



COSMOTOPICS

A publication of Cosmopolitan International
The Club that Fights Diabetes

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Adventure Awaits!

International Convention
Colorado Springs, CO
July 23-26, 2008



INSIDE



FROM THE EDITOR Sheila Anderson

At the time of this writing, we are just a few members short of having a positive increase. Due to the tireless effort of each of you, we are riding the wave of momentum! What an exciting time for our organization!

And speaking of "riding the wave," I hope to see many of you in Colorado Springs at our International Convention. As co-chair, I promise you won't be disappointed! You will find more information inside this issue. What else is inside? Read about a Past International President who recently discovered he has Type II diabetes. There are links to some great diabetic information our current International President recommends you check out. It's always great for us to stay informed about diabetes. You'll also learn how Cosmopolitan actually got started on Our History page. And did you know there is a "magic formula" for recruiting new members? You'll discover the secret in an article by Terry Sanford, Cornbelt Governor. And, oh, my, our clubs have had quite an active year! Check out what other Cosmos have been up to in the Out & About section. Certainly very inspiring!

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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



Summer is upon us and most peoples thoughts turn to vacation and relaxation. Of course there are those chores to do that have been put on hold through the winter months. But with the warm weather and bright sun, it is time to think of trips and enjoyment too. I like to say the list will be there when I get back from vacation. My wife Cindy doesn't really like that much, but I do.

Our convention committee, headed by Melvina Newman and Sheila Anderson, has put together a fun filled and action packed International Convention for all Cosmo's and guests to attend. Please consider joining us in Colorado Springs at the beautiful Doubletree Hotel this July. I am confident you will not regret the decision to attend, but may well regret the decision to stay home.

Convention time is really about coming together from all different places around Cosmo for a few days of interacting with others just like you. It is a chance to explore ideas from other clubs and members and share your thoughts and experiences. It is often said that once you attend an international convention, you will want to go again and again. It is often those new friendships made with Cosmo's from all corners of our little world that draw you back.

I recall the first convention of my own membership in Cosmo. Cindy and I didn't attend. And that was even with our own club founder Steve Hanna being installed as our International President. The stories we heard from the River City crew on their return made believers in attending out of us. We have rarely missed one since. And neither have our kids. We just did not understand what an international convention was all about. We also did not understand how we could be an integral part of it.

After every convention since, we sit back and recount the variety of fundraisers we have learned about. Which ones work well. Which ones work you. We have heard all about the

membership events and the great success stories that some clubs that have had well planned and executed meetings have had. We have also heard a ton of wonderful stories about community involvement and projects that help our neighbors who need a little helping hand. And it just seems that Cosmo's have the biggest hands out there. If only for a few more pairs! We have also gotten to witness our club honor some very special people with awards ranging from writing a newsletter to being recognized for a lifetime of service to Cosmo. And every one of those people you can call a friend. That is really special.

Cosmo was created for the simple purpose of doing more collectively to help those who need a bit of assistance than trying to accomplish the task at hand alone. Cosmo is also a lot bigger than our individual membership and our own clubs. Convention can help all members and clubs find out what else is out there and how your membership and club fit into the overall organization.

With rising gas prices and an economy that seems to be struggling a bit, it would be easy to make the decision to stay home. Just take a moment to think about the location we are having our convention in and all the scenery and attractions that you find in the Colorado Springs area. And think about Cosmo's who will be there for certain and the great memories and laughs that await. And then make the decision to join us and your fellow Cosmo's.

We'll be waiting on you at the Double Tree!

Convention time is really about coming together from all different places around Cosmo for a few days of interacting with others just like you. It is a chance to explore ideas from other clubs and members and share your thoughts and experiences.



REFLECTIONS

Walter Alm
2007-2008 International President

Through my articles in CosmoTopics this year I have had the opportunity to "talk to all of you." It has meant a lot to me to be able to pass on my thoughts and my experiences as 2007-2008 International President. This year and my four CosmoTopics articles have come and gone very fast.

With this final article please indulged me as I pass along some end of the year thoughts.

I have never been president of an organization this large, with a team of board members. Yet I have read many articles by outgoing presidents with what seemed to me to be typical end of the year obligatory thank yous. Well in some ways, this article will in part cover that ground. Interestingly though, I was not aware of the sincere gratitude an outgoing president feels for those around him. Such is my case; to even remotely feel that thanks are routine could not be further from the truth. The thank yous come from deep inside.

During this club year I have spend quality time with our officers, Jim Smith, Melvina Newman and Rich Greer. I am indebted to our Judge Advocate Jim McVay for his advice and commend him on his work developing our Cosmopolitan International web site. I have been cared for and driven around by each and every federation governor. The governors and I have spent time together that deepens friendships. There are more people to recognize. Kevin and Cindy Harmon at headquarters have always been very helpful and responsive. The organization is running smoothly in their capable hands. Sheila Anderson, our CosmoTopics editor, has been a tireless worker. Sheila wears many hats on behalf of Cosmopolitan and we're fortunate to have a member with such dedication. To the club presidents and members, I do not think I can convey in written words how gracious you have been to me as a visiting president, you opened your hearts, shared your club experiences, and sent me home with cups, engraved

pens and paperweights; local artwork, local books, candy, food, gift baskets, wine and many very fond memories.

I wanted to share my thank yous and experiences with you to give you a sense of what a wonderful organization Cosmopolitan International is. Because this is my last chance to share thoughts with you, I want to touch briefly on five topics that are meaningful to me.

1 The body of work within Cosmopolitan

I have had the opportunity to visit all of our Major Cosmopolitan Diabetes and Community Programs. As the figurehead of Cosmopolitan International I have been treated like royalty. I have also seen our local clubs serve their communities in such a variety of different ways. Many of our members have devoted decades of their lives serving Cosmopolitan projects. I hope we all appreciate the enormous body of work Cosmopolitan has accomplished. It is now our challenge to carry on the fine tradition of service that Cosmopolitan has established.

2 Diabetes

A common thread throughout all of Cosmopolitan is our fight against diabetes. There are 20.8 million people with diabetes in the U.S. and over 2 million in Canada. The incidence of diabetes is increasing alarmingly. Diabetes is associated with higher risk of heart disease and stroke. It is the leading cause of adult blindness and kidney failure. Diabetes causes nerve damage and circulation disorders. It is a difficult disease that will need our support for many years to come. Throughout this year I have tried to reinforce a concept that is very important to me, that being, even little things we do can have great consequences. When Cosmopolitans do something as simple as support a diabetes screening program, and that screening program finds a person who was not aware that they have diabetes, you may have contributed to saving that person's life. Additionally

... to even remotely feel that
thanks are routine could not be
further from the truth. The thank
yous come from deep inside.



when you send kids to diabetes camps and they share their experiences and learn to cope with their diabetes you have provided a life altering and life saving experience.

3 New members

New club members bring vitality and innovation to our clubs. New members are the lifeblood of Cosmopolitan. Sustained membership allows us to continue and expand the good work we do in our communities. We are poised to experience our fourth consecutive year of positive membership growth. Our club year ran from July 1, 2007 through June 30, 2008. Positive membership growth documents that we finished the year with more members than we started with. This may sound simple but it's not. Positive growth is a very impressive accomplishment in the world of service clubs. Cosmopolitan is achieving what many other service clubs cannot. New member sponsors and club new member coordinators are to be commended. Indeed all club members that contribute to the welcoming spirit of Cosmopolitan help our clubs grow. I'm fond of saying, "The more we grow, the more we can do for others."

4 Cosmopolitan International

It has been my pleasure to serve on the Cosmopolitan International board. I can assure you that our board members and Cosmopolitan International headquarters are ready and willing to assist the members to the best of their abilities. I know the board never loses sight that it is your club and the board and headquarters are there to serve you, the members. I think you'll continue to see Cosmopolitan International assisting with, new member recruitment, marketing our image as the club that fights diabetes, and promoting a spirit of fun throughout all of Cosmopolitan.

5 2008-2009 Club Year

Finally, I want to mention that our club is in good hands with our soon-to-be president Jim Smith and his team. I assure you they have already hit the ground and they are running!

So again, THANK YOU you all for making this year so wonderful for me. It has been an absolute honor to serve as 2007-2008 International President. We have a great organization, dedicated to helping others, fighting diabetes, developing friendships and having fun. Please know that I'm proud of each and every one of you, and thank you for all you do on behalf of Cosmopolitan.





COSMOPOLITAN CONVENTION FIRST TIMER ... HOW ABOUT IT?

Jim Smith
President-elect

It's easy to justify not attending conventions with our ever increasing fuel prices, and economies that are backsliding a little recently.

However, the truth is that Cosmopolitan Conventions are just about the best deal there is in the entire organization, and if you've never been to one, or don't regularly attend, you really aren't doing yourself any favors at all. It's time to reconsider.

And before I go any further with this, let me be perfectly clear about one thing. Cosmopolitan Convention attendance has been excellent for several years now. This little chat isn't to try restore a weak element in Cosmopolitan. As an example, Pam and I have recently had the great fortune to attend two splendid conventions, the Cornbelt Federation Convention in Omaha and the Western Canada Federation in Regina. Both were expertly managed and very well attended.

The reason for this article to strongly encourage those of you who haven't developed this fabulous habit in your Cosmopolitan lives to reconsider, and come see what you've been missing. You'll be impressed, I guarantee it.

It will cost you money. But not as much as you now suspect and you'll be very pleased with the value. The wonderful Cosmopolitans who plan and pull off these events are just folks like you and I, and they know the value of a dollar or a peso just as well as you and I do. It will cost you money to stay home too. That's life these days!

And the thrilling thing you have to discover is that you have friends all across North America that you haven't met yet! That's one of the premier benefits of being a Cosmopolitan in my opinion. The larger service clubs don't offer that benefit, just because their populations are so large.

So how about going on the new Cosmopolitan website and checking out the International Convention tab on the left margin. It will open up to more tabs detailing with a description to the Colorado Springs area, the convention itinerary, a registration form and an accommodations form.

Book it and come and meet your friends! You'll have FUN, I promise.

And we've been missing our Mexican Cosmopolitans since the passing of our dear friend Luis Otero. We need some new friends from Mexico City in Colorado Springs too...

... if you've never been to one, or don't regularly attend, you really aren't doing yourself any favors at all. It's time to reconsider.

FINANCE AND MARKETING NEWS

Melvina Newman
Vice President for Finance and Marketing



MARKETING

Creating a dynamic marketing plan that is uniquely ours is a tall order, but is a necessary one to set Cosmopolitan apart from the competition.

Selling vs. Marketing: A business goal is to make a profit by selling products or service. The challenge in selling is to convince customers *they need* and *want* what you have. Marketing is a little different. The goal is still the same; the method is different. Instead of convincing customers to want what you have, you have to offer what they want. Do we sell or market? Traditionally, selling was the way to success, but today we need to market - how can we meet prospective members needs and offer what they want?

As you work on your marketing plan, think about the following marketing tips:

1. Your club is highly desired by a prospective member.
2. Your club has a "one of a kind" feel.
3. Your club can evolve into different aspects - and still retain the core qualities.
4. Your plan fits in with your long term vision.

Once you settle on a certain plan, you can tweak it here and there, but the essence should remain untouched, because it is part of your "BRAND".

Whatever we set our mind to do, we can accomplish. It just takes enough determination and often hard work. Occasionally however, seemingly impossible goals and challenges arise. In those cases, keep these thoughts in mind.

1. More often than not the things we most fear never come to pass.
2. If you refuse to change, life will make the changes for you.
3. We all need to be more flexible and more willing to adapt.
4. Good things often come, not in spite of our circumstances, but because of our circumstances.

In other words, the biggest obstacles we confront are more in our minds than in reality.

The Club that Fights Diabetes

Some circumstances require dramatic adjustments in our plans, thinking and actions. However, we all can handle more change than we realize.

You have chosen to join Cosmopolitan to help make an Impact. Continue to market Cosmopolitan in any way you can. Stay motivated, excited and use your creativity to grow your club.

When you achieve one of your dreams, get another one. Dreams empower you, they energize and focus your efforts. You will accomplish much more when you are moving toward a desired goal, rather than just putting in your time.

You are important to Cosmopolitan and you are making a difference. A heartfelt thank you to each of you for your commitment to marketing and supporting Cosmopolitan International.

FINANCE

A year ago we estimated our income and expenses and prepared the budget. As we close our year we are pleased to report that we have been very diligent in watching all expenses and bringing in income. We are glad to report to you that we have been able to cut many expenses and therefore have a positive financial statement. Of course, we continue to depend on the dues of you, our members, and thank everyone for continuing to send in dues timely. We can also help by buying a brick for the Courtyard and also purchasing Cosmo Logo merchandise. New merchandise will be at the International Convention - Shop, shop and shop some more at the Cosmo store!!!

It is now time to plan your trip to Colorado Springs for the Cosmopolitan International Convention. Those who attend definitely have a "FUN" time. They get to make friendships all across North America; they get to learn first what is happening in Cosmo and our mission; they get to share ideas, learn what other clubs are doing; and get to have "FUN" with many Cosmos. We hope to see you in Colorado Springs. Thanks for giving me the opportunity to serve again this year as VP for Finance and Marketing.

Traditionally, selling was the way to success, but today we need to market - how can we meet prospective members needs and offer what they want?



STAY WITH US

Richard Greer

Vice President for Membership and New Clubs

Membership building goes way beyond having a Membership Event once or twice a year. Many clubs make each club meeting a Membership Event by making sure that every Cosmo is having a great time being a Cosmo and is interested in attending each meeting. They make sure that protocol is followed with flags, banners and that a well-organized evening is planned. Guest speakers are booked, Cosmo of the Day is appointed, potential new members are invited all the time, and fines are levied. The meetings are real meetings, not forums to discuss the ball game or local politics. Business is accomplished and with that, there are satisfied Cosmos at the end of the night. Follow the routines and encourage all members to participate, and your members will stay with your club. Membership retention is an important part of any clubs' success, and by having interesting informative meetings, you will have a great club to belong to.

Many clubs sponsored a Membership Event, and all had great success, as no Membership Event is ever a waste of time. Even if no new members signed up, there is a great chance that they will do so in the future. Why not ask them to your year-end wrap up party, and show them that Cosmos not only mean business, they have fun as well. Make a special effort to invite them to your meetings and functions, and soon you will have a new member. Be sure to include all your newest members in everything the club does, and get them on a committee with some responsibilities, show them they are appreciated. Are there a few members that have been around for a few years, and are showing some signs of boredom? Get them involved once again. Ask them to serve on the executive or head up a project. Keep them interested in Cosmopolitan, and you will keep them.

By now your new club executive will be in place. Be sure to make your Membership Chair the most important person in your club. Ask your President-elect to head up membership, as they will want a strong growing club when they are President. Work with the entire executive to plan well in advance for the upcoming year, and be sure that your club is committed to at least two Membership Events. And keep the awards program at the top of your list. We all do great things-let's tell each other we appreciate it.

New Club Building is important for long-term growth, and there are lots of opportunities not too far from all of us to add a new club. Many of our existing clubs are within an hour drive to another town. Check out a map and find a town close by with about 10-15 thousand people. Towns this size are easy to get around in and it doesn't take an hour for these people to get to a meeting like it does in a large city. A small town will support a new club as they will easily see the good things that happen in a club like ours. Do you know people in this town such as business contacts, friends or relatives? Are there any people there that are interested in the well being of their neighbours? Do you think that some people in this town suffer from diabetes? Someone from your club knows someone from that town. Find out who they are and get on the road. Work at building your new club. There is no reason that there should not be an active club building project in each Federation all the time. There are millions of people in North America that don't belong to Cosmopolitan. It only takes 20 people to charter a new club. Plan a club, get your contacts interested and motivated. Find the "movers and shakers"!

International Convention time is fast approaching, and it is time to get as many people from your club as possible to Colorado Springs in July. Yes, it can be expensive, but remember **"IT DOESN'T COST, IT PAYS."** Sponsor a steak night, garage sale or other event, and send two more people to the Convention than you usually do. These people will come back to your club with some exciting reports, and a better understanding of what Cosmopolitan is all about.

In closing, remember: **1)** Well-planned business meetings will keep your members interested and coming back each week. **2)** Follow up with calls and invitations to all those potential new members who didn't sign up at your Membership Event. **3)** Work with the entire club executive, committing to at least two Membership Events next year. **4)** Identify the location of a new club building opportunity in a town close by. Each Federation should have a new club project on the go all the time. **5)** Get as many members as possible to Colorado Springs in July.

Are there a few members that have been around for a few years, and are showing some signs of boredom? Get them involved once again. Ask them to serve on the executive or head up a project. Keep them interested in Cosmopolitan, and you will keep them.



Jim McVay, CHAIR, INFORMATION TECHNOLOGY COMMITTEE

Russ Dennis, Jr., ROCKFORD CLUB WEBMASTER & WINNER OF 2007 BEST WEBSITE

Why Should Our Club Invest in a Website?

Marketing Yourself

Having a club website allows you to market yourself within your community. The Rockford Club posts press releases, local community announcements, and pictures of social events so people can see how much fun the club is. The Three Rivers Club in Sioux City has created links to a member's business webpage. This is a great way to network!

Helping Your Organization Run Better

The other side of it is that this platform is kind of like having a line of business software to run a non-profit organization. Here is how Rockford effectively uses their website:

- 1) Event Management
- 2) Calendar of Events
- 3) Secure Member Communications (no email spamming!!)
- 4) Discussion Forums
- 5) Secure Member Contact info (club achievements/spouse/children/business/etc.)
- 6) Online Webstore and Credit Card Transactions (We used it for March Madness this year!!)
- 7) A way to organize committee and sub groups such as (Charities Board/Socials/Fundraising)
- 8) Club Resources such as standard letter head, logo's, signage used at annual events, flyers used annually
- 9) Once the search is working the thought could be that within a local club or federation you could look up the line of work people are in if you are in need of hiring a marketing firm, accounting, legal, etc.

The Rockford Club built this as a tool to help us manage our club growth, improve communication and eventually have our club completely e-commerce capable (donations, product sales, event billing, dues, etc).

Imagine the possibilities for your club!

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 Subject: Cosmopolitan FUN

by Jim Smith 4/10/08

Here's a Cosmopolitan FUN idea. This Friday, April 11 the Bridge City Cosmopolitan Club are holding a "Spring tHAW HA HA" here in Saskatoon. I'm not exactly sure what's up, but I'll find out because we're going to it. I do know that there's a female impressionist entertainer as the headline act; Karen Grainger, "All in One", one woman, many voices! It sounds like a very FUN little fundraiser! Good idea...

By Brian Duckett 4/10

I've been to a few fundraisers similar to this for other groups that used a hypnotist as the entertainment. Very successful going by the number of attendees at them. Clubs are always looking for a fundraiser and this is a novel idea. Keep us updated as to what occurred and have a FUN time!!!

You'll have to check out the website to find out how the Spring tHAW HA HA went...



CALLING ALL COSMOS ... WE NEED YOU!

Jerry Nelson

Cosmopolitan Diabetes Foundation Chairman

*In
Loving Memory*

**HARVEY
DAEUMER**

Cosmo Membership:
10/19/60 - 1/10/94

Clubs:
Elgin Cosmopolitan
Club, Fox Valley, and
Headquarters

Harvey became a Beacon in 1979 and graciously increased his contribution to the Diamond level in 2004.

He supported his club, Cosmopolitan, and CDF and will certainly be missed by all who knew and loved him.

It is hard to believe that by the time you read this, the Cosmo year will have ended and a new year will already be underway. While some of this information may change after the article goes to press, let me take this opportunity to share where we stand in regard to our goals at present.

The Foundation has strived toward a goal of achieving a 60-member increase in Beacons for several years now. To date, we have 23 new Beacons. This number includes new Beacon memberships, and Beacon upgrades. The latter category is represented by current Beacon members who have pledged a higher level of giving such as the Emerald - \$5,000; Ruby - \$10,000; and Diamond - \$25,000. We are a ways away from achieving this goal, but hope that we close the gap before the end of the fiscal year. Keep in mind that we have reached that critical point, having achieved two times our annual expenses in equity, and can now fund diabetes-related grants with the excess. We all know that expenses are increasing for all of us, so we need to continue to increase this number so that we are able to make the most of funding diabetes-related grants.

Increasing Beacon memberships benefits your club, as well. An award that is given at the International Convention is tied directly into the percentage of new Beacons memberships pledged per club. The Lighthouse Award is given to clubs that have an increase in Beacon members equal to or greater than 10% of their total membership. Because charter strength is 20 members, a minimum of 2 new Beacons is necessary even for clubs with less than 20 members.

There are a couple of clubs that have already qualified for the Lighthouse Award: Columbia Breakfast and Tulsa. This award is attainable for every club, and some of you are 1 new Beacon member away.

The Board has also set a goal to increase donations to the Discovery Fund. This fund is designed in such a way that EVERY dollar contributed is used to directly fund grants for diabetes-related projects. Not one single dollar goes toward CDF expenses.

We have been asking clubs for the past few years to contribute \$500 (or whatever they can) to help increase the Discovery Fund. We receive tens and even thousands of dollars of requests each year and are limited in funding these requests due to waning support to this fund. Please consider donating to this fund as your donations are what keep diabetes-related programs moving forward and opportunities for those living from diabetes happen.

Thank you for your commitment to Cosmopolitan and support of the Cosmopolitan Diabetes Foundation. WE need YOU to make an impact on OTHERS!

See you in Colorado Springs!

HEALTHYchoices

by Nancy Donahey, registered, licensed dietician
member of River City Cosmos

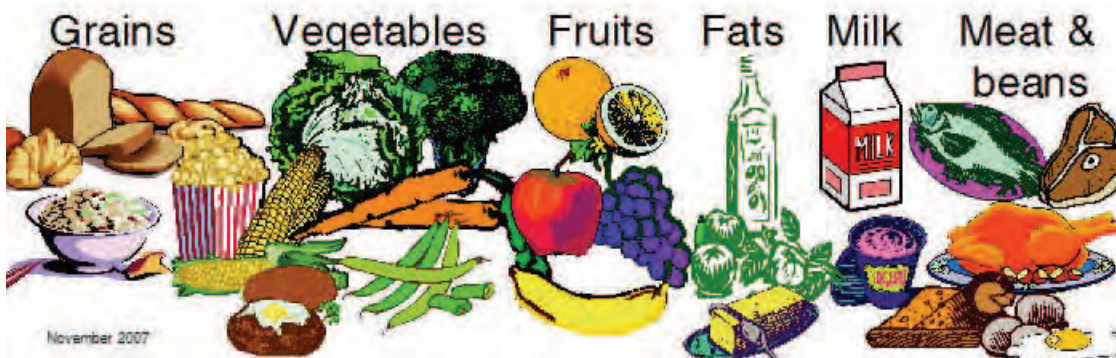
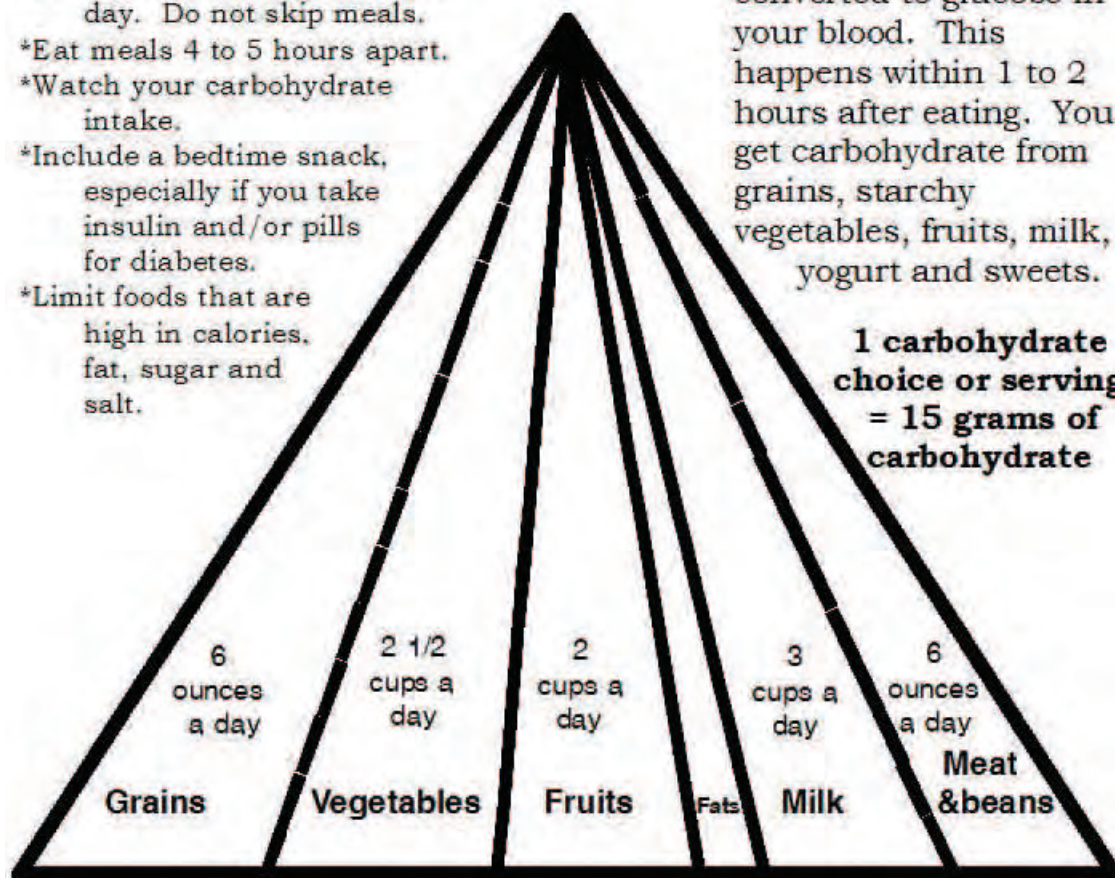
My Food Pyramid

- *Eat 3 balanced meals a day.
- *Eat about the same time each day. Do not skip meals.
- *Eat meals 4 to 5 hours apart.
- *Watch your carbohydrate intake.
- *Include a bedtime snack, especially if you take insulin and/or pills for diabetes.
- *Limit foods that are high in calories, fat, sugar and salt.

Food provides calories from carbohydrate, protein and fat.

Ninety to 100% of the carbohydrate you eat is converted to glucose in your blood. This happens within 1 to 2 hours after eating. You get carbohydrate from grains, starchy vegetables, fruits, milk, yogurt and sweets.

1 carbohydrate choice or serving = 15 grams of carbohydrate



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 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

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
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

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

PROJECT SPOTLIGHT



The Valerie Millar Cosmopolitan Fund for Children was established in memory of a 15 year old girl - Valerie Millar of Freeman, South Dakota - who died of diabetes complications in 1990. The Fund's creation was born out of the profound realization that deaths such as hers can and should be prevented through better quality diabetes education and intervention.

Formal incorporation and 501(c)3 status was obtained in 1995 through the leadership of the Sioux Falls Noon Cosmopolitan Club. In 1997, grant monies from the Cosmopolitan Diabetes Foundation and contributions from clubs across Cosmopolitan International provided the seed money for the endowment fund. The purpose of the Fund is to provide grants that support:

- 1) diabetes education and outreach programs;
- 2) programs to increase diabetes awareness;
- 3) programs targeted to improve the quality of diabetes care in the upper Midwest; and
- 4) on-going support in diabetes care in rural settings.

So the CFC has been a recognized project of the CDF and CI since 1997 and governance of the CFC has positioned it as a project of the North Central Federation. Each club in the North Central Federation is represented on the CFC Board and the service area the Fund serves (and thus entertains grant requests from) represents geographically the area of the North Central Federation (North and South Dakota).

Over the life of the Fund, 26 grants totaling over **\$56,000** have been distributed. The majority of those grants have been to support:

- 1) the Cosmopolitan Pediatrics Diabetes Center at Sioux Valley Hospital (now called Sanford Medical Center);
- 2) diabetes camp grants for camps in both South and North Dakota; and
- 3) indigent care stipends to clinics based in regional health systems in the area.

Currently the Fund holds approximately \$196,000 in assets and considers grant requests at its annual meeting held in conjunction with the North Central Federation Convention in the spring of each year.

Project Spotlight

provides an insight
on our Major Cosmo-
politan Diabetes

Programs and Major
Cosmopolitan Com-
munity Programs.

Diabetes

Bill Quire was the International President in 1999-2000 and is currently a member of the Hampton Roads Club.



How old were you when you acquired diabetes?

I was diagnosed in September 2007 at the age of 52 with diabetes, hypertension and high cholesterol. Looking back, with what I know now from being a Cosmo, my doctor, my dietitian and self education, I had symptoms but never tested and never concerned (you know, it always happens to the other person).

Is your diabetes treated with pills or insulin?

I am a Type II diabetic. When I was first diagnosed, my doctor wanted me to go on insulin injections right away (4 times a day). I didn't want to do that, so after discussion with my doctor, we agreed to a trial period of pills twice a day and a lifestyle change of diet and exercise.

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

I met with a dietitian and doctor and changed my eating habits to reduce weight, salt, sugar, carbs and caffeine. Oh! and don't forget the alcohol. I also started a daily exercise routine.

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

I have lost 106 pounds in 6 months. I went from a 48 to 34-inch waist. I am still on a 5 times a week exercise program for one hour a day. I have ridden my stationary bike from Virginia to Edmonton and back without leaving my living room. I no longer have to take medication for hypertension or cholesterol and have cut my diabetes medication to 1 pill a day. My A1c test went from 9.9 to 5.4. If my A1c stays the same 2 more months, I will no longer have to take diabetes medication.

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

My biggest challenge is not finding excuses to exercise or eat properly. It's hard to exercise an hour a day, but I have many more good reasons to do it. I have a wife I want to grow old with, I have a daughter and son-in-law I want to spend time with and a grandchild on the way that I want to spoil. My mother died of diabetes complications, she never took care of herself. That will not be me.

Capital Federation

NICHOLAS E. POLLIARD, *Capital Region*

Mo-Kan Federation

E. M. WRIGHT, *Johnson County Club*

In Remembrance



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

Are you a web surfer?

Do you want to learn a little more about diabetes?

The web addresses that follow present a wealth of information on diabetes. They are written in lay terms. They'll give you a good feel for the disease we fight as Cosmopolitan International.

The Canadian Diabetes Association www.diabetes.ca

Presents a timeline chronicling diabetes from 1552 BC to the present. "History of Diabetes" at www.diabetes.ca/Section_About/timeline.asp

The "National Diabetes Fact Sheet"

Presents US endless statistical information on diabetes. Dated 2005 it represents the most current information on diabetes, new information should be available soon.

The American Diabetes Association www.diabetes.org

Has endless information about diabetes. For a basic overview, check out www.diabetes.org/home.jsp. You'll find "All about diabetes" at the top of the gray column on the left side of the web page. Click on "All about diabetes" and you will find so many topics you can read all day.

The American Diabetes Association magazine "Diabetes Forecast"

In its December 2007 issue, story of his article that describes the television political news personality, Chris Matthew's story of his personal experience with diabetes. It's a great chronicle of his denial, acceptance and finally fight to control his diabetes. It will really give you a feel for what living with diabetes is all about.

Happy Reading!

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

In Memory of
Nicholas E. Polliard
Capital Region Club

In Memory of
William D. Smiley
Prince Albert Club

Baltimore Salutes
Joseph Prosser
Exceptional Cosmo

Carl J. DiVencenzo
Governor 2007-2008
Capital Federation

Dr. Walter Alm
International President 2007-2008
Elgin Club

In Memory Dec 2007
Saskatoon Couples Club
Richard Schendelka

In Memoriam
Bob Wilson
Edmonton Cosmo

Great Cosmo
Henry Kasten
Edmonton Club

Who's That Cosmo?



Chuck Boskill of Saskatoon Bridge City Club of Western Canada Federation was our featured Cosmopolitan member. Chuck has been a Governor, President of Cosmopolitan Diabetes Foundation Canada, and a Charter Member of the Bridge City Cosmo and served as their first full term president.



Dick Brynnetson was the winner! Thanks to all that played and to Chuck for allowing use of his picture. Both Dick and Chuck received a Quill Pen.



WIN a Cosmo Padfolio!

Send your guess of the name and club of this Cosmo to Headquarters by August 1. All the correct entries will be put in a hat and a winner will be drawn. The winner will receive a Cosmo Padfolio.

our HISTORY

by Kevin Harmon, Executive Director

Part One

We have all heard bits and pieces of the early history of Cosmopolitan. Probably most of our members have heard about P.J. Hodgins and his efforts at founding our club. I was never a big history person in school. It was after completing my formal education that it really hit home about the importance of knowing your past. You have to know where you came from in order to plan where you are going. So in that vein, over the next few issues of Topics I will present some of the history of our early days from our inception in 1918 to 1950.

There are some very good resources at Headquarters that have lent themselves to the study of our history. Chief among them is a little purple book called "Cosmopolitanism Through the Years" by J. Lew Garver, our International President from 1941-46. It was the time of the great war and, no doubt, Mr. Garver was pressed into extra service. We also have an adaptation of sorts written by PIP Larry Heim that chronicles those early years. The other source of information is our Topics magazine collection, though they only date back to 1940.

Cosmopolitan got its start in the mind of our founder, Mr. Hodgins, in Oklahoma City in 1914. Hodgins based a model of a new social club on the Rotary format of business classification. Our Avocation club was formed where one banker, one car dealer, one barber, etc. were invited to join the club. Hodgins was apparently a very likeable and enthusiastic person as the club grew immediately. It was a men's club at the time, but the ladies were invited to evening social gatherings and visitors to regular meetings were always welcome. It was a visit by a group of Tulsa men to a club meeting that led quickly to a Tulsa Avocation club forming. Hodgins set out to make his club a national organization. These first two clubs drifted apart and eventually disbanded. Hodgins idea changed a bit to the formation of the International Federation of Cosmopolitan Clubs based on Unity of purpose, common Service to the community, and directed Action.

Hodgins, a successful lawyer, moved to Kansas City shortly after forming the Oklahoma clubs. There is some loss of exact information about when the name change from Avocation club to Cosmopolitan formally occurred. The Garver book and information at Headquarters are at odds as to the exact date. But there is no conflict on the fact that the very first Cosmopolitan Club was chartered and incorporated in Kansas City, MO on March 12, 1918, our official birthday. We have a copy of the original corporate filing in the Circuit Court of Jackson County, Mo by P.J. Hodgins.

In the next issue of Topics we will take a look back to some of the early clubs and when they started. We will also examine the steps Cosmo took to become a true international organization.

Data as of June 16, 2008

Top Clubs

with New Members

Three Rivers	15 members
Rockford	15 members
Jefferson City	14 members
Rapid City	10 members
Lawrence River City	9 members
Topeka	8 members
Norfolk	8 members
Omaha I-80	8 members
Capital Region	7 members

Top Clubs

Rockford	122
Columbia Luncheon	88
Rapid City	80
Lawrence River City	71
Jefferson City	68
Sioux Falls Noon	65
Omaha I-80	64
Norfolk	54
Topeka	54
Columbia Show-Me	48

Top Sponsors

Glen Dunbar, Capital Region	6
Kevin Welsh, Omaha I-80	4
Tom Rakow, Elgin	3
Kathy Robley, Fargo-Moorhead	3
Pat Hohman, Lawrence River City	3
Glenn Ezard, North Side Lancaster	3
Anne-Marie Mayne, Ladybugs	3
Tom Etier, Rockford	3
Jim Walker, Three Rivers	3

News from Fargo-Moorhead

by Tracey Braeger

Each year our club sells Monday Night Football raffle books to our family, friends and neighbors. This year we raised \$5,460, which we gave to local charities at our June 5, 2008 noon meeting. The following charities received funds:

- ADA Camp Sioux – Judy Fennell
- Family Healthcare Center – Mary Larson
- Cass Public Health – Tracy Huebner
- Camp Fire USA – Myrna Johnson
- American Red Cross – Shellie Ulven-Simonson
- Salvation Army – Captain Adam Moore
- Caring Program for Children – Lisa Faul
- Valerie Millar Fund

Our club will be making an application to qualify our annual donations to the Family Healthcare Center as a Cosmopolitan Supported Diabetes Center/Program in the "Over \$10,000 over 5 Years Level". Since 2000 we have given the Healthcare Center \$15,000. They have used this money to buy two HgA1c blood test machines and testing supplies to support the machines or other diabetes-related patient needs.

Further Fundraising arrives in July, when we will be having our 26th annual "Cherries For Charity" fundraising drive in association with the area Hornbachers (Super Valu) stores. Last year we raised over \$25,000 and hope to meet, or beat, this total! Proceeds from this fund-raiser are dedicated to support the local Rape and Abuse Crisis Center and the YWCA Women's & Children's Shelter.

Our President, Kathy Robley, has some exciting and new things in store for us this coming year so we are looking forward to another fun, fantastic year!



L to R: Tracy Huebner, Judy Fennell, Captain Adam Moore, Kathy Robley, Myrna Johnson, Lisa Faul, Mary Larson, and Shelly Ulven-Simonson. Please refer to article above as to what charity each person is representing.

Lawrence River City Golf Classic

by Tommy Johnson

The Lawrence River City Cosmopolitan Club held its 13th annual golf tournament fundraiser, the Cosmopolitan Diabetes Golf Classic, on Friday, May 23rd, at Alvarado Public Golf Course in Lawrence. A total of 38 four-person teams, a tournament record, participated in this year's event.

This year's tournament marked a turning point, with Lawrence's Health Care Access Clinic partnering with the River City Cosmopolitan Club to help promote the fundraiser. The Health Care Access Clinic provides access to health care services for Lawrence area residents with limited financial means and who are not covered by either private or governmental insurance programs. For several years, the River City Cosmo Club has provided all of the glucose test strips for the clinic, donating or committing over \$46,000 in supplies, to assist the clinic's diabetic patients in the treatment and maintenance of their disease. In addition, the Health Care Access Clinic has been the recipient of two Cosmopolitan Diabetes Foundation grants.

The 2008 Cosmopolitan Diabetes Golf Classic was a great success, and was the Lawrence River City Club's largest fundraiser ever, with proceeds nearing \$20,000! With the help of additional publicity from our local radio station media sponsor, we hope that our major fundraiser will continue to grow each year so that someday we will be able to provide all of the annual diabetes related needs of the Health Care Access Clinic.



Lawrence River City Cosmopolitan Club golf tournament workers. Back row - Penny McDonald, Kathy Hanna, Susie Bartlett, Pat Hohman, Cindy Harmon, Melissa Harmon, Helen Cox & Jack Hohman. Front row - Gloria Eberle, Kristina Sandig & Erin Harmon.

"Madly" Successful Event for Rockford Cosmos

by Derek Kiley, Rockford Club

After the fourth annual March Madness Raffle Dinner, hosted by the Rockford Cosmopolitans, the craziness has subsided and the results are in. This year's event has cleared \$12,000 in funds raised and has raised over \$50,000 since its inception. The format of the event is easy: buy a raffle ticket for \$150, show up, eat, drink, watch basketball, and try and win some cash – all to benefit local charities! But the purpose has a much deeper meaning for many Cosmos.

HISTORY | On December 24, 2004 we lost a good man. Charles "Chuck" Uram, a long-time Cosmo and Rockford citizen, passed away. Chuck was credited with raising over \$6 million for local organizations. He was a friend and mentor to many Rockford Cosmo club members. When Chuck asked you to give, you just knew it was the right thing to do.

In memory of Chuck, Rockford Cosmo established the Charles G. Uram Award that is given to a community leader each year that exudes "Chuck's style." With that award, a cash donation is made to the recipient's nominating charitable organization. The March Madness event raises money for that cash donation, but most importantly, carries on Chuck's legacy.

HOW DOES IT WORK? | The format of the event is relatively simple: 200 tickets are sold at \$150 per ticket; each ticket is drawn that night, one at a time, with the following winners:

- 1st ticket drawn = free ticket for next year's event (\$150 value)
- \$150 to every 10th ticket drawn except the 50th, 100th, and 150th
- \$300 to the 25th, 75th, 125th, and 175th tickets drawn
- \$500 to the 50th and 150th tickets drawn
- \$1,000 to the 100th ticket drawn
- Grand Prize: \$5,000 to the 200th ticket drawn**

Each year the event is scheduled for the opening Thursday night of the NCAA Men's Basketball Tournament. The \$150 ticket includes: entry to the event, draw down raffle, steak dinner, and open bar. Other side events include: 50/50 raffle, Texas Hold'em Poker Tournament, NCAA basketball square pools, and other Cosmo fun. To help enjoy the games, we roll in big screen televisions throughout the banquet room.



NEW FEATURES | This year credit card purchases for the event were made possible through the online store at the club's website: www.rfdcosmo.org. This was a great feature as it was more convenient and timely for club members to reserve their spot for the event. Also new this year was our celebrity emcee. Eric Wilson, lead anchor for local Rockford station WREX-13, helped draw numbers and lead the event.

FUTURE MADNESS | The beauty of the event is that the club hasn't needed to tweak it much over its history. It has and will continue to be a great source of new members as it always attracts many non-Cosmo guests. At least 10 new members have originated from the event in the past four years. This year, Rockford Cosmos were honored to have Walter Alm, International President, attend the event and swear in some new members! We hope this event, established to honor and remember Chuck Uram, goes on to support local charities far into future generations of Cosmo members.

**The raffle stops prior to the final four tickets being drawn. Ticket holders can choose to split the Grand Prize or continue on. The decision to split the Grand Prize must be unanimous or the raffle drawing will continue. 3 minutes will be allowed between drawing of the remaining 4 tickets to allow ticket holders to choose to split the Grand Prize or continue the raffle.

Rockford Cosmos Earn "40 Under 40" Honor

by Matt Armstrong

Two members of the Rockford Cosmopolitan Club have been selected by the Rockford Chamber of Commerce to be included as 2008 "Forty Leaders Under Forty" award recipients. On May 28, 2008, Russ Dennis (36) and Shane Hartje (36) were among 38 other leaders under the age of 40 who have "distinguished themselves in business, made a commitment to being engaged in civic affairs, and provide leadership to community groups and causes." One of those common causes being Cosmopolitan International.

Russ Dennis is a past president of the Rockford club, was recently installed as a governor of the Mid-States Federation, and is currently serving as an international board member. Russ received the award for International President of the Year for his service as Rockford's president in 2006-2007. Russ was also instrumental in the creation and management of Rockford's website www.rfdcosmo.org – the same platform recently adopted by Cosmopolitan International. Rockford's website has won International's Website of the Year for three straight years.



Shane Hartje has served as a board member for Rockford's club for multiple terms. Shane is active in many Cosmo events including the March Madness Draw-Down Fundraiser and the annual Poinsettia Drive. In 2006, Shane and some fellow card players created the "All In for the Kids" poker tournament as a fundraiser for charities such as the Boys & Girls Club of Rockford and Cosmopolitan Club. The tournament grew to include 180 players in 2007.

Russ and Shane truly encompass what Cosmopolitan Club represents both in the city of Rockford and internationally.

I-80 Cosmos Trim Down to Fight Diabetes

by Gery Whalen



On May 9th, the speaker at the weekly I-80 Cosmopolitan Club meeting in Omaha was Dr. Kim Duncan, Chief of Thoracic Surgery at the University of Nebraska Medical Center. One of the pieces of information Dr. Duncan passed along to our club was that for every inch a man has around his waist over 34", his chances for medical complications like heart problems or diabetes increases by 5%. This was disturbing information because a quick survey of most of the Cosmos in the room showed that the last 34" waist pants we wore probably were polyester bell bottoms.

With this in mind, the I-80 Cosmos have instituted a club "Weight Loss Challenge". Members who have joined the challenge are weighed in and asked for a target weight to be achieved in four months. There will be weigh-ins before meetings every other week so each member can keep track of their progress and we can track the overall progress of the club.

Several members of the club from their 30's to their 60's are also participating in a 20 mile bike ride fundraiser for the American Diabetes Association on June 1st. Club members who do not have a diet plan have been directed to the website of Men's Health Magazine for help. Each participating member will donate \$1.00 for every lb. they lose during the challenge to the I-80 Cosmopolitan Project Fund. For every pound of the target weight not lost, that member will pay \$2.00 to the fund. The I-80 Cosmos, as all of Cosmopolitan International, are serious in our fight against Diabetes. We plan to be around a long time to support our cause and the best way for us to achieve our goals is to keep ourselves healthy. The fact that we can help each other and have fun doing it is a bonus.

Columbia Breakfast Club News

by Gary Lenzini

The Breakfast Club has had a busy year. Our Bingo fund raising revenues have been "down" compared to last years revenue, however our Pancake and Sausage Day, and our Ready for Spaghetti (thanks to Jan and Dean Barry) fund raisers showed an increase over previous years. We were able to contribute to the Cosmopolitan Diabetes Center in same dollar amounts as previous years.

We held special meetings at the University of Missouri Veterinary School, The University of Missouri Sports Training Center, and a breakfast on the veranda at the Boone County Historical Society.

Our community involvement consisted of attendance at the University Cosmopolitan Diabetes Center as board members of the Educational Committee. On a lighter note, Cosmo Santa Clause delivered gifts to the children at the Community Nursery. Thanks to Bob Steinman who has been "Santa" for many years.

We donated animals to the Nifong Zoo, awarded five scholarships to graduating high school seniors, sponsored five family's at Christmas. We made donations to The Salvation Army, Boone County Historical Society, Camp Hickory Hill, for children diagnosed with type one diabetes.

We also contributed to a Trivia night and a Walk for Diabetes fund raiser.

Tony Bartal planned some great social events, such as an evening with Count Basie Orchestra, Hal Holbrook as Mark Twain, and evening dinners at local restaurants. We have eighteen club Beacon memberships with twenty eight individual Beacon memberships, with two new members this year.

The Cosmopolitan Breakfast Club is a small group that has continued to contribute to our community in many useful ways.

Winnipeg

by Gary Wenzel

Well we have just completed the first long weekend of the summer season in Winnipeg and as we dry our clothes and put salve on our bites here is a little sample of what Winnipeg Cosmopolitan Club is about. Our first project of the year is under way and thanks to a great turn out, Camp Manitou is very close to having a brand spankin' new enclosed building for their needs. Our Cosmopolitan members should be very proud of what they accomplished this last weekend. In a matter of 8 hours on Saturday, the rotting bottoms of the eight existing posts of the structure were cut away, new pads were placed under them, seven walls were constructed and raised and most of the siding was installed.

Despite the rain on Sunday the balance of the siding was installed and the corner boards were made ready for attaching. We are pleased to report that a letter to Olympic Builders Supply asking for a quotation on the material for this project was answered with a donation of ½ of the cost of the material. Many thanks to Olympic for their unexpected support. The doors for the building are being donated by a Cosmo member and a letter to another supplier may get us a donation of the steel door frame. We will keep our fingers crossed on that. Thanks to Barry Tuckett for the supply of lunch on Saturday and to Ken Packard for the very welcome hot chocolate on Sunday - we hope he can get the chocolate stains out of his car seat. We expect to be able to complete the door installation on Thursday and should finish the soffit by next week. For members who were unable to make it to the construction bee, fear not. There will be many, many opportunities to be of service in the future. To those who were able to attend, your work was and is very appreciated by Camp Manitou.



Aurora Happenings

by Kenlyn Nash-Demeter

The Cosmopolitan Club of Aurora held a new member/information dinner at the Center for Diabetic Wellness. Guests included members of the Great Aurora Chamber of Commerce, Cosmo members, their families, friends and nursing staff from that local community program. To date the club has donated \$18,275 to the Center; \$10,000 of that was donated in the name of John Bonie, honoring his loyalty and support of his membership in the Aurora club for 49 years! The Center for Diabetic Wellness has been recognized as an International Cosmopolitan Supported Diabetes Center/Program. Walter Alm joined us for the evening. A plaque honoring our Club's support to the Center was accepted by Walter on behalf of the Club. Several plaques are on display at the Center honoring the Club's support. Tours of the Center for Diabetic Wellness were conducted by the staff.

We joined the Chamber of Commerce to promote awareness of our club and also as a tool for gaining new members. Kenlyn Nash-Demeter volunteered as our ambassador representing the club at Chamber events. For the past four years an article on the club has appeared in the local newspaper's yearly "Progress Edition." An interview with the staff of the Center and members of the club by the local newspaper, *Beacon News*, is pending. The Club's focus on Diabetes and the Center's importance to the community will be highlighted. This contact is a direct result of the Club's membership in the Chamber of Commerce.

Rita Smith, past club president, was voted our Cosmo of the Year and is a vital member of the nursing staff at the Center for Diabetic Wellness.

Projects and socials included: poinsettia sale, Derby Day party, a drive through BBQ on the grounds of Provena Mercy Hospital, installation dinner, summer picnic, 50/50 raffle, mystery plan/dinner, a reserved Cosmos and guests performance at a local theater and a Christmas Party.

Roanoke Hosts Capital Federation

by Carl DiVincenzo

The Roanoke Club hosted this year's Capital Federation Convention May 15th, 16th & 17th. The weekend was held at the Hotel Roanoke, a restored Norfolk and Southern Railroad hotel in the heart of downtown Roanoke. On Friday golf outing was held and the silent auction opened. That evening, the group went on a charter cruise aboard the Virginia Dare. Along with the hors d'ourves, a special guest - Mark Twain - entertained the group.

The Federation delegates met on Saturday morning. Along with other federation business, the following officers were elected for the 2008-08 year: Governor - Jill DiVincenzo, Governor-elect - L.J. Smith, Secretary - Diana Klingseisen, Treasurer - Phyllis Quire, Sue Fahey - Lt Governor, Jim Behrens - Lt. Governor and L.J Smith -

Lt. Governor. The delegates also heard an address from CI President Walter Alm. From 10 until 2 the Roanoke Valley Speech and Hearing Institute conducted hearing tests for convention participants. This agency was started by the Roanoke Club 50 years ago and serves all who seek their services regardless of their ability to pay. The Preakness pool was held immediately before the Governor's reception. Jack Sipple was the winner. Also, successful bidders from the silent auction were announced. The auction netted almost \$600.



Bill Quire and Jack Sipple take to the dance floor!

That evening, the delegates were welcomed by the Roanoke Club who presented the club a proclamation on the occasion of their 50th anniversary. CI President Walter Alm then presented the Roanoke Club with their 50th anniversary banner. New officers

were installed and award winners were announced by Bob & Diana Klingseisen Federation award chairs. Outgoing Governor, Carl Divinzeno had the pleasure of seeing his wife, Jill installed as incoming Governor. The remainder of the evening was spent enjoying the music and having FUN COSMO style. Many thanks to Bob Williams, convention chair and the Roanoke Club for a FUN convention.



L to R: Past Intl President Tom Williams, current Intl President Walter Alm, Past Intl President Tom Stone, and current Capital Federation Governor Carl Divincenzo

Mo-Kan...Getting Wild in Missouri

by Tommy Johnson

The 2008 Mo-Kan Federation Convention was held during the first weekend of May, at the Stoney Creek Inn, in Columbia, Missouri. A total of fourteen River City Cosmo Club members traveled to Columbia to take part in the convention festivities. Those club members included: Gary & Susie Bartlett, Terry & Helen Cox, Robin & Nancy Donahey, Steve & Jamie Hanna, Kevin & Cindy Harmon, Tommy & Denise Johnson and Mike & Diana Klopfenstein.

The convention's golf tournament was held on Friday afternoon, May 2nd, at the L.A. Nickell Golf Course, which is located in Columbia's Cosmopolitan Park. Steve Hanna & Kevin Harmon represented the Lawrence River City Club on the links.

On Friday evening, convention participants dressed up in their finest hillbilly garb & attended a "Get Wild in Missouri" party at the beautiful Reichmann Pavilion (named after a Columbia Cosmo member), in Stephens Park. Everyone enjoyed a wonderful barbeque buffet that included ribs, chicken, catfish, baked beans & potato salad, plus cobbler & ice cream for dessert. A word to the wise – don't ever try eating barbeque with your bubba teeth in! Following dinner, several talented Columbia Cosmos entertained the group with a real hillbilly style show, complete with country music, gospel music, plus a little humor thrown in here & there.

Saturday's agenda started off with a Mo-Kan delegate's meeting, led by the River City Club's own Mo-Kan Federation Governor Gary Bartlett. The meeting, which went without a hitch, included club updates from those clubs with representatives at the meeting. Club President Helen Cox presented the River City Club's update. Following the delegate's meeting, all convention goers attended a luncheon which featured Dr. David Gardner, from the Columbia Cosmopolitan Diabetes Center, as a guest speaker.

Saturday afternoon provided free time for convention attendees, with several River City Cosmos traveling to the University of Missouri campus for tours of the Cosmopolitan Diabetes Center. Unfortunately, the afternoon also held some bad luck for Governor Gary Bartlett. While strolling outside the hotel, Gary stepped off a curb wrong & turned his ankle, causing him a severe sprain. In a great amount of discomfort, Gary somehow hobbled back to the convention's hospitality suite, where an ice pack was applied to his ankle & several Budweiser Selects were prescribed for his pain.

The convention's Governor's Banquet & Dance was held on Saturday evening. During the events grand march, Governor Gary & wife Susie made quite an entrance into the ballroom, each using a crutch under one arm! Following a delicious dinner, the formal portion of the evening's program began. Highlights included the instal-

lation of 2008-2009 Mo-Kan Federation officers by Cosmopolitan International's Vice-President of Finance & Marketing Melvina Newman, speeches by outgoing Governor Gary Bartlett & incoming Governor Rick Derks, & the Mo-Kan Awards Ceremony, where the River City Review was honored as the Mo-Kan Federation's Top Newsletter for 2007-2008. Dancing to the music of DJ (& Kenny Rogers look-alike) Jim Logan, followed by a nightcap in the hospitality suite, rounded out the evening.

On Sunday morning, before heading for home, Cosmos were treated to a farewell continental breakfast in the hospitality suite. The River City Cosmopolitan Club wishes to thank all of the Columbia Cosmopolitan Clubs for hosting a great convention.



Hillbilly Welcoming Night Party L to R: Greg Shields, Gary Bartlett, CeCe Benton, Larry Benton & Bill Johnson.



Lawrence River City & Jefferson City Cosmo Club members send a message to Wichita Downtown Cosmo Club member Gene Kaup, & his wife Bev (Gene & Bev missed the convention because Gene had suffered a heart attack). Back Row - Robin Donahey, Terry Cox & Nancy Donahey. Middle Row - Cindy Harmon, Denise Johnson, Linda Shields, Gary Bartlett, Debbie Muck, Jane Holtsman, Helen Cox & Susie Bartlett. Front Row - Kevin Harmon, Duane Muck & Greg Shields.

Western Canada Holds Federation Convention

by Brian Duckett



Back row (l to r) Shawn Larson, Darwin Baker, Norman Hill, Rod Randolph, Jerry Grywacheski, Jack Ostoforoff. Front row (l to r) Shelley Duckett, Brian Duckett, Karen Shepherd

On the weekend of May 2-4, Western Canada Federation held its Annual Convention in Regina. The Convention was put on by the Wascana Cosmopolitan Couples Club and the Convention Committee went out of their way to make sure that everyone attending had FUN and enjoyed themselves. The dates for this Convention were 3 weeks earlier than has been the practice. Whether it was the change of the dates of this Convention or everyone just came to Regina to have FUN, the number of attendees went from last year's number of 60 to 85, this year. A Friday evening Hawaiian Night was held with a Fashion Show and Tacky Tourist Race. Saturday morning was the first delegates meeting where all the agenda items were dealt with in 3 ½ hours. This was a big change from the normal length of the meeting. At this delegate's meeting, elections were held for next year's W.C.F. Board. The new Board consists of Governor Brian Duckett, Governor-Elect Jack Ostoforoff, 3 Lt.-Governors Jerry Grywacheski, Shawn Larson, and Darwin Baker, Past Governor Rod Randolph, Secretary Shelley Duckett, Treasurer Karen Shepherd, and Judge Advocate Norman Hill. Saturday afternoon was also a change from what had been

done previously. Instead of a Governor's Banquet and Dance, it became a Wine & Cheese Reception where the new Board was inducted by Richard Greer, International V-P for Membership and Club Building. Following the Reception, everyone was transported to Casino Regina for a buffet supper and concert. Sunday morning's second delegates meeting was brief with Board responsibilities outlined and any unfinished business from Saturday was completed. Following Sunday's delegate's meeting, everyone attended the Awards & Beacons Brunch where the Federation Awards recipients were announced and Beacon Fund donations were presented. The Convention attendees were sent on their way following the Brunch after a weekend of FUN, Federation business, and more FUN with a challenge to finish off this Cosmopolitan year on a positive note and a reminder of the Midterm Meeting and Bonspiel in Calgary on October 17-19 hosted by the Calgary Cosmopolitan Club. A big Thank You goes out to Co-Chairs Myrna Pollon, John Krysak, and their Convention Committee for putting on a well organized and FUN-filled Convention.

Wascana Couples Club Hosts Convention

by Shelley Duckett



The Wascana Cosmopolitan Couples Club hosted the Western Canada Federation Convention on May 2-4, 2008. The Convention Committee tried a few things differently this year and they seemed to work well. We held the Convention 3 weeks earlier than usual and had a Hawaiian theme night on the Friday night, which everyone dressed for the occasion. We had a Hawaiian Fashion Show with some of the men showing us their wares. We had a tacky tourist race where we had all the first timers race against each other. On Saturday afternoon, we held a Wine & Cheese Reception for the new incoming Governor and then that

evening, we had a buffet supper and concert at Casino Regina. Sunday was our Awards and Beacons Brunch. Of course we did fit in business with all of our pleasure, with meetings early Saturday and Sunday mornings. Our attendee numbers went up from 60, last year, to 85, this year. From all reports, everyone had FUN and look forward to next year's Convention in Saskatoon.



Alexandria-Cenla hosts Southwestern Convention

by Bill Clifton

Now for the Alexandria-Cenla Club, not enough space in this article to name you all but you are the greatest! I think that of Austin and Tulsa, too, but my home club is so close to my heart and means so much to me. I hope you can forgive all my bragging! Not only for the 6 new members Walter Alm installed, but for the hard work and dedication to making this convention something for other Cosmos to enjoy, those of you that missed this one, missed an excellent convention!

Oh, heck, space or not, I have to at least list them: Nancy Pratt, Fred Dyer, Orkke Clifton, Alfred and Coralee Cook, Billie and Jack



Bill Clifton and Helen Holt

Randall, Steve Holland, Bill and Helen Holt, John and Janet Holt, Charlene Laborde (John, Charlene's friend, great cook and, I hope future cosmo), Dewayne and Marilyn Smith, Margie Sweat, Pam and Royce (chief cook) Tant, Carrie Tant and friend, Catherine Torlage, Hope I got you all, and, last, but not least, Bobbie, the love of my life! She kept me thinking, filled in everywhere asked, Bobbie is going through a trying time right now and I humbly ask for your prayers and hopes that we find the right doctor to fix her up. I love here very much and I know I am in competition with some of you.

We must also recognize our 6 new members sworn in at the convention: Lurch (that's what we call him) and Trisha Harvey, Joe Oates, Charlie Liberto, Kathy Gardner, Penny Rosier, the more members, the more fun and friendship for everyone, keep the progress going!

Can't forget to mention the excellent bus trip to Natchez, MS, toured 2 Antebellum homes and had a wonderful meal at another one, all arranged by chairperson, Billie Randall, can't get any better than that. Can't forget the Bonnie and Clyde Sergeant and private at arms, Billie Randall and Steve Holland, great job, lots of fun, sold everyone an insurance policy, got the standing ovations by the dozens and collected over \$300, might be a record! Accolades to Nancy Pratt for the fine job on the agenda, placemats and name tags, looking forward to her being the next club president! Sorry, Fred, for the misspelling of your name. Thanks, Fred, Alfred and everyone that helped with the bartending and hospitality suite, please forgive me if i've overlooked anyone, you're all just great!



Walter Alm talks to new members.

Elizabeth City Celebrates!

The following information appeared in the *Daily Advance* newspaper on Friday, March 7, 2008: The speaker at this year's Cosmopolitan Club banquet was L.J. Smith, Lt. Governor of Tidewater Region of Capital Federeation. He presented Charles Lane with the Cosmopolitan of the Year award. Eugene Overton, past president 1962 and past Governor of the Capital Federaiton presented Doris Miller and Clara Godfrey with the two "Buddy Hunt" awards. President Virginia Bright on behalf of the Club and International presented Eugene Oveton with a desk plaque for 50 years of outstanding service to the community and devotion to the Elizabeth City Cosmopolitan Club, a certificate and a 50-year attendance pin from Cosmopolitan International. On hand were Vice President Cosmopolitan International and also past Governor Capital Federation, Past International President Bob Winters, Norfolk, VA and Past Diabetic Chairman Joe Wilder Past President, Norfolk, VA, Rob McWilliams Past Governor Capital Federation and Vice President Cosmopolitan International.

Recruiting Cosmos **The Magic Formula**

by Terry Sanford, Cornbelt Governor

Have you ever wondered how some clubs are just like the Energizer® Bunny when it comes to recruiting? They just keep going and going and getting more members time after time after time. Here in the Cornbelt Federation, we have a couple of those 'frenetic rabbit' clubs. The **Sioux City Three Rivers Club** under the leadership of Jim Walker has hit a recruiting 'grand slam' this year by almost doubling their member roster in the past six months, from 18 to 32 members. Another club, **Omaha I80** (my alma mater), has recovered from some early year setbacks and has now picked up seven new members in the past 90 days, will be adding a couple more by the end of the month and will soon move to larger quarters to accommodate their ever growing weekly member meetings.

From my perspective, these clubs have discovered the 'Magic Formula' for recruiting success. And if you want to know what it is, keep reading. But if you have other things to do, no problem. See you in Colorado.

Ok, if you're still reading, here's the 'Magic Formula' that we'll share for this one and only time: "To have unparalleled success when recruiting new Cosmos, identify a process that your club members are comfortable with, will support and participate in, make it a 'fun filled' activity and then...JUST DO IT! And then do it again and again and again." That's it. Too simple, you say? Nope, that's the beauty of this magic formula.

The Three Rivers Club uses group events like karaoke singing and murder mystery dinners to draw in new members. Guest-prospects show up at these events expecting to have a fun time---which they do---and before they know it, their bellies are full and they've solved some wildly entertaining who-done-it or they've sung their hearts out and are contemplating their chances on American Idol. But more importantly, they're most likely signing an application for Cosmo membership before they leave for home. And everybody from club members to guests has a great time in the process!

Picture to Right: Roger Corbit (with the hat) and Mike Dyer. This picture illustrates the fun times had at I80. Walter Alm was there (in the background) to witness it AND he was wearing his cheerleader sweatshirt! Jerry Nelson, president of CDF is also in the background. The guest speaker for the day was an Iranian man (now an American citizen) who traveled the world for several years making balloon hats for people. His goal was to build friendships with different cultures and prove his theory that people will always smile and feel happy when they have a balloon on their head. And based on the many photos he showed us, he was right!

Omaha I80 has used one simple formula for years: invite guests to a free breakfast at their well-run weekly breakfasts (always 60 minutes), conduct a brief intense business meeting on club activities, mingle in a few jokes and lots of laughing and then dedicate the last half of the hour to listening to interesting and dynamic outside speakers such as local and national politicians, coaches, business leaders or local celebrities and so on. I80ers make these breakfast meetings so interesting and fun-filled that guests often ask to come back mostly because they don't want to miss the next meeting. After one or two breakfasts, guests soon morph into members.

But there are obviously many other ideas for a 'magic recruiting formula' that can work for your club. Want to do a slide presentation? Fine, do it. There are some great presentations out there you can borrow or create your own version. But make it fun...put some goofy, off the wall pictures in the presentation or add some music or sound effects. Or do your members have some other idea? Great! That's what every club needs when it comes to recruiting: group participation and support (unity). Without it, your chances of recruiting new Cosmos are not good. But don't forget the last crucial step in the 'magic formula': whatever your club agrees to, you must do it. Then do it again and again and again. Remember that planning without execution is just a daydream.

Abracadabra and good luck.



Guest Speaker

We are thrilled to announce our guest speaker for the Opening Ceremonies. We have chosen Andy Wentzy from Sanford Health in Sioux Falls, SD. On June 6, Sanford Health leaders announced the focus of the Sanford Project is curing Type 1 Diabetes via the body's natural ability to regenerate beta cells. Identified as the attack on one of the greatest health concerns of our time, Sanford Health is dedicating health research resources to cure type 1 diabetes, also known as juvenile diabetes.

As found on www.sanfordhealth.org:

"The concept for the Sanford Project is to focus on a single, pressing healthcare issue and establish a world-class research team to achieve significant progress within a reasonable time period," said Sanford Health Executive Vice President Dave Link. "Through an extensive selection process which outlined specific candidate criteria, Sanford Health has chosen to attack type 1 diabetes by focusing on beta cell regeneration." ... Sanford Health will assemble a team of top researchers to work on the project and plans an investment of \$30 million over five to seven years. Additional funding is expected from foundation and industry sources as well as the National Institutes of Health. The core of the research will be conducted in a developing 185-acre research park in the city's (Sioux Falls) growing southwest corridor.

BIO | Andy Wentzy, MBA

Andy Wentzy joined Sanford Health as Director of Marketing in 2001. Currently Director of the Sanford Initiatives, Development & Research, he is responsible for the on-going activities related to domestic and international clinic development, the accumulation of research infrastructure and the garnering and maintenance of corporate relationships. His corporate marketing and communications background includes work at Best Buy Co., Inc. and the Walt Disney Company. Wentzy has a bachelor's degree in Mass Communications and an MBA. He is active on a variety of volunteer boards and an alumnus of several academic, civic and professional leadership programs.

Optional Events

White Water Rafting

There are 2 rafting trips planned from the same Royal Gorge location. The tour rafting starts at 1:00. You must be there 30 minutes beforehand. 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. TRANSPORTATION WILL BE ON YOUR OWN; CAR-POOLING SUGGESTED.

1. Royal Gorge Route - minimum age 14, must be able to swim. Class 4 & 5
2. Parkdale Route - minimum age 7, swimming ability not required. Class 3 with a couple of 4's.

FAQ's

Are there many injuries? In any outdoor adventure activity involving risk and inherent dangers there is always the possibility of injury. We take many precautions to minimize the risk, resulting in very few minor injuries each season. There is a low potential for injury on our mild to moderate trips. The potential for injury would increase with the level of difficulty of the trip. We give a very informative river orientation/safety talk prior to each trip that familiarizes the guests with some of the potential risks.

Classification of rapids: Class 1- slow moving current. Class 2- slow moving current with small waves. Class 3- steady current with medium size waves. Technical maneuvering required. Class 4- faster current, bigger waves, more technical, scouting sometimes necessary. Class 5- very fast current, large waves, very technical, scouting is necessary. Class 6- Virtually unrunnable

Are lifejackets provided? Yes. We provide the highest quality Coast Guard approved lifejackets available. We require that they are worn at all times while on the river. We have lifejackets to fit almost any size individual.

What are the chances of falling out of the raft? If you are paying attention and listening to your guide, the chances of falling out are fairly remote.

What should I wear/bring? Wear comfortable, quick drying clothing (swimsuit, shorts), and protective footwear (sneakers that you don't mind getting wet). We also recommend sunglasses, hat, sunscreen and a fleece or capilene on cooler days. We have wetsuits, booties, and whitewater splash jackets available for rent. Dry storage bags are provided for small items, such as sunscreen, and sweaters. We recommend bringing a dry change of clothes for after the trip.

Do I need to bring extra money? We recommend bringing money for any souvenirs, t-shirts, photos of your trip, etc... that you may wish to purchase. If you have an enjoyable trip a guide gratuity is also appropriate.

VISIT www.performancetours.com FOR MORE INFORMATION.

Golf

The Art Prouty Memorial Golf Tournament will be held on Thursday at Cheyenne Shadows at Fort Carson. Tee time is set for 1:30. **Transportation will be provided.** Jerry Priebe will be in charge of the golf event. You may contact him via email with questions at: jerry.priebe.c4wx@statefarm.com.

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! **Transportation will be provided to all events for the Guests.**

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! Lunch will be provided.

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! You will also get to decorate your own T-shirt.

Transportation will be provided to all events for the teens.

Workshops

Three workshops will be available for you to attend on Friday morning. Anyone is welcome!

Membership

Jim Smith and Richard Greer

Website

Jim McVay and Russ Dennis

Club Officer Training

Jim Smith and Kevin Harmon

2008 Cosmopolitan International Convention Schedule

YOUTH/TEEN

COSMO

GUEST

Wednesday, July 23, 2008

8:30a - 10:30a		1ST CI BOARD MEETING	
9:00a - 6:00p	Registration	Registration	Registration
	Lunch on own	Lunch on own	Lunch on own
11:00a - 4:00p	Water Rafting (optional)	Water Rafting (optional)	Water Rafting (optional)
4:00p - 6:30p		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 - 10:00p	Teen Room Open	Hospitality Room (Western)	

Thursday, July 24, 2008

7:00a - 8:00a	Registration	Registration & Diabetes Screening	Registration & Diabetes Screening
8:00a - 9:00a	Continental Breakfast	Opening Ceremonies Breakfast	Opening Ceremonies Breakfast
9:00a - 10:00a	T-shirt Decorating	Opening Ceremonies Breakfast	
10:15a - 12:15p	Leave for Garden of the Gods(10:30)	1ST DELEGATES MEETING	Leave for Winery @ 11:00
11:30a - 2:00p	Garden of the Gods	Lunch on own	Wine Tasting and Lunch
12:30p - 6:00p	Garden of the Gods	Golf Tournament/Free Time	
1:00p - 3:00p	Garden of the Gods	Awards Judging & 1ST CDF BOARD MEETING	Miramont Castle
5:00p - 7:00p	Horseback riding at Garden of Gods	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 - 10:00p	Teen Room Open (Wii)	Hospitality Room (Luau)	

Friday, July 25, 2008

7:00a - 8:00a		Diabetes Screening	Diabetes Screening
8:00a - 9:30a	Continental Breakfast	Beacons and Donation Breakfast	Beacons and Donation Breakfast
9:30a		2ND CDF BOARD MEETING	
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 - 10:00p	Teen Room Open	Hospitality Room (70s)	

Saturday, July 26, 2008

9:00a	Continental Breakfast	Breakfast on own	Breakfast on own
9:00a - 11:00a		2ND DELEGATES MEETING	FREE TIME
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	Return to hotel		Return to hotel
4:00p - 6:00p		Hospitality Room (Great People Who are Cosmos)	
5:00p - 7:00p	Dinner		
6:00p - 7:00p		Cocktail Reception (cash bar)	Cocktail Reception (cash bar)
7:00p - 12:00p	Movie, then Dance with parents	President's Banquet & Dance	President's Banquet & Dance
11:00p - ?		Hospitality Room (Great People Who are Cosmos)	

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.

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

	Postmarked on or before 6/1/08	Postmarked after 6/1/08	Number of Participants	Amount
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)

	Price per person	Number of Participants	Amount
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.

The only thing missing is...
YOU!

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



Old Colorado City



Fort Carson Golf Course



Pike's Peak

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