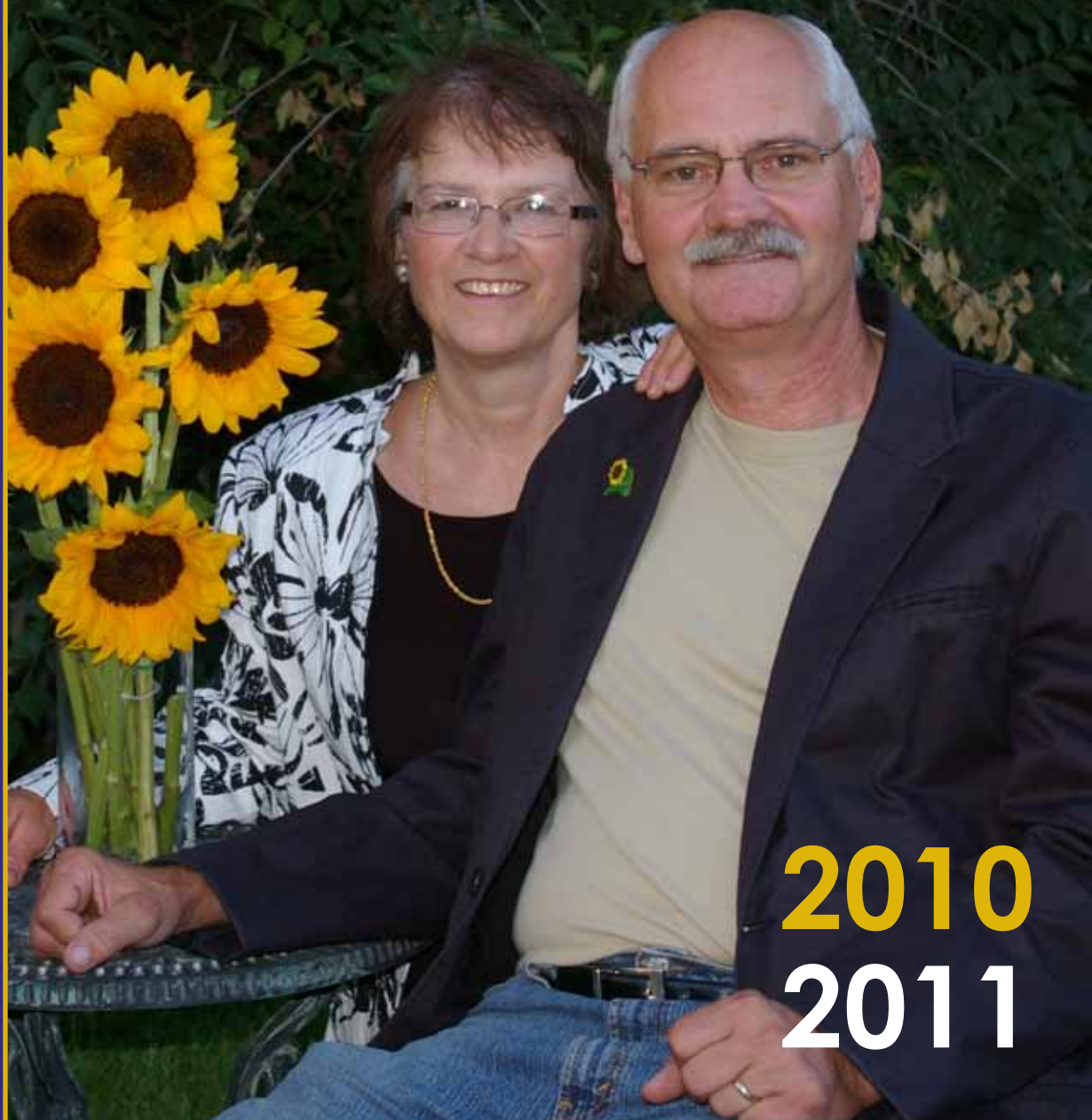


A publication of Cosmopolitan International

COSMOTOPICS

FALL 2010

COSMOPOLITAN "On The Grow"



2010
2011

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR
Sheila Anderson

We live in a society where everything is "super-sized". Now this is not always a good thing, especially when food is concerned, and especially for those dealing with diabetes. However, wouldn't it be great if we could "super-size" our organization? This year's theme is ON THE GROW (that's membership, not waistlines!).

Inside you will find out how focusing on the Big C award will help Cosmopolitan grow and how membership impacts our budget. There are some exciting changes in the Awards Program. See Kevin Harmon's article on page 3. Phil Hanson provides a history lesson for all of us about how important having a plan can be for our Club; a lesson learned from the Civil War Battle at Gettysburg. Speaking of Gettysburg, there's a recap of photos inside as well as on our website. I don't have to tell you Cosmopolitans have FUN wherever they go! It's not too early to mark your calendars for August 3-6, 2011, for the International Convention in Overland Park, KS, home of our Headquarters office. Photos of the hotel are inside. I'm already trying to figure out what I'm going to wear!

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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Hot Topics and Hot Buttons

Wow! The International Convention is over and it was one of the best. But then aren't they all pretty good? Jill and Carl DiVincenzo, the Capital Region Club and the Capital Federation did an awesome job putting the convention together. When you have an opportunity, be sure to say thanks for a job well done!

The Convention was packed with lots of activities. Everything from a guided tour of the battlefield plus museum to a hospitality room that was hopping from the minute it opened until after it closed. Yes after it "closed." Bill Quire and Art Nelson did a fabulous job, and I would know. It ranks in the top three for sure.

We also did some work. One of the biggest things to come out of the convention was the adoption of a NEW AWARDS PROGRAM. As most of you know, several of the awards have changed since the publication and printing of the last Awards Brochure. With changes came confusion since about 2,500 Awards Brochures had been printed a few years back and they are essentially wrong. So two important notes: Throw away any of the purple and gold colored Awards Brochures and download a copy of the new Awards Program. The Awards Program will not be published any longer. But you can get a copy anytime off the website or call us at HQ and we will print a copy and send it to you.

You will find the new program incorporates all the changes that had been made to the Yearbook and Website award. It also changes language and requirements for many of the other awards. Most important is how to submit the awards at the International level. Electronic submissions for many awards are encouraged. You will also find the brand new ROOKIE OF THE YEAR award that will be given to a brand new member who jumps in and gets involved from the start. Thanks to Bill Keck, Governor of North Central for his work on

coordinating the program changes. He and the board did a great job.

Your International Board also had important meetings with the Cosmopolitan Diabetes Foundation to assist them in developing plans and programs that meet the needs of more members and clubs. The basics were to formulate ideas that encourage charitable giving by members as well as outside sources while providing tax incentives and shelters. The CDF Board is still working on their plans as not all the ideas were approved, but they are well on their way. Your International Board also encouraged the CDF to incorporate wording supporting the perpetuity of Cosmopolitan International into any mission statement or purpose language in their By-Laws or Board Policies. That concept was at the core of the development of the CDF when it was founded and the CI Board believes it is imperative to include such wording.

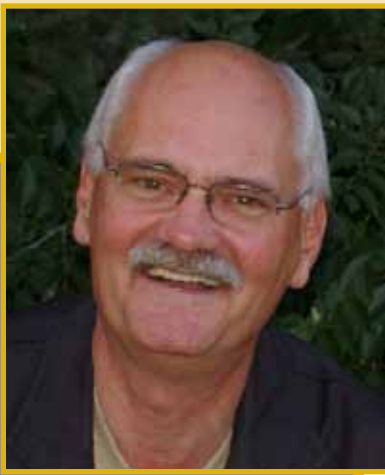
The membership also got to explore the reasons people join civic clubs in one of the workshops. Studies indicate that people join for three reasons: Personal Skill Development, to Help Others, or Meet Other People. These are key elements to KEEPING MEMBERS. The basic premise is to determine the "Hot Button" of your member or the reason the member joined, and guide the new member to fulfillment of that desire. In other words if the new member joined to meet others make sure to introduce them around the room at each meeting. If they joined for personal skill development, like leadership skills, guide them to a committee and later an officer position. It is also important to forget about steering a CPA to being your next Treasurer if their Hot Button is Meeting Other People. They probably have the treasurer thing down and don't need Cosmo to help them improve in that area. It is imperative to fulfill the new members needs, not the clubs needs. A happy member is a long term member.



Kevin Harmon
Executive Director

The basic premise is to determine the "Hot Button" of your member or the reason the member joined, and guide the new member to fulfillment of that desire.

Cosmopolitan “On the Grow”



Richard Greer
President

All Club members will be interested in staying with their Clubs as their meetings become more interesting, FUN, and informative.

The International Convention in Gettysburg came and went so quickly. Before we knew it, we were all heading home, looking forward to the new Cosmopolitan year. The Capital Federation did an excellent job organizing and hosting a FUN and informative time. First Lady Linda and I were very impressed by the friendship and hospitality shown us in Gettysburg.

I chose the theme-Cosmopolitan-“On The Grow” as it ties in very well with my plans for the year:

Increase membership by reducing membership loss.

We are great at finding new members. We need to keep the ones we have. If all Clubs work hard meeting my goals, we will attain a membership increase.

Get all Clubs to Charter Strength of 20 members by aggressively promoting the Big “C” Award.

The criteria for winning a Big “C” award are on the web site. They include a section on Commitment, Competence and Cultivation. Your Club needs to work hard to achieve this award. Simply by completing each requirement, your Club will have an interesting and productive year. Your Club will easily increase membership. Your members will have FUN working to improve the lives of those around you.

Support Clubs in their rebuilding efforts.

There are times in any Club when members may feel a new direction or challenge would help make their meetings and projects more interesting and productive. The International Board members are ready to work with these Clubs. A special effort by our Board, with suggestions, visits and support will give these Clubs someone to lean on.

Lay the foundation for building a new Club in every Federation.

There are many opportunities to start new Clubs in every Federation. There are small

towns and cities close by all current Club locations, and everyone knows someone in one of these towns. Our Governors will look at likely locations, and lay the groundwork for a new Club by the end of January 2011. All Board Members will evaluate the best opportunities for a new Club and will co-ordinate a special effort to build two new Clubs by the end of April. Locations not chosen this year will be ready to work with in future years.

Promote the “Great People Who Should Be Cosmopolitans” form with Membership Events in each Club twice a year.

We know that Membership Events work. By having at least two Membership Events a year, all Clubs will achieve membership growth. All Club members will be interested in working on Membership Events when they see new people at their meetings. All Club members will be interested in staying with their Clubs as their meetings become more interesting, FUN, and informative. Keep prospecting by using the “Great People Who Should Be Cosmopolitans” form. Membership Events are our best opportunity to get new people and keep the ones we have.

Maintain our marketing and branding direction through CosmoTopics and other venues, raising public awareness of “The Club That Fights Diabetes.”

Our V.P. of Marketing, Sheila Anderson, along with many other Cosmopolitans, has been working to complete our special issue of CosmoTopics. This issue will help to identify Cosmopolitan International as “The Club that Fights Diabetes.” Our regular issues of CosmoTopics are an excellent resource for our members. When it comes to publications of this style, we lead the

way. We will continue to offer our web site, and keep linked to Facebook and other social media. Special e-mails to Governors and Club Presidents will keep our web site a viable choice for our members and interested people around the world. We will continue to promote the Cosmo Brick Club as well as the Cosmo store.

We need to keep our Club strong and growing. We are fighting a very tough battle against diabetes. We have provided seed money for a number of promising procedures. We have provided opportunities for kids to go to camp. We have helped countless people live better lives, providing testing, education and supplies. We have been there when

many other causes have come to us for help. We need to be there in the future to provide the same help to our children and grandchildren.

I am pleased and excited to be your International President for 2010-11. It has been my goal to become International President since First Lady Linda and I attended our first International Convention in Williamsburg. I will make every effort to promote Cosmopolitan International, now and in the future. I look forward to meeting you at your Club meetings, Cosmopolitan projects, and Conventions. Please enjoy your Cosmopolitan year. Please enjoy working with everyone to keep-
Cosmopolitan-"On The GROW!"



We need
to keep
our Club
strong and
growing. We
are fighting
a very
tough battle
against
diabetes.

What We Need Now Is Your Commitment

Those of you who were not able to attend the International Convention at Gettysburg missed a unique opportunity, the opportunity to enjoy the fellowship of Cosmopolitans from the USA and Canada while learning from those Cosmopolitans. But that wasn't the only opportunity for learning. Gettysburg provided each Cosmopolitan the opportunity to learn its history and even more importantly, to learn from its history.

On those first three days of July in 1863, over 112,000 union soldiers engaged and defeated the 75,000 strong confederate army of northern Virginia. Now before you say the union forces outnumbered the southern forces so naturally they should win, consider that during the first two years of the war, the south consistently fought and defeated the north even when the north had superior forces. So what, you might ask, made the difference in this battle?

At the risk of being crucified by scholars of the civil war, I will only talk about two of the many details of the battle any of which could have changed the outcome of the battle and in doing so, could have changed the history of the world as we know it today.

The two details are the lack of a sound plan by the south and the establishing of a "plan" to defend "the best ground I have seen" by General John Buford and the following of that basic plan by the union's high command.

General Lee had not planned on fighting at Gettysburg and in fact, had ordered his generals not to engage. This order was not followed and in the ensuing three days it appears that the south let the battle dictate its actions rather than analyzing the situation and establish a better plan of action.

At this point you are probably thinking "nice story Phil, a little simple on the analysis and maybe stretching the point a bit, but what does this have to do with Cosmopolitan International?" The point of all of this is that without a plan or individuals who will follow a stated plan, we will be set up for failure! I am sure each of you has heard that "failures don't plan to fail they just fail to plan".

The good news for all you Cosmos out there is that we don't have to worry about not having a plan. Our President Richard has established a plan for all clubs to work and achieve. He has requested that each club

president establish a plan to put their club on the path to achieving the "Big C" award. There are 11 items that must be completed in order to receive the Big C award. The first 8 are items that are probably routinely completed by most clubs. The final three will require some work. They are: 1) Submit the club's annual plan to Headquarters. 2) Have a net increase in membership for the year on June 30. 3) The club must be at charter strength (20 members) as of the end of the current Cosmopolitan year on June 30. If followed, striving for the Big C award will accomplish two major goals for Cosmopolitan International. The first is to make all our clubs stronger and the second is to increase overall membership.

Look at the requirement that the club must have a positive increase in membership. At the bare minimum if every club had a positive membership of only one; Cosmo International will have an increase of 70 members for the year. This is a very achievable goal. This would be a small achievement for each club but a giant achievement for Cosmopolitan International. The other requirement for the club is to be at charter strength. This will be much harder for some clubs to achieve but is most important for those clubs below charter strength. Look over the history of the last few years. Which clubs are the ones that have folded? You know perfectly well that they are not the ones with 20-30 members. They are the ones that have let membership decline below charter strength. Now is the time to work on membership.

Please do your club and me a favor by going to the International Web Site (www.cosmopolitan.org), log in and click on the Resources tab and scroll down to the Awards brochure. Please review the requirements and ask your president and board what they are doing to achieve this award.

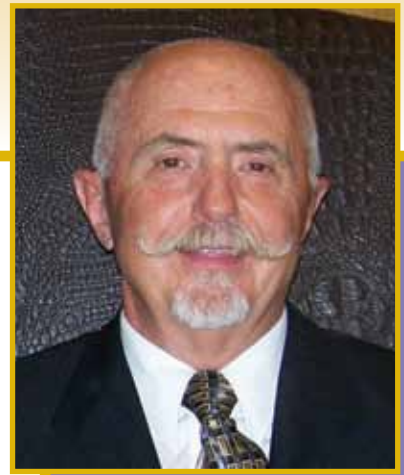
The plan has been established. It is a good and achievable plan. What we need now is your commitment.



Phil Hanson
President-elect

*The good news
for all you
Cosmos out
there is that we
don't have to
worry about
not having a
plan.*

Running the Numbers



Brian Duckett
VP Finance

Well, we are now into a new Cosmopolitan year. Last year under President Melvina, we went “FULL STEAM AHEAD”, but unfortunately we fell short of our membership goal of a 5th straight year with a positive membership increase. We ended last year with a -46 in overall membership. This year, President Richard's motto is “ON THE GROW” and that is exactly what we want to do.

This year, as Vice-President of Finance, it is my job to run the numbers to make sure that we are financially sound. One of my duties is to maintain the financial statements for our organization. It is also one of my duties to oversee the formulation of a budget to be presented at the Spring Board meeting in Kansas City in February and to have the financial statement audited before our next International Convention in Kansas City. With the assistance of our Executive Director, Kevin, and CI staff member, Cindy, this should be a relatively simple task.

Over the last number of years, our finances have been working on solid financial practices and all Cosmopolitans owe a great deal of gratitude to those members who worked on getting us on the straight and narrow financially. We implemented a number of changes to our financial records to keep us financially sound which makes it easier to track all monies coming in and going out. The financial statements are published monthly and are available to all Board members and Governors. If you wish to see the financial statements, feel free to contact myself, your Federation Governor, or Headquarters.

Setting the budget is done and presented, as I have said, at the Spring Board meeting in February. Our budget for this fiscal year shows a projected total income of \$207,744 and projected total expenses of \$207,237. Now how is our budget determined? Our budgets are set using the average of paying membership for the three years previous to the year that the budget is set. That makes this budget based on the average of the paying membership for the years 2006-2009. During those three years we had positive net increases in membership so this fiscal budget is based on increased membership. Besides the average paying member income, we

also budget for projected sales and other income as listed in the budget. The budget also estimates what our expenses are going to be which can change with increases in costs or needed services. Next year's budget will be taking, as part of the three year average, last year's membership decrease which means that the income generated by paying members will decrease.

Now costs and services are increasing annually and to cover those costs we need more monies coming in to achieve a break even budget or one that shows a modest profit. In order to increase annual income, we could increase membership dues to offset the increased costs/services OR we can increase our paying membership base which would keep our dues relatively the same. The choice is easy!!!! No one likes to pay more, but it is relatively easy to tap someone on the shoulder and ask them to join “The Club That Fights Diabetes”. With no New Member Fees, we have made it more economically beneficial to join Cosmopolitan. Also, we plan Membership Events in the Fall and Spring and based on the membership increases over the last couple of years due to these Events, we can overcome the loss in dues from last year's membership decrease. Another key to increasing budgeted income is retention. When we keep our membership, as well as increase it, we should be financially sound for a number of years to come so let's make Cosmopolitan the Club that everyone wants to join and continue to belong to.

This year, I am looking forward to working with Headquarters, the CI Board, Federation Governors, Club Presidents, and all Cosmopolitans to make this another successful year both financially and in increased membership and member retention.

*Cosmopolitans
owe a great
deal of
gratitude to
those members
who worked
on getting us
on the straight
and narrow
financially.*

Hold Your Horses

Whoa Nelly...What a difference a month makes. At the beginning of July 2010 we had 67 clubs and were at a +3 in membership. Now at the end of September we have 65 clubs and at -43 members.

Things don't look as good as they have in the past, but the issues we face are not insurmountable. If all clubs will follow President Richard's 2010-2011 plan we will have positive results. You should hold good membership meetings with emphasis on Cosmopolitan International and your club's accomplishments, the great fun things that you do, and the impact you make. Then look at the local area membership base and consider building a new club. In no time we can jump right back up to where we were sitting in July. I know...I know, this is way easier said than done. But maybe it really isn't.

Sometime when you think things are way too tough the stars will line up to assist you. If club members, will take the time to put a serious think on either inviting prospective new members to a meeting, or think of someone in a nearby community to discuss the building of a new club, the stars will start lining up. As they say in the movies "**If you build it they will come**". So, get started building that friendship or planting that seed for building a new club. Everyone in your club knows someone they keep meaning

to invite, but keep forgetting to. Start using your **Great People Who Should Be Cosmos** form to help keep these folks in the front of your memory. Look to neighboring communities for potential people with an interest in starting a club then pursue it. Let them know **Who We Are and What We Do**, then let them know how we do it. I think you will be amazed at just how many people will listen if you approach them the right way. Plus, don't forget Past International President Jim Smith's credo to **Have Fun** and show them that fun side of being a Cosmopolitan.

Don't give up and say it can't be done. I know so many **Great People Who are Cosmos** that can **Get 'R Done** that I am excited that we will get back on the upswing soon. I also want each of you to know that I am available to discuss any questions you might have. I also want you to remember that I am a rookie and won't have all the answers, but I will work with HQ and others to find an answer for you.

Let's work together as a team to keep this great club between the ditches and **On The Grow**.



Gary Bartlett
VP Membership and
New Clubs

If all clubs
will follow
President
Richard's
2010-2011 plan
we will have
positive results.

Driven for Recognition

It's "in the mail"...well, almost. Be watching your mailboxes this fall for the Special Issue of CosmoTopics.

The objective of this special issue is to showcase our projects while bringing awareness to our Club and its dedication to fighting diabetes. This 40-page publication will be placed in doctor's offices, clinics, and diabetes education centers throughout the United States and Canada. Circulation of this publication is expected to be 15,000 at initial printing. Each of you as members will get a copy. Also, there will be a place on the back cover for each Club to customize with their contact information. Each Club can then distribute copies into their community.

After this, my focus will turn to a couple other projects:

ROAD SIGNS. How many of you have driven into a city and have seen road signs from various service clubs that are in that community? Usually they are at the main entrances into that city. I believe most of the Canadian Clubs have these in place. Go Canada! But in the United States, I haven't found a city yet that has a Cosmopolitan road sign up. If I'm wrong, please let me know. I am starting this first in Sioux Falls, SD, so I can learn the process. So far the only cost I've found with this is paying for the road sign to be made. I think most cities will put these up free of charge. I will be getting details out to all the Club Presidents as soon as I have everything documented. Right now I am waiting for pricing from a local sign company. I'm anticipating it will be around \$150-\$200 for a 30" sign with our logo on it. If there is a Cosmo member out there that is in the road sign business, please contact me.

CELEBRITY/SPORTS FIGURE SILENT AUCTION.

So I'm at the Capital Federation Convention in May, and I'm talking to Past International President, Bill Quire ... why are you all smiling?! Ah, yes, one never has a dull conversation with Mr. Quire! We were talking about the celebrity spokesperson situation and what a challenge it can be to get someone to commit, especially when they haven't heard of our organization. He begins to tell me about his idea of doing a celebrity/sports figure silent auction. The more we talked, the more excited we got! The basic concept is we send out letters

or personally contact (because we all know somebody that knows somebody...) celebrities and prominent sports figures and see if they will donate an item for Cosmopolitan to auction off either via eBay or another website that specializes in silent auctions for charities. This way our name gets out in front of all those celebrities/sports figures and it is easier to go back to them later to see if they would be willing to do other things for us. It doesn't cost the celebrity anything, except their time in signing something. But what I feel is even more beneficial, it also puts our name out to the general public when we do the auction. We need to work through some details first. I have drafted a donation letter and silent auction donation form. I will be forming a committee to help with this process and get more information out to you via our website and emails to the Club Presidents. If you have interest in being on this committee or if you or anyone you know has connections to any celebrity or sports figure, please contact me.

If you were at our International Convention in Gettysburg, you will recall we had a couple auction items at the delegates meeting. Bill Quire's daughter has a connection with somebody with NASCAR, and they were able to get us two items to start our auction. We have the right side of the NAPA auto #56 care driven by Martin Truex Jr and the rear door panel from #1 Bass Pro NASCAR Sprint Cup car driven by Jamie McMurray from Joplin, MO. We need to get this going fairly soon as the Jamie McMurray is on a hot streak: 2010 Brickyard 400 and 2010 Daytona 500 winner! This could easily become a yearly event for our organization.

I am humbled that you have chosen to let me serve our organization another year as VP of Marketing. I love what I do in this position and hope I have added value in some way to each of you. I welcome any feedback you have for me regarding your ideas on how to bring Cosmopolitan more into the spotlight. Feel free to contact me at any time via email sheila.anderson@rascompanies.com or sheila@cosmopolitan.com or via cell phone at 605.310.7166.



Sheila Anderson
VP Marketing

*I welcome
any feedback
you have for
me regarding
your ideas on
how to bring
Cosmopolitan
more into the
spotlight.*

Diabetes Foundation Update



Tom Gustafson
CDF Chairman

We are
continuing to
streamline and
improve our
management
and record
keeping systems.

Fellow Cosmos:

As we move into the 2010-11 Cosmo year, your Foundation Board will have a few personnel changes:

(Southwestern) We are very grateful to Bobbie Clifton and Jerry Nelson for their six years of service to the Cosmopolitan Diabetes Foundation. As Cosmos, we are all very fortunate to have had these two dedicated Cosmopolitans serving on our Board. Please thank them for their service when you have the opportunity

Our new Foundation board members are Terry Sanford (Cornbelt) and Bill Clifton (Southwest). Both Terry and Bill have been dedicated Cosmos at the local, federation and International levels. We look forward to their insight and ideas in their roles as Foundation board members.

At Gettysburg this year, Cosmopolitans again showed their giving spirit through contributions made at the Donations & Beacons Breakfast. As a group we made contributions totaling \$34,830.00 to the following funds: Beacons \$11,300.00, Discovery \$6,560.00, Hands Across the Border \$400.00 and Donor Directed \$1,6570.00.

As many of you know, Cosmopolitan members, clubs and federations have been making contributions to our Beacons Fund for over 30 years. As a result of these gifts to Beacons and the Discovery Fund, grants in excess of \$66,000 were awarded this year:

Camp Hertko Hollow (Iowa)	\$ 4,000.00
Cornbelt Diabetes Connection (Cornbelt Federation)	\$ 9,000.00
Cole County Health Dept (Jefferson City, MO)	\$ 7,700.00
Cosmopolitan Diabetes & Endocrinology Center, University of MO/Columbia	\$ 9,000.00
Crusader Community Health (Rockford, IL)	\$ 9,000.00
Health Care Access (Lawrence, KS)	\$ 9,000.00
Provena Mercy Medical Center (Aurora, IL)	\$ 1,168.45
Regional Medical Clinic- Endocrinology & Diabetes ED (Rapid City, SD)	\$ 6,304.90
Sanford Children's Specialty Clinic- Cosmopolitan Diabetes Center (Sioux Falls, SD)	\$ 2,500.00
Setabaid Services (Capital Region- Harrisburg, PA)	\$ 2,000.00
Strelitz Diabetes Center -EVMS (Norfolk, VA)	\$ 5,000.00
Topeka A1C Club (Topeka, KS)	\$ 1,350.00
	\$ 66,023.45

Thanks to the efforts of Bill Kubat and the Bylaws committee plus that of DBS Accounting & Management Services, our accounting firm, we are continuing to streamline and improve our management and record keeping systems. These efforts will insure compliance to all of the newly imposed IRS reporting regulations.

We are also looking at ways to encourage giving to the Beacons Fund and to the Foundation in order to continue to grow the amount we can give in grants for the foreseeable future. It is our hope that we can convince all Cosmos to become Beacons as we continue our fight to cure diabetes.

As always, your Cosmopolitan Diabetes Foundation requests your input as to how we can better serve Cosmopolitan International. Please forward your thoughts to any of our board members or to CI headquarters.

Best regards,
Tom Gustafson, Chairman
Bob Williams, Vice Chairman



Healthy Choices

Salt! Salt!



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

You may have chanted “Salt! Salt!” along with the popular Jimmy Buffett song, “Margaritaville”. Salt is one of the 5 basic flavors that we can taste; the others are sweet, sour, bitter and umami (savory). The taste receptors for salty and sweet are located on the front of front third of your tongue. No one’s taste receptors are the same. And as we age we lose taste buds.

The loss of taste buds may coincide with the time in your life when your doctor has recommended that you limit salt and avoid high sodium foods – at a time when you might like to grab the shaker and add more salt to enhance the flavor of your meal.

A chemist would tell you that there are many salts, but we commonly think of sodium chloride as “salt”. Table salt is about 40% sodium. After a person eats food containing sodium, it moves to the digestive system to be absorbed into the blood stream. A small amount of the sodium is used to build muscles and nerves and to absorb nutrients. If the sodium consumed is more than 1000 to 3000 mg for the day, the blood vessels must take in more fluid. And where there is sodium, there is water. The extra fluid increases the body’s blood volume. The heart now has an increased work load and has to push the extra blood throughout the body. The increased fluid intake can lead to high blood pressure, just like forcing more water in a pipe increases water pressure. Some people are more salt sensitive than others. Some people may experience increased blood pressure after eating moderate amount of salt and others can eat large amounts of salt without problems. Age, genetics, fitness and weight can impact how a person handles salt. The Institute of Medicine of the National Academies of Science recently reported, “In 2005, high blood pressure

was responsible for one in six deaths in the United States.” If Americans would reduce salt intake we could prevent up to 92,000 deaths, 66,000 strokes and 99,000 heart attacks every year. One-hundred twenty thousand others would not get heart disease each year. Health care savings would add up to \$10 to \$24 billion a year.

“Hypertension boosts your risk of dying of a heart attack or stroke more than smoking, high cholesterol, obesity, or any other risk factor does. And excess salt is a major cause of high blood pressure.” **From Shaving Salt, Saving Lives, by Bonnie Liebman, Nutrition Action Healthletter, April 2010.**

How much sodium do we need?

Most Americans should limit their sodium intake to no more than 2,300 mg per day. But if you are elderly, African American and/or have high blood pressure you should consume no more than 1,500 mg sodium per day. The American Heart Association recommends that Americans consume less than 1500 mg sodium per day. However, the average intake is more than double this amount at greater than 4,000 mg per day. The percent of daily value for sodium that is listed on food labels is based on 2,400 mg per day. The Nutrition Facts panel for frozen peas shows that ½ cup serving provides 125 mg sodium or 5% of 2,400 mg sodium.

Nutrition Facts	
Frozen Peas	
Serving Size ½ cup	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125 mg	5%
Total Carbohydrate	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	
Vitamin A 15%	Vitamin C 30%
Calcium 0%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet	

Healthy Choices *(continued)*

Some other food label claims in reference to sodium are:

- Sodium-free: less than 5 mg of sodium per serving
- Very low-sodium: 35 mg or less per serving
- Low-sodium: less than 140 mg per serving
- Reduced sodium: sodium level reduced by 25%
- Unsalted, no salt added, or without added salt: made without the salt that's normally used
- Sodium free: less than 5 mg sodium per serving
- Salt-free: less than 5 mg sodium per serving
- Labels that include "healthy": no more than 480 mg sodium per serving

What kinds of food contain sodium?

Sodium may occur naturally in food, but most of the sodium we consume is added during the commercial processing, cooking or at the table. Salt has been used as a preservative and a flavoring agent for centuries. It is also used as a color developer, binder, texturizer, and fermentation control agent (e.g. in bread baking). For these reasons, it is added to foods such as ham, sausages, bacon and other meat products, smoked fish and meats, canned vegetables, most butter, margarine and spreads, cheese, bread, sauces, condiments, pasta sauces, soups, savory snack foods, salad dressings, and breakfast cereals.



Grains are naturally low in sodium. Ready-to eat cereals vary widely in sodium content. Most instant hot cereal packets have salt added.

Fresh, Frozen and canned fruits and juices are low in sodium.

Most canned vegetables, vegetable juices, and frozen vegetables with sauce are higher in sodium than fresh or frozen ones.

Milk and yogurt naturally contain sodium and are lower in sodium than most cheese. Natural cheeses vary widely in sodium content. Processed cheese, cheese spreads, and cottage cheese contain more sodium than natural cheeses.

Most fresh meats, poultry and fish are low in sodium. Canned poultry and fish are higher. Most cured and processed meats such as hotdogs, sausage, deli meats, and luncheon meats are even higher in sodium because sodium is used to preserve them.

Frozen dinners and combination dishes, canned soups and dehydrated mixes for soups, sauces and salad dressings contain a lot of sodium.

Condiments such as soy sauce, catsup, mustard, tartar sauce, chili sauce, barbeque sauce, pickles and olives are high in sodium.

And high sodium is not limited to foods. Some over-the-counter medications such as Alka-Seltzer are high in sodium. Some water softeners work by adding salt to the water.

Are sea salt and kosher salt lower in sodium than regular table salt?

The biggest difference between the salts is their texture. Table salt's small crystals allow it to dissolve quickly. Sea salt and kosher salt are larger crystals making it easier for the cook to add a "pinch of salt". All the salts are at least 97½ percent sodium chloride, but there are differences in where the salts come from and processing of these salts.

The origin of table salt is from underground salt deposits. After mining a small amount of calcium silicate is added to prevent clumping. Because the crystals are small a little more salt and sodium is packed into a teaspoon measure as compared to the larger crystals of sea salts and kosher salts.

**No matter what kind of salt you shake
¼ teaspoon is approximately 600 mg sodium.**

Sea salt comes from evaporated seawater and has little or no processing. The variation in mineral content of the water affects the color and flavor of sea salt. But they lose their unique flavor when cooked or dissolved.

Nearly all salt is kosher, including regular table salt. Kosher salt can be made from seawater or underground salt sources. Salt labeled as "kosher salt" is larger flat crystals. When kosher salt is sprinkled on the surface of meat, it remains there longer, thus helping to draw out fluids and making the meat "kosher".

Why is iodine added to some salt?

In the US iodide has been added to salt since 1924, but you always have a choice whether it is iodized or not. Iodine is needed for the thyroid gland to function properly and prevent goiter. Even if you don't eat iodized salt you will probably get adequate amounts of iodine from other sources. Seafood is naturally rich in iodine. Cod, sea bass, haddock, and perch are good sources. Kelp is the most common vegetable seafood that is a rich source of iodine. Dairy products also contain iodine. Soil around coastal areas is higher in iodine so if your fruits and vegetables come from a variety of locations you bound to get some that contain iodine.

What are salt substitutes?

Most of the salt substitutes are potassium chloride (which is still a salt). The salt substitute makes you produce saliva much in the same way salt does. However, the potassium may leave

a bitter aftertaste, so use it sparingly. Some medications may cause people to retain potassium and people with kidney failure cannot get rid of excess potassium. If you are considering a potassium salt substitute ask your health care provider if they are right for you.

What can I use to season food in place of salt?

Herbs and spices can enhance low sodium foods. For the most flavor use fresh herbs in recipes. But if substituting dried herbs in most cases, use 1/3 dried in place of fresh; example: 1 tablespoon fresh basil = 1 teaspoon dried basil.

There are many herb and spice blends made without salt available in the spice aisle of grocery stores. Mrs. Dash® is one brand of seasoning; you can find recipes at MrsDash.com. You can make your own herb and spice blends to help you cut down on your salt use. Below are some mixtures to use for meats, poultry, fish, vegetables, soups, and salads. For each blend, grind the spices in a blender or mortar and pestle. Blend until the spices are powdered. Store seasonings in an airtight container.

Tips for Using Herbs and Spices (Instead of Salt)

- **Basil:** Use in soups, salads, vegetables, fish, and meats.
 - **Cinnamon:** Use in salads, vegetables, breads, and snacks.
 - **Chili Powder:** Use in soups, salads, vegetables, and fish.
 - **Cloves:** Use in soups, salads, and vegetables.
 - **Dill Weed and Dill Seed:** Use in fish, soups, salads, and vegetables.
 - **Ginger:** Use in soups, salads, vegetables, and meats.
 - **Marjoram:** Use in soups, salads, vegetables, beef, fish, and chicken.
 - **Nutmeg:** Use in vegetables, meats, and snacks.
 - **Oregano:** Use in soups, salads, vegetables, meats, and chicken.
 - **Parsley:** Use in salads, vegetables, fish, and meats.
 - **Rosemary:** Use in salads, vegetables, fish, and meats.
 - **Sage:** Use in soups, salads, vegetables, meats, and chicken.
 - **Thyme:** Use in salads, vegetables, fish, and chicken.
- Note: To start, use small amounts of these herbs and spices to see whether you like them.**

Source: http://hin.nhlbi.nih.gov/nhbpep_kit/herbs.htm

References:

<http://www.alsosalt.com/sodium.html>
<http://www.foodnetwork.com/recipes-and-cooking/kosher-vs-table-sea-salts/index.html>

http://en.wikipedia.org/wiki/Kosher_salt
<http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Shaking-the-Salt-Habit>
http://hin.nhlbi.nih.gov/nhbpep_kit/herbs.htm
<http://www.apinchof.com/freshdried1001.html>

Zesty Onion Herb Seasoning

- ♦ ¼ cup instant chopped onion
- ♦ 1 tablespoon sweet basil
- ♦ 1 tablespoon ground cumin
- ♦ 1 tablespoon garlic powder
- ♦ 1 tablespoon cracked black pepper
- ♦ *Source: American Heart Association*

Herbed Celery Blend

- ♦ ¼ cup instant chopped onion
- ♦ 1 tablespoon dill weed
- ♦ 1 ½ teaspoons celery seed
- ♦ ½ teaspoon sugar
- ♦ 1 ¼ teaspoons tarragon

Spice of Life

- ♦ 1 tablespoon ground marjoram
- ♦ 1 tablespoon ground savory
- ♦ 1 tablespoon ground thyme
- ♦ 1 ½ teaspoons ground basil
- ♦ 1 ½ teaspoons cracked black pepper
- ♦ 1 ½ teaspoons ground oregano

Peppy Herb Seasoning

- ♦ 1 ½ tablespoons leaf thyme
- ♦ 1 ½ tablespoons leaf marjoram
- ♦ 2 teaspoons rosemary leaves
- ♦ 1 teaspoon ground rubbed sage
- ♦ 1 tablespoon ground black pepper





Out & About

EXCITING YEAR FOR AURORA COSMOS

By Kenlyn Nash-Demeter

Eleven new members!

We recently had our "A Cosmo With Cosmo's" night at the Ballydole Pub. The pub created a purple Cosmo drink for the occasion. It was a networking and recognition event by the city and was attended by State Rep. Kay Hatcher and Mayor Tom Weisner. We "kicked off" our "Go Purple For Diabetes", where members were decked out in our new purple shirts. Purple jewelry was displayed and sold. The proceeds from this venture have proven to be successful. This highly successful evening is the result of our membership in the chamber of commerce and their assistance to not-for-profit organizations. "A Cosmo With Cosmo's" was the brain child of Sally Rutledge-Ott, VP of the Aurora Chamber of Commerce.

Our September meeting was attended by two young diabetic girls, ages 8 & 9. They were the recipients of the club's Diabetic Camp Scholarships. The girls shared camp experience, both saying the highlights were: being independent, being able to take better care of themselves and not feeling isolated. One of the girls, Bridget, said, "now I can go on sleepovers."

Committees have been formed, and plans move forward. Possible projects or projects in the works include: Continued jewelry sales, Poker Bike Run co-sponsored by Ballydole Pub, a poinsettia sale, a money raffle, and a drive through Bar-B-Q on the grounds of Provena Mercy Medical Center. Community Projects: We will have a booth at the Business Expo sponsored by the Aurora Chamber of Commerce, Bell Ringing for the Salvation Army at Christmas, Food Pantry, Supplies for the Armed Forces, and Mutual Ground, a safe house for women and children. The club is donating money to the ADA walk-a-thon and several Aurora club members will be walking in this event.



Kenlyn Nash-Demeter, publicity chairperson, with the display of purple jewelry for sale.

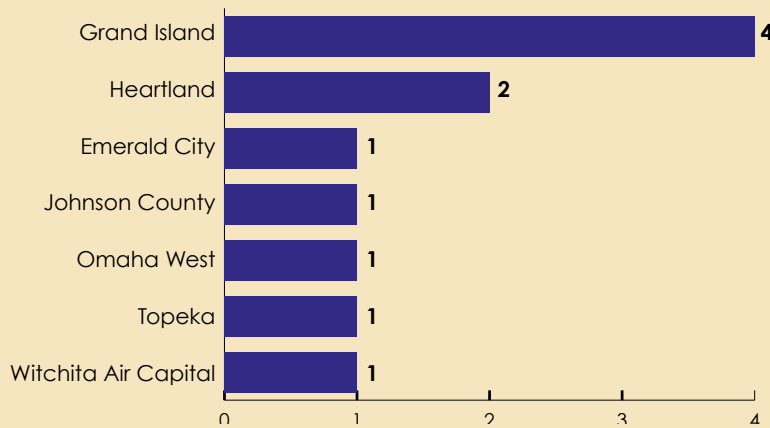
Know & Tell



TOP CLUBS

Top Clubs for Year

Net Member Increase through September 30, 2010



Federation Honor Roll

Net Increases through September 30, 2010

Waiting on a Federation to step up!

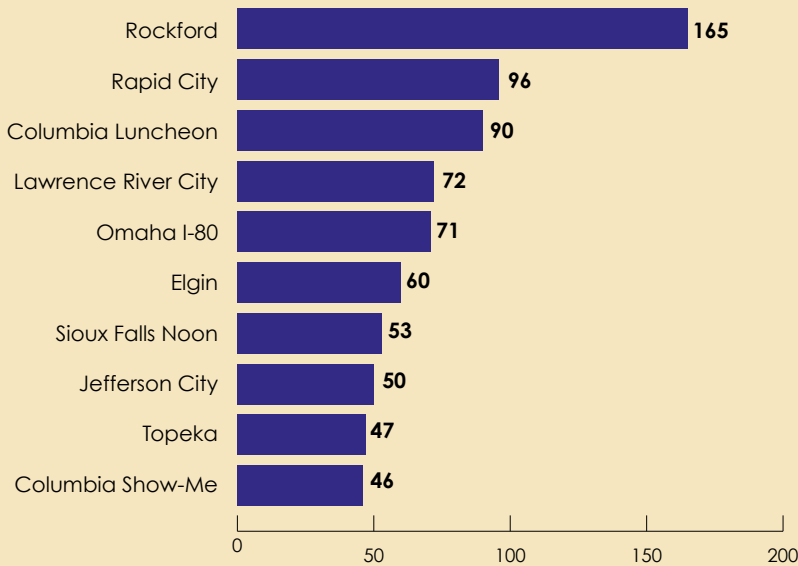
Club Honor Roll

For Clubs with Net Increases Through September 30, 2010

- Grand Island**
- Omaha West**
- Emerald City**
- Heartland**
- Johnson County**
- Topeka**
- Wichita Air Capital**

Top Clubs

Total Members through September 30, 2010



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 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

PO Box 394, Sioux Falls, SD 57101-0394
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.

4816 Royal Ct., Sioux City IA 51104
H 712.239.2308, C 712-259-5689
jfkwalker@aol.com
Jim Walker, Chair

HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

330 Maine St., Lawrence, KS 66044
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
info@setebaidservices.org

DIABETES INCORPORATED

12955 Bogus Jim Road
Rapid City, SD 57702
Deanna Smith, Executive Director
605-341-1273

PROVENA MERCY MEDICAL CENTER

Center For Diabetes Wellness
1325 N. Highland Avenue
(new address)
Aurora, IL 60506
Rita Smith, RN, MSN, CDE
630-801-2675

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street
Rapid City SD 57701
Dr. Thomas Repas
605-718-3300

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 500 engraved bricks have been placed in the courtyard of the historic turn-of-the-century headquarters buildings.



BRICK CLUB FALL 2010

In Honor of Fran Hoover Wichita Downtown	Paul R. Todd 1929-2010 A Cornhusker Cosmo
In Memory of Steve Holland Alexandria/Cenla Club	Al McGinnes Jr. Columbia Cosmo Breakfast Club
Lorne Campbell Saskatoon Bridge City 3/11/28-11/12/2009	Judge Alfred Brennan Club President Baltimore Club
Stewart P Duncalfe Saskatoon Bridge City 10/31/1922-12/28/2009	In Memory of George H Warner Baltimore Club



In Memoriam

Cornbelt

Sam Vecchio
Omaha Cornhuskers

Midstates

Donald R. Pacey
Elgin

MoKan

Virgil Ohse
Topeka

Allen H. Guyot
Wichita Air Capital

James R. Roth
Wichita Air Capital

Francis W. Hoover
Wichita Downtown

North Central

George H. Hull
Fargo-Moorhead

Max C. Eckert
Scottsbluff

C.R. (Bob) Streedbeck
Sioux Falls Noon



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

ENGRAVING INFORMATION

Name: _____

Street: _____

City: _____

State/Prov: _____

ZIP/Postal: _____

Phone: _____

Fax: _____



2010 International Convention *Gettysburg "Recap"*



Award Winners



**Cosmo of the Year:
Jill DiVincenzo
Capital Region Club**

Jill DiVincenzo was selected as the 2010 Cosmo of the Year. Jill is involved in many ventures, but her service to her club was the criteria for her selection. Jill has served in every capacity. Her club noted that she is typically the first to any meeting or event and the last to leave. In between she takes charge and gives of herself for the success of the club. On of the best parts of her involvement is her culinary skills which means homemade goodies at most fundraisers and work projects. She has been a driving force for adopting many worthwhile causes for her club to take part in.

Congratulations Jill!



**Cosmo Member
Community Service
Award:**

**Barry Solomon
Sioux Falls Noon Club**
Barry Solomon has a long history of service to his club and community. The list of activities and projects that Barry is involved in is seemingly endless. He serves his church as a lay leader, usher and on committees. He serves his business as a partner in a well respected CPA firm. He serves his community in many capacities including Board of the Carroll Institute, Ice and Recreation Center Board, Board of the South Dakota Achieve, as well as many, many others.

Congratulations Barry!



**P.J. Hodgins Award:
Robert G. (Bob) Williams
Roanoke Club**

Bob Williams has served in many capacities at the Club, Federation and International level since joining Cosmo in 1994. He almost immediately became a Club President in 1996 and captured his Club Cosmo of the Year in 1998. Bob became active at the Federation level and was elected Governor of Capital Federation in 2003-04 and was honored as the Governor of the Year. Bob was active on the diabetes committee and continues today as the liaison to the Strelitz Center. Bob continued his service through his election to the Presidency of Cosmo in 2006-07. He continues his service today as the Capital Federation rep and Vice Chair of the Cosmo Diabetes Foundation.

Congratulations Bob!



**Club President
of the Year:
Matt Armstrong
Rockford Club**

Matt Armstrong was selected as the International Club President of the Year. Matt served as the Rockford President this past year. The Rockford Club has become known as "the" club to belong to in Rockford. This is due in part to the work that Matt did in furthering developing membership events, fundraising activities and community involvement through the Rockford Club Charities Board. The relationship fostered with Crusader Clinic in Rockford continues to blossom. Matt and the Rockford Club were also instrumental in offering support and encouragement to Lindsey Oswald the founder of the new Rockford Women's Club.

Congratulations Matt!



**Governor of the
Year:
Susie Bartlett
Mo-Kan**

Susie Bartlett is this years Governor of the Year. Susie is no stranger to being a Governor as this is her second time around in Mo-Kan. Mo-Kan was lucky once again to have Susie as a Governor-elect as the sitting Governor was unable to complete their term and Susie stepped in sooner than expected. During her tenure as Governor-elect, she and husband Gary established the Emerald City Club in Topeka. Susie is also on tap to continue her service as Chair of the 2011 International Convention in Overland Park, Kansas. Great work once again from Susie Bartlett.

Congratulations Susie!

Other Award Winners...

Best Website:

Hearthland

Yearbook:

Lawrence River City, Greg Hird Chair

Top Bulletin:

Columbia Show-Me, Ronda Benton Editor

Club Community Service:

Cornhusker, Cornbelt

Big C:

Mid-States: Aurora, Rockford
Mo-Kan: Emerald City
North Central: Rapid City

Medal of Merit:

Emerald City, Mo-Kan, 33% Increase in Membership

President's Award:

Fremont, Cornbelt, Outstanding Achievement

Rebuilding Friendships:

Capital: Hampton Roads
Cornbelt: Fremont, Grand Island
Mid-States: Belvidere
Mo-Kan: Columbia Breakfast, Heartland, Lawrence Breakfast
Western Canada: Regina, Wascana Couples

Friendship Builders: (Lifetime)

5 members

Susie Bartlett, Lawrence River City / Emerald City
John Blatz, Columbia Luncheon
Lavonne Hawking, Aurora
Todd Larson, Belvidere
Judy Mullen, Three Rivers
Melvina Newman, Sioux Falls
Lindsey Oswald, Rockford Ladies
Cissie Rapay, Hampton Roads / Omaha Cornhusker
Jim Schuh, Rapid City
Bob White, Rapid City
Bob Williams, Roanoke
Charles Witt, Columbia Luncheon

10 Members

Bill Clifton, Alexandria Cenla
Don Cuppini, Rockford
Phil Hanson, Columbia Luncheon
Wanda Meinhardt, Emerald City
(Also moved past 5 this year)
Kyler Nelson, Fremont
Kevin Welsh, Omaha I-80

20 Members

Gary Bartlett, Lawrence River City / Emerald City
Mark O'Donnell, Rockford

Club Builder Award:

Lindsey Oswald, Rockford Women's Club

2011

International Convention

Overland Park, KS

August 3-6, 2011

Join us in Overland Park, KS for the
2011 International Convention!

Sheraton Overland Park at the
Convention Center

*International Headquarters
Location*





ATTENTION COSMOS!

New Awards Program

We have a new Awards Program in place. Throw away any of those Purple and Gold colored Awards Program Books that you may have. Download a brand new copy from the website Resources section and take a look. Changes include:

- NEW Rookie of the Year Award for an outstanding new Cosmo who jumps right in and makes a significant impact to your club.
- Yearbook and Website criteria have been updated to include all previous changes.
- The way in which you submit awards to International for judging have been changed to encourage electronic submission. It also spells out what awards go to HQ and what is brought to convention.
- New entry forms will be available soon on the website to mirror the changes.

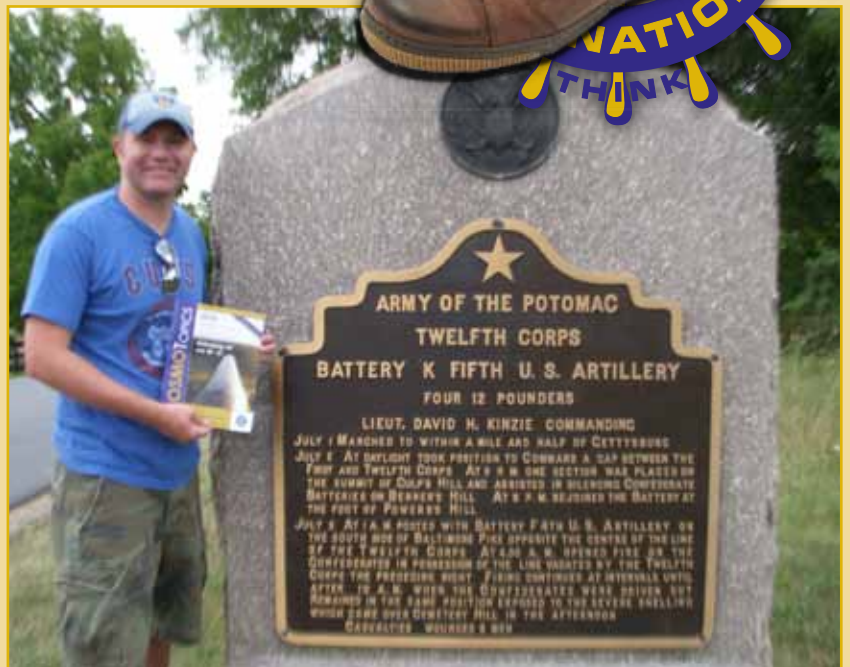
The Cosmo *Globetrotter*



Literally "cosmopolitan" means "belonging to all the world." We are encouraging members to take a picture of themselves in spots all over the world with their CosmoTopics magazine in hand. Then in each issue, we will feature two Cosmos that took their picture with their CosmoTopics at some place in the world. We hope this will encourage you to carry your CosmoTopics with you while you travel, promote readership, be a good fit with the literal meaning of cosmopolitan, and just be a FUN new feature.

Please submit photos for consideration to headquarters@cosmopolitan.org.

Be creative!



Matt Armstrong, Rockford Club, Gettysburg Battlefield

2010-2011 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
Sammeys's

AURORA, IL

Mid-States Federation

PRES: Victor Smith
306 Meadow Lane
Newirk, IL 60541
H: (815) 695-5596
B: (713) 204-5297
Vsmith949@sbcglobal.net
MEETS: Thursday, 7:00 pm
Luigi's

AUSTIN, TX

Southwestern Federation

PRES: Howard Byram
2001 Millay Drive
Austin, TX 78752
H: (512) 545-2197
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
mumsy@verizon.net
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: Brad Fidler
18687 Burr Oak Road
Capron, IL 61012
H & B: (815) 857-3055
bradfider@comcast.net
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

At Large 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: Peter Peach
13-Regal Park N.E.
Calgary, AB T2E 0S6
H: (403) 547-8861
B: (403) 607-7282
peter.peach@shaw.ca
MEETS: 2nd & 4th Tuesday, 6:30 pm
Danish Canadian Club

CAPITAL REGION, PA

Capital Federation

PRES: Dave Daniels
3807 Bonnybrook Road
Harrisburg, PA 17109
H: (717) 652-6672
B: (717) 780-6140
ddcircus@yahoo.com
MEETS: 3rd Thursday, 7:00 pm
Radisson Penn Harris Conv Ctr

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: Steve Pease
4313 Glen Eagle Drive
Columbia, MO 65203
H: (573) 449-2730
B: (573) 445-7088
stephen.pease@wellsfargoadvisor.com
MEETS: Tuesday, noon
HyVee South

COLUMBIA SHOW-ME, MO

Mo-Kan Federation

PRES: Jacki Swank
3704 Mint Julep Drive
Columbia, MO 65202
H: (573) 424-4042
B: (573) 214-4294
jswand@fscb.com
MEETS: 1st Thursday, 6:30 pm (*)

COUNCIL BLUFFS, IA

Cornbelt Federation

PRES: Ed Anderson
127 Brentwood Heights
Council Bluffs, IA 51503
H: (712) 323-4718
eandsanderson@mail.com
MEETS: 2nd & 4th Tuesday, 7:00 am
Village Inn Restaurant
(Sept. thru May)

EDMONTON, AB

Western Canada Federation

PRES: Rod 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: Johnny Lane
121 Whitehurst Street
Elizabeth City, NC 27909
H: (252) 338-7343
MEETS: 2nd & 4th Tuesday, 7:00 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: Jay Titus
5304 32 Street South
Fargo, ND 58104
H: (701) 293-0153
B: (701) 282-3484
titusorama@gmail.com
MEETS: Thursday, noon
Fryin' Pan Restaurant
(except in January & July)

FREMONT, NE

Cornbelt Federation

PRES: Roger Larsen
612 East 4th
Fremont, NE 68025
H: (402) 727-1557
rlarsen@msn.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
sgmason@q.com
MEETS: 1st & 3rd Monday, 6:00 pm
HyVee

GREATER RICHMOND, VA

Capital Federation

PRES: Dexter Rumsey
5100 Monument Ave. #706
Richmond, VA 23230
H: (804) 282-2179
dexrumsey2@aol.com
MEETS: 2nd Saturday, Lunch
Westwood Club

HAMPTON ROADS, VA

Capital Federation

PRES: William Quire
8371 Longstreet Lane
Suffolk, VA 23438
H: (757) 986-3859
W: (757) 468-4369
wkquire@gmail.com
MEETS: 2nd Saturday, 6:30 pm (*)

HEARTLAND, KS

Mo-Kan Federation

PRES: Frank Newby
9525 El Monte Street
Overland Park, KS 66207
H: (913) 385-2385
B: (913) 423-4757
tymaol@evrestkc.net
MEETS: 3rd Thursday, 6:30 pm (*)

JEFFERSON CITY, MO

Mo-Kan Federation

PRES: Cindy Davis
1518 Notting Hill Road
Jefferson City, MO 65109
H: (573) 761-5966
B: (573) 632-5202
cadavis@aol.com
MEETS: Friday, noon
American Legion Hall

JOHNSON COUNTY, KS

Mo-Kan Federation

PRES: Allan Schrunk
4200 W. 74th Street
Prairie Village, KS 66208
H: (913) 362-5800
alfranschrunk@yahoo.com
MEETS: Thursday, 7:00 am
Denny's

LAWRENCE BREAKFAST, KS

Mo-Kan Federation

PRES: Paul Morte
1317 Vantuyl
Lawrence, KS 66049
H: (785) 842-9071
morte@att.net
MEETS: 1st, 2nd, & 3rd Friday, 7:00 am
Smith Center

LAWRENCE RIVER CITY, KS

Mo-Kan Federation

PRES: Greg Hird
315 Eldridge Lane
Lawrence, KS 66046
H: (785) 832-2429
gregasinegg@yahoo.com
MEETS: 1st Thursday, 6:30 pm (*)

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/CORNHUSKERS, NE

Cornbelt Federation

PRES: Rick Moore
15417 Cuming Circle
Omaha, NE 68154
H: (402) 491-0990
richard_moore@tconl.com
MEETS: Friday, noon
Jericho's Restaurant

OMAHA LADYBUGS, NE

Cornbelt Federation

PRES: Kathleen Bengston
1105 Wicklow Road
Papillion, NE 68046
H: (402) 935-4227
tat_kb@msn.com
MEETS: 2nd & Last Wednesday, 6:30 pm
Whitehouse Bar & Grill

OMAHA I-80, NE

Cornbelt Federation

PRES: Darrin Cook
14704 Ernst Street
Bennington, NE 68007
H: (402) 359-1697
B: (402) 553-0230
dcook@lkqcorp.com
MEETS: Friday, 7:00 am
Rockbrook Garden Café

(*) Denotes various locations

(**) No Current Information

2010-2011 Club Directory

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: Richard Gulizia
440 S. 119th Street
Omaha, NE 68154
H: (402) 330-3954
oshaa@oshaa.omhcoxmail.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: Archie Aug
1382 Musk Road
Prince Albert, SK S6V 6R1
H: (306) 922-1924
avaug@sasktel.net
MEETS: Wednesday, 6:30 pm
Cosmopolitan Room

RAPID CITY, SD

North Central Federation

PRES: Bob White
2936 Dundee Street
Rapid City, SD 57702
H: (605) 716-3647
bcwhite@rushmore.com
MEETS: Monday, noon
Thirsty's

REGINA, SK

Western Canada Federation

PRES: Jason Cumbers
Box 524
Regina Beach, SK S4R 4C0
H: (306) 729-4732
B: (306) 757-0933
print1@sasktel.net
MEETS: 2nd Tuesday & 4th Monday (*)

REGINA CAPITAL, SK

Western Canada Federation

PRES: Dan Stinnen
3022 Zaran Crescent
Regina, SK S4V 1Y3
H: (306) 789-3926
B: (306) 757-5500
denturedude@accesscomm.ca
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
stephen.k.waskey@mssb.com
MEETS: Wednesday, 12:15 pm
Tazza's

ROCKFORD, IL

Mid-States Federation

PRES: Rick Swansbro
5369 Wilderness Trail
Rockford, IL 61114
H: (815) 713-3490
B: (815) 873-3868
president@rfdcosmo.org
MEETS: Thursday, 12:00 pm
Forest Hills Country Club

ROCKFORD WOMEN'S, IL

Mid-States Federation

PRES: Lindsey Oswald
14623 Hannah Court
South Beloit, IL 61080
C: (815) 298-4516
B: (815) 885-4747
loswald@meridian-direct.com
MEETS: 2nd Wednesday, Noon Kiki B's
& 4th Thursday, 5:30 p.m.
Ciao Bella's

ST. ALBERT, AB

Western Canada Federation

PRES: Terry Wiebe
34 Highland Crescent
St. Albert, AB T8N 6K2
H: (780) 458-1614
B: (780) 452-3110
Terry.wiebe@ssl.ca
MEETS: 1st and 3rd Monday, 6:00 pm
St. Albert Rugby Club
Except July & August

SANTA FE TRAIL, KS

Mo-Kan Federation

PRES: Frank McGinnis
7920 Widmer
Lenexa, KS 66215
H: (913) 492-5472
MEETS: 1st & 3rd Friday, 7:00 am
Perkin's Restaurant

SASKATOON BRIDGE CITY, SK

Western Canada Federation

PRES: Bob Kadis
409 Langevin Crescent
Saskatoon, SK S7L 5R5
H: (306) 382-2516
B: (306) 933-5903
bob.kadis@sasktourism.com
MEETS: 1st & 3rd Monday, 6:30 pm
Doc Hollandaise Restaurant

SASKATOON COUPLES CLUB, SK

Western Canada Federation

PRES: Jim Smith
303 Poplar Crescent
Saskatoon, SK S7M 0A8
H: (306) 931-1219
Jim.smithjr@sasktel.net
MEETS: 4th Tuesday, 7:30 pm
Cosmopolitan Industries
(Except July, Aug, and Dec)

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: Mark Corbin
3803 Jackson
Sioux City, IA 51104
H: (712) 252-4456
B: (712) 274-1738
markc@morningsideplumbing.biz
MEETS: 1st Tuesday, Noon
McBehr's

SIoux FALLS, SD

North Central Federation

PRES: Chris Bauer
7709 W. Raegan Street
Sioux Falls, SD 57106
H: (605) 940-9950
B: (605) 361-8356
cbauer@cortrustbank.com
MEETS: Monday, noon
SD Achieve

SIoux FALLS EVENING, SD

North Central Federation

PRES: Derry Anderson
1500 N. Tahoe Trail
Sioux Falls, SD 57110
H: (605) 334-2654
B: (605) 977-1040
derry@andersongroupcpa.com
MEETS: 4th Tuesday, 6:00 p.m.
Wisk and Chop

STURGEON VALLEY, AB

Western Canada Federation

PRES: Angela McFalls
114 9504 182 Street
Edmonton, AB T5T 3A7
H: (780) 918-4927
W: (780) 474-8693
angela.mcfalls@ama.ab.ca
MEETS: 1st & 3rd Thursday, 6:30 pm
St. Albert Senior Citizen Center

THREE RIVERS, IA

Cornbelt Federation

PRES: Tim LeVan
P.O. Box 77
Lawton, IA 51030
H: (712) 944-5994
B: (712) 253-9177
timl@moasolutions.com
MEETS: 2nd Tuesday, 6:30 pm (*)

TOPEKA, KS

Mo-Kan Federation

PRES: Don Freking
1911 Navajo Lane
Topeka, KS 66604
H: (785) 273-2674
B: (785) 273-7668
MEETS: Thursday, 12:00 pm
Topeka Country Club

WASCANA COUPLES, SK

Western Canada Federation

PRES: Lorinda Power
138 Bastedo Cr.
Regina, SK S4T 6Y1
H: (306) 543-4455
B: (306) 791-4145
r.power@sasktel.net
MEETS: Monthly @ various times (*)

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: Larry Gurney
6669 N. 127th Street
East Wichita, KS 67226
H: (316) 744-0284
B: (316) 685-2245
larry@ksworkcomplaw.com
MEETS: 3rd Tuesday, noon
Scotch & Sirloin

WICHITA DOWNTOWN, KS

Mo-Kan Federation

PRES: Les Withrow
8319 Oxford Circle
Wichita, KS 67226
H: (316) 681-2993
B: (316) 636-1020
lwithrow@cox.net
MEETS: Thursday, 11:30 am
Candle Club

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 Lorer
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

2010-2011 International Board Directory

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2010-2013
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2008-2011
(MOK 2nd Term)

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2010-2013
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2009-2012
(CAP 1st Term)

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Sioux City, IA 51104
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2008-2011
(At-Large 2nd Term)

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COSMOTOPICS

Fall 2010

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2010-2011 Cosmopolitan "On The Grow"

