



COSMOTOPICS

A publication of Cosmopolitan International – *The Club That Fights Diabetes*
Summer 06 Vol. 66 No. 4



Cosmo Summer Camps
Providing Hope and Fun for
Kids with Diabetes

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COSMPOLITAN 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

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Keeping You Posted

Kevin Harmon
2005-2006 International President

It has been a busy and exciting time in Cosmopolitan since I last wrote to you in the Topics. Many things are happening. Positive advances that will impact our organization for years to come. Cindy and I have also been traveling and visiting with Cosmos all across the U.S. and Canada.

Recently we attended the Cornbelt Federation Convention in Omaha. Sitting Governor Perry Johnson and incoming Governor Terry Sanford welcomed us with Cornbelt hospitality to their meetings and convention. Omaha will be the site of the 2007 International Convention, and if the Cornbelt convention is any indication, we can anticipate a great time.

Once home from Cornbelt, Cindy and I had only a short time to rest up before flying out to Alexandria, Louisiana for the Southwestern Federation Convention. What a great time! The people of the Southwestern Federation really know how to put on a show and we even got some work done in stimulating interest in ending our membership drought and showing the folks in that region why it would be great to be a Cosmo. Our hats are off to the Holt's and Clifton's for being such gracious hosts during our trip. Their federation is in good hands with the passing of the guard from Helen Holt, a two-time governor, to Dick Mealer of Austin.

We have also completed a visit to the Capital Federation convention in Kill Devil Hills, North Carolina. We were hosted by Governor Tom Griffey and his wife Joan prior to convention. A boat ride around the rivers, inlets, and the bay around the Norfolk Naval Base was a highlight. Then it was off to the beaches of the Outer Banks where in between sightseeing and sunning we experienced some real Carolina hospitality.

Everywhere we have been and everyone we have spoken to was excited about the year in Cosmo. And, why not? We have a new Director of Membership Development in Scott Knudson of Omaha. Scott is a 25-year Cosmo who is ready to pour himself into the job of stimulating membership growth. Yes, that's right. Growth! We have high expectations at the International

level and intend to follow up with a number of opportunities to really set the stage for significant growth in the next few years. We have a message, and Scott and the rest of your International officers are ready to spread that message.

We have a number of exciting developments in and around Cosmo, primarily in the area of new clubs. Dexter and Mary Rumsey have established the new Greater Richmond Club in the Capital Federation. Bodwin Hutchinson and Diana Klingseisen have plans to charter a new club in Omaha (Cornbelt Federation) soon. There is also an organization meeting planned for a new downtown club in Saskatoon (Western Canada Federation). Congratulations to those Cosmos involved in these club building efforts. You are all the lifeblood of Cosmopolitan.

As we prepare to journey to Rockford for the International Convention remember that there is still time to bring a new member into your club. I have been preaching that we need to accentuate the positives of Cosmopolitan International. Tell those you know that are not members about our great successes in battling diabetes. Tell them about our Columbia Diabetes Center where doctor education and treatment strategies have been developed and pioneered since its inception. Tell them about Strelitz Diabetes Institutes where cutting-edge research for the cure has been a hallmark ever since our first involvement with that facility. Tell them about Valerie Millar and the outreach program that we initiated in South Dakota to assist the rural communities diagnose and treat those with diabetes. Tell them about the Cornbelt Diabetes Connection, the Crusader Clinic, the diabetes camps for kids we sponsor and all the other local projects that make your communities better. With that knowledge in hand, the people we ask to join us will be answering with a resounding "yes".

We have a great story to tell. All we have to do is tell it.

It has been a great year for Cindy and me. We hope to see all of you in Rockford.





Proposed Bylaw Review

JIM McVAY
International Judge Advocate

At the International Convention to be held in Rockford, Illinois, the delegates will consider two proposed amendments to the International Bylaws. The full text of these proposed amendments is set forth on page six (6) of this issue of *CosmoTopics*. Although notice will be sent to the club secretaries as required, the following is offered in the hopes that it may provide some insight into the issues surrounding the adoption of the proposed amendments.

Proposed Amendment #1: The first proposed bylaw amendment modifies the language relating to payment of dues by members of the armed forces. The language of this bylaw as it now reads could be interpreted to allow any individual who is a member of the armed forces to avoid payment of dues regardless of where or under what conditions that individual is serving. The proposed amendment clarifies this policy to provide that the obligation to pay dues ceases only during that time when the member is deployed or on extended temporary duty.

Proposed Amendment #2: The second proposed amendment would in-

crease membership dues owed to International from \$16.75 to \$20.50 per quarter effective July 1, 2006 – a total of \$15.00 per year, per member. At the meeting held on March 4, 2006, after much consideration, the Cosmopolitan International Board passed a resolution recommending to the delegates to the upcoming convention that the dues increase be approved. In addition, several federations including Capital, Cornbelt, Mo-Kan, and North Central have adopted similar resolutions. Nonetheless, the issue of a dues increase is of great significance and a number of questions have arisen concerning this matter:

Is a dues increase really necessary?

The fact of the matter is that the Board and the staff at headquarters take great pains to ensure that our organization is run efficiently and economically. However, with the recent hiring of the Director of Membership and our continued decline in membership, we are in the unenviable position of fewer individuals carrying a greater load. There is simply no possible way that we can pay our ex-

penses without doing one of three things (i) raising dues, (ii) increasing membership, or (iii) using monies from the restricted reserve account.

Why did the Board move forward with the hiring of a Director of Membership Development if we are in a financial bind?

At the International Convention held in Minneapolis, Minnesota, in 2003, the delegates approved a bylaw amendment creating the position of "Director of Membership Development." This was the culmination of several years of discussion and debate and we, as an organization, came to the conclusion that the hiring of a Director of Membership Development was a necessary and desirable step to stopping our decline in membership. That belief still holds true today. The Board cannot simply ignore the directions and mandates of the membership as codified in the bylaws and decide not to move forward with the hiring of a Director of Membership.

Why can't we wait another year and see if increases in membership allow us to avoid a dues increase?

There is a renewed sense of optimism and enthusiasm with the recent hiring of the Director of Membership Development and the success of membership events at the club level. In the next five years, we will no doubt see a reversal in the membership decline that has plagued our organization for the last decade. We all recognize that membership growth is ultimately the best way to overcome the financial issues our organization will undoubtedly face in the next five, ten, twenty and fifty years. However, this long-term solution does nothing to address the financial predicament which we find ourselves in today. To resolve this immediate crisis requires us to accept some less pleasant alternatives *now*.

Why can't we use the funds held in the restricted reserve account?

The simple answer to this question is that we can. And, absent the delegates' approval of this proposed bylaw amendment, the money held in the restricted reserve account will be spent in the coming year as previously authorized. This approach, however, is

short-sighted in that it simply postpones the inevitable. These funds will be exhausted in the next twelve months, and it is unrealistic to believe that our membership will increase in this short amount of time to such an extent that a dues increase can be avoided next year. The unwise strategy of supplementing our income with money from the restricted reserve would simply have us wrestling with the issue of a dues increase at the 2007 convention with no "emergency" funds left on hand.

Didn't we just have a dues increase?

Since 1990, membership dues have increased from \$55.00 per year to the current amount of \$67.00 per year. The most recent increase was in 2002 when dues were raised \$5.00 per year. However, it is interesting to note that since 1990, inflation has increased at a greater rate than have our dues. According to the U.S. Department of Labor, \$55.00 in 1990 has the same buying power as \$84.79 in 2006. Viewed in this light, the proposed increase to \$82.00 per year certainly seems reasonable.

Can a club subsidize the dues increase for its members?

There are already several clubs in Cosmopolitan that pay a part or portion of its members' dues and there is nothing inherently improper in doing so. For a club of

twenty members, the amount the club would need to retain from its fund-raising efforts to cover the cost of the proposed dues increase would only be \$300.00 per year. Of course, if a club elects to subsidize its members' dues, it should be mindful that the amount retained and applied to fund-raising/overhead expenses (including members' dues) should be less than 20% of the total amount raised. In addition, the club must be careful to accurately represent to the public that a portion of the amount received from fund-raisers is used to offset expenses.

The questions set forth above are just a few that have been raised in connection with the proposed dues increase. If you have additional questions or concerns or would like to discuss this matter in greater detail, I urge you to contact any international officer or staff prior to the convention in July.

¹Information concerning the finances and operation of Cosmopolitan International is available to any Cosmopolitan member upon request. In addition, the annual budget and year-end financial statements are distributed to all delegates at the International Convention.

²U.S. Department of Labor, Bureau of Labor Statistics, (<http://data.bls.gov/cgi-bin/cpicalc.pl>)

Selling Cosmopolitan International

BARBARA JOHNSON
Executive Director



Recently I had a chance to speak with super recruiter Bill Dean, a 30-year member from the Topeka Cosmopolitan Club. During his years as a Cosmo, Bill has sponsored 71 new members into the Topeka Club! When asked about his success, Bill responded, "I sell Cosmo. Being in the insurance business 50+ years

has afforded me the opportunity to meet many people whose lives have been affected by diabetes, either directly or indirectly. I mention that I belong to a service club whose main effort is to raise money for diabetes."

Bill proceeded to give several other points to selling Cosmo:

- Ask for referrals. Try to find people who are already involved in other areas in the community and ask them for names. Even people who don't think they have connections would be surprised by how many people they know. One woman was a member of a pinochle card group and she passed along several names.
- Schedule good, relevant speakers at club meetings. Tell your prospects that they will keep up-to-date on what is going on in their community.
- Make sure you have a great meeting place that you are proud to invite guests to. His club meets weekly at the Topeka Country Club. The club offers great food and a nice atmosphere with white napkins on the table. Guests feel privileged to be included.
- Offer guests a free lunch (breakfast or dinner) at their first meeting.
- Emphasize the business benefits to younger folk just starting out. Remind them that many employers want to encourage networking and community service opportunities.

Bill's final words of wisdom, "Membership in Cosmopolitan International is like a marriage, you get out of it what you put into it. You wouldn't have a very successful marriage if you just took your vows and then did nothing. But if you stay active and involved you will reap the benefits of a good relationship."

Cosmopolitan International Board Action

The Cosmopolitan International Board of Directors met in Kansas City March 4, 2006 for the winter board meeting. All 12 Board members were in attendance, along with Governors-elect from each federation.

In addition to receiving reports from officers, governors, and committee chairs, the Board of Directors:

- **Recommended** approval to the delegates at the International Convention proposed bylaws amendments 1 and 2 (see adjacent column)
- **Discussed** the International Convention Committee's progress in determining a site selection, host federation and chairs for the 2009 International Convention. The committee will make their final recommendation in July.
- **Authorized** the chartering of the Greater Richmond Cosmopolitan Club with less than the required minimum number of charter members.
- **Reviewed** a proposed additional revenue source (Partners in Giving).
- **Recommended** further discussions at federation conventions as well as a meeting with the company executives.
- **Stressed** the importance of completing the INGAP commitment at the International Convention in Rockford this summer. The Diabetes Committee will be conducting a discussion at the Rockford International Convention as to possible future International projects, and how to make diabetes a part of member recruitment.
- **Reviewed** the hiring status of the Director of Membership Development position. An employment proposal has been extended to a candidate.
- **Approved** the recommendation from the Awards Committee to eliminate the Yearbook Award effective with the 2006-2007 awards year.
- **Excused** the members of the New Orleans Club for payment of per capita dues and COSMOTopics fees for the 2005-2006 Cosmo year in light of the impact of Hurricane Katrina on the members of that club. Billing will commence on July 1, 2006.

Related Meeting Activities:

On Friday, March 3rd, International President-Elect Bob Williams conducted a Governor-Elect training session. At the session, Bob reviewed both his personal goals for the upcoming year, as well as the organization goals developed by the members of the planning committee.

Eighteen board members and guests toured the International Headquarters building in Overland Park.

Complete minutes are available upon request from Headquarters.

Proposed Bylaw Amendments

To be voted on by the delegates to the International Convention in Rockford, July 29, 2006.

1. Article VII, Section 4 – Clarification of armed forces policy

Any member in good standing who is or becomes a member of the armed forces and who is deployed or on extended temporary duty shall be relieved of the payment of all dues until such time as such deployment or extended duty ceases.

XXX Language being added

2. Article XVI, Section 1 – \$15 annual dues increase

Effective July 1, [2002] **2006** quarterly membership dues for each member, except Life members, Sponsor members and Members Emeritus, shall be **[\$16.75] \$20.50** U.S. Dues shall be paid to Cosmopolitan International, Inc. quarterly, in advance, on July 1, October 1, January 1, April 1, and shall be remitted by the club to Cosmopolitan International, Inc. within 30 days, based on the membership of record at Cosmopolitan International, Inc. as of the due date, including membership reports and other information required by the official report blanks provided by Cosmopolitan International, Inc.

[XXX] Language being deleted

XXX Language being added

2006-2007 Proposed Slate of International Officers

Nominating Committee Chairman Derry Anderson announces that as of June 1, nominations have been received for the following International Offices:

For the office of International Vice President for Membership and New Clubs ~

Jim Smith, Saskatoon, Saskatchewan

For the office of International Vice President for Finance and Marketing ~

Melvina Newman, Sioux Falls, South Dakota

In accordance with International Bylaws, the current President-Elect Bob Williams will automatically assume the duties of the International President.

Elections for International office will be held at the Second Delegates Meeting at the International Convention in Rockford on July 29, 2006. Additional nominations may be made from the floor up until the time of the election for that office.



Cosmo Excitement!

TOM GUSTAFSON
Vice President for Membership and New Clubs

Cosmopolitan International has so many great things to report:

Hiring of Membership Director

I am very pleased to announce Scott Knudsen, member of the Omaha I-80 Cosmo Club in the Cornbelt Federation, has agreed to hire on as our new Cosmopolitan International Membership Director. Scott brings the experience needed for this position: previous service as a membership director, sales experience & Cosmo enthusiasm. Scott's perspective and background will serve us all well as we grow Cosmopolitan. You will all have the opportunity to meet him at the Rockford Convention. In the meantime, give Scott a call or send him an e-mail:

Phone (402) 991-1126
Cellular (402) 680-7598
E-mail: scottknudsen1@hotmail.com

New Club in Richmond, VA

Congratulations to Dexter and Mary Rumsey on their success in chartering the Greater Richmond Cosmopolitan Club. International President Elect Bob Williams and Capital Governor Tom Griffey attended the chartering on April 25, 2006. According to Bob, we have a very enthusiastic group in Richmond that make all Cosmos proud.

New Clubs Coming to Omaha, Saskatoon & ???

Plans are moving forward for a new all women's club in the Omaha

area under club builders Diana Klingseisen and Bodwin Hutchinson. As of this writing, the builders have more than 20 potential members ready to sign up. Chartering looks to be sometime in mid-June. In addition to Omaha, Saskatoon is planning to charter a new club. Kay Fey is heading up this project with a tentative charter scheduled for September. There are several other areas with real prospects to build new clubs. We will keep you all posted.

New member events continue

The success of new member events around CI has been phenomenal. To date, clubs have scheduled or held 33 events. Clubs are understanding the effectiveness of these events in signing new members and re-energizing their members. If your club has not planned an event, give Scott or me a call to discuss how to plan one. Member events are fun, easy, and effective.

Membership Seminars at Rockford Convention

Scott Knudsen, Jim Smith and I will be hosting the membership seminar at the Rockford Convention. The membership seminar will be Friday afternoon – we plan to have several ideas for your club's membership plan in 2006-2007.

Finally, at the conclusion of the '06-07 year, I will be ending my term as Vice President of Membership and New Clubs. I have truly enjoyed serving and appreciate the opportunity to have met and worked with so many Cosmopolitans.

Thanks to all of you for your support and tremendous efforts these past two years.



Scott Knudsen

Federation Award Winners

Club Community Service

Capital – Capital Region
Cornbelt – Omaha I-80
Mid-States – Aurora
Mo-Kan – Heartland
North Central – Rapid City
Southwestern – Alexandria-Cenla

Top Bulletin

Capital – Capital Region
Cornbelt – Sioux City
Mid-States – Aurora
Mo-Kan – Heartland
North Central – Rapid City
Southwestern – Austin

Yearbook

Capital – Capital Region
Cornbelt – Sioux City
Mid-States – Aurora
Mo-Kan – Lawrence River City
North Central – Rapid City

Cosmo of the Year

Capital – Jill DiVincenzo (Capital Region)
Cornbelt – Rich Owen (West Omaha)
Mid-States – Colleen Campbell (Aurora)
Mo-Kan – Wayne Powell (Columbia Luncheon)
North Central – Robbie Murchison (Rapid City)
Southwestern – Billie Hogue (Alexandria-Cenla)

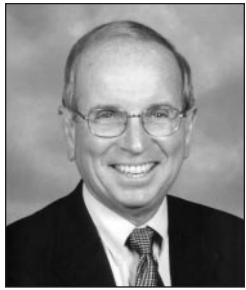
Patrick J. Hodgins

Capital – Art Nelson (Capital Region)
Mo-Kan – Jerry Sigmund (Columbia Luncheon)
North Central – Derry Anderson (Sioux Falls Noon and Evening)
Southwestern – Richard Harrison (Austin)

Member Community Service

Capital – Glenn Dunbar (Capital Region)
Cornbelt – Curtis Stoeber (Sioux City)
Mo-Kan – John Kadlec (Columbia Show-Me)
North Central – Dale Chell (Sioux Falls Noon)
Southwestern – Bill Clifton (Alexandria-Cenla)

Western Canada Federation award recipients were not available at press time.



Is There a Life After INGAP?

BOB WILLIAMS
International President – Elect
Diabetes Committee Chairman

This year at our International Convention in Rockford, I am planning to stand before all of you in attendance and announce that we have at long last met our INGAP commitment of \$750,000. However, in the words of Yogi Berra, “It ain’t over till it’s over.” Please consider making a major contribution this year if you haven’t done so already. We only have \$47,550 to go!

Now, where do we go next? At our winter board meeting we talked briefly about the possibility of a future international project or thrust that better articulates what we mean by “the club that fights diabetes.” At Rockford, we hope to convene a Diabetes Committee meeting, open to all delegates, that will gather ideas about what our members think and what we should do next. It would be my hope that we would gather enough suggestions and ideas that we could begin to develop a plan at our fall meeting of the board. If we are successful, we would then be in a position to present our proposal at our international convention in Omaha.

In preliminary discussions with several members, I have suggested that we develop a template and/or kit that our local clubs can use to implement programs and fundraisers that benefit their local communities. We obviously have learned a great deal these past 30 plus years, and I am not suggesting we change any of our efforts to support the Cosmopolitan Diabetes Center, the Strelitz Diabetes Institutes, Valerie Millar, CDC, Crusader or any of our other efforts in the United States and Canada. What I am trying to develop is a plan to help all of our clubs be more effective in their local communities, and just as importantly, to better communicate what Cosmopolitan International is all about.

Telling our story more effectively in our respective communities should, and can, provide an incentive for potential members to join our organization. I do realize that most clubs support diabetes treatment or research in some fashion. Our template would provide those clubs looking to do more with an outline of a number of possible projects. I am suggesting that by better understanding the breadth of what we do and by gaining this understanding, we can better tell our story both locally and internationally.

I believe that by emphasizing our diabetes connection, we can increase our visibility in our local communities which in turn can promote membership growth!



Cosmo Diabetes Foundation Update

DEL OBERST
CDF Chairman

Two years ago, the Cosmopolitan Diabetes Foundation Board of Directors committed to the goal of raising two million dollars for the Beacons Endowment Fund. I am pleased to report that through the generous donations of many Cosmos and friends great progress has been made to help us reach that goal. To date we have over \$1,053,000 in commitments. We have one lighthouse finished and shining brightly and have the funds for the foundation to build the second lighthouse. As of May 15, the balance in the Beacons Fund now stands at \$969,767. The second half of the goal is progressing as well. Pledges toward the second million total \$53,000.

Thanks to all the many Cosmos and friends who have helped us reach our first goal. If you are not a Beacon, please consider joining. If you have already completed your Beacon pledge, consider becoming an Emerald, Ruby, or Diamond member.



\$1,000,000 pledged



\$53,000 pledged

INGAP Commitments

Capital Federation	
Goal	\$ 97,500.00
Contributed	\$ 190,809.76
Cornbelt Federation	
Goal	\$ 135,000.00
Contributed	\$ 59,167.47
Mid-States Federation	
Goal	\$ 60,000.00
Contributed	\$ 61,529.00
Mo-Kan Federation	
Goal	\$ 202,500.00
Contributed	\$ 129,096.01
North Central Federation	
Goal	\$ 67,500.00
Contributed	\$ 73,646.97
Southwestern Federation	
Goal	\$ 52,500.00
Contributed:	\$ 29,242.94
Western Canada Federation	
Goal	\$ 120,000.00
Contributed	\$ 120,000.00
At-Large Federation	
Goal	\$ 15,000.00
Contributed	\$ 2,645.00
Miscellaneous Contributions	
CDF Grant	\$ 34,930.42
Misc. Donations	\$ 1,385.03
Total	\$ 702,452.60
Balance of Commitment	\$ 47,547.40

HONOR/MEMORIAL GIFTS February - May, 2006

Given By
Dr. Thomas Loonan
New Orleans CosmoPals
Del and Lois Oberst
Del and Lois Oberst
Tom and Dar Wilson

In Memory of
Richard Blashill
Dottie Noble
Curly Kubiak
Betty Miller
Al Schilz

The Cosmopolitan Diabetes Foundation is the charitable arm of Cosmopolitan International.

Election to the Cosmopolitan Diabetes Foundation (CDF) is a responsibility that is undertaken seriously. Not only are we charged with the challenge of representing all Cosmopolitans, but also upholding a tradition of leadership for a cause with purpose and distinction among service clubs.

Since its incorporation in 1976 CDF has met a series of milestones in forwarding the cause of research, treatment and education of diabetes. Our fundraising efforts in this regard are unsurpassed and continue to set us apart. Your contributions to the Discovery Fund have allowed us to fund over \$325,000 in grants for diabetes-related local projects. This example as a “star” in our communities excites and motivates our membership and others around us.

Nearly 30 years later, CDF members continue to work to defeat diabetes. The Beacons fund was established in 1979 with eight (8) members and today numbers 1,053 members. With current investments in excess of \$1,000,000, we realize the goal of \$2,000,000 in Beacons is within reach and visible in the future. A pledge of \$100 per year for ten years is all it takes to ensure the future of Cosmopolitan International. At .28 cents per day (less than the price of a cup of coffee), this is quite a bargain. Membership in the Beacons is open to all Cosmopolitans and friends.

Other opportunities for giving include *Hands Across the Border*, *Discovery fund* (Dollar In = Dollar Out), *INGAP*, and *Doors Discover Light*. Please discuss these opportunities with your club management and members.

Jim Walker,
Cosmopolitan Diabetes Foundation
Board Member at Large



Cosmos Leading the Fight Against Diabetes

TIM SCHULTZ
Sturgeon Valley Cosmopolitan Club

I was diagnosed with diabetes in 1967 at the young age of seven. I was the second in our home to have been afflicted with this disease, as my older brother was also an insulin dependant diabetic. We grew up in a small town about 60 miles northwest of Edmonton, in Alberta, Canada. Like many long-term diabetics I have seen and been a part of many advances in treatment. Advances like portable blood glucose monitors, laser retinopathy and even the use of disposable syringes. With two diabetics in the house growing up we could not afford disposable syringes, and each of us used a refillable glass syringe. I cringe at the thought of those, as I remember the needles only came in one size – big.

My family and I are avid skiers and we enjoy watching the NHL's Edmonton Oilers. I work in Edmonton as a sales supervisor in the oil and gas industry. My wife, daughter and I currently live in St. Albert, which borders Edmonton. I became involved with the Sturgeon Valley Cosmopolitan Club when they asked me to give a speech on the Edmonton Protocol.

The Edmonton Protocol transplant procedure uses a small incision, in which a tube is inserted into the portal vein of the liver and the insulin producing cells (islets) from a donor pancreas are inserted. Once the cells find a blood supply within the liver they begin creating insulin the same as they did before they were removed from the pancreas. The islet cells are maintained in the

body the same as any transplanted organ, in that the recipient has to take anti-rejection drugs to insure their own body will not attack and destroy the cells.

For over 37 years as an insulin dependant diabetic and after some 20,000 finger pokes and over 27,000 insulin injections, I was no longer able to control the blood sugar levels no matter what we tried. In 2001 my doctor asked if I would consider being a part of clinical trials for an islet cell transplant. In August of 2004 I received my second islet cell transplant, commonly known as the Edmonton Protocol, which has stopped my dependency on insulin injections to control my diabetes.

I am often asked about the procedure and have had the opportunity to speak publicly regarding it. I hope that I can help you understand this breakthrough from a patient point of view and I will try to answer some of your questions.

Below are some samples of the questions I am often asked.

How was I chosen for the procedure?

Because I was no longer able to manage my diabetes and unable to sense low blood sugars, it was thought the procedure would correct the low blood sugars.

Why did I want to have an experimental procedure?

Every diabetic makes a life decision about every 2 hours, regarding

insulin, food or exercise. I was making decisions more frequently, often every half hour. The fear of not knowing when I was going into low blood sugar increased the stress of each day. This was a decision that I discussed in great length with my family, friends, colleagues and the medical staff. After weighing the risks and the benefits I felt that this would not only help me but the research could benefit thousands of diabetics around the world.

Were there any complications?

With anything new there is always a risk of complications, and I was subjected to a few. However with each hurdle that is overcome the team is better prepared and the complications are less with every transplant.

Are you cured of diabetes?

No, this is not a cure, only a treatment. I still watch my diet, even more closely than before and have to guard against high blood sugar levels. However I have had no low blood sugars since the transplant and have even missed the odd meal, something unheard of for a diabetic on insulin.

What is better now than when you took insulin?

I am able to function without the fear of lows. The sugar levels and blood have stabilized to levels never attainable when I was taking insulin.

See Schultz, page 20.

The Club That Fights Diabetes



Why Volunteer?

Sheila Anderson
Cosmopolitan International First Lady, 2004-2005

It is no secret that in this day and age finding time to volunteer is difficult because of the heavy demands on families and jobs. In the early 20th century, most volunteers were stay-at-home mothers or retired people. In the 50s, the majority of church volunteers and Sunday school teachers were women. In the latter half of the 20th century, women began to work outside the home. The demographics of the typical American family changed from "Father Knows Best" to "Murphy Brown" – the single professional parent. In the 90s the percentage of families headed by a married couple dropped from 80% to 53%. The words of the 70s and 80s, "I'm too busy," are repeated more today than ever.

So what is the state of volunteerism today? According to Professor Robert D. Putnam of Harvard University, participation in volunteer associations in the 90s plunged by 30-50% since the mid-1960s. But there is a new trend. This new trend is reversing statistics and, in the first two years of the 21st century, volunteerism increased 14%, not counting volunteers in schools and education. In the year 2002, 56% of Americans volunteered, and those volunteers were no longer just the retired or women who do not work. One trend that is contributing to a great number of volunteers is flexibility of an organization to work with the volunteer. Do what you can with your time schedule. Think about your daily demands and how you would like to become involved with your club.

So why do you want to get involved as a volunteer in Cosmopolitan? What is the motivation for you to take your time, money and talent to become involved? What does it take for you to get involved and stay involved? The basic question is WHY? What needs, beliefs and desires will our organization satisfy within you? We hope you will become passionate about our

The Club That Fights Diabetes

cause for diabetes. We hope you join because you believe the cause is right. People often join an organization at one level, maybe self-serving or because of a friend, but in time they become true believers and passionate about the cause. As we all know, motivation comes from within us. People do things for their own reasons. It is said that the secret to living is giving – giving of yourself, your time, your money or what have you. Belonging to Cosmopolitan International may meet your needs for business, for friendship, or simply for a sense of belonging. For me, investing in relationships is a strong motivator. Many people join an organization because they were asked by a friend. And this is a great opportunity for you to hang out with your friend and make new ones.

Yes, volunteer work can be stressful, but it can also be fun. I have been fortunate enough to travel to many of the Cosmopolitan clubs in the U.S. and Canada, and people in this organization are the same everywhere. They are fired up about helping find a cure for diabetes and they have also made such great friends, that they can't imagine their life without the relationships they have built from being involved with Cosmopolitan. Yes, our organization is small compared to Rotary or Lions. However, Cosmopolitans raise more money per capita than any other organization out there. We are very proud of that. The advantage we have in a smaller organization is for you to really get to know a lot of the people in it, and they get to know you. And your efforts have a much greater impact on the overall cause. You really are the one making a difference. You will only get out of this experience what you are willing to put into it. I encourage you to become involved at whatever level you can, and I hope you learn to love this organization, the cause, and its people as much as I do.

From Fundraisers to Friendraisers

The clubs of the Mid-States Federation have put the "fun" in fundraisers. From corn roasting to poinsettia sales to silent auctions to March Madness – all this with the purpose of raising funds to help Cosmo and local community projects.

But, all work and no play make John or Mary a dull Cosmo (like that could happen!) No one has ever said Mid-States members don't know how to party, so they have enjoyed numerous parties, picnics, and even a ball game.

Everyone knows how unselfish Cosmos are, so we have held "friendraisers" – also known as membership events – to share the gift of Cosmo friendship with other members of our community who want to make a difference. Ask any Cosmo and they will tell you it is the friendships that develop when you work toward a common goal that last a lifetime.

That is why the Cosmos of the Mid-States Federation extend a cordial invitation to join them at the Clock Tower Resort in Rockford this July for the 80th Annual Cosmopolitan International Convention. Come share in Cosmo fun and friendship!

Linda Stefanich
Mid-States Federation
Governor

Cosmos in Action

Cover Story!

Hampton Roads Cosmos Send Kids to Camp



Kids have a chance to just be kids at summer diabetes camps.

This year's community service project for the Hampton Roads Cosmopolitan Club is our 3rd annual "Send A Kid to Camp". This is a vacation diabetes camp program for children ages 6-12 with Type 1 and Type 2 diabetes. The purpose of the camp is for children to learn how to be a kid and not a patient. It provides children the opportunity to socialize with others who have diabetes and learn about diabetes while having fun. The club sponsored 22 children in 2005 and we are hoping to sponsor at least 30 this year.

We've had a very successful year. We have inducted 3 new members, which brings our membership to 21. We continue to have meetings the 2nd Saturday of every month at 6:30 p.m. at various locations throughout our community. We always include lots of fun, friendship and entertainment. We have enjoyed bowling parties, oyster roasts, a Texas-hold-em poker night, pool parties and wine and cheese membership meetings.



Our club's Cosmo of the year and community service award winner is Terri Smith. Terri was a charter member of the club, and has held club offices including president and secretary. She has been actively involved in the club's effort in adopting needy families in the local community each Thanksgiving and Christmas. She has been the Capital Federation secretary, Lt. Governor and chairperson for past Federation Conventions. She is a Hospice volunteer, active member of her church, lifetime member of the Auxiliary of the Gideon's International and sponsor of foreign exchange students.

*Phyllis Quire
Hampton Roads Cosmopolitan Club*

Elizabeth City Cosmos Celebrate 50 Years

On February 25, 75 Cosmopolitans, friends, guests and local dignitaries joined with the Elizabeth City Cosmopolitan Club to celebrate 50 years of community service. Special Cosmopolitan guests included Past International President Bill Quire, CDF Board Member Bob Winters, CI President-Elect Bob Williams, and Capital Federation Governor Tom Griffey.



International President-Elect Bob Williams, George Payne and Club President Maxine Harrell.

The Norfolk Cosmopolitan Club, which originally sponsored the Elizabeth City Club, was well represented by a large contingent of members and past presidents, including Cindy Cook, current club president; Rob McWilliams, past International Vice President and past club president; as well as past presidents Dick Cook, Dexter Rumsey and Pat Miskill.

Local dignitaries in attendance included Anita Hummer, Mayor Pro Tem; Tony Stimatz, City Councilman; Sid Oman, former Mayor of Elizabeth City and member of the Norfolk Club; and Dr. Andrew Williams, local educator and former Tuskegee Airman.

Elizabeth City Club President Maxine Harrell made a special presentation honoring Charter Member George Payne. Club members John Koltuniak and Charles Lane received club's special Buddy Hunt Award.

Those in attendance were served a sumptuous feast of roast pig, cole slaw, southern baked beans, potatoes

*Maxine Harrell, President
Elizabeth City Cosmopolitan Club*



Maxine Harrell presents the Cosmo of the Year Award to Virginia Bright, First Vice President and Secretary.

Baltimore Cosmos Make Merry at Christmas Dance



The Baltimore Cosmopolitan Club held its social event of the year, the Christmas Dinner Dance, at the Country Club of Maryland. Club Member Judge Al Brennan arranged for toys to be collected at the dance and later distributed to children with handicaps. Club members attending included John Hensler, Ron Hammond, Bill Mason, Bart Nagle, George Ross, Don Seyboth, Ross Kenny, Sam Cucina, Milton Saches, Parker Watson, Chub Wagner, Sharp Paxon, Harry Silverwood, Keith McClung and Bob "Pretty Boy" Rossi.

*Sharp Paxon
Baltimore Cosmopolitan Club*

Calgary Cosmos Raise \$11,000 at Party

The Cosmopolitan International Club of Calgary just succeeded in raising \$11,000 in a one evening shindig of food, drink, music and a very successful silent auction. May 13th, for one of our favorite recipient groups, ARBI, the Association for the Rehabilitation of the Brain-Injured.

Through the generosity of many donors we had an abundance of silent auction items, a live band and an incredible roast beef dinner. Hard work on the part of our fellow Cosmos and



Cosmo Dr. Joe Goren, our in-house Diabetes Research Scientist with the University of Calgary; Mike Stawnychko, graduate of ARBI; and Dave Keller, president.

volunteers at ARBI brought more than 240 guests out to one of the most enjoyable events our club has organized.

Congratulations to our illustrious president and premier wine maker Dave Keller who ensured the evening went without a hitch. This type of event truly brought tears to my eyes, and made me realize what being a Cosmopolitan is all about.

*David Rose, Past President
Calgary Cosmopolitan Club*

Cosmos in Action

Air Capital Cosmos Raise More Bucks for Camp Discovery!



Michael O'Bryhim, Club President; Brent Doonan; Jim Roth; Gary George; Larry Gurney, Tournament Committee; Lindsay Giles, ADA Camp Discovery Director; Marvin Leslie; Allen Guyot; Kelly Donley; John Paladino, Tournament Chairman; Willy Govert; and Dr. Ted Milligan. Also attending, but not pictured, were Greg Meadows, Tournament Committee, and George Morrison.

A little rain doesn't stop Cosmos from raising money for diabetes! The Air Capital Cosmopolitan Club of Wichita's 8th Annual Benefit Golf Tournament for Diabetes was held August 14, 2005 during a blinding rain storm. This didn't discourage many of the golfers and, as a result, the club presented a check to the local chapter of the American Diabetes Association on January 17, 2006 in the amount of \$10,214. The proceeds from the club's annual tournament are pledged for scholarships to Camp Discovery, the summer camp for children with diabetes.

Our own member, Dr. Richard Guthrie, volunteers his time at the camp to provide medical and educational support to the children in attendance. Camp Discovery was founded in 1973 and is staffed entirely by volunteers. Over 200 diabetic children from ages 8 to 16 attend the annual summer camp. Many club members actually participated in a visit the camp this past summer. The Air Capital club's annual golf tournament has raised over \$76,000 for scholarships to Camp Discovery in the last eight years.

Gary George
Air Capital Cosmopolitan Club

West Omaha Cosmos have Active Winter Season

Spring has sprung even though we in the Midlands may not have really felt much winter this year. The West Omaha Cosmopolitan Club has been quite active since last fall. The season began with a clothing drive in October. We collected 6,248 pounds of clothing, which we donated to the Open Door Mission, a homeless shelter in Omaha. In November, we held GONK, our annual dinner-dance fund raising event. Ticket sales and both silent and oral auctions netted nearly \$11,000. At the end of November, West O members rang bells for the Salvation Army.

December, usually a quiet month when we have our Christmas Party and enjoy the season, was brighter than usual. A former member of our club gave us a wonderful gift. Charlie Vacanti donated \$10,000, which we gave to the Cosmopolitan Diabetes Foundation and established within it the Vacanti West Omaha Fund. We are most grateful for Charlie's generosity and commit to steward his donation for maximum benefit for those who suffer from diabetes.



West Omaha Club President Tim Carlin (left) and CDF Board member Jerry Nelson (right) accept a donation from Charlie Vacanti

West Omaha member Jim Sauer and other club members began the "Book Drive for the Troops" in January. This effort has collected hundreds of pounds of books to be sent to our forces serving in Afghanistan and Iraq. All of the clubs of the Cornbelt Federation have joined in this effort. While we consider all the members of the West Omaha Cosmopolitans to be outstanding, we recognized those who were most active at our annual Awards Banquet held March 15th. Looking ahead, we're busy planning for our Shrimp Feed that will be held June 5th at the Anchor Inn in Omaha.

Richard Owen, President
West Omaha Cosmopolitan Club

3Cs Shine in Saskatoon



Saskatoon Mayor Don Atchison, 3Cs club president George Wilson, Louise Ostoforoff, Shirley Collins, Ada Wilson and Jim Smith

The 3Cs, the Cosmopolitan Couples Club of Saskatoon, held a press conference April 11th with our Mayor Don Atchison to formally introduce our "Saskatoon Shines" 100th anniversary front license plates. We will be selling the plates in our booth at the local Draggins Car Club. The press conference aired during the noon and evening news on CTV.

Jim Smith
Vice President for Finance and Marketing
Cosmopolitan International



Join us in Rockford!

Convention Registration found on page 20.

Omaha I-80 Supports Summer Camps for Kids

The Omaha I-80 Club is dedicated to our international project of fighting diabetes. We place special emphasis on helping those who are afflicted with the disease, particularly the kids.

On April 7, President Ron Barber (right) of the Omaha I-80 Club presented Chuck Siegerson (left), a charter member of I-80, with a check for \$5,000 to support Camp Floyd Rogers. Siegerson is the chairman of



the board of The Floyd Rogers Foundation, which runs the annual, weeklong summer camp for 100 kids, ages 8 to 18, who have Type 1 diabetes. Camp Floyd Rogers offers young people an opportunity to share some of life's adventures with others who also happen to have diabetes. By the time these children leave camp, they know more about themselves and how to cope with diabetes, and they realize that they aren't as alone or as different as they once thought. The I-80 Club raises funds for the camp through their annual golf outing, which will be held this year on August 11. To learn more about Camp Floyd Rogers visit www.campfloydrogers.com.

In addition to Camp Floyd Rogers, the I-80 Club also provided financial support to Camp Hot Shots, a day camp for diabetic kids ages 6 to 11. This camp, which lasts for three days, makes a difference in the lives of children and young adults that have diabetes at an early age so they have an opportunity to live a healthy life. It provides a safe, healthy environment for children and young adults with diabetes to gather, bond and enjoy learning to be self-disciplined and responsible. Some of the kids who attend Camp Hot Shots go on to visit Camp Floyd Rogers. For more information on Camp Hot Shots, visit www.hotshotsfoundation.org.

Ed Thompson
Omaha I-80 Cosmopolitan Club

Cosmos in Action

North Central Federation Holds Convention

The North Central Federation Convention was hosted by the Rapid City club on April 28 and 29, with a great attendance from members of the clubs. We also had special guests Jim Smith, International Vice President of Finance and Marketing, and his wife, Pam Smith.

Throughout the year the clubs held unique service projects and have raised over \$55,000 to be given to each club's community service projects. We should have over \$7,500 included in this for the INGAP project this year.



Past International President Derry Anderson with outgoing NC Federation Governor Melvina Newman

Membership events have been held in every club. Discussions at the meeting proved very fruitful as members discussed ways to improve membership and make club meetings informative. Everyone was asked to continue to ask guests to their local events and ask them to join before the year's end.

All our clubs have accomplished a great deal and will continue to build on wonderful camaraderie with other members. Unity, excitement and enthusiasm for the work that has been done in the fight against diabetes will be carried by the federation and club leaders.

Melvina Newman, Governor North Central Federation



3C's Spring Clean Cosmopolitan Park



Nearly the entire 3C's Cosmopolitan Club showed up Saturday, May 6th, to help spring clean Saskatoon's beautiful Cosmopolitan Park on the east bank of the South Saskatchewan River, Saturday, May 6, 2006. It was a beautiful, warm day, and everyone enjoyed a great walk as a bonus! Pictured are Kay Fey, Dolores Reed, Alan Reed and Des Fey.

Sioux Falls Evening Cosmos Cut Ribbon with Chamber



The Cosmopolitan Evening Club of Sioux Falls held a ribbon cutting ceremony on May 10 with the Chamber of Commerce. This was attended by several community business leaders. Deb Peterson spoke about diabetes, and Jerry Priebe and Derry Anderson talked about the fundraising efforts of the local club as well as the international focus of Cosmopolitan. Sheila Anderson and Becky Shultz held the ribbon as current club president Dee Miller performed the official ribbon cutting. The Club received a plaque welcoming them as members of the Chamber.

Sheila Anderson
Cosmopolitan Evening Club of Sioux Falls

Roanoke Club Hosts 41st Annual Track & Field Meet

The Cosmopolitan Club of Roanoke, Virginia, held its 41st annual invitational track and field meet April 28-29, 2006, at Salem High School in Salem, Virginia. The meet, which is the largest sanctioned meet in southwest Virginia, attracted 29 area middle, junior and senior high schools and approximately 1000 athletes. The meet has become the premier meet for area schools and requires significant volunteer support to insure its success.

Tom Griffey, Capital Federation Governor, attended this year's meet and participated in the awards ceremony.



Tom Griffey awards William Fleming High School Girls Second Place in Senior Division

Bob Williams
Roanoke Club

Columbia Breakfast Club Bowls for Diabetes Research

The Columbia, Missouri Breakfast Club sponsored a bowling team for the 7th Annual Columbia Show-Me Club's Extreme Bowling Night. Bowling started at 10:00 p.m. and finished at 1:30 a.m. The team had fun socializing with their friends. The funds raised, over \$3,000, will go to diabetes research and other community projects.



Bowling Team members Tony Antonio, Gary Lenzini,

Tony Bartal
Columbia Breakfast Club

Greater Richmond Club Chartered

Twenty-two Cosmopolitans and friends celebrated the official chartering of the Cosmopolitan Club of Greater Richmond on April 25, 2006, at the Westwood Racquet Club in Richmond, Virginia. Bob Williams, CI President-Elect, presented the charter to Club President Kathryn Cumming and formally installed the incoming officers.



Rob McWilliams, Winston and Shelley Gouldin, Ann Thomas and Steve Cline

The establishment of this new club in the Capital Federation was due in large part to the efforts of Dexter and Mary Rumsey. Dexter is the immediate past president of the Norfolk Club and a past secretary of the Capital Federation. Dexter is a member of the board and Mary is vice-president of the new club.



Tom Griffey, Governor; Kathryn Cumming, President; and Mary and Dexter Rumsey

The club was sponsored by the Norfolk Club and club members attending were Rob McWilliams, past International Vice President of Finance & Marketing, Bob Winters, CDF Board member, Tom Griffey, Capital Federation Governor and T. Winston Gouldin. Rob McWilliams' sister, Ann Thomas; Dexter and Mary Rumsey's daughter, Kathryn Cumming; and T. Winston Gouldin's son, Winston Gouldin are all members of this new club.

The club, though small, is aggressively seeking new members and is excited about joining our Cosmopolitan family. Plans are already being made to visit the Strelitz Diabetes Institutes to learn more about our fight to cure diabetes.

Bob Williams
Cosmopolitan International President-Elect

Crusader Center of Excellence Diabetes Management Program



Crusader's Diabetes Management Program continues to achieve excellent results in improving patient health. In 2005, Crusader's diabetes patient roster totaled 2,700, a 10% increase over the previous year. The HbA1c average blood glucose level in 2005 was 7.7%, surpassing both the goal of 8% established by Crusader's Division of Clinical Quality and the national average of 8.5% for HbA1c blood glucose levels.

The hemoglobin A1c is a simple test to measure the average amount of sugar in blood. By reducing HbA1c by one percentage point, damage to eyes, kidneys and nerves is reduced 35% and diabetes deaths are reduced by 25%.

Crusader also has reduced differences in blood level outcomes of diabetic patients based on race and ethnicity. From 2003 to 2005, HbA1c results improved among all groups, so that a statistical difference no longer exists between the results of Caucasians, African Americans and Hispanics. This is the result of Crusader's ongoing participation in the Diabetes Disparity Collaborative through the Bureau of Primary Health Care.

Since 1994, Crusader has received operating support for its diabetes program from the Rockford Cosmopolitan Club and Cosmopolitan International. In 2002, the Rockford Cosmopolitan Club purchased a van for Crusader to launch its Mobile Diabetes Program, and continues to provide annual operating support for the mobile program.

The Crusader/Cosmopolitan Club Mobile Diabetes Program offers free blood-sugar testing and informational talks and presentations as a community outreach. Since its inception, the Mobile Program has administered more than 2,700 free blood-sugar tests.

Crusader Clinic extends a warm invitation to all Cosmopolitan members participating in the 80th International Convention in Rockford to visit our Rockford facilities. Special tours are planned for Cosmopolitan members from 1:00 to 4:00 p.m. on Friday, July 28. The Crusader Clinic deeply appreciates the generous support it has received since 1994 for its diabetes programs from the Rockford Cosmopolitan Club, Mid-States Clubs and Cosmopolitan International. We look forward to welcoming you and talking about the work we do in fighting diabetes thanks to your longstanding and generous partnership with Crusader Clinic.

In Memoriam

Documented from
March 1, 2006 to
May 22, 2006

Capital Federation
Dean S. Lloyd
Roanoke Club

Cornbelt Federation
Oscar D. Fisher
Bellevue-Big Elk Club

Mo-Kan Federation
Edward R. Dissinger
Columbia Luncheon Club

Beverly Bodker
Wife of Harvey Bodker
Johnson County Club

Southwestern Federation
Sam Manipella
Topeka Club

Western Canada Federation
Ollie Jaques
Wife of Melvin Jaques
Calgary Club

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 building. To order your brick, please send your \$100 US check to headquarters with your engraving and acknowledgment information. For more information, contact brenda@cosmopolitan.org.

Recent Courtyard Additions

**In Memory of James
Thibodeau 1933-2006**
Sioux City Charter Member

Happy 90th Birthday
Melba Harris
Tulsa Cosmo Club

In Memory of
Marjorie J. Bradley
1931-2005

In Memory of
Beverly Bodker
Johnson County Club

In Appreciation of
Dr. & Mrs. Tom Griffey
Capital Federation Governor

Cosmo of the Year
Jan Young
Main Street Club 2006

In Appreciation of
Mid-States Presidents
2005-2006

Donald Pacey
Elgin Club
2006

In Memory of
Dr. Ronald James
Columbia Missouri

In Memory of
David Byers
West Omaha Cosmo Club

In Memory of
Jim Connelly
West Omaha Cosmo Club

In Memory of
Gail Fritz
West Omaha Cosmo Club

In Memory of
Joe Fritz
West Omaha Cosmo Club

In Memory of
Russell McCown
West Omaha Cosmo Club

In Memory of
Dan Murphy
West Omaha Cosmo Club

In Memory of
Domenick Pace
West Omaha Cosmo Club

In Memory of
Bernard Pierson
West Omaha Cosmo Club

In Memory of
Leo Smith II
West Omaha Cosmo Club

In Memory of
John Syslo
West Omaha Cosmo Club

In Memory of
Gilbert Walter
West Omaha Cosmo Club

In Memory of
Robert Teig
West Omaha Cosmo Club

In Memory of
Elvin Talbot
West Omaha Cosmo Club

In Appreciation of
Charles & Linda Vacanti
West Omaha Cosmo Club

Chicago Extended Convention Stay

For those of you who have been lucky to visit Chicago previously, you know that there are so many things to see and do that two days is simply not enough time to get it all in. We would like to offer you the opportunity to experience a bit of Chicago with other Cosmos.

Hotel – A block of rooms has been reserved for Sunday, July 30 to Tuesday, August 1, 2006 (50 each night) at the newly renovated **Ramada Inn – O’Hare** (5615 N. Cumberland Avenue). This hotel was selected for its reasonable rate (\$95 plus tax) as well as its close proximity to the O’Hare airport (free shuttle service) and convenience to the Chicago train system. Contact the hotel directly to make reservations, (773) 693.5800. **Hotel reservations must be made by July 15, 2006.**

Sunset Cruise – Monday, July 31, 7:45 p.m.

A two hour cruise heading directly onto Lake Michigan brings the Chicago skyline to life. The evening ends with a front row seat for the Buckingham Fountain Water and Lights Show. www.wendellaboats.com.

One of the easiest ways to get around Chicago is by purchasing tickets on a **trolley bus** line such as the Gray Line Tours. For about \$20 per day, you are allowed unlimited on/off privileges at many stops on Lake Shore Drive and Michigan Avenue.

A **City Pass** will allow you admission to six Chicago attractions including: The Art Institute of Chicago, Shedd Aquarium, the Field Museum, and the Hancock Observatory. Check out www.citypass.com for details.

Extended Stay Reservation Form

**Please include with Convention Registration
Registration and money must be
received by June 30, 2006**

Name: _____

Contact Info: _____
(daytime phone or e-mail)

Sunset Cruise - please indicate number attending
 _____ Adults \$13
 _____ Seniors (65 and over) \$12
 _____ Students \$7.50

Schultz

Continued from page 11

My diet has not changed much other than I have no need for snacks.

What was better on insulin than now?

Very little, the only thing that comes to mind is when taking insulin occasionally I would compensate for large meals by adjusting the insulin amount, something every diabetic knows can be dangerous and every doctor is cautious about.

Through hard work and with donations from the Sturgeon Valley Cosmopolitan Club that I am a member of, and Cosmopolitan Clubs all around the world, advancements like this are changing the treatment of diabetes forever. The cure is around the corner and you are all a part of making it happen.

Since Dr. Shapiro pioneered the Edmonton Protocol, some 55 diabetic research centers have sprung up in 17 countries around the world, all in communication with each other. What this means to diabetics is that when an advancement like the one in Edmonton is achieved the other centers can learn from it, and most importantly move forward from that point of research.

I hope that I have been able to answer some questions you may have about the Edmonton Protocol. You being a part of a Cosmopolitan Club helps people all over the world. But remember, a cure is what is needed and this procedure is only one of the many steps towards that cure.

2006 Cosmopolitan International Convention Registration

Registrations accepted by **mail** to: Cosmopolitan International, P.O. Box 4588, Overland Park, KS 66204;
by **fax** at 913.648.4630 or **online** at www.cosmopolitan.org.

Cosmo(s)/Guest: _____
(Please print as preferred on name badges)

Club(s): _____

Mailing Address: _____
Street City Prov/State Postal/Zip Code

Daytime Phone Number: (____) _____ E-mail: _____

Children/Teen(s): _____
Name Age Name Age

Food Allergies/Restrictions: _____

Name Badge Ribbons:

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Past Int'l President | <input type="checkbox"/> Sponsor Life Member | <input type="checkbox"/> 1st Time Attendee | <input type="checkbox"/> Mid-States Host |
| <input type="checkbox"/> Beacon Member(s) | <input type="checkbox"/> Emerald Beacon | <input type="checkbox"/> Ruby Beacon | <input type="checkbox"/> Diamond Beacon |
| <input type="checkbox"/> CI Board Member | <input type="checkbox"/> CDF Board Member | <input type="checkbox"/> '05-'06 Club President | <input type="checkbox"/> '06-'07 Club President |

COMPLETE PACKAGE – See schedule for details (includes all individual events listed below)

Deadline for all Registration 7/19/06	Postmarked After 6/1/06	# Attending	Total \$
Cosmo	\$200	_____	_____
Guest	\$200	_____	_____
Youth (up to 18 years)	\$160	_____	_____

INDIVIDUAL EVENTS – For those attending only certain events, and not the entire convention

		# Attending	Total \$
7/27/06	Welcome Party	_____	_____
7/27/06	Opening Ceremonies Brunch	_____	_____
7/28/06	Beacons Lunch	_____	_____
7/28/06	Rock 'n Rib Fest	_____	_____
7/29/06	Awards Luncheon	_____	_____
7/29/06	President's Banquet and Dance	_____	_____
	Delegate Fee (Meetings & Workshops)	_____	_____

OPTIONAL EVENTS – Not included in complete package

7/26/06	Art Prouty Memorial Golf Tournament	\$ 60	_____	_____
7/26/06	Steak Fry	\$ 25	_____	_____

Complete Package(s) \$ _____ Enclosed is check # _____ Payable to Cosmo International
 Individual Event(s) \$ _____ **OR** _____ MC _____ Visa Expires: ____/____
 Optional Event(s) \$ _____ Card # _____
Service Charge * \$ _____ Signature _____
TOTAL \$ _____

Please make your choice(s) for dinner at the President's Banquet: _____ Steak Filet _____ Salmon _____ Chicken

* A \$15 service charge will be added to each package paid by credit card. All amounts are in U.S. funds. Canadian Cosmos may indicate "U.S. Funds" on their personal checks.

2006 Cosmopolitan International Convention

General Information

Cosmo Program

Revised

Guest Program

Wednesday, July 26, 2006

12:00 p.m. - 6:00 p.m.	Golf Tournament (not included in package price)
2:00 p.m. - 4:00 p.m.	Registration
4:00 p.m. - 6:00 p.m.	Hospitality Room Open
6:00 p.m. - 9:00 p.m.	Steak fry at Aldeen Golf Course (not included in package price)

Thursday, July 27, 2006

8:15 a.m. - 10:30 a.m.	First CI Board Meeting
9:00 a.m. - 10:30 a.m.	Tour of Rockford
9:00 a.m. - 11:00 a.m.	Registration
10:45 - 12:15 p.m.	Opening Ceremonies Brunch
12:30 - 2:30 p.m.	First Delegates Meeting
2:00 - 4:30 p.m.	CDF Board Meeting
3:00 - 4:00 p.m.	Club President's Workshop
3:00 - 6:00 p.m.	Hospitality Room Open
4:00 - 4:30 p.m.	First Timer Orientation
4:00 - 4:30 p.m.	Past International Presidents Council
4:30 - 5:00 p.m.	Parent/Teen Meeting
4:45 - 7:00 p.m.	PIP Reunion - board bus at hotel
7:00 - 9:00 p.m.	Welcome Party at Clock Tower

Friday, July 28, 2006

9:30 a.m. - 10:30 a.m.	Bylaw Discussion
11:30 a.m. - 1:00 p.m.	Beacons Lunch
1:00 p.m. - 4:00 p.m.	Tours of Rockford & Crusader Clinic
1:30 p.m. - 2:15 p.m.	Diabetes - Is There Life After INGAP?
2:30 p.m. - 3:15 p.m.	Memb. Discussion with Tom and Scott
3:00 p.m. - 4:30 p.m.	Awards Judging
3:00 p.m. - 5:30 p.m.	Hospitality Room Open
3:30 p.m. - 4:15 p.m.	Identity Crisis - How Do We Fix It?
7:00 p.m. - 10:00 p.m.	Dinner - Rock 'n Rib Fest

Saturday, July 29, 2006

9:00 a.m. - 11:00 a.m.	Delegates Meeting
11:45 a.m. - 1:00 p.m.	Purple and Gold Awards Luncheon
1:30 p.m. - 2:30 p.m.	Second CI Board Meeting
2:30 p.m. - 3:30 p.m.	CDF Board Meeting
3:00 p.m. - 5:00 p.m.	Hospitality Room Open
5:30 p.m. - 6:30 p.m.	Cocktail Party
6:30 p.m. - 11:00 p.m.	President's Banquet and Dance

Sunday, July 30, 2006

Optional Chicago Extended Stay - see page 20 for details

Wednesday, July 26, 2006

12:00 p.m. - 6:00 p.m.	Golf Tournament (not included in package price)
2:00 p.m. - 4:00 p.m.	Registration
4:00 p.m. - 6:00 p.m.	Hospitality Room Open
6:00 p.m. - 9:00 p.m.	Steak fry at Aldeen Golf Course (not included in package price)

Thursday, July 27, 2006

9:00 a.m. - 10:30 a.m.	Tour of Rockford
9:00 a.m. - 11:00 a.m.	Registration
10:45 - 12:15 p.m.	Opening Ceremonies Brunch
12:30 - 3:00 p.m.	Shopping
3:00 - 6:00 p.m.	Hospitality Room Open
4:00 - 4:30 p.m.	First Timer Orientation
4:30 - 5:00 p.m.	Parent/Teen Meeting
7:00 - 9:00 p.m.	Welcome Party at Clock Tower

Friday, July 28, 2006

11:30 a.m. - 1:00 p.m.	Beacons Lunch
1:00 - 4:00 p.m.	Tour of Rockford & Crusader Clinic
3:00 p.m. - 5:30 p.m.	Hospitality Room Open
7:00 p.m. - 10:00 p.m.	Dinner - Rock 'n Rib Fest

Saturday, July 29, 2006

11:45 a.m. - 1:00 p.m.	Purple and Gold Awards Luncheon
3:00 p.m. - 5:00 p.m.	Hospitality Room Open
5:30 p.m. - 6:30 p.m.	Cocktail Party
6:30 p.m. - 11:00 p.m.	President's Banquet and Dance

Sunday, July 30, 2006

Optional Chicago Extended Stay - see page 20 for details

Dress: Casual and comfortable is suitable for most day and evening events. The Awards Luncheon is business casual. Cocktail attire is appropriate for the President's Banquet.

O'Hare or Midway Airport Shuttle Service to Clock Tower Hotel: Contact Van Galder Bus, 800.747.0994, or www.vangalderbus.com for ticket and schedule information.

Cancellations: Cancellation requests received after 6/1/06 but before 7/1/06 are subject to a cancellation fee of 25%. Requests received on or after 7/1/06 but before 7/15/06 are subject to a cancellation fee of 50%. Requests received on or after 7/15/06 will be considered after the final convention accounting.

Youth Program

Thursday, July 27, 2006

4:30 p.m. - 5:00 p.m.	Parent and Teen Meeting
7:00 p.m. - 9:00 p.m.	Teen Welcome Party

Friday, July 28, 2006

9:30 a.m. - 10:30 a.m.	Breakfast in Youth Hospitality Room
11:00 a.m. - 3:30 p.m.	Magic Waters (lunch Included)
4:00 p.m. - 5:00 p.m.	Youth with Parents
5:00 p.m. - 6:30 p.m.	Pizza in Hospitality Room
6:30 p.m. - 9:00 p.m.	Movie (ticket included - snacks on own)

Saturday, July 29, 2006

9:30 a.m. - 10:30 a.m.	Breakfast in Youth Hospitality Room
11:00 a.m. - 3:30 p.m.	Volcano Falls (lunch included)
3:30 p.m. - 5:30 p.m.	Swim at Clock Tower
6:30 p.m. - 9:00 p.m.	End of week party in Youth Hospitality Room
9:00 p.m. - 11:00 p.m.	Dance with Parents



Hotel Registration

*Must be received at hotel by
June 25, 2006*

Clock Tower Resort

815.398.6000

www.clocktowerresort.com

Room Rate: \$84 US (1-4 people)

\$10 US Rollaway Bed Charge

Room Tax: 12%

Check In: 4:00 p.m.

Check Out: 12:00 p.m.

Room Guarantee: One night pre-paid

Cancellation Policy: Full refund of pre-paid night with 48 hours advance cancellation

Amenities:

- Indoor family water play land and game room, two outdoor swimming pools, whirlpool and sauna
- 50,000 sq. foot racquet and fitness center
- Voice mail/data ports/high speed internet
- In-room coffee, hair dryer and iron
- Complimentary ground level parking, room service, free local calls

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Rockford 2006



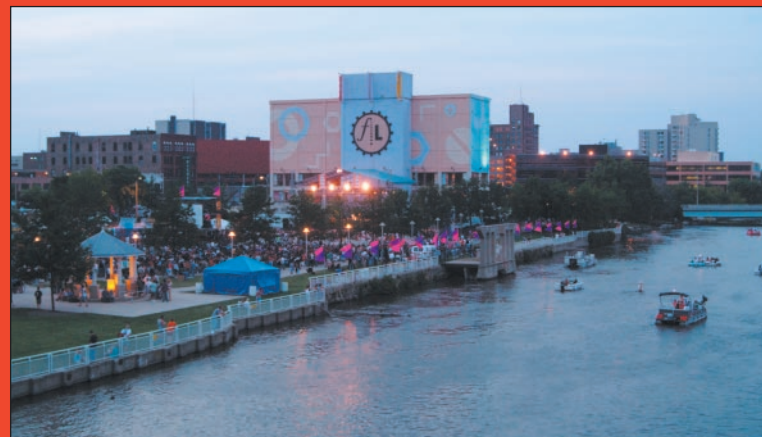
The turn-of-the-century Coronado Theatre in downtown Rockford is a show unto itself, now strikingly restored to its original glory.



Klehm Arboretum and Botanic Garden is a beautiful place to spend an afternoon or morning among flora, fauna and wildlife.



Sitting serenely above Kent Creek, Tinker Swiss Cottage was built in 1865 for industrialist Robert Tinker and offers regular tours.



Davis Park is a popular spot on the downtown riverfront.

*Photos courtesy of Rockford Area
Convention and Visitors Bureau*