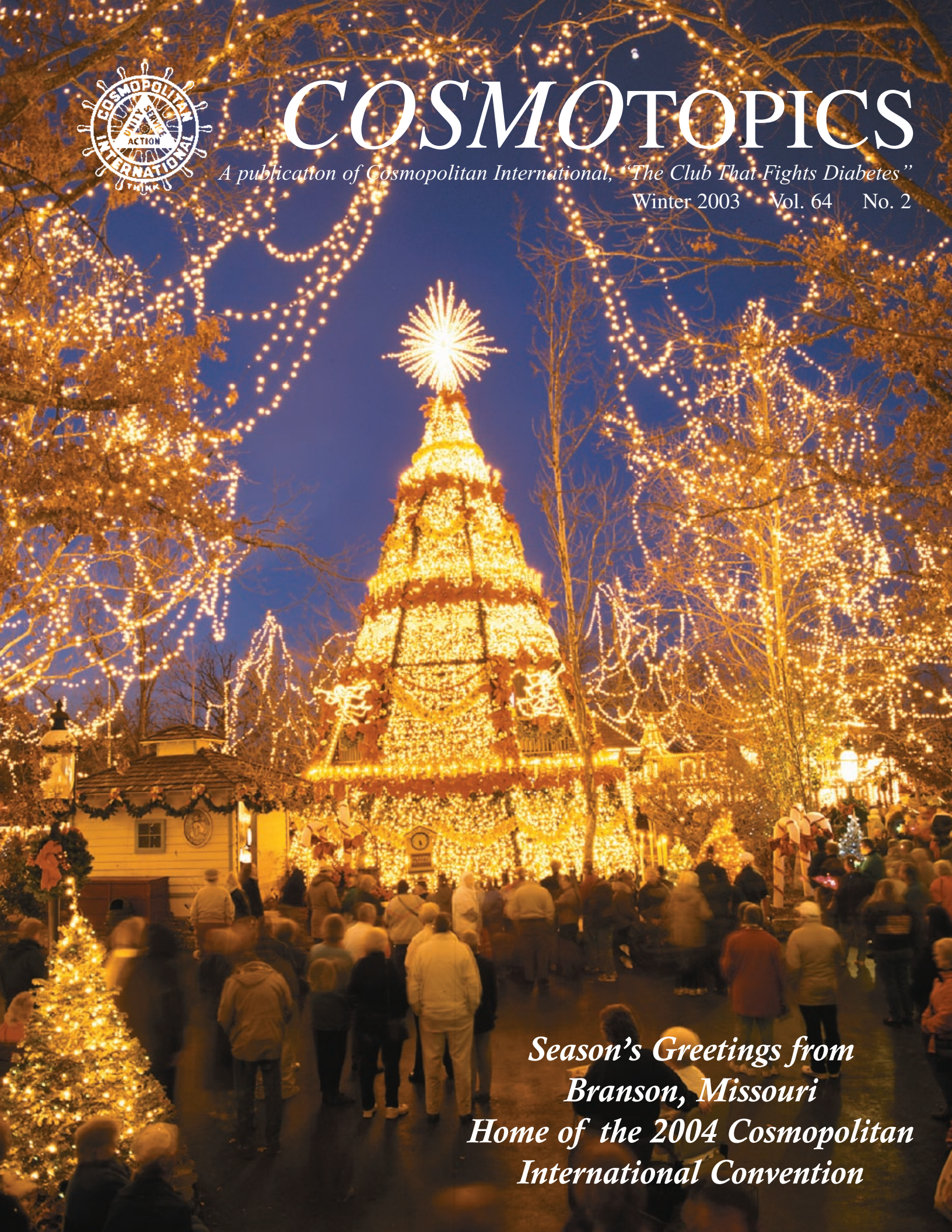




COSMOTOPICS

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

Winter 2003 Vol. 64 No. 2



*Season's Greetings from
Branson, Missouri
Home of the 2004 Cosmopolitan
International Convention*



FOLLOW THE LIGHT

Jim Walker, 2003-2004 International President



It is absolutely amazing to see all of the things that are being done by Cosmopolitans. As Joan and I travel around we find clubs undertaking tremendously interesting projects, and holding meetings, fund raisers and socials to support the fight against diabetes. The minds, hearts and hands of Cosmopolitans are busy finding ways to help in our communities. We also find fellow Cosmos eager to greet us, and the hospitality is the best that we have ever experienced. As usual, we find friendly people who are anxious to build caring relationships with others. Friendliness is something that we Cosmos definitely have in abundance.

Your International Board of Directors, staff and others participated in a workday at our Cosmopolitan Headquarters in Overland Park, Kansas, on October 3rd. There were 16 in attendance for the event. Everyone really chipped in and got a lot of work completed. There was plenty of painting, cleaning, polishing, carpentry, vacuuming, trimming, sweeping and moving to go around. It was a very productive day, filled with laughter and friendship. The real payoff in this activity was the bonding that took place among the participants. This was even more noticeable than the changes to the facility. We, as a Board, feel much closer and more unified and I'd like to thank all who participated.

A great deal of work was also accomplished at the Fall International Board meeting October 4th. There were encouraging reports of the potential for new clubs all over North America. Interesting meetings, planning and contacts have been made in an effort to build these new clubs. Real commitments are being made for Cosmopolitan to fill new community needs, whether they be through our diabetes connections or otherwise. We are hoping to see at least one club charter before Christmas.

What a great time to be a club builder! What a great time to become a charter member! These are two of the most memorable things that you can experience as a Cosmopolitan. Thanks for the heroic efforts that are being made to share Cosmopolitan with others in your communities.

The Awards Committee is definitely active this year. There have been many recommendations and changes that are expected to increase competition for awards. There will be the addition of some new awards, elimination of some old awards and improvement of criteria for existing awards. This updating and streamlining should improve participation, attendance, membership and keep all of the appreciation and recognition that goes with International awards. A new awards booklet is expected in the very near future.

Research and testing continue to move ahead for INGAP. Testing is now in phase II. This includes the testing of at least 200 patients at 16 additional sites. Increased dosages of the gene are now being administered. Cosmopolitans are where the action is in this movement. We are continually striving to educate and assist in the most productive treatment for people with diabetes, in addition to our helping to find a cure.

Your Cosmo Friend,

Jim Walker
International President



HEADQUARTERS HIGHLIGHTS

Barbara Johnson, Executive Director

Headquarters Workday



Myrna Pollon, Western Canada Federation Governor, gave the boardroom a fresh coat of paint at the recent workday at Headquarters. Our thanks to all the workday participants - Derry and Sheila Anderson, Barney Flynn, Kevin Harmon, Bill Kubat, Jerry Nelson, Jeanne Nielsen, Jim and Joan Walker, and Bob Williams for a job well done.

Thanks to Rich Braun, Omaha I-80 member for the donation of a Gateway Pentium laptop for use at Headquarters. Thanks also to Terry Sanford, also an Omaha I-80 member, for purchasing and installing additional memory on the laptop, which replaces an older DOS version model.

Membership

Twenty years ago Cosmopolitan International had 4,000 members, today it has 2,000. Clearly we are going to have to take steps to turn that around. We have had our successes. New clubs are being built, new members are still being sponsored. But we are clearly dropping members more quickly than we are recruiting new members. When asked, many people today say that they are too busy to belong to a service club. What should our response be to this objection? What does Cosmopolitan International have to offer a prospective member?

Too often we talk about the mechanics of how to build club membership – plan a membership activity, send invitations, etc. But we need to proudly promote the benefits of belonging to Cosmopolitan International – lifelong friendships, making a difference in your local communities, leadership opportunities, and personal and professional development are just a few of the reasons that our organization should be growing. Think back to when you joined, and why you have stayed a member.

One of the strongest ways we can promote Cosmopolitan is by emphasizing that we are **the club that fights diabetes**. Several weeks ago the latest report from the Centers for Disease Control was released and cited the frightening statistic that one in three children born in the year 2000 will develop diabetes. The lifetime risk of developing the disease is 32.8 percent for men and 38.5 percent for women.

Cosmopolitan International's mission is the detection, education, and research of diabetes. Whether it be sponsoring kids to attend diabetes camps, providing diabetes testing to thousands on federation-sponsored mobile nursing units, or contributing toward the INGAP research effort, Cosmopolitans are making a difference. Let's remember to share our vision of a future free of diabetes.

www.cosmopolitan.org

Check out these new pages:

- links to club websites
- Branson convention registration and schedule

To log on member protected pages: **User name: cosmo**
Password: unity



COSMOTOPICS

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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.

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Cosmopolitan International Board Action

At the Fall Board Meeting held in Overland Park, Kansas on October 4, 2003, the Board took the following action:

- Authorized the lease of a new copier at Headquarters
- Adjusted the annual budget to reflect actual travel expenses by officers
- Approved the following revisions to the Awards Program
 1. Established the **Best Web Site Design** award
 2. Eliminated specific criteria in the **Yearbook** award (page size, margins, column inches) to encourage greater creativity
 3. Eliminated the **Activity Banner** award
 4. Added criteria to the **Big "C"** award, including the requirement that the Club President or President-elect must attend International and Federation Conventions, as well as remit an Annual Plan to Headquarters
 5. **Club President of the Year** and **Federation Governor of the Year** awards will now be judged by Int'l Officers and the requirement to build a new club has been eliminated
- Approved a proposal from the Cornbelt Federation to host the 2007 International Convention in Omaha, Nebraska, chaired by Ed Ficenech and Jerry Nelson
- Reviewed the results of the 2003 International Convention Survey and discussed ways to integrate recommendations into future conventions
- Approved the 2004 Branson Convention budget, agenda, and package price
- Reviewed the status of the goals set by International Officers, Federation Governors, and Executive Director
- Received an update from the Search Committee regarding the funding and timeframe for hiring the Director of Membership Development

"I hereby pledge my loyalty and friendship to every Cosmopolitan, I agree to abide by the rules of Cosmopolitan International, my federation and my club. I promise to incorporate the aims and objectives of Cosmopolitan International into my daily life, so that I may bring credit to my club, my community and Cosmopolitans everywhere."



Director of Membership Development Search Committee Update

*Derry Anderson, Search Committee Chairman
and International President-Elect*

Many of you have inquired about the status of the search for the newly created position of Director of Membership Development (DMD). Following the approval by the delegates at the International Convention in Minneapolis this summer, a search committee was formed and is comprised of the following individuals:

- Jeanne Nielsen, VP for Membership and New Clubs, Cornbelt Federation
- Brian Leipert, Past International President, Western Canada Federation
- Tom Stone, Past International President, Capital Federation
- Kevin Harmon, Governor, Mo-Kan Federation
- Barbara Johnson, Executive Director, Mo-Kan Federation
- Jim Walker, International President, Cornbelt Federation
- Derry Anderson, International President-Elect, North Central Federation

The Search Committee has developed goals and a timeline for achieving them. We will be advertising for the position in February, 2004. We plan to conduct interviews in conjunction with the CI Board meeting March 6, 2004. After selecting the candidate, we would like the new DMD to attend as many Federation Conventions as possible. By attending the conventions, he or she will experience first-hand our Cosmo motto - "Unity, Service, and Action". I'm asking each of you to extend a warm Cosmo welcome to this individual. If you have any questions or comments regarding the selection of this person, please contact me at 605.361.1040 or derry@3611040.com.

Remember to continue to "Just Get One" member and promote the fact that we are **The Club that Fights Diabetes**. We all need to be asking people to join Cosmos. We are a great club! We need more great members! Why did you join? Why not share that enthusiasm with your friends and/or business associates and invite them to a meeting? Keep up the great work in your communities and good luck with all your fundraisers for the local charities and for INGAP.

P.S. Ho Ho Ho! Looking for a last-minute gift idea? Why not purchase a commemorative brick in honor of a loved one or fellow Cosmo? Headquarters will be pleased to send you a lapel pin recognizing your contribution to put under the tree. Listed on page 15 are those members who have already signed up to be a member of the Cosmo Brick Club this year.



*Happy Holidays from our
family to yours*

Derry and Sheila



UNITY, SERVICE, ACTION

Jeanne Nielsen, Vice President for Membership and New Clubs

I have been reading a variety of magazines from other service clubs and found some inspiring concepts in the *EXCHANGE Today*, September/October 2003 issue. These concepts can be applied to Cosmopolitan or any other service club.

It is said that there are three attributes of an effective leader:

1. Optimistic during difficult times,
2. Creative in problem solving, and
3. Inspirational by example.

During these times when we are struggling to recruit and retain members, Cosmopolitans have a unique opportunity to become strong leaders by aspiring to display the above attributes. Each of us needs to keep our mission of **“UNITY, SERVICE and ACTION”** in mind. We need to remember why we joined Cosmopolitan. If we are proud of our clubs and what Cosmopolitan means to us, we should want to share that experience with others. **Make sure you share the opportunity to become a Cosmopolitan by asking your friends, coworkers and neighbors to attend functions and join the club that fights diabetes.**

Cosmopolitan International needs to grow and we need to continue to serve more people. We need to be committed community leaders by exercising optimistic, creative and inspiring leadership. We need to be committed to growth and excellence, because we know that failure is not an option.

The more Cosmopolitan clubs we build, the more good things we can do for our communities. There are several club building projects going on at this time – Detroit, Nebraska City, Calgary, and Rockford. In addition, several other people have committed to building a club this year. Our goal is to charter **seven** new clubs this year. We have a very good start; let’s keep the momentum going and **STOP THE DROP!!**

I am asking each of you to demonstrate your commitment to Cosmopolitan by agreeing to recruit one new member by June 30, 2004. In addition to receiving a sponsor lapel pin, your name will be entered into a drawing for a complimentary convention package to Branson, Missouri. Your name will be entered into the drawing each time you recruit a new member. The more members you recruit,

the more chances you’ll have to win a convention package. What a great way to build our membership AND see the lucky winners at the Cosmopolitan International Convention in 2004!

A chance at a Branson convention package is added incentive, but let’s help Cosmopolitan grow because it is the right thing to do. Someone you know is waiting to be asked to join. Pick up the phone right now and invite that someone to your next meeting.

This is the perfect opportunity for you to be optimistic, creative and inspiring!

Recruit a new member and your name will be entered into a drawing for a FREE 2004 Branson Convention package!

Celebrate Founder’s Day and Promote Cosmopolitan International



Rob McWilliams, Vice President for Finance and Marketing

At the recent CI Fall Board meeting, your Board of Directors endorsed adopting the Founder’s Day marketing program whereby each year on March 12th we celebrate the birthday of our organization and inform people throughout North America of “who we are and what we do”. This will:

- ◆ Create an opportunity to promote each club and what we do in our communities and on an international level, in a unified manner.
- ◆ Assist the VP of Membership and New Clubs to recruit new members and create interest to build new clubs.
- ◆ Assist the International President in achieving his goal of increasing public awareness of Cosmopolitan International and our diabetes projects.
- ◆ Create a low-cost annual marketing/public relations/promotional opportunity and event for Cosmopolitan.

How it works:

Each club secretary or president should get the name and e-mail address, fax number or mailing address of the Community Affairs contact at your local and regional newspaper as well as the local Chamber of Commerce. In addition, write a brief paragraph describing your club – year founded, meeting location and time, as well as service projects held by your club.

PHASE ONE – Send the contact information and your club paragraph **by Jan. 30th** to your federation Governor or Lt. Governor, who will forward the information to International Headquarters.

PHASE TWO – By **March 1st**, a press release will be sent from Headquarters to all newspapers

announcing the anniversary of our 86th birthday. The release will list the clubs in each region and personalize it with the paragraph you have provided. The contacts will be the Governor and the VP of Membership and New Clubs with their phone numbers and e-mail addresses.

PHASE THREE – Each club (**between March 5th and 8th**) will send out a second press release announcing the anniversary event and a more personalized version of the CI story to their applicable media contacts. This will serve as a follow-up opportunity for each club to promote themselves in more detail – history, heritage, community service, etc. The club president will be listed as the contact person with phone number, e-mail and club web address (if available). **This is the most important phase in terms of follow-through** – it promotes each club to their communities. Yours truly and the Executive Director will furnish the CI content for the club press releases and they will be distributed to each club through the Federation Governors. **Clubs, you must follow through on this in a timely manner to achieve maximum impact for Cosmopolitan.**

We are hoping that good things come from this effort. Remember, *some* free publicity is better than none at all. I thank everyone in advance for their cooperation in this endeavor – let’s have some fun and make it a birthday to remember. Please contact me should you have any questions about Founder’s Day.

*Contact information: Rob McWilliams
VP for Finance and Marketing
rob.mcwilliams@pilotonline.com
757-222-5644*

Become A Beacon – Help Ensure the Future of Cosmopolitan

*Ed Thompson, Chairman
Cosmopolitan Diabetes Foundation*

We had a wonderful response to the request for new Beacons at the Minneapolis convention last July, and I encourage all Cosmopolitans to help us maintain momentum as we continue toward our \$1,000,000 goal. We need to increase Beacon participation vertically as well as horizontally if we are to reach our goal by 2006. That is, we need to have more people commit to the higher levels of Beacon participation as well as signing up new Beacons.

At the end of October we had 861 Beacon memberships and the fund stood at \$817,670. That was an increase of more than \$34,500 and 26 members from June 30, 2003; the end of our fiscal year.

As we approach the Holiday Season and the end of the calendar year, many of us pause to reflect on our past year's blessings and consider sharing some of those blessings through year-end charitable contributions. If you have been so blessed, and have some contributions to make, I would encourage you to become a Beacon. If you are already a Beacon, consider moving up to Emerald (\$5,000), Ruby (\$10,000) or Diamond (\$25,000). We currently have twenty Emerald, nine Ruby, and four Diamond Beacons.

Each club and federation should also consider Beacon participation. All but seven clubs and two federations have at least one Beacon membership. If your club or federation is not a Beacon member, please support our endowment. For those clubs and federations that do have a membership, consider moving up a level. It costs little more than 27 cents a day to be a Beacon and \$1.37 to be an Emerald Beacon.

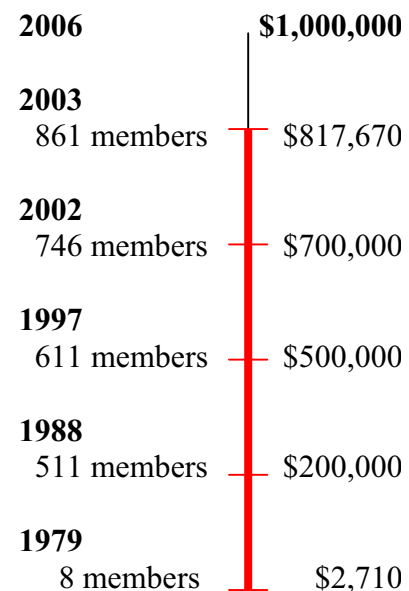
Remember, the Beacons Endowment Fund was established with the purpose of perpetuating Cosmopolitan International. Your CDF Board of Directors manages this endowment fund so as not to spend any of the Beacon monies sent to us. Only the investment income can be used for expenses and to fund the charitable, scientific or educational purposes of Cosmopolitan International.

I also encourage our Canadian Cosmos to consider year-end contributions to the Canadian Foundation, and all Cosmopolitans to consider Hands and/or Clubs Across the Border Beacon memberships.

Your CDF Board wishes all Cosmopolitans everywhere a very happy and joyful holiday season. If you are a Beacon, we want to say thank you; and if you're not, please become one.



Beacons Fund \$1,000,000 Goal



Editor's Note: We regret that the Main Street Cosmopolitan Club was inadvertently left off of the list of new Beacons in the last issue. Thank you to the newly chartered Main Street Cosmopolitan Club for committing to a Beacon membership

Plan Ahead For Branson 2004!

The vibrant city of Branson, Missouri, awaits you for a summer vacation Cosmopolitan-style on August 4-7, 2004. The Mo-Kan Federation would like to invite all Cosmopolitans and their families to join us for a fun-filled, cost-efficient summer getaway at the 2004 Cosmopolitan International Convention in Branson, Missouri.

The 2004 International Convention will be held at the beautiful Clarion Hotel at the Palace. Regular room rates at this hotel start at \$89, but Cosmopolitans will only pay \$55 per night for a room with two queen beds. As an added benefit, Cosmos may enjoy that reduced rate for additional nights before or after the convention.

The complete package price for the 2004 International Convention is a benefit all its own. The adult package is \$150 if you register before June 1, 2004. This price includes all breakfasts, all lunches and two dinner banquets. The teen package price is also \$150 and includes trips to Silver Dollar City, Track Family Fun Parks and the White Water Adventure Park.

The city of Branson features a vast array of activities: outdoor recreation, spectacular entertainment, world-renowned theme parks and truly unique shopping centers.

For more information visit www.palace.com for the Clarion Hotel at the Palace, or www.explorebranson.com for the Branson/Lakes Area Chamber of Commerce. See you in Branson!



Join us for an evening of entertainment and great dining on the Sunset Dinner Cruise of the Branson Belle.



Convention Highlights

Register now online at www.cosmopolitan.org. Complete schedule and registration available online and in the Spring and Summer CosmoTopics issues.

Wednesday, Aug 4

Noon-5 pm	Golf*
1-5 pm	CDF Board Meeting
6-7 pm	PIP Reunion
7-10 pm	Ozark Mountain Welcome

Thursday, Aug 5

8-11 am	CI Board Meeting
Noon-2 pm	Opening Ceremonies Lunch
2:30-4:30 pm	1 st Delegates Meeting
7:00 pm	Sunset Dinner Cruise*

Friday, Aug 6

9-11 am	Roundtable Discussions
11-1 pm	Beacons Lunch
1-3 pm	Workshops
6 pm	Dixie Stampede Dinner and Show*

Saturday, Aug 7

9-11 am	2 nd Delegates Meeting
Noon-2 pm	Awards Luncheon
2-3:30 pm	2 nd Board Meeting
7-10 pm	President's Banquet

Guest Program will include the Starlite Theatre and shopping at the Grand Village Shops.

Children and Teens will enjoy Silver Dollar City, Track Family Fun Parks, and White Water Adventure Park.

***Package Price for Cosmos, Guests, and Teens: \$150**
Does not include the following Optional Events:

Golf Tournament	\$60
Sunset Dinner Cruise	\$55
Dixie Stampede	\$41

INGAP Development Report

Understanding Factors Controlling Islet Neogenesis Will Be The Key To A Cure For Diabetes

Anna B. Goldenberg, Executive Director, Diabetes Institutes Foundation

Research on islet neogenesis continues to move forward in both clinical investigation nationwide and basic science research at the Strelitz Diabetes Institutes (SDI) of Eastern Virginia Medical School (EVMS).

In June of this year, GMP Companies and Procter and Gamble completed the Phase 1/2a studies. In September, the companies announced that they expect to begin the next phase of clinical investigation by the end of the year. At least 200 people will be enrolled at the same four sites in Chapel Hill, San Antonio, San Diego and Washington DC. Sixteen more sites will also be added. The trials will seek trends toward efficacy at tolerable dosages in both Type 1 and Type 2 patients. The dosage will be higher and the duration longer than what was given in the Phase 1/2a trial, which was testing for safety only.

The clinical research in this phase needs to ascertain the dosage, timing, and route of administration to find out how INGAP therapy will be most beneficial in humans. All three variables may be different from person to person, depending upon the type of diabetes, the degree of pancreatic

damage, the presence of antibodies and other such variables.

With support from Cosmopolitan International, there is promising news to report from the SDI laboratories in the search for a cure for diabetes as well. Researchers are looking at the following areas – the process of regeneration, who will benefit most, and what obstacles are likely to be encountered.

Dr. Aaron I. Vinik, SDI Research Director, reports that as clinical trials progress with INGAP, SDI researchers are seeking to understand the mechanism of islet regeneration so that the production of insulin can be regulated.

“Here, in the Institutes’ laboratories, we need to anticipate the pitfalls that INGAP will encounter,” he says.

“Understanding the process of neogenesis is vital,” Dr. Vinik explains. “The process is very complex and may require more than one initiating agent. We must learn whatever is necessary to allow INGAP to do its thing.”

But, he cautions that the unbridled growth of cells may not be advantageous.

“Researchers need to anticipate this risk and are presently assessing if this would be the case with humans,” says Dr. Vinik. “We need to find the mechanism for INGAP neutralization – should the need arise. Presently, researchers have learned how to turn on the INGAP expression, but they must also ascertain how to turn it off. This may become crucial in obviating possible untoward consequences.”

Researchers are also assessing in what patients INGAP will be most effective and what could compromise its activity.

“There may be antibodies to INGAP,” says Dr. Vinik. “And we will need to assess if INGAP can be used alone or if it requires combination with other factors, such as oral insulin sensitizers, to be most effective.”

Nonetheless, a major milestone has been reached.

Dr. Vinik explains, “It appears that INGAP can basically change the biology of diabetes in animals. We need to anticipate what may happen in humans and be ready for it. It would be sacrilege to rest on one’s laurels at this stage. Understanding the process is critical for success.”

INGAP Excitement Grows!

The Strelitz Diabetes Institutes in Norfolk, Virginia recently announced that Phase I of the INGAP diabetes testing has been completed and is moving to Phase II by the end of the year. In Phase II clinical trials, the INGAP gene will be administered to a greater number of people (at least 200) and 16 additional testing sites will be added. The dosage will increase and the duration will be longer than the first phase, which tested for safety only.

As Dr. Vinik, Strelitz Diabetes Institutes Research Director, is quick to point out, none of this would have possible without the support of Cosmopolitans who were the original founders of the Institutes nearly 20 years ago.

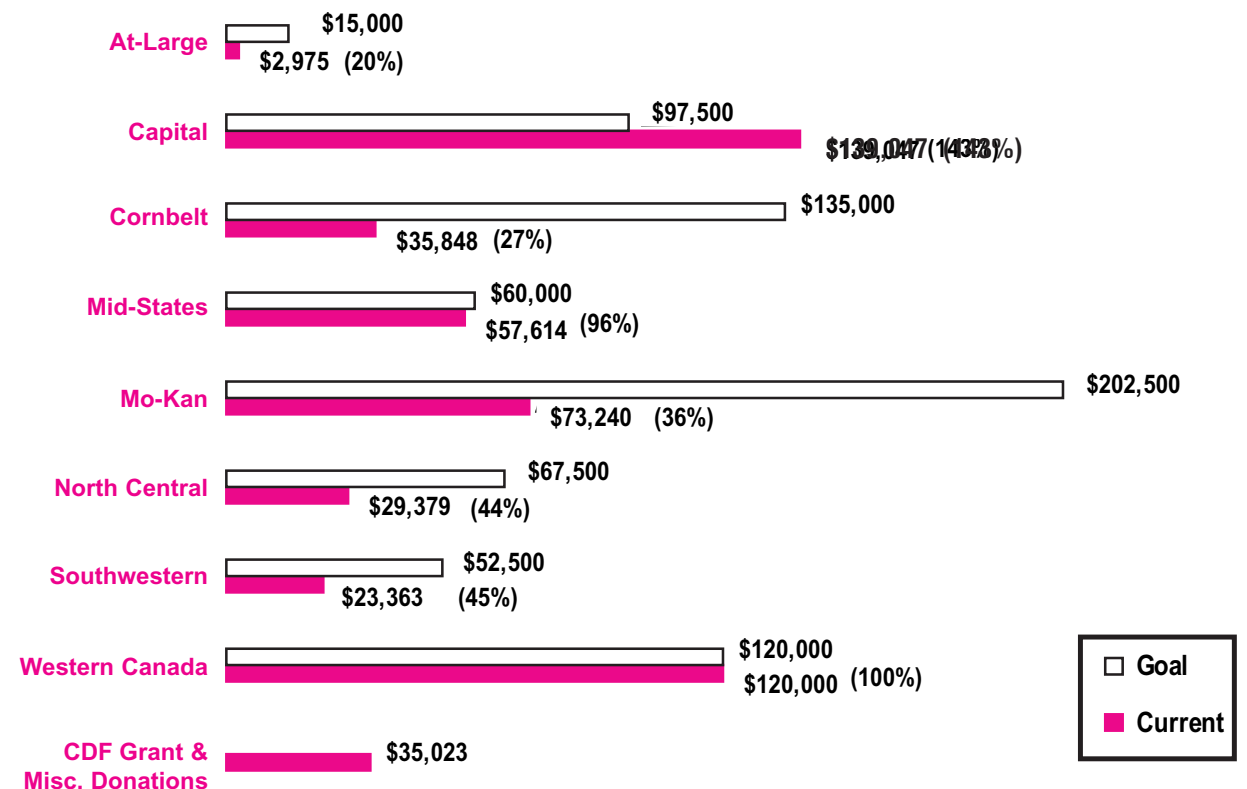
This is great news in the fight against diabetes! We have reached just over \$500,000 toward our goal of \$750,000. Let’s continue to support this exciting work.

Imagine A Future Free From Diabetes!

Federation Fair Share Goals of Cosmopolitan International’s \$750,000 Total Commitment to INGAP *

5 year CI Commitment	\$750,000
Annual International Commitment	\$150,000
Total raised as of 11/15/2003	\$516,489
Percent of 5 year total raised to date	69%

* Federation Fair Share Goals based on membership percentage of CI total membership



NEWS FROM OUR CLUBS AND FEDERATIONS...

Keep us informed — send newsworthy information on your club or federation to the Editor of CosmoTopics:
P.O. Box 4588, Overland Park, KS 66204
Fax: (913) 648-4630 e-mail:headquarters@cosmopolitan.org



From Fargo-Moorhead ...

ANNUAL CHERRIES FOR CHARITY PROJECT

For the past 23 years, the Fargo-Moorhead Cosmopolitan Club has held a fund-raiser called “Cherries for Charity”. They sell wonderful Bing cherries, and many cherry-related products such as pies, angel food cakes, soda, and doughnuts. The sale is held in conjunction with Hornbacher’s Foods of Fargo-Moorhead and with volunteer help from the Rape and Abuse Crisis Center (RACC) and the F-M YWCA Shelter for Women and Children. This year the project netted \$13,329, which was donated to these two local charities.



Left to Right: Beth Haseltine, Director of RACC, Dean Hornbacher of Hornbacher’s Foods, Mike Rasmussen, Club President and Marcia Paulson, Director of the YWCA Shelter.

For the 2004 Cherries for Charity sale, the club would also like to offer a cookbook with only cherry-related recipes. If you have a recipe with any kind of cherry ingredient, and would be willing to share it with the world (or a small part of it), please e-mail it to ruthlee-k@att.net before February 15, 2004.

From Elgin ...



On October 14, the Elgin Cosmopolitan Club chartered a bus to travel to the Crusader Clinic in Rockford, Illinois for a tour of the facility. The Crusader Clinic is supported by each of the five Cosmo clubs in the Mid-States Federation, with Cosmopolitan members donating more than \$160,000 to Crusader since 1994. Pictured below is the van purchased for Crusader by Cosmopolitan members.

From Main Street ...

The newest Cosmopolitan club, the Main Street Cosmopolitan Club, is already busy with fund-raisers to raise money for diabetes-related projects. They held a Pampered Chef Open House on November 16th. Members also worked a game booth for the Oriental Trading Company picnic, which raised enough money to send three kids to Camp Floyd Rogers.

Main Streeters are also busy getting to know other Cosmos. In October they traveled to the Pumpkin Patch with Cosmopolitan members from the Omaha U.S.A. Club and a great time was had by all.

From Sioux City ...



Cosmo **Ken King** takes the Cosmo flag to Death Valley on the Ride to Cure

RIDE TO CURE CHALLENGE

The Sioux City Cosmopolitan Club has had a member on the Siouland Juvenile Diabetes Research Foundation (JDRF) Board for many years. I took over the position a little more than a year ago. Along with local fundraising walks, JDRF has fundraising bike rides in Death Valley and Monterey, California, and also in Australia.

The Death Valley ride is open to anyone who can raise at least \$3,000. Our local JDRF branch had access to matching funds for this ride. Unfortunately, originally we only had two riders. I just could not let that matching money slip away, so I agreed to go with the other two riders on the October 25th **Ride to Cure** in Death Valley, California.

I mentioned my intent to ride to **Matt Chilton**. His moment of inspiration turned to my “ride of perspiration”. We had heard of **Ron Allen**’s climb with his daughter to the top of Mt. Kilimanjaro in Africa and the significant amount of money he raised for INGAP. Matt and I thought that the JDRF ride could also be a vehicle to raise money for Cosmopolitan causes. I called Ron and pitched our idea to start a sort of “physical challenge”—to take the same Cosmopolitan flag he carried to Mt. Kilimanjaro—with me to Death Valley. He agreed it seemed like a good idea and the challenge began.

Ron has taken the flag to the highest point in Africa and I was about to take the Cosmo flag to Badwater, the lowest point in the Western Hemi-

sphere. The ride’s course in Death Valley is normally a 53.5-mile ride south out of Furnace Creek, up Jubilee Pass and back for a total of 107 miles. This year, due to the extreme heat, the course was shortened a bit. We started the ride early in the morning before the sun came over the eastern mountain range of the valley. The wind was at our backs and the ride to Badwater and the turnaround point was a breeze. As any experienced bike rider knows however, the wind at your back at the beginning of the ride means you have to pay on the way back. This ride was no exception. The Santa Anna headwinds were steady at 25 mph and the temperature soared to **107** degrees by early afternoon. The leisurely ride out became a torturous ride back.

I completed the first leg of 68 miles, slightly more than 100 km. I was satisfied to finish that leg of the ride given the harsh conditions. While I was disappointed to not complete the second leg for a total of 100 miles, I had to reflect upon the fact that at the same time *last year* I was in the hospital having a stint put in my heart. The sole risk factor I have for causing the blockage that could have easily claimed my life is diabetes.

While the timeframe for fundraising for this ride was quite short, many of the clubs came through with a great effort. To date, the Regina Club raised \$1,000 for INGAP, the Calgary Club raised \$500 for INGAP, the Wichita Downtown Club raised \$275 for the Cosmo Brick Club, the Omaha I-80 Club raised \$250, and the Sioux City Club raised \$295 for Cornbelt Diabetes Connection and \$500 for the Cosmo Brick Club.

This ride was a great experience for me. The riders were from throughout the Midwest and they were very enthusiastic. It was also a good vehicle to raise money for Cosmopolitan causes. Ron and I hope other Cosmos and their friends will come up with more challenges in the future. Our hope is that each challenger will take the same Cosmo flag with them on their event. The “challenger” will then create a patch with their name and completed event to be placed on the Cosmo flag.

Kenneth L. Todd
Sioux City, Iowa

From Cornbelt Federation . . .

The Sioux City Cosmopolitan Club golf team of **Kelly Engelhardt**, Norm Henry, Jim Beste and **Matt Chilton** won the Cornbelt Federation Diabetes Golf Scramble at Pacific Springs Golf Club for the third year in a row with a score of 21 under par. The tournament was held on September 23, 2003, after being rained out on September 10. Approximately 80 Cosmos and guests were in attendance. The tournament raised approximately \$6,000 for the Cornbelt Diabetes Connection, which sponsors the Mobile Testing Unit that visits Sioux City's Westside Hy-Vee each October and tests around 300 people for diabetes.

From Heartland . . .

LOVE BLOOMS AT HEARTLAND CLUB'S ANNUAL PIG ROAST



The happy pig-eatin' couple

Heartland Club member **Barbara Odell** has a friend named Dee Grout who has helped her sell tickets to the club's pig roast the last five years. Dee belongs to an organization called the Kansas City Ski Club. This year she sold 22 tickets to fellow members of the Ski Club. Two of those were Ben Sweeten and Barbara Ballenger, who have been dating steadily the last year. Seems their first date was last year's pig roast. The group all attended this year's roast together to celebrate the couple's one year anniversary. As a surprise, Dee had a sheet cake baked with a pig logo that matched the pig logo printed on the event tickets. With a wedding in their future they are looking forward to next year's pig roast. The moral to this story may be that couples who eat pig together stay together.

From Rockford . . .



Club President **Jacob Fitzgerald** (top right) and Charities Chairman **Tom Custer** (bottom right) present club grants to several local organizations. The Crusader/Cosmopolitan Diabetes program received an additional \$5,865, Northern Illinois Hospice \$3,500, The Mill \$2,500, Family Advocates \$3,000.



Dana and Brenda Kiley and Brian and Julie Lindsay attended the Crusader Clinic fund-raising dinner.

At a recent noon luncheon, Cosmo **Noel Nickel** and members of the Crusader Clinic Diabetes Program reviewed the annual progress of the van program. To date, over 1,200 individuals have been screened for diabetes. Of those, 142 were deemed as high risk and were referred to the clinic or their own physicians.



From Columbia Luncheon . . .

Cosmos from the Columbia Luncheon Club pledged \$125,000 toward a gymnasium that is being added to Columbia's new \$10,500,000 Activities and Recreation Center. The gymnasium bears a plaque in their name. The Columbia Luncheon Cosmopolitan Club was the second largest private donor for this community project.



Jerry Sigmund, president of Columbia Luncheon Club, presented a \$31,250 check to the Director of Columbia Parks and Recreation, the third installment of the club's \$125,000 commitment.

In Memoriam

*Documented from
September 15-November 15, 2003*

Mo-Kan Federation	
Rolla V. Mansfield	Columbia Luncheon
Maxine Officer	
(wife of Bill Officer)	Columbia Luncheon
Clarence Reichmann	Columbia Luncheon
Tom Sawyer	Wichita Downtown
Southwestern	
Dave Parker	Tulsa
Western Canada	
Bill Robertson	Calgary

Cosmo Brick Club

Commemorative bricks have been purchased for the following individuals:

Derry and Sheila Anderson

Susie Bartlett
2002-2003 Mo-Kan
Federation Governor

Blair Cosmopolitans
Blair, Nebraska
2003

In Memory of
Wilma Iris Bruce
Saskatoon Couples Club

Bill Burkett
Jefferson City Cosmos
Loved By All

Bruce Coble
Columbia Luncheon Club
President 2002-2003

John C. Gustafson
Sioux Falls Pres. 01-02
NC Fed. Gov. 04-05

In Memory Of
Harold Ingersoll
Austin Club

Gary Jurke
Intl. Cosmo of the Year
2002-2003

Jack M. Meyerowitz
Bethesda Club

In Memory Of
Thurlene Marle O'Hara
Heartland Cosmopolitan Club

Jerry Priebe
North Central Federation
Governor 2000-2001

In Memory Of
Jane P. Solak

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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 275 engraved bricks have been placed in the courtyard of the historic turn-of-the-century Headquarters building. To order your brick, please use the order form below.

Cosmo Brick Club Order Form



To purchase a brick, return this form along with your \$100 check to International Headquarters.

ENGRAVING INFORMATION (max. 3 lines, 21 characters or spaces per line):

ACKNOWLEDGEMENT INFORMATION:

Name		
Street Address		
City	State/Prov.	Zip/Postal
Telephone	E-mail	