

A publication of *Cosmopolitan International*

COSMOTOPICS
Summer 2009



2009 International Convention

July 29 -
August 1

THE CLUB THAT FIGHTS DIABETES





FROM THE EDITOR
Sheila Anderson

And just when you thought the *CosmoTopics* couldn't get any better! We are happy to announce the addition of Peter Brodeski to our *Topics* Team. Peter is a member of the Rockford Club and has his own graphic design company, Opus Creative Studio, Inc. He will handle the layout, and Kevin and I will now be able to focus more on content. I will also continue to provide some art direction. Together, we will enhance the image of *Cosmopolitan*. So take a peek inside, enjoy the new look, and explore what is happening in our organization. Project Spotlight takes an indepth look at the Health Care Access Clinic, be sure to catch Part 4 of Our History, and see what Clubs are making it happen in the Know & Tell section. We are a Club that has much to be proud of! Great People with a Great Spirit! It's simply...Fun for Life! I hope to see you all in New Orleans...gosh, I better get busy packing!

MISSION STATEMENT

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



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COSMOTOPICS

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History in the Making

It doesn't seem possible that another Cosmo year has come and gone. We still have our International Convention ahead of us for the ceremonial changing of the guard, but for purposes of finance and membership our year ended on June 30. It has been busy at Headquarters leading up to years end with convention planning, financial year end accounting and, of course, final membership numbers.



Kevin Harmon
Executive Director

It has been a very historical year for Cosmo. Jim and Pam Smith took on the task of visiting every club that he possibly could, and it looks like they missed only a couple. We have seen a surge of new member events and with it were increased numbers like never seen for years. All of the Executive Officers have been talking about and encouraging the use of our International membership plan. That being, use of the "Great People Who Should Be Cosmopolitans" form, well planned and executed Membership Events and stressing FUN and exciting meetings.

The membership program has worked and worked well. The program works in small clubs and big clubs alike. Big clubs like Rockford have had impressive and nearly unbelievable numbers of new members coming in. Small clubs like St. Albert have likewise seen increases that percentage wise rival any of the clubs. Great work and a Thank You go to all clubs and especially our members who have reached out to others to share Cosmopolitan.

Your executive officers may have sounded like a broken record with all the attention on membership for the last few years. In reality, Cosmopolitan has not been very good at attracting members over the years. We do great fund raising.

Undoubtedly we are the best in the Service Club industry. We have tackled a debilitating and deadly disease. Diabetes in an epidemic that demands our attention and we have tackled the disease with all of our effort. We have built quality diabetes treatment and research centers along with a host of community oriented programs and facilities. But we have never had membership at the top of our attention until recently. And membership drives our Club. It provides the bodies to do the work that our clubs do for our communities, whether the local community or a more global community.

Membership takes the same planning and commitment that a fundraiser does. And that is the segment of the equation that has been lost to us for a lot of years. We have excelled as a club at fundraising because there is typically a lot of thought and planning that goes into a fundraiser in order to maximize our outcome. Given that same level of planning for a membership drive, you can see the same type of results that the Rockford's, Rapid City's and St. Albert's of the Cosmo world have seen. Take a turn at a Membership Event.

It has been a great year, but as with most things, there is more to do. See you in New Orleans. There is still time to register and attend this important and FUN event. We hope to see you there.

*The
Membership
Program has
worked and
worked well.*

Fun for Life



Jim Smith
International President

I'm really having FUN and so is Pam. Can it be nearly over? Time passes...

I proudly served as Governor of the Western Canada Federation way back in 1993-94 when our International President was Larry Benton of Columbia, MO. Larry got after me to run for International office at that time. My employer, 3M Canada, simply wouldn't support that much lost time. I knew the answer for me was to wait for retirement. That day arrived in August of 2007, and I was already an International Vice-President by then.

Somewhere in all that time I dreamed up the plan to visit every club as we've been doing on the "Fun For Life" tour.

I am pretty satisfied with the results. This tour has allowed me to explain to everyone just what great overall condition our Cosmopolitan International organization is in. Not only are we in great shape financially, we now have a management style that will serve us well going forward. Our website is coming along beautifully, but they are always a "work in progress". That's the nature of a great website. We have figured out ways to keep our membership growing with the "Great People Who Should Be Cosmopolitans" form and our "Cosmopolitan Membership Events". Some friendly competitions help this process too. Our pledge to always concentrate on having "Fun For Life" has served us very well. Organizations such as service clubs, churches, and sport and hobby groups can easily get too serious and not give people a good reason to stay. FUN is a necessity!

And with a team like I've had to carry these messages to Cosmopolitans everywhere, losing was never an option. Melvina Newman, Richard Greer, Phil Hanson, Jim McVay, Kevin Harmon, Cindy Harmon, Jill DiVincenzo, Russ Dennis, Sheila Anderson, Earl Wilkes, Brian Duckett, Matt Chilton and Susie Bartlett served us like the Champions they all are, and they thought about Cosmopolitan every day all year long.

Our two great Foundations also served us well. The Cosmopolitan Foundation of Canada kept on setting new records and funding diabetes research as it has done every year since 1984. They are behind the

Edmonton Protocol and have been since its discovery. The Cosmopolitan Diabetes Foundation of the USA suffered a serious loss of value in their investments (\$400,000) when the world markets adjusted. The market has recovered somewhat, but more importantly they have made a number of changes that make their business management much better than it's been for a long time. Expect full transparency and fabulous membership service from now on. We will survive the downturn, and come flying back!

Our tour has taught us a lot too. The most important thing it's taught Pam and I personally is that wherever we've travelled, we have dear friends anxious to welcome us and show us their towns and what they've been doing as Cosmopolitans. You couldn't buy a tour like this for any money because it involved Great People Who ARE Cosmopolitans at every stop.

But it also taught us that as Cosmopolitans, we have done some incredible things for our Diabetes fight and for many, many other local endeavors. It's absolutely unbelievable what just over 2000 people can achieve! We've toured many of our major projects and Cosmopolitan is held in high esteem by every one of them. And then you realize that there are two major thrusts underway to find a cure for Diabetes, the INGAP project and the Edmonton Protocol, and Cosmopolitan was involved in both from the very early days. When the cure is finally discovered it's very likely our great name will become a household word. People might even phone Cosmopolitan Magazine asking them about diabetes, instead of phoning us to renew their subscriptions!

So it's soon over, and we'll take our tired old motor home back to the barn for a rest. We'll take another stab at being retired people again. But we'll never forget this year, our tour or any of the Great People Who Are Cosmopolitans that we've shared it with. We love you all! Just keep doing what you've been doing, keep your Great People forms full, keep attending all our conventions including New Orleans and keep having Fun For Life!

*We'll
never
forget
this year.*

Reach for the Stars



Melvina
Newman
President-elect

We all dream. We spend much of our lives ensuring that our dreams for ourselves and our families become reality. The important work we do in our volunteer lives as Cosmopolitans is a conscious effort to help people!

As we come to the close of this year with a great increase in membership, new clubs and having a "FUN" year, we must focus on the future also.

Has your club and Federation developed a strategic plan? A strategic plan is like a roadmap. When you go on a road trip, don't you typically take a look at the map to determine what route you will take? Sometimes you opt for the shortest route, but other times you want to stop and enjoy the scenery along the way. But you know when you get there and you had a plan that met the criteria you established whether it was the shortest route or the most scenic route. Membership is a key part of that strategic plan template. There is a lot of research that backs up the theory that when we put our goals and action plans in writing, our chances of reaching those goals increases.

You've heard the same familiar instruction since your youth, "Be Nice!" Slowly, today's top business people are realizing their mothers really were on to something. In fact, some of the nation's top businesses attribute their fast growth and success to putting niceness at the core of their business strategy. Niceness is a hot new core value in the business community and we need to carry it to our organization. Acknowledge and recognize members individually. Appreciate the extra effort they do to help out. Don't let their contributions go unnoticed. Put your niceness skills into play and that impression will be a good one to keep club members excited, enthusiastic, and energized! In this day and age where people have a world of organizations to join, it is more important than ever to distinguish ourselves.

During the past year I have used the theme "REACH FOR THE STARS". My final thought is Reach for the Stars – A Future free from Diabetes. Our cause as "The Club that Fights Diabetes" is so important. People with diabetes have increased risk of heart

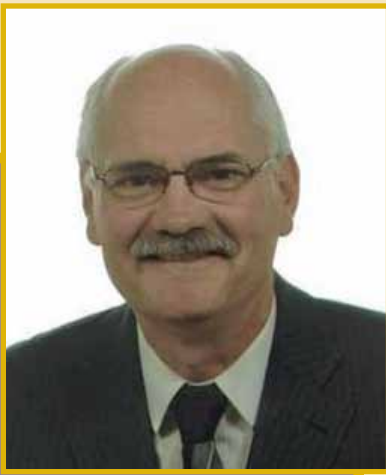
disease, stroke and high blood pressure along with many additional complications. With our hard work and raising funds to help find a cure, we are helping to fight this terrible disease and can hope to see a future free from diabetes. In the past years, we have collected data on total donations and we would like to hear from the clubs what you are continuing to do. Continue to send that information to headquarters so we can use these totals of charitable giving to continue to promote and sell Cosmopolitan to others. All of you are important to Cosmopolitan and you are making a difference. I send a heartfelt thank you to each of you for your commitment to supporting Cosmopolitan International and finding that cure.

I was delighted to attend four Federation Conventions. We started with Southwestern in Austin, Texas. Next was the North Central meeting in Sioux Falls, SD, followed by a trip to Sioux City, Iowa to join Cornbelt the same weekend for their banquet. The next trip was to the Capital Federation in Suffolk, VA, followed by attending Rapid City's 80th Anniversary on May 27th. The fellowship was wonderful, the tours of the areas were great, the food was incredible, all the meetings were well planned and the hospitality was outstanding. Thank you to everyone.

It is now time to plan your trip to New Orleans for the International Convention. Those who attend definitely have a "fun" time. By attending you make new friendships all across North America, learn first hand what is happening in Cosmo and our mission, get to share ideas and learn what other clubs are doing, and have "FUN" with many Cosmos. So how about signing up now and meet us in New Orleans. Thanks for giving me the opportunity to serve this past year as President-elect and I look forward to serving you as International President and keeping you on the same track for another successful 2009-10 year.

*Reach for
the Stars
– A future
free from
diabetes.*

Another Great Year



Richard Greer
VP Membership and
New Clubs

Our membership numbers are up, we are in great financial shape and life is good.

This has been another great year for Cosmopolitan International. Our membership numbers are up, we are in great financial shape and life is good! We are well on our way to being one of the very few service clubs showing an increase in membership, and have done so the past three years. No other Club in North America can boast an increase four years in a row, but we will achieve that goal at the end of June.

There are many reasons for our increases. Obviously the large Membership increase in Rockford accounts for many of the new people. There are hot spots of membership growth all over the map. All the Federations are working to improve the strength of their Clubs. There have been large Membership increases in Three Rivers, Elgin, Aurora, Columbia Luncheon, Rapid City and St. Albert to name just a few. We chartered the new Emerald City Club in Topeka this winter adding 22 people. Our presence on the internet has greatly increased our visibility, we have a top-notch team editing our Cosmo-Topics and there is a solid and dedicated executive director and staff in Overland Park. There is also a very strong group of volunteers in the immediate vicinity of our headquarters who have been very instrumental in renovating and updating the building. They have also been a great help with the International Conventions and local Club building. International President Jim's theme of having FUN has been very well received. Couple that with Cosmo Jim and Pam's "Fun for Life Tour", a visit with virtually every Club in North America, and you have an instant and very popular public relations program re-connecting every Club to Cosmopolitan International. Many of our Governors and Club Presidents are younger than ever. They are running interesting and productive meetings along with meaningful projects. Our increases are the result of some long term planning, more effective communication, interested Governors, Club Presidents and fellow Cosmopolitans.

From all reports, the spring Federation Conventions were well attended and very productive. Cosmopolitan International Board members attended all of these meetings, and were very pleased by the commitment and interest that was

demonstrated by their fellow Cosmos. There was some inter-Federation travel this year as well as members from Western Canada attended the North Central Convention in Sioux Falls. They also attended the Cornbelt Federation banquet and awards night in Sioux City the same weekend along with members from North Central Federation.

If there were one concern it would have to be the issue of Membership retention. We work hard to keep our Members with us however we have lost over 200 fellow Cosmos again this year. There will be some losses with deaths, moving from the area, or other commitments. Never the less, we need to keep our members from leaving because they are bored at meetings, feeling burnt out, or just losing interest. By keeping our Members busy with meaningful projects, enjoyable meetings and other ways to keep them with us, we will be able to cut our 200 member losses. Imagine if we were able to save at least a half of these people. We would be boasting a 200 member increase! We have welcomed over 300 new Cosmopolitans so we just need to keep the ones we have to really explode on the membership front.

The International Convention in New Orleans is fast approaching. There is no better way to meet friends, have a part in making important Cosmopolitan International policy, and have a great time. There will be some changes introduced at the Delegate meetings that will need your input and your vote. When the work is finished, the FUN will begin. Remember that we are also "The Club that Builds Friendships" and you will be sure to meet your friends this summer in New Orleans.

Cosmopolitan Bucks the Trend

It is evident that Cosmopolitan International is not following the current trend in declining membership that is affecting most service organizations or this past year's sad economic trends. The question that one has to ask is what are we doing that has allowed us to grow by 100 members this year? This growth in membership has had a direct effect on our ability to maintain a good financial position. The improvements in financial management have helped CI in the current economy but the real factor in keeping CI in good financial shape is the membership increase.

To what can we attribute this increase? Is it President Jim's push for all Cosmos to "have fun" or his "great people who should be Cosmopolitans" form? How about Richard's switching from his "stay with us" plan to his ever increasing goal for membership levels? Was it the aggressive membership events used by the Rockford Club and adopted by many clubs across Cosmo land? What about the efforts of the Lawrence members in building a new club in Topeka?

Yes fellow Cosmopolitans, each and every one of the above contributed to the successful marketing of our club. We must continue to seek new members. Not

to build the world's largest service club but to make sure our organization exists for the future.

I ask each club's membership vice president to consider the following:

- 1) Assess your club's strengths and weaknesses. What do you have to offer a potential new member? Are there any changes you should make to attract the kind of new members you are looking for?**
- 2) Develop your marketing strategy. Who are you going to target? How are you going to differentiate your club from other service clubs? How are you going to reach your target and with what message.**
- 3) Build a marketing plan. The use of the Rockford membership event should be a cornerstone of every marketing plan.**
- 4) Implement the plan.**
- 5) Monitor the success of the plan. After each membership event have your membership committee review what went really well and what needs to be changed in your marketing plan.**

If you follow the above format, your club will reap the rewards of increased membership and the resulting increase in friendship of fellow Cosmopolitans. Now is the time to offer someone the chance of a lifetime. The opportunity to be a member of Cosmopolitan International.



Phil Hanson
VP Finance
and Marketing

*Now is the
time to offer
someone
the chance
of a lifetime.*

Diabetes Foundation Update



Tom Gustafson
CDF Chairman

Fellow Cosmos:

Below are a few CDF topics for your review. We are always open to your suggestions and input. Please feel free to email me: gustafsontom@msn.com.

Best regards,

Tom Gustafson
CDF Chairman

1) **CI/ CDF Board Investigation:** As many of you may have seen in the letter from Jim Smith and me, the two boards are investigating options regarding the use of common members between the CI and CDF boards. We are only investigating at this point due to a change in US tax laws and similar board changes at another service club. At this year's convention, the CDF will hold an open forum to solicit input from our members regarding this and other CDF related topics. (Please refer to the convention schedule for timing.)

2) **Investments:** our investments with UBS have taken a significant hit in the past 12 months. After reaching a high point in December 2007 of \$1.25 Million, our investments with UBS hit a low in December, 2008 of \$848,000. As of this writing, the value with UBS has bounced back to nearly \$1,000,000.

3) **CDF Accounting Services Outsourced:** As of the end of May, the CDF is in the third month of outsourcing our financials through DBS Accounting services. The process is still in the "improvement" phase but is showing to be very efficient so that our CDF financial information will be up-to-date & accurate.

4) **Beacons Database Upgrade:** another value that DBS has brought to the table is their knowledge of ACCESS, the software used to maintain our Beacons Data. In reviewing the current Beacons database, DBS has shown that the Beacons data is out-

dated, inaccurate, and difficult to manage. Based on DBS' input and that of several computer-savy Cosmos, the CDF will begin the investigation to professionally upgrade our Beacons information so that it synchs with CI's database. This upgrade will greatly improve how we track our members' contact information & contributions.

5) **Grants:** with the downturn in the stock market, we are not expecting many funds to be available for grants in New Orleans. However, we want to thank those who submitted grant requests to the CDF prior to the end of May deadline.

6) **Cosmopolitan Supported Project Reports:** With the growing number of Cosmopolitan supported projects, the CDF has decided to not have verbal reports from each project during the CDF convention board meetings. Instead, we are asking that all Cosmopolitan projects submit written reports via email to your federation CDF representatives (each director's email address is located on the website). We will post these to the CDF portion of the website for everyone's future reference.

7) **WebSite Improvements to CDF Link:** In order to better inform our fellow Cosmos, the CDF is in the process of adding new historical & business pages to our link on the CI website. These pages will include such information as grant totals, bylaws, board policies, minutes, agendas, monthly P & L's, etc.

Categories of Recognized Programs



An application has been prepared to facilitate listing these programs. Applications can be submitted by individual clubs or federations.) Once an application is reviewed and accepted as complete, the proposed center/program will be appropriately listed. Applications will be available from CI headquarters and is also a downloadable form from www.cosmopolitan.org 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
Jerry L. Nadler, 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 Ave., PO Box 5039, Sioux Falls, SD 57117-5039
B 605.333.7315
Dr. Laura Davis Keppen, M.D.

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

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

CORNBELT DIABETES CONNECTION, INC.

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

HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

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



Major Cosmopolitan Community Center/Program

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

COSMOPOLITAN INDUSTRIES, LTD.

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

SPECIAL LEARNING CENTER

1115 Fairgrounds Rd. Jefferson City, MO 65109
B 573.634.3070
Debbie Hamler, Executive Director
dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Center/Program

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

PROVENA MERCY MEDICAL CENTER CENTER FOR DIABETES WELLNESS

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

SETBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES

PO Box 196, Winfield, PA 17889-0196
B 570.524.9090 or 866.SETBAID
Mark Moyer, MBA, MHA, Executive Director
www.setbaidservices.org
info@setbaidservices.org



Healthy Choices



Go for the greens, yellow and red when selecting vegetables and fruits.

by Nancy Donahey, registered dietician and certified diabetes educator, member of River City Cosmos

Maybe you raise a garden or frequent your local farmer's market this time of year. If so you are provided with opportunities to enjoy many healthful vegetables and fruits. (Also, if you purchase produce raised close to home less fossil fuel was used in transportation.) Vitamin and mineral supplements can help fill gaps in your diet, but your body will get more nutritional benefit from eating vegetables and fruits.

Eating several servings a day from these food groups provide needed nutrients for health and maintenance of your body. People who routinely eat more vegetables and fruits as a part of a healthy diet are less likely to develop some chronic illnesses.

Health benefits

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may:

- may reduce risk for type 2 diabetes.
- reduce risk for stroke and perhaps other cardiovascular diseases.
- protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- reduce the risk of coronary heart disease because of the fiber content.
- reduce the risk of developing kidney stones and may help to decrease bone loss especially when choosing fruits and vegetables high in potassium.
- be useful in helping to lower calorie intake, especially when choosing low-calorie non-starchy vegetables.

Nutrients

Most vegetables and fruits are naturally low in fat, sodium and calories. None have cholesterol. Be aware of added sauces and seasonings. Foods from these groups that provide significant sources of potassium, fiber, folate (folic acid), vitamin A, and vitamin C are listed below.

Nutrient	Health benefit	Good vegetable and fruit sources
Fiber	Helps reduce blood cholesterol levels and may lower risk of heart disease and is important for proper bowel function. Helps provide a feeling of fullness with fewer calories.	Navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes
Folate (from foods, your body will convert to folic acid)	Folate (folic acid) helps the body make red blood cells. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate folate.	Black eyed peas, great northern beans, black beans, kidney beans, pinto beans, navy beans, lentils, garbanzo beans, asparagus, cooked spinach, collard greens
Potassium	May help maintain healthy blood pressure.	Sweet potatoes, white potatoes, tomato products (sauce, paste, juice), white beans, soybeans, lima beans, kidney beans, pinto beans, split peas, lentils, winter squash, beet greens, spinach, cooked greens, Swiss chard, avocado, papaya, carrot juice, prune juice
Vitamin A	Keeps eyes and skin healthy and helps to protect against infections.	Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
Vitamin C	Helps heal cuts and wounds and keeps teeth and gums healthy. Aids in absorption of iron.	Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower, kale

Spinach Strawberry Salad



Per Serving: Cal. 200 (5%DV), Fat Cal. 90, Pro. 5g (10%DV), Carb. 23g (8%DV), Fat 10g (16%DV), Chol. 17mg (6%DV), Sod. 510mg (21%DV), Vit. A 400RE (40%DV), Vit. C 33 mg (55%DV), Calcium, 140mg (14%DV), Iron 1mg (8%DV), Folate 94mcg (24%DV), Pot. 323mg (9%DV), Dietary Exchange: Vegetable 1, Fruit 1, Meat 1, Fat 1

Reference:
www.mypyramid.gov/pyramid/index.html
www.fruitsandveggiesmatter.gov

Diabetic Exchange**
Fruit: 1
Vegetables: 1
Meat: 1
Milk: 0
Fat: 1
Carb Servings: 1 1/2

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Most adults will need 2 to 3 cups of vegetables and 1½ to 2 cups of fruits a day. The amount you need to eat depends on your age, sex, and level of physical activity. To calculate how many servings you need go to www.mypyramid.gov.

Spinach Strawberry Salad Recipe

INGREDIENTS:

8 ounces fresh spinach
1/2 cup feta or goat cheese, crumbled
1 cup fresh strawberries, halved
1/2 cup sweetened dried cranberries
2 tablespoons chopped nuts, optional (try walnuts, almonds, or macadamia)

DRESSING:

1/2 cup of prepared light raspberry vinaigrette or balsamic vinaigrette salad dressing

DIRECTIONS:

Wash and clean spinach. Tear into bite size pieces and place in a serving bowl. Add half of the feta or goat cheese and half the strawberries; toss to combine.

Just before serving pour salad dressing over the salad and toss to coat. Sprinkle with remaining cheese and strawberries. Top with sweetened dried cranberries and nuts. Serve immediately. Makes 4 servings.

You may also like this recipe with sliced red onions or green onions, tomato wedges and/or mandarin oranges. To lower sodium reduce the amount of cheese and make your own vinaigrette dressing.

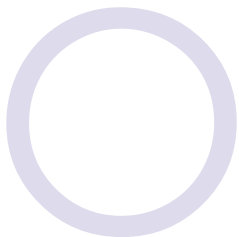


Governor

NEWS

Hello from the Capital Federation

by Jill DiVincenzo
Capital Federation Governor



ur Federation consists of nine clubs - Bethesda, Capital Region, Elizabeth City, Greater Richmond, Hampton Roads, Norfolk, Northside Lancaster, Roanoke and Baltimore. These clubs are in four different states. All are doing well and always looking for new members and, of course, having "fun" in addition to working to support and prevent and find a cure for diabetes.

The Capital Federation will be making the first payment of \$20,000 towards our commitment of \$100,000 to Eastern Virginia Medical School Strelitz Diabetes Center.

We held our Federation Convention in Suffolk, Virginia, last week May 14 – May 16 2009. It was a wonderful convention with many in attendance. During our banquet, it was nice to see everyone renewing old friendships and building new ones all in the name of Cosmopolitan. Our entertainment was especially enjoyable. It even brought Richard Newman out of his seat to his feet for a better view. Ask him all about it when you see him in New Orleans!

Please mark your calendars now! The 2010 International Convention will be held in Gettysburg, Pennsylvania, and hosted by the Capital Federation. Carl and I will be chairing this event. We have already started to work on the events and will add some interesting new things to the convention. The hotel is beautiful and only a few years old. Gettysburg is full of history and would make a great vacation for the family. During Jim and Pam's visit to the Capital Federation, we brought them to Gettysburg and they toured the hotel and saw a little of the town. Gettysburg is close to Baltimore, Maryland, and Hershey, Pennsylvania – The "sweetest place on earth."

It's important to have FUN in Cosmopolitan and REACH FOR THE STARS! Looking forward to seeing everyone in New Orleans. Don't forget to mark your calendar for Gettysburg 2010...Go Penn in 2010!



Health Care Access Clinic



Health Care Access Clinic
Healthcare for the Uninsured since 1988

Project Spotlight

The Health Care Access Clinic has recently celebrated its 20 year anniversary of providing health care to the Lawrence and Douglas County, Kansas community. What started out with one volunteer, one room and a \$500 start up fund has grown into a primary care facility that will serve some 1800 patients through 3500 on site appointments this year. HCAC will provide over \$1 million in free medication, make 900 referrals to the 160 physicians and health professionals in the community who volunteer their time and services, and coordinate over \$2 million in donated hospital services to improve the health and lives of our patients. Since 2005 HCAC has increased the access to women's health care five-fold and in just the past five months has reduced by half the waiting time for appointments for the low income, uninsured residents of the community that utilize these services.

All of these achievements are possible because of the generosity of friends and neighbors who have contributed a variety of gifts to the Health Care Access Clinic over the years. With Diabetes historically being the second most diagnosed illness among our patients, the assistance of Cosmopolitan International and the local River City Cosmopolitan Club becomes that much more important to our mission. The relationship with Cosmopolitan through the River City Club has blossomed over the years and we are very proud to partner with the club in an effort to provide for the needs of our diabetic patients.

The Cosmopolitan Diabetes Foundation and the River City Cosmopolitan Club have provided grants over the years to assist in our delivery of health care to diabetics. The River City Club has provided diabetes testing supplies each year that fulfill the needs of our patients. HCAC has now partnered with River City in sponsoring the Cosmopolitan Diabetes Golf Classic, a golf tournament held each Friday of Memorial Day weekend. The tournament, now in its 14th year, provides the funds to help offset the high cost of diabetes supplies and treatment. This year's tournament raised in excess of \$26,000 for this cause. The River City Club also provides needed volunteer labor for any of a variety of other projects that range from blood sugar screenings during our health fairs to general yard work and cleanup of our building and grounds. The Lawrence Breakfast Cosmopolitan Club is also involved with volunteer labor and materials for the upkeep and maintenance of our current facility. A recent grant from the State of Kansas with matching funds coming in part from the River City Club will allow HCAC to move to a new facility that can serve even more patients.

Over 80% of HCAC patients are gainfully employed but lack access to health care coverage either because they cannot afford to purchase health insurance for themselves and their family members, are not offered health insurance coverage by their employers, or do not qualify for government subsidized or sponsored health insurance. The assistance of Cosmopolitan and the local River City Club is helping to bridge that gap. We are very proud and honored to be named a Major Cosmopolitan Supported Diabetes Program and look forward to a long and fruitful relationship.

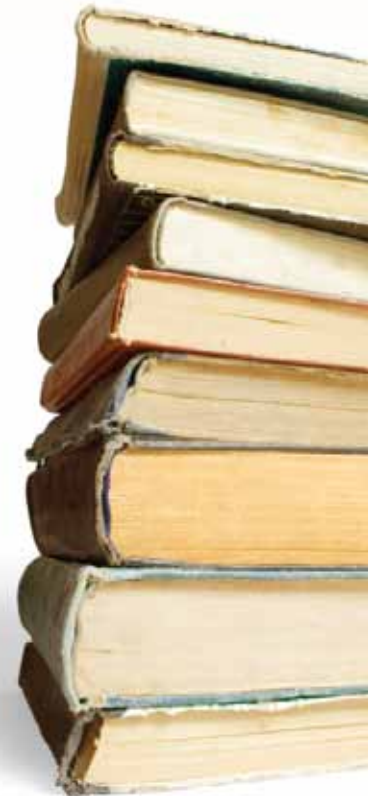


River City Members clean and beautify the building for HCA Health Fair



Aquilla Energy and River City Cosmo's plant trees at HCA

our History Part



We are at installment four of the history of Cosmopolitan with this writing. As was noted in the first installment, much of the history of Cosmopolitan comes in the form of a book written by J. Lew Garver, a past international president. That book is a pretty accurate portrayal of Cosmo from inception through World War II. A few contradictory entries appear in the book, but for the most part it is a very good account.

Where the Garver book leaves off, the written account of Cosmopolitan is then gleaned primarily from the issues of CosmoTopics held at Headquarters. HQ is lucky to have at least one copy of each and every issue of CosmoTopics on our bookshelves. However to find pertinent information means reading a lot of CosmoTopics as none are cataloged, which is something akin to entering a library and trying to find a particular book without the benefit of the dewey decimal system (or a computer) to guide you. Bottom line is there is an opportunity for a history buff with time on their hands to write another book.

As you flip through the post war Topics through 1950, there are some very interesting stories that pop out. In the January issue of the 1949 addition all the talk was about two new clubs. The Regina Club and the Mexico City Club both started at that time. In fact many of the president's messages in the issues of 1949 and 1950 speak of the Field Organizers employed by Cosmo whose task it was to build clubs in areas identified by the various Governors. Something was working back then in the club building area as clubs were forming on both coasts and parts in between.

Excitement must have been high for Cosmopolitan as the chartering clubs weren't at just a mere 20 or so committed citizens. The Regina club for example chartered with 86 members. The Hagerstown, Md. Club, now defunct, chartered with a huge room filled with people. The membership statistics for the time period are buried in the reams of paper filling file cabinets in the HQ basement, but this was the time period where Cosmopolitan grew quickly and rapidly to our highest levels.

In the next few issues, watch for some historical, humorous and "factual" accounts of Cosmopolitan through the years. These are the stories many of us have heard about in the hospitality rooms of conventions. But now they come direct from Topics, so they must all be true.

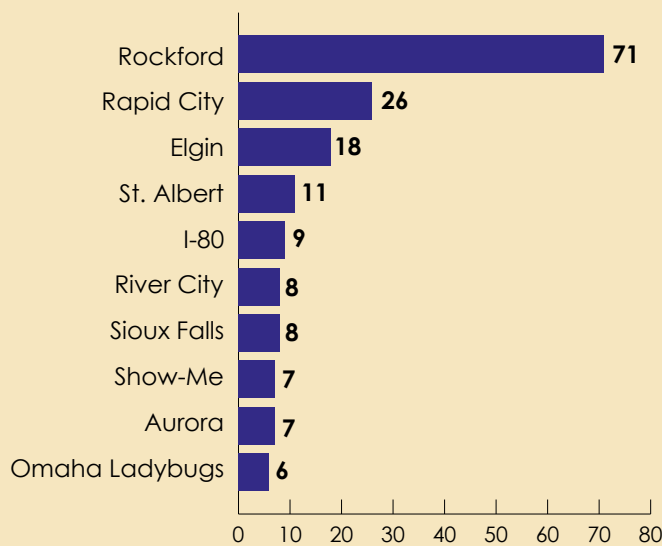
by Kevin Harmon,
Executive Director

***The Editor solicits stories and tales from any Cosmo about significant events in your Club, your Federation or Cosmopolitan International. Particularly wanted are those stories that live on today in the meetings and socials of Cosmo.

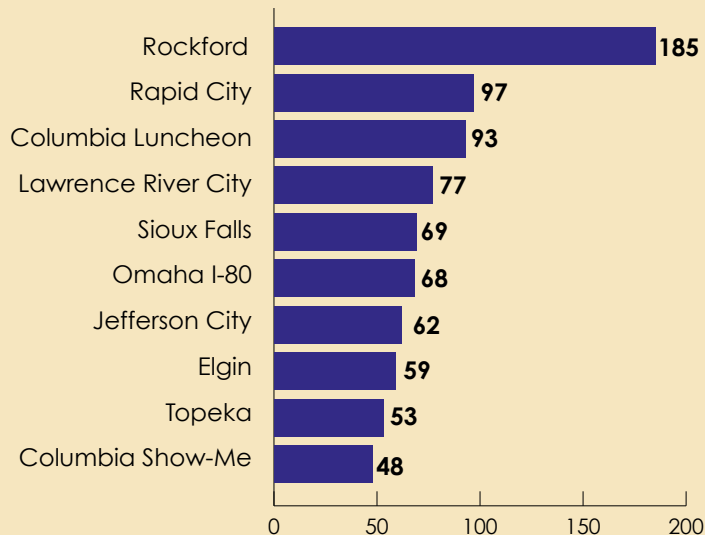
Know & Tell



Top Clubs New Members



Top Clubs Total Members



Federation Gains and Losses

At-Large	+3
Capital	-23
Cornbelt	+8
Mid States	+78
Mo-Kan	+11
North Central	+24
Southwestern	-19
Western Canada	+11

Membership Classes

Active Dues Paying	1992
Honorary Dues Paying	5
Life Members	37
Sponsor Life	15
Emeritus	20

Top Clubs Member Retention

- Boulder
- Scottsbluff
- Bethesda
- North Side Lancaster
- Roanoke
- Council Bluffs
- Omaha Cornhuskers
- Omaha USA
- Watch City
- Heartland
- Sioux Falls Evening
- Calgary
- Regina
- Saskatoon Couples Club
- Saskatoon Yellowhead
- Wascana Couples



TOP CLUBS

Out & About



We are North Central

By Sheila Anderson, Governor

We think we can! We think we can! We started the year with 4 Clubs and membership at a decent level. We knew we needed to “get over the hill” and add members to ensure an even stronger Federation. And with a little hard work and an optimistic attitude, today, we are at 6 Clubs and our membership growth is something you should take note of!

First, we are absolutely thrilled to have the Boulder, CO, Club and Scottsbluff, NE, Club join our Federation. These Clubs have been At-Large. Jim and Pam Smith were able to visit them on their Fun for Life Tour and encouraged them to become a part of an active Federation. We are delighted to have them in “our family” and are eager to get acquainted.

The North Central Federation now encompasses clubs in Colorado, Western Nebraska, North Dakota, Minnesota, and South Dakota. Even though there are only 6 Clubs, our Federation has bragging rights to two of the Top 5 Clubs in membership growth and total membership in our entire Cosmopolitan organization... and we are at +24 for growth (not including Boulder and Scottsbluff). Just behind Midstates...Game On! Our Federation together raises a total of around \$85,000-\$90,000 (not including Boulder and Scottsbluff).

Rapid City, who just celebrated their 80th anniversary, is the 2nd largest Club in Cosmopolitan at 97 members (going for 100!) and in 2nd place with membership growth of +26. The Sioux Falls Noon is the 7th largest Club in Cosmopolitan with 69 members and is tied for 6th place with River City for membership growth of +8. Our Fargo-Moorhead Club comes in with 28 members, but raises the most money per capita in our Federation at \$1,107/member! The Sioux Falls Evening Club is at 12 and is focused on getting back to charter strength. Boulder has 10 and Scottsbluff is at 7.

We had our North Central Federation Convention in Sioux Falls April 24 and 25. Jerry and Dana Priebe hosted our Friday Night Social at their home. The main event...a Wii Bowling Tournament. What a hit that was! On Saturday we held the business meeting in the morning and Awards and Installation Luncheon. Our Federation was honored by the presence of two Canadian dignitaries: Richard and Linda Greer and Brian and Shelley Duckett. Some of them traveled down to Cornbelt's Awards and Installation Dinner Saturday night for more Cosmo FUN!

We are bursting with pride to be the home Federation for our 2009-2010 International President, Melvina Newman! See you in New Orleans!



Cosmos watch the Wii Bowling Tournament.



Sargeant-at-arms Steve Ferley and Bernie Roth aka Canadian Geese.



Rapid City Club Celebrated 80th Anniversary

Over the Memorial Day weekend, when President Jim and First Lady Pam Smith were in town, the Rapid City Club took advantage of their visit to celebrate 80 great years as a club that has traditionally been in the top five membership wise. During their membership drive in May, the Club recruited 19 new members of which President Jim had the privilege of inducted 14 at the banquet. This makes Rapid City the second largest club with 100 members. At the banquet, past Presidents dating back as far as 1960, spoke briefly about the accomplishments during their tenure. We also honored our Cosmo of the Year, Steve Ferley; the Community Service honoree, Bill Keck; and the Community's Distinguished Service Honoree, Linda Rabe, President and CEO of the Rapid City area Chamber of Commerce. A fun time was had by all!



Names: from Lt to Rt Incoming Gov Jack Ostoforoff, Gov Elect Gerry Grywacheski, Lt Gov Darwin Baker, Lt Gov Shawn Larson, Lt Gov Lynn Anderson, Sec Shelley Duckett, Treas Karen Shepherd, and outgoing Gov Brian Duckett. And Jim Smith, of course.

We're In Good Hands

On the weekend of May 1-3, the Western Canada Federation held its annual Federation Convention in Saskatoon, SK. The Convention Hosts this year were the Cosmopolitan Couples Club of Saskatoon, chaired by Kay Fey and her Committee. Everyone in attendance had a FUN weekend. On Saturday afternoon, at the Governor's Reception, the newly elected W.C.F. Board was installed by International President Jim. The new Board consists, from left to right, Governor Jack Ostoforoff, Governor-Elect Jerry Grywacheski, Lt.-Governors Darwin Baker, Shawn Larson, and Lynn Anderson, Secretary Shelley Duckett, Treasurer Karen Shepherd, and outgoing Governor Brian Duckett. This group of able Cosmos will do an admirable job at steering the Western Canada Cosmopolitan ship in the 2009-2010 Cosmopolitan year.

Jefferson City Club Honors Charter Member – Paul H. Kolb



(1 9 2 4 – 2 0 0 9)

Charter member of the Jefferson City Cosmopolitan Club, Paul H. Kolb, 84, passed away March 17, 2009, at his home after a long battle against cancer and a recent stroke.

He was born April 10, 1924, in Jefferson City, one of eight children of Jacob B. and Magdalen Markway Kolb. He attended Immaculate Conception Grade School and Immaculate Conception High School, and was a 1942 graduate of St. Peter's High School in Jefferson City.

In 1943, Paul entered the U.S. Navy, serving on the U.S.S. Yard Minesweeper Ship, where he served two and a half years in the Pacific Ocean during World War II, receiving an Honorable Discharge in 1946.

On August 23, 1947 at Immaculate Conception Catholic Church in Jefferson City, Paul was united in marriage to Carmen L. Yancey, who survives at their home.

After serving his country, Paul entered St. Louis University School of Commerce and Finance and obtained a Bachelor of Science Degree in Commerce in 1949. After graduation, he was employed as an Accountant in the St. Louis office of U.S. Fidelity and Guaranty Insurance Company. After five years, he and his family moved back to Jefferson City.

In 1954, he formed a real estate and insurance partnership. Paul purchased Jefferson City's first Century 21 franchise, which was later sold and Paul continued to have interest in the real estate business throughout his life.

Paul was always an advocate of education. His children all attended

Immaculate Conception School and Helias High School. He was a strong supporter of these institutions, contributing not only monetarily, but with many service hours of fund-raising and participation in charitable events.

Paul was always a firm believer in community involvement and service and has received numerous awards and recognitions. For many years he was active with the Chamber of Commerce and the Jaycees. In 1954, Paul served as President of the Jaycees and Chairman of the Cole County Fair. He was Past President of the Jefferson City Board of Realtors, a founding member of the West Side Business Association, lifetime member of the Knights of Columbus and Fraternal Order of Eagles, and was awarded Boss of the Year in 1976 from the American Business Women's Association. In 2007, he was awarded the Trail Blazer Award from Lincoln University in Jefferson City.

Paul was a Charter Member of the Jefferson City Cosmopolitan International Club, working tirelessly for this organization and for the last several years, even as the oldest member, was the top ticket seller for the annual Cosmo Pancake Days. Paul worked each and every Pancake Day, all day long, right up until this year's event, which was the first he ever missed in 46 years due to health. Paul was a Past President of the Club and was awarded the Cosmopolitan Member Community Service Award for the year 2005-2006 for his outstanding and generous efforts.

On Saturday, March 14, at the Club's Inaugural Banquet, Paul received the Lifetime Achievement Award and was the first inductee into the Jefferson City Cosmopolitan Club's Hall of Fame. Even as his family was leaving the home to attend the event and accept Paul's awards for him, he told them that he sure wished he was able to go with them. Upon returning home from the banquet, his son, Larry, showed his dad the awards. Larry said the awards really brought a smile to Paul's face and when questioned by his granddaughter about the level of these awards, Paul responded that he was sure that these were International awards.

Those who knew Paul would agree that he was a kind, sensitive, fun-loving person who loved his friends, family and community with full spirit. He was a loving and wonderful husband to his wife, Carmen, for 61 years and a great father and role model to his six children. He was often hurrying home from Cosmo events so that he could tend to Carmen and care for her diabetic needs. Paul was blessed with 11 grandchildren and 6 great-grandchildren.

Paul has touched the lives of many with his smile and constant enthusiasm. He was a very proud Cosmo whom the club depended on for his knowledge, gentle advice and humor. He lived and loved a full life in Jefferson City, and his fellow Cosmos will miss him dearly. God Bless You, Paul!

Sioux City Cosmos Build Therapeutic Garden

Anyone who has cared for a loved one suffering from any form of dementia or just frailty due to old age or injury knows the concerns of the patient wandering away unsupervised. The Sioux City Cosmopolitan Club recently helped to reduce this problem for one organization.

When the Siouxland Senior Center recently relocated, a new facility called the PACE Center was added to the facility. PACE stands for Program of All-Inclusive Care for the Elderly with the objective of coordinating and providing all health care and supportive services to enable frail individuals to remain living in the community for as long as possible. It provides peace of mind for the participating families caring for their frail loved ones.

Early in 2008 the Director of PACE spoke to our Cosmopolitan Club about the program and some of its needs. Pat Curry, a long-time member of our Club, was inspired to investigate further and met with PACE officials to see how we might help on a specific project, namely an outdoor garden/sitting/walking area. Pat brought the idea of performing the labor to construct this facility to the Club where it was adopted as a Club Community Service project.

In August and September of 2009 we performed the work. The first phase consisted of clearing an area of weeds and rock preparing the soil, and laying approximately 100 rolls of sod. Most of us were careful about how we sat in our cars after that work in 95 degree heat and significant amounts of dirt. The second phase included scraping and painting a wrought iron fence and gates surrounding the future walking path. After a contractor completed the concrete path work, we then worked on phase three, landscaping and planting trees, bushes, and plants.

The result is what the Center calls a Therapeutic Garden providing a safe place for the participants to sit outside in nice weather, walk the paths, and even play some horseshoes on occasion. The Director reports that the garden provides a family-like setting for some very nice moments.

A project like this is something any Club could offer to local Senior Centers that might have the proper space available. All we provided was manpower and tools over several sessions for a few hours each time. All the materials including sod, paint, plants, etc. was funded by the Center through grants which the Director says were possible once the labor was volunteered. It directly benefited the Center and its participants and had a very positive effect on our Club members for camaraderie and sense of accomplishment.



The Director reports that the garden provides a family-like setting for some very nice moments.



In the Heart of Cosmo Country Mo-Kan Federation

The Mo-Kan Federation is located not only in the heart of the US, but is a vital part of the heart of the Cosmopolitan organization. Its 13 clubs, Columbia Breakfast, Columbia Luncheon, Columbia Show Me, Jefferson City, Heartland, Johnson County, Santa Fe Trail, Lawrence Breakfast, Lawrence River City, Topeka Cosmos, Emerald City, Wichita Downtown and Wichita Air Capital, all located in Missouri and Kansas, is the largest Federation in Cosmopolitan. As of 4/30/09, Mo-Kan had 561 members, an increase of 23 this past year. Every member is like the blood flowing into the heart, keeping the Cosmopolitan organization beating.

The Mo-Kan Federation holds a convention each year, typically in late April or early May, to renew friendships, conduct business, and generally have a Fun time. The convention rotates through the two states, each Club in the federation having a turn at hosting the event. A social event starts the convention off on Friday evening, leading into the delegates meeting Saturday morning, and ending with the Governor's dinner, the presenting of Mo-Kan Federation awards, and installation of incoming officers. What a great way to learn a little more about the workings of Cosmopolitan and establish new friendships. The "border war" between Missouri and Kansas is not evident during this convention!

International President Jim Smith's moto for the year is "Fun for Life", and the Mo-Kan Federation has got that down pat. I have visited each club in the Federation in the past several years, and believe me, Mo-Kan members know how to have Fun. Try a bus ride full of Cosmos to eat ribs at a famous bar (and a very small establishment it is!) and be assured that you will have fun. It may be loud from the music or the laughter or the singing, but a better time could not be had doing anything else. You just might learn some interesting things about your fellow Cosmos....

But along with the fun, comes some hard work. All the Clubs support Cosmopolitan International projects and local charities, whether diabetes related or not, by either raising funds for these projects and organizations, or volunteering their time at events throughout the year. Just to name a few: there is the Tom Henke Golf Tournament in Jefferson City – raising over \$50,000 each year. Members throughout the Federation host pancake feeds, pig roasts, spaghetti feeds, sell funnel cakes, run bingo nights, help folks clean their homes or move to a new home, and the list could go on and on for several more pages. It doesn't matter if they raise thousands of dollars or a few dollars or no dollars at all. Cosmopolitans are there to help those in need.

So if you are ever in the area, give a Mo-Kan Federation Cosmo member a call. They will welcome you into their home and into their hearts. After all, we are what keeps Cosmopolitan beating!

International President Jim Smith's moto for the year is **"Fun for Life"**, and the Mo-Kan Federation has got that down pat.



Omaha I-80 Goes to Bat at CWS



The 2009 College World Series rolls into Omaha the week of June 8th, and the Omaha I-80 Club will once again be hosting one of the college ball clubs that qualify for this elite event. Now in its 9th year as a CWS host service club, I-80 uses this venue to show its support for this annual baseball extravaganza. The highlight of the series for I-80 will be their hosting a steak feed for one lucky college team, their fans and the baseball loving public. Last year, over 275 people attended and an even bigger crowd is expected this year. Also, this event traditionally gets a big turnout of members and families of the 6th largest Cosmo Club who enjoy the opportunity to play even a small part in our ongoing success. I-80 and Cosmopolitan, of course, get great exposure through local media outlets. And as a recruiting event, it shows prospective new Cosmos how they can perform wonderful public service, have fun...and eat well...all at the same time. Batter up, Cosmos!

The highlight of the series for I-80 will be their hosting a steak feed for one lucky college team, their fans and the baseball loving public.



Elgin Cosmopolitan Club End of Year Awards Ceremony

On June 9, 2009, the Elgin Cosmopolitan Club ended their activities for the 2008-2009 club year with their awards ceremony. That night the club presented a total of \$23,000 to diabetes and non diabetes related community organizations. Additionally the club presented \$1,000 to the Cosmopolitan Diabetes Foundation. The club is especially proud of the recently established Elgin Cosmopolitan Club Diabetes Emergency Rescue Fund providing emergency diabetes supplies to truly indigent patients. The Elgin Cosmopolitan Club Emergency Rescue Fund has been designated as a Cosmopolitan supported diabetes program by Cosmopolitan International. The Elgin Cosmopolitan Club holds 3 fund raising events each year. Their annual Golf outing, Holiday poinsettia plant sales and their "Rock n Roll" theme Dance for Diabetes. Another aspect of the clubs success this year has been the clubs growth. This year they have sworn in 18 new members.





Visit to The Hershey Medical Center Institute for Diabetes & Obesity

On March 18, 2009, 11 members of the Capital Region Cosmopolitan Club visited the Institute for Diabetes & Obesity at the Hershey Medical Center. We were warmly greeted in the hospital lobby by Pamela Lambert, Director of Development, Centers and Institutes. Pam led us to a private conference room where various individuals associated with the Center gave us an overview of the Institute's efforts and research in the treatment of diabetes and the risks of obesity as it affects individuals both with and prone to the development of diabetes. We were each given a very well prepared notebook, The Diabetes Playbook, published by the Institute and available free to the public via the web, in physician's offices, senior centers health fairs and more. This publication is geared to the general public as a tool to identify diabetes, necessary health care and lifestyles for diabetics, and resources available for good habits in controlling the disease.

Our group was then taken to the Ophthalmology Clinic where we learned about new advances in clinical testing to aid in the early diagnosis of diabetes through retinal examinations with new style eye charts and other technological devices. With a great deal of excitement we learned in the not so far future the Institute will start public screenings at malls, health fairs, clinics, churches, etc. with some of the sophisticated machinery. The entire group offered our participation in these events to any extent possible such as the dissemination of information or helping with registrations. We were informed that the machines, although highly technologically advanced, were quite simple to operate, and we could easily be taught to administer the testing procedure. With a buzz of excitement among the group, we hope that this venture will materialize and become an ongoing part of the Capital Region Club in making strides for diabetes identification and treatment.

We also visited a research lab where we learned about the efforts being made in genetic research as it relates to obesity and diabetes. We were given an overview and demonstration of the "Seahorse" machine, a super techno-machine used in this research. It is hard to imagine the minds and work it took to create this very expensive device. The device is used to determine genetic factors that affect the body's functions and isolate those genes that diversely affect the body with obesity and diabetes. The identification of these genes allows researchers to work on the development of new medical compounds for the treatment of these disorders.

Lastly, we were given a presentation by a 5th-year Graduate Fellow of Cellular and Molecular Physiology. This young lady had a presentation on Glucometers and use in current research. We were given a short history of testing devices used from the old test tape method to the current machinery used. Did you know that even cell phones are now made that can test, measure and print out your glucose level? We were all given the opportunity to use some of the newest glucometers by using several culture mediums. It was amazing that these devices could determine the glucose levels within 5 seconds very accurately.

The tour of the Institute was a most satisfying experience for all who attended and offers another avenue for the Capital Region Club in its committed fight against diabetes by providing financial support and the commitment of time and service in the Institute's programs.

Following our visit, the Club partnered with the Institute on April 25th, 2009, at a Health Fair held at the Whitaker Center of Science and Technology in Harrisburg, PA. Our volunteers assisted at two of the eight display tables involving the use of eye charts and glucometers as related to diabetes identification and control. It is anticipated that the Club will have further opportunities in the future to work with the Institute at similar functions.

The tour of the Institute was a most satisfying experience for all who attended and offers another avenue for the Capital Region Club in its committed fight against diabetes by providing financial support and the commitment of time and service in the Institute's programs.



Club members Barb Jumper, Barb McGeary, and Research Fellow Tabitha using glucometers to determine blood glucose levels.

International Convention in New Orleans

Now is the time to make plans to attend this years International Convention to be held in New Orleans.



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



Hotel Lobby



Guest Room

Accommodations

Astor Crowne Plaza - French Quarter

739 Canal Street at Bourbon, New Orleans, LA 70130

www.astorneworleans.com

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

BOOK RESERVATIONS BY JUNE 29, 2009

(After June 29 all rooms are subject to availability):

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

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

\$109.00 - King or Double

\$20.00 for each additional person

Room Tax: 13% plus \$2.00 occupancy tax

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

TRANSPORTATION FROM THE AIRPORT AND PARKING:

Transportation from the Airport: (All available at ground transportation.) Shuttle is \$15.00 per person and will drop you at your hotel. Up to 3 bags free. Taxi is flat rate \$30.00 for up to two people. Others extras: Limo is available at \$50 and up. Valet Parking available for \$31 per day (\$27 + tax) and includes unlimited pass out service. Parking garages are available in the area at \$28 per day. Parking garages about 5 blocks away are \$15 per day.

FEATURES & HIGHLIGHTS:

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

DISTANCE TO/FROM:

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

Guest Program

On Thursday, go out shopping and exploring ROYAL STREET with your Cosmo friends. Royal Street is one of the oldest streets in the city, dating from the French Colonial era, and is most well-known for the antique shops, art galleries, and stately hotels that line its sides as it runs through New Orleans' French Quarter and tourist district. The prices at its art shops and antique stores tend to be very high indeed, it has been listed as one of the most expensive places to shop in the world. The finer antique shops display not simply items that are old, but such rare items as pieces of fine art furniture owned by royalty of past centuries. Although such pieces are out of the budget of all but a few visitors, window shopping along Royal Street is a popular pastime for visitors, especially art lovers, even if they are not buying. Sheila Anderson will conduct an IMAGE WORKSHOP on Friday morning. Sheila has had her own image consulting business for over five years. She trains under a lady from California, who has several clients in the movie industry and has also worked on the set of "Designing Women."



Optional Events

Optional Tours will be held on Friday, July 31.

Afternoon Tours:

Crescent City Tour: \$45.00

Limited to the first 44 sign ups.

Four hour Motor Coach tour of the French Quarter, St. Louis No. 3 Cemetery, Bayou St. John, and the oaks in the Botanical Gardens. Follow the crescent of the Mississippi along the St. Charles street car line to the Garden District, past Loyola and Tulane Universities, the Mid City area and back to the Central Business District for past, present and future tour. www.bbcdmc.com

New Orleans School of Cooking: \$45.00

You will have to walk a short distance to the school. (Dependant on a 20 person minimum.)

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

Evening Tour:

Ghost Tour: \$20.00

(This is a walking tour)

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

Hospitality Room to Feature Daily Theme

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

Wednesday - "Laissez les bons temp rouler"

Hosted by Alexandria-Cenla Club, Southwestern Federation

Thursday - Spirits and Spirits

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

Friday - Mardi Gras

Hosted by Southwestern Federation

Saturday - In Honor of Melvina

Hosted by Sioux Falls Clubs, North Central Federation

Featured Convention Speaker

Jerry L. Nadler, MD

Eastern Virginia Medical School

Director, EVMS Strelitz Diabetes Center

Chairman and Professor, EVMS
Department of Internal Medicine

Jerry L. Nadler, MD, is a physician/scientist who is nationally renowned for his study of diabetes and its cardiovascular complications.

Dr. Nadler came to Eastern Virginia Medical School (EVMS) in 2008 from the University of Virginia. Through his extensive research, Dr. Nadler has expanded medicine's understanding of how diabetes develops and how it causes cardiovascular disease. His discoveries open the way for the development of new methods of treating and preventing diabetes and related cardiac complications.



2009 Cosmopolitan International Convention Schedule

Cosmo

Wednesday, July 29, 2009

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

Thursday, July 30, 2009

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

Friday, July 31, 2009

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

Saturday, August 1, 2009

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

Guest

Wednesday, July 29, 2009

4:00 p.m. - 6:00 p.m.	Registration
3:00 p.m. - 5:30 p.m.	Hospitality Room open hosted by Alexandria-Cenla Club, Southwestern Federation "Laissez les bons temp rouler" ("Let the Good Times Roll")
4:00 p.m. - 4:30 p.m.	First Timer Orientation
6:00 p.m. - 9:00 p.m.	Welcome Party with Special Event
9:00 p.m.	Hospitality Room open

Thursday, July 30, 2009

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

Friday, July 31, 2009

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

Saturday, August 1, 2009

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

2009 Cosmopolitan International Convention Registration

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

Attendee Information

Name: _____
 Address: _____
 Home Phone: _____ Work Phone: _____ Other Phone: _____ Fax: _____
 Email: _____ Secondary Email: _____
 Club(s): _____
 Paying By Credit Card: Visa MasterCard Discover
 Card Number: _____
 Expiration Date: _____

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

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Past Intl President | <input type="checkbox"/> Southwestern Host | <input type="checkbox"/> C.D.F. Board Member | <input type="checkbox"/> Diamond Beacon Member |
| <input type="checkbox"/> Past Intl First Lady | <input type="checkbox"/> 2008-2009 Club President | <input type="checkbox"/> Beacon Member | <input type="checkbox"/> Northern Beacon Member |
| <input type="checkbox"/> Sponsor Life Member | <input type="checkbox"/> 2009-2010 Club President | <input type="checkbox"/> Emerald Beacon Member | <input type="checkbox"/> Silver Beacon Member |
| <input type="checkbox"/> First Time Attendee | <input type="checkbox"/> C.I. Board Member | <input type="checkbox"/> Ruby 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"/> Southwestern Host | <input type="checkbox"/> C.D.F. Board Member | <input type="checkbox"/> Diamond Beacon Member |
| <input type="checkbox"/> Past Intl First Lady | <input type="checkbox"/> 2008-2009 Club President | <input type="checkbox"/> Beacon Member | <input type="checkbox"/> Northern Beacon Member |
| <input type="checkbox"/> Sponsor Life Member | <input type="checkbox"/> 2009-2010 Club President | <input type="checkbox"/> Emerald Beacon Member | <input type="checkbox"/> Silver Beacon Member |
| <input type="checkbox"/> First Time Attendee | <input type="checkbox"/> C.I. Board Member | <input type="checkbox"/> Ruby Beacon Member | <input type="checkbox"/> Gold Beacon Member |

Complete Packages

	Postmarked On or Before 7/1/09	Postmarked After 7/1/09	Number of Participants	Amount
Cosmo Package:	\$250.00	\$275.00	_____	\$ _____
Guest Complete Package:	\$250.00	\$275.00	_____	\$ _____
		Subtotal for Packages:		\$ _____

Individual Events (only those not purchasing a package)

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

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

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

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

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

PLEASE NOTE: A surcharge will be added to any members in attendance not staying at the host hotel.



COSMOTopics
PO Box 4588
Overland Park, KS 66204

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Summer 2009

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2009

International Convention

New Orleans

July 29 - August 1

