

COSMOTOPICS

FALL 2014

Welcome,
Jim and Dee Preston,
International President
and First Lady!



ALLONS Y FAIRE! 2014-2015

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR by Tracy Miller

It's getting chilly out there, so pour yourself a cup of hot chocolate and settle in with this jammed-packed edition of COSMOTopics.

In this edition, we take a look at the 2014 International Convention which was held in July in Rapid City, South Dakota. If you didn't attend convention this year, you missed "the" event of the year. Comments from attendees attest that this was one of the best conventions in recent memory,

which featured an Academy Awards-like ceremony during which time Cosmopolitan honored outstanding contributions to our organization over the last year. Attendees also gave overwhelmingly positive marks to the bus tour and to the inspirational speaker. The 2015 international committee is hard at work to make next year's convention just as memorable, so visit www.cosmopolitan.org over the next several months for registration information.

In the Late Summer edition of COSMOTopics, we looked at the year in review. Our accomplishments last year were many, but our challenges were many as well. In this edition, we look at the vision for the future and what it means to be a Cosmopolitan. The time has long passed that we get serious about our challenges and embrace new ways to ensure the perpetuity of our beloved organization. Will it always be easy? No. Will we wince at some new ideas? Probably. But what we can't do is rest on our laurels one more moment and look the other way. There already have been passionate discussions among leadership about how best to address the future, and this is good. You hired me to get and keep our finances in order and to increase membership. I look forward to communicating with you on specific plans for doing just that.

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

EDITOR

Tracy Miller
headquarters@cosmopolitan.org

GRAPHIC DESIGNER

Rockford Cosmopolitan Club Member
Peter Brodeski, Opus Creative Studio, Inc.
pbrodeski@opuscreativestudio.com

COSMOPOLITAN INTERNATIONAL OFFICERS AND DIRECTORS

PRESIDENT

Jim Preston
dpreston@mt-rushmore.net

PRESIDENT-ELECT

Richard Gordon
scissorsk@aol.com

VP FOR FINANCE

John Krysak
jkrysak@sasktel.net

VP FOR MARKETING

John Hubert
johnthomashubert@yahoo.com

VP FOR MEMBERSHIP AND NEW CLUBS

Ed Ficenec
edficenec@chastainotis.com

JUDGE ADVOCATE

Jim McVay
jmcvay@omahalaw.com

EXECUTIVE DIRECTOR

Tracy Miller
headquarters@cosmopolitan.org

FEDERATION GOVERNORS

CAPITAL	Charles Cenkner
CORNBELT	David House
MID-STATES	Walter Alm
MO-KAN	Helen Cox
NORTH CENTRAL	Bob White
SOUTHWESTERN	Richard Mealer
WESTERN CANADA	Keith Shepherd

INTERNATIONAL HEADQUARTERS

P.O. Box, Lancaster, PA 17604

P. 800.648.4331 or 717.295.7142
F. 717.295.7143

www.cosmopolitan.org
Email: headquarters@cosmopolitan.org

COSMOTopics is published four times a year. The \$9 subscription is added to the annual dues by Cosmopolitan International, Inc. Third class non-profit postage paid at Pontiac, IL.

POSTMASTER Send change of address to: COSMOTopics, PO Box 7351, Lancaster, PA 17604

- 3 Executive Director Update, Tracy Miller
- 4 Vision Statement, Jim Preston
- 5 President's Plan and Goals, Jim Preston
- 6 A Great Time Was Had By Many, Jim Preston
- 8 President-Elect Update, Richard Gordon
- 8 CFC Report, Rod Randolph
- 9 2013-2014 Cosmopolitan Annual Report, Sheila Anderson
- 10 Cosmopolitan Diabetes Foundation Report, Melvina Newman
- 12 Categories of Recognized Programs
- 14 Out & About
- 16 2013-2014 Club Directory
- 18 2013-2014 International Board Directory
- 20 2014 International Convention Wrap Up
- 22 Award Winners

Executive Director Update

Where We Have Been...and Where We Are Going, Part II

“The best time to plant a tree is twenty years ago. The second best time is now.” – African Proverb

I used to love New Year’s Day when I was a little girl. I would wake up early and dash to the kitchen table to see what colorful, silly hats and noisemakers my mom and dad had brought home for me from their rounds of New Year’s Eve parties. They, of course, were still asleep at that point, no doubt the result of their liquid celebration the night before. I would put the hats on and blow into the noisemakers, feeling a sense of celebration and optimism that I couldn’t quite explain. Was it the beautiful colors of my new treasures, the noise I was making, or just the start of a New Year? Maybe a little of everything.

Cosmopolitan begins its new year each July 1. Although I had no silly hats or noisemakers, I was equally as excited this year as I was when I was a little girl. It’s been a full year since I came on board as your Executive Director, and as I shared in the Late Summer edition of COSMOTopics, the first year for me largely was about transition, learning the ropes, and getting processes and procedures into place. We relocated the headquarters of a 1,700 member international organization across the country, and if you think that is a small task, well, you’ve never done it! I also took a good look at our organization that first year and determined that we needed to put some serious efforts into place if we were going to again return to the thriving, growing organization we once were. We were losing members and clubs, and things needed to change.

If you look at service clubs across North America, our challenges are no different than those of Rotary, Kiwanis, Lions Clubs, and many others. We all are competing for members’ time, dollars, and interest. I attended the Service Club Leaders Conference (SCLC) in Indianapolis last year and will return again this November in Chicago. I have found this to be a wonderful resource to me where I have formed a little circle of friends in fellow Executive Directors (ironically, all women around my age) who share my concerns – and yes, my optimism – about our future. Together, we have formed a community of exchange of ideas, situations, and challenges. We know that we can no longer rely on the

past and even current practices, but must think outside the proverbial box in order to make our organizations attractive in one fashion or another to prospective members.

So where does that leave us? I am one of those people who consider herself a lifelong learner and, as such, I read a lot and attend seminars now and then when I think I can glean some wisdom regarding our future. I recently attended a seminar on cause marketing, and the speaker’s cutting edge ideas and fresh, innovative approaches for success left me certain that this was a pivotal moment for us, and I was flying so high that I almost didn’t need a car to get back home. Although all of our clubs have worked hard to come up with new ideas and strategies for attracting more members – and thus more people fighting for our cause – it became clear to me that day that the time has come that we need fresh eyes to look at our Cosmo family and provide us with their recommendations and specific strategies for boosting our membership. In the months since that seminar, I, along with the Marketing Committee headed up by John Hubert, have researched public relations and marketing organizations that we believe would be good matches for us. We asked for proposals from two of these organizations with whom I personally have a connection. These are not large, flash-in-the pan, glitzy marketing companies we know nothing about; they are organizations I have a connection to and whose references have been stellar. Both proposals came in within our budget. In fact, we are fortunate to have realized such a healthy surplus in last year’s budget so that we are well positioned to invest in our future this year. And as we plan for the future, always present in my mind is Patrick J. Hodgins vision for Cosmopolitan – an organization that offers networking opportunities to its members while also providing the opportunity for those members to give back to their communities. I believe Mr. Hodgins vision should drive our plans today and into the future.

Continued on next the page. ▶



Tracy Miller
Executive Director

We must think outside the proverbial box in order to make our organizations attractive to prospective members

Executive Director Update (continued)



Tracy Miller
Executive Director

If you think the face of Cosmo will change over the coming months and that what you love about Cosmo is going away, please fear not.

Although I was excited by the new strategies and concepts to which I had been introduced in the marketing seminar that day, I knew there may be hesitancy among our leadership as well as our membership to take such a leap. I also know, however, that sometimes you have to stick your neck out when you are passionate about what you believe. That was the case last March when I introduced the concept of working with an external marketing organization at the Winter Board Meeting. While the concept took some time to catch on with some folks, others embraced it readily. And when I shared my vision during a visit to the Fremont 100 club recently, one Cosmo enthusiastically shrieked, "Well, it's about time!" I was heartened that delegates to the 2014 International Convention in Rapid City approved the proposed budget that provided for a marketing component this year. This was the next step in infusing fresh, bold, innovating thinking into our organization.

If you think the face of Cosmo will change over the coming months and that what you love about Cosmo is going away, please fear not. Those of us who relish leadership roles, working hard for our cause, and attending regular meetings will be able to continue doing just that. In communities where membership events are working, it would be foolish not to continue them. But, for prospective members who are looking for other options such as virtual memberships, we will be crafting a menu with something for everyone - from millennials to baby boomers to traditionalists. My vision for our future also includes youth programs and corporate

memberships, along with paid advertising in COSMOTopics. (Did you know we are the only service club reporting data to the SCLC that does not advertise in its magazine? Lost revenue, indeed!)

Embracing change is not easy. In the Late Summer edition of COSMOTopics, Past International President Dick Brynteson shared with us that we must not become complacent in our ways but must continually examine what we are doing and why we are doing it. "We've always done it that way," and "we tried that and it didn't work" are not consistent with a productive future. I asked Dick to write that article, because he and I are of like mind in this regard, and I know Dick is well respected within Cosmopolitan. If you haven't had a chance to read Dick's article, I encourage you to do so. It sets the stage for more of what we will be seeing in the future with Cosmopolitan.

Upcoming COSMOTopics articles and monthly newsletters will provide you with more, specific information on our new initiatives as they are rolled out. My door is open anytime any Cosmo would like to discuss the future. Call me, text me, email me, come see me. We can talk about our numbers, why it is critical that we embrace new thinking, and how long-held tradition can work hand-in-hand with new, contemporary ways to be a Cosmo. I believe I am an old soul, and I say if it ain't broke, don't fix it. But if we love our organization as we say we do, we need to move forward with courage and conviction so that the future of Cosmopolitan is secured. I believe Mr. Hodgins would want it that way.

VISION STATEMENT

by Jim Preston, International President

The following is a vision statement developed by the Cosmopolitan leadership which depicts where we believe Cosmopolitan should be five years from now.

1. Obtain a stabilized financial position so that we can concentrate on our mission rather than survival;
2. Establish working documents (by-laws, policies, Governor's manual, Leadership manual) that enhance good government and administrative flow;
3. Develop a Cosmopolitan image and reputation that excites people to join and participate in our organization; and
4. Develop and maintain a leadership pool that will continue to move our organization forward.

If we don't know where we want to go, we will never get there.

President's Plan and Goals

The following are my goals and a schedule of significant activities for 2014 – 2015.

PRESIDENT'S GOALS

2014-2015

1. Continue to make progress on the Action Plan with emphasis on a Cosmopolitan International Project;
2. Increase membership;
3. Keep Cosmopolitan International financially in the black;
4. Continue to move forward on the headquarters building;
5. Continue to improve the administrative efficiency and effectiveness of the CI organization; and
6. Have fun!

PRESIDENT'S PLAN

2014-2015 (Updated 7/26/14)

DATE	ACTION	ACTION OFFICER
8/31/14	Articles for CosmoTopics to Executive Director	Executive Director
10/4/14	Fall CosmoTopics Issued to members	Executive Director
10/24/14-10/25/14	Exe Committee meeting in Omaha	President
10/25/14	First Quarter Financials submitted to members	VP Finance
10/28/14	Board Conference Call	President
12/15/14	Articles for CosmoTopics to Executive Director	Executive Director
1/15/15	Report of diabetes contributions to President-elect (first six months)	Diabetes Research Committee
1/25/15	Winter CosmoTopics Issued to members	Executive Director
1/25/15	Second Quarter Financials submitted to members	VP Finance
3/15/15	Articles for CosmoTopics to Executive Director	Executive Director
3/6/15-3/8/15	Winter Board meeting in Omaha	Executive Director
4/15-5/15	Federation meetings	Governors
4/22/15	Spring CosmoTopics Issued to members	Executive Director
4/25/15	Third Quarter Financials submitted to members	VP Finance
5/15/15	Articles for CosmoTopics to Executive Director	Executive Director
6/20/15	Summer CosmoTopics Issued to Members	Executive Director
7/15/15	Final report of diabetes contribution to President-elect	Diabetes Research Committee
7/25/15	End of year Financials to members	VP Finance
7/23/15-7/25/15	2015 International Convention	Convention Committee



Jim Preston
President

DID YOU KNOW?

Cosmopolitan members were able to raise more than \$975,000 from July 1, 2013, to June 30, 2014, which was donated to various entities. Of that amount, more than \$436,000 was donated to diabetes-related causes. This means that more than \$579 was raised for various causes by each Cosmopolitan member.

GOOD JOB!

ALLONS
Y FAIRE!

A Great Time Was Had By Many

The 2014 Cosmopolitan Convention held in Rapid City, South Dakota, from July 24 through 26, attracted 220 Cosmopolitan members or guests to participate in all or part of the activities.



Jim Preston
President

The golf game held on Wednesday afternoon as part of the pre-convention activities had only nine people participate but was a hoot, especially when **Pauline Sumption** fell into swamp water up to her shoulders trying to retrieve a golf ball. She maintained her positive demeanor giving hugs to all of her golf partners so that we all got to smell like the swamp. Thank you very much, Pauline.

The Texas Hold'em tournament Wednesday evening drew 30 players and ended with Past International President **Phil Hanson** facing off home town favorite, **Chris Bennett**. The Missouri kid was able to walk away with the top prize of a solid gold jewelry box (small, but expensive). Funds raised will go to help start a new club in the Northern Hills or a diabetes-related entity.

The Cosmopolitan Diabetes Foundation and Cosmopolitan Foundation of Canada, Inc. held their luncheon with a presentation by **Dr. Kurt Griffin** followed by contributions to the respective Foundations.



Malcolm Chapman,
Motivational Guest Speaker

Malcom Chapman, a nationally known motivational speaker, gave an outstanding presentation on Thursday which was informative as well as humorous. He emphasized the power of *Imagination, Voice, Commitment, Change/Transition* and *Teamwork*. This message was well received by the members and received numerous favorable comments.

Nineteen members attended the "First Timers" orientation where they learned about the history and structure of Cosmopolitan International and what they can do to maximize their

attendance at the convention. Meanwhile, **Dick Kahler** hosted 22 Past International Presidents (PIPs) for coffee and conversation.

Pauline Sumption and her crew conducted an ice breaker activity early Thursday evening which encouraged members to meet new people and have some fun. Although many eggs were smashed that evening, we found that have some fairly talented engineers in our organization.

Most members got an opportunity to ride a double-decker bus downtown Thursday evening to participate in the Rapid City Summer Nights activities. Summer Nights is the result of efforts by the Leadership Rapid City Class of 2007 which included **Pauline** as a member. A lot of reasonably good singing and joke telling took place that evening.

A bus tour of the Black Hills began early Friday morning and included travel along the Iron Mountain Road or the Wildlife Loop Road and a stop at the Crazy Horse Monument. I understand that members on **Bill Keck's** bus got to see a lot of buffalo, burros, sheep and elk (elk are a rarity to see). Cosmo members on the other three buses got to experience the thrill of maneuvering an oversized vehicle through the tunnels and over the pig tail bridges as we approached Mt. Rushmore.

After a down range tour of the Crazy Horse monument, members visited Deadwood where they had the opportunity to watch the Days of '76 Parade, visit Kevin Costner's Midnight Star casino, tour Saloon No. 10 and try their luck at the gaming tables or slot machines. Cosmo members got an opportunity to tour the Tatanka Buffalo Jump just outside of Deadwood where, in addition to seeing this larger-than-life size sculpture, they learned about Native American culture.

A steak feed was provided by Hermosa American Legion Post at **Dee's** and my place. These guys and gals did an outstanding job and received many favorable comments. They were able to feed 147 people in 38 minutes. The Post also donated a keg of beer to the Cosmopolitan club in recognition of our efforts to find a cure for diabetes. **Dee** and I were happy to open our home to all of our Cosmo friends and enjoyed hosting this relaxing dinner.

The Rapid City Club members were happy to show our out-of-town friends the wonders and sites of the Black Hills of South Dakota.



Steak Feed provided by Hermosa American Legion at the Prestons' Home

The tour of Mt. Rushmore and the Lighting Ceremony closed out this long day. Even though I have seen this ceremony many times, I am always moved and impressed with the presentation. I was proud and honored to stand with my fellow US veterans and active duty members during the closing ceremony. During the flag lowering ceremony, I did think about my Canadian Cosmopolitan friends who are also veterans and that I would have been just as proud and honored to stand shoulder-to-shoulder with them.

It was a long day, and while not all Cosmopolitan members were able to make the whole bus trip, many were able to join the shorter trip. Our bus guides, hostesses, and other Rapid City Club members were happy to show our out-of-town friends the wonders and sites of the Black Hills of South Dakota. We hope you enjoyed it.

Saturday was a busy day with some important business being accomplished. The delegates authorized the Board to sell or continue to lease the old headquarters building. This gives the Board authority to do what they feel is best for the organization and will help improve the financial position of this organization.

The Delegates also approved the Cosmopolitan International Project (Diabetes Alert Dog) which will go a long way in promoting this organization and providing safety for those with severe diabetes symptoms. **Richard Gordon** and his committee will be working to develop and implement a plan.

The delegates also changed the bylaws to allow the Vice President of Finance to serve for five consecutive terms. I believe it is important to allow **John Krysak** and future Vice Presidents of Finance to serve additional years to get and maintain our internal procedures and controls firmly in place. This will put our organization in a much stronger financial position.

Saturday night's President's banquet was a great time with many fine presentations and awards. **Dick Kahler's** installation of officers was very inspirational and emphasized the importance of moving forward as a team. The wonderful music by **Michael Shaw** helped close out a wonderful and fun-filled evening. I truly am honored to be serving as your president for the coming year.

A recap of the convention was held Sunday morning. Many positive and helpful suggestions were received from approximately 40 members who attended the meeting. **Tracy Miller** recorded these suggestions and will distribute them in the coming weeks. These suggestions will help future conventions be even more effective and successful.

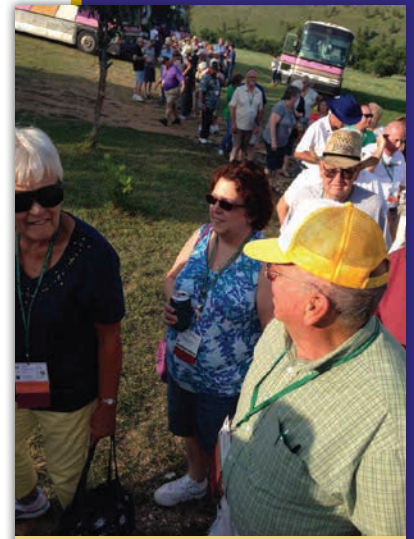
I am very happy with the success of the 2014 convention and want to thank everyone involved especially the Convention Committee, the activity chairs and team Rapid City. This could not have been done without a total team effort, and the team performed brilliantly. I also want to thank those who attended this convention. Without you, there would be no convention. We also appreciated all of the warm positive feedback about the convention. **Dick Brynteson** even gave us a 10. Rapid City Cosmopolitans were not only proud to serve as your convention hosts but also pleased to be able to organize and conduct this convention. Rest assured that by Sunday morning of the convention, the light on my battery as well as the light on the battery of many other Cosmopolitans was flashing red.



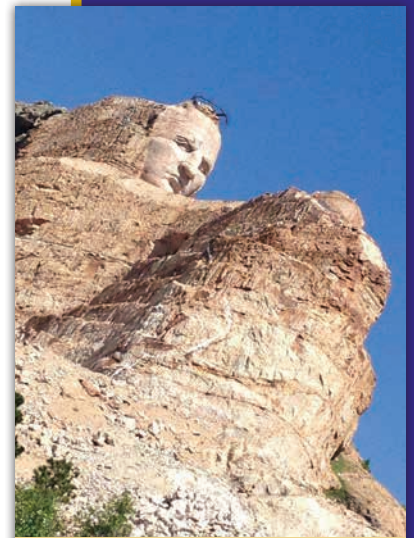
The Sunday Morning Recap

Richard Gordon and **Jim Sauer** tell me that 2015's convention in Omaha is going to be even better. I hope they are right. Let's all meet in Omaha next July and find out!

ALLONS Y FAIRE



Black Hills Tour, Dinner at the Prestons'



Crazy Horse Memorial

I am very happy with the success of the 2014 convention and want to thank everyone involved.

President-Elect Update

With summer 2014 now a distant memory, Marjean and I have been reminiscing about the great time we had at the International Convention in Rapid City this past July. It was great to see so many Cosmos and catch up with old friends and new.

Jim Preston and his team pulled out all the stops to make this convention an overwhelming success, and we know we have our work cut out for us for the 2015 International Convention in Omaha. We are up to the task!

The Cornbelt Federation is working in earnest to make the 2015 convention just as great as this year's convention. Remember, Omaha has the number one zoo in America along with many other nationally-known attractions and activities. Be sure to register early so you can say you were there! Our committee is planning a "Cosmo Got Talent" night, which should be a blast! We would love to have every club have a singing group, a skit, or some type other type of talent participate in our talent night. This should be great time to spend with friends and enjoy an evening of original entertainment.

More details on next year's convention are coming soon!

Along with the 2015 convention, I am in the process of heading up the committee for the Diabetic Alert Dog international project. This should be a great project for our organization to get it's name out to the public. The committee work is underway, and we will keep you updated on our progress.

The Cosmopolitan International board is working hard with new approaches and ways to make our name more familiar with the public. A lot of good ideas were discussed at the convention in Rapid City, and we will be developing many of these ideas further. Continue to watch for updates in future COSMOTopics.



Richard Gordon
President-elect

CFC Report

I am both honored and excited to take on the role of President of our Foundation for the next two years.

I must start by thanking our past president, Roger Bradley of the St. Albert club, for the great job he did for us over the last two years. Along with his many accomplishments, he started the process of getting a new Foundation brochure put together, and with some great help from Marian Jones of the Winnipeg club, I look forward to carrying that project forward.

As we move forward in our 2014-2015 year, our first commitment is to the Alberta Diabetes Institute. We will be making our last \$25,000 installment to the studentship program. The five-year \$125,000 grant has funded graduate students who work with principal researchers in an ongoing effort to find a cure for diabetes. Great strides are being made by both the students and researchers. Our commitment and belief in them has helped with some wonderful research at the institute.

Equally exciting is the fact that we are now celebrating 30 years of work with our Foundation. With the vision of the late

Fred Hughes from Regina and the assistance of many others, we have been fortunate since 1984 to have raised and donated more than \$800,000 and have been involved in some wonderful research, seeing firsthand what great strides have been made in the areas of prevention and research. From islet transplants in type 1 diabetics to exercise and nutrition studies in the prevention of diabetes in our youth, we have been a part of some life-changing work. We look forward to getting to the \$1,000,000 mark.

We are off to a good start once again this year as we gathered \$22,500 in donations at our Federation Convention in May. I will be working with all the clubs in the Federation to grow our Northern Beacons and "Hands Across the Border" contributions. I look forward to working with all Cosmos over the next couple of years to continue the great work done by Cosmopolitan Foundation Canada, Inc.

Best wishes to all Cosmos and their clubs this year.



Rod Randolph
CFC Chair

2013-2014 Cosmopolitan Annual Report

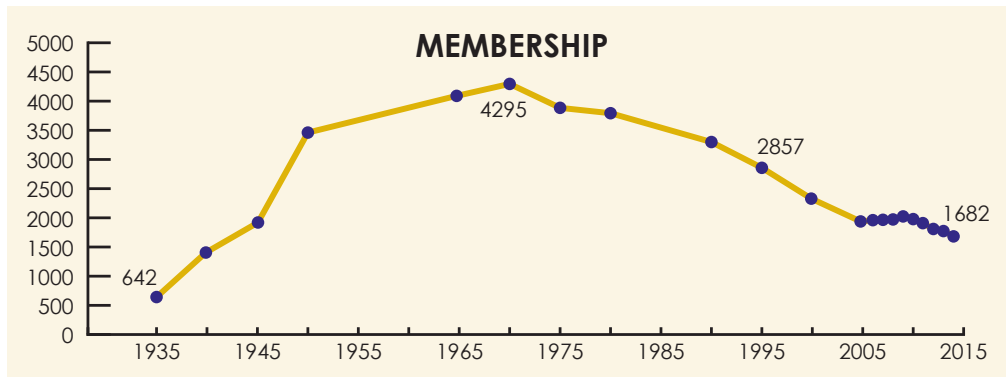
As of June 30, 2014



Sheila Anderson
2013-2014
International President

Membership

- 7 Federations and 54 Clubs
- 1,733 Members as of July 1, 2013
- 1,682 Members as of June 30, 2014
- Added 166 New Members
- 85.39% Membership Retention Rate
- Net decrease of 94 members (Lawrence Breakfast Club folded accounting for 52% of our net loss.)
- We welcomed a new club to our Cosmopolitan family in Lincoln, NE, on June 13, 2014 with 20 members.

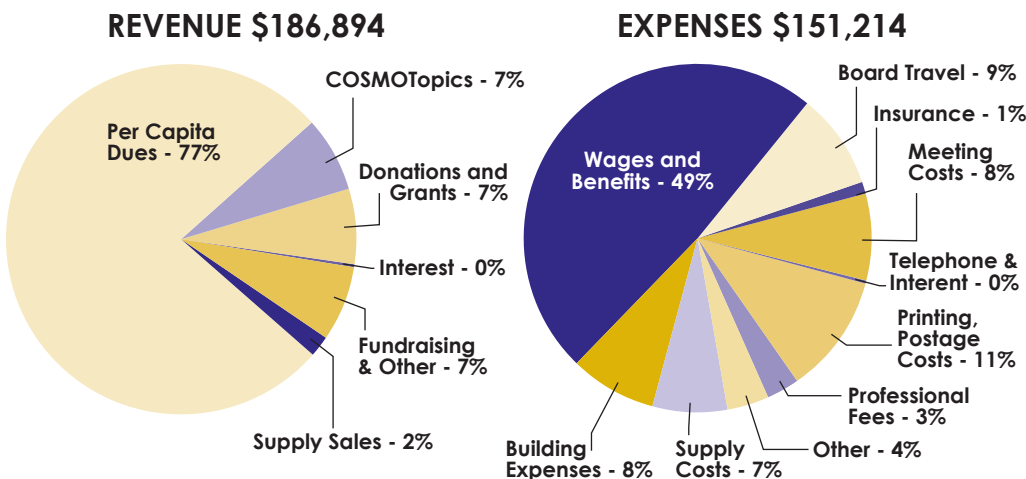


Giving

FEDERATION	AMOUNT DONATED TO DIABETES	TOTAL DONATIONS
Capital	\$23,581.00	\$42,815.00
Cornbelt	\$72,723.00	\$74,571.87
Midstates	\$23,044.00	\$72,094.00
MoKan	\$120,002.00	\$355,607.00
North Central	\$60,435.00	\$125,670.00
Southwestern	\$0.00	\$0.00
Western Canada	\$136,387.00	\$304,439.00
TOTAL	\$436,172.00	\$975,196.87

1,682 total members equals \$579.78 per capita per member.

Financial Performance



We welcomed a new club to our Cosmopolitan family in Lincoln, NE, on June 13, 2014 with 20 members.

Cosmopolitan Diabetes Foundation Report



Melvina
Newman
CDF Chair

As another Cosmo year and convention has closed, I was again reminded how good it is to spend time with old and new Cosmopolitan members, as well as reaffirm that what we are doing in our “Fight to help Find a Cure for Diabetes” is so important.

Not only did we have the opportunity to learn more about finding a cure, but we also saw a newfound appreciation for the work and dedication shown not only by the researchers, but also by Cosmopolitan members and the clubs everywhere to help fund this mission. We see how important it is to accentuate the positive; be optimistic; have enthusiasm, determination, and patience; and focus on what the future brings in our fight to find a cure.

It was proof again this year at the convention of our small organization of great people doing large things. The support generated for diabetes-related projects and programs throughout the year, as well as at the Beacons Donation lunch, allowed the Foundation to fund grants that could not have been funded without your generosity.

Board

I am happy to announce that the 2014-2015 Cosmopolitan Diabetes Foundation Board members and the officers as approved by the CDF Board are: Melvina Newman, Chairman, North Central Federation; Tom Gustafson, Vice Chairman, MidStates Federation; Bob Williams, Secretary, Capital Federation; Terry Sanford, Cornbelt Federation; Duane Muck, MoKan Federation; Helen Holt, Southwestern Federation; and Sheila Anderson, CI Representative.

We also have within this Board working committees that report to the whole Board. The Governance Committee (Bylaws) is responsible for all aspects of Board development and operations. The Finance Committee is responsible for overseeing the financial performance of all funds under CDF. Beacons committee is responsible for the promotion and marketing of the Beacons Fund. The Grants Committee is responsible for the review and recommendations for all grant requests.

Convention Beacons Donation Lunch

If you were not able to attend our Beacons Lunch, you missed the opportunity to hear of the research being done for Type 1 Diabetes. Kurt J. Griffin, PhD., MD, of The Sanford Research Project, Sioux Falls, SD, presented “Recent Progress and Next Steps.” Along with a PowerPoint presentation, Dr. Griffin reviewed their research to date and took us into their ongoing research and the next steps to help find the cure for Type 1 Diabetes. Dr. Griffin told us how dedicated the research team is to finding the T1D cure because 15,000 youth per year are diagnosed with T1D with rates increasing +3% per year. T1D accounts for 11% of all diabetes in the US.

After Dr. Griffin’s presentation, we saw the dedication of our membership and what we as Cosmopolitans can do. At this lunch, U.S. Cosmopolitans stepped forward and contributed more than \$31,700 to the following funds: Beacons \$12,650; Discovery \$4,500; Hands Across the Border \$100; Strelitz \$9,457; and the balance of those contributions to Donor Directed funds.

Grants

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 \$65,550 plus requests from CI for support. As a result of the income from the endowment and from Discovery funds, CDF was able to award grants (listed below) in the total sum of \$40,000 for 2014. CDF’s efforts have reached milestones and continue to set us apart in the cause for research, treatment, and education of diabetes. Since 1984 (through 2014), the Cosmopolitan Diabetes Foundation has awarded \$649,400 in grants for diabetes-related purposes.

Since 1984
(through 2014),
the Cosmopolitan
Diabetes
Foundation
has awarded
\$649,400 in grants
for diabetes-
related purposes.

On behalf of the CDF Board, we want to personally thank the new Beacons who stepped up this year at the Donation lunch to become a Beacon. We also are very grateful for every Beacon and your continuing support. We would like to continue to increase our Beacon membership and ask for your support in becoming a Beacon this year if you do not now have a Beacon membership.

All the work this past year by the CDF Board members has been greatly appreciated and has laid a good foundation for the upcoming year. It has been my sincere pleasure to serve as chairman of the Cosmopolitan Diabetes Foundation, and I look forward to the coming

year. I ask everyone to continue to support your Foundation, and the best way to do this is to sign up as a new Beacon or contribute to the Discovery fund.

As a Cosmopolitan member you certainly should feel proud to be a part of this organization. This article reflects only a small portion of what Cosmopolitans have built together while using the CDF. I encourage all clubs to contact the Foundation Board member for your Federation and invite them to a meeting. This would be a great opportunity for the members to learn more of what the CDF is all about.

GRANTS AWARDED BY CDF - 2014	AMOUNT
Cornbelt Diabetes Connection, Inc. (Cornbelt Federation)	\$6,000
Cosmopolitan International Diabetes & Endocrinology Center (Columbia, MO)	\$6,000
Cosmopolitan International Diabetes & Endocrinology Center (Students with Diabetes Program) (Columbia, MO)	\$2,000
Crusader Community Health (Rockford, IL)	\$6,000
Health Care Access Clinic (Lawrence, KS)	\$6,000
Strelitz Diabetes Center (Capital Federation) (Norfolk, VA)	\$5,000
Setebaid Services (Capital Region Club) (Harrisburg, PA)	\$2,000
Harmon Diabetes Center (Heartland Club Kansas)	\$2,000
Camp Hertko Hollow (Cornbelt Federation)	\$3,000
Diabetes Incorporated (Rapid City – North Central Federation)	\$2,000

PLEASE
NOTE!

CDF Official Mailing Address
 All donation checks should be made payable to:
Cosmopolitan Diabetes Foundation or CDF
 And mailed to new mailing address for CDF:
**420 Financial Court, Ste 124
 Rockford, Illinois 61107**
 Thanks for noting this new CDF mailing address

As a Cosmopolitan member you certainly should feel proud to be a part of this organization.

CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

The mission of Cosmopolitan International is to change the world one person and one community at a time. That's why Cosmopolitan International service projects—however large or small—aim to serve both individuals and communities. Our Clubs across the US and Canada raise funds to assist in diabetes research, as well as help their local communities by sponsoring projects that are used by many people throughout their community.

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 are downloadable 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

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.

9905 South 173rd Circle, Omaha, NE 68136
H 402-895-6732, C 402-290-3471
Terry Sanford, Chair
tsanford77@cox.net

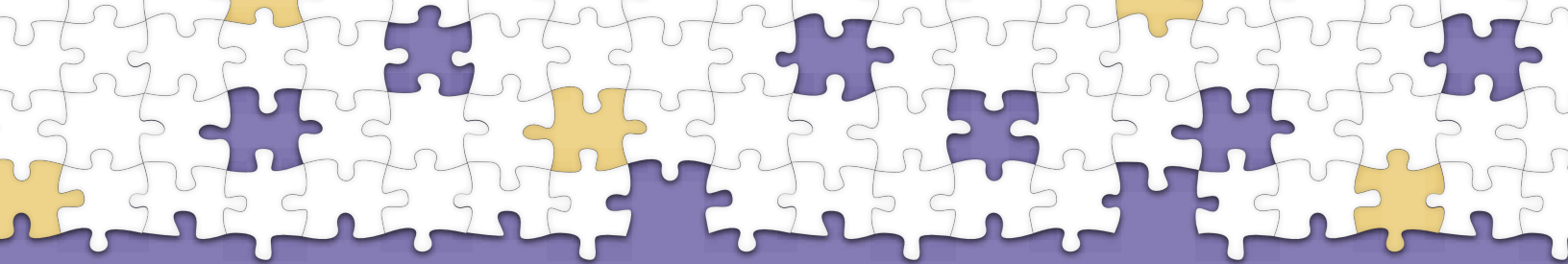
HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

330 Maine St., Lawrence, KS 66044
B 785.841.5760
Shelley Wakeman, Executive Director
director@healthcareaccess.org

DIABETES INCORPORATED

12955 Bogus Jim Road
Rapid City, SD 57702
Deanna Smith,
Executive Director
B 605.341.1273





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, Aurora, IL 60506

Maria Aurora Diaz, Clinical Director

B 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

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300



Out & About

Fremont Cosmopolitan Club 100 Celebrates 50th Anniversary

By Tracy Miller

The Fremont Cosmopolitan Club 100 celebrated its 50th anniversary Friday, September 12, with an evening of fun and fellowship at the Fremont Golf Club. Master of Ceremonies Don Hinds – also a charter member of the club – welcomed club members and guests that included Nebraska Governor Dave Heineman and First Lady Sally Ganem, and Cosmopolitan International President Jim Preston and First Lady Dee Preston.

Following a delicious dinner, local quartet Major 7 provided musical entertainment with a side flair for humor. Governor

Heineman spoke of the importance of Cosmopolitan's work and shared that he was honored to be part of the evening's festivities. As more than 100 guests enjoyed dinner and conversation, photos of the club's many activities and events throughout the year rolled on television monitors.

Fremont 100 President Kellee Rasmussen, along with members Gail and Nancy Nielsen, poured many hours of planning into the celebratory event which everyone enjoyed. Congratulations Fremont 100!



What's Happening in Aurora?

By Kenlyn Nash-Demeter

Many exciting things are happening with the Aurora Cosmopolitan Club!

First, in an ongoing effort to become known and assist in more areas of our community, Aurora Cosmos have partnered with Communities in Schools (CIS), a registered 501c3 not-for-profit organization. "Success is the Only Option" is the organization's motto and defines the work of CIS. The mission of CIS is to surround students with a community of support, empowering them to stay in school and achieve in life. Aurora Cosmos are excited to be part of this effort.

One new project with CIS relates to educating the educators. Plans currently are on the drawing board to offer a seminar on care of diabetic students for school nurses and office staff. The seminar will be conducted by specifically trained diabetic nurse/educators, and the goal is to have better trained personnel in the schools to care for their diabetic students. This project is intended to cover four school districts. In our contacts with school personnel, we find this to be a needed and welcome project. The idea is credited to our club member, Deanna Bush, who is the mother of seven-year-old Frankie, a diabetic since he was 15 months old.

In other partnership news with CIS, Aurora Cosmos gratefully accepted assistance from CIS volunteers at our recent BBQ fundraiser. Cosmos, in turn, have volunteered to assist CIS with their "Back to School" fair.

In other club news, Gianna Squillo, the recipient of the clubs Waubensee Community College scholarship, will attend and serve as a spokesperson for the Aurora club's events throughout

the year. Gianna is a biology, pre-med student. In September, a representative of our club attended a Scholarship Fest, which is a celebration of donors and recipients and is an acknowledgement to the community of the involvement and generosity of service clubs and business organizations.

Our second family/membership picnic was held in August. This free event featured a Diabetic Alert Dog from Freedom Paws, a 501c3 organization dedicated to the breeding, raising, and placement of service dogs. We enjoyed games, prizes, popcorn, and a Bounce House, which was sponsored by Rasmussen College. We greatly appreciate the volunteer support from our local high schools, Girl Scouts, Aurora University, and CIS.

In closing, the Aurora club is deeply saddened at the loss of a dedicated, ever-faithful Cosmo sister, Linda Feiden-Stefanich who died May 8, 2014. Linda will be remembered for her smile, generosity and willingness to help in any and all areas of Cosmopolitan. She was the first woman member of the Aurora Club and held many offices since joining in 1994. Her tenure as Club Bulletin editor gained her several awards at the Mid-States Federation level. At the federation level, Linda served the Mid-States as both Treasurer and Governor. This past year, she once again took on the role of Governor for the third time, but later stepped back from her service due to declining health. Linda was nominated and won the prestigious Patrick J. Hodgins Awards within the Aurora Club. She enjoyed and encouraged attendance at International Conventions, of which she attended 13. Aurora Cosmos have established The Linda Feiden-Stefanich Camp Scholarship for Diabetic Children, in her memory.

Celebrating Camp Hickory Hill

By CeCe Benton

A beautiful white roadside sign is the only hint that Camp Hickory Hill awaits visitors down a long, one-lane gravel road, complete with graceful, shady trees on both sides. As a clearing approaches, coming into view is a huge climbing wall with a zip line extending down the hill, which then disappears out of sight. Camp Hickory Hill is just ahead after passing a large swimming pool that any community would be proud to call its own. But this is not just any pool – for this pool is just a small part of what the Columbia and Jefferson City Cosmopolitan clubs have donated to the camp over many years.

One sunny Sunday afternoon this past summer, the Columbia Breakfast, Columbia Luncheon, Columbia Show-Me, and Jefferson City clubs came together to tour Camp Hickory Hill, which is located just five miles north of Columbia, Missouri. Numerous board members as well as the camp director were on hand to conduct tours and talk with visiting Cosmos. Mo-Kan Governor

Helen Cox and her husband Terry came from Lawrence, Kansas, to watch some courageous Cosmos ride the zip line and tour the camp. Club members later enjoyed cooking their steaks, chicken, or hot dogs on the camp fire pit, and everyone brought a covered dish to share. Governor Helen led the group in the first song that was sung Karaoke-style.

Everyone agreed it was a nice afternoon to meet other Cosmos and enjoy Camp Hickory Hill, which all four clubs help maintain and to which the clubs sponsor children attending summer camp. The Columbia clubs' most recent gift to the camp is a large walk-in cooler that can be found just inside the camp's kitchen door.

Camp Hickory Hill was founded by Dr. Ron James with the Cosmopolitan Diabetes Center in Columbia, Missouri, for persons with diabetes to enjoy. Dr. James suffered from diabetes and died from its complications.

2014-2015 Club Directory

ALEXANDRIA-CENLA

Southwestern Federation

PRES: Walter Dyer
4041 Heyman Lane Apt. 110
Alexandria, LA 71303
(318) 449-9336
holtmemories@aol.com

MEETS: 1st & 3rd Thursday, 6:00 pm
Main Library

AURORA

Mid-States Federation

PRES: LaVonne Hawking
1028 Rainwood Drive
Aurora, IL 60506
(630) 966-0657
Lavonnehawking@gmail.com

MEETS: 3rd Thursday, 5:30 pm
Oak Street Café

AUSTIN

Southwestern Federation

PRES: William Connelly
1803 Cedar Ridge Drive
Austin, TX 78741
(512) 369-3311
trenfconnelly@sbcglobal.net

MEETS: 2nd Tuesday, 7:00 pm
Tres Amigos Mexican Restaurant

BELLEVUE BIG ELK

Cornbelt Federation

PRES: David Woods
314 S. 52nd Street
Omaha, NE 68132
(402) 553-4138
woods david12@yahoo.com

MEETS: 1st & 3rd Wednesday, 7:00 am
Downtown Coffee Shop

BELVIDERE

Mid-States Federation

PRES: Matt Ellingson
265 McCurry Rd
Caledonia, IL 61011
(815) 988-4175
ellingsonm@hotmail.com

MEETS: First 3 Wednesdays, Noon
Belvidere Moose Lodge

BLAIR

Cornbelt Federation

PRES: Rick Paulsen
1035 North 14th Street
Blair, NE 68008
(402) 426-3536
rpaulsen@macccnet.com

MEETS: 1st Friday, Noon
(September-June)
Fernandos

BROKEN BOW

Cornbelt Federation

PRES: Tim Johnson
79568 Sumner Road
Broken Bow, NE 68822
(308) 872-2294
noemail@cosmopolitan.org

MEETS: (*)

CALGARY

Western Canada Federation

PRES: Todd Gow
5355 8th Street NE
Calgary, AB T2K 5R9
(403) 852-3938
todd.gow@condosource.ca

MEETS: 2nd & 4th Tuesday, 6:30 pm
Danish Canadian Club

www.calgarycosmoclub.org

CAPITAL REGION

Capital Federation

PRES: Charles L. Cenkner
603 Showers Street
Harrisburg, PA 17104
(717) 213-9288
rotarychuck@aol.com

MEETS: 3rd Thursday, 6:30 pm
The Radisson in Camp Hill, PA

COLUMBIA BREAKFAST CLUB

Mo-Kan Federation

PRES: Joseph Schroeder
1232 Ridge Road
Columbia, MO 65203
(573) 442-3821
jumpnjs@centurytel.net

MEETS: Tuesday, 7:00 am (August-April)
1st & 3rd Tues. (May-July)
Cosmopolitan Community Bldg

COLUMBIA LUNCHEON

Mo-Kan Federation

Pres: Susan Cunningham
3301 LeMone Industrial Blvd
Columbia, MO 65201
(573) 447-0307
scunningham@kinseth.com

MEETS: Tuesday, Noon
Rock Bridge HyVee

www.cosmopolitanluncheon.org

COLUMBIA SHOW-ME

Mo-Kan Federation

PRES: Cecilia Benton
5160 N. Jasmine Way
Columbia, MO 65202
(573) 442-2901
inquire@bentonhomes.com

MEETS: 1st Thursday, 6:30 pm(*)

COUNCIL BLUFFS

Cornbelt Federation

PRES: William Stazzoni
114 Brentwood Heights
Council Bluffs, IA 51503
(712) 322-2392
wdstazzoni@icloud.com

MEETS: 2nd & 4th Tuesdays, 7:00 am
(September - May)
Village Inn Restaurant

www.cbcosmos.org

EDMONTON

Western Canada Federation

PRES: Carole Stoyand
52 Alpine Blvd
St. Albert, AB T8N 2M7
(780) 458-7635
carole.stoyand@gmail.com

MEETS: 2nd & 4th Mondays, 6:00 pm
Boston Pizza

ELGIN

Mid-States Federation

PRES: Thomas Jensen
558 Shagbark Drive
Elgin, IL 60123
(847) 695-5387
jensenlt@comcast.net

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

ELIZABETH CITY

Capital Federation

PRES: Erna Bright
1220 Glendale Avenue
Elizabeth City, NC 27909
(252) 338-3737
evb1220@embarqmail.com

MEETS: 2nd & 4th Tuesday, 7:30 pm
Cosmopolitan Club Building

EMERALD CITY

Mo-Kan Federation

PRES: Kevin Harmon
1924 Carmel Drive
Lawrence, KS 66047
(785) 840-4647
kh77@sbcglobal.net

MEETS: 3rd Monday, 6:00 pm(*)

FARGO - MOORHEAD

North Central Federation

PRES: Nicole Ellis
2628 18th St. S
Fargo, ND 58103
(701) 356-2807
nme32@hotmail.com

MEETS: Thursday, noon
Fryin' Pan Restaurant

FREMONT 100

Cornbelt Federation

PRES: Kellee Rasmussen
2076 Co. Rd. 11
Mead, NE 68041
(402) 624-2575
mikerz2857@hotmail.com

MEETS: Friday, 7:00 am
USA Steak Buffet

www.fremontcosmos.org

GREATER RICHMOND

Capital Federation

PRES: Dexter Rumsey
5100 Monument Ave. #706
Richmond, VA 23230
(804) 282-2179
dexrumsey2@aol.com

MEETS: 2nd Saturday, Noon
Westwood Club

HAMPTON ROADS

Capital Federation

PRES: William Quire
8371 Longstreet Lane
Suffolk, VA 23438
(757) 986-3859
wjquire@gmail.com

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

HEARTLAND

Mo-Kan Federation

PRES: Patty Weniger
17745 W. 160th Street
Olathe, KS 66062
(913) 393-0797
pattyweniger@hotmail.com

MEETS: 3rd Thursday, 7:00 pm(*)

www.heartlandcosmos.org

JEFFERSON CITY

Mo-Kan Federation

PRES: Eric Burkett
5114 Tanner Bridge Road
Jefferson City, MO 65101
(573) 634-4016
eburkett@socket.net

MEETS: Friday, Noon
American Legion Hall

JOHNSON COUNTY

Mo-Kan Federation

PRES: Jim Shoemaker
10201 W. 98th Terrace
Overland Park, KS 66212
(913) 492-4035
jshoem22@gmail.com

MEETS: Thursday, 7:00 am
Denny's Restaurant

(*) Denotes various locations

LAWRENCE RIVER CITY**Mo-Kan Federation**

PRES: Gary Bartlett
2720 Freedom Hill Court
Lawrence, KS 66047
(785) 843-6066
gbart4489@gmail.com

MEETS: 1st Thursday, 6:30 pm(*)
www.rivercitycosmo.org

LINCOLN**Cornbelt Federation**

PRES: Julie Brezenski
307 Lindell Ave
Seward, NE 68434
(308) 850-8013
juliebosselman@gmail.com

MEETS: 1st & 3rd Tuesday, 6:00 pm
Panera Bread

NORFOLK**Capital Federation**

PRES: Randy Wright
9606 Bay Point Drive
Norfolk, VA 23518
(757) 362-3456
w_randywright@verizon.net

MEETS: 1st & 3rd Thursday, Noon
No Meetings in July & August
Norfolk Yacht & Country Club

NORTH SIDE LANCASTER**Capital Federation**

PRES: Kathi Lesperance
870 N. Queen Street
Lancaster, PA 17603
(717) 392-1051
lancastercosmos@gmail.com

MEETS: (*)

OMAHA/CORNHUSKERS**Cornbelt Federation**

PRES: Tom Peters
1325 S. 157 Court #110
Omaha, NE 68132
(484) 554-4144
tompeters@huskers.unl.edu

MEETS: Friday, Noon
Jericho's Restaurant

www.easysite.com/CornhuskerCosmoClub

OMAHA I-80**Cornbelt Federation**

PRES: Scott Knudsen
113 South 54th Street
Omaha, NE 68132
(402) 991-3113
jscottknudsen@hotmail.com

MEETS: Friday, 7:00 am
Rockbrook Garden Café

OMAHA WEST**Cornbelt Federation**

PRES: Richard Swenson
12718 Gold Street
Omaha, NE 68144
(402) 330-2303
nebbass@cox.net

MEETS: Wednesday, 7:00 am
Garden Cafe, Rockbrook Village

www.westomahacosmopolitan.org

PLATTE RIVER**Cornbelt Federation**

PRES: Raymond Mayhew
4610 Calvin Drive
Grand Island, NE 68801
(308) 382-4937
raymayhew@aol.com

MEETS: 1st & 3rd Monday, 6:30 pm
HyVee Meeting Room

www.platterivercosmos.org

PRINCE ALBERT**Western Canada Federation**

PRES: Peter Deppeler
3115 Eagle Cres
Prince Albert, SK S6V 7P9
(306) 922-6513
depp@sasktel.net

MEETS: Wednesday, 6:30 pm
September - June
Prince Albert Golf & Curling Club

RAPID CITY**North Central Federation**

PRES: Elizabeth-Anne Ferley
1930 Galaxy Drive
Rapid City, SD 57701
(605) 718-2667
momatwork@midco.net

MEETS: Monday, Noon
Thirsty's

Regina**Western Canada Federation**

PRES: Jason Cumbers
460 10th Street East Box 524
Regina Beach, SK S0G 4C0
(306) 729-4732
jason@print1regina.com

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

REGINA CAPITAL**Western Canada Federation**

PRES: Gord Gieni
7 Deis Bay
Regina, SK S4R 5R2
(306) 543-9845
gord.gieni@canadianlinen.com

MEETS: 2nd Tuesday, 6:00 pm
September - June
Nicky's Café & Bake Shop

ROANOKE**Capital Federation**

PRES: Russell Danstrom
2865 Gleneagles Road
Salem, VA 24153
(540) 989-2899
rmdanstrom@hotmail.com

MEETS: 1st-4th Wednesday, Noon
Every other week July - August
Tazza Indian Cuisine

ROCKFORD**Mid-States Federation**

PRES: Dr. Kristoffer Tumilowicz
1619 N. Alpine Rd.
Rockford, IL 61107
(815) 229-3520
HockeyDentist@aol.com

MEETS: Thursday, 12:00 pm
Forest Hills Country Club

www.rfdcosmo.org

SANTA FE TRAIL**Mo-Kan Federation**

PRES: Maury Loridon
8122 Westgate Drive
Lenexa, KS 66215
(913) 599-1986
maury.soccer@gmail.com

MEETS: 1st & 3rd Friday, 7:00 am
Perkin's Restaurant

SASKATOON COUPLES CLUB**Western Canada Federation**

PRES: Kay Fey
1305 Alexandra Avenue
Saskatoon, SK S7K 3B8
(306) 664-3892
fey.kuse@sasktel.net

MEETS: Business meeting:
4th Tuesday, 7:30 pm
Social: 12th of each month
Cosmopolitan Industries Ltd.

SASKATOON YELLOWHEAD**Western Canada Federation**

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

MEETS: 2nd & 4th Monday, 7:00 p.m. (*)

SIoux CITY**Cornbelt Federation**

PRES: Deborah Cook
84 Ridgeview Road
Sioux City, IA 51104
(712) 204-3926
deborahjcook@gmail.com

MEETS: Thursday, 7:00 a.m.
Holiday Inn Downtown

www.siouxcitycosmopolitanclub.org

SIoux FALLS**North Central Federation**

PRES: Lanny Auringer
2209 S. Copper Crest Trail
Sioux Falls, SD 57110
(605) 351-2407
lauringer@innovativedesign-sf.com

MEETS: Monday, Noon
South Dakota Achieve

SIoux FALLS EVENING**North Central Federation**

PRES: Ludene McLeod
2208 S. Larch Ave.
Sioux Falls, SD 57106
(605) 212-0111
ludene@andersongroupcpa.com

MEETS: 1st & 3rd Monday, 6:00 pm
Fry N Pan on 41st

ST. ALBERT**Western Canada Federation**

PRES: Mark Morris
76 Andrew Crescent
St. Albert, AB T8N 2V3
(780) 913-8253
mmorris@telusplanet.net

MEETS: 1st & 3rd Monday, 6:30 pm
September-June
St. Albert Rugby Club

(*) Denotes various locations

Club Directory

(continued)

STURGEON VALLEY

Western Canada Federation

PRES: Esther Hardy
12 Lepine Place
St. Albert, AB T8N 4M9
(780) 458-8089
mr_cosmo@telusplanet.net
MEETS: 2nd & 4th Tuesday, 7:00 pm
St. Albert Rugby Club

THREE RIVERS

Cornbelt Federation

PRES: Jim Walker
4816 Royal Court
Sioux City, IA 51104
(712) 239-2308
jfkwalker@aol.com
MEETS: 2nd Tuesday, 6:30 pm(*)

TOPEKA

Mo-Kan Federation

PRES: Tam Vincent
5001 Redbud Lane
Topeka, KS 66606
(785) 272-1654
vincenttopekaks@aol.com
MEETS: Thursday, 12:00 pm
Topeka Country Club

WASCANA

Western Canada Federation

PRES: John Krysak
199 Wells Street
Regina, SK S4R 5Z6
(306) 949-9714
jkrysak@sasktel.net
MEETS: 3rd Friday at various times (*)

WATCH CITY

Mid-States Federation

PRES: John Hurlbut
621 Wood Ridge Ct.
Elgin, IL 60123
(847) 931-0285
elginjohn@aol.com
MEETS: 2nd Thursday on even months
3rd Friday on odd months(*)

WICHITA AIR CAPITAL

Mo-Kan Federation

PRES: Chris Richardson
3828 Watercross Court
Maize, KS 67101
(316) 773-4433
chris@customrx.net
MEETS: 3rd Tuesday, Noon
Scotch & Sirloin

WICHITA DOWNTOWN

Mo-Kan Federation

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

WINNIPEG

Western Canada Federation

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

(*) Denotes various locations

COSMOPOLITAN INTERNATIONAL

President

Jim Preston
14039 SD Highway 40
Hermosa, SD 57744-5047
H (605) 255-4494
C (605) 545-7738
dpreston@mt-rushmore.net

President-elect

Richard Gordon
703 A Douglas Street
Sioux City, IA 51101
H (712) 252-2112
B (712) 252-2112
C (712) 253-8204
scissorsk@aol.com

Vice President of Membership and New Clubs

Ed Ficenec
4402 S. 168th Avenue
Omaha, NE 68135
H (402) 680-7597
B (402) 397-2500
C (402) 680-7597
edficenec@chastainotis.com

Vice President of Finance

John Krysak
199 Wells Street
Regina, SK S4R 5Z6
H (306) 949-9714
B (306) 757-5555
C (306) 537-5119
jkrysak@sasktel.net

Vice President of Marketing

John Hubert
2553 W. Oak Ridge Drive
Columbia, MO 65202
H (573) 875-3040
B (573) 874-3102
C (573) 239-7015
johnthomashubert@yahoo.com

Judge Advocate

Jim McVay
300 Overland Wolf Centre
6910 Pacific Street
Omaha, NE 68106-1045
H (402) 496-7522
B (402) 397-8900
C (402) 630-7815
jmcvay@omahalaw.com

COSMOPOLITAN DIABETES FOUNDATION

Chairperson

Melvina Newman
1401 S. Coates Road
Sioux Falls, SD 57105
H (605) 338-7986
B (605) 336-2758
C (605) 366-7175
melvinanew@aol.com

Sheila Anderson

1500 North Tahoe Trail
Sioux Falls, SD 57110
H (605) 334-2654
B (605) 362-5677
C (605) 310-7166 (texting and
Facetime is acceptable)
sheila.anderson@rascompanies.com

Duane Muck

6995 S. Shore Drive
Hartsburg, MO 65039
H (573) 301-1520
B (573) 761-6222
dmuck1054@centurylink.net

Helen Holt

140 Dixie Church Road
Sieper, LA 71472
H (318) 793-2279
C (318) 308-2279
holtmemories@aol.com

Tom Gustafson

129 S. Phelps #838
Rockford, IL 61008
C (815) 985-5116
tomg@toddgus.com

Terry Sanford

9905 South 173rd Court
Omaha, NE 68136
H (402) 895-6732
C (402) 290-3471
tsanford77@cox.net

Robert Williams

7040 Highfields Farm Drive
Roanoke, VA 24018
H (540) 774-8933
C (540) 580-8292
bobjoe9134@aol.com

Ex-officio Members:

Jim Preston, International President

Tracy Miller

1436 Amberly Street
Lancaster, PA 17601
B (717) 295-7142
headquarters@cosmopolitan.org

2014-2015 International Board Directory

FEDERATION GOVERNORS

CAPITAL FEDERATION

Charles Cenkner (Capital Region)

603 Showers Street
Harrisburg, PA 17104
H (717) 213-9288
C (717) 439-1212
rotarychuck@aol.com

CORNBELT FEDERATION

David House (Omaha West)

250 Skyline Drive
Elkhorn, NE 68022
B (402) 916-3626
C (402) 689-9141
durableflags@gmail.com

MID-STATES FEDERATION

Walter Alm (Elgin)

1795 Grandstand Place
Elgin, IL 60123
H (847) 705-0731
B (847) 742-0500
C (847) 502-1757
wafootdr@sbcglobal.net

MO-KAN FEDERATION

Helen Cox (Lawrence River City)

12612 246th St.
Lawrence, KS 66044
H (785) 842-0301
B (785) 856-1743
C (785) 423-0918
srhinc@hotmail.com

NORTH CENTRAL FEDERATION

Bob White (Rapid City)

2936 Dundee Street
Rapid City, SD 57702
H (605) 716-3647
bcwhite@rushmore.com

SOUTHWESTERN FEDERATION

Richard Mealer (Austin)

10602 Lockerbie Drive
Austin, TX 78750
H (512) 250-2265
C (512) 217-0439
rmealer@austin.rr.com

WESTERN CANADA FEDERATION

Keith Shepherd (Regina Capital)

3434 Arbor Grove Drive
Regina, SK S4V 2N8
H (306) 751-0040
B (306) 757-5555
keith.shepherd@dudleyllp.ca

FEDERATION GOVERNORS-ELECT

CAPITAL FEDERATION

Randy Wright (Norfolk)

9606 Bay Point Drive
Norfolk, VA 23518
H (757) 362-3456
B (757) 466-1476
C (757) 373-2971
w_randywright@verizon.net

CORNBELT FEDERATION

Ray Meister (Fremont 100)

121 South William Ave.
Fremont, NE 68025
H (402) 727-1829
C (402) 317-7393
rmeister@neb.rr.com

MID-STATES FEDERATION TBD

MO-KAN FEDERATION

Jane Holtsman (Jefferson City)

430 Worth Street
Holts Summit, MO 65043
C (573) 680-0095
jholtzman@gmail.com

NORTH CENTRAL FEDERATION

Ludene McLeod (Sioux Falls Evening)

2208 S. Larch Avenue
Sioux Falls, SD 57106
H (605) 212-0111
B (605) 977-1040
ludene@andersongroupcpa.com

SOUTHWESTERN FEDERATION

DeWayne Smith (Alexandria - Cenla)

100 68 Hwy 28 West
Boyce, LA 71409
H (318) 793-2950
key2950@aol.com

WESTERN CANADA FEDERATION

Sandra Abello (Wascana)

4613 Malcolm Drive
Regina, SK S4W 0B5
H (306) 584-0782
B (306) 766-2441
C (306) 535-4894
sabello@accesscomm.ca

COSMOPOLITAN FOUNDATION CANADA, INC.

Chairperson

Rod Randolph

93 Coachman Way
Sherwood Park, AB T8H 1M3
H (780) 416-0774
C (780) 405-4932
rodjoan@shaw.ca

Vice President

Darwin Baker

563 Nordstrum Road
Saskatoon, SK S7K 7X6
H: (306) 975-3780
C: (306) 222-1772
dbaker@jaysmoving.com

Secretary

Shelley Duckett

Box 1266
Grenfell, SK S0G 2B0
H: (306) 794-2203
C: (306) 539-8923
ducketts@sasktel.net

Treasurer

John Krysak

199 Wells Street
Regina, SK S4R 5Z6
H (306) 949-9714
C (306) 537-5119
jkrysak@sasktel.net

Two Thousand and Fourteen INTERNATIONAL CONVENTION Recap...



"After attending three Cosmopolitan International Conventions in Rapid City, they just get better each time. Who is always there is a friend and past Cosmopolitan International President, Dick Kahler. What a positive installation he gave. One we will always remember."

- CeCe Benton
Columbia Show-Me Club - Member since 1987
2013-2014 Patrick J. Hodgins Winner



"As a Cosmo wife, I look forward to the International Convention. It is a time to realize exactly how strong and dedicated this organization really is! We have vacationed in different parts of the country with the benefit of the local hosts proudly (and always with in a party atmosphere) sharing their home states. I am also a Registered Nurse and enjoy learning new diabetes treatments from the speakers. Every year I check out where the convention will be held next! If you have never been, I would encourage all spouses to join in the networking, education and great times of the Cosmo International Convention. It's always a good day to be a Cosmo wife!"

- Laurel Grimes
Wife of Tom Grimes, Rockford Club



"Wow! What an event to be part of. Going to International Convention was like being at a home football game with the opposing team jersey. Everyone takes notices and extends their utmost best. Why? Because you are a football fan! We are one."

What enjoyment it was to see Cosmo friends everywhere. The overwhelming hospitality and daily events delivered by the Rapid City Club from the opening of the hotel doors to the closing, was unbelievable!

Capping this event was the comradeship amongst our Cosmo friends, working together for a common goal and winning. I'm very proud to be a Cosmo friend and looking forward to the next Cosmopolitan International convention in Omaha, NE."

- Rick Lockyer
Wascana Club - Member since 2013
2013-2014 Rookie of the Year



"If you were not able to attend the 2014 Cosmo Convention, you were remiss. This convention had everything you could have asked for; fabulous planned events in the beautiful Black Hills, and meetings with great interaction and discussions among members for new and exciting projects."

- Fain Sletten
Sioux Falls Noon Club - Member since 2012



Award Winners



Rookie of the Year:

After just two years as a Cosmo, Rick Lockyer of the Wascana Cosmopolitan Club currently serves as a Club Board Member and is Wascana's President-Elect for 2014-2015. Not only does Rick attend all club events, but he becomes actively involved in them. The club hosted the WCF midterm convention held in Regina in 2014, and Rick provided many fun and exciting activities for both the curling and non-curling attendees and helped find and collect donations for food and prizes for the convention. He was one of the first to arrive and the last to leave. Rick has a go-getter attitude that helps make the club meetings successful and makes him an asset to the Wascana club. He is always willing to volunteer, participates in discussions, comes up with new and creative ideas, and helps put them into action.

Great work, Rick, and welcome to Cosmo!



Member Community Service Award:

Kyler Nelson of the Fremont 100 Club joined Cosmopolitan in October 1986 and quickly became a strong supporter of all work and social projects. He has served as director of Fremont's Spring and Fall highway cleanup project and was co-director of the club's golf outing. He also has served as president and club secretary. Kyler's knowledge of computers allowed him to add many new computer support systems for the club, including sending a weekly e-mail every Wednesday to all club members informing them of the program for Fremont's Friday morning club meetings and other upcoming events. Kyler was instrumental in helping Fremont earn the BIG "C" AWARD the past three years. He is also the club's unofficial photographer and has been a key figure in growing the Fremont Cosmopolitan Club 100 from a membership of 31 in 2009 to its current membership of 61.

Great job, Kyler!



Cosmo of the Year:

Tom Grimes joined the Rockford Cosmopolitan Club in 2007 and has proven to be a club leader who has earned the continued respect of Rockford's club members. Tom has served as club president as well as president of the Rockford Charities Board. He helped co-author the 2011 Rockford Cosmopolitan Fund Initiative and served as committee chairman of the 2009-2014 Rockford IceHogs Family Night. He also is founder and committee chairman of the club's casino games fundraisers. With personal integrity, leadership skills, and unwavering commitment to the Rockford Cosmopolitan Club, Tom serves as a role model for all club members.

Congratulations to Tom!

Other Award Winners...

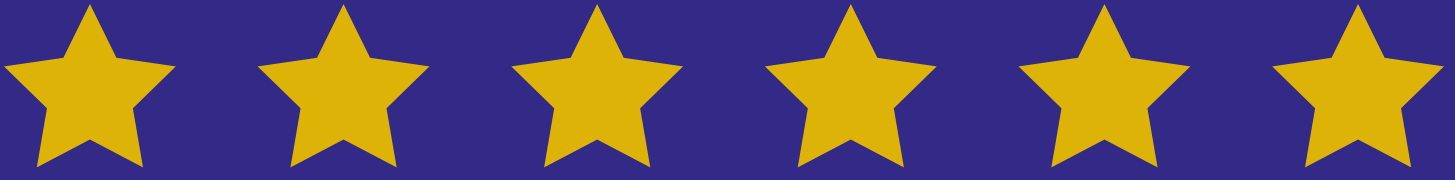
50 Year Awards:

M. Don Hinds, Fremont 100
Ray Mayhew, Platte River
George Lund, Johnson County

25 Year Awards:

C. William Dickinson, Roanoke
Roger Simpson, Roanoke
Roy Talmadge, Omaha Cornhuskers
Naomi Whelan, Rapid City
James Houldersworth, Regina
Kenneth Thoenen, Jefferson City
Roger McCoy, Columbia Breakfast
Beverly Braun, Columbia Luncheon

Carroll Highbarger, Columbia Luncheon
Robert Gray, Columbia Luncheon
Jim Flower, Jr., Columbia Luncheon
Charles Hargrove, Columbia Luncheon
Donald Wright, Santa Fe Trail
John Koskovich, Sioux City
Sam Castree, Rockford
Anita Dreiling, Topeka
Donald Freking, Topeka
David Green, Broken Bow
George Nystrom, Regina Capital
Richard Bray, Rapid City
Mark Joneson, Rapid City



P.J. Hodgins Distinguished Member Award:

Cecelia “CeCe” Benton was not only one of the founding forces behind the Columbia Show-Me Cosmopolitan Club, she was the one responsible for the naming “Show-Me” after the Missouri State motto. The inspiration for a club of this type originated at the 1986 International Convention in Milwaukee when the delegates voted to allow women as regular members in Cosmopolitan. Since those early days, CeCe has exhibited outstanding values, ethics, and service to her club. She honors Cosmopolitan International by setting a high standard for her fellow Cosmos to follow. She believes that membership is a privilege which all good citizens should be offered, exemplified by the 35 new members she has personally sponsored during her tenure.

Congratulations CeCe!



President of the Year:

Keith Shepherd is a charter member of the Wascana Cosmopolitan Club as well as an active member of the Regina Capital Cosmopolitan Club. He is an unassuming leader with a kind and outgoing personality. Under his leadership and with the support of club members, both clubs have been involved in major fundraising events and initiatives. During his tenure, he has developed many friendships and saw three new members join the Wascana club during his presidency in 2013-2014. In addition to his local club positions, he has served as Western Canada Federation treasurer and as Cosmopolitan Foundation of Canada, Inc. treasurer. He embodies unity, service, and action on a daily basis.

Congratulations, Keith!



Governor of the Year:

Ed Ficene is a charter member of the Bellevue Big Elk Cosmopolitan Club as well as a member of the Omaha Cornhusker Club and has held numerous leadership positions with both clubs, including secretary, president, and vice president of programs. He also serves as vice president of the Cornbelt Diabetes Connection and is a Beacons member of the Cosmopolitan Diabetes Foundation. Ed is a previous Governor of the Year, serving as Cornbelt Federation Governor from 1999 to 2000. He has chaired numerous federation conventions and has served as International Vice President of Finance.

Great job, Ed!

Best Website:

Omaha/Cornhuskers

Yearbook:

Lawrence River City

Top Bulletin:

Capital Region

Club Community Service:

Jefferson City

Big C:

Council Bluffs, Fremont 100,
Norfolk, Rapid City, Roanoke,
Rockford, Sioux City

Rebuilding Friendships:

Calgary, Columbia Breakfast,
Omaha West, Regina, Wascana,
Wichita Air Capital, Winnipeg

All In!:

Roanoke, Bellevue Big
Elk, Sioux City, Aurora,
Columbia Breakfast,
Columbia Show-Me,
Jefferson City, Santa Fe Trail,
Wichita Air Capital, Norfolk,
Rapid City, Sioux Falls Evening,
Prince Albert, Wascana



FALL
2014

In This Issue:

- 3 Executive Director Update, Tracy Miller
- 4 Vision Statement, Jim Preston
- 5 President's Plan and Goals, Jim Preston
- 6 A Great Time Was Had By Many,
Jim Preston
- 8 President-Elect Update,
Richard Gordon
- 8 CFC Report, Rod Randolph
- 9 2013-2014 Cosmopolitan Annual
Report, Sheila Anderson
- 10 Cosmopolitan Diabetes Foundation
Report, Melvina Newman
- 12 Categories of Recognized Programs
- 14 Out & About
- 16 2013-2014 Club Directory
- 18 2013-2014 International Board Directory
- 20 2014 International Convention Wrap Up
- 22 Award Winners

COSMOTOPICS



COSMOTopics
PO Box 7351
Lancaster, PA 17604

NON-PROFIT
ORG.
U.S. POSTAGE
PAID
Pontiac, IL
Permit #592