



COSMOTOPICS

A publication of Cosmopolitan International, "The Club That Fights Diabetes"

Fall 2004 Vol. 65 No. 1



*2004~2005 International President
Derry Anderson and First Lady Sheila*

CONTENTS

- 3 President's Inaugural Address
International President, Derry Anderson
- 4 Headquarters Highlights
Executive Director, Barbara Johnson
- 5 Where the Rubber Meets the Road
Director of Membership & Development, Joe Casper
- 6 Membership Momentum
*Int'l Vice President for Membership and New Clubs,
Tom Gustafson*
- 7 How to Get Publicity for Your Club
*Int'l Vice President for Finance and Marketing,
Rob McWilliams*
- 8-9 Foundation News/New Beacons
*Cosmopolitan Diabetes Foundation Chairman,
Del Oberst*
- 10-11 "I Had Never Heard of Such a Thing"
*A first-hand story of defeating diabetes
by Cosmo Jim Smith*
- 12-13 New Cosmo Merchandise!
Just in time for the holidays!
- 14-15 International Award Recipients
- 16 "Why I Became A Cosmo"
*First in a series of "Cosmo Stories"
Featuring Dr. Walter Alm, Elgin, Illinois*
- 18 INGAP Update
\$85,000 contributed in Branson
- 19 2004-05 International Officers and
Cosmo Calendar
- 20-23 Cosmos in Action
- 23 In Memoriam



COSMOTOPICS

EDITOR Barbara Johnson

ASSOCIATE EDITOR Brenda Vanden Hull

COSMOPOLITAN INTERNATIONAL OFFICERS AND DIRECTORS

President

Derry Anderson (derry@andersongroupcpa.com)

President-Elect

Kevin Harmon (kharmon@sunflower.com)

Vice President for Membership and New Clubs

Tom Gustafson (gustafson.tom@msn.com)

Vice President for Finance and Marketing

Rob McWilliams, Jr.

(rob.mcwilliams@pilotonline.com)

Judge Advocate

Jim McVay (jmcvay@omahalaw.com)

Executive Director

Barbara Johnson (exdir@cosmopolitan.org)

Director of Membership Development

Joseph Casper (jcasper@cosmopolitan.org)

FEDERATION GOVERNORS

Capital: Art Nelson; **Cornbelt:** Jami Finazzo; **Mid-States:** Walter Alm; **Mo-Kan:** Phil Hanson; **North Central:** John Gustafson; **Southwestern:** Helen Holt
Western Canada: Gary Wensel

INTERNATIONAL HEADQUARTERS

7341 West 80th Street, P.O. Box 4588

Overland Park, Kansas 66204-0588

Local: 913.648.4330 Toll-free: 800.648.4331

Fax : 913.648.4630 www.cosmopolitan.org

e-mail: headquarters@cosmopolitan.org

Cosmopolitan 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.

COSMOTOPICS is published four times a year, for \$9.00 per year, which is added to the annual dues by Cosmopolitan International, Inc. Third Class non-profit postage paid at Shawnee Mission, KS.

POSTMASTER: Send change of address to COSMO TOPICS, P.O. Box 4588, Overland Park, KS 66204-0588.



Derry Anderson
2004-2005 International President

International President's Inaugural Address August 7, 2004 - Branson, Missouri

Light the Fire!



Congratulations to our new officers and I extend my most sincere gratitude to last year's officers, who saw Cosmopolitan International through a successful year.

There is something remarkable and unique about Cosmopolitan. For one thing, it really is a club, not an organization whose "membership benefits" amount to little more than having your name on a mailing list and receiving a quarterly magazine. When you join Cosmopolitan, you don't belong to it – it belongs to you.

Thank you, Jim and Joan, for being a great light to Sheila and me and all Cosmopolitans. You have unselfishly given yourselves to this organization and have done so much to steer Cosmopolitan toward a brighter light. And with that in mind, our goal this year is to set the light ablaze! This year's theme is **Light the Fire**.

Mother Teresa once suggested that "Great work is not the result of spontaneous combustion. You must set yourself on fire." Clearly we must be a beacon for ourselves before we can do the noble and humbling work of illuminating the path for others. Yet how often is the expression "I am burned out" heard, particularly among those whose job it is to rekindle the flame of other people.

Contrary to popular opinion, the antidote to burnout is not always rest – perhaps it is the sacred fire of purpose and passion that can only be lit and rekindled

from the hearth of one's soul. A candle loses nothing by lighting another candle. Sometimes our light goes dim but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.

As Cosmopolitans it is our duty to light the fire within those around us. It should be our uncompromising belief that all volunteer work, no matter how mundane, can and should be sacred – that we must strive to permeate everyone's work with passion and purpose – that everyone should be supported in the journey to discover and to bring their own unique gifts to our organization.

If there was ever a time to dare, to make a difference, to embark on something worth doing, IT IS NOW. It's time to re-ignite the power, passion, and purpose that originally drew you to Cosmopolitan. You can make a difference in the world of diabetes. You are a unique person who can touch the lives of others in a special way. In fact, you're already making a difference in ways you may be unaware of. One child may not have gone to diabetes camp without your help, one person may not have been able to get medical attention without your mobile nursing unit, one person may not have known they had diabetes without you offering free testing.

There is no other organization just like us. We are unique. We need to share our excitement and enthusiasm with others. In-

side of you is the fire of life. That fire is your passion, your life purpose, your mission and your fulfillment. It ignites and burns brightly inside of you when you are doing whatever it takes to help others. When you're fired up about what you're doing, your fire warms others, igniting their flames and creating excitement and a desire to join you. Your excitement attracts and inspires others. It's like striking a match to a pile of dry kindling. One ignites and sparks the next and then the next, until a blaze is burning bright. We cannot change Cosmopolitan's past, but we can change its future. We can advance from where we are now to where we want to be tomorrow.

We can take action – right now. It all starts inside of you – with your fire. It is said that the coal that has been an ember is easily kindled. Let's set the fire within your hearts and our purpose aglow.

Are you waiting on Cosmopolitan or is Cosmopolitan waiting on you? I hope I can count on you to be part of this effort.

Light the fire on membership, our INGAP commitment, fundraising, supporting International, and kicking diabetes in the butt.

From a little spark may burst a mighty flame. Go from burnout to re-charged. Go from lukewarm to on fire. Share the heat.

Light the Fire!

Headquarters Highlights

Barbara Johnson, Executive Director

2004 Branson International Convention

If you missed the International Convention in Branson August 4-8, you missed out on a fabulous time of great family entertainment, educational opportunities, and Cosmopolitan friendship. Members of the Mo-Kan Federation and Convention Chairs **Larry** and **CeCe Benton** are to be congratulated for hosting a well-planned and very enjoyable convention. A record-setting 300 Cosmos and guests were in attendance, including 70 first-timers!

The Delegates and Board members spent a considerable amount of time at the convention deliberating the direction of Cosmopolitan International. A summary of the action taken by the Board and Delegates appears below. Complete minutes from all the meetings may be found on the Cosmo website or upon request from Headquarters.

The Delegates:

1. **Defeated** the proposed bylaw amendment to raise per capita dues and CosmoTopics fees. Recommended that the board fund the budget deficit with the restricted reserves.
2. **Elected** Tom Gustafson to the position of Vice President for Membership and New Clubs.

The Board of Directors:

1. **Formed** an "Information Technology" Committee.
2. **Reviewed** the year-end audited financial statements, reflecting a net profit of \$2,957 after bad debts and depreciation.

Other Convention highlights included four very practical and insightful workshops. Director of Membership Development Joe Casper urged the audience to practice their "Cosmo Story"; Past International President and Certified Fund Raising Executive **Tom Stone** offered his expertise to clubs embarking on new projects; Diabetes Institutes Foundation Executive Director Anna Goldenberg shared the most recent diabetes research findings at the Strelitz Diabetes Center; and **Derry Anderson** and **Tommy Johnson** strategized with new club presidents to ensure their success during this Cosmo year.

Cosmo Web site (www.cosmopolitan.org)

Thanks to the many hours of effort by a number of individuals, the Cosmo website has been successfully moved to a new web hosting service. The user name and password remain the same: "cosmo" and "unity" (lower-case sensitive). One of the most exciting features of this new service is the possibility to host club web sites at no charge to the clubs. Seven clubs have taken advantage of this opportunity and several more are in the works.

In addition, there are several other features and changes that we expect to incorporate into our web site in the near future including:

1. A "shopping cart" with photos of Cosmo apparel and gift merchandise, allowing members to easily select and pay for these items.



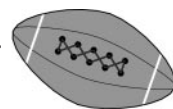
2. Allowing clubs that host their webs on our site to establish their own email addresses.
3. Publishing our web site address to the major search engines in an effort to increase visibility.
4. Establishing a mailing list that members can subscribe to through the web site that will allow them to be included on any broadcast email sent from Headquarters.

Updated web pages:

- PDF downloads of the Leaders Manual, *CosmoTopics*, and various brochures and forms.
- Club and Officer Directory.
- PowerPoint presentations by convention keynote speaker and workshop presenters.

Membership Drive Kick-off

Cooler weather and the smell of autumn in the air can only mean one thing — football season has arrived. Fall is also an excellent opportunity to "kick-off" a membership event in your club. Why not incorporate a community service project (park or roadside cleanup, winter coat donation drive etc.) into a membership event? Wind up the event with burgers and brats, and prospective members will have a fun and low-key introduction into what Cosmopolitan is all about.



Where the Rubber Meets the Road

Joe Casper
Director of Membership Development



For Cosmopolitan International to continue as a healthful entity into the 21st Century, one thing is perfectly evident—clubs must thrive and the organization as a whole must grow. Member growth is everyone's responsibility and it is no secret how we must go about it. Every Cosmo must take on a "recruiter" mentality and all members must continually encourage each other in their recruitment efforts.

Three Basic Steps for Membership Development:

1. **DISCUSS** Cosmopolitan International with a friend
2. **ASK** them to a meeting or event
3. **INVITE** them to join your club

Cosmopolitan International Headquarters has created resources to assist this process and expound on these three ideas. They are summarized and outlined in the *Cosmopolitan Club Membership Development Guide*, which includes instructions, tools, techniques, and templates that will help your club grow. Its programs will help your club and individual members stay on the right track with new member development.

Words and ideas, however, are only the start. Club member growth requires commitment and hard work. It is possible only if everyone works together toward the same goals. Those who believe that membership recruitment is the responsibility of a committee or someone else is sadly mistaken. Recruitment is the lifeblood of the organization and every member has a stake in the success of a club's new member growth efforts.

Some people may say, "But I'm just not a recruiter. I don't have the personality to do it." Well, that's just wrong. Everyone has the potential to be an active recruiter. Some will be better than others, but every Cosmo has the ability to recruit new members. All it takes, really, is a positive outlook, a belief in Cosmopolitan International, its goals, and your club.

So how do you find new prospective members? How do you approach them? How do you persuade them that Cosmopolitan International can be an

exciting club that offers them many social activities and leadership opportunities?

The easy answer is that you have to start asking. Good recruiters know that enlisting new members can sometimes be a numbers game and rejection should not be taken personally.

Personal contact is the most successful method to solicit new members. Friends, family acquaintances, business associates and people you know at church are your best sources. Telephone, e-mail and letters are good means of contact, but they work best as follow-up communications to personal contact.

If you are sincere and have a heart for your club and Cosmopolitan International, you should have no problem in standing in front of someone and asking them to attend a meeting as your guest. Sell the club concept, its members and its activities to the prospects. Follow-through and offer to pick up your prospects and take them to the first meeting. Stick close to them and introduce them to everyone. Odds are they will have a great time.

Editor's Note: I regret to inform you of a recent decision by Director of Membership Development Joe Casper to resign from his position effective September 15, 2004. Joe has been offered an employment position overseas with NATO and feels that this is an opportunity that he simply cannot pass up.

While we have lost a valued employee and friend, we have gained from the insight that Joe Casper has brought to Cosmopolitan International. The International Board has asked each member to do their part to keep the membership momentum going. Let's continue to "Light the Fire"!



Membership Momentum

Tom Gustafson, Vice President of Membership and New Clubs

With a great 2004 Convention behind us, Cosmopolitan International is heading into the 2004-5 year with a tremendous amount of momentum! While in Branson, I had the privilege of speaking with numerous Cosmos that showed a genuine enthusiasm and excitement for the growth of this organization. Our job on the membership side is to now harness that excitement/enthusiasm and keep the momentum rolling!

In Branson, a membership plan was proposed that would create an International Membership Board with the following elements:

- ◆ Definition of membership **goals**
- ◆ Identification of **targets** i.e. potential members and potential areas for new clubs
- ◆ Utilize the **vision and influence** of our Cosmo members
- ◆ Creation of **accountability** in the membership process
- ◆ Combine the above into **action** and **GROW COSMOPOLITANI!**

With the above defined, our next step is to assemble a Membership board structure that will do the following:

- ◆ Spread the membership task among numerous active Cosmopolitans
- ◆ Generate a database of potential Cosmo members and rate them according to potential of joining.
- ◆ Act as Cosmopolitan International's "eyes" in our respective federations and/or clubs.
- ◆ Document all aspects of federation/ club membership activities and forward to International.

The Membership Board Structure is on the web site, or let me know if you would like a copy sent out to you. The end result will be a

membership board with dozens of active Cosmos: 1) Working on membership; 2) Generating a database of several hundred potential Cosmos; and 3) Rating those potential Cosmos according to probability of joining. With this information, Cosmopolitan International has a head start in the pursuit of new members and can prioritize his time towards those potential members with the highest probabilities of joining our organization. As of this writing, the first group of board members, International Liaisons, has been appointed for several of our Federations. Our goal is to have the structure and database underway by October 1, 2004.

While the Membership Board and database are critical to this year's membership plan, we are very lucky to have one other membership tool that is much more powerful: **YOU!!!** The membership board mentioned above, and myself could not possibly speak with as many individuals as our 2000 members contact on a daily basis. In your daily routines, do you talk, see, or know anyone you feel would make a good Cosmopolitan? I'm quite certain most of you do! **Simply write down their name and contact information and forward to headquarters - they will be added to the database.** I'm a firm believer that when ideas and/or goals – in this instance new members – are put to paper, they have a way of materializing into reality!

Lastly, I've spoke to many of you since convention and am learning about the different membership drives being held throughout Cosmopolitan International. We want to know more about your membership drives and ideas. You can always reach Barbara Johnson at Headquarters (800) 648.4331, and I can be reached on my cell (815) 985.5116.

I am looking forward to hearing from you and wishing you and your club a great 2004-05.



How To Get Publicity For Your Club

Rob McWilliams, V.P. for Finance & Marketing

Not long after we launched our first Founders Day publicity campaign, a friend from high school whose family runs a successful and long-standing marketing/ public relations firm, wrote an article in our local business journal. The article *Reporters Will Tell Your Story If You Tell It Well* offers these valuable suggestions to motivate the media to cover your story, which applies to businesses, civic clubs and any organization:

Research reporters. Read and observe news stories for their content and structure, determine who reported the stories and notice the type of stories that he or she covers. Get a sense of who covers what subject areas i.e. community news, medical news etc. It is important to know who to contact and to send your press release.

Study other stories. Take a look at how news stories are told in your newspaper or business journal. Most likely it will begin with key facts or a most interesting angle presented first. This structure captures attention and quickly provides key information, then more details are added.

Write it down. Many of us are not trained as PR professionals. However a simple written tool can easily be developed on a club or organization letterhead. Start by writing one or two concise sentences describing the event or story. Then add a series of bulleted facts- no more than six- written in order of importance. At the top of the page he recommends that you put the date, then your contact name and that person's phone number. Other info can be added after the bullets. Try to keep it all to one double-spaced page. This is a press release in a very simplified form. The reporter will contact you for additional information.

Send it out. At this point you have identified the reporter or contact who you think will be interested in our story. The press release has been written so now is time to fax or e-mail the release

to the paper. The day after it is sent, start the follow up to the reporter by phone. It's the writer's opinion that the follow up can be crucial to the success of your effort. You want to be sure that the reporter received the information and understands why it is important or relevant to their area of reporting. Reporters have deadlines, so be persistent and keep trying. When you reach that person by phone quickly explain the event and why his or her audience will think it to be interesting. Most likely you will get the reporters voice mail, so be prepared to leave a concise message of about 15 seconds in length.

Your news is good news. Reporters are always looking for good stories and there is no way for them to automatically know what is happening. If you have a good story, they want to hear about it. If you find out that reporters aren't interested, try to ask why and learn from the experience. You may need to rewrite the information or change the way you explain your story the next time. Hopefully though, the results will be worth the effort and the effort will be worth the results (for our clubs).

Cosmopolitan International Founders Day (CIFD)

The results of the recent Founders Day survey indicated that although club participation in this initial event was low, some clubs, including Jefferson City, Lawrence River City, and Cosmopolitan International received great Founders Day publicity in their local newspapers. If you have any suggestions for improvement or have any media coverage results from this, let me know. (e-mail: rob.mcwilliams@pilotonline.com or call 757-222-3152). Thanks again to all that participated.

Start planning now for the 2nd Annual Cosmopolitan International Founders Day - March 12, 2005!

Cosmopolitan Diabetes Foundation Update

Del Oberst, Chairman



It has been a productive and successful year for the Foundation, and I want to thank Ed Thompson, retiring Chairman of the Foundation, and Art Flynn, retiring board member, for a job well done. One of the Foundation's most important goals has been to reach \$1,000,000 in the Beacons Fund. While we have not quite reached that goal yet, the Foundation is happy to report that we did add 51 new Beacons in the 2003-04 fiscal year and, as of June 30, 2004 the current fund balance exceeds \$883,000. Congratulations to everyone who has helped the Foundation reach this milestone.



Ed Thompson congratulates new Hands Across the Border partners Pauline LaFreniere and Dr. Walter Alm

Donations at the Beacons and Funds Luncheon this year set a new record for giving with donations of over \$121,000. Over \$79,800 was contributed to INGAP, allowing us to present Anna Goldenberg with a check for \$85,234.85 toward our INGAP research commitment. We also received \$33,000 for the Beacons Fund as well as other contributions to the Valerie Millar, Columbia Diabetes Center, and the Discovery Fund. The Cosmopolitan Foundation Canada, Inc. also received \$5,500 in contributions.

The Foundation awarded \$7,800 in grants from the Discovery Fund this year at the annual board meeting. Grants were made to Avera St. Luke's Hospital, Camp Cosmo Diabetes Camp, and Crusader Clinic. The Foundation has again been approved for the Fall 2004 Combined Federal Campaign. For the last several years, most of the Discovery Fund monies have come from this campaign.

In the fall of 2003, the Foundation changed portfolio managers, which has resulted in significantly improved financial results that made an immediate positive impact on income. Because of UBS's more effective management of our portfolio, the Foundation was able to make a positive contribution of \$7,543.25 to the Equity account during the 2003-04 fiscal year.

The Lighthouse Award was modified this year to recognize all clubs with new Beacon memberships equaling 10% of their club membership (minimum of two new Beacon memberships). The new award consists of a bannerette for the club's awards banner, and those qualifying clubs' names will also be kept with the actual Lighthouse trophy at Headquarters. **CONGRATULATIONS to Blair, Grand Island, New Orleans, Omaha I-80, Omaha West, Roanoke, and Sioux Falls** Cosmopolitan Clubs who were awarded the new, inaugural version of the Lighthouse Award!

The Beacons Honor Roll was also revised this year to better recognize "Gem" level Beacons by listing them separately. The Honor Roll also now reflects Beacons as Sustaining (fully paid) and Active (currently completing their pledge).

All the hard work this year by the Board was greatly appreciated and has laid a good foundation for the upcoming year. Bobbie Clifton and Jerry Nelson have been elected to replace retiring Board members, Art Flynn and Ed Thompson from the Southwestern and Cornbelt Federations respectively. Bobbie and Jerry will bring new insight and enthusiasm to the Board.

PLEASE NOTE!!!!

All donation checks must be made payable to:

Cosmopolitan Diabetes Foundation, Inc.

Or
CDF

Because of new policies, the Bank will no longer accept checks made payable to just BEACONS, INGAP, or CI.

THANKS FOR YOUR COOPERATION.



NEW BEACONS

Gem Level

Harvey Daeumer (Ruby)
Rapid City Club (Ruby)
Alexandria-Cenla Club (Emerald)
Nancy and Walter Coziahr (Emerald)
Linda Easley (Emerald)
Ray and Karen Mayhew (Emerald)
Omaha West Club (Emerald)
Tom Rakow (Emerald)
Bob and Carol Woodward (Emerald)

Regular Beacons

Frank Austin
Marc Barbeau
Ron and Tina Barber
Gary and Susie Bartlett
Blair Club
Beverly Braun
Steven Elsberg
Marilyn George
Timothy Hoffman
Jane and Ron Holtsman
Jamie Johnson
Scott Knudsen
Brad Lindmark
Gil McDonald
Donna McKenna
Bob and Mary Murphy
Robert Oliphant
Omaha I-80 Club
John Paladino
Gary Peterson
Michael Rogers
Dennis Schaer
John Schissel
Cindy Thomas
Charles Uram
Bob Winters
Walker Wood (donated by Terry and Brenda Sanford)

Hands Across the Border

Frank McGinnis/Jerry Grywacheski
Dr. Walter Alm/Pauline LaFreniere

COSMOPOLITAN DIABETES FOUNDATION BOARD OF DIRECTORS

Chairman

Del Oberst
387 Hamilton Avenue
Elgin, IL 60123
H 847.741.9153
Mid-States (2003-2006)

Bobbie Clifton
5816 Donahue Ferry Road
Pineville, LA 71360
H 318.640.9680
B: 318.445.0163
billbobbie@krocket.net
Southwestern (2004-2007)

Merl Duba
4200 South Minnesota Avenue
Sioux Falls, SD 57105
H: 605.336.8524
Merlmaxduba@aol.com
North Central (2002-2005)

Richard Harrison
6409 Williamson Road
Creedmoor, TX 78610
H: 512.243.2374
Colonelreh@aol.com
At-Large (2002-2005)

Barbara Johnson
P.O. Box 4588
Overland Park, KS 66204
B 800.648.4331
exdir@cosmopolitan.org
Ex-Officio

Jerry Nelson
2448 North 149th Street
Omaha, NE 68116
H 402.493.7869
B 402.681.2114
Waterman@tconl.com
Cornbelt (2004-2007)

Jerry Sigmund
214 Divot Drive
Columbia, MO 65201
H: 573.442.4592
B: 573.814.3273
J-KAT4Green@msn.com
Mo-Kan (2002-2005)

Jim Walker
4816 Royal Court
Sioux City, IA 51104
H 712.239.2308
B 605.235.1220 (X6257)
jfkwalker@aol.com
Ex-Officio (2004-2005)

Robert Winters
255 College Cross, Apt. 65
Norfolk, VA 23510-1145
H: 757.625.0432
B: 757.622.3111
Capital (2003-2006)

COSMOPOLITAN FOUNDATION CANADA, INC.

P.O. Box 7741
Saskatoon, SK S7K 4R5

President Gary Jurke

25 Butterfield Crescent
St. Albert, AB T8N 2W6
H: (780) 458-5123 B: (780) 453-2358
garyj@teleplanet.net



Jim Smith - before dramatic weight loss

“I Had Never Heard of Such A Thing!”

Submitted by Jim Smith, Saskatoon Couples Club

My doctor immediately gave me a physical at his office and sent me for further tests that revealed both good news and bad news. The good news was that my heart is normal; and the bad news was I had Type 2 Diabetes.

As a Cosmo member since 1979, there is a certain irony about this diagnosis, since we are known as “the club that fights diabetes”. I have twice served as Saskatoon Club President, as Western Canada Federation Governor, and as President of the Cosmopolitan Foundation of Canada Inc. Yet, despite knowing about the disease, having lots of friends with it, and living a lifestyle that all but invited its onset, it was still a bit of a shock and a disappointment to get diagnosed. But I knew full well I was getting what I deserved.

The diabetes team at the local hospital discussed exercise plans, diet, and test results (at that time my blood sugar levels were 11.3% ~ normal is 4-6%) with me. They suggested that if I could lose some weight and increase my exercise activity, my blood sugars would probably return to normal levels and insulin wouldn't be required. They wanted to see a weight loss of 45 pounds. From 220 pounds to 175 looked like good numbers to them!

My wife, Pam, had joined Weight Watchers a few months before, and as you may know,

when your wife (and cook) joins Weight Watchers, you are also on a diet. I had “accidentally” already lost about 20 pounds before this diagnosis. So my real total loss from my worst case weight was going to be 65 pounds.

In my view, this wasn't a time to make a decision, this was the time to get on with it! I had seen people have huge problems with this disease, and those who chose to disregard it paid very big penalties for their decision. Pain, amputations and even early death is a very real possibility.

The hospital staff had lots of helpful hints regarding diet and exercise, and for most people, those are the two areas that need lots of change.

For me the diet was the main point. Fortunately, there isn't much in your fridge or cupboards that isn't currently available in a low-fat, sugar-free version. And even better, they invariably taste much better than they used to. Many of us have memories of trying some of these foods when they first came on the market, finding them deplorable and never considering even trying them again!

The good news is that research has been ongoing in the food company labs too, and most of them now are as palatable as their less healthy counterparts. And if you have even a suspicion that you might be a

Once you're diagnosed with diabetes, your next move is learning to live with it. Getting rid of it isn't an option. And yet here I am, just 17 months after being diagnosed with Type 2 Diabetes, being assured by my specialist that I no longer have the condition. The layman's explanation is that my pancreas produces enough natural insulin to control a body of my present weight, but not enough for a body that weighed what I did when I was diagnosed.

Here's the story, and if you're overweight, own a sweet tooth and don't get enough exercise, I strongly suggest you spend a few minutes and read on. The secret to my success involves;

1. Early Diagnosis. You have to catch diabetes very early on to be able to effect any positive changes, and
2. You have to be ready and willing to make some TRUE changes to your eating and exercise habits, and stick with them religiously. You have to be prepared to find areas you can change, make every change you can, and stick with it in spirit and NEVER falter!

Jim Smith - *continued*

candidate for diabetes you had better:

1. Get tested RIGHT NOW, and
2. Correct your bad habits, starting with your diet.

There are lots of really easy ways to improve your diet painlessly and drop pounds off very fast. Not all of them are sacrifices. There is sugar-free ice cream in various delicious flavours. Dairy Queen Fudge Bars are sugar-free and about the best tasting item on their menu, and low-priced. Yogurt has also got some really great tasting offerings.

I often travel with my work with the 3M Company, and a person has to be even more vigilant when eating away from home. But here again, you'll find healthy choices on most every menu. The fast food people are even getting on the bandwagon. You'll still have to make clever choices, but they're not all that hard to find!

Enjoy the occasional drink? Me too! And although booze is generally taboo, there are some much better options to consider. I've always enjoyed a couple of cool beers on hot summer afternoons when we're on board our old boat; and I still do. I'm now into Labatt Nordic .05% Low Alcohol Beer. Not only is it low-calorie, but it's \$7.00 a dozen at your local grocery store. A cool one tastes very close to real beer, but be prepared for some ridicule from expert beer drinkers, some of whom won't be aware they may be at risk of diabetes.

I still enjoy the occasional Lemon Hart and Diet Coke. Everything in moderation, including moderation...one of the best slogans ever!

I can't and won't give any advice regarding exercise, because, the truth is I haven't done anything noble in this regard at all. I'm no couch potato, never was, so there hasn't been any dramatic lifestyle changes in this area. I still seldom sit and relax. And I still put in fairly long days, so there really isn't any extra time to fill with exercise. I'm planning to buy a pedometer to see if I'm at least approaching an average active mileage per day. Experts recommend 10,000 steps per day, but concede that the average is about 2,500 steps per day.

My first stop each morning is at the bathroom scale. It's not only important to lose the weight, it's vital to keep it off, and for me that means constant checking. Every day, it's an easy habit to develop. I expect the pedometer will work something the same.

I also bought a Blood Glucose meter and used it a lot at first, and I still have a Blood Sugar Checking Day occasionally. On whatever day I chose, I check my levels 5-6 times throughout the day, and record every result in my logbook. Once again, it's imperative to be diagnosed early, and it's just as important to be aware of changes early.

Finally, one of the best things a person can do to enhance your chances of a long, and diabetes-free quality life, is to marry a nurse (thanks Pam)

and to join your local Cosmopolitan International Club and spend some active time working on behalf of diabetes research. And meet a bunch of great people with some of the same generous interests as you have. They won't know much about what's the rage on television, but they don't need to know anything about "reality television" to enjoy their lives to the fullest!

The final ingredient that I've had on my side is some very good luck. I've never thought of myself as being particularly lucky before, but in fact, I should have. I've been truly blessed in many ways, and this is certainly another great example.

Diabetes, in many ways, is a lifestyle disease. Our present lifestyles make it very easy for this disease. Take no chances, ever...check yourself for all the potential signs and if there are a few, see your doctor now.

Feel free to contact me if you have any questions or are looking for motivation:

Jim Smith
Res- 306.931.1219
jim.smithjr@shaw.ca



*Jim and Pam Smith -
healthy and diabetes-free!*

Cosmo Merchandise



Men's White Golf Shirt

Cotton/polyester blend, spandex
jacquard knit collar and cuffs,
drop-tail hem and side vents.
S,M,L,XL, XXL, XXXL **\$42.00**



Men's Black Golf Shirt

Cotton/spandex stretch pique.
Textured trim on collar and cuff.
S,M,L,XL, XXL, XXXL **\$50.00**

**Buy 9 Get
1 FREE!**



Biker T-Shirt

100% Cotton,
Large flame with CI logo on
back side. Unisex
S,M,L,XL,XXXL **\$10.00**



Black Wind Shirt

100% polyester with water
resistant coating, mesh body
lining, side seam pockets. Unisex
S, M, L, XL, XXL, XXXL **\$50.00**



Women's White Golf Shirt

Cotton Polyester/spandex blend;
contrast striping on rib knit collar
and placket; side vents.
S,M,L,XL,XXL **\$40.00**

Don't forget, the holidays are just around the corner!



Buy both the Padfolio and the pen for only \$25.00!

Ball Point Pen: Marbleized blue with Cosmopolitan International printed on side. Gold foil gift box included. Black Ink. **\$7.50**



Dark blue microwavable **Ceramic Mug** **\$6.75**

Black leather-like zippered **portfolio**. Writing pad included. **\$20.00**
Also shown "brass" ruler with Cosmo logo. **\$5.00** Both are great gifts for guest speakers.



Insulated Travel Mug: Purple with white logo **\$5.00**



For your favorite golfer ~
Black Golf Towel: \$8.00
Golf Balls: Titleist with Cosmo logo \$11.25 per sleeve of 3 or



Wheat color with tone-on-tone Cosmopolitan International logo
Visors \$10.00
Ball Caps \$15.00

The perfect Cosmo Christmas Gift!
Approx. 3½ x 3½ clear glass tree-shaped ornament with etched Cosmo logo. (Green background only for viewing purposes) Includes gift box with ribbon and suction cup hanger. 2004 date optional **\$10.00**



Cosmo Buddy Bear: 13" plush bear with purple imprinted t-shirt (Cosmo logo on back of t-shirt) **\$8.95**



Window Decal
Interior or exterior facing logo **\$1.00**

Men's or Ladies Watches with Cosmo logo engraved: **\$65.00**



International Awards Presented in Branson

Best Web Site Design: Rockford (Mid-States)
Designer: Russ Dennis

Top Yearbook: Lawrence River City (Mo-Kan)
Chairman: Mike Hertling

Top Bulletin: Omaha (Cornbelt)
Editor: Linda Johnson

Club Community Service: Alexandria-Cenla
(Southwestern Federation)

Rebuilding Friendships:

Capital: Elizabeth City

Cornbelt: Main Street, Omaha, Omaha Cornhuskers,
Omaha I-80, West Omaha

Mid-States: Rockford, Watch City

Mo-Kan: Columbia Breakfast, Columbia Luncheon,
Johnson County, Lawrence Breakfast

Southwestern: New Orleans

Western Canada: Wascana Couples

Big "C" Award:

Capital: Capital Region, Hampton Roads

Cornbelt: Fremont, Main Street, Omaha I-80, West
Omaha

Mid-States: Rockford

Mo-Kan: Columbia Breakfast, Columbia Luncheon,
Lawrence River City

North Central: Fargo-Moorhead

Southwestern: Alexandria-Cenla

Western Canada: Saskatoon Couples, Sturgeon
Valley, Wascana Couples, Winnipeg

Medal of Merit Saskatoon Couples Club (Western
Canada)

Cosmopolitan Friendship Builder:

10 Members:

Mike Close - Rockford Club (Mid-States)
Kevin Harmon - Lawrence River City Club (Mo-Kan)
Jerry Priebe - Sioux Falls Noon and Sioux Falls
Evening (North Central)

15 Members:

Dick Cook - Norfolk Club (Capital)
Ed Dull - Rapid City Club (North Central)
Tom Lassandro - Rockford Club (Mid-States)
Paul Remmereid - Omaha I-80 Club (Cornbelt)

Cosmopolitan Friendship Builder - continued

20 Members:

Richard Schindelka - Saskatoon Bridge City and
Saskatoon Couples (Western Canada)

35 Members:

Brian Leipert - Regina and Wascana Couples Clubs
(Western Canada)

40 Members:

Jeanne Nielsen - Fremont & Main Street (Cornbelt)

70 Members:

Bill Dean - Topeka Club (Mo-Kan)

Club President of the Year: Terry Sanford, Omaha
I-80 Club (Cornbelt)

Governor of the Year: Bob Williams, Capital
Federation

Cosmo of the Year Award: Ronda Benton -
Columbia Show-Me Club (Mo-Kan)

Cosmo Member Community Service Award: Jerry
Priebe - Sioux Falls Noon and Sioux Falls Evening
Clubs (North Central)

Patrick J. Hodgins Award: Brian Mitchell - Regina
and Wascana Couples Clubs (Western Canada)

50-Year Anniversary Members:

Ted Arling (Saskatoon), Lee Engen (Sioux Falls),
Charles Gehrke (Columbia Luncheon)

25-Year Anniversary Members:

Ed Bennett (Placentia-Linda), Ronald Branda (Wichita
Air Capital), Jerrold Brown (Rapid City), Joseph Gagne
(Saskatoon), Terry Gerber (Wichita Air Capital), John
Gorman (Prince Albert), Phil Hanson (Columbia
Luncheon), Lyle Inglebret (Sioux Falls), Richard Mikuls
(Omaha West), David Muller (Omaha I-80), Gary
Munson (Sioux City), James Paulson (Fremont), Arvin
Peters (Council Bluffs), Jim Sauer (West Omaha),
Rick Schlimgen (Rapid City), Kenneth Schmitz
(Jefferson City), Roger Schuller (Omaha I-80), Larry
Shaw (Grand Island), Stephen Smith (Columbia
Luncheon), Robert Thibedeau (Fargo-Moorhead),
Thomas Wilson (Norfolk), Duane Wirth (Belvidere)

COSMOPOLITAN OF THE YEAR AWARD



Ronda Benton

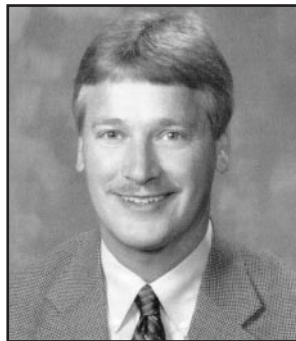
Ronda has been an active and involved Cosmo member since joining the Columbia Show-Me Club in 1999. She has served in various leadership positions with the club including board member, program chair, assisted with the club bulletin and yearbook, and is currently serving as club president.

In addition to participating in nearly all community service and social activities, Ronda has been a tireless worker in organizing fundraisers for the club. For the past two years, she has chaired a spaghetti dinner raising over \$2,000 each year for INGAP. Last year, the club undertook the most labor-intensive project in its history, and Ronda agreed not only to chair and coordinate the project, but also to host the club members three nights each week for over three months in her home as they worked on the project. Through her leadership, the club raised almost \$3,500 for their community.

When she was a young child, Ronda had the opportunity to experience first-hand the kindness of many in the local community and now feels that Cosmopolitan is one way of repaying that kindness.

Ronda and her husband Brett recently welcomed their first child; a daughter named Blair, into this second generation Cosmo family.

COSMOPOLITAN MEMBER COMMUNITY SERVICE AWARD



Jerry Priebe

When the Sioux Falls Club needs a volunteer, Jerry Priebe is often the one they call. Since joining Cosmopolitan in 1994, Jerry has served as club president and federation governor. In addition, he has chaired and worked countless hours on club community service projects and fundraisers including the Boat Show, the Sportsmen's Show and the Sioux Empire Fair. For the past three years, Jerry has served on the Valerie Millar Cosmo Fund for Children.

Jerry has also participated in many civic endeavors including the local Chamber of Commerce, Junior Achievement Advisor, Knights of Columbus, and the annual Sioux Falls Paint-A-Thon. He currently serves as a member of the board of the South Dakota Multi-Housing Association and the board of the SAFE Kids Coalition.

An active member of a local church, Jerry currently serves as a Eucharistic minister and chairman of a pancake breakfast fundraiser held several times each year.

Jerry and his wife Dana have two children, Megan and Brett, and over the years, Jerry has served as baseball, softball, and basketball coach and referee for his children's teams. He has even found time to give to the Boy Scouts!

PATRICK J. HODGINS AWARD



Brian Mitchell

Brian was invited to join the Regina Club in 1978 and in 1995 joined the Wascana Couples Club as a charter member. He has been a leader in both clubs, serving as Regina Club President in 1985 and has chaired and participated in many fundraisers.

In 1992-93 Brian served as Western Canada Federation Governor and was the recipient of the Int'l Distinguished Governor Award – the highest honor bestowed on a Federation Governor.

His service at the International level has been extensive. He has attended 18 Int'l conventions, served on many committees and promoted many Cosmo programs. While serving as International President during 2002-03 he visited 76 clubs and six federation conventions. His theme of "Just Get One" encouraged each Cosmo to recruit one new member that year. Brian has led by example by co-building one new club and sponsoring 18 new members since he became a member.

For the last 15 years, Brian has served on the Cosmopolitan Learning Centre Board; a center that takes daily care of 180 severely and moderately mentally challenged young adults.

Brian and his wife Marilyn have two children, Jennifer and Brett.

“Why I Became A Cosmo”

Dr. Walter Alm

At the *Building Membership Momentum* workshop held in Branson, Director of Membership Development Joe Casper urged members to practice their “Cosmo story” so that each member would learn to become a recruiter. In this issue we are featuring Dr. Walter Alm, Elgin Club member and Mid-States Federation Governor.



Dr. and Mrs. Walter Alm at the President's Banquet in Branson

When did you first hear about Cosmopolitan International?

I first heard of the Elgin Cosmopolitan Club about 10 or 12 years ago. One of the hospitals that I am on the medical staff of was forming a diabetes advisory committee and I was asked to join, as podiatrists can be quite involved in diabetes care. In one of the early advisory committee meetings I learned that a service club called the Cosmopolitan Club had donated a substantial amount of money as seed money to participate in the start of the diabetes education center. At that time, the only Cosmopolitan I had heard of was the women's magazine and I was pretty intrigued with the idea of a club that supported diabetic causes. The director of the diabetes center gave me the name of one of the club members, Paul Sampson, and I called him to inquire about the club. It turned out that the club was a dinner club that met the second and fourth Tuesday evenings each month. Tuesday night was my late night to work and so I felt unavailable to join. But I filed all this info away in my head. Several years later, when I decided to work a little less I remembered the club that supported diabetic causes. I also was fortunate to have a patient who was a club member, who gently encouraged me, explaining that not all members make all the club meetings. I decided to give up one Tuesday night a month and participate with the club. Not long after that, I gave up my evening hours com-

pletely so there was no longer any conflict with club participation.

Had you known any club members before joining?

My club member /patient that gently encouraged me to join the club was Del Oberst, little did I know at the time that my mentor was a Past International President, someone who had held most every post and done most everything Cosmopolitan had to offer.

What first attracted you to becoming a member?

Even though the membership in all service clubs is decreasing, I was very attracted to join a service club and give back something to the community where I had worked and made my living for twenty years. The fact that Cosmopolitan supported diabetic causes made it a natural for me. I feel diabetic care is a big part of my practice as a podiatrist; I see first-hand what a tough disease it can be, and I felt the club would be an avenue to help the Elgin community.

What do you like best about CI and your local club?

I like the local club for the friends I have made. I joined almost solely as an avenue to help the community, but through the club meetings, and the civic functions that the club sponsors, I have become acquainted with many wonderful people, who are pillars in our community, leading to friendships that never would have been developed were it not for Cosmopolitan. As for CI, I'm proud to be part of such a caring group of individuals. Attending International Conventions and seeing so many people from Canada, Mexico and the U.S. all willing to give of themselves to help others is so very inspirational. Our hearts are in the right place and I think we should be very proud of what our club, locally and internationally, does.

Tell us more about what your club does in the community

The Elgin Cosmopolitan Club annually donates around \$10,000-12,000 to a variety of worthy causes, about 50% going toward diabetic causes and the remaining 50% to local community organizations. We

"Why I Became A Cosmo" - *continued*

raise money through a golf outing (this August we held our 65th annual), we sell poinsettias at holiday time, and last year we held a dinner dance, "Dance for Diabetes". We're considering additional fundraising activities; it's hard to know what will be successful. We ring bells and collect for the Salvation Army at holiday time. I'm encouraging club members to support non-Cosmo diabetic activities also, like the American Diabetes Association Walk for Diabetes to be held in our area in October. We have talked recently about new ways to provide non-monetary community service, by providing free labor for charitable organizations. Annually our club selects an individual in our community who exemplifies community activism (usually not a club member) and we hold a Distinguished Service Award dinner, honoring that individual. It is a well-attended, beautifully orchestrated event. It is a big deal in our community. We have hosted this event for 62 years.

What would you say to anyone considering joining CI, but who has not decided?

I would encourage anyone considering joining Cosmopolitan, to consider the friendships to be gained, the fulfillment in the knowledge that you are helping others, and especially those whose life has been touched in some way by diabetes the knowledge that you can be part of a club that prides itself as being "The Club That Fights Diabetes." I would encourage those considering joining Cosmopolitan to reflect on the blessings they have received and examine in their heart if they are at a stage in their life when they feel the spirit to give back to others. I have also come to realize that our clubs have many levels of participation, and I think we should welcome everyone. Some people will be at a stage in their life that allows them to give monetary support, others will be able to give support through time and active club work, still others join, but are unable to participate very much, I welcome them all.

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, more than 300 engraved bricks have been placed in the courtyard of the historic turn-of-the-century Headquarters building. To order



your brick, please order online through our website at www.cosmopolitan.org, or send \$100 U.S. along with your engraving and acknowledgement information to Headquarter. If you do not wish to have a brick engraved please make a note of this on your check.

The following commemorative bricks have recently been placed in the courtyard:

In Memory of my
Mother Viola Laible
Melvina J. Newman

Brian Leipert
60th Birthday
September 2, 2004

Memorial - Don Poe
President in 1977 of
Columbia Breakfast Club

In Honor of Our
Mother
Eloise Frederick

In Memory of
Ron Jackson
Jo Co KS Club 2002

In Memory of PIP
Frank Dojack
Winnipeg Cosmo Club

Adam and Andrea
Vugteveen
August 9, 2003

In Honor of
Bessie L. Towson
Columbia Luncheon Club

First Lady
Joan Walker
2003-2004

Cosmos Hear Update on INGAP at Branson Contribute \$85,000

Delegates attending the 2004 International Convention held in Branson, Missouri August 4-8, 2004 heard a stimulating presentation from Anna B. Goldenberg, Executive Director of the Diabetes Institutes Foundation (DIF) regarding the status of INGAP field trials and ongoing research at the Stelitz Diabetes Institutes. At a Friday workshop entitled **Meeting Our INGAP Challenge**, Anna reminded delegates of the importance of Cosmopolitan support since our first commitment of \$1.0 million in 1987. She further noted that Cosmopolitan support today accounts for over 20% of the research efforts underway at the Institutes.

Anna reported that pharmaceutical development of the INGAP peptide by the GMP Companies and Procter & Gamble was not being financed with either Cosmopolitan or DIF support nor was the effort controlled by the Stelitz Diabetes Institutes. The Phase 2 trials of the peptide have been completed at 21 centers around the country and data is being compiled with a report due in October. She commented "we would be one of the first to know the results."

Regarding the future of INGAP, Anna briefed us on a new program that is evolving at the Institutes: SPIRIT [Stimulation of Pancreatic Islet Regeneration In Type 1 and Type 2 Diabetes]. According to Dr. Vinick, "The SDI research team is preparing for contingencies found by human trials (of INGAP). Those trials will reveal if INGAP is a viable treatment by itself or if it must be used in combination with other factors. The SPIRIT program advances islet regenerative research beyond INGAP."

Anna's complete presentation may be found on the Cosmopolitan International website at www.cosmopolitan.org.

After Anna's presentation, several proposals were considered by the delegates in attendance regarding how we should set goals to meet our total \$750,000 commitment to INGAP. After some

amount of discussion, it was decided that the Diabetes Committee should recommend to all delegates that we strive to meet our remaining commitment of approximately \$120,000 in the coming year. This approach was accepted when it was presented at the second delegates meeting on Saturday. Also at that same meeting, it was announced that Cosmopolitans had presented nearly \$85,000 in contributions to INGAP during the Beacons Luncheon on Friday.

INGAP DONATIONS as of 9/1/04	
Capital Federation	\$162,367.76
Fair share amount:	\$97,500.00
Cornbelt Federation	\$49,847.47
Fair share amount:	\$135,000.00
Mid-States Federation	\$60,564.00
Fair share amount:	\$60,000.00
Mo-Kan Federation	\$98,078.90
Fair share amount:	\$202,500.00
North Central Federation	\$46,416.47
Fair share amount:	\$67,500.00
Southwestern Federation	\$24,278.12
Fair share amount:	\$52,500.00
Western Canada Federation	\$120,000.00
Fair share amount:	\$120,000.00
At-Large Federation	\$2,975.00
Fair share amount:	\$15,000.00
Misc./Grants	\$39,946.73
TOTAL CONTRIBUTIONS	\$604,474.45
PLEDGE BALANCE	\$145,525.55

Thank you for your continued support.

Bob Williams
Chairman
CI Diabetes Chairman

2004-2005 International Board of Directors

President

Derry Anderson
H: 605.334.2654
B: 605.977.1040
derry@andersongroupcpa.com

President-Elect

Kevin Harmon
H: 785.841.5816
B: 785.830.7406
kharmon@sunflower.com

Judge Advocate

Jim McVay
H: 402.496-7522
B: 402.397-8900
jmcvay@omahalaw.com

VP for Finance and Marketing

Rob McWilliams
H: 757.423.1922
B: 757.222.3152
rob.mcwilliams@pilotonline.com

VP for Membership & New Clubs

Tom Gustafson
H: 815.639.0481
B: 815.282.8949
gustafsonom@msn.com

FEDERATION GOVERNORS

Capital

Art Nelson
H: 717.761.5056
B: 717.766.5397
zarph@aol.com

Cornbelt

Jami Finazzo
H: 402.345.4552
B: 402.342.1714
jtfinazzo@earthlink.net

Mid-States

Dr. Walter Alm
H: 847.705.0731
B: 847.742.0500
wafootdr@aol.com

Mo-Kan

Phil Hanson
H: 573.449.4611
B: 573.875.6600
phil@hansoncpa.com

North Central

John Gustafson
H: 605.336.1930
B: 605.575.6455
john.c.gustafson@wellsfargo.com

Southwestern

Helen Holt
H: 318.793.2279
holtmemories@aol.com

Western Canada

Gary Wensel
H: 204.256.9775
B: 204.477.2308
gwensel@buhler.com

2004-05 Cosmo Calendar

SEPTEMBER, 2004

22 Cornbelt Federation/CDC Golf Outing

OCTOBER, 2004

1 Cornbelt Club President Reception
2 CDF Board Meeting - Kansas City
23 Western Canada Federation Bonspiel
30 CI Board Meeting - Overland Park, KS

NOVEMBER, 2004

1 Winter *CosmoTopics* submission deadline
20 Cornbelt Trustee Meeting

FEBRUARY, 2005

1 Spring *CosmoTopics* submission deadline
4 Governor-Elect Training/Committee Mtgs.
5 CI Board Meeting (Kansas City, MO)
19 Cornbelt Trustee Meeting
26 Mid-States Trustee Meeting

APRIL, 2005

7-9 Southwestern Convention (Tulsa, OK)
22-23 North Central Convention (Sioux Falls, SD)
29-30 Cornbelt Convention (Omaha, NE)
30-May 2 Mo-Kan Convention (Jefferson City, MO)

MAY, 2005

1 Summer *CosmoTopics* submission deadline
14-16 Capital Convention (Baltimore, MD)
20 Proposed bylaw amendment deadline
20 CDF grant request deadline
21 Mid-States Convention
27-29 Western Canada Convention (Edmonton, AB)

JUNE, 2005

1 Cosmo of the Year, PJ Hodgins, & Member Community Service Award entries due at Headquarters
30 Fiscal year ends

JULY, 2005

1 Fiscal year begins
1 Newly Elected Club & federation Officer Forms due at Headquarters
1 Big "C", Club Community Service, & Top Bulletin award entries due at HQ
20-24 International Convention (Regina, Sask.)

Please keep us informed of your club and federation activities. We will update these periodically on the Cosmo web site (www.cosmopolitan.org)

Cosmos In Action

From Fremont 100 . . .

The Fremont Cosmos have recently completed their annual fundraiser, which involves selling food and beer at the Annual KHUB Polka Party. This is a fun event to participate in, but it is also a very long day (noon to 10:00 p.m.). This event netted the club approximately \$1,200.

Additional fundraisers this year included the Annual Fremont Cosmo Golf Tournament held on June 27th at Whitetail Golf Course in Fremont. The \$65 per player entry fee included a steak dinner and pin prizes. The club also held a pancake feed at the John C. Fremont Days July 10-12.

From Columbia Show-Me . . .

After the league bowling ends around ten o'clock on a Friday night, the lights dim, colored lights start flashing, and fast-paced music begins. This sets the mood for the eighteen teams who will be participating for the next three hours in the Annual Show-Me Cosmo Extreme Bowling Challenge. Event Chair, **Brett Benton**, asks local businesses to sponsor a five-person team of their employees for \$150. These teams enjoy a night of fellowship and a chance to win door prizes donated by businesses around town. The winning team is awarded a big trophy to take back to their employer. The Show-Me Club's Annual Extreme Bowling Challenge has just completed its fifth year and is one of the club's most fun fundraisers.



This fundraiser netted \$2,200, which was donated to support the research/education of diabetes and to various local charities. Pictured at left is the winning team from Shelter Insurance Company.

From Baltimore . . .

The Cosmopolitan delegation for their *Day at the Races* at Pimlico Race Track in Baltimore April 29th numbered 33. All enjoyed the clubhouse luncheon, and some enjoyed a few winners. We were pleased to have Capital Federation Governor **Bob Williams** and his wife Jeanette, (fifth and fourth from left) join us. At the end of the Cosmopolitan Race a small group was taken for a photo at the winners circle.



From Main Street . . .



The Main Street Club had a successful first year. **Dawn Clary**, the club's first President was awarded Cosmo of the Year and a brick was purchased in her honor. Pictured from left to right are Dawn Clary, President and Lindi Johannsen

who spoke at the June club meeting. Lindy explained how her insulin pump works and the changes it has made in her life. The Main Street Club also participated in a membership contest with the Fremont 100 Club to see who could recruit the most members from March 1st through June 30th. Each club recruited three members and will hold a potluck picnic on August 15th. This will be a family picnic and include the installation of new officers.

We make a difference!

From Fargo-Moorhead . . .



The Fargo-Moorhead Cosmopolitan Club closed out their year with the annual donation meeting. Each year the club sells books consisting of 15 Monday Night Football boards and the net proceeds from this fundraiser are given to local non-profit organizations. Representatives from the following organizations gathered for a photo at the annual donation meeting: Camp Fire, Boy Scouts, Family Health, Fargo-Cass Public Health (for their diabetes testing program), the American Red Cross and an in-school program in the Jr. and Sr. High Schools for students with diabetes.

From Columbia Luncheon . . .

Columbia Luncheon Club 2003-2004 President **Jerry Sigmund** (shown at left) accepted a \$500 donation from Rockbridge Wal-Mart Manager Ken Stieffermann. as part of a new Wal-Mart nationwide community support program for civic groups with a 501(c)4 federal tax exempt status. The contribution will be used to fund youth scholarships at the new Columbia Activities and Recreation Center (ARC).



From Omaha . . .

Member **David Catalan** and his able crew put on another very successful Art Walk in Omaha's Old Market on May 22nd. The many participants started with treats at Catalan Gallery, and then began their journey of artistic discovery through participating galleries. They enjoyed beautiful art and refreshments while hunting for clues on an artistic scavenger hunt. The journey ended at Prouty Place with more delicious treats and prizes for the lucky hunters. Everyone enjoyed this good Cosmo fun, and the Catalan Crew raised money to help in the fight against diabetes!

From Columbia Breakfast...

Our club sent five members and their wives to Branson, Missouri to attend the International convention. The members attending were **Marv Tracy, Dean Barry** and three first timers, **Tony Bartal, Jack Sapp, and Gary Lenzini**. Our club won several awards including the Big C Award that was presented to outgoing president Tony Bartal. At the Beacons Luncheon, Tony presented a check from the club with proceeds going to IN-GAP, the Cosmopolitan Diabetic Center in Columbia, and the Beacons Fund.



From left to right: Beverly Sapp, Carolyn Bartal, Tony Bartal and Jack Sapp

Buenos Dias Fellow Cosmopolitans:
Thank you so much for your get well wishes and prayers during my recent recuperation. I hope to attend my 39th International Convention in Regina when I will be 89 years young!

Promesas No, Acción Si.
Luis Otero Past International President 1961-62



From Rockford...

A new era has developed between our club and the Crusader Clinic. In their annual report, the clinic listed the Diabetes and Mobile programs as one of their impact area of services. Thus the Cosmopolitan effort, in addition to being a contributor, is recognized as a collaborator. Since the program was started in 1994 by the Rockford club, Cosmopolitans have provided more than \$158,000 in funds. Each quarter, members of the clinic and the Rockford club meet as a liaison group to continue to look at the needs and goals of the program. The Clinic and the Rockford Club are

grateful for donations from the Cosmopolitan Diabetes Foundation as well as other clubs. The clinic continues to expand its services to other cities and counties in northern Illinois. This expansion brings diabetes services to those individuals that might otherwise go untreated.



Rockford Club/Crusader Clinic Liaison Committee
Back row from left to right: Linda Niemiec (Crusader), Dr. Choucair (Crusader), Cosmo Noel Nickel and John Schissel. Front row: Crusader Tracy Palmer, and Mobile Diabetes Coordinator, Lynn Bonilla

Until there is a cure...

From Sioux Falls Noon and Sioux Falls Evening . . .



Members of the Sioux Falls, SD Noon and Evening Cosmopolitan Clubs participated in the Sioux Empire second Annual **Walk to Cure Diabetes** on August 21st in Sioux Falls. The 3-mile walk was sponsored by the Juvenile Diabetes Research Foundation. Those participating are pictured left to right: **Jon Erickson** (SF Noon), **Bette Gustafson**, **John Gustafson** (SF Noon and North Central Federation Governor), **Deb Peterson** (SF Evening), **Dave Tonsager** (SF Noon), **Gala Woitte** (SF Evening), **Andrea Vugteveen** (SF Noon), **Gary Peterson** (SF Noon), and **Bobbi Salis** (SF Evening). Not pictured: Renae Erickson, Alma Tonsager, and Rich Salis.

Delbert E. Howard, RN, M.Ed., CDE

1944-2004



It is with great sadness that I inform you of the death of long-time Cosmopolitan Diabetes Center nurse, Delbert Howard. Delbert and his wife, Karen, were at their vacation home at Bennett Springs. After going fishing and catching his limit on Friday morning - which made him very happy - he had a massive heart attack and died instantly.

Delbert Howard's career at the University of Missouri Health Sciences Center began in 1962 and continued until the time of his death. Howard served as the Head Nurse on 4East from 1975 through 1977 and then joined the Adult Diabetes Care Team as Nurse Practitioner. He was instrumental in the development of the Cosmopolitan International Diabetes Center at the University of Missouri and became Clinic Supervisor when the Diabetes Center opened in 1984. In 1988 he earned Certified Diabetes Educator status and in 1990 decided to devote the remainder of his career to providing quality education to thousands of patients with diabetes.

Delbert touched many Cosmopolitans both through his work at the Center as well as providing diabetes/cholesterol/blood pressure screenings at several International Conventions, most recently in Branson.

Memorial contributions may be sent to the Cosmopolitan Diabetes Center in Columbia.

In Memoriam

Documented from
May 15, 2004 - September 1, 2004

Capital Federation

Billy Hollomon - Elizabeth City
Gilbert Swink, Jr. - Norfolk

Cornbelt Federation

Robert Lewis—Omaha
Henry Merrill - Council Bluffs
Sandy Thommpson—Grand Island
(wife of James Thompson)
Louise Vecchio - Omaha
(wife of Sam Vecchio)

Mo-Kan Federation

Lyle Rouse - Topeka

Western Canada Federation

Norman Snow - Saskatoon



COSMOTOPICS
 P.O. Box 4588
 Overland Park, Kansas 66204

NON-PROFIT ORG.
 U.S. POSTAGE
 Shawnee Mission, KS
 Permit #671
 PAID

ADDRESS SERVICE REQUESTED



Kevin Harmon (l) presented Jerry Sigmund (r) with the Big C award recognizing Columbia Luncheon Club



Dick and Bev Kahler - How sweet!



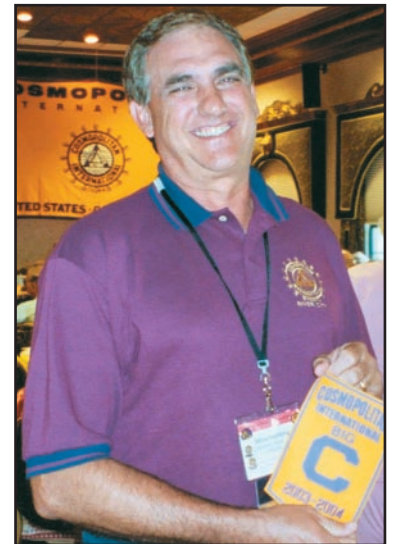
"Pink Ladies" Sheila Anderson and Joan Walker share a laugh with Helen Cox



Russ Dennis (l) accepting the "Best Web Site Design" award from Tom Gustafson (r)



Front Row: Cindy and Kevin Harmon
 Back Row: Phyllis Herling, Jamie Johnson, Dennis Hoss, and Steve Hanna



Mike Hertling displays the Big C award earned by the Lawrence River City Club

Cosmos kids
 Andie Johnson,
 Jena Johnson,
 Conor Tomac,
 and Cassie
 Tomac hang out
 at the Dixie
 Stampede



Postcards from
 Branson



2004-05 Executive Committee
 From left to right - Jim McVay, Tom Gustafson, Rob McWilliams, Derry Anderson and Kevin Harmon