



# COSMOTOPICS

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

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

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## NEW ORLEANS 2009 International Convention July 29 - August 1







## FROM THE EDITOR Sheila Anderson

Spring ahead...move forward! Everything in life has its own season. In Spring, tulips push through the soil, buds sprout on trees; it's quite simply all about growth. And I believe it is the season of growth for our Club. Let's blow Richard Greer's goal of 2109 members out of the water and have FUN doing it!

Speaking of FUN, read all about Jim Smith's travels. And be sure to check out our website for photos of the FUN for Life Tour! Find out what CDF's new mission statement is. And we can all benefit from the HEALTHY Choices "Portion Distortion" article. The articles about Camp Hickory Hill tugged at my heart...and left me stopping to wipe my eyes. I'm sure there won't be a dry eye that will read this. It brings it home why we do what we do. The only limit we really have is our vision. Mine just got bigger! So if you don't have a passion for finding a cure for diabetes, you will now...

Closing out this issue is information about the 2009 International Convention in New Orleans. Good times await!

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The Club that Fights Diabetes

# COSMOTopics

## EDITOR

Sheila Anderson

sheila.anderson@rascompanies.com

## COSMOPOLITAN INTERNATIONAL OFFICERS AND DIRECTORS

### PRESIDENT

Jim Smith

jim.smithjr.sasktel.net

### PRESIDENT-ELECT

Melvina Newman

melvinanew@aol.com

### VP FOR FINANCE AND MARKETING

Phil Hanson

phil@hansoncpa.com

### VP FOR MEMBERSHIP AND NEW CLUBS

Richard Greer

rgreer@sasktel.net

### JUDGE ADVOCATE

Jim McVay

jmcvay@omahalaw.com

### EXECUTIVE DIRECTOR

Kevin Harmon

kevin@cosmopolitan.org

## FEDERATION GOVERNORS

CAPITAL	Jill DiVincenzo
CORNBELT	Matt Chilton
MID-STATES	Russ Dennis Jr.
MO-KAN	Susie Bartlett
NORTH CENTRAL	Sheila Anderson
SOUTHWESTERN	Earl Wilkes
WESTERN CANADA	Brian Duckett

## INTERNATIONAL HEADQUARTERS

7341 West 80th Street, PO Box 4588  
Overland Park, KS 66204-0588

P. 913.648.4330 or 800.648.4331

F. 913.648.4630

www.cosmopolitan.org

Email: headquarters@cosmopolitan.org

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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.

The Club that Fights Diabetes

# NOTES AND QUOTES

Kevin Harmon  
Executive Director



Time is flying by this year in gale fashion. In only a few weeks we will be experiencing our Federation Conventions and soon thereafter we will be in New Orleans for the International Convention. I better get busy so that I have time to enjoy the FUN we are sure to have.

The Federation Conventions are set and an International representative will be in attendance at each one. During my time with Cosmo I have had the pleasure of attending each Federation convention at least once. The memories are very special. For those of you that have attended your Federation convention I am sure you have some of the same feelings about the FUN and friendships. If this will be your first convention, take some time to get to know the Cosmo's from your area and meet your International officer.

A lot of excitement is building about our International Convention in New Orleans. That is to be expected when we are about to visit a true Destination and Convention City. New Orleans is special in many ways. It will be doubly special when we all arrive in the Crescent City.

There are a few items to inform each of you about as you make plans or are deciding whether or not to attend the convention. I have visited New Orleans several times over the years and twice recently in preparation for the convention. I have always found the city to be welcoming and exciting. The city is home to world renowned restaurants, historical landmarks, antebellum homes and plantations, French Quarter nightlife and a bustling seaport. There are also many misconceptions about the city that may play a part in your decision to come to convention.

We will be in the Astor Crowne Plaza hotel on the corner of Bourbon and Canal streets. Bourbon is the main street of the French Quarter and Canal is the main street of the Central Business District. The Astor has recently undergone major renovations and you will find it a very comfortable and relaxing atmosphere. A four star gem convenient to all New Orleans has to offer. Though New Orleans suffered greatly with the hurricanes, the business district and quarter were mostly unscathed. If you are worried about the noise and proximity to the French Quarter, don't be. The noises are nearly non-existent given the properties structure and design. You can also ask for accommodations on the Canal side or a higher floor as well.

New Orleans has much to offer, but this convention is simply not a place for the Cosmo Kids. I understand the impact of the decision to not have a kids program, but it is the right thing to do this time. The French Quarter is but a few steps away and is known for the nightlife. That is not to say that the area is unsafe. To the contrary it is typically one of the safest big city neighborhoods I have experienced. Bawdy, to be sure, but not unsafe.

A great program and the hospitality of the Big Easy awaits you. You won't be disappointed about attending but you will be if you miss out on the Fun. As they say, "Laissez les bon temps rouler!"

## Federation Convention Dates:

**April 17-19**  
Southwest - Austin, TX

**April 24-25**  
Cornbelt - Sioux City, IA  
Mo-Kan - Wichita, KS  
North Central - Sioux Falls, SD

**May 1-3**  
Western Canada - Saskatoon

**May 15-17**  
Capital - Suffolk, VA

**May 16**  
Midstates - Rockford, IL



## FUN FOR LIFE, MORE EVERY DAY

Jim Smith  
2008-2009 International President

We have a bunch of things going on at Cosmopolitan International that are combining to ensure we'll have one of our best years ever. And we have some projects that we need to improve upon, and we'll do even better.

First, I'm pleased to announce that Tom Gustafson of the Rockford Cosmopolitan club has agreed to serve as our new leader of the Cosmopolitan Diabetes Foundation, our USA foundation, beginning immediately. Tom is in the midst of reorganizing the CDF to manage their funds more electronically to make them easier to understand, successfully manage and clearly report. Concurrent with this is their move back to the Cosmopolitan International office in Overland Park.

They are still reeling somewhat by the reduction of the value of their deposits due to the recent downturn in world markets. And we are also investigating the possibility of making them a division of Cosmopolitan International, as is allowed by recent changes in US law, and retiring their board altogether. When Melvina and Kevin attended the Service Club Leaders' Conference in Pittsburgh in November, they learned of several service organizations that have already made this change, and are pleased with the results. Thanks for all you've done, Tom and your CDF crew.

The Cosmopolitan Foundation of Canada, under the leadership of Joe May of St. Albert, Alberta is having another great year, aided partly by some donations from Governor Brian Duckett's "Diabetes Dash". Thanks to all of you too!

Second, our membership numbers are still growing, and I'd like to thank everyone who has brought in a new member, asked someone to join, participated in a Cosmopolitan Membership Event in any way, or who just added some names to your "Great People Who Should Be Cosmopolitans" form and hung it up on their fridge door. You have the right idea. And whether or not you've been successful so far, keep up the good work and you very soon will be. It's the toughest job we'll ever ask you to do, but it simply must be done, and our methods are proven to work.

We're the fastest growing service organization in the world!

Third, we're also getting into convention season. Please plan to attend your Federation convention, especially if you've never attended one before! This is the easy way to get your money's worth as a Cosmopolitan member. At your convention you'll find out all sorts of great ideas to make your own club and Cosmopolitan experience even better by incorporating a few simple changes that someone else has already thought of. And you'll also meet some terrific Cosmopolitans, and have more FUN than you can imagine! It's time for YOU to start attending conventions. And it's time for you to start planning your trip to our 2009 International Convention in New Orleans. I've met with the hosts in the Southwestern Federation, and you can absolutely expect to have a fabulous time!

Fourth, Pam and I are three weeks into the "Fun For Life" tour, USA. As I type this we're in Virginia Beach, VA, on the Atlantic ocean. We have visited Fargo-Moorhead, Austin and Roanoke Cosmopolitan clubs; chartered the new Emerald City Cosmopolitan Club in Topeka, Kansas and attended the Spring Board meeting and Governors Training of both Cosmopolitan International and the Cosmopolitan Diabetes Foundation, both held in Kansas City on the same weekend. It's been wonderful to say the least. We started the "Fun For Life" tour in Western Canada last fall by visiting our 14 clubs there, and they were great too. Thanks so much to everyone we've met, in both countries. You are splendid Cosmopolitans!

Fifth (and final) topic, revolves around some changes with our website. We have added another new field in our Discussions area. We now have a PIP area available to our former leaders. They should be a valuable source of ideas and opinions, except there hasn't been any easy way for them to communicate with our current leaders, or even one another. Now there is just such a vehicle. Jump in PIP's and let us know you're still watching. I know you're out there...

So keep looking for more ways to have FUN, keep adding great people to your "Great People Who Should Be Cosmopolitans" form, keep holding first class Cosmopolitan Membership Events, and we'll have many great Cosmopolitan results. Thanks for all you've done for Cosmopolitan...it's showing big time!

We're the fastest growing service organization in the world!

# REACH FOR THE STARS

Melvina Newman  
President-elect



Do you feel that? It's the chill that runs through you at the thought of the truly exciting innovative changes that our world – and Cosmopolitan International – is experiencing.

What would you like to accomplish for the rest of our year? Look at the goals you set last fall for this year and brainstorm at least 3 important ones. If you have not reached those goals, make each quantifiable with a specific target date now. Knowing precisely where you want to go will help propel you toward that end. There is still time to reach your goals.

At the Leadership Conference we attended last fall, the definition of a "Service Club" was presented. The speaker stated it is "A Group of People who VOLUNTARILY Come Together to Solve COMMON Problems, Meet COMMON Needs and Accomplish COMMON Goals."

Cosmopolitan is all about program development, membership recruitment and finding a cure for diabetes. We are all about making a difference in our local communities and throughout the world with programs that benefit our mission statement to support efforts to prevent and find a cure for diabetes. We are all about increasing our membership to make a difference in our communities. Membership is the responsibility of every member and programs play a major role in the recruitment and retention of our members. Having strong programs with interesting, motivating topics can be a strong factor for attracting prospective members and motivating existing members to participate on a regular basis.

REACH FOR THE STARS IN GREAT PROGRAMS AND FUN: Tough times and tightened purse strings highlight the importance of keeping the loyal members you already have and doing more to delight them. Doing the unexpected or any action that "wows" your members builds loyalty faster than almost anything else. Any

time you sense that a member isn't 100 percent happy, grab the opportunity to excel, to go that extra mile. In every area there is an extra-mile opportunity – your job is to recognize it and use it to your best advantage. Usually, whatever action you take will only cost you a little, but it will bring you a lot. You will regain a good member and you will fuel "feel good" stories that people will pass on to others about Cosmopolitan. Enthusiastic members who find value and fun in their membership make the best ambassadors and will share their excitement and bring in new members. This is the time to make sure you select members for awards – Cosmo of the Year, Cosmo Member Community Service Award, Patrick J. Hodgins Distinguished Member Award, Website, newsletters, etc. Have a special event, invite the media, invite guests, and use it to promote Cosmo in your community.

Build a Leadership strategy in your local Clubs and Federations. Learn to ask opinions before you decide, not after. Learn how to help people understand what to think about without telling them what to think. In order to make dreams apparent to others and to align people with them, we must be able to communicate a vision; we must integrate facts, concepts, and anecdotes into meaning and focus. We need to think about and develop a Strategic Plan.

Are you proud to be a Cosmopolitan member? I am sure your answer is "YES". Then, do take part in the upcoming Federation Conventions. The conventions are an affirmation of our work and mission and an opportunity to take part in interesting meetings, speakers and enhance your capacity to understand the work of Cosmopolitans in your own communities. This is also a special opportunity to reconnect with other Cosmos. Then, make plans now to attend International Convention in New Orleans!!

The important message to remember is "BE INVOLVED!"

Program development, membership recruitment and finding a cure for diabetes ... any action that "wows" your members builds loyalty faster than almost anything else ... In every area there is an extra-mile opportunity.





## 2109 MEMBERS IN 2009 - WE WILL GET THERE

Richard Greer

Vice President for Membership and New Clubs

An outstanding effort to recruit new members by many Clubs has resulted in an exceptional year for Cosmopolitan International. We are well ahead of last years' new sign-ups, and coupled with the fact that our members are staying with us, leaves us in the enviable position of heading for another increase. I am sure that we will reach my goal of 2109 Members in 2009.

We have seen outstanding numbers gained from well organized, professionally presented Membership Events. There is no doubt that Membership Events are the cornerstone of our recent Membership increases. By organizing these events, our members have caused a lot of excitement at Club level, encouraging existing members to get involved, reminding everyone of our Cosmopolitan ideals, and keeping them with us.

International President Jim Smiths' theme of Fun For Life has been very well accepted this year and has paved the way towards making all of our Clubs' efforts both FUN and rewarding. We hear many reports of projects that over the years have become a bit boring or repetitive, that all of a sudden have been brought back to life with the injection of a little FUN for everyone. This FUN translates into successful, interesting and entertaining ventures that keep us all at our best. We all can bring friends and prospective new members to our meetings, knowing that they will be impressed with the FUN atmosphere that all successful Clubs radiate.

We welcomed a new Club this spring with the addition of the Emerald City Club in Topeka, Kansas. This Club was sponsored by members of Lawrence River City- a FUN group if there ever was one. Cosmos Gary and Susie Bartlett led the way, with lots of help from other Club members. The new Club is less than an hour away from Lawrence, is in a smaller center, and has every chance to grow because of the dedicated people that started the group, and the

great people who have joined. There are many opportunities to start new Clubs all around us. Smaller cities and towns have many people interested in the friends around them-a little effort on your part will soon get them on your side.

We are rapidly approaching the end of the Cosmo year, and with it, the opportunity to thank our leaders and volunteers at our annual Conventions and award nights. Be sure to nominate those in your Clubs and Federations who have once again gone beyond what is expected of them. A full slate of Club and Federation Award winners ensures that our people get the recognition that they deserve. It also lets them know they are appreciated, and will certainly encourage them to work towards a better Club in the future.

New Orleans is the destination this summer for our annual International Convention, and is certain to be the highlight of the season. Encourage your membership to join in the FUN this year and come down for an exciting, safe and entertaining time. You will learn a lot about our Club, and once you have attended an International Convention, you will be certain to attend another one. You will be bringing some more of your friends next year when you head to Gettysburg, where you will see many of your new friends from all over North America. Remember our slogan "The Club That Builds Friendships."

There is no doubt that Membership Events are the cornerstone of our recent Membership increases.



# FINANCE AND MARKETING NEWS

Phil Hanson

Vice President for Finance and Marketing



At the winter board meeting last month, the board reviewed the projected financial position of CI for the current fiscal year. Those projections were based on our financial position as of December 31, 2008. The short analysis is that CI is in solid financial shape. That is very good news considering the overall economy of the world at the present. The following is a summary of the report.

The report scored CI's operations based on 5 categories: Liquidity, Operating Yield Trends, Revenue, Borrowing, and Assets. Each section of this report contained a star rating which measures the organization's overall performance in the area at the time of the report's generation. One star indicates that the organization is below average or may possibly need improvement in the area. Three stars indicate that the organization is about average for the area. Five stars indicate that the organization is above average or performing quite well in the area. In each category, CI received a ranking of 5 stars. Highlights of three sections of the report are as follows:

**LIQUIDITY:** Generally, what is the organization's ability to meet obligations as they come due?

There have been very good results in this area. The CI's income has risen and liquidity has improved. Better, the organization's overall liquidity position looks quite good, even when measured against competitors. This does not necessarily mean that the organization will never have problems with highly liquid asset accounts, since all financial analysis is limited to capturing results at a particular point in time. But at this point, the basic foundation seems strong. The real advantage to strong liquidity is the ability to push future operating yield dollars higher.

It is worth noting that CI's receivable days are high right now, as compared to other nonprofits

in its sector. Generally, this indicates that it is taking CI a longer period of time to collect the money it is owed, which may have an impact on the cash account over time. Also, CI's cash position was greatly helped by the generous \$35,000 contribution to CI from the Tulsa Cosmo Club last year. Those funds were donated for the repair and upkeep of CI Headquarters.

**REVENUE:** Are revenues growing and satisfactory?

Revenue increases by themselves do not mean much; nonprofit organizations are typically more interested in how revenues affect program services. Revenue changes are also relatively easy to interpret -- revenues are either up or down. CI has increased revenues with about the same amount of assets. Basically, CI is "driving" more revenues through approximately the same level of resources.

**ASSETS:** Is the organization using gross fixed assets effectively?

These results are interesting: CI's fixed asset base stayed about the same this period, and revenues rose. In other words, the organization did not add additional assets, but it still increased its revenues; more assets were not needed to trigger a revenue increase. Also, the organization was able to improve both overall liquidity and operating margins, which indicates that overall financial health and efficiency are improving.

When we look at the overall results, we see that our organization is doing very well in the current economic climate. When compared with other non profit organizations, we are setting the standard. When we add the excellent job that our members are doing in getting new members to join Cosmopolitan, there are very bright days ahead for Cosmopolitan!

The organization's overall liquidity position looks quite good!



## DIABETES FOUNDATION UPDATE

Tom Gustafson  
Cosmopolitan Diabetes Foundation Chairman

*The article was written by Bob Williams and Tom Gustafson.*

The Cosmopolitan Diabetes Foundation held its winter board meeting in conjunction with the Cosmopolitan International board meeting this past February 27-28, 2009. During the meeting, the Foundation made several changes which are outlined below:

**Chairman change:** At the conclusion of the Board meeting, Jerry Nelson announced his decision to resign his position as Foundation Chairman due to personal reasons. All those present expressed their sincere appreciation for his service as Chairman. Jerry will remain on the Board as the Cornbelt representative. Tom Gustafson was elected as Chairman.

**CDF Mission Statement:** A new mission statement was approved:

*The mission of the Cosmopolitan Diabetes Foundation is to support the goals of Cosmopolitan International to find a cure for diabetes by providing a means to support charitable organizations that address education, treatment and cure of diabetes.*

**Investments:** Although the Beacons' Fund has experienced a significant drop in value due to current market conditions, fund income will support the projected 2009-2010 Foundation budget which was approved.

**2008-9 Budget Approval and Accounting:** The Board approved a budget which substantially cut operating expenses while increasing support to CI to over 30% of the Foundation annual budget. To assist with the management of finances, the board has retained an accounting service to handle all accounting functions for the Foundation.

**Beacons:** In addition to managing all accounting procedures, this firm will also log and acknowledge Beacons & other contributions. Please note that we are in the process of revising our Beacons' records and accounting procedures in an effort to streamline the entire process.

**Web Site:** Changes to the Foundation web site currently resident on the CI web site were discussed. Look for significant changes in the coming weeks.

Finally, in an effort to significantly reduce operating expenses, the Foundation will no longer employ a Foundation Assistant, but rather through outsourcing all record keeping and accounting procedures and with the assistance of the Cosmopolitan International Executive Director serve our members in a more timely and efficient manner. During the meeting, a draft working agreement between the Foundation and CI was "hammered out" which will be approved no later than our International Convention in New Orleans

Please do not hesitate to speak to me or with your Federation representative if you have any questions or concerns about your Foundation.





# FUN FOR LIFE Tour!

Be a part of the **EXCITEMENT**. Be a part of the **ACTION**.



New Members at Elizabeth City

## Be part of the **FUN!**

Jim Smith is on his historical tour of all Cosmo clubs in the US and Canada. If you haven't seen him in your area yet, you will. Jim is stirring up excitement and FUN everywhere he goes. He is also helping to spread the word about Cosmo and all we have to offer our members and people in our communities. Has your club caught the FUN bug?



Fargo-Moorhead Club Visit

Cosmopolitan is putting on one more push for members before convention. We are on the cusp of a very special year. It will undoubtedly be our 4th year in a row for membership gains. Simply unheard of today in service clubs. But we need every Cosmo's help in bringing in a 100+ gain for the year. Here are the keys:



Columbia Diabetes Center Visit

Schedule a Membership Event in your club today! If you have never had a member event and need help, check out the website or give us a call at HQ. We will help you host an outstanding and successful event. Pass out the Great People who should be Cosmopolitan's form to all your members. Give them two each, as they tend to fill up fast with prospect names. Follow up with the prospects you identify on your form. Don't be swayed by a few rejections as there are a lot of people in your neighborhood or business that want to be a part of the FUN. Prepare and host your event and put out the red carpet for the prospects you line up. Don't forget the membership applications! You will be sure to need some at the event.



Austin Visit



Crackin' Crabs

# Categories of Recognized Programs

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

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

## Major Cosmopolitan Diabetes Center/Program

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

### EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

855 Brambleton Avenue, Norfolk, VA 23510  
B 757.446.5909  
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 Ave., 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  
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

### HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

1920 Moodie Road, Lawrence, KS 66046  
B 785.841.5760  
Nikki King, Executive Director

## Major Cosmopolitan Community Center/Program

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

### COSMOPOLITAN INDUSTRIES, LTD.

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

### SPECIAL LEARNING CENTER

1115 Fairgrounds Rd. Jefferson City, MO 65109  
B 573.634.3070  
Debbie Hamler, Executive Director  
[dhamler@speciallearningcenter.com](mailto:dhamler@speciallearningcenter.com)

**New!**

## 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

274 E. Indian Trail, Aurora, IL 60505  
B 630.897.4000 ext. 13  
Rita Smith, RN, MSN, CDE

### SETBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES

PO Box 196, Winfield, PA 17889-0196  
B 570.524.9090 or 866.SETBAID  
Mark Moyer, MBA, MHA, Executive Director  
[www.setbaidservices.org](http://www.setbaidservices.org)  
[info@setbaidservices.org](mailto:info@setbaidservices.org)

**New!**

# Who's That Cosmo? *Oh, Baby!*

The winner of this contest is none other than our First Lady, Pam Smith. Even after Jim told her he thought she had it wrong! Congratulations, Pam! Pam took home a new Cosmo shirt. There is no contest for this issue.

## **Jim Prouty**

*International President*  
1995-1996  
"12 in 12"

Home Club: Omaha



## **Kevin Harmon**

*International President*  
2005-2006  
"A Recipe for Success"

Home Club: River City



## **Derry Anderson**

*International President*  
2004-2005  
"Light the Fire"

Home Club: Sioux Falls Noon





# HEALTHYchoices

by Nancy Donahey, RD, LD, CDE, dietitian and diabetes educator and member of River City Cosmopolitan Club

## Portion Distortion: Have your serving sizes expanded to fill your waist?

Over the last 25 years food portion sizes in the United States have increased at alarming rates. And so have waistlines. People think that the amount of food they eat at one setting is a serving, no matter how large the portion. Since the early 1980s there has been a trend to larger portions and larger people. Restaurant portions have grown. Big portions sell food; consumers generally want to “get their monies worth” regardless of the product. Often people don’t see the harm in taking advantages of super sizing until the extra food has been converted to weight gain, which can lead to health related issues.

Some changes in portion sizes:

	20 YEARS AGO	TODAY
<b>Cheeseburger</b>	330 calories	590 calories
<b>French Fries</b>	2.4 ounces, 210 calories	6.9 ounces, 610 calories
<b>Soda</b>	6.5 ounces, 85 calories	20 ounces, 250 calories
<b>Meal Totals</b>	625 calories	1450 calories

Source: <http://hp2010.nhlbihin.net/portion/>

Our stoneware dinner plates purchased 30 years ago have a diameter of 9 inches; dishes our son and daughter-in-law received last year for a wedding gift have a diameter of 11 inches. The newer dishes have a 50% increase in surface area, room for 50% more food!

Bigger packages, plates, bowls and glasses correlate with bigger servings and more calories consumed. Study participants removed more spaghetti, cooking oil, candy and popcorn when the package was larger, than when they took the same products from smaller containers. When filling plates and bowls, people tend to take more food when the dish they eat from is larger as compared to smaller dishes. When offered more variety, people tend to take more food.

If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's 10 pounds in a year.

The 2005 U.S. Dietary Guidelines do not use the term portion size or serving size because consumers tend to not refer to any standard serving size. Instead the Guidelines use standard cup measurements and ounce measurements to recommend the amount of food adults need for a healthier intake.



Some general recommendations for someone who needs 2000 calories a day:

- 2 ½ cups of vegetables
- 2 cups of fruits
- 5 to 6 ounces of grains (3 ounces should be whole grains)
- 6 ounces of lean protein
- 3 cups of low fat dairy
- Limit fats and oils; use small amounts of unsaturated fats

Some things you can try to help prevent super sizing your portions and triggering overeating:

- Eat more vegetables and fruits, which have high water content and fiber that will help you feel satisfied.
- Broth based soups have a high water content and tend to be filling. (Be aware that most prepared soups are high in sodium.)
- Use smaller plates so portions look more substantial.
- Fill ¼ your plate with a high protein food, ¼ with a starchy food and the remaining ½ your plate with non-starchy vegetables.
- When shopping, purchase small packages or repack foods in small containers at home. Store foods in single serving packages. Pre-packaged 100 calorie snacks can be healthy choices, if you only eat one snack pack.
- When eating away from home, order less. Ask the wait staff for small or half-size portions. If over served, leave part or take it home.
- Order smaller portions of calorie containing beverages. Twenty ounces of regular soda contains 17 teaspoons of sugar; that's almost 1 teaspoon per ounce! Drink from a tall narrow glass and you will probably drink less.
- Serve less variety at meals and avoid food buffets.

REFERENCE:

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGPolyDocument.pdf>

The Volumetrics Weight-Control Plan, B Rolls PH.D.

# 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.



## ENGRAVING INFORMATION


Name																			
Street																			
City										State/Prov					Zip/Postal				
Phone										Fax									

- James A. Sauer  
Int'l President  
1990-1991
- Gary Bartlett  
2007-2008 Governor  
Mo-Kan Federation
- Dana Schaadt  
In Loving Memory  
Dean & Jan Barry
- Jane E. Cochran, PhD  
Exceptional Nurse  
And Diabetes Educator
- In Memory of  
Peggy Bartlett  
Friend of Cosmo
- In Memory of  
Michael Kuzminski  
Yellowhead Club 2009
- In Memory of  
Faye Johnson Becker  
Jefferson City Club
- In Memory of Paul Kolb  
Charter Member  
Jefferson City, MO
- In Memory of  
Max D. Carment  
Prince Albert
- In Memory of  
Lou Stevens  
Wichita Downtown
- Shelly Walters  
Cosmo of the Year  
2008-2009
- In Memory of  
Morris Stauffer  
Wichita Downtown
- Eloise Frederick  
In Loving Memory  
Bill & Bobbie Clifton

# Info about Diabetes

by Dr. Walter Alm

## Kids and Diabetes Summer Camps

## Big Bang for the Bucks

Upon joining the Elgin Cosmopolitan Club, I would periodically hear the story about a teenage girl that attended one of our meetings to thank the club for its participation in sending her to a diabetes summer camp. She recounted how much attending a diabetes oriented camp had meant to her. It seems to me that there is something very special about summer camps for children with type 1 (insulin dependent) diabetes. These campers share the difficult job of coping with a disease that has changed their young lives forever.

When I first decided to write an article for about diabetes summer camps, I was unaware that you would also be reading about Camp Hickory Hill, the Project Spotlight, on page 15. During my year as Cosmopolitan International President, I had the good fortune to visit Camp Hickory Hill. My visit was on a very cold day in February, 2008, before the camp would "spring to life" with its summer campers. Yet even on that wintry day you could sense the meaning of this camp. In the summer to come, it would play a huge role in the lives of the campers that would be attending.

There are a few features about Camp Hickory Hill that continue to be vivid memories for me. Campers experience the typical fun and entertainment of any summer camp, but the goal is to provide them with

**SPECIAL NOTE:** The 2008-2009 Diabetes Committee appointed by our International President, Jim Smith, will be in charge of providing information for these articles. Committee members are **Dr. Walter Alm**, Past International President, **Sheila Anderson**, North Central Governor, and **Rita Smith**, Midstates Governor-elect.

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.

much more. Camp Hickory Hill hopes to build a sense of active life style, self reliance and confidence which are certainly important character traits for all young people. But these qualities are of even greater importance to children and adolescents with diabetes. Gently the camp educates its campers about food, blood sugar and medicine. Personally though, I think the camp provides a wonderful environment where friendships are built between children similarly coping with the daily challenges of diabetes. I think that many of the diabetes oriented summer camps share the same passions and goals of Camp Hickory Hill.

We support diabetes related causes in many different ways. Many of our clubs contribute annually to diabetes summer camps. Some clubs sponsor individual campers. Others provide financial assistance to campers in need, who otherwise would miss the opportunity to attend. Still other clubs provide support to camps to defray overhead costs. It's easy to think of overhead as beds and food for the campers for one week. But also think about the cost of individuals to staff the camp; and with diabetes summer camps the additional cost of medical staff. Until preparing this article I never thought about the cost to maintain the grounds and buildings throughout the year.

As we Cosmopolitans determine what we will support let's recognize what meaningful recipients diabetes camps and campers are. Briefly checking around I know we already donate at least \$50,000 per year. I would encourage all of our clubs to consider supporting diabetes summer camps in their area. What a wonderful investment in the lives of these children. I truly believe that these camps provide a life changing, and possibly life saving, experience.

Diabetes camp locations can be found at these web addresses: [diabetescamps.org/camplist.php](http://diabetescamps.org/camplist.php) (listed by states and provinces) and [diabetes.org/diabetes-camp/find-a-camp.jsp](http://diabetes.org/diabetes-camp/find-a-camp.jsp)





# PROJECT SPOTLIGHT

## Camp Hickory Hill

Five miles north of a mid-Missouri town, past a now defunct General Store and down a seldom used two lane strip of country highway, lies seventy seven acres of quiet nature. On the property, abandoned in the bitter cold of the darkest months of the year, sits fourteen piny cabins, a large empty swimming pool, and a cavernous dining hall, all covered in a mist of silence. But each year, as the slow growth of spring and the coming rains wash away the silence of winter, another summer arrives dressed with children's laughter ringing through the hills and fast feet in tennis shoes bumping around the hollow cabins.

Camp Hickory Hill for Diabetic Children in Columbia, Missouri has been in operation for over thirty years, providing the highest quality summer camp experience for children with diabetes. At CHH, children with diabetes learn how to manage their disease from a well-trained medical staff, and rely on their peers for the emotional support that can only come from an understanding friend. Mornings that begin with a hearty breakfast and end with a short

class on topics pertaining to diabetes, melt into afternoons of fun. Campers enjoy activities that include rock climbing, swimming, nature hikes, canoeing, kickball, volleyball, a zipline, and much more, which are necessarily interrupted by requisite checks of their blood glucose levels.

Their evenings are spent in the dying glow of the summer sun, playing tag, doing battle in a shaving cream fight, diving into a mudpit, or being sheltered by the rain and cuddling up with a friend to a projector screen filled by Walt Disney.

On special nights, when stars line the ceiling of the forest, the campers sing songs and tell stories around a small campfire, and revel in the secret magic that only the combination of childhood, the dark night, and the warm orange glow can provide. Then, aided by the power of double A batteries and a small clear bulb, they make their way back to their cabins for a brief dream, before the rising sun and the sound of an old churchbell wakes them in the morning for one more day of summer camp.



## Cornbelt Federation HIGHLIGHTS

### Who is Matt Chilton?

Hello to all fellow Cosmos! I am Matt Chilton, Cornbelt Federation Governor for 2008 - 2009. I have been a member of the Sioux City Club for a total of eighteen years with 13 years perfect attendance. I was invited to join the club back in 1986 by Steve Avery who has been a member since 1976. In 1991 I needed to focus on my then young family and family business so I took a 5 year leave from the club, promising to re-join once my life allowed it again. 1996 brought that opportunity and I haven't missed a meeting since. I became our Club President in 2001, just days before 9/11. What a year to start! The end to my year was rewarded as I was presented International Cosmo of the Year at Reno, NV. What a thrill! The thrill wasn't in the award but in the unity, service and action our club took that year that ended in being recognized by CI. We all deserve to be Cosmos of the Year for the Herculean efforts made by the members of this organization!

### Cornbelt has the Most Clubs!

The Cornbelt Federation covers 15 clubs in Iowa and Nebraska with total membership around 375.

Bellevue-Big Elk  
Blair  
Broken Bow  
Council Bluffs  
Fremont  
Grand Island  
Main Street (Fremont)  
Omaha  
Omaha Cornhuskers  
Omaha Ladybugs  
Omaha I-80  
Omaha USA  
Omaha West  
Sioux City  
Three Rivers (Sioux City)

### So what's going on in the Cornbelt Federation?

We've had a great year so far fending off 22 dropped members with 32. Leading the way so far this year are two of our youngest clubs both in age of the clubs and age of the members, Three Rivers led by Jim Walker (2008 Club President of the Year) at +6 and the Omaha Ladybugs led by Linda Myers at +4.

I've visited 13 clubs around the Cornbelt and it's enlightening to see the different variations that our clubs do at these monthly or weekly meetings. Some clubs assign a different member each week to bring a tasteful joke to the group. Some clubs do a round robin introduction of members where each member introduces another member and tells what he or she does for a living until they have all been introduced. Of the 32 new members in the Cornbelt, I've had the honor of swearing in twelve.

The Cornbelt had it's 10th Annual Federation Golf Outing with 96 golfers. We raised around \$5,000 with 90% of the proceeds going to the Cornbelt Diabetes Connection Foundation to fund diabetes crisis management and mobile testing. I visited the Three Rivers Club for their "Karaoke for a Cure" event. The theme of the party was the Roaring 20's and the crowd was in full costume. Jim Walker and crew ran another fun event and added more new members. They are now the #3 club in Cornbelt and nipping at the heels of their sponsoring club in Sioux City. The Cornhusker Club had a Rib Feed on the same night in Omaha and Paul Todd reported that it was another FUN and successful Cosmo event! The Sioux City Club hosted another successful CDC Mobile Testing with 89 people getting tested. They also helped with an ADA Walk. First Lady Liz and I attended the Omaha Ladybugs Wine Tasting FUNdraiser. They had a great event at Soaring Wings Vineyard in Springfield, NE.

In closing, I'd like to remind everyone that while we focus on new members, the key is to keep all of the great members we already have. As of February 28 we've lost 160 Cosmos. They were not having FUN! Let's keep our focus on having...

**Fun for Life!**

# our HISTORY

by Kevin Harmon, Executive Director

## part 3

In the last issue we explored our Club history to the point of becoming a truly international organization with the expansion into Canada and establishing a club in Mexico City. Our presence in Canada flourished and still does today. Our presence in Western Canada Federation is third on the federation hierarchy behind Cornbelt and Mo-Kan. Our Mexico City club produced an International President in Luis Otero. Other Mexico clubs were formed, but none survived. Imagine an International Convention in Guadalajara.

Cosmopolitan began to grow during the middle of the last century. Clubs sprang up throughout the US and Canada. The concentrations were primarily in the Midwest and Western Canada, just as it is today. We had clubs in such places as Washington, D.C., Chicago, Philadelphia, St. Paul and Seattle. Small towns were also in the mix. Do the names Pekin, Belle Fourche, Holdrege, Longmont and Lethbridge sound familiar. Each of those smaller communities was once a part of the Cosmo heritage.

If you recall from part one of our history the original name of Cosmopolitan was the International Federation of Cosmopolitan Clubs and was incorporated and founded in Kansas City, MO in 1918. New By-Laws were developed in 1929 at the convention in Detroit. Those By-Laws remained effective until the International Federation of

Cosmopolitan Clubs was disbanded, yes disbanded, in 1933 at St. Paul. It was at this convention that Cosmopolitan International was born. The new articles of incorporation and By-Laws were approved in Omaha the following year. The Judge Advocate at the time was a member of the St. Paul club, thus our incorporation was changed to Minnesota where it remains to this day.

The war years were soon upon us. Cosmopolitan International had survived the Great Depression and would survive the war. It did so without an International Convention for six straight years and with many officers serving multiple terms. This included our International President J. Lew Garver who served from 1941-1946. This author served once and that was plenty so my hat goes off to Lew.

Cosmopolitan survived the depression and war because just like today, we have something of value to our communities. As we approach these current economic times and pressures of our world we can look to our history and see how we are much like our predecessors in their commitment.





## Santa Fe Club Having an Exciting Year

The Santa Fe Cosmopolitan Club had an exciting year of activities of sharing within the group on a number of activities and working in four events raising funds in the year of 2008. Our main source of raising funds is the sale of funnel cakes at the Old Shawnee Days, Old Settlers Days and the Overland Parks Arts Festival. A fourth event called the Rib Fest rounded out our club efforts. Between those four events, we raised a little over \$33,000!

We had a number of social activities for the members including their spouses. A Valentine dinner, Gangster Tour of Kansas City, tour of the World War 1 memorial, a visit to salt mines in Western Kansas, tour of the Art Center and a couple of others topped off with our Christmas party. Throughout the year the club has a number of guest speakers from the Salvation Army and the Brown and Gold to name a few. This year brought us three new members by the close of the year. The club is looking forward to another great year in 2009.



## Rockford's March Madness Raises Over \$13,000

The Rockford Club raised over \$13,000 at our 5th annual March Madness draw down raffle. This was not an easy feat to accomplish with today's economic times, but the crew pulled it off. This is where I (Don Cuppini, Club President) would usually take all the credit for a successful event like this. However, the Committee put in WAY too much work to do so. Brian Lindsay, Derek Kiley, Dana Kiley, Pat Morrow, Pat Emerick, Heath Sorenson, Nate Meyer, Craig Flynn and Russ Dennis begged, bought, and bribed people to buy 200 tickets at \$150. This is no small feat even WITH open bar (I know several Cosmos that actually tried to drink \$150 worth of booze to make it a good value.) I would never throw out names, but they sound like "Dom eat here" and "Cheese L's burg". Heck even "How we Sore N Some" was having a good time until the bus came to take him back to the home (maybe it was bingo night?).



When it came down to the last four people left in the raffle drum, they were asked to come up to the front. At this point they get to talk among themselves and see if they want to split the \$5000 main prize. If it is not unanimous, we then draw one more name out. Then the three remaining will have another option to split. It's really kind of FUN as you get to see some greed sometimes. Well, not this time - the four split evenly and each took home \$1,250. The winners will remain nameless considering each and every one of them forgot to complete their tax forms. Go figure! they must have been very excited! No worries, though, as I am sure they will send it in with their taxes.



This is our second largest fundraiser and the prime funding source for our Charles G Uram Award and is also one of the most FUN. We had the NCAA basketball games on 3 large LCD tv's, basketball pools, holdem poker tournaments and, of course, a lot of camaraderie. We also held some other 50/50 raffles and a raffle for a new golf cart donated by a long standing Cosmo member. The rumor has it the winner tried driving it home that night in the dark. I knew we shouldn't have taken his keys earlier! So remember, if you make it FUN, they will come!

## Cenla Cosmos Never Stop!

If they are not having their Football Jamboree each year (the 59th time this year), they are having a can shake to collect money for diabetes (2 to 4 times a year), they are graduating nursing students for the 13th time ... and, then, comes all the other charitable efforts for which we provide contributions from the Club's coffers.

And, the plot thickens, we have now undertaken a new project ... free blood tests for anyone concerned about whether or not they are diabetic. Two newer Club members got together and organized a very successful event at our local K-Mart on March 14. Joe Oates and Charlene LaBorde were the main cogs in the wheels of progress to get this program rolling. Kathy, from our office, put together a great flyer and Charlene gathered up other information, all of which we handed out at the site. Charlene is a real worker bee and a great find as a new member.

Joe's son, Richard, owns STAT Home Health of Alexandria and, as you might figure, he successfully arranged for Richard to bring his nursing crew and all supplies at no cost to the club to make our efforts such a tremendous community service. Joe, too, has been such a value to our club's membership.

Charlene and Joe were the spearheads but, many other members were on duty, too. Bill and Bobbie Clifton displayed the Club's signs and manned the table. Then, Club president, Nancy Pratt, Fred Dyer, Alfred Cook, Bill and Helen Holt all charmed the 83 local participants, including K-Mart employees. Although not all the news was good news, many of the participants now have important "heads up" notices that they need to make some lifestyle changes and/or contact their physicians as soon as possible.

These drives will be continued, I'm sure, by the club. Thanks a million to K-Mart #3985 in Pineville for their generosity.

This program helped to bring recognition to our local Cosmo chapter and important information to local citizens about diabetes and its dangerous effects.



## Edmonton Hosts Annual Christmas Give Away Luncheon

The Edmonton Cosmopolitan Club hosted their annual Christmas Give Away Luncheon. The once a year event is close to the hearts of our membership as we are able to see and hear firsthand the impact we are making in the Edmonton area.

Fifteen local charities showed up to receive \$2000 each for a total of \$30,000 donated at the luncheon. A warm and heartfelt description of where the funds are used was told by each of the charities. Inner city groups as well as kids charities are the focus of the annual event.

In the photos below, Cosmo member Gilles Tetreault presents a check to Sport Central, an organization that gets new and used sports equipment into the hands of kids whose parents can't afford to. Cosmo member Nancy Boisvert hands a check to Boyle Street Christmas Dinner, a group that prepares and serves Christmas dinner for people in the inner city. About 1800 meals are served directly to those who come on Christmas day and another 600 are made up and delivered to the many shut-ins who are unable to get out. The luncheon is one of the highlights of the Edmonton Cosmopolitan Club.





## Jefferson City Club Donates \$51,600 to Special Learning Center

The Jefferson City Cosmopolitan Club successfully completed the 14th Annual Tom Henke Charity Classic golf event in October. Activities for this event include an evening banquet on Sunday night with silent and live auctions, and a golf tournament on Monday. This year, we served 450 people at the banquet and had 29 teams for the golf tournament. Tom Henke, former St. Louis Cardinals relief pitcher and a Jefferson City Cosmo, brings in 25-30 celebrities, and each golf team is paired with a celebrity to golf with their team. Planning for this annual event begins every year immediately following the tournament, and we are already planning for the 2009 fundraiser. With this being the signature fundraising event for our club, we have donated over \$540,000 to the Special Learning Center in Jefferson City, which provides classroom instruction and therapy services to children with special developmental needs. Our club also retains a portion of the proceeds each year, and we have raised over \$120,000 for diabetes education and research over the past 14 years. On December 15, 2008, the Jefferson City club presented a check to the Special Learning Center in the amount of \$51,600 from this year's tournament.



Tom Henke and the Jefferson City Cosmopolitan Club present a check for \$51,600 to the Special Learning Center, representing proceeds from the Tom Henke Charity Classic golf tournament event. Cosmo members included in photo are: L to R: Stacey Backues (partially hidden), Brad Binkley, Jim Price, Jane Holtsman, Tom Henke (the tall one in the middle!) and Debbie Hamler. Kevin Riley, corporate sponsor, is on the far right.

The banquet entertainment was very special this year. Christina Goedde gave a moving testimonial, and 8-year-old Samuel Luetkemeyer, an autistic child who plays the piano by ear, gave an outstanding piano and singing performance. Christina spoke about living with Down Syndrome and the challenges she has faced. She emphasized what the Special Learning Center services have done for her by believing in her and giving her a chance to hold a job.

Samuel created a DVD presentation with pictures of children from the Special Learning Center, which was choreographed to the first song he performed. By the end of his version of the Phil Collins song "You'll Be In My Heart," I don't think there was a dry eye in the house. Sam ended his performance with his own rendition of "Take Me Out to the Ball Game" and then a sing-along of the traditional version. Both are very special children, who gave moving performances and received standing ovations. It is a heartwarming experience to see the smiles on the faces of these special children when we make our check presentation to the Special Learning Center. Although this event requires a lot of extra time and hard work from our members, we are proud to be able to assist the Special Learning Center, and the rewards are much greater than all the hard work involved!

## Aurora Club Enjoys a Busy Year!

Curses! Foiled Again! A humorous melodrama performed by Cosmo members was our new member event. Laughs and supper were served along with information about our Club. Cosmopolitans of Aurora were finding membership in the Aurora Chamber of Commerce a key to gaining new members, publicizing the Club's involvement in the community and dedication to finding a cure for diabetes. A volunteer ambassador from our Club, Kenlyn Nash-Demeter, attends Chamber events. Our ambassador has been invited to speak on behalf of Cosmopolitan, to the Rotary Club of Geneva, IL, and to local Community Resource Team. Invitations for a booth at a Health Fair and a booth for our Poinsetta sale at a rehab center craft show in December were a direct result of our Chamber membership. Our dedication to our Cosmopolitan Supported Diabetes Center/Program remains a main focus. Funds donated by the Club are in excess of \$10,000. We were instrumental in the development of an endowment fund for the Center. Rita Smith, RN, MSN, Certified Diabetic Educator, a member of the Aurora Club, and Governor-elect for Mid-States, is employed at the Center, Provena Mercy Medical Center/Center for Diabetes Wellness.

A Poinsetta sale at Christmas, a drive through BBQ in May on the grounds of Provena Mercy Medical Center are the fundraiser events of the Club. Other activities are Salvation Army bell ringing, theater dates, dining out, Christmas party, Derby Day in May, and a summer picnic.



L to R: Colleen Dermody, Sherrill Galis, Mary Carmel Filip, Patrick Pleegeer Demeter, Claire Ziegler.



## Columbia Show-Me Walktoberfest Brings in Over \$10,000!

Our 3rd Annual Walktoberfest has once again brought in over \$10,000, which will go to our local International Cosmopolitan Diabetes Center to help both children and adults in our mid-Missouri area. The money will allow them to receive supplies not covered by insurance, receive education on how to properly care for themselves, and will help the Center reach out and educate the one quarter who are unaware that they have the disease.

The International Cosmopolitan Diabetes Center opened in 1984 with the help of the Cosmopolitans who, in the 1970s, decided to make a campaign against diabetes and realized their efforts would be more effective if it focused on establishing a diabetes center at the University of Missouri. The Cosmopolitans raised more than \$1 million that was used to build and equip the Center.



The International Cosmopolitan Diabetes Center focuses on three objectives:

1. To provide state-of-the art care to those with diabetes,
2. To educate patients and health care professionals about the disease, and
3. To conduct basic and clinical research.

Today, the Center is recognized nationally for excellence in patient care and multidisciplinary research programs. The Center depends on fundraising efforts to support their work.

The Columbia Show-Me Cosmo Club started Walktoberfest for Diabetes in 2006 after learning from a representative of the American Diabetes Association located in Springfield, MO, that money raised from their Walk in mid-Missouri areas no longer stays in "mid-Missouri; that the 54% that used to be used in mid-Missouri now "stays in the Southwest Missouri area." They stated that individuals from mid-Missouri were welcome to come to the Springfield area, or apply for grants, to benefit from those funds. That wasn't good enough for us; we want money raised in our area to directly benefit those in our area. We are happy to report that 100% of the funds raised and/or given for Walktoberfest for Diabetes goes directly to our local International Cosmopolitan Diabetes Center and is used to benefit those in the mid-Missouri area.

## Tulsa Club Dedicates Flagpole and Sign

NOTE: The following article appeared in a church bulletin for John Calvin Presbyterian Church in Tulsa, OK:

**DEDICATION OF FLAGPOLE & SIGN**

Last week, on December 7, Pearl Harbor Day, church members gathered around the sign and flag pole after the morning worship to dedicate our new flag pole and renovated sign. The purchase and installation of the flag pole was arranged by Virgil Graham through a donation from the Cosmopolitan Club. The sign was enlarged and renovated by the Trustees with church funds. The congregation was led in a closing prayer of thanksgiving and dedication.



## Sioux Falls Evening Club Member in Diabetes Spotlight

Jamie Peterson, a member of the Sioux Falls Evening Club and daughter of Deb and Doug Peterson also members of the Sioux Falls Evening club, has been recently featured in marketing material, radio and TV spots for the 2009 JDRF Sioux Falls Walk for a Cure Diabetes and Children's Miracle Network telethon. Jamie gave a heartwarming interview of what it was like to find out at the age of 5 what living with diabetes was going to do to her life. Jamie is featured on marketing material, along with TV and radio spots. Her heartwarming, in-depth conversation "living with diabetes" is taped for future fund-raising events for Sanford Hospital and Children's Miracle Network's new campaign slogan "No More Pokes".



She will graduate from South Dakota State University in May with a Bachelor of Science in Nursing and a Minor in Chemistry. Honors include: College of Nursing 4.0, College of Nursing Dean's List, Member of the Honor Society of Phi Kappa Phi, Mortar Board National Honor Society member, National Scholars Honor Society, and Scholarship recipient.

Her goal is to put her life experience and college education in a roll that promote wellness, health and happiness for anyone who is struggling with an illness or disease. As quoted by Jamie, "Overall, I want to give back to those who gave so much to ME. This is why I want to become a nurse." Her long term professional goal is to achieve a Masters in Nursing and practice as a Certified Nurse Practitioner.

## In Loving Memory



### CAPITAL FEDERATION

**GEORGE J. ROSS**  
*Baltimore*

**HUGH A. CHAPMAN**  
*Norfolk*

**JOHN C. COUNCIL**  
*Norfolk*

### CORNBELT FEDERATION

**JOHN W. REIER**  
*Broken Bow*

### NORTH CENTRAL

**DALE CHELL**  
*Sioux Falls Noon*

**DAN MCFARLAND**  
*Rapid City*

### MO-KAN FEDERATION

**CHARLES W. GEHRKE**  
*Columbia Luncheon*

**FAYE JOHNSON BECKER**  
*Jefferson City*

**PAUL H. KOLB**  
*Jefferson City*

**DELBERT E. WELLS**  
*Topeka*

**LOUIS STEVENS**  
*Wichita Downtown*

### WESTERN CANADA

**MAX D. CARMENT**  
*Prince Albert*

## Top Clubs

### New Members

Rockford	67
Elgin	18
St. Albert	9
Sioux Falls Noon	8
Rapid City	7
Show Me	7
Omaha I-80	7
Aurora	7
River City	6
Omaha Ladybugs	6

## Top Clubs

### Total Membership

Rockford	183
Columbia Luncheon	88
Rapid City	78
Lawrence River City	77
Sioux Falls Noon	69
Omaha I-80	66
Jefferson City	62
Elgin	59
Topeka	53
Columbia Show-Me	51

## Federation

### Gains and Losses

At Large	+9
Capital	-25
Cornbelt	+2
Midstates	+73
Mo-Kan	+17
North Central	+3
Southwestern	-18
Western Canada	+8

## Membership Classes

Active Dues Paying	1962
Honorary Dues Paying	5
Life Members	38
Sponsor Life	16
Emeritus	21

## Membership Analysis

Number of Clubs 07.01.08	69
Number of Clubs 03.31.09	70
New Members	279
Members Drops	210
Net Increase	+69

## Membership Total

**2042 as of 03.31.09!**

**2109**  
members in  
**2009**



## NEW ORLEANS 2009

Let the Good Times Roll!



Let the Good Times Roll!

Laissez les bons temps rouler!

## New Orleans, LA

Now is the time to make plans to attend this year's International Convention to be held in New Orleans. The Hotel will be the 4-diamond rating - Astor Crowne Plaza Hotel - at the corner of the fabulous Bourbon and Canal streets - where the action is. There is no place like New Orleans. As the oldest city in the Southern US, and has always been, the jewel of the South. It has over 200 years of history and charms you with its Southern hospitality. Come discover where you'll find the real magic here is jazz music, "Cajun" food and the "French Quarter" style architecture. Have you ever heard the sound of a paddle wheel of a steam boat or ever enjoyed the taste of a "beignet" - a cajun staple - while listening to a brass band. As you tour the French quarter on a vintage street car or a horse drawn carriage ride - you'll be swept away by the old-world charm of the French Quarter. You will learn to say "Laissez les bons temps rouler" - which translates to "Let the good times roll". Come join your friends in the "Big Easy" - "pass a good time" - and have "lots of fun".

## Accommodations

### Astor Crowne Plaza - French Quarter

739 Canal Street at Bourbon, New Orleans, LA 70130

[www.astorneworleans.com](http://www.astorneworleans.com)

The Astor Crowne Plaza is located at the Gateway to the French Quarter where Canal Street meets Bourbon Street. The excitement of the French Quarter awaits you right outside our door

### BOOK RESERVATIONS BY JUNE 29, 2009:

Call the Astor Crowne Plaza at 866.750.4202 ask for the Cosmopolitan International room rate. Priority Club points.

### RATE (good 3 days before and 3 days after convention)

\$109.00 - King or Double

\$20.00 for each additional person

Room Tax: 13% plus \$2.00 occupancy tax

Check-In: 4:00p - Check-Out: 11:00a

### TRANSPORTATION FROM THE AIRPORT AND PARKING:

Transportation from the Airport: (All available at ground transportation)

Shuttle is \$15.00 per person and will drop you at your hotel. Up to 3 bags free.

Taxi is flat rate \$30.00 for up to two people. Others extra.

Limo is available at \$50 and up.

Valet Parking available for \$31 per day (\$27 + tax) and includes unlimited pass out service. Parking garages are available in the area at \$28 per day. Parking garages about 5 blocks away are \$15 per day.

### FEATURES & HIGHLIGHTS:

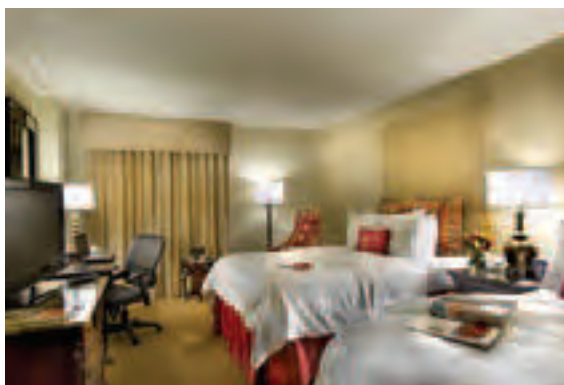
In-room safe | two dual line phones with voicemail | high speed internet access | iron and ironing board | CD players

### DISTANCE TO/FROM:

Louis Armstrong International Airport - 12 mi | Aquarium of the Americas - 4 blocks | Harrah's Casino - 4 blocks | Jackson Square - 6 blocks | D-Day Museum - 8 blocks



Hotel Lobby



Guest Room

## Guest Program

On Thursday, go out shopping and exploring ROYAL STREET with your Cosmo friends. Royal Street is one of the oldest streets in the city, dating from the French Colonial era, and is most well-known for the antique shops, art galleries, and stately hotels that line its sides as it runs through New Orleans' French Quarter and tourist district. The prices at its art shops and antique stores tend to be very high; indeed, it has been listed as one of the most expensive places to shop in the world. The finer antique shops display not simply items that are old, but such rare items as pieces of fine art furniture owned by royalty of past centuries. Although such pieces are out of the budget of all but a few visitors, window shopping along Royal Street is a popular pastime for visitors, especially art lovers, even if they are not buying.



Sheila Anderson will conduct an IMAGE WORKSHOP on Friday morning. 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."

## Hospitality Room to Feature Daily Theme

What would a convention be without the Hospitality Room?! Each day will be a different theme along with different hosts.

### Wednesday - "Laissez les bons temp rouler"

Hosted by River City Club and Emerald City Club, Mo-Kan Federation

### Thursday - Spirits and Spirits

Hosted by River City Club and Emerald City Club, Mo-Kan Federation

### Friday - Mardi Gras

Hosted by Southwestern Federation

### Saturday - In Honor of Melvina

Hosted by Sioux Falls Clubs, North Central Federation

## NEW ORLEANS 2009



## Optional Events

Optional Tours will be held on Friday, July 31:

### Afternoon Tours: (dependent on 20 person minimum)

#### Crescent City Tour: \$45.00

Four hour Motor Coach tour of the French Quarter, St. Louis No. 3 Cemetery, Bayou St. John, and the oaks in the Botanical Gardens. Follow the crescent of the Mississippi along the St. Charles streetcar line to the Garden District, past Loyola and Tulane Universities, the Mid City area and back to the Central Business District for past, present and future tour. [www.bbcmc.com](http://www.bbcmc.com)

### New Orleans School of Cooking: \$45.00

(You will have to walk to the school)

Four hour cooking demonstration and meal at the New Orleans School of Cooking. Occupying an old Molasses Warehouse, the chefs at the school will teach the basics of cajun and creole cooking. FUN is the key ingredient as the chefs prepare such dishes as Gumbo, Shrimp Creole and Bread Pudding. At the end of the demonstrations and story telling you will be treated to prepared feast. [www.neworleansschoolofcooking.com](http://www.neworleansschoolofcooking.com)

### Evening Tour:

#### Ghost Tour: \$20.00

(This is a walking tour)

Step beyond the gray line of New Orleans' true haunted history-where spirits, phantoms, and magic converge and become real! See what others have seen! Join us as we weave you through the shadowy, darkened streets of the French Quarter and thrill you with bizarre but true tales of centuries past and spirits present. Are you ready for the truth? This is the real deal! Real hauntings! Real history! Expect to be amazed! This tour has been featured on SciFi Channel's "Ghosthunters", Travel Channel's "Haunted Travels", PBS, ABC, NBC, and CNN. The New Orleans Ghost Tour is the premier walking tour on the French Quarter. [www.neworleansghosttour.com](http://www.neworleansghosttour.com)

# 2009 Cosmopolitan International Convention Schedule

## COSMO

### Wednesday, July 29, 2009

1:00 p.m. - 3:00 p.m. 1st CI Board Meeting  
 4:00 p.m. - 6:00 p.m. Registration  
 3:00 p.m. - 5:30 p.m. Hospitality Room open  
 hosted by River City and  
 Emerald City Clubs  
 "Laissez les bons temp rouler"  
 ("Let the Good Times Roll")  
 4:00 p.m. - 4:30 p.m. First Timer Orientation  
 6:00 p.m. - 9:00 p.m. Welcome Party with Special Event  
 9:00 p.m. Hospitality Room open

### Thursday, July 30, 2009

7:00 a.m. - 8:00 a.m. Registration  
 8:00 a.m. - 9:30 a.m. Opening Ceremonies Breakfast  
 10:00 a.m. - 12:00 p.m. 1st Delegates Meeting  
 FREE TIME  
 1:00 p.m. - 3:00 p.m. Awards Judging  
 3:00 p.m. - 4:30 p.m. PIP Reception  
 4:30 p.m. - 7:00 p.m. Hospitality Room open  
 hosted by River City Club  
 "Spirits & Spirits"  
 DINNER ON OWN  
 9:00 p.m. Hospitality Room open

### Friday, July 31, 2009

9:00 a.m. - 11:30 p.m. Workshops/Roundtable Discussion  
 Membership, Club Officer Training,  
 Foundations  
 12:00 p.m. - 2:00 p.m. Purple & Gold Awards Luncheon  
 2:00 p.m. - 6:00 p.m. Optional Tours  
 Crescent City Tour or  
 New Orleans School of Cooking  
 2:00 p.m. - 5:00 p.m. 1st CDF Committee & Board Meetings  
 4:00 p.m. - 6:30 p.m. Hospitality Room  
 hosted by Southwestern Federation  
 "Mardi Gras"  
 DINNER ON OWN  
 8:00 p.m. - 10:00 p.m. Optional Ghost Tour  
 9:00 p.m. Hospitality Room open

### Saturday, August 1, 2009

9:00 a.m. - 11:00 a.m. 2nd Delegates Meeting  
 11:30 a.m. - 1:30 p.m. Cosmopolitan Donations and  
 Beacons Luncheon  
 1:30 p.m. - 3:00 p.m. 2nd CI Board Meeting  
 3:00 p.m. - 4:30 p.m. 2nd CDF Board Meeting  
 3:00 p.m. - 5:30 p.m. Hospitality Room open  
 hosted by the Sioux Falls Clubs  
 In honor of Melvina  
 6:00 p.m. - 7:00 p.m. Cocktail Reception (cash bar)  
 7:00 p.m. - 11:00 p.m. President's Banquet and Dancing  
 11:00 p.m. Hospitality Room open

## GUEST

### Wednesday, July 29, 2009

4:00 p.m. - 6:00 p.m. Registration  
 3:00 p.m. - 5:30 p.m. Hospitality Room open  
 hosted by River City and  
 Emerald City Clubs  
 "Laissez les bons temp rouler"  
 ("Let the Good Times Roll")  
 4:00 p.m. - 4:30 p.m. First Timer Orientation  
 6:00 p.m. - 9:00 p.m. Welcome Party with Special Event  
 9:00 p.m. Hospitality Room open

### Thursday, July 30, 2009

7:00 a.m. - 8:00 a.m. Registration  
 8:00 a.m. - 9:30 a.m. Opening Ceremonies Breakfast  
 10:00 a.m. - 4:00 p.m. Shopping and/or Exploring  
 4:30 p.m. - 7:00 p.m. Hospitality Room open  
 hosted by River City Club  
 "Spirits & Spirits"  
 DINNER ON OWN  
 9:00 p.m. Hospitality Room open

### Friday, July 31, 2009

9:30 a.m. - 11:30 a.m. Image Workshop  
 12:00 p.m. - 2:00 p.m. Purple & Gold Awards Luncheon  
 2:00 p.m. - 6:00 p.m. Optional Tours  
 Crescent City Tour or  
 New Orleans Cooking School  
 4:00 p.m. - 6:30 p.m. Hospitality Room open  
 hosted by Southwestern Federation  
 "Mardi Gras"  
 DINNER ON OWN  
 8:00 p.m. - 10:00 p.m. Optional Ghost Tour  
 9:00 p.m. Hospitality Room open

### Saturday, August 1, 2009

BREAKFAST ON OWN - OPEN TIME  
 11:30 a.m. - 1:30 p.m. Cosmopolitan Donations and  
 Beacons Luncheon  
 RELAXATION TIME  
 3:00 p.m. - 5:30 p.m. Hospitality Room open  
 hosted by the Sioux Falls Clubs  
 In honor of Melvina  
 6:00 p.m. - 7:00 p.m. Cocktail Reception (cash bar)  
 7:00 p.m. - 11:00 p.m. President's Banquet and Dancing  
 11:00 p.m. Hospitality Room open



# 2009 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"/> Southwestern Host     | <input type="checkbox"/> 2008-2009 Club President | <input type="checkbox"/> 2009-2010 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"/> Southwestern Host     | <input type="checkbox"/> 2008-2009 Club President | <input type="checkbox"/> 2009-2010 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  |

## Complete Packages

	<b>Postmarked on or before 7/1/09</b>	<b>Postmarked after 7/1/09</b>	<b>Number of Participants</b>	<b>Amount</b>
Cosmo Package:	\$250.00	\$275.00	_____	\$ _____
Guest Complete Package:	\$250.00	\$275.00	_____	\$ _____
		Subtotal for Packages:		\$ _____

## Individual Events (only those not purchasing a package)

	<b>Price per person</b>	<b>Number of Participants</b>	<b>Amount</b>
7/29 Welcome Party	\$45.00	_____	\$ _____
7/30 Opening Ceremonies Breakfast	\$35.00	_____	\$ _____
7/31 Purple and Gold Luncheon	\$45.00	_____	\$ _____
8/1 CDF Donations & Beacons	\$45.00	_____	\$ _____
8/1 President's Banquet	\$75.00	_____	\$ _____
Delegate's Fee	\$15.00	_____	\$ _____

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

7/31 Crescent City Tour	\$45.00	_____	\$ _____
7/31 New Orleans School of Cooking	\$45.00	_____	\$ _____
7/31 Ghost Tour	\$20.00	_____	\$ _____

### CHECKS

All amounts are in U.S. funds. Canadian Cosmos may indicate "U.S. Funds" on their personal checks.

### CANCELLATIONS

Cancellation requests received after 6/20/09 but before 6/30/09 are subject to a cancellation fee of 25%. Requests received on or after 6/30/09 but before 7/9/09 are subject to a cancellation fee of 50%. Requests received on or after 7/9/08 will be considered after the final convention accounting.

*Cosmopolitan International Welcomes ...*  
**the Emerald City Club**  
 chartered on February 28, 2009.

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



L to R: Kevin Harmon, Gary Bartlett, new Emerald City Club President Gaylene Beatty, Gary's sister!



Past International President Walter Alm presents a \$500 check from the Club Building Fund to be used by the Club for a donation to the diabetes project of their choice.



L to R: Gaylene Beatty and Jim Smith



L to R: New members Kristen Dickey, Lori Schreiner, and Jerri Lederer.



New officers

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