

River City Review

October 2009

Tommy Johnson, Editor



The River City Cosmopolitan Club of Lawrence, Kansas

River City Club Gains New Members at Set'Em Up Jacks

Twenty-two club members attended the River City Cosmopolitan Club's October 1st dinner meeting, which was held on the mezzanine level of Set'Em Up Jacks Bar & Grill. Club members ordered dinner off the menu, but dessert was provided by Club President Nancy Donahey. In celebration of husband Robin's 55th birthday, Nancy led the club in singing Happy Birthday to Robin & provided a tray of delicious cookies for all club members to enjoy!

To start off the evening's business meeting, Mo-Kan Federation Governor Susie Bartlett (without husband Gary, who was at home recovering from outpatient foot surgery earlier in the day) had the pleasure of installing the newest River City Cosmopolitan Club members, Michael & Denise Machell.

Club Treasurer Lynn Collier handed out & answered questions regarding the club's 2009-2010 budget, which was then voted on & approved by the club membership.

Under old business, Club President Nancy Donahey reported that a study group meeting was held on September 25th, to discuss the type & pricing of diabetes test strips being provided to the Health Care Access Clinic (HCAC) by club donations. The study group, which consisted of River City Club members Pat Hohman, Greg Schreck, Nancy & Robin Donahey, plus HCAC nurse practitioner Lori Winfrey, was formed to insure that the club was getting the best value possible for the test strips which they provide to the clinic. Although she was unable to attend the study group meeting, Diana Klopfenstein also provided input. In a nutshell, the study group recommended that the HCAC begin distributing One Touch Select glucose meters & test strips to their diabetic patients as soon as possible, because the Accu-Chek meters & test strips currently being used are no longer being produced & will not be available in the future. In addition, Kindred Care can provide free One Touch Select glucose meters to the HCAC & the club will pay approximately 1/3 less for each case of One Touch Select test strips

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Michael & Denise Machell are welcomed into the club by Club President Nancy Donahey & Mo-Kan Governor Susie Bartlett.



Pat Hohman promotes the club's November Membership Night to Rhonda & Jan Burgess, Denise Johnson & Lynn Collier.



Bottoms Up! President-Elect Greg Hird & Doug Lapham toast another great club dinner meeting at Set'Em Up Jacks.



Nancy's Presidential Prose

by Nancy Donahey

"*JOIN THE MOVEMENT TO STOP DIABETES*" is the theme for the American Diabetes Association's (ADA) awareness program for November, diabetes month. Diabetes has reached epidemic proportions. Nearly 24 million children & adults in the United States live with diabetes. In fact, if current trends continue, one in three children born today will face a future with diabetes.

These statistics, coupled with the personal struggles of people with diabetes & their loved ones, underscore the need for action. So, during American Diabetes Month®, the American Diabetes Association is launching a bold movement to confront, fight & eventually *Stop Diabetes*^(SM).

Whether it's finding out more on how to prevent diabetes, or how to help people who struggle with it, there are concrete steps you can take to end this disease. In addition to joining ADA's national movement, here are a few ways you can help *Stop Diabetes* on a local level:

- ◆ **SHARE.** Beginning November 2, visit StopDiabetes.com to learn about all the exciting ways to be a part of the *Stop Diabetes* movement. Invite your family, friends, & co-workers to join this effort as well.
- ◆ **ACT.** Whether you want to run, walk, bike or simply tell a friend, there are many ways to help build momentum for the *Stop Diabetes* movement. Visit StopDiabetes.com or call 1-800-DIABETES to get involved in your area.
- ◆ **LEARN.** If you, or a loved one, already have diabetes or are at risk for type 2, the ADA can provide lifestyle & motivational information to prevent this disease from taking control of your life & the lives of those around you.
- ◆ **GIVE.** The drive to stop diabetes cannot succeed without individuals dedicating time, effort & funds to support our mission-critical activities in your neighborhood. On the local level, our River City Cosmopolitan Club has made a commitment to provide funds for diabetes testing supplies for Health Care Access Clinic patients.

Membership Night

Mark Your Calendars

Thursday, November 5th - 6:30 pm

Brandon Woods - Smith Center

Everyone you know has a family member or friend with diabetes. Don't be afraid to ask someone to join the club. We need their help in Cosmopolitan's fight against diabetes.

If you do not have anyone interested in joining the club, please show your support by attending this important meeting. Social time - 6:30 to 7:00 pm, followed by dinner & a short program.

Please contact Pat Hohman to have an invitation mailed to any prospective members.

Past-Prez Robin Donahey Celebrates 55th Birthday with Club

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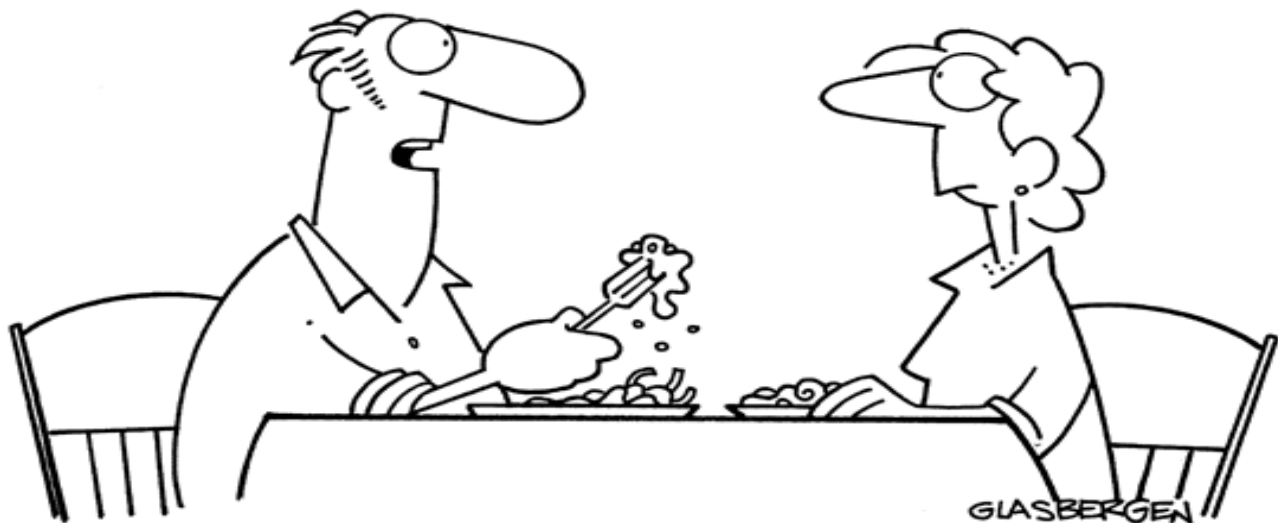
A stunned Robin Donahey looks on as wife Nancy leads the club in singing Happy Birthday to him!

purchased from Kindred Care, compared to what the club was paying for the Accu-Chek test strips from the Lawrence Memorial Hospital supplier. Special thanks to the study group & Kindred Care for insuring that the club is getting the biggest bang for its buck with our Health Care Access Clinic donations!

Under new business, Club President Nancy Donahey solicited comments from the general membership regarding the ideas which were presented during the club's September dinner meeting for growing the club's annual golf tournament fundraiser. Club members generally agreed with the club's Board of Managers that the date of the golf tournament should remain on the Friday before Memorial Day, & that an evening dinner & dance, following the golf tournament, was not a viable option. Club members agreed that increasing golf tournament sponsors was the best way to grow the event.

In other club business, Membership & Education Committee Chairperson Pat Hohman announced that the club's Fall Membership Night will be held on Thursday, November 5th at the Brandon Woods Smith Center. Pat reminded club members that "more people lose their lives annually from diabetes, than from AIDS & breast cancer combined, so it is important to gain new Cosmopolitan club members to help in our fight against the disease." If you know of anyone who may be interested in learning more about Cosmopolitan International & the River City Cosmopolitan Club in particular, please contact Pat as soon as possible so that an invitation to the club's Membership Night can be mailed to them.

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**"How can I have Type 2 diabetes when I have Type 0 blood?
I don't think my doctor knows what he's talking about!"**

Meet Our New Members - Dave & Lisa Hatzenbuhler



After having recently been diagnosed with diabetes, Lisa Hatzenbuhler, along with her husband Dave, had been looking for an organization dedicated to the fight against the disease, which they could become involved with to help give back to the community. After contacting the club, Lisa & Dave's first exposure to the River City Cosmopolitan Club was an interesting one - riding the party bus to Guy & Mae's Tavern, in Williamsburg, for the club's May 2009 dinner meeting. Although the music on the party bus was excessively loud, Dave & Lisa's real concern was when a certain club member decided to hang upside down from the ceiling of the bus. "At that point, we were not exactly sure what we were getting ourselves into" joked Lisa! Fortunately for the River City Club, Dave & Lisa kept an open mind, attended the club's September dinner meeting at the new Health Care Access Clinic facility, submitted their membership applications & were installed as River City Club members that same evening by visiting Cosmopolitan International President Melvina Newman.

Both Dave & Lisa grew up & moved around the Midwest as "railroad brats". Dave was born in Mitchell, SD, graduated from Aberdeen High School in South Dakota, & then graduated from the University of Iowa, majoring in history & political science. Lisa was born in Trenton, MO, but grew up in Ottumwa, IA. She graduated from both high school & college in Iowa, majoring in business.

Dave was employed by the BNSF Railroad for many years before leaving in 1995 to start his own business, MainLine Management, Inc, which does rail transportation consulting work for ports & quasi-governmental agencies. Lisa is a travel agent with World Voyager Vacations. Lisa got her start in the travel industry in 1973 as a flight attendant, "when we were issued little white gloves, unlike today when flight attendants are issued handcuffs!" After having lived all over the country, Dave & Lisa moved to Lawrence from the Seattle area in 2005, to be closer to their aging parents.

The Hatzenbuhler's have three daughters - Anne, 34, a civil litigation attorney in Phoenix; Sara, 31, a registered financial assistant for UBS Financial Services in Leawood; & their youngest daughter, Katy, who is attending nursing school in Seattle. In addition, Dave & Lisa have two grandsons, Caleb, 7 & Aidan, 2, who both live in Seattle. Five dogs (Nellie, Bailey, Zeus, Tyson & Minnie) keep Dave & Lisa company here in Lawrence!

During the rare times when Dave & Lisa have free time, they both enjoy reading, playing bridge & traveling. Dave also enjoys all sports (he is a huge Iowa Hawkeye fan), collecting antique books & playing golf, while Lisa also enjoys movies, ghost-hunting & studying history. Dave & Lisa volunteer at the Health Care Access Clinic as often as possible & fully support the clinic's mission.

The Hatzenbuhler's both appreciate the warm welcome which they have already received from River City Cosmo Club members & are looking forward to becoming active participating members of the club!

Meet Our New Members - Michael & Denise Machell



Was it fate that brought us together? After being involved with some charitable work involving the Health Care Access Clinic, Michael Machell first became aware of the River City Cosmopolitan Club. As a result of this encounter, Michael's employer, Prescription Solutions, became a major sponsor (\$7,500) of the club's 2009 Cosmopolitan Diabetes Golf Classic. Shortly thereafter, Michael & his wife, Denise, volunteered to assist club members in manning the River City Club's water station at the 2009 Kansas Half-Marathon, which was another fund-raiser for the Health Care Access Clinic. And then in September, Michael & Denise attended the club's dinner meeting, which was held at the new Health Care Access Clinic facility, where they both applied for club membership. And finally at the club's October dinner meeting, Michael & Denise were installed as the newest members of the River City Cosmopolitan Club!

Michael was born & raised in Syracuse, NY, but has lived in various locations along the east coast & in the Midwest, including Philadelphia, Washington DC, Chicago & Ann Arbor, MI. He received his undergraduate degree at Georgetown University, his MBA at the University of Michigan, & his law degree at Georgia State University. Denise was born in Key West, FL, but was primarily raised in Brandon, MS. She has also lived in various locations, including New Orleans, & both the San Francisco & Los Angeles areas. Denise

received her undergraduate degree in business at the University of Southern Mississippi.

Michael & Denise met while both were working for Amoco & were married in the Atlanta, GA area. A job transfer for Michael brought the Machell's to Kansas, & they have lived in Lawrence for the past ten years. Michael is employed as a Human Resources Director for Prescription Solutions, a subsidiary of UnitedHealth Group. Denise is employed as a Financial Accountant for Lawrence Memorial Hospital, where she is responsible for financial reporting & analysis.

Michael & Denise have one daughter, Emma, who is a sophomore at Free State High School. Emma is a reporter for the school's newspaper, the "*Free Press*", enjoys the violin, is a member of the Lawrence Youth Symphony, & is learning to drive this year!

During his free time, Michael enjoys wargaming, including doing historical research & painting historical miniatures, as well as staging wargaming battles with other enthusiasts. Michael has even coordinated a wargaming convention in Lawrence, as well as held demonstrations of the hobby at the Lawrence Public Library. Denise's hobbies include scrapbooking & reading, while both Michael & Denise also love to travel.

With a history of diabetes in both of their families, a personal need to contribute to the efforts of fighting the disease is what attracted Michael & Denise to the River City Cosmopolitan Club. They also hope to contribute to the community, as well as meet new friends. We will never know if fate is what really brought Michael & Denise to the River City Club, but this much we do know - we are mighty glad that they decided to join us. Welcome to the club!

River City Cosmopolitan Club - 2009-2010 Committee Assignments

Audit Committee

Kevin Harmon, Chairperson
Tim Dunham
Mike Hertling

Awards Committee

Greg Hird, Chairperson
Cheryl Dunham
Susan Stagg

Communications & Public Relations

Tommy Johnson, Chairperson
Dennis Hoss

Constitution & Bylaws Committee

Diana Klopfenstein, Chairperson
Deanna Hoss

Finance Committee

Lynn Collier, Chairperson
Nancy Donahey
Denise Johnson

Fundraising Committee

Mike Hertling, Chairperson
Gloria Eberle
Cindy Harmon
Erin Harmon
Kevin Harmon
Jack Hohman
Diana Klopfenstein
Doug Lapham
Kristina Sandidge
Patty Winslow

House Committee

Cindy Harmon, Chairperson
Erin Harmon
Phyllis Hertling

Inaugural Committee

Susie Bartlett, Chairperson
Helen Cox

Membership & Education Committee

Pat Hohman, Chairperson
Gary Bartlett
Joan Hird

Nominating Committee

Robin Donahey, Chairperson
Cheryl Dunham
Jack Hohman

Social Committee

Erin Harmon, Chairperson
Cindy Harmon
Phyllis Hertling
Mike Klopfenstein
Pat Pfannenstiel
Peggy Pfannenstiel
Jamel Sandidge
Kristina Sandidge

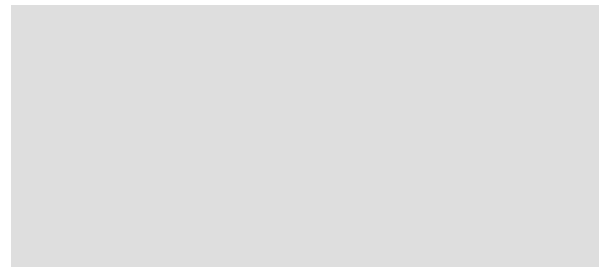
Updated - September 1, 2009

Its not too late to sign up to serve on one of the club's 2009-2010 committees. Please contact Club President Nancy Donahey to have your name added to this list of committee assignments. Remember - it takes all of us working together to keep the club running smoothly!

"The Club That Fights Diabetes"

The River City Cosmopolitan Club of Lawrence, Kansas

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We're on the web at www.rivercitycosmo.org

River City Cosmo Club Calendar

Step Out to Fight Diabetes Walk Lake Shawnee Shelter House #1 - 9:00 am	October 17 Saturday
Fall Membership Night Brandon Woods (Smith Center) - 6:30 pm	November 5 Thursday
River City Road Rally Social Cabin by the Pond - Time TBA	November 7 Saturday
November Board Meeting Mike & Diana Klopfenstein's - 7:00 pm	November 19 Thursday
Mo-Kan Convention Jefferson City, MO	April 30-May 2, 2010 Friday - Sunday
Cosmopolitan Int'l Convention Gettysburg, PA	July 28-31, 2010 Wednesday - Saturday

2009-2010 Club Officers

President	Nancy Donahey
President-Elect	Greg Hird
Past-President	Robin Donahey
Membership VP	Pat Hohman
Secretary	Helen Cox
Treasurer	Lynn Collier
Sergeant-At-Arms	Jack Hohman
Board Member (1-yr)	Cheryl Dunham
Board Member (1-yr)	Mike Klopfenstein
Board Member (2-yr)	Susan Stagg
Board Member (2-yr)	Peggy Pfannenstiel

"Dedicated to enriching the lives of others through **UNITY, SERVICE & ACTION**"