

A publication of Cosmopolitan International

COSMOTOPICS

FALL 2011

Phil and Brenda Hanson

International
President and
First Lady

2011-2012



THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR

Sheila Anderson

Summer has passed in a blink of an eye and now it's back to school time! I recall the eagerness I used to feel about starting a new school year. Besides the new school clothes and supplies, the anticipation of what the new year would hold for me was exciting. Just like when we were kids, there are times when we all need to "go back to school" after our summer vacation. And that's just what your Executive Board and other Cosmos members did by attending International Convention. There was an intense strategic planning session which you will learn more about in this issue. Also, we were updated from several guest speakers on what's happening in the diabetes world. We all learned something new every day, and we even managed to fit in some lunchtime and nap time! Attendees hopefully came back from Convention fired up with a Focus on the Future.

It's time to get clear on what we want and make it happen; a time to get reenergized about our possibilities. So remember to wake up every day with excitement for what we do flowing throughout yourself and let's all do our homework by holding membership events and working our strategic plan. Be open to the possibilities of where our organization can be by summer 2012. Know and trust that the work you do now will generate rewards that your homework did for you in the past. Our future depends on it.

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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Conventions Can Maximize Your Cosmo Experience



Kevin Harmon
Executive Director

Another International Convention and Cosmopolitan Year are now behind us as we turn our attention to the future. For those of you that joined us in Overland Park, Kansas, the home of your International Headquarters, I believe you left impressed by the Sheraton Hotel. You no doubt experienced the hospitality of your hosts from Mo-Kan. And hopefully found the convention to be full of activities that both entertained and educated.

This convention held special meaning for many of the attendees. It began a full two days early for many Board members with a Strategic Planning session led by Deb Burnight of Sioux City, Iowa. Deb facilitated two full days of meetings that current "Who We Are and What We Do," scenario. You will all hear more about this initiative, the results and the work being done to fully institute the ideas developed over the next year or so. If you have questions or want to be a part of some of the implementation, let your Governor know or give us a call at HQ.

This convention also provided more training and exposure to diabetes experts than any I have ever experienced. We heard from Dr. David Gardner from our Columbia Cosmopolitan Diabetes and Endocrinology Center at the Opening Ceremonies. We were taken to school on diabetes by the staff of the Center as well during the training portion of the convention. We were introduced to one of our newest Major Cosmopolitan Diabetes Programs, Health Care Access Clinic in Lawrence, KS, with a presentation by their Executive Director Nikki White King. We also were briefed on the Sanford Project of the Sanford School of Medicine by their Director Dr. Gene Hoyme by invitation of our Cosmopolitan Diabetes Foundation. And we ended the indoctrination with a presentation by Dr. Amie VanMorlan of the University of Missouri's Children's Hospital. Never before have so many diverse experts on diabetes spoken to our group.

There is a lot going on in the detection, treatment and research of diabetes and we were all blessed to be made a part

of the information. You can learn much more by visiting our website where power point presentations by these notable experts are provided.

Next year will be more of the same in Calgary, Canada for the 2012 International Convention. This will also be a unique opportunity to visit a city known for its winter sports and majestic scenery. This convention is set for July 25-28, 2012, at the Best Western Village Park Inn. You won't want to miss out on a chance to visit the area of Calgary and the nearby Canadian Rockies. The convention will be packed with interesting and educational opportunities, but you will also have the opportunity to visit such places as Banff, Lake Louise, and the Columbia Ice Fields as well as many other attractions. Why not combine that much needed vacation with a trip to Calgary and then on to the Rockies?

These Conventions are not only about the particular venue or city, or the attractions in the area, or even the wealth of information provided and being a part of the direction of the Organization. It is also about the friendships and connections made with like-minded people from all walks of life and all areas of North America that make up Cosmopolitan. That part is a big miss if you haven't attended a Convention. You can find that same sort of atmosphere at your Federation Conventions as well. Why not make plans this year to be a bigger part of Cosmopolitan? You'll be glad you did.

*Why not make
plans this
year to be a
bigger part of
Cosmopolitan?*

Focus on the Future



Phil Hanson
President

Each year the President is required to design a theme that is to represent that year's goals and objectives. The theme that strongly reflects the goals and objectives for this year is "FOCUS on the Future". FOCUS is an acronym for **Follow One Course Until Success**.

I strongly believe that we have an eye on the future with a strategic plan, and it is enabling us to follow one course until success. So how can we, over the next 3 to 5 years, position Cosmopolitan International to significantly grow its membership and market itself as a premier volunteer service organization? Your Board, along with special guest Tom Stone, spent 2 full days pondering

that question in a strategic planning session facilitated by Deb Burnight from Facilitate Resources. We articulated a practical vision for the next 3 years with three basic elements, each with some key components: 1) Strategic Internal and External Partnerships 2) Defined Identity (Brand) and 3) Membership Momentum. By the end of day 2, we had defined our 4 strategic objectives:

I strongly believe that we have an eye on the future with a strategic plan.

1. Enhancing Cosmopolitan International Marketing Plan

Team led by Sheila Anderson, Brian Duckett, and Jerry Grywacheski

- a. Pool of marketing experts identified
- b. Target market(s) identified
- c. Options explored for marketing planning initiative
- d. Develop a major marketing campaign to bring awareness about our organization
- e. Implement recommendations for marketing plan

2. Ensuring Organizational Growth

Team led by Phil Hanson, Tom Stone, Jim Behrens, and Jim McVay

- a. President's goals aligned with 3-5 year plan
- b. Federation goals aligned with strategic plan
- c. Mission statement confirmed
- d. Lines of authority and structure defined, clarified and communicated to membership
- e. Governors educated at Spring training
- f. Membership satisfaction survey initiated

3. Pursuing a Membership Development Program

Team Led by Gary Bartlett and Randy Schuller

- a. New member "welcome program" established
- b. Mentor/Sponsor program enhanced
- c. Talking points (key messages) enhanced for "C.I. 101" – policy implemented to communicate
- d. Effective exit interview process established as to why members leave
- e. Educational webinars developed

4. Revitalizing International Conventions

Team Led by Richard Greer and Linda Stefanich

- a. Task force to review current structure established
- b. Marketing plan developed to "talk-up" conference outcomes and impacts
- c. Responsibilities of Host Federation clarified and communicated
- d. Recommendations report to Board

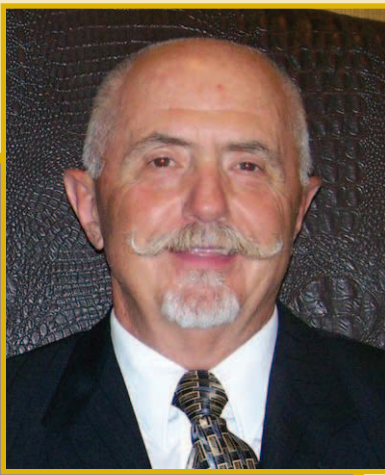
The International board wants to make the development of this strategic plan an open and transparent process. That means gaining input from our individual Cosmopolitan members. We are encouraging you, as a member, to get involved in our strategic plan by volunteering your time or talents to the area of your choice. Our hope is that this is a project we will all embrace, giving each one of us the chance to impact the direction of Cosmopolitan. Those that attended the International Convention in Overland Park, KS, have already had a chance to sign up. There will be several subcommittees formed under each one of the four Strategic Objectives. If you have a desire to help, please contact one of the team leaders under each objective.

Moving ahead with this process is a leadership challenge in an extraordinary leadership moment. Those who have already begun the process will tell you that it challenges every part of their professional and personal creativity, sensitivity and energy. The end result will enable us to declare a vision where our organization will have a focus, a direction, a plan and the resources to accomplish its revised objectives. You will be saying that your organization will continue to focus on being great at providing its core services and programs. We then can say that individuals in our communities can continue to depend upon this organization in their future. By helping Cosmopolitan International develop a strong strategic plan, you will help us begin to look forward with confidence to a future free from diabetes.



*If you have
a desire to
help, please
contact
one of the
team leaders
under each
objective.*

Looking Ahead



Brian Duckett
President-elect

We have had successes in the past that we want to build on into the future of our fine organization.

The Overland Park Cosmopolitan International Convention was a great success this past August. A big Thank You to the Mo-Kan Federation Convention Committee for planning such a relaxed, fun-filled, but business-like event. It was nice to meet up with old Cosmo friends again and I also had the pleasure of making new Cosmo friends from the First Timers who were in attendance.

With the start of a new Cosmopolitan year, we are looking at improving the whole organization by implementing the new Strategic Planning points that we arrived at during the Strategic Planning sessions on the 2 days preceding the actual Convention. These sessions were interesting and informative and will lead us through the next 3-5 years. The ideas generated at these sessions were designed to "Focus On The Future". During these sessions, we looked to the past to lead us into the future. We have had successes in the past that we want to build on into the future of our fine organization. We have Clubs that work very hard at attracting new members and retaining the ones they have. They are the ones that hold well organized Membership Events that make prospective members want to join and have fun, well organized meetings to help retain the members they have. The Membership Events that are organized range from Club members being drafted onto teams and compete to see which team can bring in the most new members to fun-filled Member Evenings that outline "Who We Are, What We Do". Not only are they used to bring in new members, but they are fun which statistics show keeps members interested and coming back to Club meetings. Yes, we have had a couple of lean years of membership growth, but that can be turned around with ALL Clubs having a Membership Chairperson who will be in charge of setting up a Membership Committee that

will organize the Membership Events. Any CI Board member would be willing to help with information to get your Clubs going on membership increases. Financially, CI depends on its membership numbers to balance the books. With the last couple of years where we had overall membership decreases, our balance sheet has been affected. With overall increases in membership, our financial situation can improve.

All Clubs hold events throughout the year to raise funds for diabetes related causes and for local charities within their communities. These monies forge a path towards finding a cure for diabetes as well as benefitting the local communities where the Clubs are located. The manner in which the funds are raised vary from Club to Club. They may be as simple as holding Hot Dog sales to Golf Tournaments to Steak Nights to acting as Ushers at a concert within the community. Regardless of how small or how large the event is, they are designed to raise monies to be donated for worthwhile causes. There are Clubs that are looking for ideas for a new fundraiser or are willing to share their ideas with other Clubs. If you have a great idea for a fundraiser, please contact a Board member to pass that idea on.

With everything that we hope to initiate this year, CI should have a successful year and make headway into increasing our membership and having fun!!!



Let's Get Some New Members

Hi, Everyone! We have now had a few weeks to rest up from a very fine Cosmopolitan International Convention. Kevin and Cindy Harmon once again did an excellent job of coordinating and guiding us successfully through 3 days of Cosmopolitan business. We had a pretty good turnout and those in attendance had a very fun-filled and educational few days.

Your International Board had two full days of meetings prior to the convention to start working on strategic planning for Cosmopolitan International. As notes from this session are compiled, all members will be hearing about the findings and the plans that will ensue. Keep your eyes and ears open for updates as they arrive.

Speaking of updates, if you have not heard us preaching over the past year, membership is in dire need of a kick in the pants. At the start of August we were down 70 members over all, and this is not good for Cosmopolitan International at all. I am asking all members to please think hard and start asking friends, family, and casual acquaintances to consider joining our great Cosmo family. International Headquarters has all the tools you might need to have an effective membership drive. The key is to end the drive with a Membership Event that showcases International, your club and the huge impact both have on the fight against diabetes and your local projects.

Keep in mind that it doesn't hurt when you ask a prospective new member to join. It doesn't raise your insurance or taxes and it

doesn't even cost you or the prospect any money, so please start asking people to join. We need to increase our membership in the neighborhood of 250 members to be able to meet our Cosmopolitan International budget without having to ask the Cosmopolitan Diabetes Foundation for a grant. Although it isn't a bad thing to ask for a grant, and that it is one of the things CDF has said they were there for, it would sure be nice to be able to run this club without having to ask for money to do it. Every one of us personally strives to be self-sufficient, so why wouldn't Cosmopolitan International want to do the same.

The only way Cosmopolitan International can be self sufficient is with more members. So, I am asking all members and clubs to work really hard this upcoming year to increase your membership levels. It looks to be fairly simple numbers wise. If you take 250 new members divided by 70 clubs, that equals 3.5 members per club increase. I know it may seem like it's a daunting task to ask a club to do this. But if every club member would take the time to invite and bring a prospective member to a meeting, we would be well on our way toward this membership increase.



Gary Bartlett
VP Membership
& New Clubs

*Keep in mind
that it doesn't
hurt when
you ask a
prospective
new member
to join.*

So everyone, please make the effort and "Git 'r Done" as our Cosmo friend Larry the Cable would be proud to say.

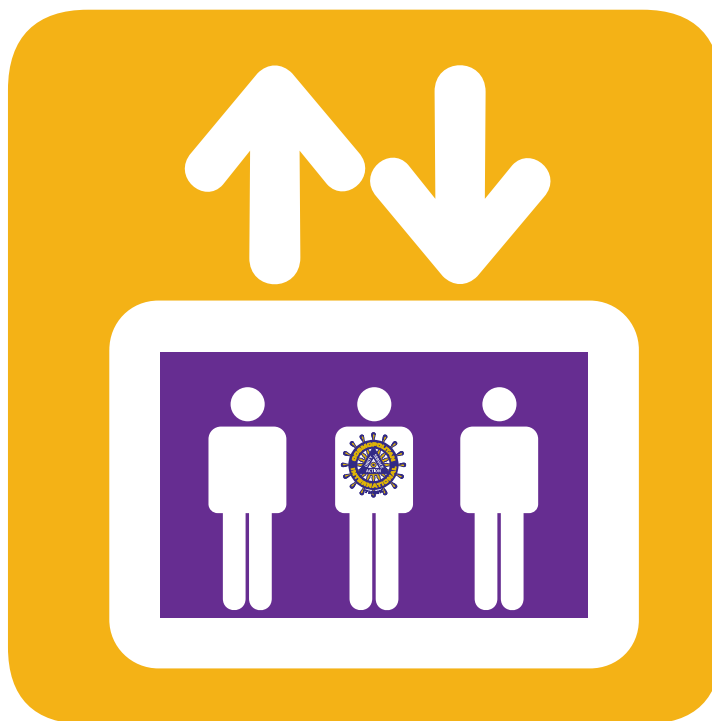
What's Your Elevator Speech?



Sheila Anderson
VP Marketing

Do you freeze up when someone asks you “What is Cosmopolitan?”

Maybe you answer by saying we are a service club like “X” but our main focus is diabetes. Hold it! We need to be more confident of who we are and have our elevator speech ready. And we certainly don't need to add in there “we are a service club like so and so.” There is no reason to compare ourselves to other service clubs. We are unique and we should be proud of who we are.



*Our strategic
planning
process offered
us insight
into what
we needed
to build our
foundational
marketing tools.*

I was happy to find out we were going through a strategic planning process at our International Convention. From a marketing standpoint, our biggest challenges are name recognition and not having a consistent message of who we are. Each member describes our organization in their own words, thus resulting in confusion to the public. It's okay to phrase things in your own words but there should be key words or phrases that we all incorporate when we are telling people about Cosmopolitan. Research has revealed that we do not remember a marketing message until we hear it about seven times. When you deliver consistent marketing messages, you build public awareness and preference faster than you can with a haphazard approach.

Our strategic planning process offered us insight into what we needed to build our foundational marketing tools: our program, our strategy, and our plan. Enhancing Cosmopolitan International Marketing Plan was one of our four key strategic directions. We will be breaking down this goal by action plans for each quarter over the next year. We can't do this alone, so we are asking for help from ANY member who has an interest or expertise in these areas. The team leaders for all committees pertaining to Enhancing Cosmopolitan International Marketing Plan will be led by myself, Brian Duckett, and Jerry Grywachski. So take a look at one of these four areas and let me know if you have an interest in helping in one or more of these. I have also listed the names of those people who have already signed up to be on the committee.

1. **Pool of Marketing Experts Identified:** We want to develop a list of marketing experts that we can tap in for various projects whether it is you that is the expert or has some background or it may simply be someone you know.
Members: *Bob Williams, Richard Brynteson, Bob White, Melvina Newman, Rick Swansbro, Bob Stoyand, Bill Smetheram, Duane Muck, Barbara Saunders*
2. **Target Market(s) Identified:** Identify who our market is for members and go after that age group or demographic. We will need to decide if this is something we feel we can identify on our own or if we need to hire a research firm.
Members: *Bob Williams, Richard Brynteson, Bob White, Melvina Newman, Walter Alm, Bob Stoyand*
3. **Options Explored for Marketing Planning Initiative:** This is the brainstorming process of ideas.
Members: *Bob Williams, Richard Brynteson, Bob White, Melvina Newman, Bob Stoyand, Barbara Saunders*
4. **Develop a Major Marketing Campaign:** This is when the actual marketing plan is developed.
Members: *Bob Williams, Richard Brynteson, Bob White, Melvina Newman, Perry Johnson, Jack Ostoforoff, Lyle Hardy, Beth-Anne Ferley, Bob Stoyand*
5. **Implement Recommendations for Marketing Plan:** This is the implementation process of the plan.
Members: *Bob Williams, Richard Brynteson, Bob White, Melvina Newman, Perry Johnson, Beth-Anne Ferley, Bruce McCollister*

So what do we see in place by 2015 as a result of our collective action for Defined Identity (Brand)?

- Focused organizational structure
- Consistent, defined identity and message
- Successful projects that grow awareness and membership

A couple other areas I want to quickly cover are the importance of us having all the current email addresses for our members. We will be starting to send out various information and news electronically. We are asking all Club Presidents to ensure they are getting their current roster to their new Governor. The Governor will then get that information into the hands of Headquarters.

Also, all new marketing materials and logowear MUST be using the current logo. There are several old brochures and shirts out there that people are running around in using an older version of the logo. To help us establish our brand, we are asking that you please refrain from using these at Cosmopolitan related functions. You can download our logo from our website under Resources/Cosmo Logos. There are both JPEG files and EPS files available. Our PMS (Pantone) colors are: Gold 117C and Purple 2685C. The logo can be done in full color, all purple, all gold, all black, or all white. You also have the option of including the tag line under the logo or leaving it off.

We will be
breaking down
this goal by
action plans for
each quarter
over the next
year.

Foundation News



Tom Gustafson
CDF Chairman

Greetings Fellow Cosmos from Cosmopolitan Diabetes Foundation:

At the recent convention in Kansas City, the CDF kicked off its new policy where any contribution to the CDF (noted below as a "directed Beacon") would count towards an existing or new Beacon. During our Beacons breakfast, our fellow Cosmos again showed their commitment to philanthropy through their checkbooks. In all, our Cosmo members & clubs made contributions to the CDF totaling \$33,349,50.

Directed Beacon:	\$16,300
Beacons endowment:	\$11,600
Discovery:	\$4,000

As a result of the additional contributions to the Discover Fund, the CDF was able to fill grant requests (below) in total of \$33,000.

Organization	Grant Amount
Camp Hertko Hollow (Iowa)	\$2,000.00
Cornbelt Diabetes Connection, Inc. (Cdc) Nebraska And Iowa	\$4,500.00
Cosmopolitan International Diabetes & Endocrinology Center (Columbia, Mo)	\$4,500.00
Crusader Community Health (Rockford Il)	\$4,500.00
Health Care Access Clinic (Lawrence, Kansas)	\$4,500.00
Heartland Cosmopolitan Club For The Harmon Diabetes Center, (Kansas City, Mo)	\$2,000.00
Provena Mercy Medical Center (Aurora, Il)	\$2,500.00
Rapid City Cosmo Camp For Kids (Rapid City, Sd)	\$2,000.00
Setebaid Services - Cosmopolitan Club Of The Capital Region (Harrisburg, Pa)	\$2,000.00
Strelitz Diabetes Center - EVMS (Norfolk, Va)	\$4,500.00
Total	\$33,000.00

As Cosmos, we should all be very proud of the CDF funds contributed to our many supported programs.

A CDF Milestone Reached

As Cosmos, we should all be very proud of the CDF funds contributed to our many supported programs. As a result of this year's grant to the Crusader Clinic, CDF support of the Crusader Clinic reached \$100,000 and total Cosmopolitan support of Crusader now exceeds \$400,000. In the recent meeting with the Crusader Clinic where this year's check was presented, everyone at Crusader passed along their appreciation to Cosmopolitan for the past and continuing support.



New CDF Board Members

In the last issue, we mentioned our newest CDF Board members. I would also like to introduce a couple of individuals who are now serving on the board. My apologies to both of them for not including them in the last article.

Helen Holt is now serving as the CDF representative from the Southwest Federation. I have had the privilege of working with Helen over the past several years. She's a very dedicated Cosmopolitan and always willing to help. We are very happy to have Helen serving on the CDF.

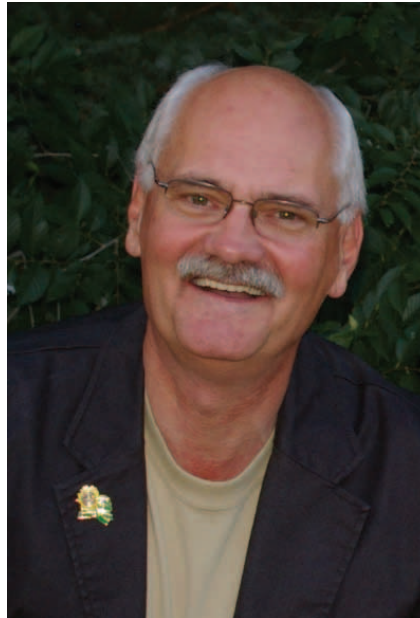
Richard Greer: The CI board has appointed Richard Greer to serve as their "At-large" CDF representative. With Richard's immediate CI Board experience, he will be a great asset to the CDF as a liaison from the CI Board.

I would like to send out a big thank you to a couple of individuals that work their tails off every year on behalf of Cosmopolitan and the CDF at our conventions. The CDF meetings run very smoothly and the CDF Breakfast is a great event because of the help from Kevin & Cindy Harmon. Thanks for all your help, Kevin & Cindy—The CDF events run smoothly because of your leadership and dedication!

As always, the CDF wishes to thank all of our Cosmo Members, clubs and federations for the continued support of our diabetic projects through contributions to the CDF. The CDF is here to serve Cosmos as they serve others. Your input as to how we can assist Cosmopolitan is always welcomed and appreciated.

All the best,

Tom Gustafson



Richard Greer



Helen Holt

*The CDF is
here to serve
Cosmos as
they serve
others.*



Ed Ficenece
VP Finance

*If a friend is a
Cosmopolitan
Make a
friend a
Cosmopolitan.*

K.I.S.S.

I want to thank you for giving me the opportunity to serve as your Vice President of Finance for the coming year. My goal for the year is to keep you informed on what is happening with our financial position on a monthly basis via our Cosmopolitan web-site. The web-site should be updated monthly, at least within the first ten days of the month.

I am not a CPA so I don't know all the fancy terms that they use. But I am a business man and have been a Cosmo for a long time and am a former Governor for this great organization. What I am as well is a believer in the "KISS" program. KEEP IT SIMPLE STUPID. So please feel free to ask me any questions you may have on our financial position and I will be glad to provide the answer or go to our experts to get the answer.

With the above in mind we need to start our new Cosmo year on a positive note. In the area of finances we are somewhat hurting. Our income greatly depends on our membership and is dependent on you the member and the dues you pay so we can pay the bills. Dues are our major source of revenue.

Unlike the government we cannot print money or borrow from China. So what is needed is for each of us to look to our right and our left and ask our friends and neighbors to join our organization. Ask yourself how many friends have you made in Cosmopolitan that you would not have had the opportunity to meet if you had not been given the opportunity to join our Club?

At the international convention in Overland Park it was determined that we need 215 net new members to meet our budget for the year. At the end of our Cosmo year we stood at 1909 members with 28 in the At Large status. If just 12% of us would sign a new member we would more than meet that number.

In the very short time I've had the job I've learned that the monies we have are very closely watched by your executive director and board to keep us as solvent as possible. We will have a tight budget this year. We are here to serve you but will need your help where we go financially. The convention is over (what a great convention it was) so now is the time to get down to business. Please make sure your club dues are paid to date both with international and your federation. Club Treasurers, please look at your books and see that your club is paid to date and if not please...please get caught up. If there are any discrepancies please let me know so we can get them resolved.

We all benefit by making our organization a viable organization and an organization that can pay its bills.

I think this will be an exciting year that we can all be proud to be a part of. Cosmopolitan does have an open door policy, so if you have any questions please don't hesitate to ask. We may not have the answer off the top of our heads but the answer can be found.

Remember:

If a friend is a Cosmopolitan

Make a friend a Cosmopolitan.

International
Convention
Overland Park, KS

2011 International Convention OVERLAND PARK "RECAP"





Healthy Choices



Cosmo's in the Kitchen

By Erin Harmon and Jim Sauer

This year's International Convention in Overland Park was highlighted by a guest program component that featured two Cosmo Chef's who shared some of their favorite recipes. Erin Harmon of the River City Club, who trained at the Culinary Center of Kansas City and PIP Jim Sauer of West Omaha, an exquisite home chef, demonstrated cooking techniques to a packed house. Included in this issue of Topics are the recipes for the dishes they created. These dishes are truly their recipes developed through adaptation and practice. Key is the fact that any home cook can recreate these wonders and impress at their next dinner party, family gathering or special event. Enjoy!

MARINATED PORK LOIN

INGREDIENTS:

3-4 pounds boneless pork loin

Marinade:

- 2 tablespoons ground sage
- 2 tablespoons thyme
- 2 tablespoons pepper
- 4 tablespoons salt
- 1 cup oil



PREPARATION:

Mix dry spices and then add oil to form a wet paste. Rub into pork loin on all sides. Cover and refrigerate for 2 to 3 days.

Place pork loin on hot grill and turn every fifteen minutes for 30 to 40 minutes. Remove when meat thermometer reads rare to medium (approx 160 degrees). Cover with foil and let rest for 10 to 15 minutes before slicing.

Alternate Cooking Method:

Bake in oven for 30-40 minutes at 350 degrees or until meat thermometer reads rare to medium (approx 160 degrees).

DURANGO POTATO SALAD

INGREDIENTS:

- 2 pounds small red potatoes
- 1 can Ro-tel diced tomatoes & green chilies
- ½ cup mayonnaise
- 2 Tablespoons Gulden's Spicy Brown Mustard
- 1 cup chopped celery
- 2 green onions, sliced
- 3 slices cooked bacon, crumbled

PREPARATION:

Cook potatoes until tender. Cool slightly. Dice Potatoes or Slice to your preference. Combine Ro-tel, mayo, and mustard. Add potatoes, celery, green onions, and bacon. Toss and refrigerate for at least one hour.

BRUSCHETTA WITH BALSAMIC TOMATOES AND FETA

(Serves 10)

INGREDIENTS:

2 lbs vine-ripened tomatoes; 1-inch diced
1 medium red onion, diced
2 cloves garlic, minced
1½ cups balsamic vinegar
½ tsp red pepper flakes
2 Tbsp basil; fresh and minced
¼ cup olive oil
Salt and pepper to taste

French bread baguette, sliced thinly
Olive oil
Garlic clove; whole and raw
Feta cheese; crumble



PREPARATION:

1. Preheat oven at 450 degrees.
2. Wash and prepare tomatoes placing diced portions into a large bowl. Prepare onion, garlic and basil. Combine these into separate medium sized bowl. Combine remaining ingredients into bowl with onion, garlic and basil. Mix well into form of dressing. Pour dressing over tomatoes and chill for up to 12 hrs.
3. Place thinly sliced pieces of baguettes on baking sheet. Brush each piece with olive oil. Using whole garlic clove, rub each piece liberally. Bake (or grill 2-3 mins) bread pieces for 5-6 minutes at 450 degree oven. Let cool 3-5 minutes.
4. Place slice of baguette on plate. Spoon balsamic tomatoes on top of bread slice. Top with crumbled feta cheese. Serve.

APPLES WITH BRANDY BUTTER SAUCE

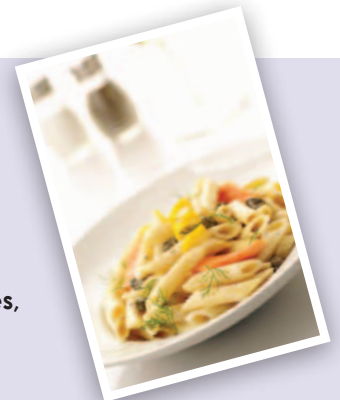
(Serves 4)

INGREDIENTS:

1 Cup Granny Smith Apples, rough chopped
4 Tbsp butter
1 ounce (2 Tbsp) AppleJack Brandy
2 Tbsp brown sugar
3 ounces (6 Tbsp) apple juice
1 Tbsp cornstarch
¼ tsp cinnamon
1 Tbsp lemon juice
Serve with scoop of vanilla bean ice cream

PREPARATION:

1. Make a **slurry** by combining the apple juice and cornstarch in a small bowl or cup. Set slurry aside.
2. Heat a sauté pan over medium-high heat and add the butter. Once the butter is melted, add the brandy and brown sugar. Dissolve the sugar and bring to a boil.
3. Add the apples and cook for 5 minutes. Add the slurry mixture to the apple mix. Bring back to a boil, add the cinnamon and lemon juice.
4. Simmer 6-10 minutes until caramel-like consistency. Remove from heat and ladle over ice cream.



PASTA WITH SMOKED TROUT (SALMON)

INGREDIENTS:

1 pound smoked trout (salmon can also be used)
1 pound penne pasta
3 tablespoons olive oil
2 tablespoons finely chopped shallots
½ lb. fresh tomatoes, peeled, seeded and chopped

OR 1 can (14 oz.) Italian peeled tomatoes,
drained, pureed and strained
1 cup half & half or light cream
Dash of nutmeg
¼ teaspoon salt
½ teaspoon coarsely ground black pepper
¼ cup brandy

PREPARATION:

Prepare fish by cutting into 1-inch pieces or shred. Cook pasta until barely tender, 8-10 minutes, and then drain. Meanwhile, heat olive oil in a large skillet. Add shallots and cook over low heat until soft and translucent, 3-5 minutes. Add the tomatoes, cover and simmer for 5 minutes. Add the half & half, nutmeg, salt, and pepper. Cook for 3 minutes. The sauce will be thin at this point. Add the brandy and pasta, increase the heat to high and cook, tossing frequently until the pasta is tender but still firm and the sauce thickens, 2-3 minutes. Add the fish and toss over heat until hot, about 30 seconds.

Serve on warm plates, garnished with parsley and/or parmesan cheese.

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 are 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

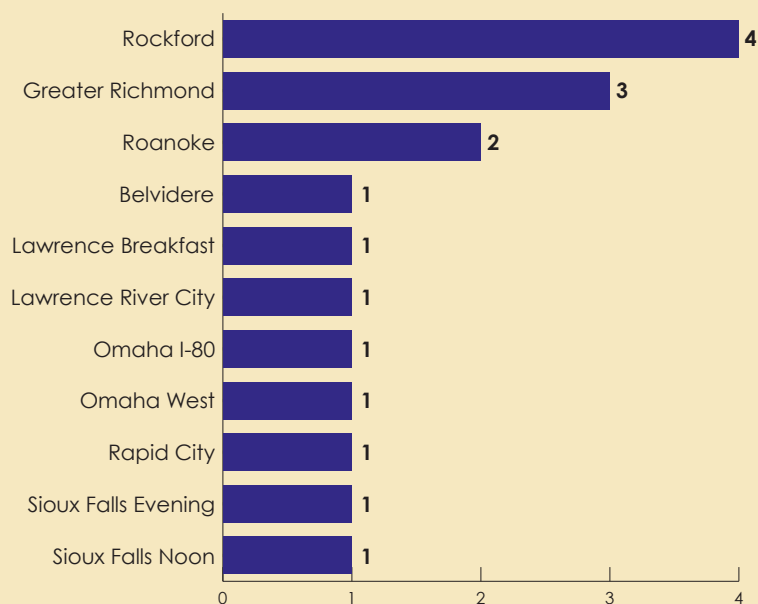
640 Flormann Street
Rapid City SD 57701
Dr. Thomas Repas
605-718-3300

Know & Tell



Top Clubs for Year

New Members Added through August 31, 2011



Federation Honor Roll

Net Increases through August 31, 2011

Cornbelt	Even
Southwestern	Even

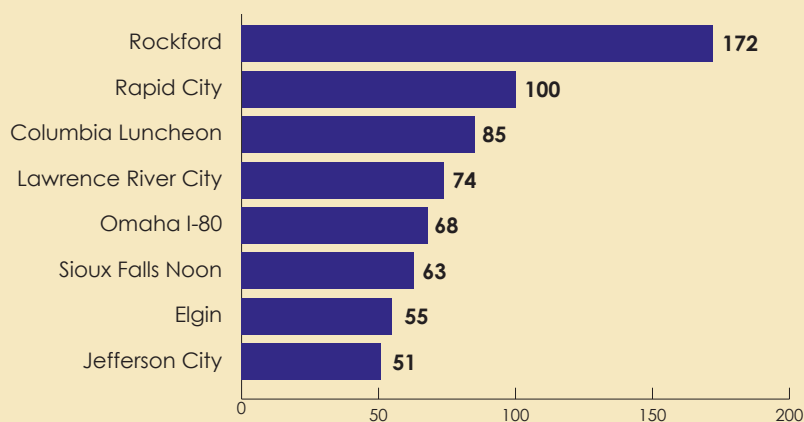
Club Honor Roll

For Clubs with Net Increases through August 31, 2011

Greater Richmond
Lawrence Breakfast
Omaha I-80
Omaha West
Rapid City
Sioux Falls Evening

Top Clubs

Total Members through August 31, 2011



TOP CLUBS



Out & About

Crusader Community Health opens in Loves Park

By Tom Gustafson

On August 27, 2011, Ryan, Amanda and I attended Crusader Community Health's grand opening of its new Loves Park, IL facility. After receiving a \$5.5 Million grant, Crusader broke ground on the 14,000 square foot facility in the Fall of 2010. Crusader treated more than 43,000 patients in 2010 and saw a growing need in the Loves Park area. The clinic will open for official business on September 6, 2011.

Gordon Eggers, Crusader CEO, and Linda Niemic, Vice President-Development, welcomed dozens of visitors as we toured the facility's lobby area, 18 exam rooms, two



procedure rooms, nurse stations, laboratory, learning center, and a children's play center. We learned that the clinic will house providers in family practice, pediatrics, dentistry, gynecology, podiatry and pain management. All the kids in attendance received balloon animals and had their faces painted. Thanks to everyone at Crusader for the invitation and congratulations on a first class facility!



Award Winners



Rookie of the Year:



Gloria Gunn
Rapid City Club

Gloria Gunn joined the Rapid City Club in October 2009 and immediately began to be active in the club. She was elected right away to the Board of Managers. Gloria volunteered for all the clubs activities including ushering at the local civic center.

Gloria put her skills to use by creating flyers, brochures and advertisements for the club's newest fundraiser, Reflections. She used new ideas to streamline the clubs assembly of items for the fundraiser, spending many, many hours of her time to assist. This included creating organizational charts and duties for the club volunteers.

Gloria is already an outstanding and respected member of her club in only her first two years. Gloria is Cosmo's first International Rookie of the Year.

Congratulations Gloria!

Member Community Service Award:



Mike Rasmusson
Fargo-Morehead Club

Mike is very active in his club and community and has been for many years. Even as a child he was active in such activities as Scouting, 4-H and Church. He continued this beginning into adulthood and is currently involved in many worthwhile causes.

Mike is involved in many community activities which include his work for the Fargo-Morehead Club as well as Lutheran Campus Ministries, Lutheran Church, Red River Danes, Nordic Culture Club and American Diabetes Association. He has been very involved in Scouting in the past as a Scoutmaster and Merit Badge Counselor as well as related duties.

Mike is a very fine example of Cosmo's who not only serve our club well, but positively impact their community.

Congratulations Mike!

Cosmo of the Year:



Jacki Swank
Columbia Show-Me Club

Jacki has been a member of the Columbia Show-Me Club since January of 2007. She is very active in the community as well as her club, which is no small task given that she has a full career as Branch Manager of a Columbia Bank, has two children and her husband, a Major in the Army National Guard, has served two tours in the Middle East.

During the past two years Jacki has served as President-elect and now President of the Club. She is involved in all aspects of the clubs activities including all fundraisers, regular meetings, social meetings and events and inter-club activities. Even with her busy schedule she has four years perfect attendance with the club.

Jacki is a great example of doing for others and your community as well as your family.

Congratulations Jacki!

P.J. Hodgins Award:



Kurt Kopp
Columbia Luncheon Club

Kurt has been a member of the Columbia Luncheon Club since October of 1986 and made an immediate impact as the club's Rookie of the Year. Besides that he was elected to the Board of Managers and became the Bulletin Editor in his first years. He has served in virtually every office and was Club President in 1992.

Kurt became involved at the Federation level as well. He served as Lt. Governor in 1993-94, Then Governor-elect in 1994-95 and became Mo-Kan Governor in 1995. Mo-Kan had a membership increase in both 1994 and 1995 due in part to the service of Kurt.

At an International level, Kurt began attending International Conventions in 1990. He also began attending International Spring Board meetings in Kansas City in that same year, even though he was not a Board Member. Kurt made a successful run for the office of 2nd Vice President in 1997-98 and was installed as our International President for 2000-01.

Kurt has always been very active at all levels of the Club and truly lives a Cosmopolitan life style.

Congratulations Kurt!

Rookie of the Year

President of the Year:

P.J. Hodgins Award:

Member Community Service Award

Cosmo of the Year

Governor of the Year

President of the Year:



Rick Swansbro
Rockford Club

Rick Swansbro was selected by the Executive Committee of the Board of Directors as the 2010-11 Club President of the Year. Rick successfully led the Rockford Club to another banner year and increase in membership. As our largest club, it is no easy task to lead a group of 170+ members with all the meetings, fundraisers, community involvement and projects that represent "the" club in Rockford.

Rick has been a valued member of the leadership team of Cosmopolitan as not only President of his club but also the Governor-elect of Mid-States Federation. Rick is now the Governor and the Board is looking forward to his knowledge and expertise in business and community involvement to help lead us into the future.

Although Cosmopolitan has a number of very deserving and effective Club President's, the Committee is proud to select Rick Swansbro as the Top Club President.

Congratulations Rick!

Governor of the Year:



Jerry Grywacheski
Western Canada Federation

Jerry Grywacheski has been a member of Cosmopolitan and the Regina Club since November of 1981 and was selected as Governor of the Year by the International Executive Committee. Jerry has served his Federation and International well.

Western Canada enjoyed a net membership increase during the year. Jerry served as a member of the Awards and Recognition committee this past year. That committee was instrumental in reviewing all awards and proposing revisions as needed. Jerry was quite active in the Board meetings and was called upon for a number of tasks during the year.

Congratulations Jerry!

Other Award Winners...

Best Website:

Omaha Cornuskers
Bob Hanson, Webmaster

Yearbook:

Lawrence River City
Denise Johnson, Chair

Top Bulletin:

Lawrence River City
Susie Bartlett, Editor

Club Community Service:

Roanoke Club

Big C:

Fremont, Lawrence Breakfast,
Lawrence River City,
Rapid City, Roanoke, Rockford
and Sioux Falls Noon

Medal of Merit:

Roanoke Club – 21% increase

President's Award:

Elizabeth City Club
Jim McVay and Sheila
Anderson, Outstanding
Achievement

Rebuilding Friendships:

Columbia Breakfast, Prince
Albert, Regina, Roanoke,
Rockford Women's, Santa
Fe Trail, Saskatoon Couples

Friendship Builders - 5 members:

Capital: Glen Dunbar,
Cornbelt: Matt Chilton, Ed
Ficenech, Todd Larson, Cissie
Rapay, Mike Ellingson,
Richard Gordon, Mark
Grabbe
Mid-States: Walter Alm, Jacob
Fitzgerald, Matt Armstrong,
Gil Pina, John Schissel,
Tom Gustafson, LaVonne
Hawking

Mo-Kan: Eric Burkett, Harlan
Edmonds, Mike Evans, Larry
Auwarter, John Blatz, Greg
Shields, Chuck Witt, Larry
Mauldin, Jim McNabb,
Duane Muck, Carroll
Highbarger, Jack Hohman,
Pat Hohman

North Central: Derry Anderson,
Jim Schuh

Southwestern: Al Cook,
Western Canada: Darwin
Baker, Brent Brodeur, Shawn
Larson

10 Members:

Cornbelt: Kevin Welsh, Kyler
Nelson,
Mid-States: Walter Alm, Don
Cuppini,
Mo-Kan: Phil Hanson, Linda
Shields, Wanda Meinhardt,
North Central: Bill Keck, Bob
White

15 Members:

Mid-States: Russ Dennis,
Kenlyn Nash-Demeter, Mark
O'Donnell,
Mo-Kan: Brett Benton, Kevin
Harmon

20 Members:

Mo-Kan: Kurt Kopp

25 Members:

Mo-Kan: Gary Bartlett

30 Members:

Cornbelt: Jim Walker

80 Members, Most All Time in Cosmo History:

Mid-States: Tom Etier -
Rockford

2011-2012 Club Directory

ALEXANDRIA-CENLA, LA

Southwestern Federation

PRES: Fred Dyer
4041 Heyman Lane
Apt. 110
Alexandria, LA 71303
H: (318) 449-9336
MEETS: 1st & 3rd Thursday, 6:00 pm
Fuher Library

AURORA, IL

Mid-States Federation

PRES: Kenlyn Nash-Demeter
13 Ashwood Court
Sugar Grove, IL 60554
H: (630) 466-8099
kenlyn@mchsi.com
MEETS: 3rd Thursday, 6:00 pm
Colonial Cafe

AUSTIN, TX

Southwestern Federation

PRES: Howard Byram
2001 Millay Drive
Austin, TX 78757
H: (512) 454-2197
MEETS: 3rd Tuesday, 7:00 pm
Tres Amigos Mexican Rest.

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: Tricia Smith
2020 North Boone School Road
Caladonia, IL 61011
H: (815) 446-1675
B: (815) 544-0316
tricialsmith@yahoo.com
MEETS: First 3 Wednesdays, noon
Belvidere Moose Lodge

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
Kenwood CC & Alfio's Rest.
1st Wed. @ Kenwood CC
Remainder of month, @ Alfio's

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, 6:00 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: Charles Cenkner
603 Showers Street
Harrisburg, PA 17104
H: (717) 213-9288
rotarychuck@aol.com
MEETS: 3rd Thursday, 6:30 pm
Radisson Penn Harris Confric Ctr

COLUMBIA BREAKFAST CLUB

Mo-Kan Federation

PRES: Ray Smith
2500 Lloyd Drive
Columbia, MO 65203
H: (573) 447-4244
brayandjane@aol.com
MEETS: Tuesday, 7:00 am (August-April)
1st & 3rd Tues. (May-July)
Cosmopolitan Community Bldg

COLUMBIA LUNCHEON, MO

Mo-Kan Federation

Pres: John Hubert
2553 W. Oak Ridge Drive
Columbia, MO 65202
H: (573) 875-3040
B: (573) 874-3102
jhubert@naught-naught.com
MEETS: Tuesday, noon
HyVee South

COLUMBIA SHOW-ME, MO

Mo-Kan Federation

Mo-Kan Federation
PRES: Christy Kremer
3712 Dublin Avenue
Columbia, MO 65203
H: (573) 446-6450
B: (573) 817-2481
ckremer@cornerstonenational.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@gmail.com
MEETS: 2nd & 4th Tuesdays, 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
1795 Grandstand Place
Elgin, IL 60123
H: (847) 705-0731
B: (847) 742-0500
wafootdr@sbcglobal.net
MEETS: 2nd Tuesday, 6:30 pm
Hickory Stick Bar & Grille

ELIZABETH CITY, NC

Capital Federation

PRES: George Harrell
121 Whitehurst Street
Elizabeth City, NC 27909
H: (252) 264-2810
W: (252) 335-2596
info@georgeandcompany.us
MEETS: 2nd & Last Tuesday, 7:30 pm
Cosmopolitan Club Building

EMERALD CITY, KS

Mo-Kan Federation

PRES: Wanda Meinhardt
5515 SE 2nd
Tecumseh, KS 66542
B: (785) 232-3432
wandajean46@hotmail.com
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: Ray Meister
121 S. William Avenue
Fremont, NE 68025
H: (402) 727-1829
meister@neb.rr.com
MEETS: Friday, 7:00 am
Clarion Hotel

GRAND ISLAND, NE

Cornbelt Federation

PRES: Leonard McCarty
4067 W. Capital Avenue
Grand Island, NE 68803
H: (308) 384-7531
B: (308) 381-8099
lmccarty@q.com
MEETS: 1st & 3rd Monday, 6:30 pm
HyVee Meeting Room

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
wjquire@gmail.com
MEETS: 2nd Saturday, 6:30 pm (*)

HEARTLAND, KS

Mo-Kan Federation

PRES: Don Gentry
8765 Candlelight Lane
Lenexa, KS 66215
H: (913) 492-6936
B: (913) 261-9337
euchee@att.net
MEETS: 3rd Thursday, 6:30 pm (*)

JEFFERSON CITY, MO

Mo-Kan Federation

PRES: Paul Gerling
2620 Jennifer Drive
Jefferson City, MO 65101
H: (573) 893-4794
B: (573) 761-6126
holmdog@mail.ultraweb.net
MEETS: Friday, noon
American Legion Hall

JOHNSON COUNTY, KS

Mo-Kan Federation

PRES: James Shildmyer
12714 Cherokee Lane
Leawood, KS 66209
H: (913) 491-4593
shildmyer@att.net
MEETS: Thursday, 7:00 am
Denny's Restaurant

LAWRENCE BREAKFAST, KS

Mo-Kan Federation

PRES: David Lake
3526 Morning Dove Circle
Lawrence, KS 66049
H: (785) 856-1195
B: (785) 296-7409
davidlake@sunflower.com
MEETS: 1st, 2nd, & 3rd Friday, 7:00 am
Smith Center

LAWRENCE RIVER CITY, KS

Mo-Kan Federation

PRES: Denise Johnson
1493 E 660 Road
Lawrence, KS 66049
H: (785) 749-5732
denojohn@hotmail.com
MEETS: 1st Thursday, 6:30 pm (*)

NORFOLK, VA

Capital Federation

PRES: Cynthia M. Cook
1800 Fleet Terrace
Virginia Beach, VA 23454
H: (757) 963-7750
cmcook28@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: Jim Fenlon
15606 Pine Street
Omaha, NE 68130
H: (402) 334-8373
B: (402) 333-4000
jfflaw@cox.net
MEETS: Friday, noon
Jericho's Restaurant

OMAHA LADYBUGS, NE

Cornbelt Federation

PRES: Linda Brannon Myers
15701 Meadow Ridge Drive
Springfield, NE 68059
H: (402) 305-7022
twoadts@yahoo.com
MEETS: 2nd & Last Wednesday,
6:30 pm (*)

OMAHA I-80, NE

Cornbelt Federation

PRES: Nathan Christ
2038 S. 192nd Avenue
Omaha, NE 68130
H: (402) 334-6703
B: (402) 763-6009
nchrist@accessbank.com
MEETS: Friday, 7:00 am
Rockbrook Garden Café

(*) Denotes various locations

(**) No Current Information

2011-2012 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: Jerry Noel
5155 S. 149th Street
Omaha, NE 68137
H: (402) 896-3127
ganoel@cox.net
MEETS: Wednesday, 7:00 am
Perkins Restaurant

PRINCE ALBERT, SK

Western Canada Federation

PRES: Doug Gent
3059 Erickson Crescent
Prince Albert, SK S6V 6P8
H: (306) 764-0100
gents@sasktel.net
MEETS: Wednesday, 6:30 pm
Prince Albert Golf
& Curling Club
Sept.-June

RAPID CITY, SD

North Central Federation

PRES: Steve Ferley
1930 Galaxy Drive
Rapid City, SD 57701
H: (605) 718-2667
singingdad@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: Rob Fluter
3202 Portnall Avenue
Regina, SK S4S 1A5
H: (306) 584-9370
B: (306) 522-0032
pab@accesscomm.ca
MEETS: 2nd Tuesday, 6:00 pm
Nicky's Café & Bake Shop
(Sept.-June)

ROANOKE, VA

Capital Federation

PRES: John M. Keeley
20 Bramlett Place
Fincastle, VA 24090
H: (540) 473-3153
B: (540) 904-3126
Keeley.john@pfsbd.com
MEETS: Wednesday, 12:15 pm
Tazza Indian Cuisine

ROCKFORD, IL

Mid-States Federation

PRES: Tom Grimes
6316 Tudor Lane
Loves Park, IL 61111
H: (815) 985-6520
B: (815) 874-5440
tgrimes@letabmhelp.com
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
B: (815) 885-4747
loswald@meridian-direct.com
MEETS: 2nd Wednesday, Noon
Stockholm Inn
4th Wednesday, Noon
Pearl Bistro

ST. ALBERT, AB

Western Canada Federation

PRES: Steve Brittain
15 Harnois Place
St. Albert, AB T8N 5R2
H: (780) 459-8501
B: (780) 297-8580
sbrittain@selecteng.ca
MEETS: 1st and 3rd Monday, 6:00 pm
St. Albert Rugby Club
September-June

SANTA FE TRAIL, KS

Mo-Kan Federation

PRES: James Flynn
11434 Craig
Overland Park, KS 66210
H: (913) 529-7210
janflynn@aol.com
MEETS: 1st & 3rd Friday, 7:00 am
Perkin's Restaurant

SASKATOON BRIDGE CITY, SK

Western Canada Federation

PRES: Gregory Kitz
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Western Canada Federation

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l.o@sasktel.net
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4th Tuesday, 7:30 pm
Social-12th of each month
Cosmopolitan Industries Ltd.

SASKATOON YELLOWHEAD, SK

Western Canada Federation

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Jay's Transport Board Room

SIOUX CITY, IA

Cornbelt Federation

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Ramada City Centre

SIOUX FALLS, SD

North Central Federation

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SD Achieve

SIOUX FALLS EVENING, SD

North Central Federation

PRES: Derry Anderson
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derry@andersongroupgpa.com
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Wisk and Chop

STURGEON VALLEY, AB **

Western Canada Federation

PRES: Robert Larson
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rlarson@waymarc.com
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St. Albert Senior Citizen Center

THREE RIVERS, IA **

Cornbelt Federation

MEETS: 2nd Tuesday, 6:30 pm (*)

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Mo-Kan Federation

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MEETS: Thursday, 12:00 pm
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PRES: John Krysak
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elginjohn@aol.com
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3rd Friday on odd months (*)

WICHITA AIR CAPITAL, KS

Mo-Kan Federation

PRES: Doug Lampton
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B: (316) 263-3293
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MEETS: 3rd Tuesday, noon
Scotch & Sirloin

WICHITA DOWNTOWN, KS

Mo-Kan Federation

PRES: Les Withrow
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Wichita, KS 67226
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Candle Club

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Perkins Restaurant

WOMEN'S CLUB OF

PRINCE ALBERT **

Western Canada

PRES: Teresa Lorser
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(*) Denotes various locations

(**) No Current Information

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Saskatoon
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Fall 2011

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