



COSMOTOPICS

A publication of Cosmopolitan International
The Club that Fights Diabetes

WWW.COSMOPOLITAN.ORG

WINTER 08 Vol. 67 No. 10



Season's Greetings



FROM THE EDITOR Sheila Anderson

It's a busy time of year for us all, but also a time for generosity. I hope you find time in your schedule and kindness in your heart to give back to your community in the name of Cosmopolitan. You will find some people need our spirit as much as we need theirs. An act of kindness is surely one of life's greatest pleasures. I also hope your New Year's resolutions include making this Cosmo year the best it can be. Tomorrow is a beautiful road that will take you where you want to go... choose your possibilities.

Speaking of giving, you can give your friends a 2008 Cosmopolitan Christmas ornament (shown on cover) for only \$10 plus shipping! This issue is brought to you by the Cosmopolitan Diabetes Foundation. Lots of great news awaits you inside. Find out what is happening with our CDF Board; learn the whole story about whole grains; no one guessed the Who's That Cosmo last time, so we are giving you another chance; Rockford shines in both the Project Spotlight and in their membership event. Learn how "the Rockford Boys" continue their momentum. And just who are the Top 5 clubs; turn to page 20 to find out. Enjoy!

- 3** Notes & Quotes, *Kevin Harmon*
- 4** All the News That's FUN to Print, *Jim Smith*
- 5** Reach for the Stars, *Melvina Newman*
- 6** 2109 Members in 2009, *Richard Greer*
- 7** Finance and Marketing News, *Phil Hanson*
- 8** Cosmopolitan Diabetes Foundation, *Jerry Nelson*
- 9** Cosmopolitan Foundation Canada Inc, *Joe May*
- 10** Categories of Recognized Programs
- 11** Cosmopolitan Diabetes Foundation and Cosmopolitan Foundation Canada, Inc. Board of Directors
- 12** Healthy Choices
- 13** Living with Diabetes
- 14** Info about Diabetes
- 15** Cosmo Brick Club | Who's That Cosmo?
- 16** Project Spotlight: Rockford's Crusader Clinic
- 18** Know & Tell
- 19** GovFUNor News
- 20** James W. Ewing
- 21** Our History
- 22** Out & About
- 27** In Loving Memory

COSMOPOLITAN INTERNATIONAL OFFICERS AND DIRECTORS

PRESIDENT

Jim Smith
jim.smithjr.sasktel.net

PRESIDENT-ELECT

Melvina Newman
melvinanew@aol.com

VP FOR FINANCE AND MARKETING

Phil Hanson
phil@hansoncpa.com

VP FOR MEMBERSHIP AND NEW CLUBS

Richard Greer
rgreer@sasktel.net

JUDGE ADVOCATE

Jim McVay
jmvcvay@omahalaw.com

EXECUTIVE DIRECTOR

Kevin Harmon
kevin@cosmopolitan.org

FEDERATION GOVERNORS

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

INTERNATIONAL HEADQUARTERS

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

P. 913.648.4330 or 800.648.4331
F. 913.648.4630

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

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

MISSION STATEMENT

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

The Club that Fights Diabetes

NOTES AND QUOTES

Kevin Harmon
Executive Director



I just love it when a plan comes together. If you have been missing all the action and FUN so far this year, let me take just a moment to let you in on the news. Cosmopolitan is making membership gains unlike anything in our history. It is due to the hard work of a lot of Cosmos, but especially those that have hosted membership events for their Clubs.

There is simply nothing more special than sharing your experiences in Cosmo with others. The special part is letting other people in our communities know all about our Clubs, our work in the communities, the work at our Diabetes Centers, and the FUN we are having being Cosmos. The only thing close to personally sharing your experience with others, by inviting them to join us, is seeing other Cosmos catch fire and hit the streets finding new members for our Club.

For many years our organization struggled with huge losses of members. Only our real veterans can remember when our numbers were close to 4,000 and it was not the least bit unusual to have a Club with over 100 members. When I joined in 1990, our numbers were under 3,000 and the 100 member Club was almost non-existent. And in recent years we dipped below 2,000 with a somewhat bleak outlook, not unlike our global economy.

Taking a cue from the plan laid out by our Executive team of PIP's Hanna, Benton, and Stone who last had a major impact in membership growth, your recent PIP's, and current team laid out a plan that is now realizing success. This plan is quite simple. Concentrate on membership the same way we concentrate on raising funds. Hold well planned and executed membership events in the clubs. Make sure that we have an atmosphere of FUN at club meetings and events to ensure existing, new members, and potential members want to be a part of our group. And repeat often.

With this plan in place and Clubs buying in more every day, we have had three straight years of membership growth. No current Service Club can say that except Cosmo. We are up in membership this year at a level not seen in decades or maybe ever and more Cosmo Clubs are joining in on the plan. Membership events are happening and are successful. Just look at the Elgin and Rockford events recently where Elgin got 9 new members and Rockford got 54 new ones. That's right, 54. Retention figures are better than we have ever experienced which means that people are finding fulfillment and perhaps FUN and can't bear to leave us.

If your Club has already had a membership event this year, "let me tell you, Thanks!" If you haven't, please schedule one and let us know at HQ if you need help. If you have brought in a member or two or three this year, "let me tell you, Great Job!" If you haven't, there are people out there that want to be a part of our group just like you did when you were asked to join, so ask them.

Special thanks go to several Clubs with big increases in new members. Thanks to the **Omaha Ladybugs, Columbia Luncheon and Show-Me, Lawrence Breakfast and River City, Rapid City, Sioux Falls, Elgin**, and especially **Rockford** just to name a few. Thanks to all the Cosmos that have brought in members. It is very special to share with others.



There is simply nothing more special than sharing your experiences in Cosmo with others. The special part is letting other people in our communities know all about our Clubs, our work in the communities, the work at our diabetes centers and the FUN we are having being Cosmos.



ALL THE NEWS THAT'S FUN TO PRINT ...

Jim Smith
2008-2009 International President

There are a lot of great things happening with Cosmopolitan all across North America. Here's a few of the best news I have to share with you...

1. A few weeks ago Kevin Harmon received a call from some folks in Hope, Arkansas, wondering if their Club could join our organization? They referred to their group of 16 persons as the Hope Cosmopolitan Club. Kevin searched our records and could not find any reference to them. It seems as if someone must have visited their town years ago, tried to set up a Club, and then left thinking they had failed. Apparently they succeeded? We're trying to bring them aboard.

2. Our three fine Clubs in Columbia held a huge combined Cosmopolitan Membership Event recently, signed up 7 new members that evening, and have several others about to join. Well done, Columbia Cosmos!

3. The special edition of *CosmoTopics* magazine that Bob Williams and Sheila Anderson are presently putting together is getting some terrific articles from Cosmopolitans all across our landscape, as well as from our USA and Canadian Foundations. It will look terrific when it's done!

4. Pam and I have just about completed our visits to every Cosmopolitan Club in the Western Canada Federation. We have been warmly received at every meeting, and we are hearing great stories about Cosmopolitan FUN activities, fundraising, and membership. I'm presently getting our motor home ready for our USA trip. We'll leave Canada on February 20, 2009, and stay in the USA until after the International Convention in New Orleans at the end of July. We plan on visiting every Cosmopolitan Club in the USA. It will be a great adventure for us and we can hardly wait. I am a little worried that I might develop an accent over 5.5 months?

5. The Rockford Cosmopolitan Club developed a contest for their Cosmopolitan Membership Event held on November 5. They figured out a "deal" for new members based on the elimination of new member charges from Cosmopolitan

International as per the motion passed at Colorado Springs. They divided their Club into several teams and competed against one another. It worked. They signed up 54 new Cosmopolitans that great FUN evening! Wow!

6. Gary and Susie Bartlett of the Lawrence River City Cosmopolitan Club have put together the Emerald City Cosmopolitan Club in Topeka, Kansas. They are reaching their charter strength as I write this, and are working on a charter date. Well done...you're the greatest!

7. The Cosmopolitan Diabetes Foundation (USA) is in the process of advertising for a staff person to move into our Cosmopolitan International Head Office building in Overland Park. We're looking forward to having them back.

8. Cosmopolitan Industries Limited of Saskatoon, Saskatchewan experienced a huge fire on November 1 in a stack of their large bales of recycled cardboard. They lost 440 bales, valued at about \$50,000. The Saskatoon Fire Department did a terrific job of fighting this huge fire and kept it from igniting their large buildings. It took every fire station in town to fight this fire for 15 hours, using over 500,000 gallons of water. Cosmopolitan Peter Gerrard of the Saskatoon Downtown Cosmopolitan Club reports that although no cause for the fire has been determined, arson is suspected. It was "business as usual" for their 400+ challenged clients the very next morning. Lucky!

9. I am trying to contact our Mexico City Cosmopolitans to arrange a visit with them too. One potential problem is that we presently do not know if any of them speak any English and I don't speak any Spanish. I have lined up a young friend here in Saskatoon who grew up in Mexico City, and he has promised to help me as soon as we can make a connection. As a bonus he checked out our website and wants to check into joining one of our local Clubs. I can handle that!

continued on page 14



We plan on visiting every Cosmopolitan Club in the USA. It will be a great adventure for us and we can hardly wait.

REACH FOR THE STARS

Melvina Newman
President-elect



As the days get shorter and the nights become cooler, we are quickly reminded that winter and the rush of the holiday season is upon us. This season reminds me of the many wonderful things we have to be thankful for – what a wonderful time to pause and thank each one of you for your Cosmopolitan membership, your friendship, and the many contributions each member makes to Cosmopolitan.

COMMITMENT CONNECTION CHANGE

How do those three traits apply to you, to your Club, your Federation and Cosmopolitan International? You have lived out the Commitment by supporting your Club projects and found the time to give back to the welfare of your communities, whether through diabetes or other charitable efforts. Your commitment to a healthy club membership is evidenced by the membership events this fall and the new members who have joined. Congratulations to everyone for all of the well organized events and promotion of our organization. Prospective members are everywhere, and it is only when we reach out can we show others the value of being a Cosmopolitan. It's a known fact that where Cosmopolitans are visible in the community, membership growth becomes easier.

None of this would happen without connection. Our links to each other and to the world are crucial to living out our commitment to our mission. We have the opportunity to learn more about diabetes through our connection to the major Diabetes Centers that we support. We hope you experience the power of Cosmopolitan – connecting with enthusiasm, sharing ideas, concerns and challenges.

Change is never easy, but the risks are well-worth the rewards. Now is a good time to re-assess where we are in our clubs and where we need to change as we plan for the future. We want to continue to revitalize our organization by focusing on awareness, membership, programs and fundraising – making our clubs and Federations stronger and creating a better world for our communities.

Reach for the Stars... in Communication

Now more than ever, with our increase of members, we must keep our members informed. Success is sweet and we must make sure all Cosmopolitans never miss out on anything. Remember also to raise public awareness of our name and our mission. Do your part to help "brand" the Cosmopolitan name in each of your communities.

We have a mission that really means something. This is an exciting time to be a Cosmopolitan. With the increase of diabetes nationally, never has the need for our work been greater – whether it is raising awareness through programs or whether it is through our fundraising efforts to defeat diabetes. The best way for us to help is for us to be who we say we are – The Club that Fights Diabetes. Sticking to our mission and taking the long view helps Cosmopolitan deliver on its "brand" promise.

I hope everyone has a happy and wonderful holiday season. As we enter the New Year, remember, it is a great time to think and dream about the future.



Commitment, Connection, Change. You have lived out the Commitment by supporting your club projects and found the time to give back to the welfare of your communities, whether through diabetes or other charitable efforts.



2109 MEMBERS IN 2009

Richard Greer

Vice President for Membership and New Clubs

We came through at the end of June with a membership increase, making it three years in a row that we achieved positive growth. I felt that a fourth increase was in our grasp so I chose as my theme at the Convention in Colorado Springs, "2009 Members In 2009". This is an achievable goal as long as we keep our members interested in Cosmopolitan by having informative meetings, meaningful projects, and most of all-FUN. Rumbblings about new Clubs, membership increases in the summer and fall-typically slow months for new member sign-ups, convinced me to change my goal to **2109 members in 2009.**

Membership retention is far and away our best course of action to keep our numbers increasing. However, New Club building is also a valuable tool as well. When a new Club is forming, the host Club gets involved, their members feel the effects of positive growth, keeping their own Cosmopolitans, and often signing up new people in their own Club.

There is no reason that I know of why there shouldn't be an active New Club Building project on the go in all Federations all the time. Each Club has "movers and shakers" and these are the people that can organize a new Club quite easily. Take a look at a map of your area, and find two towns or cities within a one hour drive. A one-hour drive is not a long distance, and there is a good chance that someone from your Club will know someone from that town. Find out who these people are, get them a "Great People Who Should Be Cosmopolitans" form, and get busy with it. Find out more about that small town. Are there 10,000 people or more there? How many people does it take to charter a new Club? 20! Are there any people in that small town that have diabetes? Are there any people there that are interested in the well being of their neighbours? Of course there are. Take your "movers and shakers" on the road and do some checking. There is a good

chance that there is a Lions or Rotary Club sign on the outskirts, so you know that there are caring people there. Why shouldn't there be a Cosmopolitan Club sign right next to the big boys? Once you have made a few contacts, consider having a regular Club meeting in this town, include your new contacts as well. Before long, you will have started a New Cosmopolitan Club. There are lots of towns around each one of our existing Clubs. We just have to do a bit of homework, and get at it.

Small towns and cities are easy to get around in, and new Club members can get to the meetings very quickly. Small towns often have people with big hearts and are interested in improving the lives of those around them. It is easier to get media coverage than in a city, and the Club projects are more noticeable in a smaller population. There are many reasons to consider working on a new Club in a smaller centre, and the results can be gratifying.

Many of our existing Clubs are long distances from each other, making it very difficult to get enough people to attend Federation meetings. The Clubs become isolated and don't feel a connection to the other Clubs in Cosmopolitan. More Clubs mean more members, more projects to help our friends and neighbours, and more chances to reinforce our slogan "**The Club that Builds Friendships.**" **March 2009 is our next Membership Drive Month!**



Rumbblings about New Clubs, membership increases in the summer and fall-typically slow months for new member sign-ups, convinced me to change my goal to **2109 members in 2009.**



FINANCE AND MARKETING NEWS

Phil Hanson
Vice President for Finance and Marketing



As we come to the end of 2008, we are quickly approaching the half-way mark in our Cosmopolitan year. This gives us time to reflect on the goals that we have set for our individual Clubs and for International. It is a good time to review these goals because unlike the calendar year of 2008, which has little time remaining for action, our Cosmopolitan year still has six months remaining in which we can work to achieve the goals we have set out for our clubs.

This brings up one important point and that is the setting of goals for your Club. Whether those goals address finance, special projects, membership levels or anything else your Club wants to excel in, your Club and members must set and actively work on attaining these goals. On page 33 of your Cosmopolitan International Leader's Manual it states that "The membership committee and its chairperson should first identify and evaluate the current Club purposes, goals and objectives." This is followed by a marketing plan for a membership event.

This marketing plan is very similar to the plan used by the Rockford Club. By now I am sure that you have heard of the very successful membership event held by Rockford - 54 new members! What a success! International Board Members, Governors, and Cosmopolitan members everywhere will be singing the praises of the Rockford Club. But let us not stop there. Let's grown that success in every Federation!

The Rockford Club would be honored if every club in International would follow their simple seven step action plan to marketing their Club to potential new members. While claiming that the plan is simple, do not assume that it will take no effort. Each and every member of your club should be asked to do their job. That job is to get the name of a potential new member to the event coordinator. As I stated in the last

issue of Cosmo Topics, "Let's make our marketing pay off by offering someone the chance of a lifetime - the opportunity to be a member of Cosmopolitan."

On page 6 under the resources tab of the Cosmopolitan web site is an excellent brochure titled "How to Hold a Successful Membership Event". This brochure displays a table that outlines the time frame and steps to holding a membership event. This brochure closely follows the Rockford Club's action plan. Also on this page you can find the "Great People Who Should be Cosmopolitans" form. These tools are posted on this site for you to download and use free of charge. Please take advantage of them.

Generally speaking, a marketing program is only worth its cost if it fits the organization and facilitates the organization's ability to reach its goals. In the current financial climate, we must pay extra close attention to a basic rule of marketing: "Don't put scarce resources where they aren't going to have results." That is why International is emphasizing the "membership event" as an effective way to meet your goal of increasing membership in your club. The cost of holding the event can be tightly controlled and designed to fit any Cosmopolitan club's budget.

By the way, what is your Club's goal? What is your personal goal? If you did not have an immediate answer, please get together with your fellow Club members and get busy setting those goals.



Our Cosmopolitan year still
has six months remaining in
which we can work to achieve
the goals we have set out for
our Clubs.



DIABETES FOUNDATION UPDATE

Jerry Nelson
Cosmopolitan Diabetes Foundation Chairman

The CDF Board has been hard at work. Members have telephoned, e-mailed, and faxed; committees have done the same, and even teleconferenced; and all that communication then culminated in the form of a full Board teleconference this fall. Below is a summary of what each committee is working on.

Bylaws and Board Policies Committee

Bill Kubat, Chair

This committee has taken on the task of identifying a mission statement that more accurately describes the purpose, or goal, of the Cosmopolitan Diabetes Foundation.

Finance Committee

Tom Gustafson, Chair

The Finance Committee is really dedicated to monitoring the financial side of the Foundation. This includes minimizing expenses and looking for the avenues that will best achieve that goal. There is also consideration being given to consolidating the funds held by CDF into one banking system, UBS, which currently holds the Foundation's investment portfolio.

Beacons and Marketing Committee

Bob Williams, Chair

The purpose of this committee is to look at ways to better promote the Foundation. They hope to educate the membership about the various funds within the Foundation and are even considering additional levels of giving to the Beacons Fund.

As you can see, the Board has been and plans to continue being very active. Remember, acting collectively we can achieve significantly greater results than by operating individually.

During this season, I am mindful of being thankful for my faith, my family, and my Cosmopolitan friends. Best wishes for a blessed Holiday season. Please include the Cosmopolitan Diabetes Foundation in your year end giving.



Did You Know?

- You can sign up for Beacons and make your initial payment at Cosmopolitan.org! Simply click the Foundations tab and choose your options. Grant request forms are available at this site, too!
- You can become a multi-level Beacon by simply adding to your existing Beacon membership(s)!
- You can make contributions to the Beacons Fund without pledging a Beacon membership or even being a member of Cosmopolitan!
- Contributions made to CDF, earmarked to the fund of your choice (Beacons, Discovery, etc.) and postmarked by December 31st are tax deductible!



COSMOPOLITAN FOUNDATION CANADA INC.

Joe May
President



The following article was written by Bill Pollon, past president of Cosmopolitan Foundation Canada, Inc.

The Dream ...

The American aviation industry had Howard Hughes. The Cosmopolitan Foundation of Canada had Fred Hughes.

Fred was a great supporter of Cosmopolitan International and its charitable arm, the Cosmopolitan Diabetes Foundation, whose mandate is to fund diabetes related education and research. This Cosmopolitan Diabetes Foundation, which is primarily supported by individual Cosmopolitan from the USA, Canada, and Mexico, was headquartered in the USA, and for this reason it was Fred's view that there would be more support for this worthy cause from Canadians if there were a Canadian arm. Secondly the original Foundation could not issue Canadian tax deductible receipts and being the good businessman Fred was, he surmised that this was a restriction in raising public funds for this project from Canadians.

So the mission began to register a Canadian Charitable Foundation. If you have ever had anything to do with the Government of Canada and the Charities Directorate of Revenue Canada you have an idea of what Fred was up against. He wrote letters, filled out forms, made telephone calls, and got so frustrated he was about to give up when he lamented to a fellow Cosmopolitan, one Barry Collins from Saskatoon, about the difficulties he was encountering.

It so happens that Barry was not only a lawyer, but he was also with the Department of Justice. Barry knew how the system worked, he knew who to contact, and had the ear of some pretty influential people in Ottawa. Barry reworked the application, prepared the appropriate By-Laws, and with signers Rnold Smith, Aubrey Reimer, and Barry Collins the Charter for the Cosmopolitan Foundation Canada Inc. was granted as a registered Charity on July 1, 1984.

Fred Hughes was the very first contributor, with Ned Dudley, who later became International President, the second, and Bill Pollon the third. This Canadian Foundation has now raised and spent in excess of \$788, 000 on diabetes related research and projects.



Categories of Recognized Programs

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

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

Applications will be available from CI headquarters and is also a downloadable form from cosmopolitan.org under Resources | Club and Federation Info.

Major Cosmopolitan Diabetes Center/Program:

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

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

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

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive, Columbia, MO 65212
B 573.882.2273
Elaine Rehmer, Administrator - rehmerf@health.missouri.edu

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

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

CRUSADER CLINIC/ COSMOPOLITAN DIABETES PROGRAM

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

CORNBELT DIABETES CONNECTION, INC.

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

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 Garrand, Director
B 306.664.3158

Cosmopolitan Supported Diabetes Center/Program:

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

PROVENA MERCY MEDICAL CENTER CENTER FOR DIABETES WELLNESS

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

Cosmopolitan Diabetes Foundation

Board of Directors

JERRY NELSON

*Chairman
Cornbelt (2007-2010)*
12256 Mary Plaza
Omaha, NE 68142
H 402.493.7869
B 402.681.2114
F 402.431.9609
waterman44@cox.net

JIM WALKER

*Vice Chair
At-large (2008-2011)*
4816 Royal Court
Sioux City, IA 51104
H 712.239.2308
C 712.259.5689
jfkwalker@aol.com

BILL KUBAT

*Secretary
North Central (2008-2011)*
4604 Magnolia Circle
Sioux Falls, SD 57103
H 605.371-2630
B 605.362-3130
F 605.362-3319
bkubat@sio.midco.net

BOBBIE CLIFTON

Southwest (2007-2010)
5816 Donahue Ferry Road
Pineville, LA 71360
H 318.640.9680
B 318.445.0163
F 318.445.2772
americanclass834@bellsouth.net

DEAN BARRY

Mo-Kan (2008-2011)
20034 Highway B
Clark, MO 65243
H 573.641.5501
dean235@centurytel.net

BOB WILLIAMS

Capital (2006-2009)
7040 Highfields Farm Drive
Roanoke, VA 24018
H 540.774.8933
C 540.890.8292
F 540.774.1802
bobjoe9134@aol.com

TOM GUSTAFSON

Mid-States (2006-2009)
810 Greenlee Avenue
Winnebago, IL 61088
H 815.335.7657
C 815.985.5116
F 866.505.4563
gustafsonom@msn.com

Ex-officio Members

DEL OBERST

387 Hamilton Avenue
Elgin, IL 60123
H 847.741.9153

KEVIN HARMON

1924 Carmel Drive
Lawrence, KS 66047
H 785.841.5816
B 913.648.4330
headquarters@cosmopolitan.org

JIM SMITH

International President

NOTE: Dean Barry and Bobbie Clifton have new email addresses.

Cosmopolitan Foundation Canada, Inc.

JOE MAY

President
46 Flint Cres.
St. Albert AB T8N 1Y8
P 780.458.0653
joemay007@shaw.ca

BARRY READ

Vice President
841 - 20th St W
Prince Albert SK S6V 4H5
P 306.763.1108
b.read@sasktel.net

RAY COOPER

Secretary
711, 3 Perron St.
St. Albert AB T8N 5Z5
P 780.651.6657
ttesar@shaw.ca

JOHN KRYSAK

Treasurer
199 Wells St
Regina SK S4R 5Z6
P 306.764.9714
jkrysak@sasktel.net

GARY JURKE

Awards
25 Butterfield Cres.
St. Albert AB T8N 2W6
P 780.453.2358
gary.jurke@telusplanet.net

GARY KRIPKI

Past President
Gateway Jewellers
Cold Lake AB
P 780.594.0292
garykripki@telus.net

HEALTHYchoices

by Nancy Donahey, RD, LD, CDE
member of River City Cosmos

The Whole Story About Whole Grains

Recent studies have shown that eating more whole grains may help reduce the risk of heart disease, cancer and diabetes. Studies published in 2005 and 2006 show that whole grains may lower triglycerides, improve insulin control, help with weight management, and slow the buildup plaque in your arteries.

In a meta-analysis published in the Archives of Internal Medicine in 2007, people who ate more fiber from breads, cereals, and other whole grains had about a 30 percent lower risk of diabetes. Though fruits and vegetables can be great sources of antioxidants, vitamins, minerals and fiber, they didn't seem to have the same benefit as whole grains.

Researchers feel that it is not just the fiber in whole grains, but other nutrients, such as magnesium and chromium that are removed along with the fiber when grains are refined.

The 2005 US Dietary Guidelines recommend that most adults need at least 6 ounces of grains a day and half or more of those should be from whole grains. To accomplish this choose foods that name a whole grain ingredient first on the label's ingredient list. Whole grain ingredients include whole wheat, bulgur, graham flour, oatmeal, whole grain corn, brown rice, or wild rice.

When purchasing foods made with grains, it is often difficult to know if you are getting a whole grain product because the Food and Drug Administration (FDA) has no clear rules on "whole grain". But the following claims are used on food labels:

- 100% Whole Grain or 100% Whole Wheat – contains no refined white flour.
- Whole Grain – contains little or no refined white flour, but some labels have refined white flour as 2nd ingredient.
- Whole Grain White – some breads are made from albino "white wheat", but most are a mix of whole and refined flour from red wheat.



- 12 Grain or Multigrain – the number of grains doesn't mean that they are whole grain.
- Made with Whole Grain – may only have a small percent of whole grain, and "made with" is usually in small print.
- Good Source of Whole Grain – at least one-third of the grain is whole grain.
- Heart Healthy – breads must be greater than fifty-percent whole grain.
- Double Fiber – usually 5 to 6 grams per slice and the extra fiber can be added from soy, oats, cellulose and other fibers.

To increase the use of whole grains in home baked goods whole-wheat flour usually can be substituted for part or all of the all-purpose flour in most recipes. For example, if the recipe calls for two cups flour, try one cup of all-purpose and one cup of whole-wheat flour. If you want to completely substitute whole-wheat for white, use 7/8 cup whole-wheat for one cup of white flour. When measuring out whole wheat flour, sifting or spooning it into the measuring cup will help incorporate more air, which will make the end product a little lighter. Most whole wheat flour is made from hard red winter wheat. For lighter and less dense baked goods, try white whole wheat flour; it is available in many larger grocery stores and health food stores. For yeast breads you can also add one to two tablespoons of gluten for each cup of flour used. This will help the bread raise more. Be sure to store whole-wheat flour in tight container in a cool, dry place to keep it fresh. Store breads at room temperature or freeze.

Diabetes

Jane Holtsman has been a member of the Jefferson City Club in the Mo-Kan Federation since 1997.



How old were you when you acquired diabetes?

I was 11 years old when I was diagnosed with diabetes. It was discovered during a physical for junior high school. My dad was diagnosed at the age of 19 with Type 1 diabetes, so it was not a huge shock to my parents when I was diagnosed. It was, however, very difficult for me as a young girl entering my teenage years to deal with the disease among my friends. I remember when I returned to school after two weeks of hospitalization to learn to manage my diabetes, that I didn't want anyone at school to know why I had been gone. And, yes, back then a newly diagnosed diabetic was hospitalized for 10-14 days to get blood sugars under control and learn self-management of the disease.

Is your diabetes treated with pills or insulin?

I have Type 1 diabetes, so my body does not produce any insulin on its own. I have always managed my diabetes with insulin, starting out with daily injections that I administered myself from day one. Eventually, I was taking up to four shots a day, and finally got hooked up with an excellent diabetic specialist here in Jefferson City. I have been using an insulin pump for over ten years now, and I'm currently using a pump and continuous glucose monitoring system that "talk" to each other through radio frequency to record blood sugar readings. I can also download my pump and all of the blood sugar readings to an internet-based system that my doctor can then look at and make adjustments in my treatment and dosages. If only this technology had existed 40 years ago!

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

I eat a fairly low-carb diet, exercise and try to stay active, get regular check-ups with the diabetic specialist, and also see 3-4 other medical specialists who monitor or help to prevent any complications from the diabetes. A regular exercise routine has not been the easiest thing for me to keep up with, but I feel I am active enough on a daily basis that I'm not leading a totally sedentary lifestyle. And, I am NOT a cold weather exerciser, so any exercise plan I may have usually goes by the wayside in the winter!

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

I am very proud of the fact that I have mastered the use of my pump and glucose sensors and now have them fine-tuned to the point of having very few extreme blood sugar lows where I need help or emergency medical assistance. My husband is very happy about that, also, as he has pulled me out of some very severe situations or had to call for emergency assistance when I've had some extreme crashes in the past! We both sleep much better now, and he is not nearly as worried about leaving me on my own when he's working the night shift.

I have learned a world of information since I began seeing the specialist, and I feel one of the major factors in managing this disease is education. I absorb all the information I can about new treatment options, technologies, etc., and I am proud of the fact that other diabetics often ask me for advice or seek information, especially if they are newly diagnosed or have just started on a pump. My doctor often offers me the first chance to try a new piece of equipment or technology, like the continuous glucose monitoring system, because he knows I am disciplined enough to learn it and follow through with whatever it takes for better control of my diabetes.

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

The greatest challenge I have with being a diabetic for over 40 years, is that I never get a day off. Sometimes I wish I could just forget about all the routines, diet, finger sticks, pump maintenance, etc. for just one day. I'm not the kind of person who sits still for very long, and I always want to be able to do activities without having to worry about having a low blood sugar or making sure I have all of my supplies with me everywhere I go. I heard a quote a few years ago, and I think it was Derry Anderson who said it. He said something like, "As volunteers we have a choice - we can choose whether we feel like participating in a fundraising activity, attending a weekly meeting, or anything else we do in our daily lives. But, diabetics do NOT have a choice - they have to confront and deal with their disease everyday, whether they feel like it or not." That really stuck with me, and made me even more determined to commit to the Cosmopolitan mission and do everything I can to help others with diabetes.

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

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

Info about Diabetes

by Dr. Walter Alm and Sheila Anderson

The Cost of Diabetes

Recently, The Associated Press reported a study that cited the staggering sum of \$218 billion as the cost of diabetes in the United States for year 2007. Like other studies, this presented two categories of cost:

1. **Direct costs**, which represent money spent on medical care of diabetes and other associated chronic health disorders; and
2. **Indirect costs**, which reflect the monetary loss to society associated with diabetes. Indirect costs include such items as work days absent, reduced productivity, and reduced work force.

Type I diabetes accounts for \$10.5 billion in direct medical costs and \$4.4 billion in indirect costs. The cost of type II diabetes is significantly higher with \$105.7 billion in direct medical costs and \$53.8 billion in indirect costs. Many more people have Type II diabetes.

You may recall in the fall edition of *CosmoTopics* we presented "Statistics" citing the total annual cost of diabetes in the US as \$174 billion. This study, however, goes above and beyond the \$174 billion which had been determined at that time. The new study reported the costs associated with three additional categories:

1. The cost associated with **undiagnosed diabetes** as \$18 billion.
2. The cost of **gestational diabetes**, a type of diabetes that some women develop during pregnancy; these costs total \$636 million.
3. \$25 billion is associated with care of people that have the condition now referred to as **pre diabetes**.

When you add it all up, diabetes our international charitable focus, cost the United States **\$218 billion in 2007**.

...continued from page 4
All the News That's FUN to Print

10. We are publishing a monthly report for our club Presidents, PIP's and anyone else who would like a copy e-mailed to them. Just ask Kevin Harmon and he'll put you on the distribution list. This is about a 10-15 minute read and I encourage you to read ALL of it, not just about your Federation. You'll learn something useful every time you read one of these reports, especially if you check out what the other Federations are up to...there are some very clever Cosmopolitans in every one of them! Each monthly report includes a Membership Statistics Report and a Profit and Loss Report. Just call or e-mail Kevin to get your own copy, or make certain your President is keeping you up-to-date.

11. Have you been on our website? Call Kevin and get your Username and Password, enter them and have a look.

In closing, I want to thank each and every one of you for the great things you are doing for Cosmopolitan, and for thinking about having more FUN in all you do. We want all our members to be having enough FUN that they can't stand even thinking about leaving us. They will be scared they'll miss some of the FUN... Nobody has more FUN than Cosmopolitans!

Holiday Humor Rudolf to Blitzen



According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year (the only members of the deer family, Cervidae, to have females do so). Male reindeer drop their antlers at the beginning of winter, usually late November to mid December.

Female reindeer, however, retain their antlers till after they give birth in the spring. Therefore, according to every historical rendition depicting Santa's reindeer, every single one of them, from Rudolf to Blitzen.... had to be a female.

We should've known this when when they were able to find their way!

Cosmo Brick Club

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

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



In Memory of
Gordon Quiring
Prince Albert Club

In Memory of
Kailey Nichols (10)
Three Rivers Camp Kid

Darrell (DC) Chronister
Charter Member
Jefferson City, MO

ENGRAVING INFORMATION

Name																			
Street																			
City										State/Prov					Zip/Postal				
Phone										Fax									

Who's That Cosmo?

WIN a Cosmo Shirt!

We only received ONE submission for this and they had it wrong. So we decided to rerun this one.

These are baby pictures of Past International Presidents. Can you guess who they are? We narrowed your choices from 6 to 5. Match them to the correct name and also give the year these individuals were International President.

Send your guess to Headquarters by 1/31. All the correct entries will be put in a hat and a winner will be drawn. The winner will receive a Cosmo shirt.



Your Choices:

- A. Jim Smith
- B. Jim Prouty
- C. Kevin Harmon
- D. Bill Quire
- E. Derry Anderson

PROJECT SPOTLIGHT

Rockford's Crusader Clinic

What is the Crusader Clinic?

The Crusader Clinic is non-for profit, full service health facility supplying health care services to its clients on a sliding fee scale according to ability to pay.

www.crusaderhealth.org

When did the Cosmopolitan/Crusader Clinic relationship begin?

In 1994, the Cosmopolitan Diabetes Foundation and the Rockford Cosmopolitan Club contributed \$8500 to the Crusader Clinic for a diabetic treatment center. Until there is a cure treatment programs like Crusader's will be viewed as a critical component to the fight against diabetes. Since the original \$8500 contribution, Cosmopolitans have been responsible for donations to Crusader in excess of \$300,000.

How does this relationship help Cosmopolitan?

Since beginning this relationship, the membership growth of the Rockford Club can be correlated to the increased commitment to Crusader. As the commitment has grown, so has our memberships' commitment to new fundraising and membership-growth ideas. The Club realizes that new membership "blood" revitalizes the flow of ideas that, in turn, translate into future support of Crusader. The club also realized that we needed to ensure contributions from Cosmopolitan are used in the most effective way possible. A Rockford Liason Committee was created for this purpose and meets quarterly with Crusader. Rest assured... Cosmo contributions are well monitored by this committee!

The REDS program (Rockford Education for Diabetes):

In 2006, Crusader was planning a major rehabilitation of it's W. State St facility. Education of it's clients was to be an important aspect of the renovation: An education center would be an important service to Crusader clients so they could better understand their respective health challenges. To meet this need, Crusader approached Cosmopolitan. Members of Rockford and Elgin pledged \$75,000 over five years and created the REDS program (A RED is a Cosmo who has pledged \$1000 over 5 years). In recognizing Cosmopolitans for this effort and past contributions, Crusader has named the facility the "Cosmopolitan Diabetes Education Center."

What is the Cosmopolitan/Crusader mobile testing unit?

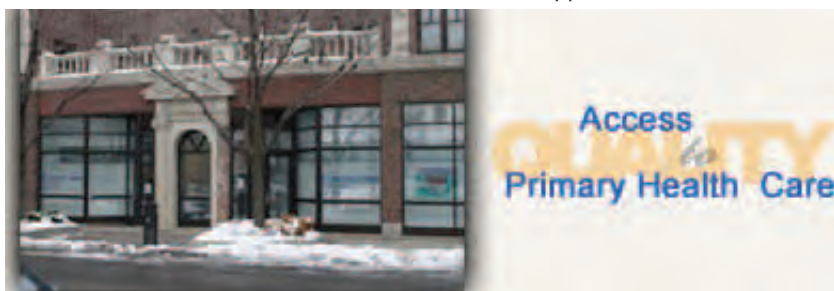
In 2001, Crusader approached the Rockford Club requesting support for a mobile diabetes testing van. The Rockford Club jumped at the opportunity to increase its support for the clinic, purchased a van and committed to help finance other aspects of the mobile testing unit. Since implementation, hundreds of individuals have been tested annually for high blood sugars and other health related ailments. As Cosmo, we should all feel proud that our dollars have lead to diagnosis and treatment of individuals who never knew they were affected by pre-diabetic or advanced diabetic conditions. In 2008 Cosmopolitan received the Spirit of Caring Award (the first organization ever to have received it) from the Crusader Clinic for all of our continued support.

A note from Linda Niemec and the Crusader Clinic:

Crusader Community Health is pleased to have been a recipient of funds, \$6,000, from the Cosmopolitan Foundation. These funds will be used toward continued progress in serving a growing number of patients with diabetes that is nearing 3,000 patients. Cosmopolitan support of test strips, insulin and continued education of diabetic educators have played a significant role in our positive outcomes. The Crusader Community Health/Cosmopolitan Diabetes Program continues to achieve excellent results in improving patient health. The Hemoglobin A1c which measures the average amount of sugar in the blood has decreased to 8.1 over the past four years. The Mobile Diabetes Program provided community screenings at 13 events to date which tested 557 persons. Of those tested 16% had an abnormal blood sugar rate.

We are very grateful to the Rockford Cosmopolitans for your support of the Cosmopolitan Learning Center at the Crusader Community Health on West State Street. The renovation project has experienced some delays but will be completed by the end of January 2009. This new center will greatly aid patients in not only diabetes education but many other treatable diseases. A special open house will be scheduled in early 2009 for the Club to visit and celebrate. Our grateful thanks is extended to all Cosmopolitan members for your terrific support...until there is a cure!

Linda Niemec, CFRE
Vice President Development
Crusader Community Health Foundation



Top Clubs

New Members

Rockford	60 members
Elgin	9 members
HQ (Emerald City)	9 members
Sioux Falls Noon	8 members
Rapid City	6 members
Omaha Ladybugs	6 members
Columbia Luncheon	5 members

Top Clubs

Total Membership

Rockford	180
Columbia Luncheon	87
Rapid City	83
Lawrence River City	75
Sioux Falls Noon	70
Omaha I-80	68
Jefferson City	68
Topeka	56
Elgin* new member	53
Columbia Show-Me	51

Top Clubs

Member Retention - all 100% Must be Charter Strength (20)

Baltimore	Roanoke
Fremont	Omaha Cornhuskers
Three Rivers	Heartland
River City	Topeka
Fargo-Moorhead	Calgary
Regina	Regina Capital
Bridge City	Yellowhead
Sturgeon Valley	Wascana Couples

Year by Year View



<u>Year</u>	<u>Members</u>	<u>Year</u>	<u>Members</u>
1992	2,976	2001	2,147
1993	2,753	2002	2,065
1994	2,757	2003	2,012
1995	2,857	2004	2,013
1996	2,617	2005	1,938
1997	2,469	2006	1,961
1998	2,416	2007	1,967
1999	2,294	2008	1,973
2000	2,394	2009	TBD

Below is an article I asked Don Cuppini, the Rockford Club President, to write. I felt it important to share with you the success of the Rockford Club, and know that it can be carried forward with your Club, as well.

Russ Dennis, Jr.



L to R: Don and Russ as Sargeant-at-arms in Omaha 2007

Drunken Promises Result in 50+ New Members

I am privileged to be writing this article for *CosmoTopics*. I promise I will try to make it good as I know the opportunity may never rise again. Truth be told there would be a Board decision to replace my article with a crossword puzzle or Sudoku. As I write this you will see that sometimes I jump around a bit, but I will try to stay on track so you can follow it. Several people (doctors) have said I have ADD while I have never believed it, I always thought my brain just processed things extremely fast and once I understood what we were talking about, I went onto the next thing. I know what you're thinking...Dr's right. Here it goes.

This story takes place as I find myself in Omaha, Nebraska, for my second International Convention. We are having a great time meeting people, making friends, and laughing until it hurts. One or two or maybe even all of the nights I was over-served and found out that sometimes when that happens, what my mind believes could possibly happen - my mouth actually believes will happen. So we were "trash talking" a little about membership and several of the Clubs challenged us to who could recruit the most new members. While it is my nature never to be out talked during "trash talk," out of my mouth came something to the fact that **when I took over the Rockford Club as president we would recruit at least 50 new members.**

I know, right? Even my own mind was shocked that my mouth came up with that. With look of shock and then laughter on everyone's face, you could see that this was absurd, to say the least. Even my Rockford crew thought it was a little bold, but backed me up and didn't laugh as loud. After word spread about a **"drunken promise" of recruiting 50 new members,** I had to go against all laws of sensibility and offer to write it down as a promise and sign it. Rumors have it that it was on a bar napkin, I guess there are no legal pads handy in the hospitality room! With the chance of this happening in people's mind less likely than hitting the lottery, many people (that will remain nameless for now) promised to fly out to our new member dinner if I could pull this off. This was a promise that was going to be hard for me to keep.

Well, they didn't keep it. But WE did!

The "we" part is what I counted on when these goals were set in my mind. You see, we all have great people in our clubs; it's just how you tap into them. Some great President that lives in an igloo somewhere says you need to have FUN. I strongly agree, and **when you enjoy what you do, you can ignite passion.** Passion and goals drive people. This is our recipe for success that I promise each Club could duplicate regardless of how many members you have now. If you implement this, you all will grow your clubs 30% to 60% in one month. I PROMISE (haven't I said that before?!).

Cosmo New Member Draft

1. Get a great league Commissioner - whether it is yourself or your membership chair. My pick was easy in Tom Gustafson. I explained this concept, and he said "I don't know why this wouldn't work" and then it was born. It was his goal, too. Get it? It is now ours.
 - a. Collectively pick 4 or 5 people that are advocates for growing the club that can dedicate a little time and set a meeting with them and ask them to be Team Captains. The WE is growing.
 - b. Look for outgoing, positive folks.
 - c. Ask them for a month's time- not an ongoing long term commitment.
 - d. Ask them to be Team Captains, which will entail coming to a lunch or dinner and some phone calls and emails. That's it...truly.
 - e. Get 4 or 5, no less. Some people are going to have work and family things come up and might not be able to drive this, and you don't want the success or failure to rest on only a couple of people.



Mark O'Donnell kicking off the Rockford Cosmo Draft with his first pick



Head table on draft day, all team captains are represented



Rockford Club President Don Cupplini at work.

2. Schedule a lunch or dinner that every Captain can attend. I would say a week prior to contest start date.

- a. Beg, plead, and bribe every member possible to attend. The greater the attendance, the greater the results guaranteed.
- b. Hold a draft in which each Team Captain gets to pick a team mate one at a time
 - This is the FUN part! Good captains will make this event awesome.

c. Each Cosmo will be drafted on a team – Everyone! Do not exclude people that do not participate in many events - some people are waiting for a spot to contribute, and this could be a way. It could also get their passion flowing again when they see something new is coming.

The WE is now at full potential.

d. I would also suggest for the Co-ed Clubs that you don't allow husband and wife on the same team. Maybe even have it boys against girls for some rivalry - still have more than 2 teams though.

e. Make it FUN!

- Have the Captains pick team names
- Have a draft board with all members and move them as they are drafted
- Give the Captains rosters of all members
- Ask them to play it up a bit

3. Monthly Drive

- a. Captains personally call all Cosmos on their team.
- b. Captains can hold a lunch with their team to establish a team goal.

c. Complete the "Great People Who Should be Cosmopolitans" form. You can find this on the International website under Resources.

d. Make the calls early in the month. Things come up, people procrastinate. Focus early when it is fresh and exciting.

e. Weekly e-mails and follow up for status.

f. Arm members with a WHY COSMO package.

- Applications, info about what Cosmo is/does, calendar of events.
- This will make it much easier to ask people to join.

4. New Member Dinner

a. Establish a dinner which is after the contest date that teams will invite people to during the month.

b. Encourage new members to attend if they can.

There you have it. It wasn't the Rocket Science that I am known for, but it was very effective. **We swore in over 30 new Cosmos that night, and signed up 52 during the month with another ten or so that have trickled in from that month's activity.** Believe me, you can do this! It is a FUN way to get people active and talking about Cosmos. Our thought all along was what if everybody could just get one (Hey, wasn't that Brian Mitchell's International Theme?) You can and you will increase your Club by a larger percentage than we did. **Go get it! If you do this, it is not possible, it is probable!** If you adopt this model for the next membership drive, you will set a huge record for not only your Club, but Cosmopolitan International.

Merry Christmas, Cosmo brothers and sisters! If you don't celebrate Christmas, have a great December 25th!

JAMES W. EWING

Cosmopolitan Club, Columbia, Missouri
April 1, 1950 – October 5, 1953

Executive Secretary, Cosmopolitan International
October 5, 1953 – February 1, 1968

After 3 ½ years as a very active member of the Columbia, Missouri Cosmopolitan Club, I arrived in Kansas City on my 25th birthday, October 5, 1953 to become the Executive Secretary of Cosmopolitan International.

At the 1953 International Convention in Calgary, there was a failed attempt by the then Executive Secretary, Dwight Merriam, to effect a merger with Civitan International. After the Convention, Dwight decided to resign so the new International President, Russ Gunn, decided he must move the headquarters to his hometown, Kansas City from Lincoln, Nebraska. Being in the real estate business, he provided space in one of his office complexes to Cosmopolitan at 50% of the normal rent.

A search for a replacement Executive Secretary was launched and a former Chamber of Commerce executive was selected. He went to work and immediately went to St. Joseph, Missouri to help form a new club. When he failed to show up for an organizational meeting, the organizing committee went to his hotel room and found that he had passed away from natural causes just as he had started to his hotel door to attend the meeting.

That left Russ Gunn with the task of finding a new replacement. I learned of the situation and contacted Russ for an interview. I had many members of the Columbia Club contacting him to give me support.

We were in a growing mode in the 50s and somewhere in the early 1960s we reached a peak of 4,000 members with over 70 clubs. Many of the clubs maintained a membership of over 100 members.

We were not focused on a particular project at the time, as Cosmopolitan is today. Our big International fund raising project was the sale of Halloween Cosmo Treats.

The offices were moved to Fort Worth, Texas in March 1958 and remained there for ten years. It was in February 1968 I decided to change careers (which I did at least eight times over the years) and Paul Bryant who was a former Exchange Club staffer in Toledo, took over as Executive Secretary. He almost immediately moved the offices to Overland Park.

My experiences as a Club member and as the Executive Secretary were the best. Anyone who doesn't take advantage of the friendship and the service opportunities in Cosmopolitan will miss a great part of their life.



Jim Ewing's first International Convention at Rapid City, SD in 1954.

Pictured at the head table:

(L to R) JIM EWING, International President RUSS GUNN (1953-1954), in the background MARVIN KEITH (International President 1958-1959), in the foreground PETE RAKOW (International President 1956-1957), MAX HORNING (International President 1955-1956) and FRED KENNY (International President 1948-1949).

Notice open door. No air conditioning.

Convention was held in the Alex Johnson Hotel. Jim's hotel bill was \$48.82 for five days. This included \$47.50 room charge for five days, \$3.07 beverage, \$1.80 local phone calls, \$2.25 Express, .45 Laundry, \$3.75 Valet and a \$10.00 discount.

A movie was being filmed in Rapid City, and the film stars got all of the few air conditioned rooms.

our HISTORY

by Kevin Harmon, Executive Director

Part 2

When we left off on our history lesson of Cosmopolitan in the Summer 2008 Topics, we had learned about the very beginning of our club. We had examined our roots from the hatching of an idea about a service club by our founder Patrick J. Hodgins. We learned of the establishment of our charter and incorporation in Kansas City, MO, on March 18, 1918 and the very first Cosmo club in the same city.

With Kansas City being the first club, it wasn't long before clubs in St. Joseph, MO, Independence, MO, Kansas City, KS, Wichita, KS, and St. Louis, MO were established. The only blight on the beginning clubs is that none are still in existence. What a shame. Our oldest existing club, Tulsa, was formed in 1923 and is followed by Norfolk, Sioux Falls, Grand Island and Fargo-Moorhead. Quite interesting is a listing of some 61 clubs that were formed in cities from Washington, DC to San Antonio to Moose Jaw to Placentia Linda that aren't in existence but once proved to be very vibrant clubs.

Cosmopolitan spread quite rapidly but not easily. Just as it is today, the formation of a new club was a huge undertaking. But in our early days, government did not provide the same level of services that is expected today. Other than national infrastructure like roads and bridges and national security, government left the rest to the people. That said, people in the early 1900's were used to doing for themselves and found banding together to provide the extra's for their community by joining organizations like Cosmo's was simple. Later the idea of networking to obtain business or be known in the business community led to members seeking clubs like Cosmo.

The first name of our Club was the International Federation of Cosmopolitan Clubs, but we were not truly International until the establishment of the Winnipeg Cosmo Club in 1927. Canada clubs were soon formed in Regina and Saskatoon during 1928. It wasn't until 1948 that we added the Mexico City club to our roles. That made us even more international and meant we covered much of North America.

At the time, the Cosmo clubs were all male. The ladies were referred to as Cosmopollys. It was the Canadians that asked for and received a name change for the ladies group to Cosmo Pals.

Teen clubs were formed in the late twenties and thirties for the purpose of eliminating teen delinquency. The kids were asked to participate in bands to provide music for their communities. That led to the first and a longstanding International project of providing music scholarships for youth.

Cosmos also arranged and organized the first North American Service Club leader's conference in Chicago in 1927. At this printing President-elect Melvina Newman and Executive Director Kevin Harmon attended the outgrowth of that first meeting, the current Service Club Leaders Conference. As we lead today in member growth, we led then in ideas and common purpose. At last year's conference the group of leaders assembled were inquisitive of our member successes while they had large drops. Perhaps we should remind the leaders of Kiwanis, Rotary, et al., of how Cosmo's not only lead the way today, but were the founders of group.



Sioux City Cosmos WIN Chili Cook-Off

Using a dog-eared recipe originated by Cliff Morris years ago, Marty Holmes and Mark Lockwood brewed up three gallons of a prize-winning chili. The Sioux City Chili Cook-Off is an annual fundraiser benefitting Big Brothers/Big Sisters of Siouxland and raised \$6,558.80. Twenty-three teams competed. The Sioux City Cosmopolitan Club has entered the competition since the cook-off's inception 14 years ago. This year's award was the second time they've won first place. The Club has also placed second twice and has four other ribbon awards.

The cooks divulged one secret to their success is grilling the hamburger instead of frying it. Grilling the meat imparts a slightly smoky flavor that evoked many positive comments from tasters. The award-winning recipe had never been written down until Marty took over as head cook when Cliff moved to Urbandale, Iowa in 2001. Legend has it that the following year Marty observed and scribbled hurried notes while Cliff cooked. Committing it to writing must have legitimized the recipe, as that was the first year the Sioux City Cosmos garnered first place accolades! Mark joined Marty four years ago and the partnership seems to be made in chili heaven. The Club was presented with a First Place Plate and a check for \$800.

In addition to Cliff, Marty, and Mark, other Sioux City Cosmopolitan Club team members included: Keith Hawkins, Matt Pittenger, Judi Schmidt, and Curt Stoeber. Marty is also a member of the Three-Rivers Cosmopolitan Club. Lois Holmes from the Three-Rivers Club helped serve chili.



West O holds 40th GONK Event

The West Omaha Cosmopolitan Club presented its dinner-dance fund raising event on Nov. 7th. This is the 40th year of "GONK" as it is known. Even though the state of the economy presents a challenge to charitable events, the evening was an outstanding success. Over 450 tickets were sold and 340 folks attended. Fifty-four items were sold during our silent auction netting over \$3,000. All told, the West "O" Cosmos raised over \$10,000. By rule, 85% of our Club's charitable spending must go to diabetes related causes. The success of "GONK 2008" will enable us to continue our significant contributions to fighting diabetes.



Alexandria-Cenla Misses Sonny

We were both breeders of miniature horses and, in our conversations, we discovered that we were both diabetics. We shared our treatment stories, as we both made our trek for routine check-ups. The doctor had just told him he needed to remove a hard spot on the bottom of his foot. The procedure was performed but the doctor was unable to stop the wound that resulted from bleeding and eventually all the toes on that foot were amputated. The foot began to heal slowly. He used a specially designed boot to help him walk and things were improving, I had known Sonny for many years and he was always such a vibrant, alive person that appeared to be at the pinnacle of health. We were nearing our Southwestern Federation Convention at which he was to be sworn in as a new Cosmo member of the Cenla club. He was on his way to our home for the Cajun-style pig roast that day when he became gravely ill. His family rushed him to the hospital and he was then sent to MD Anderson Cancer Center in Houston, Texas. There they found the same diagnosis as our local physicians had and, to our sorrow, he passed away right after that. Reports are it was cancer of the liver and that it spread rapidly.

Sonny (Charles Liberto, Jr), a diabetic, joined Cosmos in early 2008. Although Sonny wasn't present, Dr. Alm sworn him in as a Cosmo that day just as he would have wanted. He was so excited about working with our club to help find a cure for diabetes and I know what a wonderful asset he would have been to our club. Although Sonny never attended a meeting, he was "our Cosmo" and he has left us all with more determination than ever to "find the cure!"

Mingle Mondays

The Rapid City Noon Cosmopolitan Club (North Central Federation) strives to introduce new and innovative ideas and activities. One relatively new activity is "Mingle Monday." One Monday a month the Club visits various new and established businesses in Rapid City, instead of meeting at the Club's regular meeting site, Thirsty's.

"Mingle Monday" began in the fall of 2006. The goal has been to learn more about the Rapid City community and to let others in the community know more about Cosmopolitan Club. The Club has visited many high-profile businesses such as Black Hills Power & Light and Knology Communications, as well as organizations that are supported by the RC Cosmo fundraising efforts, the Hospice House, the main Rapid City fire station, and new businesses in the community. Other "Mingle Monday" sites have been banks, the new fish hatchery facility, manufacturers, and human services headquarters.

The "Mingle Monday" meetings are not formal in order for the "host" to have time to tell us about their business and offer a tour. Announcements are made and the Cosmo Club President shares information about Cosmopolitan's objective with our hosts, and invites them to visit a regular meeting. Lunch is often provided by the host company, or our Vice-President buys sack lunches and the Cosmo members pay him. Cosmo members and guests are encouraged to wear their yellow jackets.

"Mingle Monday" has been a positive for the Rapid City Cosmo Club. More people are aware of the Club and its objectives, and the Cosmo members are learning more about their community. Businesses have invited the Cosmo club to visit their facility, and other Service Clubs have heard about "Mingle Monday" and are planning similar events.



Recently the Rapid City Cosmopolitan Club "Mingle Monday" visited the Hot Rod Institute, a privately owned school which teaches hot rod building, from repairs to starting from scratch. Surrounding instructor Jamie Ellenwood (grey cap), are Rapid City Cosmos (IL to R) Vern Ziebart, Steve Ferley, Jan Blumental, Jim Keck, Bob White, Jim Thorson, and Dick Kahler.

Fargo-Moorhead Club in Holiday of Lights Parade

The FM Cosmos decided to join the 2008 Holiday Lights Parade. We were all set to use Bob Carlson's Bonneville convertible but it refused to keep running so he offered his 1926 Model T. Coincidence or foul plug? The Model T was made and the Fargo-Moorhead Club was started in 1926. Hmmm... Matt Carlson managed to keep his cool (not too hard in a car without a heater) and motor the "T" through the parade with the help of his dad, Bob.

The kids, Jasmyn Ellis (Nicole); McKenzie, Max and Danny Carlson (Matt); and, Dane and Marissa Titus (Jay) were troopers and walked the entire way handing out candy that was donated by State Bank through members Billy and Chad. Members, JoEllen Carlson, Jay Titus, Kristi Carlson (Matt), Lisa Anderson, Mary Carlson, Nicole Ellis and Kathy Robley joined the kids in sporting reindeer antlers, glow necklaces and lighted candy pails. The Shriners, in their little hot rods, decided to chase our group across the Center Avenue Bridge between Moorhead and Fargo where we discovered quickly that we could still jog - talk about Holiday miracles!



Our group was greeted along the way by members: Mike Rasmussen, who provided the nice blue lights; Doug Huber and his wife Carole; and, Stew Robley (Kathy) who brought along their cousin Faye Robley. Next year we plan to have a bigger float (and make sure we're behind the Shriners)!

Western Canada News

International President Jim Smith and Western Canada Governor of Brian Duckett traveled to Alberta together visiting clubs in Edmonton/St. Albert and Calgary. They were welcomed with great hospitality.

International President Jim inducted Ryan Bradley into the St. Albert Club, Bob Moffat into the Sturgeon Valley Club and Vicky Keller and Dan Green into the Calgary Club



New members inducted into Calgary Club

Sante Fe Club is Busy

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

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



Funnel Cake Sales



Tour de Shawnee



Club Picnic



Rib Fest

Western Canada Holds Mid-Term Convention

Western Canada Federation Midterm Convention was held in Calgary, Alberta, on October 17 - 19, with approximately 70 Cosmos attending. The weekend started off at the curling rink with each team curling 2 games. After curling, all Cosmos headed back to the hotel for a social. Saturday was a day of curling and for the non-curlers a visit to Olympic Park. The day ended with a supper and great entertainment by Filipino dancers/singers and a magician. On Sunday, we held business meetings for the Foundation and Federation. To end the weekend, brunch was served with awards and prizes given out to the winning curling teams along with donations being given to the Foundation. Congratulations to Bill Smetheram, Harold Ager, and their Committee for a great weekend.



L to R: Richard Greer, VP for Membership and New Clubs, Jerry Grywacheski, WCF Lt. Governor

Lake Area Cosmos

The Lake Area Cosmos worked several hours drawing and painting a turkey on plywood. The turkey was used in a game of quarter toss for a Turkey Festival in Eldon, MO. The Club didn't make much money on the one day event, but presented a good looking turkey and the Cosmopolitan club name and purpose to the Lake of the Ozarks area.



L to R: Rick Derks, Larry Benton, and President Allen Moore

Saskatoon Yellowhead Update by President Kathy Baker

Greetings from all of us at the Saskatoon Yellowhead Cosmopolitan Club, Western Canada Federation. I am happy to bring everyone up to date in regards to our past, present, and future plans.

Our Club started off last year by hosting the **Western Canada Federation Meeting** in October of 2007 which resulted in a very successful event. This carried us into November where we hosted a **Steak Night/Grey Cup Party**. Our numbers were almost doubled from last year – then the power went out just an hour before kickoff and thoughts of losing all our guests quickly snuck up on us. Thanks to SaskPower's quick response, they were able to get the power back on at our venue just minutes before kickoff and our event carried on. The Saskatchewan Roughriders went on to capture the 2007 Grey Cup and our Club went away with RIDER PRIDE and COSMO PRIDE after our most successful Grey Cup Party yet.

We also encourage our children to get involved with fundraising, so this past year the Kids and Grandkids of Cosmos hosted a **swim night**. Each child was asked to make a donation to the Food Bank. The kids raised \$100.00, made a generous donation to our local food bank and had a great time swimming with their friends. Congratulations to our kids.

We decided to host our **15th Annual Yellowhead Cosmopolitan Golf Tournament** in early September this year rather than June. The number of golfers was way up from last year and our funds raised were way up as well. With assistance again from the Crohn's and Colitis Foundation, we raised in excess of \$6,000 dollars. We also partnered with Crohn's and Colitis and M&M Meats in order to raise in excess of \$500 selling hamburgers and drinks.

It was time to celebrate the beginning of a new Cosmo year and be thankful for a successful 2007/2008 year by gathering together for a **backyard BBQ and fire pit** party in late September. A bit chilly, but I think everyone had a good time.

Our future fundraising plans include a building project in early November, our annual **Steak Night/Grey Cup Party** scheduled for November 23rd, and we will be **hosting a casino night** at a Corporate Staff Christmas Party on November 29th.



Wow...we are having a busy November. Our Club always helps out with the **Salvation Army Bell Ringing** in December. We will take a break over the holidays and then get ready for a **Texas Hold'em Tournament** in the New Year. Before we know it we will be making plans for another golf tournament.

We have changed our meeting dates to the first and third Tuesday evenings of each month and as a result, **doubled our meeting attendance**. At least 60 percent of our Club is regularly active in helping out and our Club is gaining some strength. Thankfully our Club has been able to find some new members this past year to replace those lost and we are hoping for a very successful year.

Name that Christmas Carol

1. 5 p.m. to 6 a.m. without noise
 2. Adorn the vestibule
 3. Exuberance directed to the planet
 4. Homo sapien of crystallized vapor
 5. Aloft on the acme of the abode
- A. Joy to the World
 - B. Up on the Rooftop
 - C. Silent Night
 - D. Deck the Halls
 - E. Frosty the Snowman

ANSWERS:

1. C, 2. D, 3. A, 4. E, 5. B

NEW Emerald City Club in Holiday Parade

The Emerald City Club in Topeka, Kansas, is not yet chartered officially but you would never know that based on the work and FUN they are having. Scheduled to be chartered February 28th, this Club is already busy meeting regularly, fundraising, and becoming involved in community events.

The members are currently attached to Headquarters as At-Large members while they prepare for their official chartering which coincides with the Governor-elect training and Winter International Board meeting. The event will be held at Lake Shawnee in Topeka with a down home BBQ and many guests from International and area clubs in attendance. Charter strength has already been attained, but the Emerald City members are still scouting for other interested potential Cosmos.

Recently the Club participated in Topeka's Miracle on Kansas Avenue Parade in the capital city. This night time parade drew thousands of spectators despite the drizzly weather. The Club built their float for the parade with a Christmas theme and took the opportunity to introduce themselves to the Topeka community. The Club is active in fundraising by cleaning houses for hire and collecting aluminum cans from area watering holes. The treasury is already mounting.

This group is vibrant, excited and mostly FUN and is looking forward to their charter. Plans are being made to see you all in New Orleans where the Club should have a presence.



Rock'N August - 12 \$75,000 for Diabetes!

The largest Cosmo Event in the Edmonton Area is ROCK'N AUGUST. It is a car show billed as a "festival of cars and music." Old cars and old music (50s, 60s) After twelve years, we seem to have discovered the secret. Be organized and have good weather. We estimate 30,000 people attend. For details, go to www.rocknaugust.com.

Cosmos started the show. To provide auto expertise, we recruited the Cruisers Car Club in year one. In year three the St Albert Chamber joined the fun and four years ago, the Alberta Diabetes Foundation came on board. Together, this group (Jukebox Saturday Night Association) plans and executes the show. There is lot of heavy lifting. Meetings are held once a month except in July when they are once a week. The Chamber & the Foundation provide outstanding volunteers and attend to administration (mail outs, receipts, etc) the car guys do the car stuff and the gals do most of the fundraising.

During the year we promote the event at the local trade show, and a local auto event called Powerama. This year we plan to attend car shows in Red Deer and Calgary. The Gold Dust Casino hosts a "Classic Car" night every Tuesday beginning in June. The event is well advertised on radio and in the local newspaper.

The five-day show begins on Tuesday morning with a breakfast hosted by the St. Albert Inn and carried on local T.V. Tuesday evening cars are displayed at the Gold Dust Casino. Wednesday features a car rodeo in the evening and Thurs has a great mini car show at Fountain Tire. The Thursday event has been a favorite since year 1 - the free food, and great old cars are enjoyed by all. Friday evening starts with a "cruise" of the show entries and culminates with a free street dance. This year we brought back the "Sensational Hotrods" a great oldies group. The week ends with an all day "Show & Shine" where the cars are judged in over 30 classes; thousands of spectators attend. The week ends with a dance and auction attended by 350.



Jennie Jones, age 11

WESTERN CANADA

GORDON L. QUIRING
Prince Albert

DONALD R. PUTZ
Regina

MID-STATES

MICHAEL LEDEN
Rockford

MO-KAN

DARRELL (DC) L. CHRONISTER
Jefferson City

STEVE WATSON
Lawrence River City

SOUTHWESTERN

CHARLES LIBERTO
Alexandria-Cenla

In Loving Memory



Rnold Smith

Past International President 1984-1985

Rnold Smith, Cosmopolitan International's President in 1984-1985, passed away on August 22, 2008 in Saskatoon.

Rnold was a member of the Saskatoon Cosmopolitan club from 1952 until its folding in 2004. At that time, Rnold continued his membership with Headquarters as an At-Large member. He remained active in Cosmopolitan even after the Saskatoon club disbanded.

During Rnold's tenure as President, International completed the first "Doors" program for the Columbia Diabetes Center, The Canadian Foundation was begun and the membership approved the Norfolk Diabetes Center and its \$1,000,000 fundraising initiative.

In the Next Issue...

2009 International Convention **NEW ORLEANS** JULY 29-AUGUST 1

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



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