



# COSMOTOPICS

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

[WWW.COSMOPOLITAN.ORG](http://WWW.COSMOPOLITAN.ORG)

SPRING 08 VOL. 67 No. 7

## COO8 Colorado **ROCKS!**

Cosmopolitan International Convention  
Colorado Springs, CO







# INSIDE



## FROM THE EDITOR Sheila Anderson

Ah, spring ... for those of us in the Northern part of the country and Canada, we probably all agree it's about time! Spring is a time to plant seeds! We as Cosmo plant seeds into the lives of others each day as we continue our courageous effort to finding a cure for Diabetes. We also plant seeds by asking people to join our club. They may not at first, but if you keep "feeding them" about our club, they most surely will blossom into a new member. Check out page 22 for a surprising incentive! Keep planting ... **your Harvest Awaits!**

Inside this spring issue, learn how our club can help you network, get marketing tips, and see some amazing numbers from successful Membership Events ... 3 clubs have brought in 13 members! And if you haven't been to our International website, the WWW page gives you a site map of what valuable information is there waiting for you. There is a new section called Healthy Choices that gives you Diabetic recipes. Learn how the Saskatoon Club is helping the Quality of Life of many people who are intellectually disabled in the Project Spotlight article. And with our International Convention only a few months away, you will discover what's in store for Colorado Springs. It's jammed packed with Fun, Family Time, and reconnecting with Friends ... **your Adventure Awaits!**

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# COSMOTopics

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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.

# NOTES AND QUOTES

Kevin Harmon  
Executive Director



## HEADQUARTERS BUILDING AND GROUNDS

I have written a lot about the condition of our Headquarters building in recent Topics articles. I am very pleased to update you all on the progress being made to return our building to a show piece of the downtown Overland Park area. Over the years important improvements had been made by installing a new roof, new windows and stucco and paint to the outside. You got an update in an article last year about the work to improve the landscape outside. Not much had happened on the inside of the building, however, until now.

With dollars from the Cosmopolitan International Fund and a donation from Santa Fe Trail Cosmo Sherman Johnson and his carpet company, your building now has new carpet throughout. And it is top of the line commercial carpet that should last for years to come. It replaces residential carpet that had not only worn out, but uglified out long ago. New carpet begged for new paint, so River City Cosmo Jack Hohman painted the entire public area of the inside of the building. It included painting over old paneling in the main office to give a bright and clean look. Those two projects meant a lot of furniture moving to make way for one new desk and a donated office suite of furniture from the company of RoseMary Braun, wife of I-80 member Rich Braun. The movers who answered the call not once, but three times were Rive City members Mike Hertling, Jack Hohman, Tommy Johnson and Gary Bartlett. You see carpeting one side of a building at a time means you move furniture three times. I did not tell the volunteers that until they were committed.

Thanks to everyone who made this possible. We are only a couple of projects away from returning our Headquarters building to the star of downtown Overland Park.

## MEMBERSHIP

"It's not fair to not share" is a saying made famous in Mo-Kan by Jerry Sigmund of Columbia when he was Governor. That saying always stuck with me and I hope it touches each of you in a similar fashion. All Cosmos found a reason to join our clubs whether it be the diabetes connection, business networking, friendships, community involvement or some other reason. It varied by member but the common theme was that someone reached out to each of us to share what they had found by being a part of Cosmo.

I am absolutely convinced that there are lots of people in our communities that are just like we were BC. Before Cosmo. People looking for an opportunity to join our clubs. The time is always right to share what you found in being a member with someone you know. It just simply is not fair to not share, now is it?

## Cosmo Calendar

### APRIL

- 1 Dues invoices mailed to club treasurers
- 25-26 Cornbelt Federation Convention, Omaha, NE
- 25-26 North Central Federation Convention, Fargo, ND

### MAY

- 2-3 Mo-Kan Federation Convention, Columbia, MO
- 2-3 Western Canada Federation Convention, Regina, SK
- 16-17 Capital Federation Convention, Roanoke, VA
- 17 Midstates Federation Convention, Elgin, IL
- 22-24 Southwestern Federation Convention, Alexandria, LA
- 23 Deadline to submit proposed bylaw amendments to HQ

We are only a couple of projects away from returning our Headquarters building to the star of downtown Overland Park.



# DIABETES, GROWTH AND NETWORKING

Walter Alm  
2007-2008 International President

Hello to all! My articles this year serve as my main opportunity to talk to all of you, to tell you what's been on my mind lately. It is very important to me to be able to do so. Let me begin by stating that it continues to be an unparalleled honor to serve as your club's president for 2007-2008. As I have traveled I continue to see evidence of the staggering body of work that Cosmopolitan has accomplished.

This issue I'd like to share some thoughts on three topics: Diabetes, Club Growth, and Networking.

## DIABETES

A common thread that unites all of our clubs within Cosmopolitan International is supporting causes that fight diabetes. We certainly have selected a disease that will need our help for many years to come. Very soon the Centers for Disease Control and the American Diabetes Association plan to release new statistics regarding the number of people with diabetes. Current statistics illustrate there are 20.8 million individuals in the United States (7% of the population) and over 2 million individuals in Canada that have diabetes. Sadly these numbers are increasing at alarming rates. Through the years Cosmopolitan has done a wonderful job supporting diabetic causes. They were innovative before their time in initiating major diabetes centers. Cosmopolitan has supported major research projects. And now many federations and clubs support programs in their areas providing support of diabetes education programs, financial assistance and screening programs. Even simple interventions like this can literally be life saving. I am certainly proud of all of our efforts in the arena of diabetes and know that our continued support has great value.

## GROWTH

Obviously when we talk about club growth, one idea that rapidly comes to mind is membership growth. As many of you may know, Cosmopolitan International promoted March 2008 as Cos-

mopolitan New Member Month. We encouraged all club presidents to strive to incorporate new club members by holding new membership events or inviting guests with the anticipation that they would join Cosmopolitan. The numbers are not available yet, but hopefully our efforts to promote Cosmopolitan and encourage membership have been effective. New members are the lifeblood of our club; they increase our vitality and viability. But to me the concept of Growth is more than just new member numbers. I am convinced that through membership growth our horizons broaden. Membership growth can bring fresh ideas of how to have fun and how to raise money.

But another aspect of growth is that the more we grow, the more we can do for others. As club membership grows our activities become stronger. Our fundraising efforts will be more successful. Ultimately, our clubs can help more and more people.

## NETWORKING

Lately I've thought a lot about networking. Sometimes I hear people ask "Why should I join?" "What's in it for me?" I've come to dwell on three types of networking achieved through club membership.

**First is Business Networking.** Clearly it has been typical for young members to join a service club to network with others and broaden their exposure in a business community. I think this has been a time honored involvement in many service clubs, and continues to be so.

**Second is Fun Networking.** As I travel, I see so many clubs having fun. The members enjoy one another's company. Their many activities and fundraisers are looked forward to because they will have loads of fun together. Potential new members should ask themselves "Would I enjoy having fun with these people?" I'm convinced there is Fun Networking.

Sometimes I hear people ask

"Why should I join?"

"What's in it for me?"

I've come to dwell on three types

of networking achieved

through club membership...





**Third is Friendship Networking.** What a wonderful opportunity membership in Cosmopolitan gives us to make new, lasting friendships. I am sure that all of us can reflect on people we never would have met, grow to know, and become friends with, were it not for involvement in Cosmopolitan Club. I personally have so many acquaintances that have become friends throughout the United States and Canada. But I think that the friendships I have made in my local club are especially meaningful. As I travel throughout Cosmopolitan International I see evidence of these friendships everywhere.

Clearly I think Friendship Networking is the most important.

I think we should tell our story. Let's tell others about our work supporting diabetes related causes. Let's talk about growth. Let's talk about Networking. Others will want to join us.

## SPRING BOARD MEETING



President-elect Jim Smith talks to the Governor-elects at the Spring Board Meeting.



Governor-elects, L to R: Rick Dirks (Mo-Kan), Russ Dennis Jr. (Mid-States), Jill DiVincenzo (Capital), Sheila Anderson (North Central), Matt Chilton (Corn-belt), Earl Wilkes (Southwestern), and Brian Duckett (Western Canada)

Cosmopolitan International held its Spring Board Meeting in Kansas City on March 7-8. On Friday, March 7 Governor-elect Training was held for the incoming Governors. President-elect Jim Smith lead the discussions and talked to the group about setting goals for 2008-2009. After training, the group went out to dinner and then socialized back at the Marriott in the Hospitality Room.

On Saturday, March 8, President Walter Alm and the entire CI Board met to recap the year and set goals for to make the push for new members before our next International Convention in July. The group again went out for dinner before hanging out together in the hospitality room.



## NOTES FOR BRAND NEW COSMOPOLITANS

Jim Smith  
President-elect

Welcome to Cosmopolitan International and to your new adventure with us. Congratulations for making this splendid decision, and I can assure you that it's a new activity that will bring you much to smile about as the years flow by.

Cosmopolitan international is one of the smallest service organizations in the world at just around 2000 members in 70 clubs in the USA, Canada and Mexico. However, we are also the most successful in terms of funds raised and placed, per capita. We donate close to \$1,000,000 per year, about \$500.00 per member.

However, being small has benefits, especially for our membership. What being small means is that you'll not only quickly make a bunch of great new friends in your home community, but you'll also soon find you have new friends all across North America. You'll be truly International before you know it!

Of course, you cannot develop new friends outside your town by staying home. To develop these relationships you'll have to get in the habit of attending your Federation Conventions and our International Conventions. Do yourself a big favor and start attending these events right away. It's the real way to "get your money's worth" as a Cosmopolitan.

Back at your home club, please resolve to get involved without waiting to be dragged into events and projects. You've joined a service club, after all, not an "avoid everything I can" club. A new member always looks their best when they rise to the challenges before they are asked. Forget that you're sort of shy, just jump in. Volunteering is fashionable here!

And another benefit of being small is that you won't have to wait long before you can exercise your leadership talents. Here too, the volunteers look cool! So watch what your leaders are doing, and learn all you can from them. We'll soon need you to take your turn.

So enjoy being a Cosmopolitan. Focus on having FUN and making new friends, at home and all over the country... I should have said "countries". Because you're an International person now! Can't wait to meet you!



Even CI has the *Great People Who Should be Cosmos* form on their frig!

... you'll not only quickly  
make a bunch of great new  
friends in your home community,  
but you'll also soon find  
you have new friends all  
across North America.



# FINANCE AND MARKETING NEWS

Melvina Newman  
Vice President for Finance and Marketing



## MARKETING

Cosmopolitan is not a big organization by today's standards – it is one of the smaller organizations, yet what we lack in size, we more than make up for impact and ambition. Building relationships is part of building Cosmopolitan. No matter how long you have been a member, each member must help to market Cosmopolitan.

GET THE WORD OUT – Who are we? Promoting awareness of our club is vital. We need to step out and take risks. Marketing involves “stepping into the unknown”. Look for new members in new places. Prospective members relate quality with value. What can we offer that others do not? The answer is: “Our Branding.” When building a brand in your community, consider the following factors: **REPUTATION.** *A positive public opinion and well respected brand can be built over time.* **QUALITY.** *Higher quality translates into satisfied members who will continue their Membership.* **IMAGE.** *Perception of Cosmopolitan is important, so build a positive image in your community and networking circles.*

As Cosmopolitans, our mission has never been more important. To fulfill our mission, we must be a dynamic force in a constantly changing environment. We realize that our mission will require time. We know that our mission will require commitment. But most importantly, we must understand that our mission will require marketing and members.

In any business, just being good is not good enough to attain the highest level of success. And, that is why Cosmopolitan strives each day to raise the bar, to go above and beyond. Increased market share is the direct result of successful branding. No matter who you market to, a little preparation goes a long way. Before you undertake your next marketing campaign discuss your club's recruitment initiatives.

■ Define your club – be the organization you say you are! Do projects and programs to support our mission.

- Define the members you currently have and then define the members you would like to recruit.
- Set a realistic marketing and membership recruitment goal. It is important to set challenging goals, not unreachable expectations.
- Consider putting a written plan in place. This will help your club members commit to goals and measure outcomes more easily for the future.

Through your Cosmopolitan membership, you are in the unique position to act on behalf of Cosmopolitans each and every day through the choices you make, and the relationships you form. By simply identifying who your potential members are, you are on your way to success. The next step is to ask them to become involved. Prospects are more likely to join if they have a vested emotional interest in the club and its mission.

We have some great tools now and in the future to help market Cosmopolitan. Use the CosmoTopics which has great articles as a tool. Use our Web site. Wear Cosmo clothing, use the Cosmo bags, mugs, pens. Use our standardized logo. Use the placemats at all your functions. And, coming later this year – A SPECIAL ISSUE OF COSMOTOPICS. Included will be articles on diabetes and all the Diabetes Centers we support. Local clubs will have the opportunity to distribute them to hospitals, clinics, and other offices where they feel someone will pick it up so we can share our story. This will be a great tool to tell our story and market Cosmopolitan.

Help us to market Cosmo in every community!!

## BUDGET AND FINANCE

Administration and finances are excellent at this time. We are on target with the budget and continuous monitoring is ongoing with reports received weekly. I had the opportunity to spend a day in the office and reviewed all the data at that time. Each of you have been diligent in sending in dues timely which helps us to prepare current profit and loss statements and provide better services to you our members. Thank you for all your help in this area.

COLORADO ROCKS! We are  
preparing for a great 2008  
convention in Colorado  
Springs. Mark your calendars  
now for July 23-27 – you will  
have a great time!!!



## STAY WITH US

Richard Greer

Vice President for Membership and New Clubs

Our late winter statistics have lots of positives, as our members have decided that we have a lot to offer our communities and causes and have decided to stay with us. The number of people who left us is down substantially from last year; therefore we don't have such a big loss to make up this year.

There are many reasons why Cosmos stick around. We have our causes and projects- you know, the ones that make you feel good when you get home from a successful fundraiser or donation night. We know we are working hard to find a cure for diabetes, and will someday be proud to say "We Were There" in big ways and not so big when it is announced that diabetes is defeated. We know we are having fun, joining in with our Cosmo friends at meetings, socials and conventions, meeting new people, renewing friendships, introducing new people to Cosmopolitan.

Speaking of conventions- it is that time of year again. Your Federation conventions are just around the corner, and are a worthwhile weekend for all Cosmopolitans. Send two more people to your convention than you normally would- it doesn't cost that much. Send these four people to the International Convention in Colorado Springs this summer, as well as two more. Why not send your newest members or your "Cosmo of The Year" from last year? Get your members to the Conventions. They will come back full of enthusiasm and excitement, and you can be sure these six people will be ready to go to New Orleans next year.

Speaking of "Cosmo of the Year"-keep your Awards Chair informed about the great things your club members do all year long. Be sure to nominate your members for all the awards available, keep track of all the club visits you do and all the conventions you attend. We all work hard-let's let everyone know about it.

There are many membership success stories this year. Three Rivers is showing a great increase of 13 members, bringing their numbers up to 31. Fantastic!! Norfolk has recruited 5, Broken Bow

signed up 3, Omaha Ladybugs came up with 3, and Jefferson City has 13 new ones, and Lawrence River City is up 9, along with Rapid City with 7. There are lots of new people joining us in Clubs all over the organization.

Your Club can have membership increases as well. International President Walter Alm spearheaded a membership initiative for March, and asked all club presidents to get on board, organize a membership event and get all Cosmopolitans on board. I hope you continue to fill in "The Great People Who Should Be Cosmopolitan Form", turn it in to your membership chair, and get these potential new members out to a well-organized membership events. Even though March is over, you can still have a membership event! We need your help to get our membership numbers up, and a good push from everyone will bring us to a great increase in June. Very few service clubs can boast about an increase during any year- no one but Cosmopolitan will be able to tell the world about an increase three years in a row. It doesn't matter when you have a Membership Event, it only matters that you have one.

Be sure to get as many people as possible to you Federation Convention this spring and to the International Convention this summer. By keeping your members interested in Cosmopolitan at the local, regional and International level, you will have interested and dedicated people working all year long. Reward your hard workers by nominating them for one of the many awards available. They will appreciate the pat on the back and will enjoy being a Cosmopolitan.

There is time to get your club involved in the March Membership drive. If March doesn't work for you, try April or May. It doesn't matter when you have a Membership Event, it only matters that you have one.





**Jim McVay**, CHAIR, INFORMATION TECHNOLOGY COMMITTEE

## Site Map

If you haven't yet logged onto our International website, you might be missing more than you think! Below is a site map, which lists each tab and what valuable information can be found under it. If you haven't received your new unique user name and password, drop an email to [headquarters@cosmopolitan.org](mailto:headquarters@cosmopolitan.org) letting them know and they will send it right out.

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## Forums Buzz

Under the Discussions tab, you will find different forums set up. Here is a sampling of some hot topics being discussed. This is an amazing communication tool! Let's all get into the habit of using this. Your comments and thoughts are important!

### CI Forum Group

[Cosmopolitan Awards Program:](#)

Posted 03/10/08 by Carl DiVincenzo

At the board meeting this past weekend, the awards season for 2007-2008 began. As a governor, I would like to get some suggestions on how to motivate clubs to participate in the program. This is not a problem for my own club which submits nominations for all award categories. The remaining clubs do not participate or do so minimally. Last year only one club submitted any awards. Any help out there?

Posted 03/10/08 by James Smith

I'm not a walking success story when it comes to Awards either, but I've noticed that two things that seem to help a bunch is having a talented person as a club Awards Chairperson and readily available copies of the CI Awards Program brochure (like the one on the back of your Governor's Manual). The third element that's always missing is sufficient time. That said, the time to encourage participation is right now, Award's Chairpersons should be in place really soon and they should all have a fresh copy of that brochure.

Thanks Carl. And thanks for looking in Discussion Groups...Come back soon and often.



## COSMOPOLITAN DIABETES FOUNDATION

Jerry Nelson  
Cosmopolitan Diabetes Foundation Chairman

### What new and exciting things are happening within your Foundation!

Since the International Convention in Omaha, the Board has held a teleconference with UBS Financial to go over investments, as well as to brainstorm for new marketing ideas to promote the Beacons and Discovery Funds. We have put together a Power Point presentation and were able to preview it at the Governor-Elect Training in March. We got some really good feedback and fresh new ideas that will improve the final result. Our goal is to have this Power Point available on cd for all Foundation Board members, Governors, Club Presidents, and for prospective donors at convention in Colorado Springs.

In the last issue of CosmoTopics, I reported that the Board has the authority to make grants from equity after setting aside a reasonable operation reserve. We were getting close at that time, but had not reached the threshold. I am excited to announce that now we have reached that point. This is all the more reason to increase our Beacons, to reach our goal of 10% increase in memberships, and to help reach our goal of \$50,000 for the Discovery Fund.

Remember, increasing Beacons memberships increases equity and can earn the Lighthouse Award for your club. Increasing equity means increasing our opportunity to fund diabetes-related grants by allowing equity to be used through the Discovery Fund. Increasing our opportunity to fund diabetes-related grants means increasing our opportunity to raise awareness of, and find a cure for, diabetes.

There are three months left to convention, let's finish strong. Acting collectively we can achieve significantly greater results than by operating individually.

Please feel free to contact your CDF Board representative of your Federation if you have questions, comments, or if you need information. Your Foundation Assistant, Deana, would be happy to help you as well. She can be reached via e-mail at [cdf@cosmopolitan.org](mailto:cdf@cosmopolitan.org) or by phone at **913.484.0039** or **913.745.4478**.

### New Beacon Pledges since September 1, 2007

Ed Daniels  
Melba Harris  
Vida Martin  
Winifred McGill  
Jill Medina  
Virginia Nicholson  
Paul Rozeboom  
Edyth Williams

### Beacon Totals as of January 31, 2008

Diamond	7
Ruby	16
Emerald	24
Beacons	1,079

We are pleased to announce that the Columbia Doors Program has been completely funded! Additionally, the CDF audit performed by Marberry, Miller and Bales, LLC, was completed and your Foundation is in sound financial health.



## Grape Broccoli Salad

1 c. fresh broccoli florets  
3/4 c. halved seedless red grapes  
1/3 c. chopped celery  
1/3 c. chopped green onions  
1/3 c. sliced water chestnuts  
1/4 c. raisins  
1/2 c. fat-free plain yogurt  
2 Tbsp. reduced-fat mayonnaise  
1 tsp. honey

In a large bowl, combine the broccoli, grapes, celery, onions, water chestnuts and raisins.

In a small bowl, combine the yogurt, mayo, and honey. Pour over broccoli mixture and toss to coat.

Cover and refrigerate for at least 1 hour or until chilled

Yield: 3 servings

Calories: 129

Fat: 4g

Cholesterol: 4 mg

Sodium: 127mg

Carbohydrates: 24g

Fiber: 3g

Protein: 3g

Exchanges: 1 fruit, 1/2 starch, 1/2 fat

## Strawberry Dessert

1 loaf (10 1/2 oz) angel food cake, cut into 1" cubes  
2 pkgs (.3 oz each) sugar-free strawberry jell-o  
2 c. boiling water  
1 pkg (20 oz) frozen unsweetened whole strawberries, thawed  
2 c. cold milk (1% or skim)  
1 pkg (1 oz) sugar-free instant vanilla pudding  
1 carton (8 oz) frozen reduced-fat whipped topping, thawed

Arrange cake cubes in a single layer in a 13x9 pan. In a bowl, dissolve gelatin in boiling water; stir in strawberries. Pour over cake and gently press cake down. Refrigerate until set, about 1 hour.

In a bowl, whisk milk and pudding mix for 2 minutes or until slightly thickened. Spoon over gelatin layer. Spread with whipped topping. Refrigerate until serving. Yield: 20 servings.

Calories: 92

Fat: 2g

Cholesterol: 2mg

Sodium: 172mg

Carbohydrates: 16 g

Fiber: 1g

Protein: 2g

Exchanges: 1 starch

# Categories of Recognized Programs

The following classification was formulated by the Cosmopolitan International Board at its Spring Board Meeting, 2007. Using this classification, Cosmopolitan International can document the programs that our clubs and federations provide major support to. Once this information is compiled, we will generate a document that lists all of these Cosmopolitan funded programs as an illustration of our work and generosity. Ultimately it is hoped that this list will attract others to join our clubs and help in our efforts to fight diabetes and support our communities.

An application has been prepared to facilitate listing these programs. Applications can be submitted by individual clubs or federations.) Once an application is reviewed and accepted as complete, the proposed center/program will be appropriately listed.

Applications will be available from CI headquarters and is also a downloadable form from [cosmopolitan.org](http://cosmopolitan.org) under Resources | Club and Federation Info.

## Major Cosmopolitan Diabetes Center/Program:

- Primary focus must be diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

### **EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER**

855 Brambleton Avenue, Norfolk, VA 23510  
B 757.446.5909  
Dr. Leon-Paul Georges, M.D., FACP, Director

### **COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA**

One Hospital Drive, Columbia, MO 65212  
B 573. 882.2273  
Elaine Rehmer, Administrator - [rehmerf@health.missouri.edu](mailto:rehmerf@health.missouri.edu)

### **THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND**

1100 S. Euclid Avenue, PO Box 5039, Sioux Falls, SD 57117-5039  
B 605.333.7315  
Dr. Laura Davis Keppen, M.D.

### **CRUSADER CLINIC/ COSMOPOLITAN DIABETES PROGRAM**

1200 West State Street, Rockford, IL 61102-2112  
B 815.490.1600  
Dr. Gordon Eggers, Jr., President and CEO

### **CORNBELT DIABETES CONNECTION, INC.**

4131 South 174 Street, Omaha, NE 68135  
B 402.895.3764 or 402.490.9603  
Ed Thompson, President

## Major Cosmopolitan Community Center/Program:

- Primary focus is non-diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single non-diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

### **COSMOPOLITAN INDUSTRIES, LTD.**

28 34th Street E, Saskatoon, SK S7K 3&2 CANADA  
Peter Garrand, Director  
B 306.664.3158

## Cosmopolitan Supported Diabetes Center/Program:

- Primary focus must be diabetes related
- A minimum of \$5,000 over two (2) years or \$10,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

### **PROVENA MERCY MEDICAL CENTER CENTER FOR DIABETES WELLNESS**

28 34th Street E, Saskatoon, SK S7K 3&2 CANADA  
274 E. Indian Trail, Aurora, IL 60505  
Rita Smith, RN, MSN, CDE  
B 630.897.4000 ext. 13





# Quality of Life

Cosmopolitan Industries was established in 1971 through the tireless work and dedication of our Saskatoon Cosmopolitan Clubs. Cosmo, as it is now called, grew out of a program aimed at providing local care for individuals with intellectual disabilities. The Cosmopolitan Clubs of Saskatoon have provided over \$400,000 over the years and continue to support this great community project.



Respecting the dignity and needs of each individual, Cosmo creates opportunities, provides support and challenges participants with intellectual disabilities to reach their full potential. Cosmo enhances their quality of life.

Most people have a need to identify with others having common abilities, interests or needs and are uncomfortable when placed in groups where they feel out of place. Persons with disabilities are no different in that respect; at Cosmo, participants have the choice with whom they

associate. For many participants, this is more important than the work they are doing.

And speaking of work, there is a lot of that being performed by our workforce. Our workers assemble golf clubs for Cosmo Golf. You can find them on the web at [www.cosmogolf.ca](http://www.cosmogolf.ca). We are one of the largest golf equipment suppliers in Canada. Our workers also assemble packaging for a variety of businesses throughout



North America. One of our largest industries is our recycling effort.

Saskatoon's citizens know us for the paper recycling which we have been doing since 1975. We currently fill over 600 semi trailers with recycled paper and cardboard each year; approximately half of this is exported to the United States and the Orient. The participants see recycling as one of their contributions to the greater community.

Recycling provides a variety of options for participants. Examples are: assisting the truck drivers in picking up paper from offices and schools; sorting on the main paper belt or on the office paper belt; preparing materials for recycling; shredding paper; or sorting beverage containers.

What Cosmopolitan started, continues to flourish and provide needed care for our citizens with disabilities. Through the support of Cosmopolitan's, our clients are productive members of our community.

## Project Spotlight

provides an insight  
on our Major Cosmo-  
politan Diabetes  
Programs and Major  
Cosmopolitan Com-  
munity Programs.

# Diabetes

**Ken Todd** (left in picture) joined the Sioux City Club in 2000. **Todd McCabe** joined the same club in 1987.



## How old were you when you acquired diabetes?

**KT:** I was diagnosed with diabetes at age 35, that was 17 years ago. I probably had it undiagnosed for 3-5 years before that.

**TM:** I was diagnosed at the age of 18 and I was senior in high school. It Sept 30, 1987 and I remember that day like it was yesterday. I will probably never forget when I met with the doctor and he said you have diabetes. I am 38 now and the 20 years of having diabetes has been challenging.

## Is your diabetes treated with pills or insulin?

**KT:** I am a Type 1 insulin dependent and I have had a pump for about 7 years. I am getting (next week) a continuous glucose monitor that will keep track of my blood sugar by testing every 3 minutes and communicate with my pump to let me know how much insulin to give myself. It should allow much tighter control.

**TM:** I am a Type I diabetic using an insulin pump since 1993. I was in college and my nurse and I were talking about the highs and lows and she said it would best if I tried an insulin pump. The pump has really changed my life in a good way.

## Besides using medication, do you do other things to control your diabetes?

**KT:** I try to keep my weight down, exercise and limit the amount of the bad stuff I shouldn't eat....and that is the hardest part and the part I am the worst at.

**TM:** I make sure I see the eye doctor once a year and that I am in regular contact with my doctor. I need to get more exercise, but I try to get some walking in every day. Also keeping my feet clean and away from blisters and sores is priority.

## What are the accomplishments in management of your diabetes that make you most proud?

**KT:** I guess the fact that I have survived to age 52 with no loss of eyesight, kidney function and I have all my limbs is the best accomplishment to date.

**TM:** I thinking the keeping the highs and lows under control is the best for long term. I guess I am proud that in 20 plus years of having diabetes, I still have great eye site and have no long term affects with my eyes or toes.

## What is the greatest difficulty or challenge having diabetes causes you?

**KT:** The greatest challenge is that it is always on my mind when I eat or don't eat, travel etc, because I always have to be prepared just in case something doesn't go right that might lead to a LOW blood sugar....that is the risky and potentially dangerous part of diabetes.

**TM:** My greatest challenge is that it is a daily task for my family and myself to deal with. Everything that I eat and drink can affect my blood sugars and I need to adjust accordingly to make sure I am managing my diabetes properly.

### At-Large

**LLOYD E. JOHNSON**, *Scottsbluff*

**SHAWNA MARIA HUTTO**, *Austin*

*(Shawna is the granddaughter of Art Flynn and was a Cosmo kid.)*

## In Remembrance



### Mo-Kan Federation

**OTTO SCHNELLBACHER**, *Topeka*

### Western Canada Federation

**WILLIAM D. SMILEY**, *Prince Albert*

As we modify the format of Cosmo Topics, we hope to provide a page devoted to presenting interesting information regarding Diabetes. Our format will be similar in each issue.

It is not the intent of these articles to give medical advice, please do not accept this information as such. Rather, we will try to provide information about the illness of Diabetes that we hope will be interesting to our membership. An effort will be made to provide web site addresses where this information has been found. Readers can use these web sites if they would like to investigate these topics in greater detail.

## Info about Diabetes

Because most of us have children, grandchildren, nieces or nephews, you may find some of the following information interesting, yet alarming. Through the news media you may already be aware of the topic of childhood obesity. Significantly overweight children within our society have become virtually an epidemic. Statistics from the United States Department of Health and Human Services cite that in 1999, 13% of children aged 6-11 and 14% of adolescents aged 12-19 years of age were deemed to be overweight. Over the last 2 decades the prevalence of overweight adolescents has tripled. Of particular interest to Cosmopolitans, children that are deemed as being overweight or obese are developing type 2 diabetes. Previously type 2 diabetes was referred as to adult onset diabetes. It was largely considered to be an adult disease. Children who developed diabetes usually acquired a disease process in which their body no longer produced sufficient insulin and they were deemed as having Type 1 diabetes. In 1990, less than 4% of children newly diagnosed with diabetes had type 2. This implies that the vast majority of children developing diabetes had type 1. Now however, as many as 50% of children with newly diagnosed diabetes have type 2 diabetes. Of the children diagnosed with type 2 diabetes, 85% are deemed to be obese.

A recent American Diabetes Association news release stated that if present trends continue, one in three Americans born in the year 2000 will develop diabetes in their lifetime.

Many factors are felt to contribute to childhood obesity. Children tend to be more sedentary now, watching TV or playing video games. It is additionally felt that their eating habits are poor. Soft drinks with sugar and fast food choices contribute to the epidemic of overweight children. Family history of obesity and family history of diabetes also contribute to children developing type 2 diabetes. Minority populations have an even higher statistical risk.

# Children are Developing Type 2 Diabetes

One of the saddest features of all this is that the longer a person has diabetes, the greater the chance that they will develop serious complications of the disease. The increase of type 2 diabetes in children implies they will have diabetes for a longer period of time; this will likely increase their rate of severe complications. It is certainly terrible but according to diabetes researchers some teenagers are already developing complications from their type 2 diabetes.

The encouraging part of all of this is that life style modification can make a huge difference. Stocking high schools with more sensible food choices, omitting soft drinks with sugar from the high school vending machines, encouraging weight reduction and aggressively increased physical activity all have tremendous impact. If we can stem the tide of the overweight epidemic we can decrease the development of Type 2 diabetes in children.

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**... as many as 50% of children with newly diagnosed diabetes have type 2 diabetes. Of the children diagnosed with type 2 diabetes, 85% are deemed to be obese.**

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# Cosmo Brick Club

Purchasing a brick to be placed in the brick courtyard at International Headquarters is a wonderful opportunity to honor your club president, federation governor and award recipients. Bricks have also been inscribed in memory of friends and loved ones. To date, nearly 400 engraved bricks have been placed in the courtyard of the historic turn-of-the-century headquarters buildings.

To order your brick, please send your \$100 US check to headquarters with your engraving and acknowledgement info.

Shawna Marie Hutto  
Art Flynn's Cosmo Kid  
8/20/1988-2/10/2008

In Memory of  
John and Helen Crowley  
Jefferson City Club

In Memory of  
Muriel Webb  
Grand Island, NE

In Memoriam 2008  
Lloyd E. Johnson  
Scottsbluff, NE

## ENGRAVING INFORMATION


Name	
Street	
City	State/Prov Zip/Postal
Phone	Fax

## Who's That Cosmo?



**Roger Schuller** of I-80 club of Cornbelt Federation was our featured Cosmopolitan member. Roger was an International Cosmo of the Year in 1985 when the picture that was featured was taken. Roger has been very active in his club and Federation and was with us at the recent Omaha convention. The winning entry in the drawing from 12 correct entries was Gail Nielsen of Fremont 100. Of the incorrect entries, Bill Quire of Hampton Roads was the guess of several Cosmos. There did seem to be a resemblance.



Thanks to all that played and to Roger Schuller for allowing use of his picture Both Gail and Roger received a set of Cosmo barware.



### WIN a Quill Pen!

**Send your guess of the name and club of this Cosmo to Headquarters by May 15, 2008.** All the correct entries will be put in a hat and a winner will be drawn. The winner will receive a pen by Quill in a presentation box.

# our HISTORY

The recent renovations of the inside of Headquarters gave pause to the acquisition and purchase of this fine piece of Overland Park, Kansas Real Estate. The quick version is that the building was purchased in 1970 and was quickly paid off. But a check of CosmoTopics from November of 1970 revealed a longer story.

Topics revealed that our 1961 Board acted on the dream of having a permanent home for our club. To that point, the business of Cosmo had been in a variety of places around the country. That 1961 Board started the Headquarters Building fund where clubs pledged \$2.00

per member per year for the purpose of locating Cosmo in a permanent home. Those forefathers of HQ included Luis Otero, Manual DeBusk, Alex Fernet, Art Prouty and Glen Smith. What started in 1961 came to fruition in 1970 with the historic purchase of our historic building.



Our HQ building was built in 1910 as a bank with the use of horses to excavate for the basement, 24 inch thick stone walls, a heavy timber roof, ornate moldings and a vault suitable for large quantities of cash. The building was quickly remodeled to fit Cosmo with the removal of the vault door (we keep our cash at the bank down the street), the addition of an office and the addition of a courtyard to the entry area. There were further cosmetic changes to the interior that included paneling and painting. When dedicated in 1971, the office was ready for Cosmo to call home.



Major improvements over the years included a totally redone courtyard that coincided with Downtown Overland Park restoration efforts. This later allowed for the Cosmo Brick program and the dedication of bricks to the memory of Cosmos from the US, Canada and Mexico. A new roof went on a few years back in 2002 and the addition of brand new windows and stucco repair and paint in that same year. Now with recent improvements, and a few more on the way, we once again envision that dream from 1961.

## Top Clubs

with New Members

Three Rivers	13 members
Jefferson City	13 members
Rockford	13 members
Lawrence River City	9 members
Rapid City	7 members
Norfolk	7 members
Topeka	5 members
Sioux Falls Noon	4 members

(data as of 04/01/08)

## Top Clubs

Rockford	122
Columbia Luncheon	86
Rapid City	77
Lawrence River City	72
Jefferson City	67
Sioux Falls Noon	64
Omaha I-80	61
Norfolk	54
Topeka	51
Columbia Show-Me	49

### Special Recognition!

Three Rivers (Sioux City, IA) was down to 4 members just three years ago. They are now at 31 members!

## Top Sponsors

Kevin Welsh, Omaha I-80	4
Matt Armstrong , Rockford	3
Michael Evans, Jefferson City	3
Janice Galli, Three Rivers	3
Pat Hohman, Lawrence River City	3
Anne-Marie Mayne, Omaha Ladybugs	3
Kathy Robley, Fargo-Moorhead	3
Roger Charette, Fremont	2
Richard Cook, Norfolk	2
Tom Etier, Rockford	2
Glen Ezard, North Side Lancaster	2
Don Feltham, Heartland	2
Erin Harmon, Lawrence River City	2
LaVonne Hawking, Aurora	2
Jack Hohman, Lawrence River City	2
Derek Kiley, Rockford	2
Jim McNabb, Columbia Luncheon	2
Duane Muck, Jefferson City	2
Judy Mullen, Three Rivers	2
Melvina Newman, Sioux Falls Noon	2
Linda Shields, Jefferson City	2
Greg Shields, Jefferson City	2
Fran Starr, Baltimore	2
Jim Walker, Three Rivers	2
Joan Walker, Three Rivers	2



## Tulsa Club Generosity Astounding!

by Bill Clifton, 2007-2008 Southwestern Federation Governor

During our time as Cosmopolitans, Bobbie and I have had the privilege of meeting and making lifelong friends. We recently spent some time with a Cosmo club that we have known for years, and have always thought the world of and, when we got the time to know them even better, we were in awe to find that their spirit and their dedication represent the true meaning of being a COSMO. TULSA, OKLAHOMA ... you have proved that the "proof is in the putting ..."! As you all probably know, Tulsa worked hard, bought their own building and maintained a great fundraiser. Now, following the sale of that building, Tulsa has risen to the occasion to help the Southwestern Federation and more! There are many wonderful clubs that do great things and we thank you all.

We want to give Tulsa a special "HOORAY" for all the efforts it has put forth in their community and toward the betterment of Cosmopolitan clubs everywhere. In October, 2007, Tulsa, our oldest club, made every member a paid in full Beacon. That was a donation to the Beacons for \$13,500. Now, they have donated an additional \$35,000 to CI for maintenance, upkeep and improvements to the International Headquarters building in Overland Park, KS. Not to stop there, they graciously provided \$750 to help the club in Oklahoma City get kicked off, as well as \$1000 toward the Southwestern Federation Convention expenses in May.

Bobbie and I travelled back through Tulsa from the meeting in Kansas City for this opportunity. We met with some of their members to receive the checks and had a great meal and excellent conversation and a wonderful visit. My hope for Tulsa is that their membership will once again grow to the great numbers it has been in the past. They have made these much appreciated donations with only 17 members in their ranks, truly displaying the sharing, caring spirit of the COSMOPOLITAN INTERNATIONAL CLUBS everywhere!

The Tulsa members are very interested in helping the Oklahoma City club, as are we, get going!

THANK YOU, TULSA, you will remain in our hearts forever! All of the Tulsa members should be beaming with pride. We appreciate for your generosity through the years and especially now with your recent gifts!



L to R: Bobbie Clifton, Vida Martin, Nolan Harper, Jean Rodgers, Dale Nicholson, Edith Williams, Winnifred McGill. Edith Williams is the oldest active Cosmo in the organization. We won't tell the age, but she is the oldest. Not pictured is club president Virgil Graham who really spearheaded the donation with Jean.



## Mo-Kan Highlights

by Gary Bartlett, 2007-2008 Mo-Kan Governor

It has been an active winter in the Mo-Kan federation for me as Governor. We started December with a 'Meet and Greet' meeting with International President Walter Alm, in Lawrence. Members from Wichita, Jefferson City, Kansas City, Lawrence Breakfast and River City clubs were in attendance.

I have been traveling to Wichita quite a bit, attending the Air Capital inaugural on Feb. 9. I was back to attend the Wichita Air Capital and Downtown clubs' joint meeting on Feb. 28th, and the Downtown club inaugural on March 13.

International President Walter Alm traveled back to Mo-Kan Federation to visit the Columbia and Jefferson City clubs. I picked up Walter from the Kansas City airport on Monday evening, February 18 and we traveled to Columbia. We were up bright and early on February 19 for a full day of club meetings, park/camp/business visitations, and tours of the Cosmopolitan Diabetes Center.



On March 6, the Lawrence River City club held their annual membership meeting, which was attended by 11 prospective members, and several International Board members. I met with the Overland Park Club on Friday morning, March 7.

The International Board Meeting was held Friday and Saturday, March 7-8 in Kansas City. The Board toured the newly-remodeled Headquarters in Overland Park.

I visited the Heartland Club on March 20th, and had a prospective club building meeting on March 30. The Mo-Kan Federation clubs continue to support their diabetic projects, community service projects, and still find time to enjoy their Cosmo friendships. The Federation convention will be held May 2 and 3 in Columbia, MO. It will be an enjoyable weekend; shared with our Cosmo friends all while "Getting Wild in Missouri!"

## Recognizing Members with OVER 30+ years of Cosmo Service

by Lisa Hyser, Belvidere Club



The Cosmopolitan Club of Belvidere would like to recognize Ed Winter (pictured at left) for serving our club for 33 years and Bob Bowley (pictured at right) for 31 years with our club. Many people have come and gone over the years but these two are always here for us. Thanks for all you do Ed and Bob!

The Cosmo Club of Belvidere was chartered in 1970 with 25 members, Ed Winter and Bob Bowley included in that group. Both men held various positions in our group including President. Our club is honored to have these 2 with us for as long as they have been. We hold 2 successful fund raisers a year. We sell sweet corn at our County Fair and we have a golf outing playday. We are able to help many in our area through these efforts. We give out scholarships to our 3 area high schools, we sponsor an annual health fair and a Christmas carnival, in addition to Ramps Wheel-a-thon. We donate to many youth athletic programs in our area, the YMCA Strong Kids, and Big Brothers and Big Sisters Club. We send several children to diabetes camp every year and last year we were able to purchase a medical car for the Boone County Council on Aging. Our club is thankful to our community for supporting our fund raising efforts year after year.

## A Proud Cosmo at 93!

by Gary Koenig

My father-in-law, Sam Vecchio, is sitting in a home at 93 years old. He is a proud member of the Downtown Omaha Club. He proudly displays the honors he's received from the Cosmos Club on one wall. And he still gets the *CosmoTopics* and reads every issue! In 1965-67 he was the Cornbelt Governor. He was Cosmo of the Year in 1963 and 1994. He was President of the local club in 1954-55. Sam, you are certainly a Cosmo we are very proud of!



## Rollin' for a Cure

by Sheila Anderson, Evening Club of Sioux Falls

The Cosmopolitan Evening Club of Sioux Falls teamed up with the Sioux Falls Roller Dollz for their Spring Fever Clean Sweep Bout with the ICT Roller Girls of Wichita, KS. We were able to secure this due to March being Diabetes Awareness Month. Half of the proceeds earned at the event were given to the our club. We worked the ticket booth, handed out programs along with info about our club. Deb Peterson gave a 5-minute speech telling the audience about Cosmos as well as Diabetes. We had a booth where we displayed our Cosmo banner and had brochures as well as past issues of the *CosmoTopics* for people to look at. We even had a couple people interested in our club. In addition, we were able to sell 50/50 raffle tickets with half of the proceeds going to our club! Of course, we had Jerry Priebe work the audience selling tickets...he is a true salesman at heart (Jerry is a State Farm Agent)! We made a couple hundred dollars off the 50/50 raffle!



Pictured with the Roller Dollz L to R: Derry Anderson, Dana Priebe, Jerry Priebe, Deb Peterson, Sheila Anderson, Doug Peterson, and Becky Schultz.

## Membership Event

by Carl Di Vincenzo, Capital Region Club

The Capital Region Club held its membership event on March 13. Those in attendance included all but 3 of our current membership, 16 guests and our International President. Guests included physicians, diabetes educators and 1/2 the membership of the Lancaster Northside Club. Capital Region & Lancaster Northside each presented checks to Setebaid Services to send kids to camp. Walter used his just revised Power Point membership presentation to perfection...4 of the 16 guests joined on the spot with another 2 joining by the next morning.





## News from Jefferson City

by Linda Shields, Jefferson City Club

In February, International President, Dr. Walter Alm and Mo-Kan Governor, Gary Bartlett joined the Jefferson City Club for a membership night at the Cosmopolitan International Diabetes Center in Columbia. Club members and guests gathered for dinner and a fun evening with fellow Cosmos. Highlights included:

- Tour of the diabetes center, conducted by Elaine Rehmer, administrator of the Center and her staff
- Presentation by Walter Alm
- Slide presentation by Duane Muck
- Induction of 7 new members
- Presentation of \$5,000 donation from our Club to the Center

Earlier in the day, Greg Shields, JC Club President and Rick Derks, Mo-Kan Governor-Elect visited Camp Hickory Hill and presented the Club's \$5,000 donation. Including these two donations, the Club's total donations for 2007-08 is \$77,475 (over \$1,000 per member)! The single largest donation for the year went to the Special Learning Center in the amount of \$58,300.



L to R: Greg Shields, Elaine Rehmer, Walter Alm, and Gary Bartlett

## WIN a week's stay at a timeshare...of your choice!

Bill and Bobbi Clifton from the Alexandria-Cenla Club in Southwestern Federation have *generously* donated one week's stay at a timeshare of your choice along with \$250 expense money to the one person who brings in the most members for Cosmo year 2007-2008, which started **July 1, 2007 and runs through June 30, 2008**. There is still time for you to step it up and take advantage of this amazing offer! The winner will get to pick their vacation spot out 4,396 locations from either RCI or 3,700 locations from Bluegreen Corporation. Headquarters will track the contest. In the event of a tie, a drawing will then be held.

### Membership Contest!

RCI is the world's expert in exchange vacations. You can choose locations all over the world! Visit [www.rci.com](http://www.rci.com) for more information.

Bluegreen Corporation offers a network of over 3,700 resorts and other vacation experiences. Visit [www.bluegreenonline.com](http://www.bluegreenonline.com).

# International Convention 2007... A First Timer's view

by Carl DiVincenzo, Governor, Capital Federation  
Jill DiVincenzo, President Capital Region Club

We have been trying to make the CI convention since Branson. Things just kept popping up that prevented us from making the trip. We made our reservations early for Omaha and crossed our fingers. We made it!

Was it worth it? What did we get out of it? Would we do it again? What would we change?

## Was it worth it?

Usually, there is a let down after anticipating an event and finally experiencing. In this case, it was not. In fact, that the convention was so well put together given the adverse circumstances is a tribute to the working relationship between the convention committee and the CI staff. Any questions were quickly answered and arrangements made, especially where the extra nights' stay was concerned. The hospitality of the host club was fantastic. We were treated as family and made to feel comfortable in every venue.

The experience of the delegates' meetings, the board meetings and the various activities served to solidify our commitment to the CI ideals of unity service and action. The meetings were arranged in blocks of time to promote attendance and discussion without falling into the trap of too much. We were able to break and recharge to get ready for the next meeting. The meetings provided a view of how the organization works and conducts its business.

All levels of accomplishment and leadership were acknowledged and rewarded at the Beacon's Breakfast, the awards luncheon culminating in the President's Banquet. The meetings are only the tip of the iceberg. The opportunity to meet other Cosmos exchange ideas and make new friends are the real value in this convention.

## What did we get out of it?

We came away from this convention better equipped to do our jobs back in our club and in our federation. We were able to see what other clubs were doing in the areas of fund raising and membership that we will take back and try to implement. We got a new appreciation of the Cosmopolitan Diabetes Foundation, its mission and the various funds under its umbrella. For those that are long range oriented, the Beacons Fund provides an opportunity for long range giving, the Discovery Fund provides opportunities for those who want to see their donations put to immediate use. The CI Fund provides a safety net for the organization. We got a first hand look at the grant awards process in action so that we will be able to leverage local fund raised by applying for grants. We found out last year that leveraging funds through challenges and partnerships make small amounts of funds raised go a long way.

Many times we hear what good is it to go to these conventions? What do you get that you cannot get at home? We were able to glean ideas that we can take back; we gained memories and friendships that we would not have experienced otherwise and we have a better sense of the whole of CI.

## Would we do it again?

Yes, we would. The CI convention is a good place to recharge batteries and come back refreshed and enthusiastic for the upcoming year, to rekindle old friendships and make new ones.

## What would we change?

All of that said, there are some things that we would change:

- Publicize the workshops that will be available. The convention program did not identify the subjects of the two workshops held on Saturday. Advance notice of the content will permit participants to plan their time better.
- The same goes for featured speakers. Both speakers – Dr. Pittenger & Dr. Rendell provided us with excellent material but the advance material did not identify who would be speaking. Further, when there are invited speakers, I recommend that they provide a summary of their remarks that can be shared with the members.
- At the first timers' meeting, there should be more of an explanation of the various meetings on the agenda and who should attend what meeting. It would also be nice to let first timers know that if they are not a board member or a delegate, they are permitted to audit those meetings. Though they do not vote, it would be a good experience for them to see the inner workings of the organization.
- Advance notice when there will be a need to car pool or use other means to get to various activities so that participants can plan accordingly.

We want to especially thank the host committee for the superb job they did. The hotel and hotel staff were great. The food was outstanding.





## Colorado Springs, CO

Founded in 1871, Colorado Springs, Colorado's second-largest city, has evolved from a quaint, Victorian spa resort to a sophisticated city, with a charming "small town" ambiance. With over 50 attractions, Colorado Springs and the Pikes Peak region are the gateway to Southern Colorado's "Outdoor Adventure Play Land." Located 80 miles south of Denver's International Airport and 1 and 1/2 hours east of world-class skiing, Colorado Springs is a vacation mecca, drawing over 6 million visitors annually. With vast, rolling plains to the east and Pikes Peak towering at 14,000 feet to the west, Colorado Springs is enveloped in glory. Magnificent red sandstone pinnacles at the base of the mountain have been dubbed appropriately, "Garden of the Gods." The city itself — the second largest in Colorado — is adorned with beautiful Victorian homes and turn-of-the-century buildings. Once known as a Gold Town, Colorado Springs now boasts something for everyone, from the arts buff to the outdoorsman.

Popular attractions include: **Pikes Peak | Garden of the Gods | Old Colorado City | US Air Force Training Center | US Olympic Training Center | White Water Rafting**

*Special Note: Should you wish to spend extra time in Colorado Springs, please note the U.S. Senior Open is being held there July 28-August 3. It would be better to come in early as more than 150,000 spectators are expected to attend this event. If you would like tickets to this event, they start as low as \$20. Kids 17 and under are admitted free with a ticketed adult. For more information, go to [www.2008ussenioropen.com](http://www.2008ussenioropen.com).*

## Accommodations

### Doubletree Hotel Colorado Springs - World Arena

1775 East Cheyenne Mountain Boulevard, Colorado Springs, CO 80906

[www.coloradospringsworldarena.doubletree.com](http://www.coloradospringsworldarena.doubletree.com)

### BOOK RESERVATIONS BY JUNE 20:

1. Call 719.576.8900 or
2. Book online at:  
<http://doubletree.hilton.com/en/dt/groups/personalized/COSP-DT-CSP-20080716/index.jhtml>

### RATE:

\$110 - 2 Queen Beds  
 \$120 - 1 King Bed  
 \$110 - 1 Queen Bed  
 Room Tax: 9.4%  
 Check-In: 3:00p – Check-Out: 12:00p  
 Hilton HHonors Reward Category: 3 (25,000 points per night)

### ACCOMMODATIONS:

speaker phones with dataports | high speed internet access | hairdryers, coffee makers | iron | complimentary parking

### FEATURES & HIGHLIGHTS:

onsite restaurant | Starbucks coffee | complimentary airport shuttle | fitness room | pets allowed | USA Today delivered each weekday | HBO

# Guest Program

On Thursday, Cosmo guests will travel to the **The Wines of Colorado** to enjoy lunch at the Creekside Dining, which was Voted Best Outdoor Dining by Gazette Go Magazine 2002 and 2005. After that, it's time for some wine tasting! Then its off to tour the **Miramont Castle**. Constructed in 1895 as a private home for Father Jean Baptist Francoloin, a French born Catholic priest. The castle features nine styles of architecture ranging from English Tudor to Byzantine and has over 40 rooms. The gift shop features unique Victorian dishes and China dolls to hard to find candies, books about castle and local history as well as a large collection of Christmas ornaments and vintage cards and artwork.

Sheila Anderson will conduct a workshop called **"Dressing You"** on Friday morning. You will learn tips on using clothing to create an illusion that works for your body shape and discover your own personal clothing personality so you can make smart wardrobe choices. Sheila has had her own image consulting business for over five years. She trains under a lady from California, who has several clients in the movie industry and has also worked on the set of "Designing Women."

And what would a Guest Program be without a little shopping! Saturday afternoon you will head to **Historic Old Colorado City** where you can visit over 120+ specialty shops, galleries, restaurants, and more!

## Hospitality Room to Feature Daily Theme

What would a convention be without the Hospitality Room?! Each day will be a different theme and feature drinks to coincide with that theme. There will be "heavy appetizers" and plenty of FUN! So dig through your closet and feel free to dress in the appropriate attire for the theme of the day!

### Wednesday - Western

#### DRINK SPECIAL:

**Cowboy Killer** (Irish creme, butterscotch schnapps, and Tequila)

Appetizers to include meatballs (diabetic version), chips and queso dip.

### Thursday - Luau

#### DRINK SPECIALS:

**Hawaii Mai Tai** and **Pina Colodas**

Appetizers to include fruit kabobs and coconut dip.

### Friday - 70s

#### DRINK SPECIAL:

**Liquid Cocaine**

Appetizers to include chocolate fondue and spiral wheels.

### Saturday - Great People Who ARE Cosmos

#### DRINK SPECIALS:

**Mudslide Melvina**, **Tequila Sheila**, and **Windsor Sevens** for the Seven Federations

Appetizers TBD



## Youth/Teen Program

This year's Youth/Teen Program is being headed up by Brandi Snow, the daughter of Bill and Joyce Kubat of the Sioux Falls Noon Club. Brandi has been a "Cosmo Kid" for several years and is now all grown up! She is currently a special education teacher for a middle school in Washington State so she has a passion for kids.

Also helping her will be Billie Jo Kubat and Megan Priebe, the daughter of Jerry and Dana Priebe. Both Billie Jo and Megan have been a "Cosmo Kids" for quite some time and are currently finishing their senior year in high school. Lots of great activities planned:

**Garden of the Gods Park** - You will explore this amazing park via many walking and hiking trails. Then get set for a guided horseback ride!

**Mr. Biggs** - With over 150,000 square foot of indoor fun, you can enjoy go karts, arcade, human air hockey, lazer tag, carousel, mini golf, inflatables, and battletech.

**Teen Hospitality Room** - Hang out with your Cosmo friends and even enjoy Wii tournaments!

## Optional Events

**Golf** - The Art Prouty Memorial Golf Tournament will be held on Thursday at Cheyenne Shadows at Fort Carson. It will be a shotgun start at 1:30. Jerry Priebe will be charge of the golf event.

**White Water Rafting** - For those with a sense of adventure, join your friends with some white water rafting. There are 2 rafting trips planned from the same Royal Gorge location. The tour rafting starts at 1:00. It is about a 1 hour trip from the hotel to this location, so we'd need to leave around 11:30 to ensure we are there on time.

1. Royal Gorge Route - minimum age 14, must be able to swim.

2. Parkdale Route - minimum age 7, swimming ability not required.

# 2008 Cosmopolitan International Convention Schedule

YOUTH/TEEN		COSMO	GUEST
<b>WEDNESDAY, JULY 23, 2008</b>			
9:00a	Registration	Registration	Registration
10:00a - 12:00p		1st CI Board Meeting	
	Lunch on own	Lunch on own	Lunch on own
11:00a - 4:00p	Water Rafting (optional)	Water Rafting (optional)	Water Rafting (optional)
1:00p - 4:00p		CDF Board Meeting	
4:00p - 6:00p	Registration	Registration	Registration
4:00p - 6:30p		Hospitality Room (Western)	Hospitality Room (Western)
4:30p - 5:30p	Parent/Teen Meeting	Parent/Teen Meeting	Parent/Teen Meeting
5:00p - 5:30p		First Timers Orientation	First Timers Orientation
4:30p - 6:30p		Past Intl President Reception	
7:00p - 9:00p	Welcome Party <i>Donna Vessey Events presents "Murder on the Pony Express", a murder mystery. Western dress can be worn.</i>	Welcome Party <i>Donna Vessey Events presents "Murder on the Pony Express", a murder mystery. Western dress can be worn.</i>	Welcome Party <i>Donna Vessey Events presents "Murder on the Pony Express", a murder mystery. Western dress can be worn.</i>
9:00p - ?	Teen Room Open	Hospitality Room (Western)	Hospitality Room (Western)
<b>THURSDAY, JULY 24, 2008</b>			
7:00a - 8:00a	Registration	Registration	Registration
8:00a - 10:00a	Continental Breakfast	Opening Ceremonies Breakfast	Opening Ceremonies Breakfast
10:15a	Leave for Garden of the Gods(10:30)	1st Delegates Meeting	Leave for Winery @ 11:00
11:30-2:00		Lunch on own	Wine Tasting and Lunch
12:30p-6:00p		Golf Tournament/Free Time	
1:00p - 3:00p		Awards Judging	Miramont Castle
5:00p - 7:00p	Horseback riding at Garden of Gods	Hospitality Room (Luau)	Hospitality Room (Luau)
7:00p - 9:00p	Root Beer/Brats/Burgers Courtyard	Beer/Brats/Burgers Courtyard	Beer/Brats/Burgers Courtyard
8:30p		Golf Awards	
9:00p - ?	Teen Room Open, Wii	Hospitality Room (Luau)	Hospitality Room (Luau)
<b>FRIDAY, JULY 25, 2008</b>			
8:00a -9:30a	Continental Breakfast	Beacons and Donation Breakfast	Beacons and Donation Breakfast
9:30a - 11:30a	Teen Room Open	Workshops/Roundtable Discussion	Dressing You Workshop
12:00p - 12:30p	Board busses with boxed lunch	Board busses with boxed lunch	Board busses with boxed lunch
12:30p - 5:00p	US Olympic Training Center/ Air Force Academy Tours	US Olympic Training Center/ Air Force Academy Tours	US Olympic Training Center/ Air Force Academy Tours
5:00p - 9:00p	Flying W Ranch Dinner and Show	Flying W Ranch Dinner and Show	Flying W Ranch Dinner and Show
9:00p - ?	Teen Room Open	Hospitality Room (70s)	Hospitality Room (70s)
<b>SATURDAY, JULY 26, 2008</b>			
9:00a	Continental Breakfast	Breakfast on own	Breakfast on own
9:00a - 11:00a		2nd Delegates Meeting	
9:30a - 3:00p	Mr. Biggs Family Fun Centre		
11:30a - 1:30p		Purple and Gold Awards Lunch	Purple and Gold Awards Lunch
1:30p - 3:00p		2nd CI Board Meeting	Shop Old Colorado City
3:00p - 4:30p	Return to hotel	2nd CDF Board Meeting	
4:00p - 6:00p		Hospitality Room (Great People Who are Cosmos)	Hospitality Room
5:00p - 7:00p	Dinner		
6:00p - 7:00p		Cocktail Reception (cash bar)	Cocktail Reception (cash bar)
7:00p - 11:00p	Movie, then Dance with parents	President's Banquet & Dance	President's Banquet & Dance
11:00p - ?		Hospitality Room (GPWC)	Hospitality Room (GPWC)

**Schedule subject to change.**

**Keep checking [www.cosmopolitan.org](http://www.cosmopolitan.org) for up-to-date details!**



# 2008 Cosmopolitan International Convention Registration

Registrations accepted by MAIL to: Cosmopolitan International, PO Box 4588, Overland Park, KS 66204  
by FAX at 913.648.4630 or ONLINE at [www.cosmopolitan.org](http://www.cosmopolitan.org).

## ATTENDEE INFORMATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_ Secondary Email: \_\_\_\_\_  
Club(s): \_\_\_\_\_

**Please select the following for the primary convention attendee (check all boxes that apply):**

- |  |   |   |  |
|--|---|---|--|
| <input type="checkbox"/> Past Intl President   | <input type="checkbox"/> Past Intl First Lady     | <input type="checkbox"/> Sponsor Life Member      | <input type="checkbox"/> First Time Attendee |
| <input type="checkbox"/> North Central Host    | <input type="checkbox"/> 2007-2008 Club President | <input type="checkbox"/> 2008-2009 Club President | <input type="checkbox"/> C.I. Board Member   |
| <input type="checkbox"/> C.D.F. Board Member   | <input type="checkbox"/> Beacon Member            | <input type="checkbox"/> Emerald Beacon Member    | <input type="checkbox"/> Ruby Beacon Member  |
| <input type="checkbox"/> Diamond Beacon Member | <input type="checkbox"/> Northern Beacon Member   | <input type="checkbox"/> Silver Beacon Member     | <input type="checkbox"/> Gold Beacon Member  |

## GUEST INFORMATION

Name: \_\_\_\_\_  
Is this Individual a Cosmopolitan Member? ☐ Cosmo Member ☐ Non-Cosmo Guest  
Contact Information Same as Above? ☐ Yes ☐ No, it's as follows:  
Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_ Secondary Email: \_\_\_\_\_  
Club(s): \_\_\_\_\_

**Please select the following for the primary convention attendee (check all boxes that apply):**

- |  |   |   |  |
|--|---|---|--|
| <input type="checkbox"/> Past Intl President   | <input type="checkbox"/> Past Intl First Lady     | <input type="checkbox"/> Sponsor Life Member      | <input type="checkbox"/> First Time Attendee |
| <input type="checkbox"/> North Central Host    | <input type="checkbox"/> 2007-2008 Club President | <input type="checkbox"/> 2008-2009 Club President | <input type="checkbox"/> C.I. Board Member   |
| <input type="checkbox"/> C.D.F. Board Member   | <input type="checkbox"/> Beacon Member            | <input type="checkbox"/> Emerald Beacon Member    | <input type="checkbox"/> Ruby Beacon Member  |
| <input type="checkbox"/> Diamond Beacon Member | <input type="checkbox"/> Northern Beacon Member   | <input type="checkbox"/> Silver Beacon Member     | <input type="checkbox"/> Gold Beacon Member  |

## CHILD/TEENS

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

## COMPLETE PACKAGES

	<b>Postmarked on or before 6/1/08</b>	<b>Postmarked after 6/1/08</b>	<b>Number of Participants</b>	<b>Amount</b>
Cosmo Package:	\$240.00	\$265.00	_____	\$ _____
Guest Complete Package:	\$240.00	\$265.00	_____	\$ _____
Teens (up to 18 yrs):	\$160.00	\$180.00	_____	\$ _____
Subtotal for Packages:				\$ _____

## INDIVIDUAL EVENTS (only those not purchasing a package)

	<b>Price per person</b>	<b>Number of Participants</b>	<b>Amount</b>
7/23 Welcome Party	\$35.00	_____	\$ _____
7/24 Opening Ceremonies	\$20.00	_____	\$ _____
7/24 Beer/Brats/Burgers Courtyard Dinner	\$30.00	_____	\$ _____
7/25 Beacons Breakfast	\$20.00	_____	\$ _____
7/25 Tours and Dinner at Flying W Ranch	\$75.00	_____	\$ _____
7/26 Purple and Gold Luncheon	\$25.00	_____	\$ _____
7/26 President's Banquet	\$45.00	_____	\$ _____
Delegate's Fee	\$25.00	_____	\$ _____

## OPTIONAL EVENTS (event not included in package ~ must be purchased separately)

7/23 White Water Rafting: \$50.00/adult, \$40.00/child/teen \_\_\_\_\_ \$ \_\_\_\_\_  
☐ Royal Gorge Trip (min age 14, must be able to swim) ☐ Parkdale Trip (min age 7, swimming ability not required)  
7/24 Art Prouty Memorial Golf Tournament, Ft. Carson \$55.00 \_\_\_\_\_ \$ \_\_\_\_\_

### CREDIT CARD

A \$15.00 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.

### CANCELLATIONS

Cancellation requests received after 6/20/08 but before 6/30/08 are subject to a cancellation fee of 25%. Requests received on or after 6/30/08 but before 7/9/08 are subject to a cancellation fee of 50%. Requests received on or after 7/9/08 will be considered after the final convention accounting.



# Lawrence River City Club and Tulsa give HQ a facelift!

**COSMOTopics**  
PO Box 4588  
Overland Park, KS 66204  
**ADDRESS SERVICE REQUESTED**



Jack Hohman painted the HQ a nice light yellow.



Chaos of moving everything from one side of the building to the other.



Jack Hohman and Mike Hertling help move furniture.



Kevin Harmon hooks up a computer.



Kevin and Cindy Harmon look at a new desk while Jack Hohman looks on.



L to R: Gary Bartlett, Kevin Harmon, and Jack Hohman

We've been busy as can be on the interior of Cosmopolitan Headquarters with new paint, carpet and some furniture. Thanks go to River City, Jack Hohman, all CI Fund contributors and the Tulsa Club. We can be very proud of our building.



L to R: Gary Bartlett, Cindy Harmon, Kevin Harmon, and Tommy Johnson.



Front entrance

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