



COSMOTOPICS

A publication of *Cosmopolitan International*
The Club that Fights Diabetes

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Omaha, a *Cosmopolitan* city!
2007 International Convention



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MISSION STATEMENT

The mission of Cosmopolitan International is to contribute to community well-being through charitable donations and volunteer service with special emphasis on supporting efforts to prevent and find a cure for diabetes.

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KEEPING YOU POSTED

BOB WILLIAMS

2006-2007 International President

Since our Winter COSMOTopics I have had the pleasure of formally presenting our final INGAP check to the Diabetes Institutes Foundation in December (see photo on page 9) in addition to visiting several clubs in the Cornbelt and North Central Federations. Jeanette and I traveled to Omaha in mid-January to attend the Omaha Downtown Club's 75th Anniversary Celebration. I also had the opportunity to visit the Omaha I 80 and Cornhuskers clubs. Jeanette and I then traveled to Sioux Falls where we were cordially welcomed by the Luncheon Club. Members of the Sioux Falls Evening and Fargo – Moorhead Clubs were also present. As I mentioned to those clubs we visited in January, our travel agent was shocked that anyone would want to travel to Omaha and South Dakota in the dead of winter.

Regardless, our trip was relatively uneventful and greatly enjoyed by both Jeanette and I. The enthusiasm shown to me by all of the clubs we visited was truly amazing, including the I-80 club that meets in "the middle of the night" (7:00 A.M.) every Friday.

Unfortunately, as many of you know, we lost our youngest (48) of two daughters, Deborah Ann Zika, to an untimely and unexpected death on January 27, 2007. Jeanette and I both thank all of our Cosmo family for your cards, e-mails and telephone calls.

February will take Jeanette and I back to the Dominican Republic for our fifth annual medical mission with our church. We have decided that Debbie would have wanted us to continue with our plans.

Upon our return, it's back to the challenges we have for the remainder of our Cosmo year. First off, will be our Winter Board Meeting on March 3rd where we will have a full agenda of important items to discuss including how we organize and staff our Headquarters Operation. Specifically, we will be considering a significant change in the role of our Executive Director as well as looking at ways to streamline the total operations of our Headquarters.

We will also be discussing ways to better market our organization with the ultimate objective of increasing our membership. Do you realize there are over 1.2 million Rotarians, 1.3 million Lions and 600,000 Kiwanis members? It doesn't sound too far fetched

that we could approach 10,000 if we really marketed our great organization, especially with regard to what we are doing in our fight to cure diabetes.

Walter Alm has some great ideas about better telling our story and we are all putting our thoughts together with regard to a plan to better articulate our total diabetes story. And further more, I'm still convinced that we far outperform the three major clubs in per capita giving. Walter has identified \$750,000 per year with a significant number of clubs not yet reporting. **If you have not yet reported your results to Walter, please do so.**

Membership remains our single biggest challenge for this year and although my personal goal is a net positive 100 for the year, breaking 2000 would be a significant achievement for the year. Brenda and Kevin are compiling data currently, which may help us better understand why we are losing members. **We are asking our club presidents and secretaries to provide that data on a regular basis.**

Jim Smith is pushing membership harder than ever and is constantly reminding us to use his **Great People Who Should be Cosmopolitans** form and in addition is pushing **Membership Events** harder than ever. BOTH CONCEPTS REALLY WORK. Give it a try today.

It looks as if our federations are beginning to pick up the pace on membership and I'm seeing increased emphasis and actions from several of our Governors.

We've got a lot to accomplish before the end of our fiscal year and it will take the best efforts of all of us to achieve our goals. Please join with me as we:

DO IT NOW!

- **Get Active in Local Club!**
- **Ask a Friend to Join!**
- **Attend a Federation Convention!**
- **Chair a Major Project!**
- **Attend an International Convention!**
- **Spread the Word About cosmopolitan and All That We Do!**

Let's Just Do It!



INTERNATIONAL AND YOU

KEVIN HARMON

Interim Executive Director

It's the age old question. What does Cosmopolitan do for me at the club level to justify paying dues? It's a good question and one that I have heard for years. I think I might have even uttered those words myself. I can say for sure that I have had that very same thought during my Cosmo days.

One thing is certain. I have a new perspective on what the answer is now that I have spent time in the Executive Director chair. Let me try to give you a straight answer and one that you can share with other Cosmos as well as prospective new members.

First is a little history lesson. Over the years Cosmos have produced some amazing things via our International projects. Our first was the diabetes center at the University of Missouri. We have continued funding that center over the years in a number of ways through federations, clubs and individual donations. Then came our diabetes center at Eastern Virginia Medical School which is now the Strelitz Diabetes Institutes. Once again federations, clubs and individuals have continued that support. We then had the Valerie Millar project that is now the Cosmopolitan Fund for Children. And like its predecessors, federations, clubs and individuals have continued their support. We recently finished INGAP and the Cosmo crystal ball indicates continued support of that project on a regional and local level. While all this has been happening in the States, our Canadian members have been funding a variety of sister projects. All of these projects have had a tremendous impact on diabetics all around the world. Cosmos have been a significant force in the fight against diabetes.

All of these projects took extraordinary effort and would, dare I say, not have been possible if not for the collective efforts of all Cosmos. At the same time no one member, club or federation had the ability to make this type of

commitment and carry it to conclusion using solely volunteers to keep the effort on track. That is one of the main roles of your Headquarters Staff and one that has been accomplished quite unlike any service club in existence today. Not one cent of the money raised for these projects went to the administration of Headquarters. HQ's operation funds come from International dues. Most clubs and organizations take a percentage of funds raised for the administration of programs. We do not. It is something to be proud of, but at the same time it is a big reason why your dues are what they are.

Having a HQ Staff also allows for all the record keeping to be accomplished. It allows for combined purchasing power of event insurance, liability insurance, name tags, pins, plaques, ribbons, banners, bannerettes, bells, gongs... well you get the picture. Your staff provides for the background planning and coordination of conventions and meetings. HQ also provides for continuity from year to year. Without that influence, clubs and federations would drift to all ends of the spectrum. We provide for the programs and functions that carry us as an organization.

Could your club survive without International? For some clubs the answer would be yes, which is a testament to the strength and vitality of your club. For many the answer would be no, but even for the survivors, the identity of your club, the impact on anything other than a local presence would drastically change. Would new clubs form? Probably not, since there would really be no need for other clubs when all of your efforts would be just for your own club. Would there be a concerted drive toward membership increases. Again, probably not.

HQ doesn't do it all, but we do everything we can to support you, our members.



DON'T BLEND IN WITH THE CROWD! STAND OUT!

MELVINA NEWMAN

2006-2007 VP for Finance and Marketing

Get the Word out! Who are we? The Club that fights diabetes!

The New Year characteristically rouses a sense of reflection in all of us. Looking back over 2006, I see very positive changes in Cosmopolitan International and a renewed commitment to providing the best level of support to our membership. I see a team that has an appreciation of the challenges we face. We have taken stock of our membership numbers, our accomplishments and our limitations.

As 2007 has unfolded, we find common challenges in key areas like growing our membership and finding time to market Cosmopolitan. Historically, we have relied on International to do much of our marketing. While national marketing efforts are beneficial, we must also create our own customized marketing messages. Only each of you know the unique needs of prospective members in your region and how best to reach them. Creating an aggressive marketing plan for your club in 2007 is essential to ensuring that you continue to grow. Make a rock-solid resolution to carve out time for planning and executing a realistic marketing plan for your club and your federation.

PLAY YOUR CARDS RIGHT -- Your Business Cards. It is rare these days to receive a mailing without some kind of promotion included. Bill "stuffers" come in all forms. Create your own "stuffer" with meeting time and contact number and enclose it with your mailings and bill paying. You never know where your next member might come from.

The first rule of promotion is to tell anyone and everyone about your club and Cosmopolitan. This word of mouth promotion might bring you a new member. But even if your new acquaintance doesn't join, maybe they will tell others about our great organization. Remember persistence is the key – try any-

thing and everything – don't give up. Make media contact with a reporter and try to develop a bond. Reporters are always on the lookout for story ideas and they might look for comments about Cosmopolitan and our mission. Continue to help us "Brand" the Cosmopolitan name.

FINANCE:

Over the past months of this year we have continued to resolve our finances and are nearing the completion of sound financial statements. Our dedicated staff and other Cosmo members have worked to help clear up items and prepare a clean balance sheet. We continue to get closer to having a compilation of the past fiscal year. As for income, our primary source of income is from dues. Please continue to send in your dues on a timely basis for our steady source of income. We thank you for your membership and with your timely payment of dues, we are able to keep all our bills paid in a timely manner. If we can find more "GREAT PEOPLE" to share this wonderful Cosmopolitan Organization, we can improve our finances considerably.

As for expenses, all expenses are monitored on an on-going basis weekly. Every effort has been made to cut expenses in any way we can by going over all aspects of the financial obligations.

Other sources of income come from joining the "BRICK CLUB" and our "CI FUND". There are bricks available for purchase to put in the Courtyard. Consider this for end-of-year recognition awards for members in your Clubs. We have many spaces left to fill!

***Planning, People and Passion
make for a successful
Cosmopolitan year.***



IT'S TIME!

JIM SMITH

2006-2007 VP for Marketing and New Clubs

Ok, I am a last minute guy too, but I am committed to getting the job done and I'm counting on every Cosmopolitan to do the same thing. We simply have to ALL get involved like never before and make our great organization grow, and grow with authority.

We have the tools; two simple steps that every one of us can take.

- Place a "Great People Who Should Be Cosmopolitans" form on our fridge door. Add names to it as we think of them. Check our lists on each fridge visit. Make it a point to chat about Cosmopolitan with every name on our list, and keep track of our progress with tick marks and reminder notes as we go along. You might not even remember to open the fridge, lose a little weight as a result, and avoid Diabetes....Bonus!
- Host or help with a Membership Event. There's nothing wrong with swearing in new members at a regular club meeting, but a dedicated Membership Event is something to strive for. This is a well planned event designed to show off all of the great things we do and to explain to new members how much fun and self satisfaction they could have by joining us. You need your best party planners involved to pull this one off, but it's absolutely worth doing.

Two steps, that's all there is to it. But EVERY Cosmopolitan has to get into this process if we are going to finish as strong as we want to, and need to. I ask you to get yourself into the thick of this quest and let's get the job done, NOW!


I recently asked every Club President to send me a message about their Cosmopolitan Membership Events. I heard about some great plans and success stories.

I heard about events in Roanoke, Aurora, Sioux Falls Evening, Alexandria-Cenla and Calgary. It was truly great to hear your excellent stories.

On behalf of the Cosmopolitan International Board, I wish you every success with all your plans for membership for the balance of this year. Great job! Thank you! My hope is that there are other plans in the works at other clubs and am quite sure that we are in the midst of another great year.

I have also heard some real success stories on the use of the Great People form. PIP Tom Stone reports that he has his form on the fridge door, uses it, and has three prospects committed to attending his membership event. I heard about the membership contest that is underway in Cornbelt with Governor Terry Sanford at the helm. Convention packages to the top two clubs. What a deal. Great work and great ideas! I know that Southwestern and Western Canada Federations are up in membership as are 14 clubs, so it can be done.

It's time to put up your "Great People Who Should Be Cosmopolitans" form on your fridge doors, fill in a bunch of names, tell everyone you know about our great gang and all the fun we have being the world's most successful service club. It's time to get your best party planners to put together a spectacular Membership Event for your club, impress these great prospects and sign them up. It's time!



Great People Who Should Be Cosmopolitans

A list of the best people I know, people I need to invite to share the Cosmopolitan experience, and the steps I need to take to ensure they do become happy Cosmopolitans....

Hang this list up on your fridge door and refer to it often. It often takes an effort involving several prospects to get a good new member signed up and successfully active in your club. Fill your list and start checking off the boxes as you progress. Good luck with your new Cosmopolitans!

Name	1 st Contact	2 nd Contact	Invite to a Membership Event	Accompany to Event	Ask for Application	Sponsor of initiation	Training Classes to my club	Helping Name get involved
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<http://www.cosmopolitan.org/resources/memberfrm.htm>



WHY WE DO WHAT WE DO...

DR. WALTER ALM

2006-2007 International President-Elect

I've decided to use this issue's COSMOTopics article to review diabetes.

Now a preface: some club members and/or their loved ones have diabetes. My intent is never to scare or upset people with diabetes (and I know this can happen). My intent is to impress upon you what an important cause our club champions as "The Club That Fights Diabetes."

I had diabetes on my mind this week because I was called to see two hospitalized patients with severe diabetes. By definition a person who has a fasting blood sugar over 126 has diabetes. The hospitalized patients that I saw were a 53 year old female with a blood sugar of 573 and a bad foot infection and a 38 year old man with a hospital admission blood sugar of 749. This unfortunate young man uses a kidney dialysis machine, is blind, has had his left leg amputated and has a bone infection in his right foot.

Those of us that enjoy good health are so blessed. It is so very easy to take good health for granted.

20.8 million people in the U.S. and over 2 million in Canada have diabetes. People with diabetes have increased risk of heart disease, stroke, and high blood pressure. Diabetes is the leading cause of new cases of adult blindness. Diabetes is the leading cause of kidney failure; this causes people to require dialysis (use of a kidney machine) or kidney transplants. Sadly, 60% of all leg amputations are associated with diabetes. There are many additional complications too numerous to mention.

The economic costs are staggering. Data is available for the U.S. as of 2002. That year

the total cost associated with diabetes was \$132 billion. With direct medical expenditures of \$92 billion and indirect costs (lost work days, disability, etc.) of \$40 billion.

So, why all of the doom and gloom?

First, through education and vigilant efforts to control their blood sugar, people with diabetes help prevent these complications. Second, when our clubs send kids to camp, provide funds for medical equipment, buy test strips for screenings and pay for educational materials we fight this terrible, complicated disease.

Our club rallies around a wonderful cause, fighting diabetes. All of our efforts, big and small, towards diabetes are to be commended. Every single person we help is a victory. Let's proudly keep up the good work.

I am looking forward to seeing each of you at the International Convention in August and serving you as International President.

OMAHA
O! What a city.



LET'S FINISH STRONG

JERRY NELSON

2006-2007 CDF Board Chairman

With three months remaining in our Cosmo year, I am confident that with your help we can accomplish the goals set by your Cosmopolitan Diabetes Foundation (CDF) Board earlier this year. The theme of CDF for the 2006-07 year is **"Follow the Light."**

That **LIGHT** is the Beacons Fund. This 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%. This year our goal is 60 new Beacons. To date we have 14. We have a ways to go to complete this goal, but I know we can do it.

New Beacons Pledges

Since September 1, 2006

Thom Daniels, In Memoriam (2)
Jack Meyerowitz (11)
David Bradley
Richard Owen
Robert & Shirley Keegan, In Memoriam
Stuart Eastman
George L. Catt

Beacons Totals

As of January 31, 2007

Diamond	7	Ruby	14
Emerald	25	Beacons	682

And don't forget the Lighthouse Award. This award recognizes those clubs who have a number of new Beacons pledges equal to at least 10% of their club membership with a minimum of two new pledges. For example, if a club has 30 members as of June 30, 2007, it will need three new Beacons this year to qualify for the award. If a club has 55 members, they will need six new Beacons.

A new Beacons pledge can be a first time Beacon, a current Beacon pledging an additional membership or moving up to a Multi-Level Beacons pledge.

Currently we have one club that has qualified for the Lighthouse Award. That club is Hampton Roads from the Capital Federation.



Another goal the board has is to increase donations to the Discovery Fund. This 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.

Historically this fund has primarily been funded by donations to CDF from the Combined Federal Campaign (CFC). The CFC is like the United Way for government employees. With the growing number of options for giving through the CFC, the funds we receive from this program have steadily declined over the past several years. This is why we are encouraging each club to contribute \$500 to the Discovery Fund this year. This will help ensure that we are able to fulfill as many of our grant requests as possible. Please consider donating to this important fund.

Thanks to the following clubs who have already contributed this year ~ Beloit, Columbia Breakfast, Columbia Luncheon, Rockford, Sioux City and Three Rivers.

Thank you for a great year thus far. Let's finish the year strong together. Hope to see you in **Omaha!**

CI Fund Club

Protecting Today. Securing Tomorrow.

RECHARGE.

As you may recall, at the 2006 International Convention in Rockford, the CI Fund was created. You can become a CHARTER MEMBER of the newly-formed **CI FUND CLUB** by making a tax deductible donation to this new fund before the end of our fiscal year, June 30, 2007.

REINFORCE.

The monies of this fund will provide our organization with a means to cover the current and future costs of maintaining and expanding our efforts to detect and defeat diabetes.

RESPOND.

New contributors, since November 1, 2006:

\$ 100*	Bellevue Big Elk Club
\$ 500*	Columbia Breakfast Club
\$1,000*	Columbia Luncheon Club

*These donations will be matched by Capital Federation. In October 2006 Capital Federation announced that they will MATCH donations by a federation, club or individual up to a total of \$5,000. Make your donation now, while you can double your investment!

Make checks payable to the:
Cosmopolitan Diabetes Foundation
Please note CI Fund on the memo line.



INGAP Presentation

On Wednesday, December 13, 2006, International President **Bob Williams** formally presented our final INGAP check to The Diabetes Institutes Foundation at their meeting of the Board of Directors. Accepting for The Strelitz Diabetes Institutes (SDI) were Dr. Leon-Paul Georges, Director and Dr. Gary Pittenger. **Bob Winters**, one of the original proposers of the project and **Tom Jones** of the Norfolk Club were also present.



Our final check for \$69,658 resulted in us exceeding our \$630,000 commitment by nearly \$15,000. Comments made by Dr. Georges, Dr. Pittenger and Harry Lester, President of the Eastern Virginia Medical School expressed a sincere and glowing appreciation of Cosmopolitan International and all that we have done for The Institutes.

The Buck Does Not Stop With You It Stops With "I"

A program for a successful club, association or group

Inform, Involve, Inspire, Innovate, and Invite

The success of a club comes from its members. However, success comes when members take "ownership" of the club. This is not the normal ownership, but a state of mind. They must feel that it is "their" club. Evidence of that healthy state of mind is when members refer to it as "our club" or use the expression "we" when referring to the club. When that happens the club has formulated a personality and the members feel they belong and there is a purpose to the club. "Ownership" brings dedication, success and pride. Every member of an organization should be encouraged to take 'ownership' of the club or association. If you find that members are not "working" together or are not attending meetings or are dropping, they no longer take ownership in the club. To take ownership, the members of the club must be informed, then involved and then inspired to succeed. A healthy club allows innovation and constantly strives to grow and add to the mix.

Inform

The first step is to inform. That means to make sure members know what your organization is about. What are its objects or purposes? The second step is to make sure they know what your club "projects" are. They should know how the club achieves its objects and purposes?

This does not simply mean telling a prospective member "what you do and what your objects are". It must also be by "doing" and "showing". Existing older members must take the time to mentor.

For existing members, it may be by rethinking what you are all about and a vision for the club, if it seems to be floundering. Then move forward from there.

Involve

Next the members need to be involved. Sometimes this is hard to do when senior club members find it hard to delegate or let others take on a role and run with it. Keep in mind it is not necessary for a member to be better at something. It is not appropriate for another member to think or even know he/she can do a better job at the role. It is appropriate for all members to encourage, participate and support the others in any role another member takes on.

Involve, means making sure all members have a chance to participate. Indeed, every member should be "required" by encouragement to participate. For a club to be vibrant there should be enough projects (and time to do them) so that each member can be a major part of at least one project over time. While new blood is good, that new blood should be added each year to an existing crew for continuity. Older members in any project should be encouraged to delegate and eventually allow another member to take over leadership roles. Individual growth requires change and stimulation. Make sure as the chair of one project moves on he/she is placed into a new role somewhere else. Encourage the movement of members such that interaction with all "groups" of members is promoted.

Program/projects: What is your club about from a direct participation viewpoint? Members have joined because your club supports something the member has decided is worth supporting. What projects do you do that "are dear to the heart" of your club. This may be fundraisers to raise funds for the purposes or objects of the club. It may be a project that actually "makes a difference" to that object or purpose. Whatever it is, make it fun, meaningful, and if a fundraiser, profitable. To achieve this you need to work with the "talent" in the club, or start small and never be afraid to ask for help. You will not know the wonderful people out there that are willing to help a good cause. This is a great way to get the word out about your club, network with the community and help your club do good and then better work.

Inspire

Greatness comes from encouragement. It comes from being inspired to success. Many members and indeed all humans need to be inspired to greatness. Every one of our great leaders in every profession or walk of life have been inspired from some event(s) or someone in their past.

As a leader, president or chair of a club, you should follow up and encourage reports as to progress. Do not stifle ideas (good or bad), enthusiasm, or progress. It is not up to you to decide how and when things are done, so long as the mandate and overall time line is being met.

Make sure you let your members know that their work is appreciated. Make sure that you ensure that credit is given where it is due. More importantly encourage them to do their best. Do not be afraid to provide guidance - but guidance with sensitivity. That means approach the member in charge with - leads or ideas that may help. Do not insist that your ideas or leads are to be used.

Innovate

Don't fear innovation. Don't fear change. First, new ideas and new approaches will assist in growing and refreshing your club. Even rethinking your objects may be needed. Keep in mind that in the final analysis, there is nothing so sacred and important that it cannot be changed or improved. More importantly, times change, moral issues change, ethical issues change as humans mature and evolve. In the final analysis all we can do is contribute to the "good" while we are "here". Those that follow will carry on. While the foundation is built, sometimes the building needs repairs or even a major renovation. The foundation will remain but the building is rejuvenated. So too can your club, by accepting the need for change and growth.

Invite

Laying the foundation for the future means "new blood" and new participating members. If you bring more people in, the first 4 I's should be set in motion. Do not be afraid of new members. Do not be afraid to lose "power". Whether it is power as an "older member" or as "executive". If the first 4 I's are put in motion, there should be no apprehension. It would mean a program that is in place to make sure all members new and old are contributing and participating. That will mean the new members will appreciate the club "mores".

This will let members get to know each other and builds fellowship . This is part of "ownership" and part of belonging. This will then allow the new members to show their worth and the older members to appreciate it and vice versa. While not fool proof that is the way of human nature.

5 I's for you

One more "I" for you. It is said that necessity is the mother of "Invention". I hope that this article has inspired you or at least put some wheels in motion for you and your club to invent solutions, programs and projects good for your club. If it has, then that is all I can hope to achieve. If you think of any comments or improvements to my suggestions, I invite you to add to this article your own take on it. That is "invent" the words that will have meaning for you and your club.

Remember, members need to know, to participate and then encouraged to contribute. The success of an organization depends on the cooperation of many. Celebrate individual successes and recognize individual successes. Celebrate group/committee successes and recognized them in the same way. The success or accomplishment of one or more is a reason to celebrate a success for the group as a whole.

Succeed together using the 5 "I's". Ask yourself "what can 'I' do for my organization" and not what your organization can do for you. That is the challenge. Good luck!

This article is written by Sinclair Mar, B.A. (Psych) , LL.B., L.S., a seasoned volunteer, member and executive of numerous organizations and clubs for over 30 years. He is a consultant and legal strategist. Reprinted by permission.



Succeed together using the 5 "I's".
Inform, Involve, Inspire, Innovate, and Invite.
Ask yourself "what can 'I' do for my organization" and not what your organization can do for you. That is the challenge.

Cosmos in Action

LADYBUGS CLUB CHRISTMAS PROJECT

Submitted by Diana Klingseisen, Club President

The Santa Monica House is an old Victorian building used as a halfway house for recovering drug abusive adult ladies. The members of the Ladybug Club of Cosmopolitan International decided to make it their Holiday Project to give little gift bags to all 15 residents. Each member donated a dollar item (or more) for 15 bags. Items included journals, pens, checker set, hair care products, hand cream, candy, snowflake ornaments, and nail care items all in a nice sturdy bag.

After our volunteers agreed to this, we had a Saturday Tea at one of our member's house where we bagged the items for shipment. Then we sent another e-mail out called the "Santa Monica Express" asking for a volunteer or volunteers to drive the parcels over to the ladies at the Santa Monica House. Two dates were offered and Thursday, December 21, 2006 was the date we made the delivery to the ladies, just in time for their Holiday Celebrations. In the end we helped 15 ladies.



Ladybugs packing the gift bags!



The ladies at Santa Monica House.

WEST OMAHA HAS A GOOD WINTER

Submitted by Rich Owen, Secretary

Net proceeds from the West Omaha Cosmopolitan Club's dinner-dance in November of 2006 exceeded \$11,000 for the second year in a row. Ticket sales were up and our silent auction netted nearly \$5,600. Over 300 people attended, nearly doubling the number from last year. Patrons enjoyed a live band, a local TV personality as emcee and the good food and drinks prepared by the Cosmos. We're looking forward to next year when we will attempt to top these results. Thanks go out to all our fellow Cosmos who attended.



L to R: Phil Bliss and Jerry Nelson

Our annual clothing drive to aid The Open Door Mission, a homeless shelter in Omaha, collected over 6,200 pounds of much needed clothes.

This winter also saw three new members join West 'O'. **Chris Mueller**, **John Boni** and **Tyler Langel** were sworn in by Cornbelt Federation Governor **Terry Sanford**. If we can keep this pace up, we might nearly double our size in a year!

Due to program chairman **Dick Gulizia's** hard work, our club heard directly from candidates for United States Senate and our District in the House of Representatives. There is currently a controversy in Omaha concerning the make-up of metropolitan school districts which has state-wide attention. The Nebraska State legislature is involved and Dick has had four of the superintendents of these districts speak to us as well as a State Senator.

Sadly, we said good-bye to one of our longest term members. **Jim Keillor** who joined the club in 1966 passed away on Thanksgiving Day. The club has purchased a brick in the Cosmo Courtyard in Jim's memory.

SIOUX FALLS NOON CLUB

Submitted by Andrea Vugteveen, Club President

The Sioux Falls Noon Club, along with help from the Evening Club, participated in the annual Boat Show on February 9-11 at the Sioux Falls Convention Center. We assist Cenaiko Productions with providing staff for this show. This is a three-day event that requires a total of 96 shifts to be filled. The responsibilities that we are required to fulfill are door guards, ticket takers, and manning the fish pond. Also, a new Cosmo booth made its debut appearance at this show. Cosmos **Gary Peterson** and **Dave Tonsager** spent many hours building a booth for Cosmos use to sell raffle tickets and hand out information about the club.



L to R: Gary Peterson and Dave Tonsager

ALEXANDRIA-CENLA

Submitted by Bill Clifton, Club President

Billie Hogue, **Nancy Pratt**, **Marilyn Smith** (pal) and **Bobbie Clifton** came together as a committee to find a family in need at Christmas! The chosen family (pictured at right) lives in Georgetown, LA. The parents have four children of their own and were compelled to take responsibility for four more children whose parents were in trouble with the law. The family now consists of John and Mandy, Tristian, 16 months; Alex, 5; Laura, 6; Tyler, 6; Eric, 8; Mark, 9; Johnathan, 9 and Destiney, 12. While this family could not afford the extra children, as the father's job was recently cut back, they could not stand by and watch them be taken by the state.



Club members cleaned out the excess from their cabinets, purchased \$243 in staples and \$97 in toiletries and cleaning supplies. The club donated \$300 and **Bill** and **Bobbie Clifton** donated another \$600. The club delivered the groceries and other items, but waited to deliver the toys till Christmas morning. We know there were many happy children that Christmas morning, but we were the ones that were truly blessed. Our lives were enriched by helping ensure that this family enjoyed a very Merry Christmas!

The Clifton's also invited the family to their home to enjoy the Christmas spirit. Bill and Bobbie were very thrilled to have been able to do this with the help of the Cenla Cosmo Club. It was an added blessing being able to enjoy the holidays with their family members, children, grandchildren and great grandchildren.

This project led to Cosmos helping other families in our area. Approximately \$1,200 was spent on this project. **Carol Roy** provided the names of three additional families. **Marilyn Smith**, **Billie Hogue**, **Kathy Torlage** and **Nancy Pratt** spent an evening "Santa shopping" based on the needs and wants of the families. Each child received a toy, clothing and shoes. The gifts were delivered by **Carol Roy** and **Bill** and **Helen Holt**.

Our club will continue to help others in the coming years, especially those with diabetes. These efforts will continue to bring much joy to the Cenla Cosmo Club. We are particularly proud that our friends who recommended this family will be joining our club. I wish to thank all of our committees for a job well done. I'd like to start off Membership Drive Month the right way! Now...let's get our membership month lined up! I have a goal set - at least 35 new members total before Southwestern Convention in May 2007.

Cosmos in Action

BUSY IN BELVIDERE

Submitted by Terry A. Shook, Secretary

The Belvidere Club has been keeping very busy. Our primary fundraiser is roasting and selling corn at the Boone County (IL) Fair each August. We typically sell 20,000 ears of roasted corn in a five day period! In 2006 we raised over \$40,000 "one ear at a time".

The club donated \$6,500 to the Boone County Council on Aging. The money was used to purchase a car for the Keenage Center to be used as a Medical Escort Vehicle. This transportation service is available for a small fee (\$.50 per mile) to anyone who needs it. The driver will pick the client up at their home, drive them to the appointment, wait until they are finished and then take them back home. This may take one hour or six. By donating this money we are helping countless numbers of people in the community, which is one of our goals as a service club. We saw a need that was not being met and we wanted to help.

The club also sponsored the Habitat Benefit Concert, which raised \$8,000 for their local Habitat for Humanity. "Without the Cosmopolitan Club volunteering to be our sponsor this would never have gotten off the ground", said Karen Grieser and Debbie Carlson of Habitat for Humanity of Boone County.

Want to let everyone know what your club has been up to? Submit an article by May 1st for the next issue of COSMOTopics.

CHRISTMAS IN COLUMBIA

Submitted by Tony Bartal

The 2006 Christmas Party for the Columbia, Missouri Breakfast Club was scheduled for Friday December 1st, but due to a 16" snowfall it was rescheduled for Tuesday evening, December 12th at the Columbia Country Club. Despite Mother Nature changing our plans, we had a great turnout.

Santa Claus, complete with a real white beard gave a Christmas tree ornament to each lady in attendance. The ornaments were hand made of stained glass by Cosmo **Bob Leonard**.

After cocktails, a dinner of filet mignon with all the trimmings was enjoyed by all. Entertainment was provided by the Booneslick Chordbusters, a Barbershop Chorus.

Donations were made to the Booneslick Chordbusters and Santa's Favorite Charity. After a fun-filled evening, the party ended with a final Merry Christmas from Santa.

HEADQUARTERS WISH LIST

Submitted by HQ Staff

You and your club can participate in the CI Fund by providing funds or directly donating items for headquarters use.

- New Telephone System (\$1,000)
- Replace Carpet
- Digital Camera
- Microwave (\$100)
- Toaster Oven
- Easel Display with chart holder (\$95)
- Easel Display w/o chart holder (\$50)
- Two carrying cases for easels (\$60)
- Four desks and associated office furniture
- Reception area chairs and table
- Cold and Hot Water machine
- Ice Maker

We are also in need of Cosmo consultants or local experts in the following areas: Plumbing, Electrical, HVAC, General Construction, IT and Non-Profit Insurance.

LAKE AREA CLUB

Submitted by Larry Benton, PIP

The Lake Area Cosmopolitan Club is currently in the formation stages thanks to the hard work and dedication of **Larry** and **CeCe Benton**. Even though they are not yet an official club, they recently completed a fundraising raffle with a drawing at the HyVee grocery store in Osage Beach, Missouri.

Jerry Sigmund was the lucky winner of a \$200 gift card from HyVee. Assistant Manager of Operations, Brent Lonning, drew the winning ticket.

The \$250 raised from the raffle was presented to Tara Randle, the Diabetes educator at Lake Regional Health System. The money will be used for diabetes education for people without adequate insurance coverage.

If you have friends or associates who have taken up residence at the Lake of the Ozarks in central Missouri, please give Larry and CeCe a call. They would like to invite them to join this club.



Lake Area Club President Allen Moore presents a check to Tara Randle diabetes educator. L to R: Duane Muck, Scarlet Lovell, Allen Moore, Tara Randle, Brent Lonning, and Larry Benton.

IN MEMORIAM

Documented from November 1, 2006 to January 31, 2007



Capital Federation

CARROLL C. BALLARD
Norfolk Club

Cornbelt Federation

ARVIN D. PETERS
Council Bluffs Club

OTIS K. WILLIAMSON
Grand Island Club

JAMES H. KEILLOR
Omaha West Club

Mid-States Federation

GEORGE H. SIMPSON
Aurora Club

Mo-Kan Federation

BILL Q. OFFICER
Columbia Luncheon

DELBERT J. MASSEY
Wichita Downtown

Southwestern Federation

HERBERT L. WALLACE
Mexico City Club

COSMO BRICK CLUB

Purchasing a brick to be placed in the brick courtyard at International Headquarters is a wonderful opportunity to honor your club president, federation governor and award recipients. Bricks have also been inscribed in memory of friends and loved ones.

To date, over 400 engraved bricks have been placed in the courtyard of the historic turn-of-the-century headquarters building. To order your brick, please send your \$100 US check to headquarters with your engraving and acknowledgement information. For more information, contact brenda@cosmopolitan.org.

Recent Courtyard Additions

In Memory of
Arvin D. Peters
Council Bluffs Club

In Memory of
Linda Johnson
Cornbelt Federation

In Memory of
Bob Robertson

George Wright
Columbia Breakfast
Club

In Memory of
James Keillor
West Omaha Cosmo Club

Forever Cosmo
Dick Coyle
Omaha Downtown Club

Memorial to Pals Pres.
Virginia Gehrke 1974
Columbia Luncheon

Kevin Harmon
Cosmo Intl President
2005 - 2006

Bill Officer-Memorial
President 1986
Columbia Luncheon

In Memory of
Delbert J. Massey
Downtown Wichita Club

In Memory of
Helen Marie Nelson
1918 - 2007

In recognition of the
75th Anniversary of the
Downtown Omaha Club 2006

In Honor of
Bob & Diana Klingseisen
Downtown Omaha Club 2006

Cosmo Brick Club Order Form

To purchase a brick, return this form along with your \$100 check (U.S.) to International Headquarters.

ENGRAVING INFORMATION

(maximum of 3 lines, 21 characters or spaces per line)

ACKNOWLEDGEMENT INFORMATION

Name	
Street	
City	State/Prov. Zip/Postal
Telephone	E-mail

2007 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"/> Cornbelt 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"/> '06-'07 Club President | <input type="checkbox"/> '07-'08 Club President |

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

Deadline for all Registration 7/20/07	Postmarked Before 6/8/07	Postmarked After 6/8/07	# Attending	Total \$
Cosmo	\$195	\$215	_____	_____
Guest	\$195	\$215	_____	_____
Youth (up to 18 years)	\$130	\$130	_____	_____

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

			# Attending	Total \$
8/9/07	Opening Ceremonies Luncheon	\$ 30	_____	_____
8/9/07	Welcome Party Dinner	\$ 35	_____	_____
8/10/07	Beacons Breakfast	\$ 20	_____	_____
8/10/07	Henry Doorly Zoo with Picnic Dinner	\$ 30	_____	_____
8/11/07	Awards Luncheon	\$ 30	_____	_____
8/11/07	President's Banquet and Dance	\$ 50	_____	_____
	Delegate's Fee	\$ 20	_____	_____

OPTIONAL EVENTS – Not included in complete package

8/9/07	Art Prouty Memorial Golf Tournament	\$ 55	_____	_____
8/9/07	Riverboat Cruise with BBQ Dinner	\$ 40	_____	_____

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 mark your choice(s) for the President's Banquet: Dinner: _____ Beef Tenderloin _____ Salmon _____ Chicken _____ Vegetarian Lasagna

2007 Cosmopolitan International Convention

Cosmo Program

Wednesday, August 8, 2007

11:00 a.m. - 12:00	Registration
12:00 p.m. - 4:00 p.m.	Golf Tournament (Not included in package price)
2:00 p.m. - 4:00 p.m.	Registration
4:00 p.m. - 5:00 p.m.	Hospitality Room Open
6:00 p.m. - 8:30 p.m.	Riverboat Cruise with BBQ Dinner (Not included in package price)

Thursday, August 9, 2007

8:00 a.m. - 11:00 a.m.	Registration
9:00 a.m. - 9:30 a.m.	First Timer Orientation
9:30 a.m. - 10:00 a.m.	Parent/Teen Meeting
8:00 a.m. - 10:00 a.m.	CDF Board Meeting
10:30 a.m. - 12:30	First CI Board Meeting
12:45 p.m. - 2:00	Opening Ceremonies Luncheon
2:30 p.m. - 4:30 p.m.	First Delegates Meeting
4:30 - 7:00 p.m.	Hospitality Room Open
5:30 - 7:00 p.m.	PIP Reunion
7:00 - 9:00 p.m.	Welcome Party

Friday, August 10, 2007

7:30 a.m. - Open	Mobile Nursing Unit Screenings
8:00 a.m. - 10:00 a.m.	Beacons Breakfast
10:30 a.m. - 12:30	Workshops – TBA
10:30 a.m. - 12:30	Awards Judging
1:00 p.m. - 5:00 p.m.	Henry Doorly Zoo/Picnic Dinner
6:00 p.m. - 9:00 p.m.	Hospitality Room Open

Saturday, August 11, 2007

8:00 a.m. - Open	Mobile Nursing Unit Screenings
9:00 a.m. - 11:00 a.m.	Second Delegates Meeting
12:00 p.m. - 1:30 p.m.	Purple and Gold Awards Luncheon
2:00 p.m. - 3:00 p.m.	Second CI Board Meeting
3:00 p.m. - 6:00 p.m.	Hospitality Room Open
5:30 p.m. - 6:30 p.m.	Cocktail Party
6:30 p.m. - 12:00 a.m.	President's Banquet and Dance

Guest Program

Wednesday, August 8, 2007

11:00 a.m. - 12:00	Registration
12:00 p.m. - 4:00 p.m.	Golf Tournament (Not included in package price)
2:00 p.m. - 4:00 p.m.	Registration
4:00 p.m. - 5:00 p.m.	Hospitality Room Open
6:00 p.m. - 8:30 p.m.	Riverboat Cruise with BBQ Dinner (Not included in package price)

Thursday, August 9, 2007

9:00 a.m. - 11:00 a.m.	Registration
9:00 a.m. - 9:30 a.m.	First Timer Orientation
9:30 a.m. - 10:00 a.m.	Parent/Teen Meeting
11:30 - 1:00 p.m.	Opening Ceremonies Luncheon
12:45 p.m. - 2:00	Opening Ceremonies Luncheon
2:00 p.m. - Open	Shopping
4:30 - 7:00 p.m.	Hospitality Room Open
7:00 - 9:00 p.m.	Welcome Party

Friday, August 10, 2007

7:30 a.m. - Open	Mobile Nursing Unit Screenings
8:00 a.m. - 10:00 a.m.	Beacons Breakfast
10:30 a.m. - 5:00	Henry Doorly Zoo/Picnic Dinner
6:00 p.m. - 9:00 p.m.	Hospitality Room Open

Saturday, August 11, 2007

8:00 a.m. - Open	Mobile Nursing Unit Screenings
12:00 p.m. - 1:30 p.m.	Purple and Gold Awards Luncheon
3:00 p.m. - 6:00 p.m.	Hospitality Room Open
5:30 p.m. - 6:30 p.m.	Cocktail Party
6:30 p.m. - 12:00 a.m.	President's Banquet and Dance

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.

Airport/Hotel Transportation: If you are flying into Omaha and need transportation to the hotel, please contact headquarters with your flight information.

Cancellations: Cancellation requests received after 6/8/07 but before 7/6/07 are subject to a cancellation fee of 25%. Requests received on or after 7/6/07 but before 7/20/07 are subject to a cancellation fee of 50%. Requests received on or after 7/20/07 will be considered after the final convention accounting.

Youth Program

Wednesday, August 8, 2007

6:00 p.m.—8:30 p.m. Riverboat Cruise/BBQ Dinner
(Not included in package price)

Thursday, August 9, 2007

9:30 a.m. - 10:00 a.m. Parent/Teen Meeting
10:00 a.m. - 5:00 p.m. Papio Fun Park
7:00 p.m. - 9:00 p.m. Pizza, Games, Swimming at Hotel

Friday, August 10, 2007

10:30 a.m. - 5:00 p.m. Henry Doorly Zoo/Picnic Dinner

Saturday, August 11, 2007

10:00 a.m. - 12:00 p.m. Planet X
12:00 p.m. - 5:00 p.m. Fun-Plex Water Park
6:00 p.m. - Open Dinner at Gengi Steakhouse
7:30 p.m. - Open Youth Hospitality Room and/or
Dance with parents

For more information on the Youth Program, please contact Jeanne Nielsen.

Email: nielsen@tvsonline.net
Daytime Phone: 402.727.4626

OMAHA
O! What a city.

Hotel Registration

*Must be received at hotel by
July 18, 2007*

Omaha Marriott

402.399.9000

or

800.228.9290

www.marriott.com

Room Rate: \$84 US (1-5 people)

Rollaway Bed/Crib available at no charge

Room Tax: 16.48%

Check In: 3:00 p.m.

Check Out: 12:00 p.m.

Room Guarantee: Credit Card needed to reserve

Cancellation Policy: Cancel by 6 pm first day of stay to avoid charge

Amenities:

- Indoor and outdoor swimming pools, whirlpool and fitness center
- Omaha Chophouse, onsite restaurant open for breakfast, lunch and dinner
- Data ports, high speed internet available
- In-room coffee, microwave, hair dryer and iron
- Complimentary on-site parking, free local calls
- Completely nonsmoking hotel
- Guest Rooms renovated in 2004

COSMOTOPICS
P.O. Box 4588
Overland Park, Kansas 66204

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Omaha 2007



Discover quaint boutiques and restaurants
in Omaha's historic Old Market.



Travel along Omaha's premier riverfront
aboard the River City Star while enjoying
mouth-watering BBQ.
Consider taking in this optional event.



Experience the world class Henry Doorly
Zoo with its aquarium, indoor rain forest, di-
verse animal exhibits and IMAX theater.

Photos courtesy of Greater Omaha
Convention and Visitors Bureau



"Reflecting at Little Red"
Canadian Artist Glen Scrimshaw
Image size: 6"x9" - Framed size: 11"x14"

9 PUBLISHERS PROOFS	\$300.00
39 ARTIST PROOFS	\$200.00
399 LIMITED EDITION	\$120.00
FRAMING	\$120.00 CDN \$

A portion of the proceeds from the sale of each of these prints is going toward the cost of the NEW COSMO LODGE, a fund-raising project of the PRINCE ALBERT COSMOPOLITAN CLUB.

Available at:
The Glen Scrimshaw Gallery
Adjacent to Hwy. #11
Box 539, Duck Lake, SK Canada S0K 1J0
Fax: (306) 467-2389
Call Toll Free: 1-888-521-2226
www.glen scrimshaw.com