



COSMOTOPICS

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**Join us for our 80th
International Convention
Rockford, Illinois
July 26 - 29, 2006**

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COSMPOLITAN 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

PUBLISHER Barbara Johnson
EDITOR Teri Bavley

COSMOPOLITAN INTERNATIONAL OFFICERS AND DIRECTORS

PRESIDENT
Kevin Harmon
Kh77@sbcglobal.net

PRESIDENT-ELECT
Bob Williams
bobjoe9134@aol.com

VICE PRESIDENT FOR MEMBERSHIP AND NEW CLUBS
Tom Gustafson
gustafsonom@msn.com

VICE PRESIDENT FOR FINANCE AND MARKETING
Jim Smith
jim.smithjr@shaw.ca

JUDGE ADVOCATE
Jim McVay
jmcvay@omahalaw.com

EXECUTIVE DIRECTOR
Barbara Johnson
exdir@cosmopolitan.org

FEDERATION GOVERNORS

CAPITAL Tom Griffey
CORNBELT Perry Johnson
MID-STATES Linda Stefanich
MO-KAN Gene Kaup
NORTH CENTRAL Melvina Newman
SOUTHWESTERN Helen Holt
WESTERN CANADA Richard Greer

INTERNATIONAL HEADQUARTERS
7341 W. 80th Street, P.O. Box 4588
Overland Park, Kansas 66204-0588

Local 913.648.4330 Toll-free 800.648.4331
Fax 913.648.4630 www.cosmopolitan.org

E-mail headquarters@cosmopolitan.org

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Welcome New Members and Friends

Kevin Harmon
2005-2006 International President



We are entering the downhill stretch of another Cosmo year with great news coming from a variety of clubs and events throughout all of Cosmo. Chief among the great news is the addition of 103 new members as of this writing. I want to take the opportunity to welcome each of our new members into the greatest civic organization you can find, and congratulate those current members who took the time to invite a neighbor, co-worker, acquaintance or relative to join us. You are true heroes in our quest to attract new people to our organization.

Let me also say to the new members that we welcome you to our club and are excited about you and what you bring to the club. Each of our clubs is unique with different membership demographics, meeting structure and fundraising events and projects. Where we come together is in our collective effort to support our communities in worthwhile causes and our international organization in our effort to cure diabetes.

As a Cosmo and new member you have become part of a family. A family of people concerned about their community and concerned about helping others. Please take the opportunity to learn about Cosmopolitan and what we do for our communities. There is a wealth of knowledge and information available to you in this quarterly magazine, on our website, in various brochures and publications that we employ and through the leaders and veteran members in your respective club. We have a lot of history to be proud of, such as our International Diabetes Centers and the research and treatment programs that they have pioneered. Your local club will have many of the same types of milestones and projects that they will be equally proud of. You are now part of our history and we are proud to have you with us.

You will also have the opportunity to make friendships in your club and throughout Cosmo that will last a lifetime. I can say that I have very close and dear friends in all parts of the country and especially in my home club that were made through Cosmo. These friendships will be cherished forever in my life and my families. The exciting thing for me is that now I have the opportunity to include you in my list of friends.

Once again, welcome to our club. We are glad you chose to join us.

Our New Members

Alexandria-Cenla Michael Nitz	Jo Huddleston Kirk Boyer	Chuck Tomlinson Jeremy Warner
Aurora Pam Dodson	Linda Gasper	Michael Zuba
Holly Haberle	Lawrence Breakfast Greg Berger	Santa Fe Trail Charles Nye
Cynthia Hernandez	Daniel Brogren	Saskatoon Couples Deb Down
Jane Leyba	Doug Dawson	Terry Down
Mary Rudnicki	David Lake	Saskatoon Yellowhead Joe Gerhardt
Patrick Pfleeger	Jackson Mitchell	Sioux City Kevin Heiss
Margaret Tossing	Paul Morte	Todd McCabe
Jerry Winchester	Phil Rademacher	Sioux Falls Jeff Brecht
Baltimore James Cahill	Lawrence River City Dan Bryant	Jerry Kraus
Samuel Cucina	Mexico City Valentin Castro	Bruce McCollister
Christian Kahl	Norfolk Larry Bennett	Lisa Mix
Ross Kenny	Omaha Donna Lewis	St. Albert Al McCardle
Belvidere Jennifer Jacky	Omaha I-80 Michael Johnson	Sturgeon Valley Vivien Christensen
Park Johnson	Randy Schuller	Myrtle Jacula
Michael Robinson	Mark Stubbs	Rob Larson
Bethesda Paul Morrison	Omaha U.S.A. Bodwin Hutchinson	Tim Schultz
Blair John Renelt	Omaha West Errol Fitts	Three Rivers Marlys Sorensen
Boulder Harlan Mathews	Prince Albert Bill Allen	Topeka Penny Atchison
Capital Region Ed Guion	Darcy Phaneuf	Galen Rapp
Kenneth Hugendubler	Rapid City Roisin Grafel	Wascana Couples Cathy Crawford
Columbia Breakfast Jackie Scott	Roger Merriman	Derek Sapergia
Columbia Luncheon Richard Hicks	Rockford Matt Armstrong	Wichita Ted Hayes
Robert Simms	Mike Beutel	Wichita Downtown Mike Floyd
Elgin Beverly Saiz	Don Cuppini	Keith Koontz
Douglas Schefflow	Jeffrey Dibenedetto	John Leslie
Robert Tiballi	Pat Emerick	Robert Loveland
Grand Island Clarence Mabon	Randy Gay	Jim Martin
Scott Mason	Jay Haney	Paul Roberts
Jefferson City Kristy Gratz	Pat Hayes	James Solberg
Martha Fuhrman	Phil Jacobson	Les Withrow
Charlotte Middleton	Chuck Parniciarro	Winnipeg Brian Wall
Daniel O'Rourke	Jeff Reinke	
Howard Huddleston	Jim Ryan	
	Steven Schlichting	



Working Together in Unity, Service and Action to Defeat Diabetes

BARBARA JOHNSON
Executive Director

Many of us when asked, "What is Cosmopolitan International?" respond, "we're not the magazine, we're the club that fights diabetes". Generally, the next comment is "Oh, I know so and so who has diabetes". Often we are expected to know quite a bit about the disease, its effects, and possibilities of a cure. But for many of us, diabetes mellitus is somewhat of a mystery. It is a complicated disease with devastating effects that are not "fixed" by administering a daily shot of insulin. With the help of Elaine Rehmer, Administrator of our Diabetes Center in Columbia, I've put together a diabetes primer for us who are not medical experts.

What is diabetes?

A group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both.

Why is insulin so important?

Insulin is a hormone that regulates blood glucose. Your body needs this to break down the food you eat into energy you can use.

Types of diabetes

1. Type 1 – previously known as insulin-dependent or juvenile-onset diabetes. Accounts for 5-10% of all diagnosed cases of diabetes. The body's immune system destroys the cells that make insulin. Patients require insulin delivered by daily injection(s) or an external insulin pump.

2. Type 2 – previously called non-insulin-dependent diabetes or adult-onset diabetes. Accounts for 90-95% of all diagnosed cases of diabetes. Usually begins as insulin resis-

tant, where the cells do not use insulin properly, but may progress to where the pancreas gradually loses its ability to produce insulin.

3. Gestational – a form of glucose intolerance in some women during pregnancy. After pregnancy, 5-10% of women diagnosed with gestational diabetes develop type 2 diabetes.

4. Other – resulting from specific genetic conditions; accounts for 1-5% of all diagnosed cases.

Symptoms of diabetes

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

(some of these symptoms typically appear together rather than any one individual symptom being an indication of diabetes)

Why diagnosis, treatment, and a cure are so important . . .

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure and amputations.

Diabetes kills almost 210,000 people each year in the U.S.

In the United States alone, there are estimated to be over 20 million people with diabetes; six million of those are undiagnosed.

The Centers for Disease Control and Prevention report that one in three children born in the United States five years ago are expected to become diabetic in their lifetime.

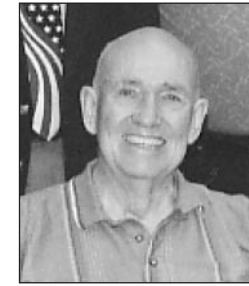
What are we doing to defeat this devastating disease?

1. Detection: Both the **Cornbelt Diabetes Connection** and the **Rockford Crusader Clinic** offer diabetes testing via mobile nursing units that travel to local sites reaching out to the many who are still undiagnosed.

2. Treatment and Education: The **Cosmopolitan International Diabetes & Endocrinology Center** in Columbia, MO provides diabetes care and education to patients with diabetes and also educates physicians and allied health professionals on the most recent advances in diabetes care. The **Strelitz Diabetes Institutes** in Norfolk, VA specializes in neuropathy care that is so important for patients with diabetes. Many local clubs support summer camps for children with diabetes and other educational opportunities.

3. Research: The **Strelitz Diabetes Institutes** has pioneered islet regeneration (INGAP and SPIRIT programs) as a cure for diabetes. The **Cosmopolitan Foundation Canada, Inc.** funds research grants at the University of Manitoba and scholarship at the Alberta Diabetes Institute.

These are just a few of the many ways Cosmopolitans are working to defeat diabetes. When you tell your friends about Cosmopolitan, be proud that we are not the magazine, but rather that we are members of an organization that is having a major impact in this fight.



Diabetes Foundation Update

DEL OBERST
CDF Chairman

With less than five months left before the International Convention, I am confident that with your help we will successfully complete the goals set by your Cosmopolitan Diabetes Foundation (CDF) Board earlier this year.

DOORS: Two years ago we began a Doors program to furnish additional rooms at the Cosmopolitan International Diabetes and Endocrinology Center at the University of Missouri-Columbia. The actual remodeling costs were funded by the university but we felt it was important to continue to support the diabetes center we originally founded over 25 years ago.

Total cost to refurbish the rooms: \$66,400

Contributions to date: \$43,397

Needed to complete goal: \$22,603

DISCOVER: The Discovery Fund is one of the most exciting ways to contribute to CDF. Every dollar contributed is used to directly fund grants for diabetes-related projects. Not one dollar is spent on expenses. That's why we are asking each club to contribute \$500 this year to this fund.

Goal (53 U.S. Clubs): \$26,500

Contributions to date: \$3,285

Needed to complete goal: \$23,215

Thanks to the following clubs who have already contributed this year ~ Fremont, Lawrence Luncheon, New Orleans, and Omaha I-80.

LIGHT: The Beacons Fund is the backbone of the Cosmopolitan Diabetes Foundation. The interest from this endowment fund enables us to cover our expenses so your contributions are directed to our goal of eliminating diabetes. Each year we hope to increase the number of Beacons by 10%.

2005-06 New Beacons Goal: 60

Number of new Beacons to date: 26

Needed to complete goal: 34



New Beacons since previous publication ~ Philip Fenton (Omaha I-80), Ronald Mortensen (Omaha I-80).

New Ruby Beacons: Perry & Linda Johnson (Omaha).

And don't forget the Lighthouse Award that recognizes those clubs who have at least 10% of their membership becoming new Beacons. For example, if a club has 30 members, it will need three new Beacons this year to qualify for the award.

For questions regarding these goals, as well as other donation opportunities, please contact Cheryl Torrey at Cosmo Headquarters, 800.648.4331 or cheryl@cosmopolitan.org.

HONOR/MEMORIAL GIFTS

July, 2005-February, 2006

Given By

Claire Cieslinski
Lawrence River City Club
Mary Ruetten

In Honor of

Dione Harmon
Steve and Jamie Hanna
Lou and Dorothy Hoffman

Given By

Bellevue Big Elk Club
Billie Hogue
Lawrence Luncheon Club
Dr. Thomas Loonan

In Memory of

Edward Gralewski, Jr.
David Fisher
Jack Hogue
Guy Kidwell
Dr. Kenneth Desledahl
Betty Bruggeman
Bob Bates

Candy Nysingh & Kathryn Wagner
Del and Lois Oberst

Virgil and Linda Reed
Don and Maxine Seyboth
Tulsa Cosmopolitan Club

Ramona Anderson
Joan Spilinek
Leigh O'Connor
Delbert Howard
Carolyn Kastner
Orvel Sawvel
Dr. J. Carlton Wich
Orvel Sawvel



The Road to Rockford

JIM SMITH

Vice President for Finance and Marketing

It's time to plan your trip to Rockford, Illinois for the Cosmopolitan International Convention, July 26-29, 2006. Those who attend these conventions definitely get their money's worth. They get to make and keep friends all across North America. They get to see some very interesting cities, and indeed explore much of our continent over the years. They get to be "in the know" as far as Cosmopolitan plans and activities are concerned. And they get to bring their valued ideas and influence to our meetings.

And they get to party a little!

Pam and I have attended a good many conventions since I became a Cosmo in 1979, and we've enjoyed absolutely every one of them. Last year's version, held right in our own backyard, and preceded by the Branson extravaganza, was a most pleasant event. Didn't the Regina crew do a great job? They had a really tough act to follow! Thanks again!

We're changing things a bit. We've just acquired a motor home and so this time we're driving. I've been studying the road atlas, calculating the fuel bill (large) and finding the most interesting routes there and back. We're in no hurry; we have three weeks to spend. We'll also have Pam's elderly aunt (87, with memory problems) and two granddaughters (10 and 12) who are coming along to see the country and keep the aunt company when Pam and I attend the convention.

We're planning a few days in

Minnesota and Portage la Prairie, Manitoba where we were born and raised, then on to the Thief River Falls area in Northern Minnesota where we have a bunch of relatives.

Then we'll meander off towards the southeast, going through the 10,000 lakes country, before we get to Rockford, Illinois . . . hometown of the largest club in Cosmopolitan International, and the only club with over 100 members. We have some things to learn from these guys! They are growing and vibrant. If the rest of us learned and applied their tricks, our membership and financial worries would vanish.

It's just that simple. If every one of us went out and found one new member, all our troubles would be over immediately.

And it's really not all that difficult. Just obtain a copy of the new "Great People That Should Be Cosmopolitans" listing page from our website, www.cosmopolitan.org, sit down and fill in at least 6-8 names of people you know personally that would make great members.

Include the ones you suspect would be impossible to convince, because you might be wrong! Take the chance. Ask once. Or twice...

Then put your list on the fridge door, and every time you dive in for a snack you'll be reminded to reach out to your prospects.

Somewhere along the line you'll notice that you are indeed making progress with a few of these great

people. At that point you'll need to set up a Cosmopolitan membership event to finish the job. Refer to Vice President Tom Gustafson's suggestions for running a great membership event.

Wouldn't it be fun to show up in Rockford and teach the pros a few tricks about finding new Cosmopolitans? You could do that!

And if we **all** did that, by the time we reach Omaha next year, we'd have a whole big pile of new Cosmopolitans to meet and our membership and financial troubles would be entirely historic! Great concept? Entirely attainable!

When you're in Rockford, pick up all the helpful hints you can about finding new members. These guys are truly great at this, the best we've got! This is the year to learn about finding new members.

The Cosmopolitan Club of Rockford will show us a time we'll not soon forget, count on that, and enjoy every minute.

We're really looking forward to seeing everyone again, and having a nice relaxed tour of this part of the USA.

And if I'm in the lobby in a bellman's outfit when you check in, it's because the motor home is even worse on fuel than I thought! Tip generously...

See you in Rockford!



Challenge Grants Do Work!

THOMAS R. STONE, Ph.D.

Past International President, Certified Fundraising Executive

In my last column, I discussed **challenge grants**. When a challenge is made, the intended recipient of our Cosmo funds must raise money on its own as a match before our dollars are given.

The example used in the Winter 2005 COSMOTopics called for a local hospital to raise new money in support of diabetes education and diabetes related programs. For every new dollar they raised we pledged 50 cents, up to a total gift of \$2,000 – twice what our Cosmo club has given before.

Now, as the radio commentator Paul Harvey would say, for "The Rest of the Story . . ."

Roger Longenderfer, M.D., President and CEO of Pinnacle Health, sent out an annual campaign fund raising letter in which he described the Cosmo challenge. In a letter written by Helen Friedman, manager of major gifts, we were told that 103 donors designated their contributions (\$26,666) to "help provide financial assistance to uninsured and underinsured residents of our community who wish to obtain information on the treatment and management of diabetes." These individuals will be provided scholarships to Pinnacle Health's diabetes education program.

But as you recall, the challenge was to be paid on new money. Of the 103 donors, 61 made either new gifts or increased their giving for a total of \$10,330 in new money for diabetes education. In reality the hospital received \$11,330 in new dollars as the Capital Region Cosmopolitan Club upped its previous \$1,000 gift to \$2,000 as the challenge was met.

Yes, challenge grants do work! Try one and see.

One critical element to a successful challenge grant is for our clubs to raise enough charitable dollars to issue a challenge. A number of years ago, the Capital Region club adopted the Playhouse Raffle as its primary means of raising funds.

This was an idea that Cosmo Cindy and I brought

back from an international convention – I believe that we learned about it from a Canadian Club when the playhouse raffle was discussed at a fundraising session.

Building and raffling off a playhouse was ideal for us. Our cause, diabetes, was well known. Within our club we had talented members who could build a walk-in playhouse and others, noted artists, who could decorate it.

We found two local events, Artsfest and Jubilee Day, both with regional drawing power, where our playhouse could be displayed and where tickets could be sold. Currently our price is two dollars a ticket, three for five dollars. Most of our sales are for five dollars or more.

At the end of the second event, we publicly draw the winning ticket and notify the winner. We deliver free within 25 miles.

As the years went on our Cosmo Playhouse became a fixture at both events. Many who buy tickets tell us of their experiences with diabetes.

Also as the years went on and the original team aged, it became more difficult for the construction and decorating crews to get their work done on time. Then, just when we were considering terminating the project, Ed Guion joined our club. Ed, a retired businessman, is a master craftsman and he has truly risen to the occasion. While our first event, Artsfest, does not take place until Memorial Day weekend, thanks to Ed, our playhouse is already built, decorated and ready to go.

The tradition continues and the Capital Region Club is looking forward to another successful fund raising effort.

Some of the dollars raised will probably go to another challenge grant – and the circle continues!

Please contact me at tomstone@ix.netcom.com with your questions, comments and fund raising ideas.



Diabetes and Research Committee Report

BOB WILLIAMS

International President – Elect, Diabetes Committee Chairman

In keeping with the spirit of our workshop held during the International Convention in Regina this past July, below are inputs from three of the efforts and organizations we support. As your 2006–2007 President, it will be my goal to more effectively communicate, publicize and focus “our fight to cure diabetes” and use this as one more tool to attract new members. I thank those individuals that provided inputs for this article.

Cornbelt Diabetes Connection, Inc. – Ed Thompson reports that the CDC had another successful year in 2005. The Mobile Nursing Center held 91 clinics and saw 2,688 clients. The clinics were held both in the Omaha metropolitan area (65%) and in rural areas of Nebraska and Iowa (35%). About 15% of those who visited the nursing center were referred for further medical follow up for various reasons including high blood sugars, high blood pressure and high cholesterol.

The CDC also provided diabetes medications and supplies to 19 patients who were in a crisis situation and had no other resource for getting their medications and supplies. The CDC spent nearly \$32,000 in support of these projects during 2005.

Cosmo Diabetes Center – Elaine Rehmer reports that at long last the remodeling project at the Cosmopolitan International Diabetes and Endocrinology Center in Columbia is well underway thanks in part to Del Oberst’s support of the “Buy A Door Campaign.” Phases I and II are complete and Phase III will begin in late February.

Over 14,000 patient visits took place at the center in 2005 – not including another nearly 1,000 visits just for diabetes education! CDC certified diabetes educators provide diabetes self-management education classes three times weekly to patients and their family members. She states that as we all know, education is a key component of diabetes management. Most insurers now recognize the importance of diabetes education, however, Missouri Medicaid will no longer pay for the service. Fortunately, CDC is able to provide financial need based scholarships for Medicaid patients and others who fall through the cracks.

Dr. Jim Sowers and his research group continue to work on several projects surrounding the cardiovascular complications of diabetes.

Strelitz Diabetes Institutes – Anna Goldenberg states that INGAP peptide development during 2005 resulted in breakthroughs in clinical trials and in basic science research in the SDI laboratories.

Dr. Robert Ratner of Medstar in Washington DC, a member of the clinical research development team, reported on the findings of the INGAP Phase 2 clinical trials completed by GMP Companies, Inc. and P&G. His report noted that:

1. In terms of safety, INGAP is absolutely safe given in large amounts for a period of three months.

2. In terms of trends toward efficacy, researchers found:

Type 2 diabetes:

- Decrease in hemoglobin A1C by 6%

- Decrease in (after eating) glucose
- Increase in C-peptide indicating new islets are being formed

Type 1 diabetes:

- Increase in C-peptide indicating new islets.

Anna further reports that researchers at the Strelitz Diabetes Research Institute, in collaborative efforts with international scientists, are continuing to pursue investigations that will lead to the successful clinical research development of INGAP therapy.

Mo-Kan/Cornbelt INGAP “Shoot Out” – Gene Kaup reports that Mo-Kan is up to the challenge and notes that his own club is committed to raise an amount equal to the amount it paid over the past four years. He notes “It’s almost steak time!”

Perry Johnson states that he has already picked his restaurant, noting that Gene & Bev will be in for a treat and that they will even enjoy paying for it. He further notes that the possibility of eating Kansas beef is disquieting; energizing him even more to win!

INGAP – We’re almost there! **Only \$55,000 to go.** Three of our federations have met their fair share contribution goals. I’m asking my own federation to bring another major contribution, even though Capital Federation has far exceeded its goals. I’m hoping that all of our U.S. federations will come to Rockford with checks in hand. Let’s bring this project to closure with a big bang.

Let’s Just Do It!



Why We Became — And Stayed — Cosmos

An Interview with John and Kathy Krysak, Members of the Wascana Cosmopolitan Couples of Regina

When and why did you join Cosmopolitan?

John: For me it is easy to remember when we joined Cosmopolitan, as I left my pregnant wife at home while I attended a meeting regarding the chartering of our club. To my surprise she was not home when I returned. None the less, I am still married and we have a great, healthy 11-year-old son which goes hand in hand with our club.

I was introduced to Cosmopolitan through working with three other Cosmos many of you know, Bill Pollon, Keith Shepherd and Lorne Wirth, all great ambassadors for the organization. We had attended many fund raising events and heard of all the fun they were having with their clubs at that time.

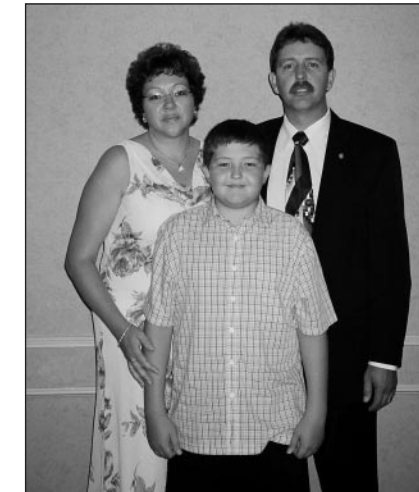
John and Kathy: We were asked to come to a meeting by Cosmo Myrna Pollon, who was in the midst of trying to form a new club with Past International President Brain Leipert. We attended the first meeting and soon had others attending with us. Before we knew it we were chartering the club in May 1995. What appealed to us was the fact that it was going to be a couples club. We looked at this as being a great way to get out at least once a month together without the children, and to meet other couples, have fun and serve the community all at the same time.

Kathy: Being a health care worker (registered nurse), I see the direct effects of diabetes on patients and families first hand. In my own family, both my grandparents had diabetes, followed by my cousin’s husband, who has since passed away

from complications associated with diabetes. Today both my parents have Type II diabetes. Joining Cosmopolitan meant that I could possibly in some small way make a difference.

What benefits do you see to belonging to Cosmopolitan, on a personal level?

Kathy: I have made great friendships along the way. I am currently the club president and I did not ever see myself in this position. I guess it was only fitting that with our son being 10 years old that I should be president for the club’s 10th anniversary. All the funds I have spent on scrap-booking came in handy when I was asked to do a yearbook for the club.



John, Kathy and Bradon Krysak

John: As an accountant in a public practice, joining Cosmopolitan gave me some opportunities to develop interpersonal and business relationships and public speaking skills. I soon took on the position of treasurer for the Western Canada Federation for five years. Talk about

jumping in with both feet! Try giving a presentation to three colleagues who are all accountants, along with all the members of the federation.

On a business level:

John: Cosmopolitan has given me a great opportunity to network. By meeting many people in many different lines of work, I have been able to expand my business contacts and clients.

Kathy: I’ve seen our club share in the donation of a renal dialysis machine to a local hospital, make cash donations for equipment on a cancer ward and donate equipment to the NICU where I work.

What are some of the benefits and highlights of hosting an international convention?

John and Kathy: One of the biggest benefits to us was being able to assist in hosting the 2005 International Convention. We were very busy, involved in many aspects from being on the organizing committee to doing the final accounting for the event. As we both worked the registration table we got to meet everyone attending. We met some wonderful people and have made some lasting friendships. We recommend the experience to all Cosmos and encourage you to use this as an opportunity to recruit new members.

Kathy: It was an excellent opportunity for our club to partner with the other Regina clubs, sharing ideas and holding an event with such history. It was an amazing time meeting all the other Cosmos, and it was a great way for me to see how Cosmopolitan works on an international level instead of just the local level.

Cosmos in Action

New Orleans Cosmos Grateful for Support

We write to you today on behalf of all the New Orleans Club.

Our members are facing unprecedented challenges in Katrina's wake. Several of our members have lost their homes and all of the contents. Others have had water and wind damage in their homes. Some have lost their jobs. Every home and business in the New Orleans area has been affected. It will take years to rebuild.

All of our New Orleans membership south of Lake Pontchartrain was evacuated for weeks. Some were lucky with only the destruction of their way of life. Others rely on family and friends to house them as we clean up and rebuild. Our backbone of the club, Secretary Joe Schneiders and his wife Marilyn have been forced to move to Raleigh to be close to their children. We are sorry to be losing such wonderful friends and a true leader. Everyone is aching and just trying to get something positive done each day.

We are deeply grateful for your expression of support and concern with this more generous donation to the Cosmopolitan Katrina Fund.

We had a Christmas gathering at the home of our President Oliver Stentz and his wife Cindy in December. Your donations were divided among every Cosmo and Cosmopol household.

With your prayers we will continue to face the challenges of this most difficult time.

*The New Orleans Cosmopolitan Club
Oliver Stentz, Cosmo President
Janet Rousset, Cosmopol President*

Editors note: A letter from New Orleans club member Will deArmas detailing the devastating effects of Hurricane Katrina may be found on the Cosmopolitan website (www.cosmopolitan.org).



Columbia Clubs Flip Cakes

On Saturday, January 28, 2006 the Columbia Luncheon Club held its 55th annual Pancake and Sausage Day. The Columbia Breakfast Club and the Columbia Show-me Club assisted with the event, which was open to the public from 6 a.m. to 3p.m.

Preliminary work began earlier in the week after months of planning, with Cosmo members cleaning and arranging the Cosmo Community Center. Cosmo member Wayne Powell single handedly sold over one hundred tickets himself. On Saturday the first Cosmo members arrived around 3 a.m. to begin baking sausage and mixing batter. The kitchen crew worked vigorously to keep a steady stream of warm pancakes and sausage at the ready. Members served milk, orange juice, and coffee, while others cleaned tables and made sure everyone's cup remained filled.

Throughout the morning a steady stream of local residents came to the Cosmo Community Center where they enjoyed the excellent food and community fellowship. At days end a number of Cosmos were definitely dragging themselves home to a much-needed nap!

Proceeds from this year's event will help with the continuing challenge to discover a cure for diabetes as well as local community needs. This annual fundraiser gives us a great opportunity to spend quality time together working for a worthy cause.

*Andy Anderson
Columbia Luncheon Cosmopolitan Club*



Where Are They Now?



Past International President Kit Montz

A recent story in the Austin American-Statesman newspaper featured a woman who has volunteered more hours at the Seton Medical Center than any other volunteer. This woman is our very own Past International President Kit Montz. Kit served as President in 2001-2002 and is recognized as the first female International President of Cosmopolitan International.

Kit started as an information desk volunteer, answering phones, delivering flowers and giving directions at the hospital. That was 20 years and 31,358 volunteer hours ago.

Over the years, Kit has helped revamp the gift shop, knitted blankets for babies in the neonatal intensive care unit, sewed curtains, made place mats and crafted stockings for newborns.

"I once saw a woman who had a baby in the neonatal intensive care unit years ago," Montz said. "She said, 'I still have that blanket you knitted my baby.' That touched me so much."

Today, Kit helps run Sweet Charity, a gift store across the street from Seton Medical Center. All proceeds from the shop go toward the hospital's charity care.

*Excerpts used with permission from the
Austin American-Statesman*

Sioux City Cosmos Celebrate 40 Years



Cosmopolitan Executive Director Barbara Johnson; Stan Swanson, First Sioux City Club president; Pat Lichty, Master of Ceremonies for the evening; and Karla Lichty.

Sioux City Cosmos celebrated their 40th anniversary in November with a party at the Clarion Inn. The club was founded November 11, 1965, with 50 members. Seven of the original members are still active in the club today. Special guests for the evening included Past International President Gary Anderson and his wife, Sheila.



Sioux City Past-President Ken Todd (center), with Grace Kavanaugh of St. Luke's Regional Medical Center and Tafi Lorinser of Mercy Medical Center.

Earlier this fall the club presented 50 Cosmo buddy bears to both St. Luke's Regional Medical Center and Mercy Medical Center, to be given to diabetes patients.

*Curt Stoever
Sioux City Cosmopolitan Club*

Cosmos in Action

Cornbelt Cosmos on the Cutting Edge



Rich Gordon, Cornbelt Lieutenant Governor for Membership, has drawn upon his profession for a new membership program. Rich is a leading Sioux City barber and board member of the National Cosmetology Association of America. So, to bring federation

Cosmos together in a drive to cut off a slow membership decline, he developed a Cutting Edge program. The Cutting Edge is **Cosmos Uniting Together To Invite New Guests who are Eager and Determined to Gain Entry.**

Federation and Club leaders will wear a silver scissors pin to inspire Cosmos to seek out guests who are eager to help better their communities and determined to join the best group around doing that, Cosmopolitan. Every member who brings a guest will receive a standing ovation. Every member who brings a guest who joins will be presented with a personal silver scissors pin as a congratulatory reward.

Rich's program is just getting into high gear and melds well with Lieutenant Governor Gery Whalen's program to market Cosmo throughout the federation. By the end of our Cosmo year, it promises to have produced great results. The great Cornbelt Federation will have new members who will have new Cutting Edge ideas that will make us even greater.

*Perry Johnson, Governor
Cornbelt Federation*



Three Clubs Honored by WCF Governor's Visit

On January 19th, Governor Richard Greer arrived from Saskatoon for an official visit with the Sturgeon Valley, St. Albert and Edmonton Cosmopolitan clubs. It was an informative and entertaining evening highlighted by the induction of two new members into the Sturgeon Valley club. Governor Richard shared his vision of Cosmopolitan with humorous anecdotes and comments. We were also pleased to have Lt. Governor Rod Randolph from the Edmonton Club in attendance.



The Edmonton Cosmo Club participated with two teams in the January Funspiel.



Sturgeon Valley Curling Team

Sturgeon Valley held a successful curling funspiel January 14th, initiated and organized by Cosmo Jim Kanerva. Twelve teams consisting of Sturgeon Valley and Edmonton club members along with business teams were involved in this casual, yet competitive event. The businesses also contributed to this fundraising endeavor through sponsorship. The enthusiasm and support for this bonspiel has resulted in our decision to make this an annual event.

Earlier in November we held a well-attended membership night and are pleased to announce that three new members have joined our club since then. Another membership night is being held on March 16th and we are hoping it will be as successful.

*Esther Hardy and Joyce Lukasiewich
Sturgeon Valley Club*

York Cosmos Hold Membership Event

The York Cosmopolitan Club held our membership meeting on January 11. Our featured speaker, Dr. Paul Tolerico, a cardiologist with York Hospital, spoke on the correlation between heart disease and diabetes. Attending were 65 people from the general public, invited guests, health care professionals and Cosmopolitan members from York, Harrisburg and Lancaster, PA. Also in attendance were District Governor Tom Griffey, his wife Joan, and Governor-elect Tom Bradley. The local community newspaper ran a free notice of our meeting. We had 6 people respond that attended the meeting. A free dinner was provided with the program, which was to be underwritten by two drug companies, Glaxo Smith Kline and St. Jude Medical. The cost of the event was to be split 50-50 by the two companies, for up to 100 meals.

One week before our event Glaxo Smith Kline began to back out of their commitment – talk about a heart attack! At this time we had more than 60 people planning to attend. St. Jude Medical agreed to pay for the additional guests. More people would have attended our event if we would have had sponsorship for them. At this time one former member has committed to rejoining our Cosmo club and we have five more prospects. Glaxo Smith Kline's rep would like to work out the problems and help sponsor our event next year. We hope to make this an annual affair.

*Larry Riddle, President
York Cosmopolitan Club*

Cosmo Kids Hold Mini-Golf Fundraiser



Nicole Baker, Kelsee Douglas, Jenna Richardson and Darwin Baker sell tickets for the Cosmo Kids Mini-Golf Tournament.

Saskatoon Yellowhead President Darwin Baker and his daughter Nichole Baker organized the first Yellowhead Cosmo Kids Mini-Golf Tournament at a local shopping center. Nichole is the President of The Yellowhead Cosmo Kids Club, and did an excellent job of entertaining 25 or so Cosmo kids throughout the day. Proceeds from the day went to The Turner Society. The Yellowhead Club was pleased to help with the day and are looking forward to the next Cosmo Kids function later in the spring.

*Richard Greer, Governor
Western Canada Federation*

Attention Camp Grant Alumni

During World War 1 and World War 2 Camp Grant was a major military post located just south of Rockford. Many personnel who fought in the wars were trained there. The Rockford/Chicago Regional International Airport is now located where the Camp once stood.

If you are attending the convention, and you are an alumnus of Camp Grant, please contact me. I'm planning

a special time for you at the Rockford convention – details to be announced.

*Dick Brynteson
5012 Citadel Court
Rockford, IL 61109-3804
richard@brynteson.com*

Chicago Extended Convention Stay

For those of you who have been lucky to visit Chicago previously, you know that there are so many things to see and do that two days is simply not enough time to get it all in. We would like to offer you the opportunity to experience a bit of Chicago with other Cosmos.

Hotel – A block of rooms has been reserved for Sunday, July 30 to Tuesday, August 1, 2006 (50 each night) at the newly renovated **Ramada Inn – O'Hare** (5615 N. Cumberland Avenue). This hotel was selected for its reasonable rate (\$95 plus tax) as well as its close proximity to the O'Hare airport (free shuttle service) and convenience to the Chicago train system. Contact the hotel directly to make reservations, (773) 693.5800. **Hotel reservations must be made by July 15, 2006.**

Sunset Cruise – Monday, July 31, 7:45 p.m. A two hour cruise heading directly onto Lake Michigan brings the Chicago skyline to life. The evening ends with a front row seat for the Buckingham Fountain Water and Lights Show. www.wendellaboats.com.

Chicago Cubs/White Sox Baseball – One of our Cosmo clubs is working on a possible fundraiser involving a Cubs game and bus transportation for Sunday afternoon, July 30th. Details are still being finalized but if you want to get a jump start on tickets, contact:

The **Chicago White Sox**, www.whitesox.mlb.com, for home games July 21-26.

The **Chicago Cubs**, www.cubs.mlb.com, for games at Wrigley Field Sunday, July 30 and Monday, July 31.

One of the easiest ways to get around Chicago is by purchasing tickets on a **trolley bus** line such as the Gray Line Tours. For about \$20 per day, you are allowed unlimited on/off privileges at many stops on Lake Shore Drive and Michigan Avenue.

A **City Pass** will allow you admission to six Chicago attractions including: The Art Institute of Chicago, Shedd Aquarium, the Field Museum, and the Hancock Observatory. Check out www.citypass.com for details.

2006 Cosmopolitan International Convention Registration

Registrations accepted by **mail** to: Cosmopolitan International, P.O. Box 4588, Overland Park, KS 66204; by **fax** at 913.648.4630 or **online** at www.cosmopolitan.org.

Cosmo(s)/Guest: _____
(Please print as preferred on name badges)

Club(s): _____

Mailing Address: _____
Street City Prov/State Postal/Zip Code

Daytime Phone Number: (____) _____ E-mail: _____

Children/Teen(s): _____
Name Age Name Age

Food Allergies/Restrictions: _____

Name Badge Ribbons:

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Past Int'l President | <input type="checkbox"/> Sponsor Life Member | <input type="checkbox"/> 1st Time Attendee | <input type="checkbox"/> Mid-States Host |
| <input type="checkbox"/> Beacon Member(s) | <input type="checkbox"/> Emerald Beacon | <input type="checkbox"/> Ruby Beacon | <input type="checkbox"/> Diamond Beacon |
| <input type="checkbox"/> CI Board Member | <input type="checkbox"/> CDF Board Member | <input type="checkbox"/> '05-'06 Club President | <input type="checkbox"/> '06-'07 Club President |

COMPLETE PACKAGE – See schedule for details (includes all individual events listed below)

Deadline for all Registration 7/19/06	Postmarked Before 6/1/06	Postmarked After 6/1/06	# Attending	Total \$
Cosmo	\$185	\$200	_____	_____
Guest	\$185	\$200	_____	_____
Youth (up to 18 years)	\$150	\$160	_____	_____

INDIVIDUAL EVENTS – For those attending only certain events, and not the entire convention

			# Attending	Total \$
7/27/06	Welcome Party	\$ 25	_____	_____
7/27/06	Opening Ceremonies Breakfast	\$ 25	_____	_____
7/28/06	Beacons Lunch	\$ 25	_____	_____
7/28/06	Rock 'n Rib Fest	\$ 25	_____	_____
7/29/06	Awards Luncheon	\$ 25	_____	_____
7/29/06	President's Banquet and Dance	\$ 40	_____	_____
	Delegate Fee (Meetings & Workshops)	\$ 30	_____	_____

OPTIONAL EVENTS – Not included in complete package

7/26/06	Art Prouty Memorial Golf Tournament	\$ 60	_____	_____
7/26/06	Steak Fry	\$ 25	_____	_____

Complete Package(s) \$ _____ Enclosed is check # _____ Payable to Cosmo International
 Individual Event(s) \$ _____ **OR** _____ MC _____ Visa Expires: ____/____/____
 Optional Event(s) \$ _____ Card # _____
 Service Charge * \$ _____ Signature _____
TOTAL \$ _____

* A \$15 service charge will be added to each package paid by credit card. All amounts are in U.S. funds. Canadian Cosmos may indicate "U.S. Funds" on their personal checks.

Please make your choice(s) for dinner at the President's Banquet: _____ Steak Filet _____ Salmon _____ Chicken

Extended Stay Reservation Form

**Please include with Convention Registration
Registration and money must be received by June 30, 2006**

Name: _____

Contact Info (daytime phone or e-mail): _____

Sunset Cruise - please indicate number attending

_____ Adults \$13

_____ Seniors (65 and over) \$12

_____ Students \$7.50



Cubs Game Package:

_____ Yes, I am interested in attending the Sunday, July 30 Cubs game.

Please contact me with details.

2006 Cosmopolitan International Convention

Cosmo Program

Wednesday, July 26, 2006

12:00 p.m. - 6:00 p.m.	Golf Tournament (not included in package price)
2:00 p.m. - 4:00 p.m.	Registration
4:00 p.m. - 6:00 p.m.	Hospitality Room Open
6:00 p.m. - 9:00 p.m.	Steak fry at Aldeen Golf Course (not included in package price)

Thursday, July 27, 2006

8:30 a.m. - 11:00 a.m.	Tour of Rockford
9:00 a.m. - 11:00 a.m.	Registration
9:00 a.m. - 11:00 a.m.	First CI Board Meeting
11:30 - 1:00 p.m.	Opening Ceremonies Luncheon
1:30 - 2:30 p.m.	First Delegates Meeting
3:00 - 5:00 p.m.	CDF Board Meeting
3:00 - 4:00 p.m.	Club President's Workshop
3:00 - 6:00 p.m.	Hospitality Room Open
4:00 - 4:30 p.m.	First Timer Orientation
4:30 - 5:00 p.m.	Parent/Teen Meeting
5:00 - 7:00 p.m.	PIP Reunion
7:00 - 9:00 p.m.	Welcome Party at Clock Tower

Friday, July 28, 2006

9:30 a.m. - 10:30 a.m.	Bylaw Discussion – Meet the Candidates
11:00 a.m. - 1:00 p.m.	Beacons Lunch
1:30 p.m. - 4:30 p.m.	Workshops – TBA (or tours)
3:00 p.m. - 4:30 p.m.	Awards Judging
3:00 p.m. - 5:30 p.m.	Hospitality Room Open
7:00 p.m. - 10:00 p.m.	Dinner – Rock 'n Rib Fest

Saturday, July 29, 2006

9:00 a.m. - 11:00 a.m.	Delegates Meeting
11:45 a.m. - 1:00 p.m.	Purple and Gold Awards Luncheon
2:00 p.m. - 3:00 p.m.	Second CI Board Meeting
3:00 p.m. - 5:00 p.m.	Hospitality Room Open
6:00 p.m. - 7:00 p.m.	Cocktail Party
7:00 p.m. - 11:00 p.m.	President's Banquet and Dance

Sunday, July 30, 2006

Optional Chicago Extended Stay – see page 16 for details

Guest Program

Wednesday, July 26, 2006

12:00 p.m. - 6:00 p.m.	Golf Tournament (not included in package price)
2:00 p.m. - 4:00 p.m.	Registration
4:00 p.m. - 6:00 p.m.	Hospitality Room Open
6:00 p.m. - 9:00 p.m.	Steak fry at Aldeen Golf Course (not included in package price)

Thursday, July 27, 2006

8:30 a.m. - 11:00 a.m.	Tour of Rockford
9:00 a.m. - 11:00 a.m.	Registration
11:30 - 1:00 p.m.	Opening Ceremonies Luncheon
1:00 - 3:00 p.m.	Shopping
3:00 - 6:00 p.m.	Hospitality Room Open
4:00 - 4:30 p.m.	First Timer Orientation
4:30 - 5:00 p.m.	Parent/Teen Meeting
7:00 - 9:00 p.m.	Welcome Party at Clock Tower

Friday, July 28, 2006

11:00 a.m. - 1:00 p.m.	Beacons Lunch
1:00 - 4:00 p.m.	Tour of Rockford
1:00 - 4:00 p.m.	Tour of Crusader Clinic
3:00 p.m. - 5:30 p.m.	Hospitality Room Open
7:00 p.m. - 10:00 p.m.	Dinner – Rock 'n Rib Fest

Saturday, July 29, 2006

11:45 a.m. - 1:00 p.m.	Purple and Gold Awards Luncheon
3:00 p.m. - 5:00 p.m.	Hospitality Room Open
6:00 p.m. - 7:00 p.m.	Cocktail Party
7:00 p.m. - 11:00 p.m.	President's Banquet and Dance

Sunday, July 30, 2006

Optional Chicago Extended Stay – see page 16 for details

General Information

Dress: Casual and comfortable is suitable for most day and evening events. The Awards Luncheon is business casual. Cocktail attire is appropriate for the President's Banquet.

O'Hare or Midway Airport Shuttle Service to Clock Tower Hotel: Contact Van Galder Bus, 800.747.0994, or www.vangalderbus.com for ticket and schedule information.

Cancellations: Cancellation requests received after 6/1/06 but before 7/1/06 are subject to a cancellation fee of 25%. Requests received on or after 7/1/06 but before 7/15/06 are subject to a cancellation fee of 50%. Requests received on or after 7/15/06 will be considered after the final convention accounting.

Youth Program

Thursday, July 27, 2006

4:30 p.m. - 5:00 p.m.	Parent and Teen Meeting
7:00 p.m. - 9:00 p.m.	Teen Welcome Party

Friday, July 28, 2006

9:30 a.m. - 10:30 a.m.	Breakfast in Youth Hospitality Room
11:00 a.m. - 3:30 p.m.	Magic Waters (lunch Included)
4:00 p.m. - 5:00 p.m.	Youth with Parents
5:00 p.m. - 6:30 p.m.	Pizza in Hospitality Room
6:30 p.m. - 9:00 p.m.	Movie (ticket included – snacks on own)

Saturday, July 29, 2006

9:30 a.m. - 10:30 a.m.	Breakfast in Youth Hospitality Room
11:00 a.m. - 3:30 p.m.	Volcano Falls (lunch included)
3:30 p.m. - 5:30 p.m.	Swim at Clock Tower
6:30 p.m. - 9:00 p.m.	End of week party in Youth Hospitality Room
9:00 p.m. - 11:00 p.m.	Dance with Parents



Hotel Registration

*Must be received at hotel by
June 25, 2006*

Clock Tower Resort
815.398.6000
www.cloctowerresort.com

Room Rate: \$84 US (1-4 people)
\$10 US Rollaway Bed Charge

Room Tax: 12%

Check In: 4:00 p.m.

Check Out: 12:00 p.m.

Room Guarantee: One night pre-paid

Cancellation Policy: Full refund of pre-paid night with 48 hours advance cancellation

Amenities:

- Indoor family water play land and game room, two outdoor swimming pools, whirlpool and sauna
- 50,000 sq. foot racquet and fitness center
- Voice mail/data ports/high speed internet
- In-room coffee, hair dryer and iron
- Complimentary ground level parking, room service, free local calls

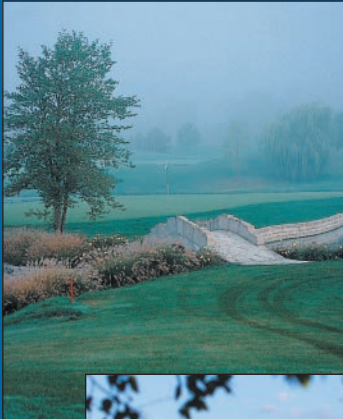
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tournament



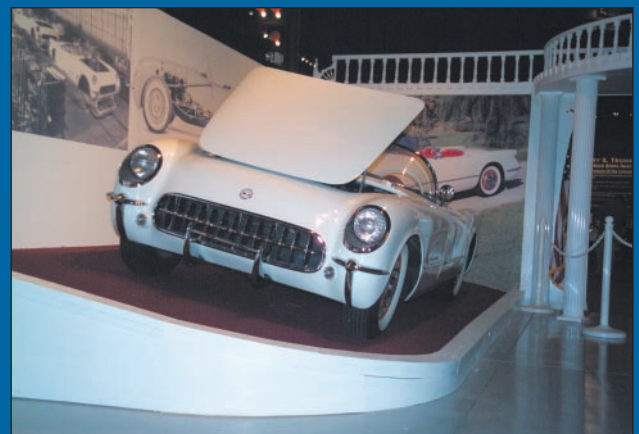
Enjoy the view of downtown
across the lovely Rock River.



Take the plunge at Magic Waters Waterpark,
with slides, a wave pool, adventure island and
more – great fun for the whole family.



Check out the world's only juvenile
Tyrannosaurus-rex! JANE is a world class
attraction for families and paleontologists alike.



More than 70 historic vehicles and
hundreds of pieces of history are
on display at Roscoe's Historic
Auto Attractions.

Photos courtesy of Rockford Area Convention and Visitors Bureau