge course, archery, horseback riding, volleyball, basketball, horseshoes, camp fires, arts and crafts, a carnival and more. Educational activities include: fostering an environment where children are willing to try new diabetes management methods such as testing their own blood sugar, shot injection, shot location, and pump and pump insertion. Campers receive daily diabetes education in a fun, interactive environment taught by highly trained medical staff.



Club President, Dave Davis and Treasurer, Jim Flynn, presented a \$15,000 check to representatives of the American Diabetes Association, Bridget Kroner, Associate Manager and Mark Stubbs, Executive Director

The Camp is fully supported by dedicated medical professionals from Children's Mercy Hospital and area clinics.

In fact, medical staff is on site at the camp 24 hours a day. In addition to providing nutritional information and guidance, its professional medical teams closely monitor and administer glucose testing, insulin injection, and pump maintenance. There is 24-hour infirmary present as well, complete with medical equipment, supplies, and medication and professional medical staff. The camp relies on Counselors to serve as guides and role models and its Diabetes Counselor Aides (DCA's) assist campers with checking blood sugar, initially assisting kids with treating lows, etc. during their camping activities.

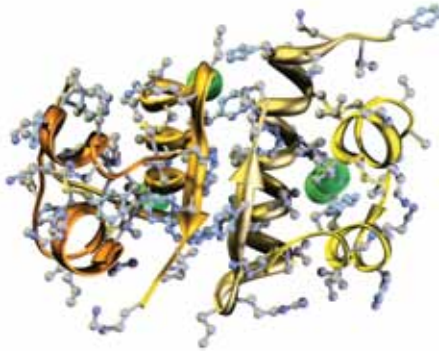
In closing, just a few statistics....there are 320,000 people in greater Kansas City with diabetes and 24 million people in the US living with diabetes--6.2 million don't even know it! Whether you're walking, cycling or sending a kid with diabetes to summer camp, each Cosmopolitan can make a difference in the lives of others living with this disease. We must continue to 'fight the good fight' until this disease is conquered, once and for all.

## Jefferson City Club Kicks Off 15th Annual Tom Henke Charity Classic



Local sports figure and retired Cardinals relief pitcher, Tom Henke, and members of the Jefferson City Cosmopolitan Club kicked off the 15th Annual Tom Henke Charity Classic golf event, scheduled to take place October 11-12 at Capitol Plaza Hotel and Eagle Knoll Golf Club. Henke met with the media while children from the Special Learning Center were present at Eagle Knoll Golf Club on Wednesday, August 19. Proceeds from the event will go to the Special Learning Center, as well as local diabetes education and research. The Jefferson City club has hosted this event for the past fourteen years, raising over \$540,000 for the Special Learning Center and nearly \$150,000 for diabetes-related projects.





## UPDATE ON INGAP

By Dr. Walter Alm, Past International President, 2007-2008

Cosmopolitan International's primary charitable focus is to support efforts to prevent and find a cure for diabetes. The last major diabetes project that all of Cosmopolitan International supported was called INGAP. INGAP is an acronym for Islet Neogenesis Associated Protein. Our established members will remember, and our newest members may be interested in, our support of INGAP. Over the years 1999-2006 Cosmopolitans throughout the United States and Canada supported basic research being done on INGAP at Eastern Virginia Medical School's Strelitz Diabetes Center and the INGAP Diabetes Research Project, McGill University, Montreal, Quebec. In all, Cosmopolitans donated approximately \$765,000 to INGAP research. To understand INGAP you have to know a little bit about diabetes.

***Briefly, diabetes is a disease resulting from impairment of the body's ability to break down and use the foods we eat.***

Almost 25 million Americans have diabetes. By 2010 it is anticipated that 3 million Canadians will have the disease. Studies suggest that people born after the year 2000 have a 1 in 3 chance of developing diabetes during their lifetime. Sadly diabetes can cause serious medical complications including the eyes, heart, kidneys, circulation and nerves.

Often diabetes is associated with lack of insulin, a hormone necessary in the process of food break down into usable energy. Insulin is produced in the body organ called the pancreas, and more specifically the pancreatic tissue referred to as islet cells. Decreased islet cells causes decreased insulin production, hence diabetes. The INGAP protein was developed to stimulate the growth of new insulin producing islet cells.

During Cosmopolitan's recent International Convention in New Orleans, Dr. Jerry L. Nadler, Director of Strelitz Diabetes Center, provided us with an update on their research. He explained that it is now well established that a large part of diabetes has to do with the body destroying its own islet cells. Diseases that occur because the body is destroying its own tissue are often referred to as auto immune diseases. Current research being done at Strelitz Diabetes Center has utilized a medication called Lisofylline (LSF). LSF is an anti inflammatory drug which specifically blocks auto immune damage of insulin producing islet cells. Strelitz's research now uses a combination of both LSF and the INGAP protein medication. They use INGAP to help restore insulin producing islet cells and LSF to block the auto immune process that would begin to destroy these new islet cells. Their studies on diabetic mice, using this combination of both medications LSF and INGAP, have been able to reverse diabetes in 70% of the mice. The researchers at Strelitz hope they can soon move their LSF/INGAP work into human clinical trials.

Cosmopolitan was on board with INGAP research ten years ago. At the New Orleans International Convention Dr. Nadler conveyed Strelitz Diabetes Center's gratitude for all we have done. We can all take great pride in our support of this fine research.

***How wonderful it will be if we play a role in the cure for diabetes.***

# In Memoriam

## Walt DeLozier



On May 7, 2009, Walter E. DeLozier passed away at his home in Lake Havasu City, AZ at the age of 87. Walt became a member of the Wichita Downtown Cosmopolitan Club in October 1949 and served as that Club's President in 1954. In 1961, Glen Smith, Cosmopolitan International President and a Wichita Downtown Club member, requested that Walt build a new Cosmopolitan Club in Wichita. Walt went to work and in a short time had 25 new members to charter a new club, the Air Capital Cosmopolitan Club of Wichita. Walt served as the inaugural President of the Club and retained dual membership in both the Air Capital and Wichita Downtown Cosmopolitan Clubs. Walt was a true believer in the Cosmopolitan principles and promoted that active Cosmopolitan's just made a better community. Wichita is certainly a better place today for having Walt as one of its citizens for so many years.

Walt touched many lives with his friendly handshake and enduring enthusiasm. It seems quite fitting that Walt was the first, and the last, charter member of the Air Capital Cosmopolitan Club. We will miss him dearly. God Bless You, Walt!

## Thomas Burns

Dr. Thomas Wade Burns, 85 of Columbia passed away Sunday, August 16, 2009 at Lenoir Woods Care Center in Columbia. Dr. Burns moved to Columbia in 1955 to join the faculty of the new University of Missouri Medical Center. One of Dr. Burns' proudest accomplishments and most gratifying legacy was his role in helping to establish the Cosmopolitan International Diabetes Center in 1976. Then and now, the Center provides state of the art care for diabetic patients, critical training for clinicians and important research to better understand diabetes. Such research included the Diabetes Complications and Control Trial, or DCCT, in which he served as a co-investigator. Hundreds of Missourians participated in this study and he was forever grateful for their participation.

Dr. Burns will be missed by his former students and patients and all the staff of the Center. He has given so much to so many. Thank you Dr. Burns, and may God Bless.



# 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.



## BRICK CLUB SUMMER 09

Robert L. Kelly  
1947 – 2009  
Eternal Sports Fan

In Memory Of  
Edward "Buck" Meredith  
Prince Albert Club

In Memory Of  
Charles Storey  
Austin Texas Club  
1986 – 2009

Melvina Newman  
International President  
2009-2010

In Memory Of  
Dale Chell  
Sioux Falls Noon Club



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

## ENGRAVING INFORMATION

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Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State/Prov: \_\_\_\_\_ ZIP/Postal: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_





# 2009 International Convention *New Orleans "Recap"*

It is with pride, joy and love for all our Cosmo friends that we wish to express our thanks to those that attended the New Orleans International Convention and the many people that helped make it a success.

The Southwestern Federation and the Alexandria-Cenla club were pleased to host this convention. Thanks go to Bill and Helen Holt, Margie Sweat and Charlene LaBorde for their special work. The Austin members, especially Earl and Barbara Wilkes and Richard and Nancy Harrison, did a great job. The River City and Emerald City Cosmos get our thanks for helping in the hospitality room. Of course they also helped at HQ before and after the convention. The Pollon's and Duckett's deserve thanks for jumping in to help on several occasions. And the Sioux Falls crew did a great job of hosting in honor of our new President. There were plenty of Mardi Gras beads and decorations to go around and turn a group of Canadians, Yankees and Southern visitors into pure Cajuns for a week. Ah-eee!

We can't continue with the "Atta-Boys" without big thanks to Kevin and Cindy Harmon and their daughters, Erin and Melissa. It was a great pleasure for Bobbie and me to be involved as co-hosts with the Harmon's. They really know how to make it click. The "special event secret" Mardi Gras parade we planned went off without exception. Before it ended, the entire population of the hotel and everyone from Bourbon, Canal and Royal streets had joined us.

The optional Crescent City Tour, The New Orleans School of Cooking and the Ghost Tour were super. We took care of our business, got a full slate of new leaders for the coming year and then partied and danced the night away. Of course the Cosmos that were there know all about the fun and excitement. The Cosmos that couldn't make it may be able to make the next one in Gettysburg. We sure hope so.

We had President Jim and Pam Smith as guests at our home right before convention. Pam is such a great lady. Within minutes of arriving and setting up their motor home she was at the door announcing dinner being served. They visited over 60 clubs in Canada and the US and were away from home for over 5 months. Kudos to Jim and Pam.

The Convention always happens around the 28th of July which is Bobbie and my anniversary. Thanks to all for helping us enjoy our 58th this year and our daughter Orkke's 57th birthday. Orkke has been a real help to us in our business and Cosmos.

Please accept these remarks as our way of showing our gratitude to Cosmos everywhere and thanks for allowing us to host the 83rd annual Cosmopolitan International convention. Let's continue to fight to find a cure for diabetes and have some fun doing it.

**May God Bless you all.**

Bill and Bobbie Clifton





# Award Winners



**Cosmo of the Year:**  
**Jane Holtsman** of the Jefferson City Club of the Mo-Kan Federation was named the 2009 Cosmo of the Year. Jane has been a Cosmo since 1997 and has held many offices in the club as well as offices at the Federation level. Jane is said to embody everything that is the Jefferson City Club. Besides holding elective offices, Jane has chaired Jeff City's Tom Henke Golf Classic since 2004 as well as chairing the Celebrity Attendance and Accommodations Committee. Jane also has had perfect attendance the last five years. Congratulations Jane and thanks for the work you do for Cosmo and Jefferson City.



**Member Community Service Award:**  
**Perry Johnson** of the Omaha Cosmopolitan Club and the Cornbelt Federation was named the 2009 Member Community Service Award winner. Perry has been a Cosmo since 1987 and has been very active in the club, having served numerous times as President. Perry is also very active in the community. He is a lay leader in his church, an election board member for over 40 years and now a District Supervisor, an IRS site coordinator for a free income tax preparation site, a regular blood donor for the Red Cross and a member of the Board for Hospice among the many other volunteer activities he is associated with. Congratulations Perry and thanks for the work you do to make your community better.



**P.J. Hodgins Award:**  
**Ed Ficenc** was named the 2009 P.J. Hodgins Award recipient. Ed has been active in Cosmo for many years having been a charter member of the Bellevue Big Elk Club in 1977. Ed was also a charter member of the Cosmo-Net Club in Omaha. Ed served as Cornbelt Governor in 1999-2000, chaired their convention in 1995 and has chaired 5 Cornbelt golf outings over the years. Ed has also served on the board of the Cornbelt Diabetes Connection. Ed co-chaired the 2007 International Convention in Omaha and is a regular attendee at the conventions. Congratulations Ed and thanks for your long time support of Cosmo.



**Club President of the Year:**  
**Don Cuppini** of the Rockford Cosmopolitan Club was named the 2009 Club President of the Year. Don presided over the largest single year increase in club membership in the history of Cosmopolitan. The Rockford Club attracted 72 new members during the past year with Don at the helm. Already our largest club, Rockford now stands at 186 members at the end of the fiscal year. Membership gains are not the only thing Rockford excels at. Fundraising and charitable contributions also increased during Don's tenure. Congratulations Don for all the work you do for Cosmo and Rockford.



**Governor of the Year:**  
**Sheila Anderson** of Sioux Falls Evening Club and North Central Federation was named the 2009 Governor of the Year. Sheila is very active in Cosmo from the club level to Federation and also International. During her year as Governor of North Central, the Federation welcomed two at large clubs as members and increased membership within the original core clubs. Sheila has been instrumental with the recreation of the CosmoTopics magazine and continues as the Editor. She has been an integral part of the International Board in a variety of ways during the year. Congratulations Sheila for your efforts on behalf of Cosmo's everywhere.

## Best Web Site Design

Rapid City, James Schuh Webmaster

## Top Yearbook

Lawrence River City, Nancy Donahey Chair

## Top Bulletin

Lawrence River City, Tommy Johnson Editor

## Club Community Service Award

Capital Region Club

## Big "C" Award

Omaha I-80  
Aurora  
Rockford  
Columbia Luncheon  
Lawrence River City  
Rapid City  
St. Albert  
Wascana Couples

## Medal of Merit

St. Albert, 66% membership increase,  
Western Canada Federation

## Rebuilding Friendship Winners

Roanoke  
Omaha Cornhuskers  
Belvidere  
Lawrence River City  
Lawrence Breakfast  
Wichita Air Capital  
Calgary  
Regina  
Saskatoon Couples  
Wascana Couples

## Friendship Builders (Lifetime)

**5 Members**  
Harold Ager, Calgary  
Gaylene Beatty, Emerald City  
Matt Chilton, Sioux City  
Don Cuppini, Rockford  
Bob Hilkewich, Prince Albert  
Victor Holting, Bellvue Big Elk  
Ken Hultgren, Fremont 100  
Bill Keck, Rapid City  
Steve Lindstrom, Belvidere  
Larry Mauldin, Columbia Luncheon  
Tom McDonnell, Johnson County  
James McNabb, Columbia Luncheon  
Jim Smith, Saskatoon Couples  
Joan Walker, Three Rivers  
Kevin Welsh, Omaha I-80

## 10 Members

Russ Dennis, Rockford  
Jay Krieger, Topeka  
Pat Lenart, Elgin  
Kenlyn Nash-Demeter, Aurora  
Mark O'Donnell, Rockford  
Steven Sprenger, Sioux Falls

## 15 Members

Kevin Harmon, Lawrence River City  
Dick Kahler, Rapid City  
Eugene Overton, Elizabeth City

## 20 Members

Kurt Kopp, Columbia Luncheon

## 75 Members

Tom Etier, Rockford

## Membership Builder Award (10 or more in a year)

Mark O'Donnell and Tom Etier

## Club Builder Award

Gary Bartlett (Lawrence River City)  
Emerald City Founder

## 25 Year Member Certificates

Gerry Clermont, Regina  
Rob Fluter, Regina Capital  
George Kushneriuk, Prince Albert  
Joe May, St. Albert  
Rick Reauf, St. Albert  
Keith Shepherd, Regina Capital  
Robert Stoyand, Sturgeon Valley  
Carl DiVincenzo, Capital Region  
Thomas Jones, Norfolk  
Edward Carrick, Omaha  
Robert Owens, Omaha I-80  
Donald Peers, Omaha I-80  
Dennis Weale, Omaha I-80  
Richard Guthrie, Wichita Air Capital  
Dennis Hoss, Lawrence River City  
Bradley Miller, Columbia Luncheon  
William Phifer, Wichita Air Capital  
Doug Wehner, Lawrence River City  
Dale Wilson, Johnson County  
Ronald Comley, Rapid City

## 50 Year Member Certificates

John Watson, Baltimore  
Delbert Leigh, Broken Bow  
William Smith, Columbia Luncheon  
Rhea Walker, Norfolk

# 2009-2010 Club Directory

## ALEXANDRIA-CENLA, LA

### *Southwestern Federation*

PRES: Margie Sweat  
P.O. Box 965  
Ball, LA 71405  
H: (318) 640-4254  
mdsweat@suddenlink.net  
MEETS: 1st & 3rd Thursday 6:30 pm  
Sammey's

## AURORA, IL

### *Mid-States Federation*

PRES: Gary Christensen  
W. 461 Sullivan Road  
Aurora, IL 60506  
H: (630) 897-5759  
B: (630) 906-7407  
gchristensen@aurora-il.org  
MEETS: Thursday, 7:00 pm  
Luigi's

## AUSTIN, TX

### *Southwestern Federation*

PRES: J.R. Harrison  
P.O. Box 9364  
Austin, TX 78766  
H: (512) 453-1668  
MEETS: 3rd Tuesday, 7:00 pm  
Tres Amigos Mexican Rest.

## BALTIMORE, MD

### *Capital Federation*

PRES: Al Brennan  
12251 Roundwood Road #802  
Timonium, MD 21093  
H: (410) 825-2413  
MEETS: 2nd & 4th Thursday, noon  
The Valley Inn

## BELLEVUE - BIG ELK, NE

### *Cornbelt Federation*

PRES: Harold Engelkamp  
2109 Englewood Drive  
Bellevue, NE 68005  
H: (402) 291-9297  
bevnhapengelkamp@cox.net  
MEETS: 1st & 3rd Wednesday, 7:00 am  
Downtown Coffee Shop

## BELVIDERE, IL

### *Mid-States Federation*

PRES: Terry Shook  
507 Commander Place  
Belvidere, IL 61008  
H: (815) 544-2542  
B: (815) 639-7195  
shookt@bcbsil.com  
MEETS: Wednesday, noon  
Backstop Bar & Grill

## BETHESDA, MD

### *Capital Federation*

PRES: Michael S. Fistere  
P.O. Box 15242  
Chevy Chase, MD 20825  
H: (301) 656-8582  
88michael@verizon.net  
MEETS: Wednesday, Noon

## 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

### *North Central Federation*

PRES: James Gallagher  
2921 20th Street  
Boulder, CO 80304-2705  
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 NE  
Calgary, AB T3J 3S5  
H: (403) 285-7852  
B: (403) 235-2059  
c\_and\_b@shaw.ca  
MEETS: 2nd & 4th Tuesday, 6:30 pm  
Danish Canadian Club

## CAPITAL REGION, PA

### *Capital Federation*

PRES: William Beatty  
259 Westover Drive  
New Cumberland, PA 17070  
H: (717) 774-5853  
billjeanb@verizon.net  
MEETS: 3rd Thursday, 7:00 pm  
Radisson Hotel Resort

## COLUMBIA BREAKFAST CLUB

### *Mo-Kan Federation*

PRES: Paul Beuselinck  
305 S. Main  
Ashland, MO 65010  
H: (573) 657-9738  
medusa@socket.net  
MEETS: Tuesday, 7:00 am  
Cosmopolitan Community Ctr.

## COLUMBIA LUNCHEON, MO

### *Mo-Kan Federation*

Pres: Phil Hanson  
801 Canterbury Drive  
Columbia, MO 65203  
H: (573) 449-4611  
B: (573) 875-6600  
phil@hansoncpa.com  
MEETS: Tuesday, noon  
Courtyard by Marriott

## COLUMBIA SHOW-ME, MO

### *Mo-Kan Federation*

PRES: Rollin Thompson  
3301 East New Haven Road  
Columbia, MO 65201  
H: (573) 819-3106  
B: (573) 886-8999  
Hairymocasin@mchsi.com  
MEETS: 1st Thursday, 6:30 pm (\*)

## COUNCIL BLUFFS, IA

### *Cornbelt Federation*

PRES: John Kilday  
1110 Arbor Ridge Drive  
Council Bluffs, IA 51503  
H: (712) 323-0555  
jakilday@cox.net  
MEETS: 2nd & 4th Tuesdays, 7:00 am  
Village Inn Restaurant  
(Sept. thru May)

## 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 Mondays, 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, 6:30 pm  
Hickory Stick Bar & Grill  
(Sept thru June)

## **Elizabeth City, NC**

### **Capital Federation**

PRES: Charles Lane  
1016 Ham Overman Road  
Elizabeth City, NC 27909  
H: (252) 338-1448  
MEETS: 2nd & Last Tuesday, 7:30 pm  
Cosmopolitan Club Building

## **Emerald City, KS**

### **Mo-Kan Federation**

PRES: Gaylene Beatty  
13026 S. California  
Carbondale, KS 66414  
H: (785) 836-8339  
B: (785) 291-7168  
MEETS: 3rd Monday, 6:00 pm (\*)

## **Fargo, ND - Moorhead, MN**

### **North Central Federation**

PRES: Kathy Robley  
5904 Broadway St NW  
Moorhead, MN 56560  
W: (701) 282-1235  
kathy.robley@noridian.com  
MEETS: Thursday, noon  
Fryin' Pan Restaurant  
(except in January & July)

## **Fremont, NE**

### **Cornbelt Federation**

PRES: Ray Meister  
121 South William Avenue  
Fremont, NE 68025  
H: (402) 727-1829  
rmeister@neb.rr.com  
MEETS: Friday, 7:00 am  
Wilderness Lodge

## **Grand Island, NE**

### **Cornbelt Federation**

PRES: Scott Mason  
212 East 12th Street  
Grand Island, NE 68801  
H: (308) 382-1030  
B: (308) 227-1753  
sgmason@kdsi.net  
MEETS: 1st & 3rd Monday, 6:00 pm  
HyVee

## **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: Janet Feltham  
5017 Lewis Drive  
Shawnee, KS 66226  
H: (913) 422-1345  
B: (816) 920-4516  
donjanetf@sbcglobal.net  
MEETS: 3rd Thursday, 6:30 pm (\*)

## **Jefferson City, MO**

### **Mo-Kan Federation**

PRES: Stacey Backues  
822 Winston Court  
Jefferson City, MO 65101  
H: (573) 635-8991  
B: (573) 634-0828  
stacey\_backues@jefferson-bank.com  
MEETS: Friday, noon  
American Legion Hall

## **Johnson County, KS**

### **Mo-Kan Federation**

PRES: Bill Lauterbach  
9775 W. 121st Street  
Overland Park, KS 66213  
H: (913) 851-1860  
B: (913) 706-0241  
billbach1@att.net  
MEETS: Thursday, 7:00 am  
Denny's

## **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  
Smith Center

## **Lawrence River City, KS**

### **Mo-Kan Federation**

PRES: Nancy Donahey  
306 Nebraska Street  
Lawrence, KS 66046  
H: (785) 841-0730  
B: (785) 505-3049  
ndonahey@sunflower.com  
MEETS: 1st Thursday, 6:30 pm (\*)

## **Main Street, NE**

### **Cornbelt Federation**

PRES: Shelly Walters  
419 Cathy Avenue  
Fremont, NE 68025  
H: (402) 598-7319  
shellyafmom@aol.com  
MEETS: 3rd Tuesday, 7:00 pm  
Hero/Gambinos

## **Mexico City, MEX \*\***

### **At-Large**

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

## **Norfolk, VA**

### **Capital Federation**

PRES: Michal Fraser  
5813 Bearcroft Court  
Virginia Beach, VA 23464  
H: (757) 625-0150  
B: (757) 717-5700  
michal101@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: Perry Johnson  
2322 S. 122nd Avenue  
Omaha, NE 68144  
H: (402) 333-0354  
lpj4562@aol.com  
MEETS: Tuesday, 11:45 am  
Perkin's Restaurant

## **Omaha Cornhuskers, NE**

### **Cornbelt Federation**

PRES: Ken Dirksen  
11712 N. 190 Circle  
Bennington, NE 68007  
H: (402) 238-2911  
dirksenken@msn.com  
MEETS: Friday, noon  
Jericho's Restaurant

(\*) Denotes various locations  
(\*\*) No Current Information

# 2009-2010 Club Directory

## Omaha Ladybugs, NE

### Cornbelt Federation

PRES: Kim Vawter  
2113 Cornelia Street  
Bellevue, NE 68147  
H: (402) 614-8645  
Kimvawter72@cox.net  
MEETS: 2nd & Last Wednesday,  
6:30 pm  
Whitehouse Bar & Grill

## Omaha I-80, NE

### Cornbelt Federation

PRES: Kevin Welsh  
10128 Margo Street  
LaVista, NE 68128  
H: (402) 502-9338  
B: (402) 399-1541  
kevin.welsh@morganstanley.com  
MEETS: Friday, 7:00 am  
Rockbrook Garden Cafe

## Omaha USA, NE

### Cornbelt Federation

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

## Omaha West, NE

### Cornbelt Federation

PRES: Tyler Langel  
6203 N. 146th Street  
Omaha, NE 68116-4509  
H: (402) 990-6357  
B: (402) 393-1002  
tylerlangel@hotmail.com  
MEETS: Wednesday, 7:00 am  
Perkins Restaurant

## Placentia-Linda, CA

### At-Large

PRES: Ed Bennett  
17405 Golden Maple Lane  
Yorba Linda, CA 92886  
H: (714) 528-9560  
ebrebr@adelphia.net  
MEETS: Various locations and times

## Prince Albert, SK

### Western Canada Federation

PRES: Ron Kondra  
551 Laurier Drive  
Prince Albert, SK S6V 5M4  
H: (306) 764-2529  
rmkondra@sasktel.net  
MEETS: Wednesday, 6:30 pm  
Cosmopolitan Room

## Rapid City, SD

### North Central Federation

PRES: Jim Schuh  
3224 Grenoble Court  
Rapid City, SD 57702  
H: (605) 343-7998  
gymshoe@rushmore.com  
MEETS: Monday, noon  
Thirsty's

## Regina, SK

### Western Canada Federation

PRES: Tim Leipert  
55 Wood Crescent  
Regina, SK S4S 6J6  
H: (306) 585-0600  
B: (306) 359-0776  
t.leipert@leipertfinancial.com  
MEETS: 2nd Tuesday & 4th Monday(\*)

## Regina Capital, SK

### Western Canada Federation

PRES: Peter Bergbusch  
133 Westfield Drive  
Regina, SK S4S 2S8  
H: (306) 585-8159  
B: (306) 347-8328  
peter.bergbusch@balfoumoss.com  
MEETS: 2nd Tuesday, 6:00 pm  
Nicky's Café & Bake Shop  
(Sept.-June)

## Roanoke, VA

### Capital Federation

PRES: Stephen Waskey  
3421 Exeter Street SW  
Roanoke, VA 24014  
H: (540) 345-7576  
B: (540) 983-4913  
skwaskey@cox.net  
MEETS: Wednesday, 12:15 pm  
Tazza's

## Rockford, IL

### Mid-States Federation

PRES: Matt Armstrong  
14339 Prairie Commons Lane  
South Beloit, IL 61080  
B: (815) 227-0300  
marmstrong@savantcapital.com  
MEETS: Thursday, 12:00 pm  
Forest Hills Country Club  
(Sept.-May)

## St. Albert, AB

### Western Canada Federation

PRES: Roger Bradley  
8 Highland Cres  
St. Albert, AB T8N 6K1  
H: (780) 459-9524  
B: (780) 482-0334  
rogerb@chrysalis.ab.ca  
MEETS: 1st and 3rd Monday, 6:00 pm  
St. Albert Rugby Club  
Except July & August

## Santa Fe Trail, KS

### Mo-Kan Federation

PRES: Terry Greene  
11318 Woodward  
Overland Park, KS 66210  
H: (913) 451-6279  
terrygreen@everestkc.net  
MEETS: 1st & 3rd Friday, 7:00 am  
Perkin's Restaurant

## Saskatoon Bridge City, SK

### Western Canada Federation

PRES: Jim Johnston  
Box 425  
Martensville, SK S0K 2T0  
H: (306) 931-6878  
B: (306) 343-3689  
jim.johnston@nbped.com  
MEETS: Monday, 6:30 pm  
Delta Bessborough Hotel

## Saskatoon Couples Club, SK

### Western Canada Federation

PRES: Debra Downs  
419 David Knight Lane  
Saskatoon, SK S7K 5M1  
H: (306) 242-5437  
B: (306) 655-4272  
down.debra@hotmail.com  
MEETS: 4th Tuesday, 7:30 pm  
Cosmopolitan Industries  
(Except July, Aug, and Dec)



**Saskatoon Downtown, SK**  
**Western Canada Federation**

PRES: Deb Schick  
2429 Landsdowne Avenue  
Saskatoon, SK S7J 1H1  
H: (306) 373-4155  
B: (306) 655-3616  
debschick@sasktel.net  
MEETS: 1st & 3rd Friday, noon  
The Ivy

**Saskatoon Yellowhead, SK**  
**Western Canada Federation**

PRES: Kathy Baker  
563 Nordstrum Road  
Saskatoon, SK S7K 7X6  
H: (306) 975-3780  
B: (306) 653-4303  
giftcraft.sk@shaw.ca  
MEETS: 1st & 3rd week (\*)

**Scottsbluff, NE**  
**North Central Federation**

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

**Sioux City, IA**  
**Cornbelt Federation**

PRES: Jeffrey Myers  
33 North Shore  
McCook, SD 57049  
H: (605) 232-3865  
B: (712) 255-0001  
jeffreymyerslaw@aol.com  
MEETS: Thursday, 7:00 am  
Mid-American Energy

**Sioux Falls, SD**  
**North Central Federation**

PRES: Jerry Kraus  
5904 Pebble Creek Road  
Sioux Falls, SD 57106  
H: (605) 521-7001  
B: (605) 323-6627  
jerry.kraus@nfmfn.com  
MEETS: Monday, noon  
SD Achieve

**Sioux Falls Evening, SD**  
**North Central Federation**

PRES: Deb Peterson  
4208 S. Cathy  
Sioux Falls, SD 57106  
H: (605) 361-0884  
B: (605) 977-5936  
dpeterson@cortrustbank.com  
MEETS: 4th Tuesday, 5:30 pm (\*)

**Sturgeon Valley, AB**  
**Western Canada Federation**

PRES: Sharon Moffatt  
6740-84 Street  
Edmonton, AB T6E 2W9  
H: (780) 469-3536  
randsmoffatt@shaw.ca  
MEETS: 1st & 3rd Thursday, 6:30 pm  
St. Albert Senior Citizen  
Center

**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 (\*)

**Topeka, KS**  
**Mo-Kan Federation**

PRES: Tom Bechtel  
1000 Summerfield Way  
Lawrence, KS 66049  
H: (785) 865-3782  
B: (785) 272-6510  
tbechtel@mma.org  
MEETS: Thursday, 12:00 pm  
Topeka Country Club

**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 on even  
months (\*)  
3rd Friday on odd months (\*)

**Wichita Air Capital, KS**  
**Mo-Kan Federation**

PRES: Brent Doonan  
1127 N. St. Andrews Court  
Wichita, KS 67230  
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: Thursday, 11:30 am  
Spears Banquet Hall

**Winnipeg, MB**  
**Western Canada Federation**

PRES: Gary Wensel  
55 McNulty Cove  
Winnipeg, MB R2M 5H5  
H: (204) 256-9775  
B: (204) 654-8419  
joanngary@gmail.com  
MEETS: 1st & 3rd Tuesday, 6:30 pm  
Perkins Restaurant

**Women's Club of Prince Albert**  
**Western Canada**

PRES: Teresa Lorser  
3385 Dent Cres  
Prince Albert, SK S6V 7H2  
H: (306) 764-3086  
tlorer@sasktel.net  
MEETS: 3rd Wednesday, 7:00 pm  
At Various Member's Homes

(\*) Denotes various locations  
(\*\*) No Current Information

# 2009-2010 International Board Directory

## COSMOPOLITAN INTERNATIONAL

### **President**

#### **Melvina Newman (Richard)**

1401 Coates Road  
Sioux Falls, SD 57105  
H (605) 338-7986  
B (605) 336-2758  
F (605) 336-7804  
melvinanew@aol.com

### **President-Elect**

#### **Richard Greer (Linda)**

1409 Elevator Road  
Saskatoon, SK S7M 3X3  
H (306) 382-5179  
B (306) 933-0344  
F (306) 382-5179  
rgreer@sasktel.net

### **Vice President For Membership & New Clubs**

#### **Brian Duckett (Shelley)**

Box 1266  
Grenfell, SK S0G 2B0 CANADA  
H (306) 794-2203  
duckettb@sasktel.net

### **Vice President For Finance**

#### **Phil Hanson (Brenda)**

801 Canterbury Drive  
Columbia, MO 65203  
H (573) 449-4611  
B (573) 875-6600  
F (573) 875-5602  
phil@hansoncpa.com

### **Vice President For Marketing**

#### **Sheila Anderson (Derry)**

1500 N. Tahoe Trail  
Sioux Falls, SD 57110  
H (605) 334-2654  
B (605) 362-5677  
sheila.anderson@rascompanies.com

### **Judge Advocate**

#### **Jim McVay (Sandi)**

300 Overland Wolf Centre  
6910 Pacific Street  
Omaha, NE 68106-1045  
H (402) 496-7522  
B (402) 397-8900  
F (402) 397-3364  
jmcvay@omahalaw.com

## COSMOPOLITAN DIABETES FOUNDATION

### **Chairman**

#### **Tom Gustafson (Deanne)**

810 Greenlee Avenue  
Winnebago, IL 61088  
H (815) 335-7657  
C (815) 985-5116  
F (866) 505-4563  
gustafson.tom@msn.com

2009-2012  
(MID 1st Term)

#### **Jerry Nelson (Miriam)**

12256 Mary Plaza  
Omaha, NE 68142  
H (402) 493-7869  
B (402) 681-2114  
F (402) 431-9609  
waterman44@cox.net

2007-2010  
(COR 2nd Term)

#### **Dean Barry (Jan)**

20034 Highway B  
Clark, MO 65243  
H (573) 641-5501  
barryjd@socket.net

2008-2011  
(MOK 2nd Term)

#### **Bobbie Clifton (Bill)**

5816 Donahue Ferry Road  
Pineville, LA 71360  
H (318) 640-9680  
B (318) 445-0163  
F (318) 445-2772  
americanclass834@bellsouth.net

2007-2010  
(SOU 2nd Term)

#### **Bill Kubat (Joyce)**

4604 Magnolia Circle  
Sioux Falls, SD 57103  
H (605) 371-2630  
B (605) 362-3130  
F (605) 362-3319  
bkubat@sio.midco.net

2008-2011  
(NOR 2nd Term)

#### **Bob Williams (Jeanette)**

7040 Highfields Farm Drive  
Roanoke, VA 24018  
H (540) 774-8933  
F (540) 774-1802  
bobjoe9134@aol.com

2009-2012  
(CAP 1st Term)

#### **Jim Walker (Joan)**

4816 Royal Court  
Sioux City, IA 51104  
H (712) 239-2308  
jfkwalker@aol.com

2008-2011  
(At-Large 2nd Term)

### **Ex-officio Members:**

#### **Melvina Newman, International President**

#### **Kevin Harmon (Cindy)**

1924 Carmel Drive  
Lawrence, KS 66047  
H (785) 841-5816  
B (913) 648-4330  
headquarters@cosmopolitan.org

## FEDERATION GOVERNORS

### **CAPITAL FEDERATION**

**L.J. Smith (Terri) Hampton Roads**  
8929 River Crescent Drive  
Suffolk, VA 23433  
H (757) 357-9963  
B (757) 468-4369  
F (757) 368-2546  
gatoandsipsa@charter.net

### **CORNBELT FEDERATION**

**Wayne Hinkley (Susan) Sioux City**  
4714 Central Street  
Sioux City, IA 51108  
H (712) 239-7107  
B (712) 255-9820  
F (712) 258-2159  
k1waterman@aol.com

### **MID-STATES FEDERATION**

**Rita Smith (Victor) Aurora**  
306 Meadow Lane  
Newark, IL 60541  
H (815) 695-5516  
B (630) 801-2675  
rita.smith@provena.org

### **MO-KAN FEDERATION**

**Susie Bartlett (Gary) Lawrence River City**  
2720 Freedom Hill Court  
Lawrence, KS 66047  
H (785) 843-6066  
B (785) 749-8100  
susie.bartlett@icl-pplp.com

### **NORTH CENTRAL FEDERATION**

**Bill Keck (Jeanette) Rapid City**  
4815 Telemark Court  
Rapid City, SD 57702  
H (605) 341-2443  
bkeck4815@rap.midco.net

### **SOUTHWESTERN FEDERATION**

**Virgil Graham Tulsa**  
5416 S. Lakewood Place  
Tulsa, OK 74135  
H (918) 622-0340

### **WESTERN CANADA FEDERATION**

**Jack Ostoforoff (Louise) Saskatoon Couples**  
27 Dunning Crescent  
Saskatoon, SK S7J 2S6  
H (306) 273-0458  
j.o@sasktel.net

## FEDERATION GOVERNORS-ELECT

### **CAPITAL FEDERATION**

**Jim Behrens (Sharon) Roanoke**  
4513 Farmwood Drive  
Roanoke, VA 24018  
H (540) 774-3983  
jbehrens4@verizon.net

### **CORNBELT FEDERATION**

**Perry Johnson Omaha Downtown**  
2322 South 122nd Avenue  
Omaha, NE 68144  
H (402) 333-0354  
lpj14562@aol.com

### **MID-STATES FEDERATION (TBD)**

### **MO-KAN FEDERATION**

**Greg Shields (Linda) Jefferson City**  
1824 Lisa Drive  
Jefferson City, MO 65101  
H (573) 635-8051  
B (573) 442-4444

### **NORTH CENTRAL FEDERATION**

**Bruce McCollister (Cathy) Sioux Falls**  
4012 Benjamin Drive  
Sioux Falls, SD 57103  
H (605) 371-2542  
brucebcc@sio.midco.net

### **SOUTHWESTERN FEDERATION (TBD)**

### **WESTERN CANADA FEDERATION**

**Jerry Grywacheski (Karen) Regina**  
138 Sangster Blvd  
Regina SK S4R 6L5  
H (306) 545-6273  
jkgry@sasktel.net





**COSMO**Topics  
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# COSMOTOPICS

Fall 2009

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