

A publication of Cosmopolitan International

COSMOTOPICS

FALL 2012

TEAMWORK

2012-2013



Team Work



2012-2013

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR

Sheila Anderson

Vince Lombardi, arguably the greatest football coach of all time, once said, "The achievements of an organization are the results of the combined effort of each individual."

Those of you that know me know that I love football (the Vikings, Broncos, and any team with Tim Tebow on it). In many ways, Cosmopolitan is like a football team.

We have passion for what we do as do the players on a team. We enjoy our successes (raising funds) in the same way that a football team celebrates a victory. And, like a team, we have the will to win. It is this will to win – this joining together against a common foe (diabetes) which brings us together regardless of our geographic location, our age, and our individual talents and weaknesses. Brian Duckett, our International President, discusses his International theme of TEAMWORK in his article on pages 4-5.

In this issue, we introduce you to some new players on Team Cosmo. Jim Preston and Don Gentry join the CI Board, Melvina Newman is heading up the CDF, and Roger Bradley is chairing the Foundation of Canada. In addition, we have a new group of Governors ready to get in the game. They are all hitting the ground running. We have also included a Cosmo calendar on page 14 so you can plan your "season."

We are working on the game plan (Strategic Plan) and will be reaching out to you to help implement. So what part of the team will you play this year? I'm thinking the sidelines are not an option!

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.



COSMOTOPICS

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Tough Choices

Another year has come and gone. Over 150 Cosmo's descended on Calgary for our International Convention. There was a lot of work, but a lot of fun. Calgary is a wonderful city and the convention hotel did everything they could to make our stay enjoyable.

With a train station about a block away there was ample opportunity to explore the city. Several Cosmos took part in a pre-convention tour of the Canadian Rockies and many more visited Heritage Park as part of the convention. The Western Canada Clubs, especially the Calgary Club, and our Hosts, Harold Ager and Bill Smetheram, did a wonderful job. If you missed this one, be sure to plan now to come to Las Vegas in 2013 on August 1-3.

I mentioned that a lot of work was done. Chief among that work was laying out the plans to get our membership and budget in order. We hear about membership woes all the time. Some clubs are growing every year. But most are stagnant or losing members. We have a top-notch Executive Committee this year that brings first rate talent to Cosmo. Joining President Duckett are two familiar faces in Sheila Anderson as our President-elect and Gary Bartlett as VP for Membership and New Clubs. We also have a new VP for Finance, Jim Preston, who has spent his career in the field of management and budgeting. We also have a new VP of Marketing, Don Gentry, who has been a marketing executive for a major telecommunications company for years. Both of these new officers have hit the ground running and have some plans to get us through the next year and perhaps beyond.

We need your help. If you have ever found some bit of value as a member of Cosmopolitan, you owe it to others to share what you found. The bottom line is that we need more members, not to just grow our club, but to survive. Absent all of the current and future Cosmo's getting

into a growth mode, may well mean the end to Cosmo. We are at that point. We simply do not have the needed revenue to maintain our International operations as we have come to know it. Our revenue does not meet our expenses, even after five years of budget cutting and finding innovative ways to complete our tasks, we are losing money. The only way to continue cutting is to cut services as the budget is as lean as possible.

What does this mean to you? It means that over the next year or so, your Board will be involved in making some really tough choices. It means that our business model will undoubtedly change substantially in order to survive. It also means that some plans to stimulate growth and name recognition will get first priority over some tasks that have become commonplace, but don't grow our organization. It will also mean a different face on our club and way of doing business. Change is a hard thing for many to accept, but if you aren't changing with the times you are essentially dying. Your Board is committed to making the best choices for all of Cosmo. I am convinced of that. They are also committed to making sure Cosmo clubs survive. We also have two Foundations that are committed to helping in any way possible.

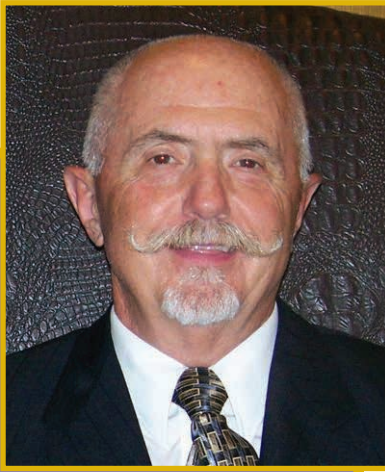
With every Cosmo helping, we can make the changes needed. With every Cosmo inviting a friend, relative, associate, neighbor or even strangers to a meeting to learn about the very good work we do in our communities and our centers, we can grow. The time is now to act.



Kevin Harmon
Executive Director

*Your Board is
committed
to making
the best
choices for
all of Cosmo.*

Teamwork



Brian Duckett
President

*It is time to
work as a
TEAM to build
Cosmopolitan
International
back up to the
organization
that it once was.*

“Four score and 14 years ago”, the International Federation of Cosmopolitan Clubs was formally chartered and incorporated in Kansas City, MO by attorney Patrick J. Hodgins. Since its humble beginnings, Cosmopolitan International, as it is now known, has grown from the original 4 Clubs into a service organization of 60 Clubs and 1809 members.

Hodgins envisioned a civic organization that fully adopted the ideals of **Unity** of purpose, **Service** to the community, and **Action** on the part of all members. If he was with us today, he would be pleased at how the organization has grown and the work that we do under the banner of **UNITY, SERVICE, and ACTION!!!** We have a GREAT team concept that has worked in the past, but is on rocky ground now. We are in a drought in membership with the last 3 years resulting in negative membership increases and with losses in membership, our financial situation is compromised.

TEAMWORK is the theme that I have chosen for my year as your President because it is time to once again work as a **TEAM** to build Cosmopolitan International back up to the organization that it once was. It will take a **TEAM** effort to accomplish this and I will need a commitment from the Executive, the Federations, the Clubs, and the members in order to achieve this. Membership-Retention-New Club Building is right up there on the top of my goals for this year. We do a great job of attracting members, but a terrible job of keeping them. Last year, we brought in 204 new members, FANTASTIC, but we lost 304, 238 regular members and 66 from the 5 Clubs that disbanded. If we are to work as a **TEAM**, we have to remember that we are only as strong as our weakest team member. As of the end of June, we had 20 Clubs out of 60, 1/3, that are below the Charter strength of 20 members. We, meaning the other 40 Clubs, have to commit to helping the 20 achieve the goal of 20+ members. Some Clubs have already done some of the work for us by trying out the concept of a Membership Event and proving that you can be successful attracting new members by hosting such an Event. I am asking every Club in Cosmopolitan International to commit to hosting at least 1 Membership Event this year. Yes, it takes a bit of work to organize, but the benefits that

the Club will reap in new members will be well worth the effort. Feel free to contact VP of Membership & New Clubs, Gary Bartlett, at gary@cosmopolitan.org for more information on Membership Events. Remember, to bring new members into your Clubs and to help you with your Membership Event, continue to use the “Great People Who Should Be Cosmos” form which is available on the website under Resources and “JUST ASK” someone. In order to spur the Clubs on to host a Membership Event, I am implementing a President’s Award called the Membership Event Award. I also have 2 other Awards, the President’s Theme Pin Award and the 10%+ Award, to try and spur individual members and Clubs into bringing new members in. The criteria for these 3 Awards are:

- 1. President’s Theme Pin - Awarded to every new member into Cosmopolitan during the 2012-2013 Cosmopolitan fiscal year and to the individual that sponsored the new member.**
- 2. 10% + Award - A bannerette will be awarded to all Clubs who have a net increase in membership of 10% or greater during the 2012-2013 Cosmopolitan fiscal year.**
- 3. Membership Event Award - A bannerette will be presented to all Clubs who have met the following criteria:**
 - a) Must commit in writing to the International President or Vice-President of Membership & New Clubs that the Club will organize and host at least 1 Membership Event during the 2012-2013 Cosmopolitan fiscal year, other than just inviting prospective members to a regular Club meeting.**

b) Indicate in the commitment message, when/where the Event will be held and the format that will be used for the Event.

c) As a result of the Membership Event, at least 1 new member from those invited are signed up as new Cosmopolitans and all appropriate documents be sent to Headquarters for processing.

d) Following the Membership Event, a brief written report, about the Event, be sent to the International President or Vice-President of Membership & New Clubs.

The criteria for these 3 Awards will also be available on the website and from Headquarters or if you send a direct e-mail to brian@cosmopolitan.org, I will gladly send them to you.

We also have other important challenges facing us in the next year. Finishing and implementing the Strategic Planning will be a priority. I am a firm believer that to make sure everyone is on the same page, we need to communicate from the Executive levels of Cosmopolitan International and the Federations to the Clubs and members and vice-versa from the Clubs and members up to the Federation and

International Executives. I have a plan of action to ensure that communication in both directions is achieved. International Awards and Convention attendance has been dwindling over the past number of years so it will be the task of the entire **TEAM** to change that and get Award entries back up and Convention attendance on the upswing as well.

We, as Cosmos, have some work to do so that the organization gets back up on its feet like we were a number of years ago, but with a commitment from all members of the **TEAM**, we can achieve that goal. Increasing membership puts us in a better financial situation. Throughout the year, your Executive and Board will be looking at possible ways of alleviating the financial burden that low membership numbers puts on the organization. The first and best method is to bring in new members and to keep the members we currently have.

It is also a personal goal of mine to visit as many Clubs that I possibly can throughout my year as your President. I plan on starting my visits in late September or early October and continuing until next year's International Convention in Las Vegas so I will be contacting the Clubs to arrange a visit with their members. Shelley and I look forward to meeting and seeing you all while we are on my President's visits.

I am asking every Club in Cosmopolitan International to commit to hosting at least 1 Membership Event this year.



Reigniting Growth



Sheila Anderson
President-elect

My heartfelt thanks to all of you for allowing me the opportunity to serve the past three years as your Vice President of Marketing.

Cosmopolitan International has been so much a part of my daily life since I joined in 1995. I hope during this time I have touched and inspired people in ways that I may never know and I hope I can continue to do this as I serve in the President-elect and President positions.

Every day you all have a chance to help shape the future of Cosmopolitan... We've accomplished a great deal, but so much more can be done. Hundreds of people's lives have been materially and positively affected by the kindness and charity we do. We really are amazing!

I think it is critical to paint a fully transparent picture for you of where our organization is performing well and where the areas of concern are. We do a commendable job at fundraising and supporting our communities. We build lifelong friendships and continue to have a huge impact in the world of diabetes through the funds we give to research and education. We save lives!

The main area of improvement is membership, both in gaining new ones and retaining what we have. We know this is our lifeblood. The whole organization needs to be focused on this priority. Although we have experienced a setback in growth the past few years, I have complete faith that we can reignite growth. I once read that a setback is a setup for a comeback. I love that! This is not a sign of a failure, it's simply an opportunity to do better. I challenge anyone to find a comeback story or any possible success story that setbacks and obstacles did not affect. There will always be setbacks.

So how do we come back? We make a plan, run with it, and be prepared for any adjusting to that plan. When you fire a rocket, the computer system adjusts

the rocket based on the weather and wind conditions. If the rocket starts to go off target, the computer adjusts and re-calibrates. It is the same thing with setting goals and making a plan.

The theme this year is Teamwork. You are now all part of the Cosmo Comeback Team. I can paint you an uplifting picture of where I see our organization in five years if everybody just does their personal best. We've all heard the cliché "the best way to eat an elephant is one bite at a time." So I'd like us to focus on short-term accomplishments – the adrenaline-pumping goals that get scored on the way to winning the game. I encourage all Clubs to set monthly goals. Three goals is a good rule of thumb. It's achievable without being overwhelming. Think about what you can do as individuals to help with membership in your local Club. Do you have a vision of what you want your Club to achieve in your community? Has your Club ever set a membership retention rate? Are there other Clubs the same size as yours that you can be in touch with to share ideas on growth and retention? If you knew your Club couldn't fail, what would you do? We can come back bigger, better, and stronger!

We must always strive to make the Cosmopolitan experience the best it can be for our members and for the community projects we support.

The decisions we make today are the fabric of our future.

We can
come back
bigger,
better, and
stronger!

Help Wanted

THE PROBLEM:

The current budget for Cosmopolitan International (CI) includes a \$9,000 grant from the Cosmopolitan Diabetes Foundation (CDF) and the use of \$14,433 from reserve for a total deficit of \$23,433. The bleeding of the CI fund needs to stop. Our backs are against the wall. Two years from now we will be in a corner with limited options. We need your help!

The Finance Committee consisting of Mike Hertling, John Krysak, Phil Hanson and Jim Preston met July 28, 2012 to discuss a number of ideas to balance the budget. Three of the most significant ideas reviewed were:

1. Sell or lease the Headquarters building
2. Revamp the duties of the staff
3. Fund raisers

Disposing of the Headquarters Building would eliminate or reduce utility costs, real estate taxes, insurance and maintenance cost. Funds generated from the sale of the building would increase interest earned by several hundred dollars. Total reduction in lost margin should equal between 10 and 12 thousand dollars.

I will be forever grateful to Kevin Harmon for stepping to the plate and pulling Cosmopolitan International from the brink of disaster following the betrayal by a previous Executive Director. However, with Kevin and Cindy Harmon retiring this next year, it creates the opportunity to review the duties that we ask our staff to accomplish and identify tasks that could be reduced, transferred to other Cosmopolitan members or eliminated and adjust compensation accordingly. Possible savings – over \$60,000. I strongly encourage the Search Committee to consider revamping the duties before advertising the position of Executive Director.

Your Finance Committee has added a Fund Raiser line item to the revenue portion of the budget with the idea that additional income could be raised through club-wide raffles, auctions or solicitations. Ideas are welcome.

WHO IS HELPING?

Richard Gordon, Governor of the Cornbelt Federation is a barber by day and a master

craftsman by night. Governor Gordon has agreed to donate a wood carving (most likely a Bald Eagle holding a fish) to be raffled club-wide this next year to help reduce our deficit. Thank-you Sir Richard for leaning forward in the foxhole and doing what you can to help CI.

WHAT CAN YOU DO?

The more CI functions I attend, the more I realize there are a lot of smart people in our organization. So what can you do? How about:

- Volunteering to coordinate the raffle for the wood carving.
- Sell raffle tickets. If 1,000 of our 1,800 members sold \$5 worth of tickets, it would raise \$5,000 for our organization. What if 100 shooting stars like Lon Bohling of the Fremont Club sold 100 tickets each, what a difference that would make.
- Develop and help implement your own fund raising idea.
- Recruit a new member. If each of the 60 clubs would generate a net increase of 1.5 members, it would add an additional \$7,380 to the CI coffers.
- Contribute to a CI Endowment Fund. For long range stability, your Finance Committee would like to establish an endowment fund. Properly funded and invested, an endowment fund could fund half of the administrative costs for the next generation of Cosmopolitans. You could help build this fund through an outright gift or consider making the contribution to Cosmopolitans a part of your estate planning. You supported Cosmopolitans for most of your adult life. How about continuing to support the Cosmopolitan mission at your passing?

So what can you do? How about you, Randy, what are you going to do to help? What about you, Wanda (my new best friend since Friday), how are you going to help? And what about you, Don (my Navy-puke friend), what are you going to do to help? Help is needed. One person cannot resolve our financial situation. A committee of four can't do it, but all of us working as a team can get it done.

Allons Y Faire



Jim Preston
VP Finance



A carving by Governor Gordon.

Help is
needed.
One person
cannot
resolve our
financial
situation.

Help Cosmo Grow

Another exciting and fun Cosmopolitan Convention has come and gone. Everyone in attendance seemed to have a great time, and a multitude of thanks goes out to all that had a hand in putting this convention together.

As for newly elected President Brian's theme Teamwork I do plan to do all I can to be a team player for the club as a whole. I plan to work hard with the newly elected VP of Marketing Don Gentry to see what we can do to combine Marketing with Membership increases. I know Don has some ideas that we will be kicking around soon. Stay tuned for what we hope to be some exciting times in Cosmopolitan Internationals future.

We are now ready to hit the ground running for the new Cosmo year. As VP of Membership and New Clubs I am working on putting together my Goals and Objectives for the upcoming year. I know a good part of these will be to do all we can to increase membership. I think that every club should strive to pick up at the very least one new member, but preferably increase their membership by 10% and then do everything in their power to hold on to members that they already have. It is very important for the success

of Cosmopolitan International that each club works hard to help Cosmo grow.

I am asking all clubs to work hard with their Federation Governor during this upcoming year. Give them all the support that you can and encourage them to succeed in any and all endeavors that they shoot for during the year. Please be sure to invite them to visit your club and ask them to help you out with your membership events that you will be holding throughout the year. Speaking of Membership Events, don't forget to hold at a minimum of two during this next year. Make sure you have at least one well-planned and thought-out program using the PowerPoint provided on the Cosmopolitan International website under the resources tab. It is a proven fact that this type of well-presented program works and works well. Also, make sure you are utilizing the Great People Who Should Be Cosmos form, also found on the website.



Gary Bartlett
VP Membership and
New Clubs

We are now
ready to hit the
ground running
for the new
Cosmo year.



Increasing Name Recognition

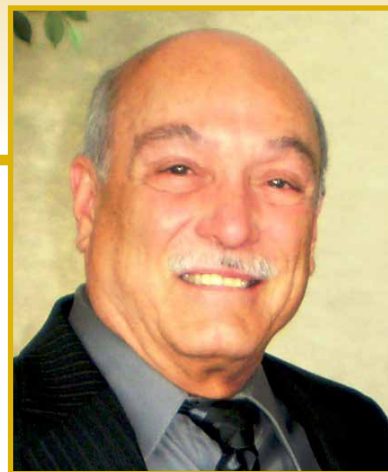
Hello, everyone. First, let me say thanks for you vote of confidence.
I am looking forward to working with the new executive board.

As an organization we have a lot of work to do and it promises to be a busy year for everyone. For those of you that were unable to attend the international convention and may have missed my call, I would like to more formally introduce myself. I joined Cosmo's in 1989 in Tulsa, OK. At the time I was President of the Black Gold Drum & Bugle Corp in Tulsa and one of the corps fund raising efforts was a bingo operation at the Tulsa Cosmo club house. During that time I conducted a marketing campaign to introduce the city of Tulsa to the concept of what a drum and bugle corp is and does for the youth that are members. That involved contacting local TV and radio stations requesting interviews and news stories. Because of the success of this coverage the corp operated on donated funds for over four years.

My business background in sales and marketing started with a major telecommunications company. One large project included a campaign to upgrade a network of over 15,000 travel agencies. As part of the team, I helped create multimedia presentations, printed material and telephone help lines. This was a three-year project and today, after some evolution you may know this travel network as Travelocity. Currently I am involved in a project to convert a corporate training organization from standard classrooms presentations to interactive video learning. My team has created and presented several live multi-media demonstrations that were broadcast to corporate

executives at multiple locations across the country resulting in a multimillion dollar funding budget to proceed with the project.

I would like to share with you my goals for this year. I will be contacting each club to request a marketing representative to act as the liaison between the marketing committee and the club. I feel that a single point of contact will assist us with sharing communications and coordinating actions during the year. I also feel that Cosmopolitan International is the best secret service club that exists. We need to increase our name recognition so to that end I am creating generic Cosmopolitan audio and video spots that can be used as public service announcements. My plan is to help each club in getting these spots some air time on local TV and radio stations. If we approach this as public service requests, I think the stations will be more cooperative. When this project is finished each club will have copies of a 60, 30 and 15 second video clip and also audio to use. Patrick J. Hodgins founded CI as a businessman's club. I want to initiate a grass roots campaign targeted towards those same small business people that Patrick had in mind. But he didn't have access to the social media and networking tools like we have today. I feel that an electronic media campaign will not only help us gain new members but also increase our name recognition. Implementing these goals should result in increased membership for CI and help our organization be more successful.



Don Gentry
VP Marketing

My plan is to help each club in getting audio and video spots some air time on local TV and radio stations.

Cosmopolitan Diabetes Foundation News



Melvina Newman
CDF Chair

Since 1979, Cosmopolitans have been making contributions to the permanent endowment fund to generate funds to support Diabetes related work.

The past year has been a productive and successful year for the Foundation and on behalf of the Board, I want to say thank you to Tom Gustafson for a job well done over the past 3 years as Chairman. I also want to thank Bob Williams for his work on designing a new "Beacons Brochure", and having it available at International Convention. This new brochure is available to Clubs and will be on the website.

The 2012-2013 Cosmopolitan Diabetes Foundation Board members are: Melvina Newman, Chairman, North Central Federation; Tom Gustafson, Vice Chairman, MidStates Federation; Bob Williams, Secretary, Capital Federation; Terry Sanford, Cornbelt Federation; Duane Muck, Mo-Kan Federation; Helen Holt, Southwestern Federation; Phil Hanson, CI Representative, and Ex Officio Members Kevin Harmon, Executive Director and Brian Duckett, CI International President.

Within this Foundation Board, there are also working committees and they report to the full Board: The Governance Committee (Bylaws) is responsible for all aspects of Board development and operations including review of Policies and Bylaws and the maintenance of a vision and mission statement. The Finance Committee is responsible for overseeing the financial performance of all funds under CDF, including the Beacons Fund, and shall recommend investment strategy, income disbursement and the management of designated funds. Beacons and Marketing Committee, is responsible for the promotion and marketing of the Beacons Fund as well as communicating the status of Beacons' giving to Cosmopolitan International. The Grants Committee is responsible for the review and recommendations for all grant requests. Phil Hanson is serving as the liaison to the CI Strategic Planning.

At the International Convention, we again saw what a small organization with great members can do. At the Donations and Beacons breakfast, U.S. Cosmopolitans showed their dedication by contributing a total of \$27,629.00 to the following funds. Beacons \$9,650.00, Discovery \$5,000.00, and Donor Directed Funds of \$12,979.00.

Since 1979, Cosmopolitan members, Clubs, and Federations have been making contributions to the permanent endowment fund (Beacons) to generate funds to support CI and Diabetes related work. This year we received grant requests of \$93,730.00. As a result of the gifts to Beacons and Discovery Funds, CDF was able to award grants (listed below) in the total sum of \$34,850.00 for 2012.

It was a great opportunity to attend the International Convention in Calgary and see everyone. I look forward to this year and want to thank all Cosmopolitans for your support of your Foundation. I encourage all Clubs to contact the Foundation Representative in your Federation and invite them to a meeting. This would be a great opportunity to learn more about the Foundation and help encourage Beacon memberships. Members are also welcome to contact me or any Board member any time for input or questions you may have as to how the Cosmopolitan Diabetes Foundation can serve you.

Grants Awarded by CDF	Amount
Cosmopolitan International Diabetes and Endocrinology Center (Columbia, Mo)	\$5,500.00
Cornbelt Diabetes Connection, Inc. (Cornbelt Federation)	\$5,500.00
Crusader Community Health (Rockford, IL)	\$5,500.00
Health Care Access Clinic (Lawrence, KS)	\$5,500.00
Diabetes Incorporated (Rapid City, SD)	\$3,000.00
Setebaid Services (Harrisburg, PA)	\$2,000.00
Strelitz Diabetes Center (Norfolk, VA)	\$5,000.00
Topeka A1c Club (Topeka, KS)	\$1,850.00
Camp Sioux (Fargo, ND)	\$1,000.00

Cosmopolitan Foundation of Canada Report



Roger Bradley
CFC Chair

The Cosmopolitan Foundation of Canada has had an excellent year with Beacon & Club donations of \$30,000.00 so far this year compared to \$24,600 for all of last year. Our Federations' 12 clubs oversee CFC activities by appointing one representative to sit as a director at Foundation board meetings.

I would like to congratulate the Calgary club for hosting a wonderful International Convention where a good time was had by all; at least that is what I saw in the hospitality suite. The CFC arranged for the Key Note speaker at the CDF / CFC Foundation breakfast meeting. Dr. Jane Shearer gave an excellent presentation on her stem cell research on type 2 diabetes, it was great to see that the question period after her presentation took us well past the allotted time.

About two years ago we funded a \$100,000.00 study titled "Physical activity for Over WEight youth at Risk for type 2 diabetes or "POWER" for short. The 20 year risk of end stage mortality in this group is 50%, a rate 5 times higher than that for youth with type 1 diabetes. Intervention studies in adults have clearly demonstrated that increasing physical activity can reduce the risk for T2D by 60%. Unfortunately a similar body of evidence is currently unavailable for youth.

As of July 2012 - 93 of the 120 test subjects have completed the 6-month intervention. 95% of participants have provided follow-up measures for the trial and they have achieved a compliance rate of ~ 70% with the prescribed exercise training sessions.

Preliminary analyses, suggest that higher intensity exercise elicits greater reductions in fatty liver, improves fitness and is preferred by the overweight adolescents. This study will be completed in early 2013 with a final report due to be release shortly thereafter. Stay tuned for more information on this study in the spring.

The CFC will make its third installment this fall on a five-year commitment to fund Graduate Students working with Principal Researchers at the Alberta Diabetes Institute {\$125,000 / 5 years}. These students have picked this area of research as a career path and will become the Principal Researchers of tomorrow which may not have happened without this type of funding.

These students work as CFC funded researchers and would be recognized as such for any contributions or discoveries they make, this is similar to another Cosmopolitan project, Rock' n August which funds two post graduate Fellowships who also do research in our name.

I would like to thank the Executive, Board of Directors, Northern Beacons, Western Canada Federation clubs and members for their support of our Cosmopolitan Foundation of Canada this year.

I would also like to encourage YOU – to BECOME A BEACON!!

All it takes is a \$100.00 donation per year and you get a tax receipt.

Help the CDF & CFC foundations fund critical diabetes research.

Respectfully submitted,

Roger Bradley

Chair, Cosmopolitan Foundation of Canada

*The CFC will
make its third
installment on a
commitment to
fund graduate
students working
with Principal
Researchers
at the Alberta
Diabetes Institute.*



Healthy Choices

Healthy Substitutions – YES! It is possible!

By: Cosmopolitan International Diabetes & Endocrinology Center at the University of Missouri – Columbia;
with bylines for Scottie Rawlings, RD, CDE, and F. Elaine Rehmer, MBA

Have you ever been told that you need to eat less FAT or SUGAR or SODIUM or CALORIES? And you were just absolutely sure you couldn't do it – because, after all, your food would taste awful! With just a little substitution magic, it IS possible to create tasty and healthier versions of your favorite recipes!

The first thing to remember is that for the principle of substitution to work - your food must TASTE GOOD!

Learning how to make good ingredient substitution choices can help transform recipes - without diminishing the taste or texture of the foods you enjoy!

Let's take a look at these techniques and guidelines and then you, too, can work magic in your kitchen. Many changes may seem minor however, small changes equal big results!

General Guidelines

1. Change one ingredient at a time. If the recipe does not turn out quite right, you will know where the problem lies.
2. Accept progress without perfection. For example, sometimes it is not possible to take out all of the fat without compromising overall taste.
3. Keep quiet until you hear the applause. Wait until people respond. Often people think "if it is healthy, it won't taste good."

Techniques

You can often reduce the amount of fat, sugar, and salt without sacrificing flavor in healthy recipes.

- **Fat.** For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, a mashed banana, plain yogurt, or prune puree.
- **Sugar.** Reduce the amount of sugar by one-third to one-half. Instead, try adding spices such as cinnamon, cloves, allspice and nutmeg or flavors such as vanilla or almond extract to boost sweetness.
- **Salt.** Reduce salt by one-half in baked goods that do not require yeast. For foods that require yeast, don't reduce the amount of salt, which is necessary for leavening. Without salt, foods requiring a leavening agent may become dense and flat. For most main dishes, salads, soups and many other foods, you salt can be reduced by one-half or eliminated with no effect!

Healthy Substitutions

Healthy substitutions not only reduce the amount of fat, calories, and salt in your recipes, they often boost the nutritional content!

- **Pasta.** Use whole-wheat or high fiber pasta instead of enriched pasta. You'll triple the fiber and reduce the number of calories!
- **Milk.** Prepare desserts with fat-free milk instead of whole milk. You'll save 66 calories and almost 8 grams of fat per cup!
- **Meat.** When making casseroles try scaling back on the quantity of meat, poultry or fish and increasing the amount of vegetables. You'll save on calories and fat while gaining more vitamins, minerals and fiber!

Casseroles

- Replace regular cheese with low fat cheese. Or try using half the amount of cheese called for in the recipe.
- Replace heavy cream with evaporated skim milk. You will save more than 500 calories for each cup of cream replaced.
- Replace sour cream with nonfat plain yogurt.

Desserts

- Try using a graham cracker crust instead of a traditional pie crust to reduce fat content.
- Reduce the amount of sugar called for in a recipe by 25 percent.
- Reduce chocolate chips by 25 to 50 percent.
- Did you know that a cup of semisweet chocolate chips has about 912 calories and 49 percent of those calories are from fat?
- Reduce the amount of nuts called for by half.

Miscellaneous

- Use two egg whites in place of every whole egg to cut total amount of cholesterol in a recipe.
- Replace half of the white flour with whole wheat flour to increase the fiber and nutrients.
- Replace half of the ground beef with ground turkey in lasagna, spaghetti, or in other recipes calling for ground beef to reduce total fat content.
- Replace one cup of sour cream with one cup of plain yogurt.

There are some recipes that may still be high in fat, sugar, or salt even though ingredients have been reduced or switched. If you're trying to limit your intake of fat, sugar or salt, consider decreasing the portion size!

So, wouldn't you agree that with a willingness to experiment combined with a little practice you really CAN improve your eating plan and enjoy your favorite foods with a few modifications?

REMEMBER - a recipe makeover is part science and part art. With just a little substitution magic, it IS possible to create tasty and healthier versions of your favorite recipes!

(Source: Nutrition and Healthy Eating <http://www.mayoclinic.com/health/healthy-recipes/NU00584> © Mayo Foundation for Medical Education and Research. All rights reserved.)

Oatmeal Muffins

ORIGINAL RECIPE:

- 1 egg
- 1 cup buttermilk
- ½ cup brown sugar (packed)
- ⅓ cup shortening or oil
- 1 cup quick-cooking oats
- 1 cup flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda

MODIFIED RECIPE:

- 2 egg whites
- 1 cup skim milk with 1Tbsp vinegar
- ⅓ cup brown sugar
- ¼ cup plain yogurt + 2 Tbsp oil
- 1 cup quick-cooking oats
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1-2 teaspoon cinnamon
- 1 apple chopped fine

DIRECTIONS:

Heat oven to 400 degrees. Grease bottoms of 12 medium muffin cups (or use 36 mini-muffin cups) or line with cup cake papers sprayed with non-stick spray.

Beat egg, stir in butter milk (or skim milk with vinegar stirred in), brown sugar; shortening (or yogurt and oil). Mix in remaining ingredients just until flour is moistened. Batter should be lumpy.

Fill muffin cups 2/3 full. Bake 20-25 minutes (or 12-15 minutes for mini-muffins) or until light brown. Immediately remove from the pan.

(Recipe adapted from Betty Crocker Cookbook)





2012-2013 COSMO CALENDAR

SEPTEMBER, 2012

- 1 Quarterly verification mailed to club secretaries
- 1 Deadline for CosmoTopics copy to HQ
- 30 Deadline for notifying HQ of new or dropped members for October invoice

OCTOBER, 2012

- 1 Dues & insurance invoice mailed to club treasurers
- 6 CI/CDF Executive Officer Meeting (HQ)
- TBD Capital Federation Mid-Term Meeting
- 19-21 Western Canada Federation Bonspiel & Mid-Term Meeting (Saskatoon, SK)
- TBD CI International Board Meeting

DECEMBER, 2012

- 1 Quarterly verification mailed to club secretaries
- 31 Deadline for notifying HQ of new or dropped members for January invoice

JANUARY, 2013

- 1 Dues invoice mailed to club treasurers
- 1 Deadline for CosmoTopics copy to HQ

MARCH, 2013

- 1 Quarterly verification mailed to club secretaries
- 8 Governor-Elect Training (Kansas City, MO)
- 9 CI Board & Committee Mtgs. (Kansas City, MO)
- 31 Deadline for notifying HQ of new or dropped members for April invoice

APRIL, 2013

- 1 Dues invoice mailed to club treasurers
- 21 Midstates Federation Convention (Rockford)
- TBD Mo-Kan Federation Convention (Overland Park, KS)
- TBD North Central Federation (Fargo, ND)
- TBD Capital Federation Convention (Richmond, VA)

MAY, 2013

- 1 Deadline for CosmoTopics copy to HQ
- 3 Cornbelt Federation Convention (Sioux City)
- 30 Deadline to submit proposed bylaw amendments to HQ
- TBD Southwestern Federation Convention (Austin)
- TBD Western Canada Federation Convention (Edmonton, AB)

JUNE, 2013

- 1 Cosmo of the Year, PJ Hodgins, & Member Community Service Award entries due at HQ
- 1 Quarterly verification mailed to club secretaries
- 30 Deadline for notifying HQ of new or dropped members for July dues invoice
- 30 Fiscal year ends

JULY, 2013

- 1 Fiscal year begins
- 1 Big "C" Award entries due at HQ
- 1 Dues invoice mailed to club treasurers
- 31 Newly Elected Club & Federation Officer Forms due at HQ

AUGUST, 2013

- 1-3 International Convention in Las Vegas, NV

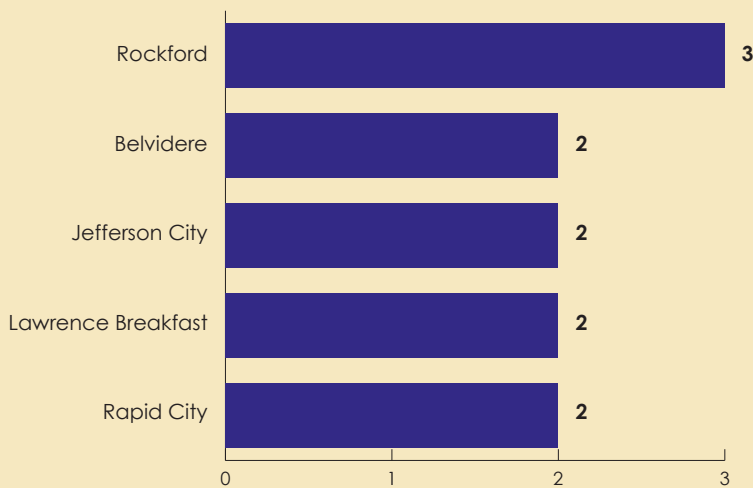
Know & Tell



TOP CLUBS

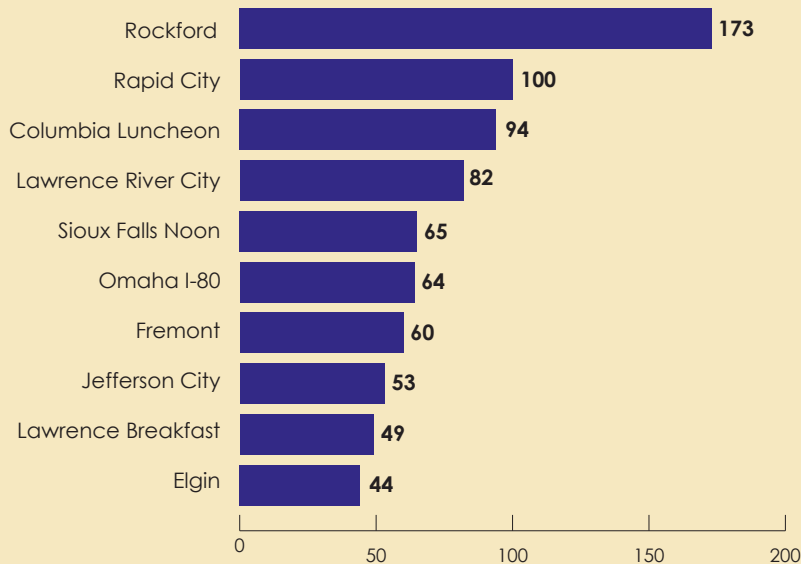
Top Clubs

New Members Added through August 31, 2012



Top Clubs

Total Members through August 31, 2012



Federation Honor Roll

Net Increases through August 31, 2012

Mid-States +3
North Central +3
Southwestern +1

Club Honor Roll

For Clubs with 2 or More Net Increase through August 31, 2012

Belvidere +2
Jefferson City +2
Rapid City +2

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

PROVENA MERCY MEDICAL CENTER

Center For Diabetes Wellness
1325 N. Highland Avenue
(new address)
Aurora, IL 60506
Maria Aurora Diaz, Clinical Director
630-801-5756

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

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.

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: _____

**BRICK CLUB
FALL 2012**



Sally Welch
Heartland Como Club
Always a Member

Cynthia M Cook
Norfolk President
2005-2007 2011-2013

In Memoriam



Capital Federation
Robert L. Higgins
Bethesda

MoKan
Jim Shaw
Santa Fe Trail

Western Canada
Ray W. Cooper
St. Albert



Out & About

A Go-Getter in Membership

By Tommy Johnson

Mo-Kan Governor-Elect

Lawrence River City Cosmopolitan Club

I represented the Mo-Kan Federation at the Topeka Cosmopolitan Club's Installation Banquet on June 28th, and was fortunate enough to meet longtime Cosmo member, Bill Dean. Bill is second only to Tom Etier, of Rockford, IL, in the number of new members brought into Cosmopolitan. Bill has sponsored 70 members over the years. Thank you, Bill, for your passion for our organization and we all congratulate on this tremendous accomplishment!



Bill Dean and Tommy Johnson at the Installation Banquet



President Brian & First Lady Shelley visiting with the Winnipeg Cosmopolitan Club at their 15th Annual "Dawn to Dusk" Golf Marathon on Sept. 17th. The Club raised \$24,500 this year for the Youville Diabetes Centre. GREAT job and congratulations on another successful Golf Marathon!!!



Wichita Air Capital and Support of Camp Discovery

By John Paladino

The Wichita Air Capital Club works closely with our local ADA chapter. The funds we raise from an annual golf tournament and art auction averages approximately \$15,000.00 to \$25,000.00 and is donated to Camp Discovery which is a camp for kids with diabetes.

The Camp Discovery program was founded in 1973, and has been held at Rock Springs Ranch which is south of Junction City, Kansas, since 1979. Over 200 children ages 8-16 from all over Kansas attend camp, each receiving \$400.00 scholarship in camp fees with an additional 48% attending at a reduced or no cost rate. For many parents the only time that they leave their child is when that child attends camp. Once a year it offers a “respite” from the daily struggle of preparing the right food at the right time, multiple injections and

blood glucose level checks and offers families an opportunity to focus on other children in the family, while spending time in marriage and relationships.

More than 70 volunteers give up a week of their personal time to come to Camp Discovery, contributing 560 days or 15,900 hours each year to Camp Discovery. The all-volunteer staff is comprised of 35% former campers who return as counselors, medical staff, directors and program staff living with diabetes themselves.

On a recent visit about 7 members traveled to Camp Discovery to see the facility and understand how we are able to promote Cosmopolitan Club and how our fund raising activities affect the daily lives of those affected with diabetes.



One of our members having his blood sugar level tested by the local staff and encouragement from the kids that were attending that week.

2012-2013 International Board Directory

COSMOPOLITAN INTERNATIONAL

President

Brian Duckett (Shelley)

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

President-Elect

Sheila Anderson (Derry)

1500 N. Tahoe Trail
Sioux Falls, SD 57110
H (605) 334-2654
B (605) 362-5677
F (877) 884-6573
sheila.anderson@rascompanies.com

Vice President For Membership & New Clubs

Gary Bartlett (Susie)

2720 Freedom Hill Court
Lawrence, KS 66047
H (785) 843-6066
gbart4489@sunflower.com

Vice President For Finance

Jim Preston (Dee)

14039 SD Highway 40
Hermosa, SD 57744
H (605) 255-4494
dpreston@mt-rushmore.net

Vice President For Marketing

Don Gentry (Linda)

8785 Candlelight Lane
Lenexa, KS 66215
H (913) 492-6936
B (913) 251-9337
euchee@att.net

Judge Advocate

Jim McVay (Sandi)

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

Cosmopolitan Foundation Canada, Inc.

President

Roger Bradley

8 Highland Crescent
St. Albert, AB T8N 6K1
H (780) 459-9524
rogerb@chrysalis.ca

COSMOPOLITAN DIABETES FOUNDATION

Chairman

Melvina Newman (Richard)

2011-2014
(NOR 1st Term)
1401 S. Coates Road
Sioux Falls, SD 57105
H (605) 338-7986
B (605) 336-2758
melvinanew@aol.com

Tom Gustafson

2012-2015
(MID 2nd Term)
129 S. Phelps #838
Rockford, IL 61008
F (866) 505-4563
gustafson@mmsn.com

Terry Sanford (Brenda)

2010-2013
(COR 1st Term)
9905 South 173rd Court
Omaha, NE 68126
H (402) 895-6732
tsanford77@cox.net

Duane Muck (Debbie)

2011-2014
(MOK 1st Term)
6995 S. Shore Drive
Hartsburg, MO 65039
H (573) 634-8849
B (573) 761-6222
dmuck1054@centurylink.net

Helen Holt (Bill)

2010-2013
(SOU 1st Term)
140 Dixie Church Road
Siefert, LA 71360
H (318) 793-2279
holtmemories@aol.com

Bob Williams (Jeanette)

2012-2015
(CAP 2nd Term)
7040 Highfields Farm Drive
Roanoke, VA 24018
H (540) 774-8933
F (540) 774-1802
bobjoe9134@aol.com

Phil Hanson (Brenda)

2012-2013
(At-Large 1st Term)
801 Canterbury Drive
Columbia, MO 65203
H (573) 449-4611
B (573) 875-6600
F (573) 875-5602
phil@hansoncpa.com

Ex-officio Members:

Brian Duckett, International President

Kevin Harmon (Cindy)

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

FEDERATION GOVERNORS

CAPITAL FEDERATION

William Beatty Capital Region
259 Westover Drive
New Cumberland, PA 17070
H (717) 774-5853 billjeanb@verizon.net

CORNBELT FEDERATION

Richard Gordon (Marjean) Sioux City
1812 Summit Street
Sioux City, IA 51105
H (712) 277-3521
B (712) 252-2112
scissork@aol.com

MID-STATES FEDERATION

Rick Swansbro (Linda) Rockford
5369 Wilderness Trail
Rockford, Illinois 61114
H/B (815) 540-2366
r.swansbro@comcast.net

MO-KAN FEDERATION

Tommy Johnson (Denise) Lawrence River City
1490 E 660 Road
Lawrence, KS 66049
H (785) 749-5732
Tommydawg57@yahoo.com

NORTH CENTRAL FEDERATION

Kathy Robley (Stew) Fargo-Moorhead
5904 Broadway St. NW
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H (701) 287-1507
B (701) 282-1235
kathy.robley@noridian.com

SOUTHWESTERN FEDERATION

Richard Mealer (Donna) Austin
10602 Lockerbie Drive
Austin, TX 78755
H (512) 250-2265
richardmealer@yahoo.com

WESTERN CANADA FEDERATION

Darwin Baker (Kathy) Saskatoon
Yellowhead
563 Nordstrum Road
Saskatoon, SK S7K 7X6
H (306) 975-3780
darwin.jays@sasktel.net

FEDERATION GOVERNORS-ELECT

CAPITAL FEDERATION

John Keeley Roanoke
20 Bramlett Place
Fincastle, VA 24090-4192
H (540) 473-3153
B (540) 904-3126
keeley.john@pfsbd.com

CORNBELT FEDERATION TBD

MID-STATES FEDERATION TBD

MO-KAN FEDERATION

John Hubert (Anita) Columbia Luncheon
2553 W. Oak Ridge Drive
Columbia, MO 65202
H (573) 875-3040
jhubert@naught-naught.com

NORTH CENTRAL FEDERATION

Chris Bauer Sioux Falls Noon
7709 W. Raegan Street
Sioux Falls, SD 57106
H (605) 940-9950
B (605) 361-8356
cbauer@cortrustbank.com

SOUTHWESTERN FEDERATION

Fred Dyer Alexandria-Cenla
4041 Heyman Lane Apt. 110
Alexandria, LA 71303-2816
H (318) 449-9336

WESTERN CANADA FEDERATION

Kathy Krysak (John) Wascana
199 Wells Street
Regina, SK S4R 5Z2
H (306) 949-9714
B (306) 766-4860
kkrysak@sasktel.net

2012-2013 Club Directory

ALEXANDRIA-CENLA, LA *Southwestern Federation*

PRES: Dewayne Smith
10068 Hwy 28 W
Boyce, LA 71409
H: (318) 793-2950
MEETS: 1st & 3rd Thursday, 6:00 pm
Main Library

AURORA, IL *Mid-States Federation*

PRES: Rita Smith
306 Meadow Lane
Newark, IL 60541
H: (815) 695-5596
ras102844@yahoo.com
MEETS: 3rd Thursday, 5:30 pm
Oak Street Cafe

AUSTIN, TX *Southwestern Federation*

PRES: Carl Deichmann
3203 Yellowpine Terrace
Austin, TX 78757
H: (512) 452-8745
MEETS: 2nd Tuesday, 7:00 pm
Tres Amigos Mexican Restaurant

BELLEVUE - BIG ELK, NE ** *Cornbelt Federation*

PRES: David Woods
314 S. 52nd Street
Omaha, NE 68132
H: (402) 292-1932
MEETS: 1st & 3rd Wednesday, 7:00 am
Downtown Coffee Shop

BELVIDERE, IL *Mid-States Federation*

PRES: Jennifer Jacky
1125 17th Street
Rockford, IL 61104
H: (815) 762-4391
B: (815) 544-8404
jjacky@rampcil.org
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
Restaurant
1st Wed. @ Kenwood CC
Remainder of month, @ Alfio's

BLAIR, NE ** *Cornbelt Federation*

PRES: Rick Paulsen
1035 North 14th Street
Blair, NE 68008
H: (402) 426-3536
B: (402) 533-5246
rpaulsen@macnet.com
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: Unknown

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, 7:00 pm
Radisson Penn Harris

COLUMBIA BREAKFAST CLUB *Mo-Kan Federation*

PRES: Mark Starkey
98 Crescent
Boonville, MO 65233
W: (573) 443-3401
stax_beltone@yahoo.com
MEETS: Tuesday, 7:00 am (August-April)
1st & 3rd Tues. (May-July)
Cosmopolitan Community Bldg

COLUMBIA LUNCHEON, MO *Mo-Kan Federation*

Pres: Patrick Zenner
1214 South Bridgewood Drive
Columbia, MO 65203
H: (573) 514-0814
B: (573) 874-7246
przenner@gooclumbia.com
MEETS: Tuesday, noon
Rock Bridge HyVee

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

PRES: Judy Weitkemper
3717 Bray Court
Columbia, MO 65203
H: (573) 442-0271
B: (573) 817-3431
judyweitkemper@centurytel.net
MEETS: 1st Thursday, 6:30 pm (*)

COUNCIL BLUFFS, IA ** *Cornbelt Federation*

PRES: Rodney Miller
123059 McPherson Avenue
Council Bluffs, IA 51503
H: (712) 323-9038
millrodcar@cox.net
MEETS: 2nd & 4th Tuesdays, 7:00 am
Village Inn Restaurant
(Sept. thru May)

EDMONTON, AB ** *Western Canada Federation*

PRES: Susan Sevcik
142 Grandin Road
St. Albert, AB T8N 1N9
H: (780) 460-7356
B: (780) 435-8811
ssevcik@telus.net
MEETS: 2nd & 4th Mondays, 6:00 pm
Boston Pizza

ELGIN, IL ** *Mid-States Federation*

PRES: Tom Jensen
MEETS: 2nd Tuesday, 6:30 pm
Hickory Stick Bar & Grille

ELIZABETH CITY, NC *Capital Federation*

PRES: Brian Sherlock
593 Ownley Road
Elizabeth City, NC 27909
H: (252) 264-4525
W: (252) 453-2100
bw1sherlock@yahoo.com
MEETS: 2nd & 4th Tuesday, 7:30 pm
Cosmopolitan Club Building

EMERALD CITY, KS *Mo-Kan Federation*

PRES: Juanita Parker
2050 SE 93rd Street
Wakarusa, KS 66546
H: (785) 836-2818
B: (785) 271-1404
juanita.parker@yahoo.com
MEETS: 3rd Monday, 6:00 pm (*)

FARGO, ND - MOORHEAD, MN *North Central Federation*

PRES: Lisa Fritzell
1450-25th Street South
Fargo, ND 58103
B: (701) 235-2228
titusorama@gmail.com
MEETS: Thursday, noon
Fryin' Pan Restaurant

FREMONT, NE *Cornbelt Federation*

PRES: Earl Underwood
1112 Wilmont
Fremont, NE 68025
H: (402) 620-4074
efunderwood@juno.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: Jim Kircher
5201 W. 80th Street
Prairie Village, KS 66208
H: (913) 381-3046
B: (913) 888-8438 x2518
Skjk72@kc.rr.com
MEETS: 3rd Thursday, 6:30 pm (*)

JEFFERSON CITY, MO**Mo-Kan Federation**

PRES: Mark Mueller
2907 Glovers ford Road
Jefferson City, MO 65101
H: (573) 761-5300
B: (573) 761-6163
mmueller@hawthornbank.com
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: Matt Neis
5618 Broadway Street
Shawnee, KS 66226
H: (913) 745-4025
B: (785) 842-7680
matt.neis@wellsfargoadvisors.com
MEETS: 1st, 2nd, & 3rd Friday, 7:00 am
Smith Center

LAWRENCE RIVER CITY, KS**Mo-Kan Federation**

PRES: Bob Harvey
3714 Hartford Avenue
Lawrence, KS 66047
H: (785) 832-1764
rharvey999@aol.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
No Meetings in July & August

NORTH SIDE LANCASTER, PA****Capital Federation**

PRES: Kathi Lesperance
870 N. Queen Street
Lancaster, PA 17603
H: (717) 392-1051
MEETS: 1st & 3rd Wednesday, 6:30 pm
Lancaster Elks

OMAHA/CORNHUSKERS, NE**Cornbelt Federation**

PRES: Candy Gorton
3312 South 107 Avenue
Omaha, NE 68124
H: (402) 398-9301
thegortons@cox.net
MEETS: Friday, noon
Jericho's Restaurant

OMAHA I-80, NE**Cornbelt Federation**

PRES: Randy Baker
10316 Madison Street
Omaha, NE 68127
H: (402) 331-3647
B: (402) 895-1300
rbaker@amfam.com
MEETS: Friday, 7:00 am
Rockbrook Garden Café

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: Dave House
MEETS: Wednesday, 7:00 am
Perkins Restaurant

PRINCE ALBERT, SK**Western Canada Federation**

PRES: Clare Middleton
RR 5, Site 27, Box 10
Prince Albert, SK S6V 5R3
H: (306) 764-6136
middleac@sasktel.net
MEETS: Wednesday, 6:30 pm
Prince Albert Golf & Curling Club
September - June

RAPID CITY, SD**North Central Federation**

PRES: Craig Lewis
3788 Chapel Lane
Rapid City, SD 57702
H: (605) 342-8281
clewis104@midconetwork.com
MEETS: Monday, noon
Thirsty's

REGINA, SK ****Western Canada Federation**

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

REGINA CAPITAL, SK ****Western Canada Federation**

PRES: Scott Calcutt
90 Windfield Road
Regina, SK S4V 0K2
H: (306) 585-0419
B: (306) 359-7705
scalcutt_ifsr@sasktel.net
MEETS: 2nd Tuesday, 6:00 pm
Nicky's Café & Bake Shop
September - 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: 1st-4th Wednesday, Noon
Every two weeks July - August
Tazza Indian Cuisine

ROCKFORD, IL ****Mid-States Federation**

PRES: Dayton Smith
4517 Wildwood Lane
Rockford, IL 61101
H: (815) 988-1971
B: (815) 877-1971
dayton@dbsaccountinginc.com
MEETS: Thursday, 12:00 pm
Forest Hills Country Club

(*) Denotes various locations

(**) Denotes no updated or incomplete information received at HQ

2012-2013 Club Directory

ST. ALBERT, AB

Western Canada Federation

PRES: Mark Morris
76 Andrews Crescent
St. Albert, AB T8N 2V3
H: (780) 913-8253
mmorris@telusplanet.net
MEETS: 1st and 3rd Monday, 6:00 pm
St. Albert Rugby Club
September-June

SANTA FE TRAIL, KS

Mo-Kan Federation

PRES: Steve Thon
10533 Barton
Overland Park, KS 66214
H: (913) 492-1351
B: (913) 754-3154
Sthon#everstkc.net
MEETS: 1st & 3rd Friday, 7:00 am
Perkin's Restaurant

SASKATOON BRIDGE CITY, SK**

Western Canada Federation

PRES: Gregory Kitz
426 Franklin Crescent
Saskatoon, SK S7J 5G4
H: (306) 955-3323
B: (306) 653-4653 x 261
gjkitz@sasktel.net
MEETS: 2nd Monday, 6:30 pm
Doc Hollandaise Restaurant

SASKATOON COUPLES CLUB, SK **

Western Canada Federation

PRES: John Waddington
H: (306) 668-4417
johnwad@sasktel.net
MEETS: Business meeting-
4th Tuesday, 7:30 pm
Social-12th of each month
Cosmopolitan Industries Ltd.

SASKATOON YELLOWHEAD, SK

Western Canada Federation

PRES: Richard Greer
1409 Elevator Road
Saskatoon, SK S7M 3X3
H: (306) 382-5179
rgreer@sasktel.net
MEETS: 2nd & 4th Monday, 7:00 p.m. (*)

SIoux CITY, IA

Cornbelt Federation

PRES: Matt Pittenger
3101 Lemon Court
Sioux City, IA 51106
H: (712) 276-4450
B: (712) 252-7868
mpittenger@spd.state.ia.us
MEETS: Thursday, 7:00 a.m.
Holiday Inn Downtown

SIoux FALLS, SD

North Central Federation

PRES: Matthew Smith
300 S. Phillips Avenue, Ste. 100
Sioux Falls, SD 57109
H: (605) 361-5697
B: (605) 367-6411
matthew51@hotmail.com
MEETS: Monday, noon
South Dakota Achieve

SIoux FALLS EVENING, SD

North Central Federation

PRES: Jerry Priebe
6509 W. Strabane Trail
Sioux Falls, SD 57106
H: (605) 362-2660
B: (605) 323-2811
jerry.priebe.c4wx@statefarm.com
MEETS: 2nd & 4th Monday, 6:00 p.m.
Westward Ho Country Club

STURGEON VALLEY, AB

Western Canada Federation

PRES: Tammy Allen
12206-102 Street
Edmonton, AB T5G 2H1
H: (780) 471-3369
W: (780) 481-8911
tammyrae_23@hotmail.com
MEETS: TBD

THREE RIVERS, IA **

Cornbelt Federation

PRES: Judy Mullen
1900 McDonald
Sioux City, IA 51104
H: (712) 252-0782
MEETS: 2nd Tuesday, 6:30 pm (*)

TOPEKA, KS

Mo-Kan Federation

PRES: Trina Riley
3607 SE Tomahawk Trail
Topeka, KS 66605
H: (785) 266-7582
B: (785) 291-7273
Driley2@cox.net
MEETS: Thursday, 12:00 pm
Topeka Country Club

WASCANA, SK **

Western Canada Federation

PRES: Adrien Dumonceaux
H: (306) 545-8389
B: (306) 721-6680
dumon@accesscomm.ca
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: Chad Phipps
511 N Second Avenue
Mulvane, KS 67110
H: (316) 777-4496
B: (316) 652-7005
Phipps99@gmail.com
MEETS: 3rd Tuesday, noon
Scotch & Siroin

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: Barry Tuckett
15 Erlandson Drive
Winnipeg, MB R3K 0G6
H: (204) 885-1056
btuckett@mts.net
MEETS: 1st & 3rd Tuesday, 6:30 pm
Perkins Restaurant

(*) Denotes various locations

(**) Denotes no updated or incomplete information received at HQ

2012

INTERNATIONAL CONVENTION WRAP UP



Brian Duckett

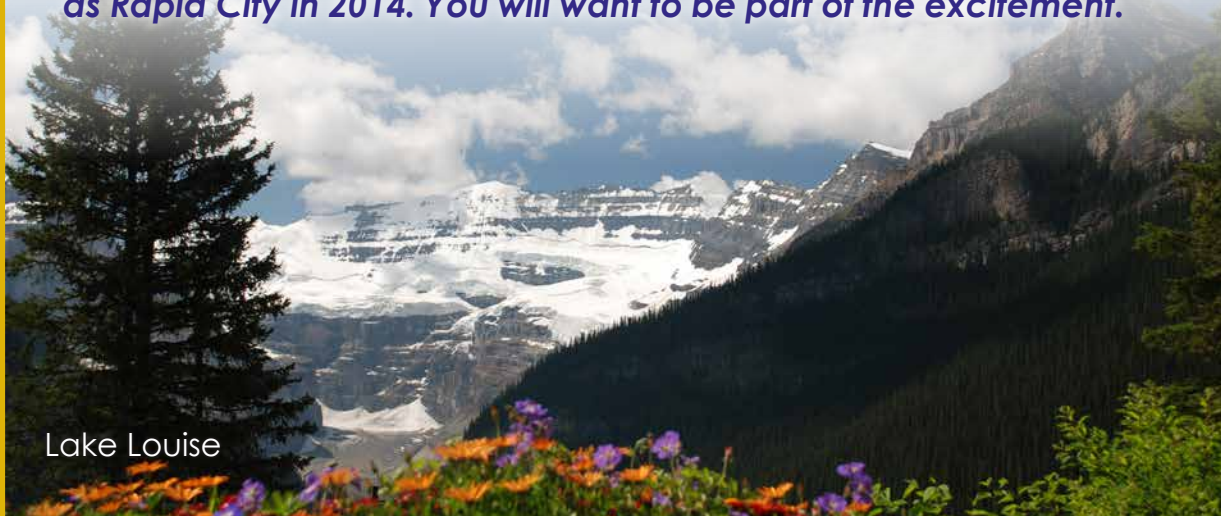
The Calgary Convention was a great success. Cosmo's from all across Canada and the United States gathered at the Best Western Village Park Inn in Calgary to take care of Cosmo business and have a little fun. The hotel was very accommodating, the food excellent, and hospitality quite enjoyable. The 150+ Cosmo's in attendance took care of a lot of business, heard excellent presentations on diabetes, our financial and membership position and strategies for the coming years all while having some fun. Visits to the Canadian Rockies, Heritage Park, the beautiful downtown, shopping and other attractions were prevalent. From the sounds coming from the hospitality room, friendships were made or rekindled while enjoying a beverage or snack.

The Western Canada Federation and the Calgary Club did an outstanding job putting the convention together for all to enjoy. Harold Ager and Bill Smetheram were the consummate hosts and should be congratulated on a job well done.

Make plans to join us in Las Vegas for the 2013 Convention as well as Rapid City in 2014. You will want to be part of the excitement.



Executive Committee



Lake Louise



Western Canada Federation attendees



Randy Schuller, Ray Meister, Richard Gordon



Guest speaker, Jim "Bearcat" Murray



Emerald City Attendees with PIP Tom Stone



Heritage Park Tour

Award Winners



Rookie of the Year:



Lon Bohling
Fremont Club

Lon Bohling, Fremont Club, was named the Rookie of the Year at the convention in Calgary. As the name implies, Lon is a new member that has already become a major contributor to his club. He has immersed himself in two areas of the club, membership and fundraising. Even as a new member, he is recruiting more new members. He is also a champion of raising funds for diabetes. To that end he sold over $\frac{1}{4}$ of the raffle tickets last year for the clubs major fundraiser and has already exceeded that total for 2012.

Great work, Lon, and welcome to Cosmo!

Member Community Service Award:

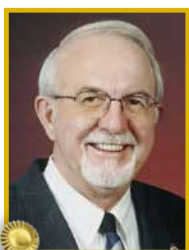


Ken Dirksen
Cornhusker Club

Ken Dirksen was named the Member Community Service Award winner for 2012 in Calgary at the convention. Ken is a charter member of the Cornhusker Club having joined in 1969. He is very active in his club and many community projects. He is a 50 year member of the Knights of Columbus in his church, ushers every Sunday and participates in a host of church duties. He is an active and integral part of the German America Society, Lions Club, and American Red Cross. With all that he still has served as an officer of his club and assists in many fundraisers and projects.

Great job, Ken!

Cosmo of the Year:



Ray Meister
Fremont Club

Ray Meister was named the 2012 Cosmo of the Year at the Calgary Convention. Ray became a member of the Fremont Club in 2003 and has made a major impact at the local, federation and international level already. The Cosmo of the Year is awarded for service at the local level. Ray has certainly done an outstanding job in that category. He has perfect attendance, is involved in all aspects of the club committees and events, and has served as Club President. He helped lead the successful membership events of the Fremont Club that attracted many new members to Cosmo and cemented the Club as a top ten club in membership.

Congratulations to Ray!

P.J. Hodgins Award:



Jim Smith
Saskatoon Couples Club

Jim Smith was named the recipient of the 2012 PJ Hodgins award, given annually to an outstanding Cosmopolitan for service to the club at the local, federation and international level. Jim joined Cosmo in 1979 and has been a member of three different clubs at one time or another and a current member of Saskatoon Couples Club. He served as club President of all three clubs and twice at his first club. He has been a Federation Governor and was our International President in 2008-2009. He has also chaired the Cosmopolitan Foundation Canada. Jim has visited nearly every club in the organization, hitting 62 of 64 clubs on his Fun for Life tour during his presidency.

Congratulations, Jim!

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:



Denise Johnson, River City Club President, was named the Cosmopolitan President of the Year for her work with her club. This was Denise's second term as President of River City, having served as its second president and first in its history in 1992. During the year, and under her leadership, the club had its most successful fundraising year, increased in membership and had successful community service projects that continued to gain name recognition in the Lawrence community.

Congratulations, Denise!



Denise Johnson
River City Club

Governor of the Year:



Our Mo-Kan Governor was named the Governor of the Year for Cosmo at the Awards ceremony in Calgary. John served Mo-Kan with distinction during his year. He visited the clubs, kept in touch by phone and email, encouraged membership growth and community service at every turn and ended the year with positive overall membership in Mo-Kan. He was very deserving of the award.

Great job, John!



John Paladino
Mo-Kan Club

Other Award Winners...

Best Website:

Omaha Cornuskers
Bob Hanson, Webmaster

Yearbook:

Emerald City
Wanda Meinhardt,
Editor

Top Bulletin:

Capital Region Club,
Susan Fahey, Editor

Club Community Service:

Jefferson City

Big C:

Roanoke, Fremont,
Rockford, Emerald City,
Lawrence Breakfast,
Lawrence River City,
Sioux Falls Noon

Medal of Merit:

Fremont, 27% membership
increase

Rebuilding Friendships:

Capital Region, Fremont,
Columbia Breakfast,
Lawrence Breakfast,
Regina Capital

Membership Builders Award, 10 or More Members Sponsored in the Year:

John Hubert,
Columbia Luncheon

FALL
2012

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