

A publication of Cosmopolitan International

COSMOTOPICS

SUMMER 2010

Register Now!

2010 International Convention

Gettysburg, PA
July 28 - 31



THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR
Sheila Anderson

Is it year-end already?! Wow! What a ride it has been for all of us on the Full Steam Ahead train with Melvina. Enjoy some photos recapping the year on pages 30-31 and also on our website under Photos/Full Steam Ahead Travels album. So where do we go from here? As Kevin tells us in his article, where we are going is really up to you to decide as a member of this Club we call Cosmopolitan. Input from you is vital! Brian encourages us as an organization to bounce back like the economy. The CDF is introducing new options for Beacons, and the Canadian Foundation is helping answer the question "will a power workout help cut teen diabetes risk?" Well, it looks like it is still Full Steam Ahead!

Inside find out which one of our Major Cosmopolitan Diabetes Centers moved to a new location, which Center has received over \$25,000 over the past 5 years from Cosmopolitan, and get an exciting research update on the Sanford Project Clinical Trial to Cure Type 1 Diabetes.

Now just why is Phil Hanson telling you NOT to come to Gettysburg? You may think since he's the financial guru that it's because of what it will cost you...that's true, it will cost you, but not in the way you're thinking. Can one convention change your life? I dare to say yes. And I hear there's a chance for some of our Cosmo friends to go "American Idol" on us in the hospitality room! I'd pay big money to just see that! I don't know about you, but I certainly don't want to be the one missing out on anything fun in life, do you?

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.



- 3** Let's Look To The Future, Kevin Harmon
- 4** Full Steam Ahead, Melvina Newman
- 7** It's Convention Time, Richard Greer
- 8** Is Cosmopolitan In A Membership Recession?, Brian Duckett
- 9** Don't Go To Gettysburg, Unless You Want To Catch The Bug, Phil Hanson
- 10** Mastering The Press Release, Sheila Anderson
- 12** Diabetes Foundation Update, Tom Gustafson
- 13** Canadian Foundation
- 14** If We Build It, Will You Come?
- 16** Healthy Choices
- 18** Out and About
- 21** Know & Tell
- 22** Lawrence's Major Cosmopolitan Diabetes Center Relocates
- 23** Meet The Candidates
- 24** Categories of Recognized Programs
- 25** In Memoriam
- 25** Cosmo Brick Club
- 26** Project Spotlight
- 28** Governor News
- 29** Featured Convention Speaker
- 30** A Year In Photos: Melvina Newman
- 32** 2010 International Convention
- 34** 2010 International Convention Schedule
- 35** 2010 International Convention Registration Form

COSMOTOPICS

EDITOR

Sheila Anderson
sheila.anderson@rascompanies.com

GRAPHIC DESIGNER

Rockford Cosmopolitan Club Member
Peter Brodeski, Opus Creative Studio, Inc.
pbrodeski@opuscreativestudio.com

COSMOPOLITAN INTERNATIONAL OFFICERS AND DIRECTORS

PRESIDENT

Melvina Newman
melvinanew@aol.com

PRESIDENT-ELECT

Richard Greer
rgreer@sasktel.net

VP FOR FINANCE

Phil Hanson
phil@hansoncpa.com

VP FOR MARKETING

Sheila Anderson
sheila.anderson@rascompanies.com

VP FOR MEMBERSHIP AND NEW CLUBS

Brian Duckett
duckettb@sasktel.net

JUDGE ADVOCATE

Jim McVay
jmconvay@omahalaw.com

EXECUTIVE DIRECTOR

Kevin Harmon
kevin@cosmopolitan.org

FEDERATION GOVERNORS

CAPITAL	L. J. Smith
CORNBELT	Wayne Hinkley
MID-STATES	Rita Smith
MO-KAN	Susie Bartlett
NORTH CENTRAL	Bill Keck
SOUTHWESTERN	Virgil Graham
WESTERN CANADA	Jack Ostoforoff

INTERNATIONAL HEADQUARTERS

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

P. 913.648.4330 or 800.648.4331
F. 913.648.4630

www.cosmopolitan.org
Email: headquarters@cosmopolitan.org

COSMOTopics is published four times a year. The \$9 subscription is added to the annual dues by Cosmopolitan International, Inc. Third class non-profit postage paid at Pontiac, IL.

POSTMASTER Send change of address to: COSMOTopics, PO Box 4588, Overland Park, KS 66204-5088

Let's Look To The Future

Here we are again in the home stretch on another Cosmopolitan year. Our books will close on June 30 both for membership and financials. Our current officers will serve until International Convention where we will install our newly elected officers. It is typically a time for reflection, but instead let's focus on now and the future. History is important in that a look at history can tell us all about where we have been and what we have accomplished, but of even more importance is where are we now and where do we want to be in the future.

When you read this article we will be busy at Headquarters putting the cap on this past year. My hope, and I expect yours too, is that we are positive in membership again this year. We struggled a bit, but only because we took the steps needed to close two clubs that had disbanded. That is always a big hit on membership. But there were lots of positives among the clubs that are active and vibrant. It seems that the membership tools that have and are being stressed really do work. Big club or little, once a week or once a month meetings, men's club or mixed club, breakfast or dinner, the membership event concept does work. All you have to do is commit to the concept and put it to work for your club. Ask Fremont, Rapid City or any of the clubs that have used the tools afforded them.

But this article is about where we are now and where we are going. We are at the top when it comes to commitment for our ideals. Our ideals of camaraderie among our members, support of our communities

and the fight against diabetes. Our Diabetes projects and centers continue to thrive. They are on the leading edge of diabetes treatment and patient care. They are solidly in the fight to find a cure for diabetes. And they are shining examples of what can be done when a small band of some 2000 service club members put their minds and souls into a project.

Where we are going is really for you to decide as a member of this Club we call Cosmopolitan. It is for the individual member in concert with their Club and Federation to decide the direction we want to take for the coming year and beyond. Input from the membership really does guide this boat along our course. That is absolutely true on the club level and is very true on the International level.

We do not have a current International project to embrace in the coming year. Perhaps that is on the horizon. But that doesn't mean we aren't making an impact. Maybe your Club and Federation are taking on more community based projects. We have seen growth in that area of our service. Maybe your Club is ready to partner with a local health care organization, either Hospital or Clinic based. Maybe your Club is ready to send diabetic kids to one of the many camps set up for them. Maybe your Club is ready to commit to any of a variety of worthwhile causes to make your community a better place. Maybe you and your Club are ready to carry on the tradition that is Cosmopolitan.

We have had a great year. I look forward to an even better tomorrow.



Kevin Harmon
Executive Director

*We are at
the top when
it comes to
commitment for
our ideals:
camaraderie
among our
members,
support of our
communities
and the
fight against
diabetes.*

Full Steam Ahead



Melvina
Newman
International President

*During my
year as your
International
President, I
have seen
amazing
things.*

You have heard the old adage, “Time flies when you are having fun.” It seems like it was just yesterday I was working on my first President’s message to all of you. And now, here is my last CosmoTopics message. The time has just gone by so fast and the year is over before we ever get our agendas complete.

It has been a busy and exciting time in Cosmopolitan since I last wrote to you. Many good things are happening that will have an impact on our organization for many years to come and the results are very satisfying.

During the past few months, we have been traveling and visiting with Cosmos all across the US and Canada and I am looking forward to a few more club visits and membership events before our year ends. Most recently I had the opportunity to attend the Southwestern Federation Convention in Alexandria, LA and then on the way home stopped to visit clubs and fund raising events. I then attended the Cornbelt Federation Convention in Sioux City, IA followed by the Capital Federation meeting in Norfolk, VA. All of these conventions were well planned, had great meetings and programs and of course all were a lot of fun. With more than one federation holding meetings at the same time, other officers attended the other Federations to ensure that CI was represented at all the conventions.

During the club year I have had the opportunity to spend time with all the International Officers, many Past International Presidents, the Governors and Club Presidents during the travels. To all the Governors, Club Presidents and Cosmos, I do not think I can convey in writing how gracious you have been to me as a visiting President. You have opened your homes and hearts, shared your club experiences and sent us home with many cherished gifts, food, wine and many, many fond memories in addition to being tour guides in your local areas. All of this has meant so much during the past year and continues to show what a wonderful organization Cosmopolitan International is.

I have had the opportunity to visit our major Cosmopolitan Diabetes centers and some Community programs and to

meet with the Directors and learn more about our commitment to find a cure for diabetes. At all of these Centers, Cosmopolitan is held in high esteem for what we have done. During my year as your International President, I have seen amazing things. From the fund raising activities to community projects, from local club meetings to membership events, we can look back with pride at the accomplishments and events of the year that were made possible by all our talents and efforts in our Cosmopolitan lives. A common goal throughout all of Cosmopolitan is our fight against diabetes. There are nearly 24 million people with diabetes in the U.S. and over 2 million in Canada. The increase in these numbers is alarming and when Cosmopolitans do something as simple as supporting a local program, help at a local screening, or when you send kids to diabetes camps, we have provided a life altering experience. So, we must keep getting the word out of the need for education, treatment and a cure for this dreaded disease.

Membership continues to be a challenge and in order to make real progress in our efforts to find a cure, we have to increase Cosmopolitan membership. If it seems like we talk a lot about membership, it is because it is vital to the future of our organization. Membership in Cosmopolitan should be considered a privilege. Think of why you became involved. Why do you stay a member? You have an opportunity to affect lives in your community as well as other parts of our country through your efforts. Our membership size is nearly half of what it was 35 years ago. So what do we do about it? At the International level, we offer tools to help organize a successful Membership Event which includes sample letters, checklists, Power points, and the “Great People Who Should be Cosmopolitans” form. We will also try, with enough lead time, to have someone at your event to speak.

At the Federation level, it is the responsibility of each Governor to try to build a new club in your Federation during the year. The Governor and a new club committee should scout locations and secure club builders.

At the Club level, it is crucial that each club make a concerted effort to hold a well planned membership event to recruit new members. The job of the club does not end with the membership event. It is a year-round effort that involves retaining current members as well as keeping membership at the forefront at every meeting. Helen Keller once said "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." Every instance of our service is a shining moment of optimism and faith. We believe we can improve our communities and find a cure for diabetes. We need to keep sharing that optimism with our fellow club members and keep them in the fold. Encourage member participation and involvement. A member who knows they are missed will not drop their membership as easily as one who feels that their membership is taken for granted. New club members bring vitality and innovation to our clubs. New members are the lifeblood of Cosmopolitan and the more we grow, the more we can do for others. So, let's work on membership. Cosmopolitan is a great organization!! Share it!! Sign up one new member before June 30th.

Members are at the "heart" of everything we do. You are a member of an organization that offers you an opportunity to live for today, plan for tomorrow and make a difference along the way. Cosmopolitan celebrated its 92nd birthday in March as an organization committed to contribute to community well-being through charitable donations and volunteer service and with special emphasis on supporting efforts to prevent and find a cure for diabetes.

One major goal for this year was to develop a marketing plan for Cosmopolitan and build awareness. With the addition of the office of Vice President of Marketing we have been able to build a marketing plan. We have moved forward with the Special Issue of our CosmoTopics which will be published this summer. This marketing tool will be made available to facilities in all our communities. We are working to secure a spokesperson for Cosmopolitan and we have increased awareness through social media. We have upgraded our website to help in getting membership information to our members and public awareness about Cosmopolitan. You will continue to hear more about marketing as the plan continues to develop.

You can be proud that your organization continues to demonstrate leadership in adopting new marketing and public relations strategies.



Members
are at the
"heart" of
everything
we do.

Full Steam Ahead *(continued)*

*I treasure
the many
opportunities
I have had
to meet so
many of you
throughout
our entire
International
organization.*

Speaking of leadership, I want to share some personal reflections. Leadership is at the heart of any organization, and a lack of leadership is a recipe for failure. I have learned more about leadership through my involvement with Cosmopolitan than at any class I have ever taken. Because of the mentoring I have received through my membership, I have tried to demonstrate that same commitment to mentoring others within our organizations.

I learned about making changes which means having the courage to "think outside the box" and to feel the freedom to question "the way we have always done it". That's what I love about Cosmopolitan -- we aren't afraid to make changes when we recognize that our organization will be stronger and more viable as a result. Are you and your club regularly evaluating what you do to be sure you remain vital and relevant to your community? Are you doing the same projects year after year because your community really needs them, or because they have become a convenient, comfortable habit? Don't be afraid to have audacious goals. Be open to explore new ideas – even outside your comfort zone.

Our Cosmopolitan International organization is in great overall condition. We are in great shape financially, we have a management style that is serving us well, we are building public awareness and we are able to market Cosmopolitan going forward.

Now, as we prepare to meet in Gettysburg for the International Convention,

remember there is still time to recruit a new member. Tell those who are not a member about our great successes in our fight to find a cure for diabetes. Tell them about the start-up funding Cosmopolitan has provided for two major research efforts. Tell them about your community projects that make your communities better. We have a great story to tell and all we have to do is tell it and the people we ask to join will want to be a part of us.

We do have a lot of exciting things happening this year and we must all remember that with membership growth, we can do more and we can do more for our communities and diabetes related causes.

It has been my pleasure to serve on the Cosmopolitan International Board. I can assure you that all board members and our Cosmopolitan International headquarters are ready to assist the members to the best of their ability. Thank you for the wonderful opportunities you have given me as your 2009-2010 International President and leader. It has been an incredible experience. I treasure the many opportunities I have had to meet so many of you throughout our entire International organization. We have a great organization, dedicated to helping others, fighting diabetes, building many friendships and having fun. Thank you all for all you do on behalf of Cosmopolitan and it has been a great year. See you all in Gettysburg and remember to continue moving our organization "FULL STEAM AHEAD" – A FUTURE FREE FROM DIABETES.

It's Convention Time

Our annual Convention is happening this year in Gettysburg. Please check elsewhere in this issue of CosmoTopics for more information. Make sure you register early and take part in this FUN and informative time.

Gettysburg certainly is a familiar name. We all studied the history of the area in school. Gettysburg made history and there is no shortage of things for the history buffs to do. Yes, Gettysburg has a lot to offer if you are interested in the American Civil War, but be aware there is much more to Gettysburg and area. Who can resist Adams County and the fields, orchards and small towns? The scenery will overwhelm you as you pick your own fruit, check out the antique shops and wineries. Be ready to learn about the underground railway and the Quaker communities. You will be impressed.

Conventions provide relaxation, information and the opportunity to mingle with friends both old and new. As Cosmopolitans, we are fortunate to be able to attend as many Conventions as we want. Other Service Club members rarely get a chance to go to Conventions because of the numbers of people that want to attend. If you are one of the lucky ones to go, there is a good chance that you will not be able to attend again.

At Cosmopolitan Conventions, you will have the opportunity to discuss policy, and make decisions that will have an effect on the future of Cosmopolitan International. You will have an opportunity to take part in delegate meetings, join in discussion groups, and learn with your fellow Cosmopolitans. You will get more out of the Convention experience if you come prepared. Ask your Club members what they want to see happen in the future. Bring suggestions on how to attract more members, how to improve the image of Cosmopolitan.

Encourage more people than your President-elect to register. By sending your membership chair as well as others who are interested in the well-being of your Club, you will have laid the foundation for a strong Club in the years to come.

Many Cosmopolitans decided to become more involved in their Club at the local, Federation, and International levels after attending an International Convention. These dedicated people are the "movers and shakers" and are vital to the growth of our organization. They have decided to do their best to improve the lives of the friends and neighbors around them. This inspiration often came from their experiences at Conventions.

If you find you are ready to move up with Cosmopolitan International and become a Federation Governor, International Vice President or President, convention time is the place to learn about what goes on in the International office. Talk to any one of the Board members-we are very interested in talking to you. Not only will you help those around you, you will also help yourself. Your experiences will enhance your life and you will be proud of your accomplishments for years to come.

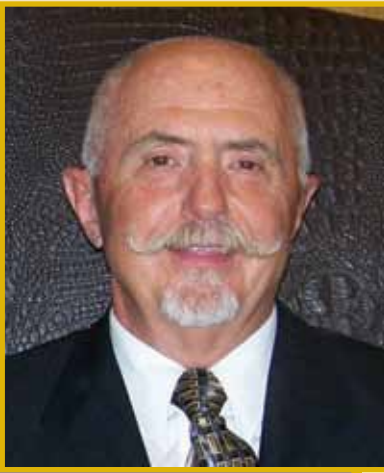
Be sure to register now for the International Convention in Gettysburg. You will enjoy yourself. History proves that people who attend Conventions will often attend again. When you leave the convention in Gettysburg 2010, you will have the information needed to attract your Club members to the Convention in Kansas City 2011. I will see you there, and will be looking forward to meeting you again in Calgary 2012.



Richard Greer
President-elect

*Be sure to
register
now for the
International
Convention
in Gettysburg.
You will enjoy
yourself.*

Is Cosmopolitan In A Membership Recession?



Brian Duckett
VP Membership and
New Clubs

We all know about the financial recession that began in late 2008, but reached its peak in 2009 before it started to turn around later that year and the economy has been improving since. To assist businesses and individuals to get through the hard times, the U. S. Federal Government put programs in place to relieve the pressure on these businesses and individuals. As the title of this article asks, Is Cosmopolitan in a Membership Recession?

If so, we, as an organization, need to bounce back just like the economy. By the end of March, which is the end of our 3rd Quarter, our membership numbers showed that we were in a recession. As of the end of March, we were at net loss of 65 members. With a membership total of 2024 at the start of this fiscal year, a loss of 65 members is a major loss. Actually, we have lost 3.2% of our membership in 9 months. 3.2% doesn't seem like much, but in an organization the size of ours it is a major setback. The worst drops in membership are at the end of each Quarter, when Clubs are being billed for their fees.

We don't have a Federal Government that has a program that will bail us out. We have to devise our own programs to do that. With the help from our current membership holding Membership Events, our membership numbers have come back and at the end of April, we were at a net loss of 42 which is an increase of 23 members in one month. With that in mind, it shows that having Membership Events is important, but we need to work

on programs to retain members as well. To begin this retention, encourage all Club members to get involved with Club, Federation, and International events. This would be a great start to keep our membership involved and interested in "The Club That Fights Diabetes". With our approaching International Convention in Gettysburg, PA, it would be a great way to get all Cosmopolitans involved and to show them that it is not all work, but everyone can have some fun as well.

With the end of our fiscal year also approaching, we as members need to go "Full Steam Ahead" and finish President Melvina's year as International President on a positive membership note. We need to continue to beat the bushes for those prospective members and to get them signed up and committed before the end of our fiscal year, June 30. I know that, with a concerted effort, we can get our membership numbers back up to a positive net increase and make it 5 years in a row to achieve that feat. Let's give it the old college try and make this year a success.

*Having
Membership
Events is
important, but
we need to work
on programs to
retain members
as well.*

Don't Go To Gettysburg, Unless You Want To Catch The Bug

This is a fair warning to all Cosmopolitans who may be considering attending the International Convention for the first time. Attend at your own risk!

You might have read in the spring 2010 CosmoTopics about Gettysburg and the convention schedule. You might be thinking that this would be a good time to grab the kids, the spouse, and head off to historic Gettysburg. If you read the article from Capital Governor L.J. Smith, you know that Gettysburg is a place of historic bravery that the Capital Federation has planned all kinds of activities including golf, a bus battlefield tour, period re-enactors and a great youth program. They are staffing a hospitality room. If this hospitality room is anything like the ones in the past, it will be fully stocked with all kinds of libations and filled with Cosmos from all over the northern hemisphere talking about successful programs they have run or giving advice if you have questions or problems you are trying to solve.

So what is the problem with all that you might say? All that sounds pretty good. A mix of fun, education, family time all rolled into one, exactly what is the problem with that?

If you are a conspiracy theorist you know that all of this is a plan to get you to want to come to the International Convention each and to come every year. That is

exactly what they did to my wife and me. In 2001 I was serving as president of my club and felt obligated to represent my club members at International. That year the convention was also hosted by the Capital Federation. I was expecting a typical boring convention (I had been to too many accounting conventions). Was I ever wrong! The Capital Federation put on an informative and fun-filled convention. We felt very comfortable among the Cosmos attending and the Capital Federation members were gracious hosts. By the end of the convention, the number of individuals I could count as friends had expanded greatly. On the way home my wife was saying, "We need to go to more of these. Where is next year being held?" The kids were asking, "Dad, why haven't we been going to these conventions?" Well, the fact is that since that first convention my wife and I have attended eight out of the last nine.

So you might want to heed my warning about attending this convention. It might be your first, but it won't be your last. You will be having too enjoyable a time to not want to come back next year – Fair Warning!



Phil Hanson
VP Finance

*Well, the fact is
that since that
first convention
my wife and I
have attended
eight out of the
last nine.*

Mastering The Press Release



Sheila Anderson
VP Marketing

The most important part of your press release is the information.

Most press releases are read and acted upon within 10 seconds. Journalists receive many on a daily basis. Often they only have a few minutes to scan the first few paragraphs of each to decide whether it's newsworthy. They also judge the release by its format. You may be tempted to put it on some flashy purple or gold paper, but don't do it. I'm just as tempted as you are, believe me.

Since press releases are the cornerstone of any publicity program, if we write them well, our organization will get its share of coverage. Here is a guideline for all of us.

GENERAL TIPS

- Journalists prefer plain 8 ½ x 11 paper.
- If you use letterhead you won't be able to fit as much on a page as you would with just a simple heading.
- Keep typed lines 50-60 characters long, including punctuation marks and spaces. The length is easy to read and allows margins wide enough for editing.
- Double-space the entire release.
- Indent paragraphs 10 spaces rather than the standard 5. That makes your copy easier to scan and edit.
- Avoid using hyphens at the end of lines.
- If your release goes to a second page, and it really shouldn't, try to end the first page with a completed sentence. Type "MORE" across the bottom of the first page at least three times. Start the second page with a brief heading that includes the name of your organization, the date, and the topic of the release.
- Mark the end of your release with "-30-," or the pound sign repeated several times "###"; these are two versions of journalese for "That's all, folks!"
- Limit your paragraphs to 4 or 5 lines.
- Short sentences with 10 to 12 words are easier to read. Rarely make them longer than 20 words.
- Always use active voice.
- Be suspicious of the word "that". It often isn't needed.
- Cross out as many adjectives as you can. They don't communicate and can often alienate journalists.
- The most important part of your press release is the information. Clear writing helps, but fancy phrases and verbal fireworks turns reporters off and are better used in PSAs. Keep it as lean as possible. Avoid jargon, try to use short, ordinary words. If you write as if you were actually talking to someone, your press release will be more direct and forceful.

HEADINGS

Your release should start with a heading that includes the following and in this order:

- Club Name
- Club Address
- Phone number - Include a cell or home phone since journalists work evenings.
- Contact Person
- Your Club Website
- Date – Use the date you expect the release to arrive on the editor's desk and date your release for that day. If it carries yesterday's date, they may think it's old news.
- Type the words "For Immediate Release." Never say "For Immediate Publication" as this makes it look like you are commanding them to run it.
- If there are pictures with your release, use the phrase "With art" and add a word or two to identify each photo. If the photos are posted on your website, include a link to the on-line image.

Headline - Most of the time the media will create their own headline for your article, but it's still a good idea for you to add one. Editors are conditioned to judge if something is worth reading by glancing at a headline. Make sure your headline tells the whole story. You can even announce the announcement on the envelope. Editors often scan envelopes to see what of today's mail sounds most interesting. Direct mail specialists have proved that the right headline on an envelope can increase response.

Copy - Leave at least 2 inches between your heading and the start of your text. Journalist like the top third of the page left blank so they have room to edit and write headlines. Now to start writing. Press releases are written in inverted-pyramid form. Imagine an upside down pyramid, its base in the air and its point in the sand. The most information is at the base or in the first one or two paragraphs. Include essential facts that make your story newsworthy. This is NOT the place to quote the Cosmopolitan tag line. Tag lines belong in marketing pieces, not press releases.

So how do you organize your thoughts? List out all of the information you want to include. Then arrange it in order of importance. Your first paragraph or two (called the lead) will contain the most important material, usually the who, when, where, why, what, and how. If it is important that the readers call you, for example for tickets, include your phone number in the lead. The most common place is at the end of the second paragraph.

Each subsequent paragraph contains less significant information. Press releases do not have strong concluding paragraphs. When you get to the end of the page, STOP! Even if you have more material, you should stop writing, unless you have a major announcement that you are sure it will be page-one news. Only then should you write an additional page. However, you can add a fact sheet, but keep the press release, itself, short.

Hopefully you won't freeze up now when you have to write a press release. For your convenience, there are press release templates on our websites. Under Resources, select Media Info and scroll down until your find press release template. As always, I'm here to help you.

*For your
convenience,
there are
press release
templates on
our websites.*

Diabetes Foundation Update



Tom Gustafson
CDF Chairman

As of the end
of April, we are
within \$40,000 of
our high point
(\$1.2MM) at the
end of 2007.

Fellow Cosmos-

As we close out 2009-10, the CDF wishes to thank everyone who has supported Cosmopolitan International and our many Cosmo projects through the Cosmopolitan Diabetes Foundation. Below are a few CDF highlights from this year.

Should you have any ideas or questions regarding the CDF, please feel free to

contact your federation representative (email addresses are on the CI website under Foundations/Cosmopolitan Diabetes Foundation/CDF Board).

Best regards,

Tom Gustafson
CDF Chairman

Grants:

As a result of 30+ years of contributions to the Beacons Fund and contributions to the Discovery Fund, the CDF was able to grant nearly \$50,000 at the New Orleans Convention.

CDF Contribution to Cosmopolitan Int'l:

At the board meetings in March, the CDF presented a check to the Cosmopolitan International (CI) board for \$10,000. CI will use these dollars for several items including the CosmoTopics, an upgrade to Cosmopolitan International's website, and ongoing website maintenance fees. In 2009-10, the CDF budgeted over \$17,000 in contributions to CI to assist in the fight against diabetes and other worthy causes. For 2010-11, the CDF will budget in excess of \$19,000 to Cosmopolitan International. The CDF is able to make these contributions to CI due to fellow Cosmo contributions to the Beacons Fund the past 30+ years.

New options for Beacons:

At the recent U.S. Federation meetings, your CDF Directors discussed new options for Beacon contributions. In the past, all Beacon contributions have been solely directed to our permanent endowment. The earned interest and income would be used to assist Cosmopolitan International and our many worthy causes while the original principal was never touched. With positive feedback received, a new option will be given to our Beacon members: to direct Beacon contributions to the project/charity of their choice i.e. Strelitz, Crusader, Columbia, etc. and receive credit on their Beacon commitments. This will give our Beacon members the option of contributions with immediate impact or to a long-term endowment.

UBS Update:

The CDF's investments continue to improve. As of the end of April, we are within \$40,000 of our high point (\$1.2MM) at the end of 2007. In speaking with Larry Wilkes, our financial advisor, he continues to be bearish on the market and is continuing with a more conservative investment philosophy.

Ongoing improvements to CDF operations:

The CDF will continue to streamline operations in order to reduce overhead costs and improve services to our members.

- **DBS Accounting:** DBS will continue to provide our monthly financials and acknowledgements. DBS has given the CDF a tremendous amount of assistance in re-vamping our Beacons Database and assisting us in improving our accounting and grant procedures.
- **Acknowledgements:** In order to be as cost conscience and efficient as possible, the CDF's acknowledgment procedure is to accumulate all contributions in one month then send the acknowledgements within the first two weeks of the following month. We did have some issues this year with our Beacons' database which delayed some of these acknowledgements—I apologize to those of you that this affected.
- For those of you who have donor directed funds with the CDF, we are drafting more detailed agreements for better accounting and management of these funds. You will be hearing from us in the coming months.

WILL A 'POWER' WORKOUT HELP CUT TEEN DIABETES RISK?

Cosmopolitan Foundation of Canada awards pediatric researcher funds to examine vigorous exercise and its impact on insulin levels

Jonathan McGavock, assistant professor in the Faculty of Medicine at the University of Manitoba and research scientist at the Manitoba Institute of Child Health is the recipient of the Cosmopolitan Foundation of Canada Inc.'s annual award for diabetes research. McGavock was presented with the \$98,000 award at a local Cosmopolitan Club of Winnipeg event.

McGavock will be studying the impact of rigorous physical activity on risk factors for type 2 diabetes in overweight adolescents. The study titled "Physical activity for Overweight youth at Risk for type 2 diabetes," POWER for short, will measure the role of regular aerobic exercise on insulin sensitivity, a predictor of type 2 diabetes risk.

The study aims to find the optimal amount of time and intensity of physical activity required to improve insulin sensitivity and ultimately allow overweight Canadian youth to modify their lifestyles to avoid development of type 2 diabetes.

"I congratulate Dr. McGavock on being awarded this funding from the Cosmopolitan Foundation and look forward to the results of this important study," said Gary Glavin, associate vice-president (research) at the University of Manitoba. "This research will improve the lives of Canadian youth who are increasingly at risk for development of type 2 diabetes."

Type 2 diabetes mellitus in youth has increased by a factor of 20 across Canada in the past 25 years. The team of researchers at the University of Manitoba and the Children's Hospital of Winnipeg are one of the first groups in the world to recognize this trend in their patient population. Type 2 diabetes is the fastest growing chronic disease in Canada and costs close to \$5 billion annually.

"This award of \$98,000 to Dr. McGavock more than doubles the previous award given to the University of Manitoba in 2005," said Gary Wensel, President of the Cosmopolitan Club of Winnipeg. "Our Club members have been diligent in their fundraising efforts in order to support these important research efforts to find a cure for Canadians afflicted with diabetes."

Every year, the Cosmopolitan Foundation Canada Inc. member clubs undertake fundraising activities to support research projects in search for a cure for diabetes. The Cosmopolitan Foundation Canada Inc. has granted approximately \$1 million to foster diabetes research. Most of the funds are directed to universities in Western Canada, however, INGAP research at McGill received a significant grant.

The POWER project receives funding support from the Canadian Diabetes Association, the Lawson Foundation, the Manitoba Institute of Child Health and the Canadian Institutes of Health Research.

The Cosmopolitan Foundation Canada Inc. is the charitable arm of Cosmopolitan International in Canada. Cosmopolitan International was formed in 1918. The 2,000 members are in sixty-seven clubs; there are approximately 300 members in 13 Clubs in Canada – 4 in Alberta, 1 in Manitoba and 8 in Saskatchewan. Cosmopolitan Clubs support local needs in their communities and unite to fight diabetes

The Manitoba Institute of Child Health is the research division of The Children's Hospital Foundation. The Institute is dedicated to excellence in pediatric research. At the Institute, more than 220 world-class pediatric medical researchers, technical staff, students and support staff are involved in over \$6 million worth of research and clinical trial activities each year. For more detailed information, visit www.mich.ca

For more information contact Dr. Jonathan McGavock at (204) 480-1359 or Mr. Gary Wensel, (204) 256-9775.



Gary Wensel (left) and Dr. Gary Glavin (right) present Dr. Jon McGavock (center) with a check for \$98,375.00.

The purpose of our web site is to provide information to all our members and to serve as a marketing tool for potential members. There are countless reasons why updating our web site is significant, one of which is to retain our members' and potential members' appeal in stopping by and doing so frequently. We understand people will want to visit our web site again and again if new and useful information is regularly added. We continue to make enhancements to our site to make people want to return to see what's new and what's happening in the Cosmopolitan world. It's, quite frankly, the quickest and most cost-effective way to get current information into your hands.

Updating our site takes a lot of time and energy on behalf of several people. We are willing to put in that effort. Now, are you willing to put in effort on your end? If only a few of you are using it, then is it really worth it on our end?

When we launched our site in October 2007 an automatic email was generated to all members letting them know their user name and password. And, like most, you may have forgotten what that was. Not to worry! Simply contact Kevin at headquarters (800.648.4331 or headquarters@cosmopolitan.org) and he can set you up with a new password in a matter of minutes. Who knows, we just may run a couple contests for those people using the site.

If we build it, will you come?

IT Committee

Sheila Anderson

Jim McVay

Russ Dennis Jr.

WHAT'S NEW?

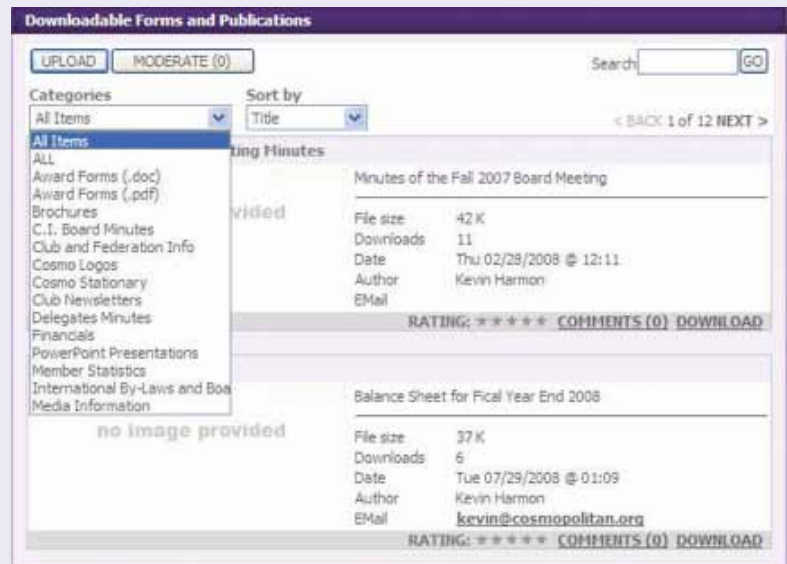
Usability is the measure of the quality of a user's experience when interacting with a web site. If a web site is difficult to use, people leave. If the homepage fails to clearly state what an organization offers, people leave. If users get lost on a web site, they leave. If a web site's information is hard to read, well, you guessed it, they leave. We don't want you or potential members to leave!

- **HOME PAGE** - We felt the need to make our organization's purpose immediately apparent, so we revamped the home page and added a rotating picture box that highlights our Major Cosmopolitan Diabetes Centers. We also added an Our Projects tab.
- We have created a new boxes to house:
 - ◆ Calendar - contains important dates for International
 - ◆ Cosmo Awards - Download the Awards Brochure and after International Convention, this is used to recognize the major winner



- ◆ Current Information - includes Club Directory, International Monthly Report, Financial Information, Membership Statistics
- ◆ CosmoTopics - Contains links to read current and past issues
- ◆ Quick Links - Access to GPWC Form, letterhead, International Board Policies and Bylaws, Invocations & Installation guides, and Awards Brochure

- View live feed from Facebook.
- **RESOURCES TAB** - Download Award forms, brochures, CI Board Minutes, logos, letterhead, PowerPoint examples, media info such as fact sheets and press releases.



HOW TO UPDATE YOUR PROFILE

- After you login, your name will appear in the upper right hand corner of the page. Click on your name.
- To change your personal information, click on "Manage Profile" (confirm that your name and email address are correct while you are on this page.)
- You can add/modify your name, address, and telephone numbers. You can even add your biography. Click "Update" to save this information.
- After you click "Update" you will return to the prior screen.
- Then click on the "My Account" button on the left side of the page.
- Enter the information as requested. Anything grayed out is only changeable by Headquarters.
- To add a photograph to your profile, click on the "Browse" button next to Specify Photo File. A window will open showing the files on your computer. Select your photo and click "Open." Your photo size must be 100 x 100 (50K). You can resize in Windows Paint, Photoshop, or other programs you may have. (Contact Kevin Harmon, Sheila Anderson, or Jim McVay if you have problems.)
- When completed with all the above, check all three boxes at the bottom of the screen that say Public Profile, I have read..., I confirm...
- Then click on "Update."

DON'T MISS OUT ON CURRENT INFORMATION!

We want to start sending out email blasts to all members, and we promise not to clog up your Inbox with tons of emails. We feel this would be the quickest and most cost-effective way to get current info into your hands..."hot off the presses." News such as the formation of new clubs, International and Federation Conventions details, announcements of significant club anniversaries, media coverage, etc.

The only way we can make this happen is to make sure Headquarters has your current email address by either 1) calling Headquarters 800.648.4331, 2) emailing headquarters@cosmopolitan.org, or 3) logging onto www.cosmopolitan.org, log on using your password and user id, and update your profile.

Let your web site adventure begin...



Healthy Choices



An Apple A Day is Peachy Keen and Berry Delicious

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

Summer is a great time to enjoy fruit. The MyPyramid.gov recommends that adults eat 1 ½ to 2 cups of fruits a day. The amount of fruit you need to eat depends on age, sex, and level of physical activity.

How much fruit is needed daily?

Recommended amounts are shown in the table. *These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs. **In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1 to 1 ½ cups**
Girls	9-13 years old	1 ½ cups**
	14-18 years old	1 ½ cups**
Boys	9-13 years old	1 ½ cups**
	14-18 years old	2 cups**
Women	19-30 years old	2 cups**
	31-50 years old	1 ½ cups**
	51+ years old	1 ½ cups**
Men	19-30 years old	2 cups**
	31-50 years old	2 cups**
	51+ years old	2 cups**

PEACH-APPLE CRISP

8 Servings, about 1/2 cup each

Preparation Time: 20 Minutes

Cooking Time: 20 Minutes

INGREDIENTS:

Canned sliced peaches, fruit juice pack, drained 20 ounces or 1 pound frozen or fresh peaches no sugar added (about 3 cups sliced)

Apples, tart, peeled, sliced 2 medium (about 3 cups sliced)

Vanilla 1/2 teaspoon

Ground cinnamon 1/4 teaspoon

White whole wheat flour 3/4 cup + 3 tablespoons

Brown sugar, packed 1/4 cup

Margarine (trans fat free) or butter, chilled 3 tablespoons

DIRECTIONS:

1. Preheat oven to 350° F. Lightly grease 9- by 9- by 2-inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 20 minutes.

Per Serving:

Calories 160

Total fat 5 grams

Saturated fat 1 gram

Total carbohydrate 30 grams

Fiber 4 grams

Protein 2 grams

Cholesterol 0

Sodium 60 milligrams

Source: <http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf>

Tips to help you eat fruits

In general:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

For the best nutritional value:

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.
- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.

At meals:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges, berries, grapes or dried fruit in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and dressing.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears, or a fruit salad.

As snacks:

- Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, ¼ cup is equivalent to ½ cup of other fruits.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums), and raisins (dried grapes).
- As a snack, spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

Make fruit more appealing:

- Many fruits taste great with a dip or dressing. Try low-fat yogurt or pudding as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try applesauce as a fat-free substitute for some of the oil when baking cakes.
- Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.

Keep it safe:

- Wash fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry after washing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing

Source: www.MyPyramid.gov

Frozen Blueberry Smoothie Recipe

INGREDIENTS:

- 1/2 cup frozen blueberries (unthawed)
- 1/2 cup plain fat free yogurt
- 1/2 cup 1% milk
- 1 tablespoon honey
- 2-3 ice cubes (optional)

PREPARATION:

Combine all ingredients in a blender and blend until smooth or to desired consistency then serve in glasses. Increase the protein content by adding 1 scoop whey protein, 1/3 cup dry milk powder, or ¼ cup liquid egg substitute (pasteurized).

Per Serving:

Calories 218
Total fat 2 grams
Saturated fat 1 gram
Total carbohydrate 41 grams
Fiber 2 grams
Protein 11 grams
Sodium 150 milligrams

Source: <http://www.smoothieweb.com/frozen-blueberry-smoothie-recipe/>



Out & About

Jeff City is Kid Friendly *By Jane Holtzman*

The Jefferson City Cosmopolitan Club successfully completed the 15th Annual Tom Henke Charity Classic golf event in October. Activities for this event include an evening banquet on Sunday night with silent and live auctions, and a golf tournament on Monday. Our goal is to serve 400 people at the banquet and have 30-36 teams for the golf tournament.

Tom Henke, former St. Louis Cardinals relief pitcher and a Jefferson City Cosmo member, brings in celebrities, and each golf team gets one celebrity to golf with their team. Planning for this annual event begins every year immediately following the tournament, and we are already planning for the 2010 fundraiser. With this being the signature fundraising event for our club, we have donated nearly \$600,000 to the Special Learning Center in Jefferson City, which provides classroom instruction and therapy services to children with special developmental needs. Our club also retains a portion of the proceeds each year, and we have raised nearly \$200,000 for diabetes education and research over the past 15 years.

On December 14, 2009, the Jefferson City club presented a check to the Special Learning Center in the amount of \$53,000 from this year's tournament. We served a record of 490 people at the banquet dinner and had a successful year for auction proceeds, even with the down economy. It

is a heartwarming experience to see the smiles on the faces of these special children, and our club has helped enable the Special Learning Center to nearly double their building size and increase their capacity over the years. Although this event requires a lot of extra time and hard work from our members, we are proud to be able to assist the Special Learning Center, and the rewards are much greater than all the hard work involved!



Roanoke Cosmos host 45th Annual Cosmopolitan Invitational Track and Field Meet *By Stephen Waskey*

The Roanoke Cosmopolitan Club held its 45th Annual Cosmopolitan Invitational Track and Field Meet May 6-8, 2010. The track meet, which is officially sanctioned by the Virginia High School League, has become the largest scholastic track meet in Southwest Virginia with boys and girls teams participating from Middle, Junior, and Senior High Schools throughout the area. Cosmo 2010 included 1,100 athletes from 32 area schools.

During the event, club member and Meet Director, Randy Lower awarded \$2000 scholarships to an outstanding senior boy and girl who participated in the event. Club members select the winners annually through an application process based on academics, community service, and meet participation. Since our first scholarships were awarded ten years ago, the club has awarded \$29,500 to athletes participating in the event. Additional proceeds from the meet will go to the EVMS Strelitz Diabetes Center and to various local charities.

The continued success of the track meet would not be possible without the participation of our athletes and coaches as well as our many corporate sponsors and volunteers. Along with club members, these volunteers serve in many capacities ranging from judges and timers to lunch servers and ticket collectors. This year, we were especially excited and grateful to have Capital Federation Governor, LJ Smith in attendance. LJ stayed plenty busy awarding medals and trophies throughout the weekend!

By all accounts, the 45th Annual Cosmopolitan Invitational Track and Field Meet was a terrific success. Planning has already begun for next year's meet as we hope to continue to build and expand upon past achievements.



A Sanford Project Clinical Trial to Cure Type 1 Diabetes

By Alex Rabinovitch, MD - Associate Director, The Sanford Project

Diabetes is diagnosed when a person's blood sugar (glucose) level is found to be elevated above normal. This occurs when the body's insulin-producing beta cells in islets located in the pancreas fail to produce enough insulin to keep blood glucose levels from rising too high after meals. The insulin deficiency that results in dangerously elevated blood glucose levels is caused by beta cells under-producing insulin and also the total number of beta cells in the pancreas is reduced.

In people with type 1 diabetes, the body's immune system has mistakenly destroyed most of its own beta cells (autoimmunity) for reasons not known. In people with type 2 diabetes, the loss of beta cells is not as severe as in type 1 diabetes, nevertheless beta cell numbers are reduced below normal, often because of having been overstressed by obesity. The knowledge that reductions of insulin-producing pancreatic beta cells are the causes of both type 1 and type 2 diabetes has led medical research scientists to focus on ways to re-grow (regenerate) insulin-producing beta cells. Significant progress has been made in the past few years.

Research studies in my former laboratory in Edmonton, Alberta, Canada discovered that insulin-producing beta cells could be grown up (generated) from other stem (precursor) cells present in the adult human pancreas. We used a combination of two gastrointestinal hormones, gastrin and glucagon-like peptide-1 (GLP-1) to stimulate cells that line the pancreatic ducts leading to the intestines to develop into insulin-producing beta cells. This work was done using pancreatic duct cells obtained from pancreases of adult human organ donors, and was published in the journal, *Cell Transplantation* in June 2008.

In other studies, we found that the combination of gastrin and GLP-1 could also cure a form of type 1 diabetes in mice by regenerating their pancreatic beta cells that had been destroyed by autoimmunity, and this diabetes cure was accomplished without having to use immunosuppressive drugs. These results were published in the journal, *Diabetes* in December 2008.

In our most recent laboratory research studies, we found that we could replace the gastrin and GLP-1 combination therapy that required injections of these hormones by using two oral medications that are safe and already prescribed for other medical conditions. One medication, a dipeptidyl peptidase-4 inhibitor (DPP-4i) is a drug recently found to control blood glucose in people with type 2 diabetes, and the other medication is a proton pump inhibitor (PPI)

prescribed as an antacid for heartburn. We found that the oral administrations of a DPP-4i and a PPI could regenerate pancreatic beta cells and cure type 1 diabetes in mice and we published these findings in the journal, *Diabetologia* in June 2009. Most recently, we have also found that the DPP-4i and PPI combination of medications could stimulate adult human pancreatic duct cells to develop into insulin-secreting beta cells.

Based on these laboratory research studies, using mice and adult human pancreatic cells, we have developed a protocol to conduct a placebo-controlled clinical trial of the DPP-4i and PPI combination of medications in patients (6 to 35 years of age) who have recently been diagnosed with type 1 diabetes. The objective of this clinical trial is to determine if our medications can rescue the few beta cells that remain soon after the diagnosis of type 1 diabetes and whether new beta cells can even be regenerated, so that the patients can decrease or even no longer need to inject insulin to keep their blood levels under proper control.

This clinical trial is expected to be approved by the US Food and Drug Administration (FDA) in June/July 2010 and we should be able to start recruiting type 1 diabetes patients into the trial soon thereafter. Treatments are for 12 months, with a 12 month follow-up. Our type 1 diabetes clinical trial is supported by the Juvenile Diabetes Research Foundation (JDRF) and Sanford Health and Sanford Research/University of South Dakota in Sioux Falls. This clinical trial is the first in a series of trials that the Sanford Project is planning in its mission to cure type 1 diabetes.



Back Row: Karen Hanisch, Paul Thompson, Alex Rabinovitch, Alex Karmazin, Laura Davis Keppen
Front row: Sara Eng, Lora Black, Dawn Hanson, Diane Hahn



Out & About

Jefferson City Club Hosts 62nd Mo-Kan Federation Convention

By Jane Holtsman

The Jefferson City Cosmopolitan Club hosted the 62nd Annual Mo-Kan Federation Convention, April 30-May 2 at the Truman Hotel in Jefferson City. The event kicked off Friday evening with a dinner and "safari" entertainment at Tonanzio's Cedar Creek Lodge. Saturday included the delegates' business meeting and a luncheon with guest speaker, Tom Henke, entertainment by Samuel Luetkemeyer and students of the Special Learning Center, and Call of the Wild entertainer Ralph Duren. The evening Governor's Ball included dinner, installation of new officers and a dance with Central Missouri Sound.

Greg Shields, Jefferson City Cosmopolitan Club, was installed as the Mo-Kan Governor for 2010-2011.

Other Mo-Kan officers include: Governor-Elect - John Paladino, Wichita Air Capital Club; Treasurer - John Bloom,

Heartland Club; Secretary - Diana Klopfenstein, Lawrence River City Club; and Lt. Governors - Don Gentry, Heartland Club; Tommy Johnson, Lawrence Ricer City Club; Gene Kaup, Wichita Downtown Club; and Rollin Thompson, Columbia Show-Me Club.

Awards presented during the convention include:

P.J. Hodgins - Kurt Kopp, Columbia Luncheon Club; Cosmo of the Year - Phil Hanson, Columbia Luncheon Club; Member Community Service Award - Jerry Sigmund, Columbia Luncheon Club; Club Community Service Award - Heartland Club, "Backsnacks" project; Yearbook Award - Lawrence River City Club; Top Bulletin Award - Columbia Show-Me Club.

The convention wrapped up Sunday morning with farewells and a continental breakfast in the hospitality room.

JEFFERSON CITY COSMOPOLITAN HALL OF FAME By Greg Shields

In 2009, the Jefferson City Club created a Cosmopolitan Hall of Fame to honor those whose many years of outstanding service have contributed so much to the success of the club. Lighted display cases to house marble plaques with Hall members' pictures and a brief synopsis of their achievements were built by Lynn Christie. These cases are installed in the cabin located on the club's Timber Acres property.



In the spring of 2009, charter member Paul Kolb and long-time member Faye Johnson-Becker became the first inductees into the Cosmopolitan Hall

of Fame. This spring, the club selected Urban Wussler for induction. Urban, who is a 60-year member of the Columbia Luncheon Club, was honored not only for his work in chartering the Jefferson City Club, but also for his unflinching support of the club over the years.

Mo-Kan Governor Elect Greg Shields presented Urban with his plaque at the Columbia Luncheon Club's meeting on May 18. Other members of the Jefferson City Club attending the ceremony were Mike Evans, Harold and Frances Leydens and Linda Shields.

Urban's Hall of Fame plaque is inscribed with the following:

Urban joined the Columbia Cosmopolitan Luncheon Club on February 2, 1950. As club president in 1961, he accepted the challenge of forming a new club. He chose Jefferson City. As a result of his tireless effort, a club was chartered in Jefferson City with 38 members on January 12, 1963. Urban is the consummate Cosmo and is lovingly referred to as "The Father" of the Jefferson City Club. Congratulations Urban!

Yellowhead Does BBQ

By Richard Greer

Yellowhead Cosmopolitan Club members Linda and Richard Greer along with Cosmo Sue Abrametz lend a hand at the annual Charity BBQ Day. M&M Meats were the major sponsor at this national event. Cosmo Sue is a dedicated volunteer for Crohn's and Colitis as well as Cosmopolitan International. Sue also co-ordinates the annual Yellowhead Clubs' golf tournament, with proceeds going to the Crohn's and Colitis organization.



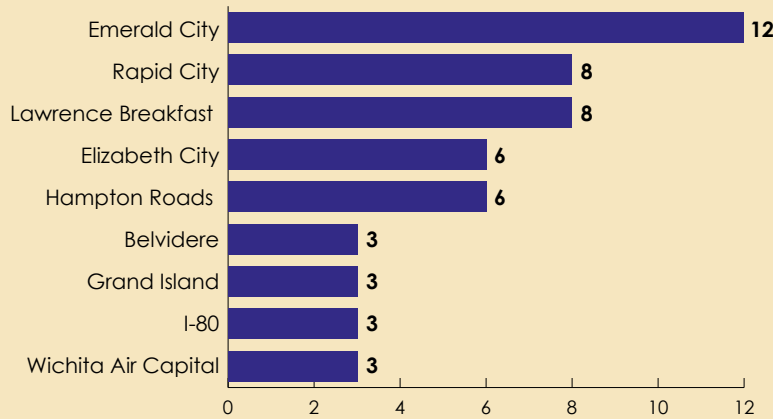
Know & Tell



TOP CLUBS

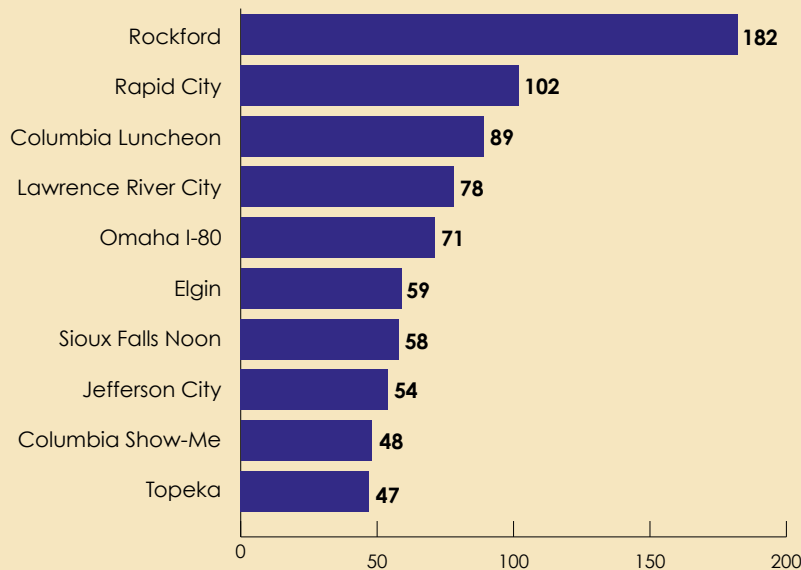
Top Clubs for Year

Net Member Increase through April 30, 2010



Top Clubs

Total Members through April 30, 2010



Federation Honor Roll

Net Increases through April 30, 2010

Cornbelt
Mo-Kan

Club Honor Roll

Net Increases through April 30, 2010

Elizabeth City
Hampton Roads
Bellevue-Big Elk
Council Bluffs
Fremont
Grand Island
Main Street
I-80
Belvidere
Columbia Breakfast
Emerald City
Lawrence Breakfast
Lawrence River City
Wichita Air Capital
Rapid City
Edmonton
Prince Albert
St. Albert

Lawrence's Major Cosmopolitan Diabetes Center Relocates

Lawrence's Health Care Access Clinic, a designated Major Cosmopolitan Diabetes Center, recently completed its move to a new location. The clinic, whose mission is to provide access to health services for local residents with limited financial means who are not covered by private or governmental insurance programs, relocated to a building across the street from Lawrence Memorial Hospital. With the help of volunteer labor and donated materials, the building, which was formerly a dental office, has been completely paid in full and remodeled for the clinic's use.

According to Health Care Access Clinic Executive Director, Nikki King, the buildings expanded size, along with its proximity to Lawrence Memorial Hospital, will both accommodate more patients, as well as attract additional volunteer health care providers to serve those patients. The number of uninsured residents of Lawrence and Douglas County who are eligible for clinic services is currently at 14,000. Even after health care reform rolls out in 2014, King estimates that there will still be 7,000 to 10,000 local residents with no insurance coverage, who will need primary medical care at an affordable level without relying on the emergency room.

The Lawrence River City Cosmopolitan Club has been a longtime community partner with the Health Care Access Clinic, both by providing funds to help care for their diabetic patients, and assisting the clinic with volunteer help. The remodeling of the building at their new location was no exception. River City Cosmopolitan Club members Mike Hertling, Jack Hohman and Kevin Harmon volunteered much of their free time this past winter to help transform the building from a dental office into a medical clinic. This River City Cosmo trio spent countless hours installing and finishing drywall, installing trim work, plus painting the clinic's various exam rooms and offices. Mike, Jack and Kevin were recognized for their hard work and dedication to the remodeling project during the clinic's Building Partner Preview, which was held on April 7th. In addition, the club's longtime partnership with the clinic was recognized with the naming of its resource room in honor of the River City Cosmopolitan Club.

Congratulations to the Health Care Access Clinic on its beautiful new facility, along with its continued mission to serve those who are less fortunate in the Lawrence and Douglas County community.



Left to Right: Mike Hertling, Nikki King, Jack Hohman and Kevin Harmon



Health Care Access' New Home

★ Meet the Candidates



Richard Greer, the current President-Elect, will automatically fill the office of International President at the Gettysburg Convention.



★ **President- Elect – Phil Hanson**

Phil is a member of the Columbia Luncheon Club and our current VP for Finance. Phil has been a member since 1978 and has held several offices in his club as well as being the Mo-Kan Governor. He graduated from the University of Missouri, is a Certified Public Accountant and maintains his own accounting business. Phil and his wife Brenda, also a member, have three sons and live in Columbia.



★ **VP for Finance – Brian Duckett**

Brian is our current VP for Membership and New Clubs. He is a charter member of the Wascana Couples club having joined in 1995. He has been a Club President, Western Canada Governor and also served on the board of Cosmopolitan Foundation Canada. Brian graduated from the University of Regina with Bachelors degrees in Social Studies and Geography. He is retired from a career in teaching. Brian and wife Shelley, also a member, currently reside in Crooked Lake, Saskatchewan.



★ **VP for Marketing – Sheila Anderson**

Sheila returns for another bid at the office of VP for Marketing. Sheila is a charter member of the Sioux Falls Evening Cosmopolitan Club in Sioux Falls having joined in 1995. She attended South Dakota State University to study Graphic Design and currently is Assistant VP and Office Manager for RAS, a workers compensation underwriter. Part of her duties include the corporate identity. Sheila is also Editor of the CosmoTopics and has made a number of changes to the look and feel of our magazine. Sheila and husband Derry, a Past International President, make Sioux Falls their home.



★ **VP for Membership – Gary Bartlett**

Gary is a first time International office candidate but is no stranger to the International scene. Gary is a charter member of the Lawrence River City club having joined in 1990 and is also a charter member and club builder of the Emerald City club formed in 2009. Gary has held virtually every office at the club level in River City and is a past Mo-Kan Governor. Gary is a fixture at International conventions and is a co-chair of the 2011 convention in Overland Park, Ks. Gary works for ICL Performance, a leading phosphorus chemical company. Gary and wife Susie, also a member, have two daughters and live in Lawrence, Ks.

Any Cosmopolitan Member in good standing who meets the qualifications as outlined in the By-Laws can submit their name as a candidate for International Office to Jim Smith, Immediate Past President and Chair of the Nominations Committee. Nominations can also be made and will be solicited at the Convention.



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 Program

(not to be confused with the Major Cosmopolitan Supported).

- 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

ELGIN COSMOPOLITAN CLUB DIABETES EMERGENCY RESCUE FUND

Social Service Department, Sherman Hospital
934 Center Street,
Elgin, IL 60120
B 847.742.9800

SETEBAID 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.setebaidservices.org
info@setebaidservices.org

DIABETES INCORPORATED

12955 Bogus Jim Road
Rapid City, SD 57702
Deanna Smith, Executive Director
605-341-1273

PROVENA MERCY MEDICAL CENTER

Center For Diabetes Wellness
1325 N. Highland Avenue
(new address)
Aurora, IL 60506
Rita Smith, RN, MSN, CDE
630-801-2675

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street
Rapid City SD 57701
Dr. Thomas Repas
605-718-3300

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 500 engraved bricks have been placed in the courtyard of the historic turn-of-the-century headquarters buildings.



BRICK CLUB SUMMER 10

In Memory of
William O. "Bill" Lavin
Roanoke Club

In Memory of
Leo L Smith III
West Omaha Club

In Memory of
James Beckett
Wichita Downtown

In Memory of
Ralph Sullivan
West Omaha Club

In Memory of
Bob Luckett 1971-2008
Austin TX Club

In Memory of
Harry E. Keller
West Omaha Club

Marilyn M Smith
Outstanding Member
Columbia Breakfast

In Memory of
Lorraine Graham
Saskatoon Couples Club

In Memory of
Kenneth A Dudley
Columbia Breakfast

J.W. "Stan" Stafford
Past President
Columbia Luncheon

Jeanne Nielsen
Cosmo of the Year
2009-2010

Dr. Charles Gehrke
Past President
Columbia Luncheon



In Memoriam

Cornbelt

Ralph E. Sullivan
Omaha West

Harry E. Keller
West Omaha

Paul R. Todd
Omaha Cornhuskers

Midstates

Hunter V. Nicol
Aurora

Mo-Kan

James E. Beckett
Wichita Downtown

Joyce W. Stafford
Columbia Luncheon

Western Canada

Lorraine Graham
Saskatoon Couples
Club



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: _____



Provena Mercy Medical Center Center for Diabetic Wellness

What is the Center for Diabetic Wellness?

The Center for Diabetic Wellness at Provena Mercy Medical Center in Aurora, Illinois was developed in response to a community need. Aurora is a community of over 34,000 underserved individuals residing in 8 Medically Underserved Area (MUA) Census Tracts. Within the 34,000 individuals 68% are Hispanic. The number of underserved, coupled with the growing rate of diabetes, challenged both community and health care professionals to address the problem in an effort to remove barriers to care. In 2004 with funding received from the office of Speaker of the house, J. Dennis Hastert, Provena Mercy Medical Center was able to open the Center for Diabetic Wellness. The Center is open to all type 1, type 2 and Gestational diabetics, regardless of ability to pay.

Vision Statement:

The Center for Diabetic Wellness strives to eliminate diabetes related health disparities through the development and implementation of a holistic, culturally sensitive community-based health center that offers outreach education, screenings and referrals and wrap-around services to underserved populations.

Services Provided:

The Center provides the following services to the community:

- **An American Diabetes Association (ADA) Recognized Diabetes Self-Management Education Program** - Individual and Group Classes Offered in English and Spanish
- **Medical Nutrition Therapy** - Individual instruction provided by Registered Dietician and Certified Diabetes Educator
- **Diabetes Support Groups** - Offered in English and Spanish
- **Case Management Services for the Underserved Medication Assistance** - Assistance with Blood Sugar Monitoring Supplies, Referrals to local Health Care and Social Services Agencies
- **Volunteer Subspecialty Clinics for the Underserved:** Ophthalmology, Optometry, Endocrinology

Where is the CDW located?

The Center for Diabetic Wellness is located in Aurora, Illinois on the main floor of Provena Mercy Medical Center just inside the front lobby entrance. The Center consists of a reception area and waiting room, staff office, two examination/individual assessment rooms, an Ophthalmology exam room, group education/meeting room and supply area.

When did the relationship between Cosmopolitan and the Center for Diabetic Wellness Begin?

This relationship began right from the opening of the Center, in March, 2005. Then President, Frank Weiland, was presented with a plaque in appreciation for the initial support from the Aurora Cosmopolitan Club at the opening ceremonies. The Club provided the Center with \$3,500.00 to purchase a computer data system to track patient's progress through the program. They also provided the office furniture for the Center's clinical staff and a copier machine. Over the past 5 years the Aurora club and with the assistance from the Cosmopolitan International Foundation has given over \$25,000.00 in funding to the Center. A large portion of this money was donated in honor of Mr. John Bonie, a long time member of the Aurora Cosmopolitan Club. Last year, the Aurora Club donated their annual fund-raising profit from a barbecue held on the Provena Mercy Medical Center campus to purchase a 52 inch flat screen TV to be used for the education room. Most recently grant monies were obtained from the Cosmopolitan International Foundation for the purpose of establishing The Cosmopolitan Club Emergency Patient Assistance Fund. This fund is used primarily to assist patients who are unable to afford their medication and or testing supplies. The club hopes to be able to continue supporting this fund and the Center for Diabetic Wellness for many more years to come.

Comments from Center for Diabetic Wellness Manager, Maria Aurora Diaz:

"Our partnership with the Aurora Cosmopolitan Club is a partnership that we at Provena Mercy value. The Cosmopolitan Club is a leader in addressing the needs of individuals with diabetes. Our partnership demonstrates to the community and our patients that together we are committed to supporting and delivering those needs." said Maria Aurora Diaz, Provena Mercy Medical Center Clinical Manager for the Center for Diabetic Wellness. "Since the inception of our program in 2005, Cosmopolitan Club has supported us by donating office equipment, increasing community awareness of our program services, establishing an endowment fund, hosting annual fundraisers and awarding grants for program needs. We look forward to continued partnership so that together we can live our mission out in the community."

**Submitted by Rita A. Smith
Governor, Midstates Federation**



Reception Area and Waiting Room



Education Room



Examination Room



Governor

NEWS

Mo-Kan Federation Convention

by Suzie Bartlett
Mo-Kan Federation Governor

The Mo-Kan Federation convention was held in Jefferson City, Missouri, April 30-May 2. A safari theme was present throughout the weekend. Friday evening's welcome party was held at a dinner theatre, with a musical "jungle" presentation. After the evening's entertainment, members headed back to the hospitality room, again, decorated with wild animals. The Cosmos blended right in with the animals!

Saturday morning starting with the delegates meeting. The clubs in attendance reported on their fund raising, socials and membership events. Reports were received from committees and new committees were formed for the new year.

After a light lunch, entertainment was provided by Ralph Duren – Calls of the Wild. Mr. Duren creates all types of animal sounds, birds and other wild animals. He told of an experience in New York City he had – walking down Broadway back to his hotel with a woman that had attended the same event he had that evening. She was on the phone with her father and had asked Mr. Duren to talk to her father, who was a hunter, and proceeded to request different animal sounds over the phone. He found out that he was placed on speaker phone and he was entertaining Ted Turner and his guests that evening.

A special little boy played the piano and sang a song he had adapted to fit a slideshow from the Special Children's Learning Center. The Jeff City club supports the Learning Center each year through their golf tournament. Other children joined in with singing 'Take me out to the ballgame'. Not too many dry eyes in the audience when they had finished.

After lunch, several members were sequestered to judge awards. Others were free to shop while another group toured the Missouri State Penitentiary. No prisoners in residence now, but a lot of history behind those bars.

Saturday evening's dinner and dance was the highlight of the weekend. The incoming officers were installed by past international president Kevin Harmon. Incoming governor Greg Shield, gave a moving speech with his motto 'The Time is Right' to inspire all members that the time is right to become an officer, sponsor a new member, or get active in their clubs activities. The dance floor was full of gyrating Cosmos until the last song was played. We then headed back to the hospitality to continue the fun.

I encourage all members to attend your Federation convention. You will pick up ideas on other fundraising and social events from the other clubs. But most importantly, what a wonderful way to establish new friendships which will last your lifetime. We are blessed to call our best friends Cosmos.



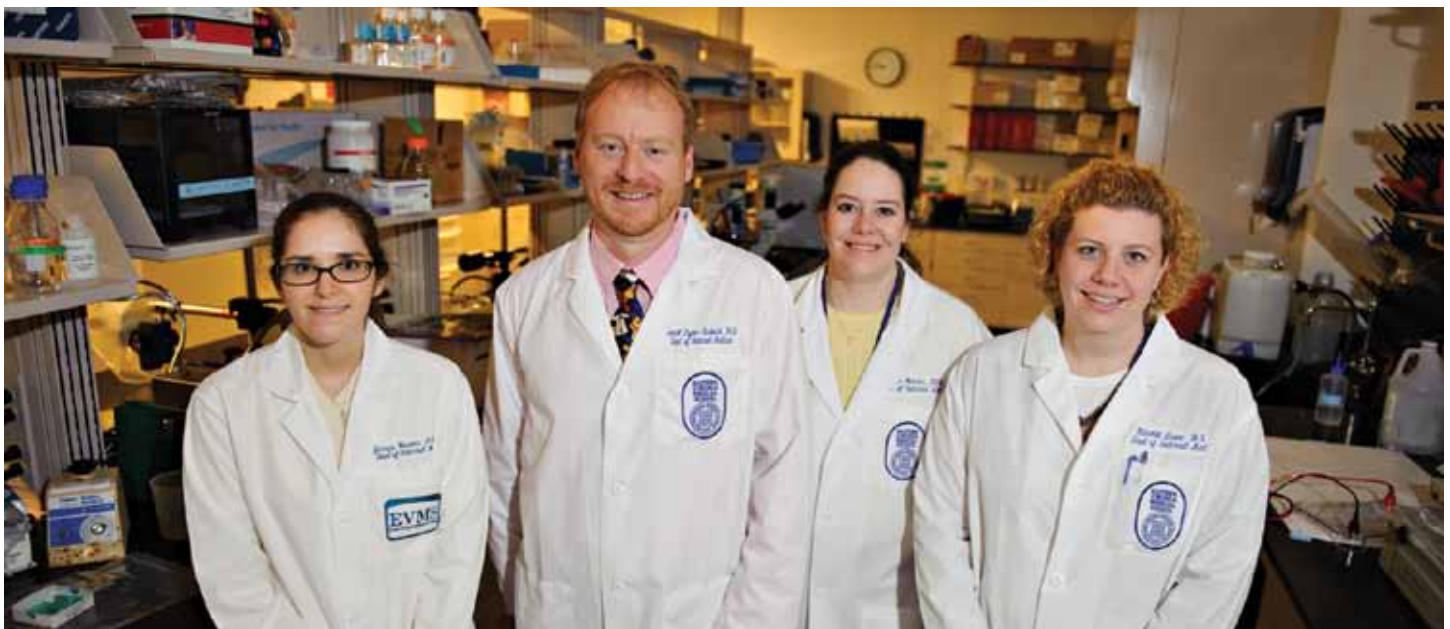
Featured Convention Speaker

*By David Taylor-Fishwick, PhD
Eastern Virginia Medical School
Associate Professor, Departments of Internal
Medicine and Microbiology & Molecular Cell Biology*



Researchers at the EVMS Strelitz Diabetes Center have been awarded a \$1,076,259 grant by the Department of Defense (DoD) to develop new ways of reversing the underlying causes of Type 1 diabetes.

Dr. David Taylor-Fishwick is leading a team of researchers at the Center that will test several experimental drugs developed by Jerry Nadler, MD, chair of internal medicine and director of the EVMS Strelitz Diabetes Center. The goal of this research is to develop these compounds into an oral pill. The pill used in conjunction with INGAP, now branded Exsulin™ has shown promise of achieving a functional cure for Type 1 diabetes.



A Year In Photos: **Melvina Newman** International President 2009 - 2010





Thanks
for the
memories!

INTERNATIONAL CONVENTION ACCOMODATIONS:

WYNDHAM GETTYSBURG HOTEL

HOSPITALITY ROOM TO FEATURE DAILY THEMES

by Carl & Jill DiVincenzo,
2010 Convention Chairs

The Capital Federation, your host federation for the 2010 convention, invites all Cosmos to join them in the Hospitality Room each day for fun, specialty foods and daily themes.

Wednesday - Pennsylvania Tailgate Party:

- Show your spirit. Wear your favorite team shirt, hat, etc.
- Food/Beverage Features of the day: Specialty Pennsylvania Foods, beers and wines.

Thursday - Margaritaville:

- All Parrot heads Unite!!
- Food/Beverage Features of the day: Margaritas – Quires Sangria (Its sure to put a smile on your face and Carl's Italian Specialty (yummy in the tummy)

Friday - Luau Everything Tropical:

- Don't forget to dress Hawaiian!!
- Food/Beverage Features of the day: Mai Tai's, Pina Colodas, Karaoke and much more!!

Saturday - It's all about Cosmos!!!:

- Cosmopolitan Drinks, Cosmo Hospitality, Meet our new International President – Richard Greer and make lasting friendships.

A new addition to the Hospitality Room will be a Silent Auction!! Join us for lots of fun and surprises. Don't miss out on a great convention.

Be historic. At the Wyndham Gettysburg Hotel you'll enjoy a brand new approach to old-world charm. Our federal-style property has the presidential feeling you'd expect to find at one of the nation's most important historic sites. Beautifully appointed in tones of blue and gold, there are even enough stars to make the most decorated officer a little envious. The Wyndham Gettysburg hotel was named 2008 Hotel of the Year by the Wyndham Hotels and Resorts brand, the highest honor in the upscale hotel chain's portfolio.

BOOK ROOM RESERVATIONS

BY 5:00 P.M. ON SUNDAY, JUNE 27, 2010

by calling 866-845-8885. Ask for the Cosmopolitan International room block.

RATES: (Available two days before and two days after)

\$124.00-Single or Double

Room Occupancy Tax: 9%

Check In: 3:00 P.M. Check Out: 12:00 P.M.

The Wyndham Gettysburg is conveniently located at the intersection of US 15 and US 30 in the Gateway Gettysburg campus providing easy access from major airports including:

- Harrisburg Int'l Airport – 50 min
- BWI Thurgood Marshall Airport – 1 hr 15 min
- Reagan Nat'l Airport – 1 hr 30 min
- Dulles Int'l Airport – 1 hr 30 min



Wyndham Gettysburg Hotel

95 Presidential Circle, Gettysburg, PN 17325 Ph: 717-339-0020

<http://www.wyndham.com>

Gettysburg, where the past is present.

Immerse yourself in history or enjoy a little shopping in a quaint downtown; it's all right here in beautiful rural Pennsylvania. Tour Civil War battlefields and see where Lincoln drafted the Gettysburg Address. Biking, skiing, and our popular ghost tours are sure to get your adrenaline pumping for all kinds of reasons. When you're ready to slow down the pace, take in a live show or indulge in a tasting at one of our local wineries.

Arts & Culture

Majestic Performing Arts Center - Professional tours, community and college produced live events - plus current films.

Points of Interest

The David Wills House - Visit the site where President Lincoln drafted the Gettysburg.

Eisenhower National Historic Site - See the home and farm of President Dwight D. Eisenhower.

General Lee's Headquarters - The site of General Lee's command during the Civil War.

Gettysburg National Military Park, Museum, & Visitors Center - 5,989 acres with Civil War battlefields, monuments, hiking, car tours and more.

American Civil War Museum & Gettysburg Gift Center - an educational and inspiring experience for families or tour groups of all ages. The museum is a "must" see for all visitors to Gettysburg.

Shopping

Battlefield Harley-Davidson - Pick up a new toy at this impressive Harley-Davidson dealership.

Boyd's Bear Country - Famous collectible stuffed animals and shopping super store.

The Outlet Shoppes at Gettysburg - Outlet center featuring over 70 amazing stores.

Sports & Amusement

Liberty Mountain - Snow skiing and tubing for everyone from beginners to experts.

The Links At Gettysburg - Golf Digest rates it as one of the top public courses in Pennsylvania.

Tours: Ghosts of Gettysburg - Some favorite haunts on the evening tours include: homes, battlefields, and cemeteries.

Adams County Winery - Enjoy tours and tastings at this 30 plus year old winery.

Hersheypark - Hersheypark features over 60 rides, family entertainment, and fun for the whole family and is just 1 hour from Gettysburg.

History

Gettysburg has taken great care of preserving the past for future generations. With the opening of the Gettysburg National Military Park Museum, visitors will have even greater opportunities to not only learn about the most famous Civil War battle, but the town itself - before and after the war.

President Abraham Lincoln

Walk in the footsteps of one of America's most famous presidents. Visit the train station where Lincoln arrived or the

David Wills House, where the president finished the Gettysburg Address. Stop by Soldiers' National Cemetery where Lincoln delivered the world-famous speech.

The Civilian Experience

For those who lived in Gettysburg in July 1863, the battle was a frightening experience. Take a downtown tour and learn the stories of the families who lived through one of the most horrific times in American history. Or visit the Shriver House and learn about one family's struggle through the bloodiest battle of the American Civil War.



A walk through downtown Gettysburg will make you feel as though you've stepped back in time. Visit the quaint shops, grab a bite to eat at a downtown restaurant or catch a show at the Majestic Theater.

Agriculture

Adams County, Pa., is home to Pennsylvania's Fruit Belt, where trees bearing apples, peaches and other fruit line the rolling hills. Take a drive into "Apple Country" yourself and explore the orchards. Events, farm markets and country dining bring it all to life.

Recreation

The Gettysburg area is home to a variety of recreational opportunities including golf, skiing, hiking and biking. Take a short drive down to Carroll Valley, Pa., and you're at the foot of one of the most popular ski slopes in the region, Liberty Mountain. Or test your golf game at one of the area's award-winning courses, a short drive from the Appalachian Trail.



Bring the kids to Gettysburg – The Youth Program is back.

The convention this year will have lots to offer to families through our youth program. Make plans now to attend convention and bring the kids. An exciting and fun filled package is available to keep the kids entertained while the adults participate in all the Cosmo activities.

The youth will have a variety of activities that include our Welcome Party and Reception, Battlefield Tour, Boyd's Bears, All Star Sports Center, Pizza Party, Games, Movies and Wii in the special Teen Room Center at the Hotel and plenty of other fun events. There is a swimming pool available, so bring your suits.

The youth will be fully chaperoned during program hours, so leave the worries to us. Guaranteed to have FUN.

Open for youth 8-15 years old. Package cost is \$175 for kids 12-15 and \$150 for kids 8-11. Includes 8 meals during the convention plus all activities listed above.

Cosmo

Wednesday, July 28, 2010

10:00 a.m. - 12:00 p.m.	First Cosmopolitan International Board Meeting
12:30 p.m. - 5:00 p.m.	Golf Tournament
3:00 p.m. - 5:30 p.m.	Registration
3:00 p.m. - 5:30 p.m.	Hospitality Room open
5:00 p.m. - 5:30 p.m.	Parent/Teen Meeting
5:30 p.m. - 6:00 p.m.	First Timer Meeting
7:00 p.m. - 9:00 p.m.	Welcome Party
9:00 p.m. - ?	Hospitality Room open

Thursday, July 29, 2010

7:00 a.m. - 8:00 a.m.	Registration
7:00 a.m. - 8:00 a.m.	Diabetes Screening
8:00 a.m. - 9:30 a.m.	Opening Ceremonies Breakfast
9:45 a.m. - 12:00 p.m.	First Delegates Meeting
12:00 p.m. - ?	Free Time
12:30 p.m. - 2:00 p.m.	Cosmopolitan Diabetes Foundation Board Meeting
2:00 p.m. - 4:00 p.m.	Awards Judging
2:30 p.m. - 4:30 p.m.	PIP Reception
3:00 p.m. - 5:30 p.m.	Hospitality Room open
	Dinner on your Own
9:00 p.m. - ?	Hospitality Room open

Friday, July 30, 2010

7:00 a.m. - 8:00 a.m.	Diabetes Screening
8:00 a.m. - 10:00 a.m.	Donations & Beacons Breakfast
10:00 a.m. - 12:00 p.m.	Workshops/Roundtable Discussion
12:30 p.m. - 5:30 p.m.	Battlefield Tour w/box lunch
7:00 p.m. - 9:00 p.m.	Battlefield Fare Dinner
9:00 p.m. - ?	Hospitality Room open

Saturday, July 31, 2010

	Breakfast on own
9:00 a.m. - 11:00 a.m.	2nd Delegates Meeting
11:30 a.m. - 1:30 p.m.	Purple & Gold Awards Lunch
1:30 p.m. - 5:00 p.m.	Free Time
1:30 p.m. - 3:00 p.m.	2nd Cosmopolitan International Board Meeting
3:00 p.m. - 4:30 p.m.	2nd Cosmopolitan Diabetes Foundation Board Meeting
3:00 p.m. - 5:00 p.m.	Hospitality Room open
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

Youth

(Times Subject to Change)

Wednesday, July 28, 2010

5:00 p.m. - 5:30 p.m.	Parent/Teen Meeting - Teen Room
7:00 p.m. - 9:00 p.m.	Welcome Party (with parents)
9:00 p.m. - 10:00 p.m.	Teen Room open

Thursday, July 29, 2010

	Breakfast on Own
11:00 a.m. - 3:00 p.m.	All Star Sports Complex
6:00 p.m. - 9:00 p.m.	Dinner on own w/parents

2010 Cosmopolitan International Convention Schedule

Guest

Wednesday, July 28, 2010

12:30 p.m. - 5:00 p.m.	Golf Tournament
3:00 p.m. - 5:30 p.m.	Registration
3:00 p.m. - 5:30 p.m.	Hospitality Room open
5:00 p.m. - 5:30 p.m.	Parent/Teen Meeting
5:30 p.m. - 6:00 p.m.	First Timer Meeting
7:00 p.m. - 9:00 p.m.	Welcome Party
9:00 p.m. - ?	Hospitality Room open

Thursday, July 29, 2010

7:00 a.m. - 8:00 a.m.	Registration
7:00 a.m. - 8:00 a.m.	Diabetes Screening
8:00 a.m. - 9:30 a.m.	Opening Ceremonies Breakfast
10:00 a.m. - 12:00 p.m.	Stained Glass Class
12:00 p.m. - ?	Free Time
3:00 p.m. - 5:30 p.m.	Hospitality Room open
	Dinner on Own
9:00 p.m. - ?	Hospitality Room open

Friday, July 30, 2010

7:00 a.m. - 8:00 a.m.	Diabetes Screening
8:00 a.m. - 10:00 a.m.	Donations & Beacons Breakfast
10:00 a.m. - 12:00 a.m.	Free Time
12:30 p.m. - 5:30 p.m.	Battlefield Tour w/box lunch
7:00 p.m. - 9:00 p.m.	Battlefield Fare Dinner
9:00 p.m. - ?	Hospitality Room open

Saturday, July 31, 2010

	Breakfast on own
9:00 a.m. - 11:00 a.m.	Jewelry Class
11:30 a.m. - 1:30 p.m.	Purple & Gold Awards Lunch
1:30 p.m. - 5:00 p.m.	Free time
3:00 p.m. - 5:00 p.m.	Hospitality Room open
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

Friday, July 30, 2010

9:00 a.m. - 10:00 a.m.	Continental Breakfast in Teen Room
10:00 a.m. - 12:00 p.m.	Teen Room/ Wii and other games
12:30 p.m. - 5:30 p.m.	Battlefield Tour w/ box lunch
7:00 p.m. - 9:00 p.m.	Battlefield Fare Dinner w/parents
9:00 p.m. - 11:00 p.m.	Teen Room Open

Saturday, July 31, 2010

9:00 a.m. - 10:00 a.m.	Breakfast on own
10:00 a.m. - 2:00 p.m.	Boyd's Bears Tour/ Build your own bear
5:00 p.m. - 7:00 p.m.	Pizza Party in Teen Room
7:30 p.m. - 9:30 p.m.	Movie at Gateway Theater
9:30 p.m. - 11:00 p.m.	Farwell Ice Cream Party

2010 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.

PLEASE FILL OUT ONE REGISTRATION FORM PER ATTENDEE.

Attendee Information

Name: _____
 Address: _____
 Home Phone: _____ Work Phone: _____ Cell Phone: _____
 Email: _____
 Cosmo Member Non-Cosmo Guest Youth Participant Age of Youth _____
 Club(s): (1) _____ (2) _____

Please select the following (check all boxes that apply):

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Past Intl President | <input type="checkbox"/> Club President | <input type="checkbox"/> Beacon Member | <input type="checkbox"/> Silver Beacon |
| <input type="checkbox"/> Past Intl First Lady | <input type="checkbox"/> or President-elect | <input type="checkbox"/> Emerald Beacon | <input type="checkbox"/> Gold Beacon |
| <input type="checkbox"/> Sponsor Life Member | <input type="checkbox"/> C.I. Board Member/
Governor | <input type="checkbox"/> Ruby Beacon | |
| <input type="checkbox"/> First Time Attendee | <input type="checkbox"/> C.D.F. Board Member | <input type="checkbox"/> Diamond Beacon | |
| <input type="checkbox"/> Capital Fed Host | | <input type="checkbox"/> Northern Beacon | |

Please provide any dietary or special needs information: _____

Complete Packages

	Postmarked On or Before 7/1/10	Postmarked After 7/1/10	Number of Participants	Amount
Cosmo Package:	\$250.00	\$275.00	_____	\$ _____
Guest Complete Package:	\$250.00	\$275.00	_____	\$ _____
Youth Package: (Age 8-12)	\$170.00	\$170.00	_____	\$ _____
Youth Package: (Age 13-15)	\$200.00	\$200.00	_____	\$ _____
		Subtotal for Packages:		\$ _____

Individual Events (only those not purchasing a package)

	On or Before 7/1/10	After 7/1/10	Number of Participants	Amount
7/28 Welcome Party	\$40.00	\$45.00	_____	\$ _____
7/29 Opening Ceremonies Breakfast	\$30.00	\$35.00	_____	\$ _____
7/30 CDF Donations & Beacons	\$30.00	\$35.00	_____	\$ _____
7/30 Battlefield Tour with Lunch	\$55.00	\$60.00	_____	\$ _____
7/30 Battlefield Fare Dinner	\$45.00	\$50.00	_____	\$ _____
7/31 Purple and Gold Luncheon	\$40.00	\$45.00	_____	\$ _____
7/31 President's Banquet	\$60.00	\$65.00	_____	\$ _____
Delegate's Fee	\$15.00		_____	\$ _____

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

7/28 Golf Outing	\$70.00	_____	\$ _____
Total Due:			\$ _____

Convention fees payable by credit card, money order, or check (U.S. Funds only. Canadian Cosmo may indicate "U.S. Funds" on their personal check).

Credit Card Information:

Card Number _____ Expiration Date ____/____
 Authorization Code: (3-digit code on back of card) _____

No convention registration will be accepted without full payment. Payment must be received no later than July 14, 2010.

CANCELLATION POLICY: Cancellations received before 6/28/2010 will be accessed a 25% cancellation fee. Cancellations received on or after 6/28/2010 but before 7/7/2010 will be accessed a 50% cancellation fee. Cancellations received on or after 7/7/2010 but before 7/14/2010 will be access a 75% cancellation fee. Any cancellations received on or after 7/14/2010 will not receive any refund.

HOTEL REGISTRATION POLICY: Due to the contractual agreement Cosmopolitan International has entered into with the convention hotel that guarantees certain minimum numbers, any registered attendee that does not stay at the convention hotel will be subject to a surcharge based on the additional fees charged to the convention when room guarantees are not met.



COSMOTopics
PO Box 4588
Overland Park, KS 66204

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

COSMOTOPICS

Summer 2010

In This Issue:

- 3** Let's Look To The Future, Kevin Harmon
- 4** Full Steam Ahead, Melvina Newman
- 7** It's Convention Time, Richard Greer
- 8** Is Cosmopolitan In A Membership Recession?, Brian Duckett
- 9** Don't Go To Gettysburg, Unless You Want To Catch The Bug, Phil Hanson
- 10** Mastering The Press Release, Sheila Anderson
- 12** Diabetes Foundation Update, Tom Gustafson
- 13** Canadian Foundation
- 14** If We Build It, Will You Come?
- 16** Healthy Choices
- 18** Out and About
- 21** Know & Tell
- 22** Lawrence's Major Cosmopolitan Diabetes Center Relocates
- 23** Meet The Candidates
- 24** Categories of Recognized Programs
- 25** In Memoriam
- 25** Cosmo Brick Club
- 26** Project Spotlight
- 28** Governor News
- 29** Featured Convention Speaker
- 30** A Year In Photos: Melvina Newman
- 32** 2010 International Convention
- 34** 2010 International Convention Schedule
- 35** 2010 International Convention Registration Form

Register Now!

2010 International Convention

Gettysburg, PA
July 28 - 31