



COSMOTOPICS

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

Winter 2004 Vol. 65 No. 2



Putting a face on diabetes

Inside Story: Read about how diabetes affected one 6-year old boy and his family

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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.



COSMO TOPICS

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COSMO TOPICS is published four times a year. The \$9 subscription is added to the annual dues by Cosmopolitan International, Inc. Third class non-profit postage paid at Shawnee Mission, KS.

POSTMASTER Send change of address to COSMO TOPICS, P.O. Box 4588, Overland Park, KS 66204-5088.



The Secret to Living is Giving

DERRY ANDERSON
2004-2005 International President

With the holiday season just around the corner, I felt it appropriate to write about charitable giving.

There are only three things to do with money (if you don't count losing it) after we make it. We can save it, spend it, or give it away. Which brings you the most satisfaction? Many of today's donors are less inclined to pass on most of their wealth to their children and more inclined to pass on a greater portion to charitable organizations. Americans give more than \$200 billion in charity every year. More than 80 percent of the money raised by charities in this country comes from individuals. Chances are you contribute to that generous outpouring.

Good reasons to give:

- Experience the value and satisfaction of giving.
- Get involved and connect with peers who share your interests and passions.
- Unite family members and loved ones around a purposeful mission.
- Leave a lasting imprint on society while making a significant contribution to it.
- Give back to the communities that have nurtured you or in which you've earned your wealth.
- Memorialize a friend or loved one.

- Become a leader in service in your community.

The Cosmopolitan Diabetes Foundation has obtained the status of a 501(c)(3) from the IRS, which makes your gift tax exempt. Tax-exempt simply means the organization does not have to pay taxes, and your contributions are tax deductible as charitable donations for federal income tax purposes. Here are a few basics to remember: the preferred method to giving is writing a check; and keep records of your donations (receipts, canceled checks and bank statements) so you can document your charitable giving at tax time. Although the value of your time as a volunteer is not deductible, out-of-pocket expenses (including transportation costs) directly related to your volunteer service to a charity are deductible.

You generally need to be able to itemize deductions if you're giving to charity personally or via your S corporation or limited liability company. Being able to itemize means combining your charitable deduction with certain other personal deductions such as home mortgage interest, state income tax, real estate taxes, investment interest expense and other defined deductions to determine that your actual itemized deductions exceed the standard deduction for your filing status.

Living and Giving

Author Unknown

Whatever you give away today, or think or say or do will multiply about tenfold and then return to you. It may not come immediately, nor from the obvious source but the law applies unfailingly, through some invisible force.

Whatever you feel about another, be it love or hate or passion will surely bounce right back to you in some clear (or secret) fashion. If you speak about some person, a word of praise or two, soon, tens of other people will speak kind words of you.

Our thoughts are broadcasts of the soul, not secrets of the brain. Kind ones bring us happiness; petty ones, untold pain. Giving works as surely as reflections in a mirror. If hate you send, hate you'll get back, but loving brings love nearer.

Remember, as you start this day and duty crowds your mind, that kindness comes so quickly back to those who first are kind. Let that thought and this one direct us through each day.

The only things we ever keep are the things we give away.

How are you investing your life? Spend your time and energy to truly make a difference. Getting the most out of life isn't about how much you keep for yourself, but how much you pour into others.

We wish you all the joys of the season!

Derry and Sheila





Headquarter Highlights

BARBARA JOHNSON
Executive Director

Introducing Staff Member Cheryl Torrey



Cheryl Torrey joined our headquarters team October 25th, assisting both CI and CDF. She resides in Overland Park with her 10-year-old daughter, Emily. Cheryl has primarily worked in the health care industry and has a great deal of experience with Microsoft Office products, especially Access. She is very excited to join the Cosmopolitan team in their fight against diabetes. Please feel free to contact her at headquarters with your questions or just to say hello.

New Computer System Brings Headquarters Into 21st Century

Thanks to a generous donation by the Cosmopolitan Diabetes Foundation Board, the entire computer system at Headquarters has been revamped and upgraded. The system includes three workstations and a server, along with upgraded and expanded software. Some of the benefits will be immediately apparent – databases will work together more efficiently and new programs will allow the staff greater creativity in designing the *CosmoTopics* and various brochures and presentations. The biggest advance to our previous system is the file server system that allows for all data and documents to be saved to one central system and that system is backed up daily. This system will safeguard against loss of data in the event of computer failure.

Recent Action Taken at Fall Board Meeting

The primary focus of the Board at the October 30th Board and Committee Meetings held in Kansas City was the health of Cosmopolitan International clubs and federations. Tom Gustafson, International Vice President for Membership and New Clubs, led an enthusiastic roundtable discussion that challenged each person in attendance to focus on membership.

In other action, the Board:

1. **Accepted** the final accounting as submitted by 2004 Branson Convention Chair Larry Benton and Treasurer Phil Hanson and considered their recommendations for future conventions.

2. **Revised** the 2004-05 budget to reflect recent changes in personnel as well as the \$5,065 profit from the 2004 Branson International Convention, resulting in a projected net cash profit of \$775 without utilizing reserve funds.

3. **Reviewed** the proposed 2005 Convention schedule and recommended changes to encourage members to attend the majority of business functions over a two-day format.

4. **Authorized** the Executive Committee and Executive Director to explore various options to fill the Director of Membership Development position and **empowered** the Committee to execute their decision.

Replacement Door Installed – Finally!

You may recall hearing about a break-in at headquarters last December that caused damage to the front door. The original door had been donated by Past International President Luis Otero in 1970, and was quite large and ornate. It took nearly a year for the contractor and the insurance company to agree on the best way to replace the door while preserving the architectural integrity of the building, but I am pleased to report that they have done a beautiful job and managed to install it before the snow started to fall here in Kansas.

Happy Holidays from all of us here at headquarters.

The office will be open regular hours throughout the season with the exception of December 23-24.

Why We Do What We Do

BARBARA JOHNSON
Executive Director

Matthew Iles spent his sixth birthday in the hospital, where he received a devastating diagnosis – Type I diabetes.

In the two and a half years since that diagnosis, Matt and his family – dad Terry Iles is a member of the Topeka Cosmopolitan Club – have struggled to accept the implications of that diagnosis. In addition to the obvious health concerns, feelings of frustration, anger, helplessness, anxiety and stress also accompany this disease.

A year ago, Matt's doctor at the Children's Mercy Endocrinology Center in Kansas City recommended an insulin pump for Matt. "The insulin pump has made a huge difference in Matt's life," reports Terry. "It has allowed him to participate in all the normal activities of an energetic 8-year-old without having to think about his diabetes every moment. He can even wear the pump while swimming."

While insulin pumps have proven very beneficial for many with diabetes, it is not a simple fix, nor is it the answer for everyone. Not every patient qualifies for the pump, particularly those with Type II diabetes. Even with the pump, patients still

have to test their blood sugar levels on a regular basis and closely monitor their A1C levels with their doctor.

Another downside to the insulin pump is the cost. Pumps must be replaced on an average of every four years. For those that qualify, most insurance companies will pay a percentage, but with a price tag of \$5,000, it may still be cost-prohibitive for many.

Stories like Matt's are why Cosmopolitans dedicated themselves to the cause of defeating diabetes over 25 years ago.

Every time you participate in your club's fundraiser – be it a pig roast, auction, bingo game, corn roast, funnel cake sale or a raffle – and your club designates those funds toward diabetes, you are giving hope to millions who struggle with this disease.

Your fundraising dollars may go toward providing diabetes testing strips for those who can't afford the necessary medical supplies, or sending a child to diabetes camp. Your dollars may even provide the means for a research breakthrough so that hopefully, in the future, children like Matthew can celebrate every birthday at home, eating cake and ice cream.



Matthew Iles, Topeka's 2004 America's Walk Youth Ambassador with his dad, Topeka Cosmo member Terry Iles, before the walk on October 2.

Diabetes by the Numbers

\$13,243

Average annual cost of health care in 2002 for someone with diabetes

\$2,560

Average annual cost of health care in 2002 for someone without diabetes

41 Million

Americans with pre-diabetes, a condition that often leads to diabetes

19

Percent of health-care expenditures that goes toward treating diabetes

Source: American Diabetes Association

Cosmopolitan International

The Club That Fights Diabetes



Fundraising Can Be Fun!

THOMAS R. STONE, PIP, CFRE

Branson was not only the site of a record-breaking convention in terms of attendance; it also featured several well-attended workshops.

My charge was to coordinate a workshop on fundraising. For the last 15 or so years I have been a professional fundraiser so it followed that Jim Walker and Derry Anderson would give me this assignment.

As we Cosmos are proud of the fact that we raise more money per capita than any other service club, improving on that impressive standing could pose a daunting challenge.

I decided to deal with the subject by concentrating first on some basic principals, then reacting to audience participation.

As a great deal of interest was shown in the subject, I volunteered to write this article. Future articles could deal with additional aspects of fundraising.

You Don't Get If You Don't Ask

Fundraising is not magic – to succeed Cosmos need three things:

- A good cause – such as funding diabetes related needs like research and patient evaluation.
- A potential donor who has funds which could be given to the cause through outright gifts, the purchase of tickets, the purchase of food, etc.
- And someone, a good Cosmo to ask for the funds.

Fortunately as Cosmos we have a lot going for us. We have good, highly visible causes, we have members who are well known in their communities and we have an international staff which stands ready to assist.

Recently the international staff compiled a brochure, *Fundraising Fundamentals*, which concisely covers the determination of overall objectives as well as how to develop a project once it has been selected. This handy brochure concludes with a listing of fundraising ideas along with clubs which have used them, should the reader want to secure more information. The best part is that the brochure is yours for the asking by contacting headquarters, or by downloading it from the Cosmopolitan International website: www.cosmopolitan.org.

If You're Givin' While You're Livin', Then You're Knowin' Where It's Goin'

Finally, thanks to Tom Williams and other Cosmopolitan Diabetes Foundation volunteers, we have a tremendous vehicle to use when dealing with potential high donors – our foundation, which is a 501(c)(3) not for profit organization. Our Beacons Fund, where only earnings are used, can and has received donations in cash and securities with appreciated value. Such gifts can play a key role in estate planning. For more details, contact Barbara Johnson, our Executive Director.

This column has introduced several subjects relating to fundraising. Future columns will go further into such areas as using eBay for fundraising. Feel free to contact me at stone@franklingroup.com and I will try to answer any questions posed. If I can't come up with an answer, I'll contact my colleagues in the Association of Fundraising Professionals.

Thanks for your interest.



Why I Became a Cosmo

JERRY NELSON

Publisher's Note: When I began considering whom to interview next for this series, I immediately thought of West Omaha Club member Jerry Nelson. Jerry is a leader who leads by example. He has held just about every office imaginable – club president, Cornbelt Federation governor (1999 Governor of the Year), President of the Cornbelt Diabetes Connection, International Convention Chaplain, and is currently serving on the Cosmopolitan Diabetes Foundation Board of Directors as well as co-chairing the 2007 International Convention in Omaha. But it's more than just the titles and awards with Jerry. He has a genuine heart for Cosmopolitan International and for the work we do for the cause of defeating diabetes.



Miriam and Jerry Nelson

Jerry, how were you first introduced to Cosmopolitan International? What ultimately motivated you to join?

I was invited to attend the West Omaha club's Christmas social by a customer, Jerry Noel. My wife, Miriam, and I attended, and she found she knew several of the members and their wives. I thought joining a service club would be a place to network for business contacts. Cosmopolitan International was a natural choice because both my mother and mother-in-law have diabetes. Although membership in CI may not have directly helped my business, it has provided many intangible rewards knowing that I help to make a difference in the fight for a cure for diabetes.

Tell us how the West Omaha Club and the Cornbelt Diabetes Connection have made a difference in your community.

The West Omaha Cosmopolitan Club consists of over thirty men and women from all walks of life. We hold two major fundraisers each year, with proceeds going to diabetes related projects, and local charities such as the Nebraska Children's home. We also ring bells for the Salvation Army each year and hold an annual clothing drive to benefit the Open Door Mission and Lydia house.

Our club was instrumental in the start of the Cornbelt Diabetes Connection (CDC), which operates a mobile nursing unit, a joint venture with the University of Nebraska College of Nursing. The unit travels in Nebraska

and Iowa visiting senior centers, underserved people and others in the community to provide diabetes and other health screenings. This outreach is the only medical service many of these people ever receive. CDC also provides interim financial support for diabetes supplies to those who are temporarily unable to pay on their own.

Several years ago you served on the International Restructuring Committee, whose purpose was to consider the election process and structure of the International Board. What did you learn about Cosmopolitan International during that experience?

As a Governor-Elect attending my first International Board meeting, I was frustrated to see how little business was actually transacted due to tabling difficult issues to the next meeting. Momentum was stymied and enthusiasm for membership was stagnant. It was apparent that restructuring was necessary for the organization to thrive. The experience of being part of the reorganization process emphasized to me the importance of good communication for an organization to be viable. The leaders must listen to the membership and at the same time must provide clear direction for members. When change is indicated, the organization must be flexible to change in a positive way. This happened with Cosmopolitan. After the bylaws were revised, it became easier for members who had leadership ambition and ability to become officers at the International level.

Obviously, you've had a great deal of success in recruiting new members – you've built two new clubs and sponsored over 20 members. What advice would you give people who don't see themselves as recruiters?

Any active and committed Cosmopolitan can recruit. If you enjoy your club's meetings and social events, it's easy to ask a friend to come as your guest. Let your enthusiasm show; share the mission with someone who is not familiar with the organization. Don't prejudge whether they will be interested. Let them experience it for themselves.



Gaining Ground

TOM GUSTAFSON

Vice President for Membership and New Clubs

As we move into the second quarter of the 2004-05 year, Cosmopolitan's collective membership effort is making progress toward our membership goals: 250 net new members and seven new clubs. To attain this goal there are numerous membership efforts in place around Cosmopolitan International:

New Clubs

Cosmopolitan Club of Southeastern Michigan – We are very excited to have recently chartered this new club. Brad Eadeh is the club president – send him a welcome note.

New Club List – At the recent CI fall board meeting, the board reviewed and added to CI's new club list, which features over 35 communities targeted for new local clubs. All of these have been rated as to the probability of chartering so we can focus on those with the best potential.

With this new club list we will begin assembling a list of potential Cosmos from these areas. To accomplish this we have contacted several Cosmo clubs, asking for help in identifying potential members in new club target areas. These potential members will then be contacted. As of November 5, CI is in the follow-up phone call phase in our effort to build a club in Minneapolis. We will keep you up to date regarding the progress of other club building projects.

Membership Organization

Although we did not make our goal of having the completed mem-

bership organization in place by October 1, we have made progress in naming international liaisons in all federations and several federation liaisons in each as well. The database of potential Cosmos is underway, and several federation liaisons have named potential Cosmos. In cases where asked, CI has sent out introductory letters and brochures to these potential Cosmos. Let us know if we can assist in signing your potential Cosmos. Get on the membership bandwagon! Successful membership events become addictive, and will become a part of your annual club planning. Let me know your thoughts and please keep us in the loop as to your membership activities.

Membership, membership, membership – why do we focus so much on membership? It's not about the numbers, it's about the fact that diabetes is nearing epidemic proportions in North America and continents across the world. By joining forces with other Cosmopolitan members, prospective members can be part of the effort to defeat diabetes and have fun in the process.

New member events

Membership events continue to be an effective way to attract and sign new members. Below are several clubs who have either hosted or will host a membership event. If you are planning to hold an event, please send the information to me – we want to hear about the event and your successes. If you have not planned your club event, please start making plans!

What are a couple of keys to a successful membership event? Good planning and setting high, attainable goals. If your club sets the goal, establishes the event and puts together a plan, you will bring in new members!

Membership Events

Club	Event Held	New Members
Capital Region Club	New member dinner	3
Columbia Luncheon, Breakfast, Show-Me	Cosmo Scavenger hunt	4
Three Rivers	New member night	10
Aurora, IL	Oktoberfest/ New member event	8
Elgin, IL	New Member Dinner	3
Sioux Falls Noon	Steaks, hamburger, hotdog challenge	5
Fargo-Moorhead	Membership Drive	2

Upcoming Events

Omaha USA	Membership Night (11/04)
Columbia Luncheon	New Member Dinner (Spring 05)
Jefferson City	Membership Night (11/13/04)
Rockford, IL	New Member Dinner (11/16/04)
Wascana Couples	Membership Night
Three Rivers	Membership Night (05)
Columbia Luncheon/Rockford	Membership Challenge (5/1/05)
Alexandria-Cenla	Membership Drive (1/1/05)
Hampton Roads	New Member Night (11/04 & Spring 05)



Celebrating Our Birthday March 12

2005 Cosmopolitan International Founders Day Marketing Initiative

ROB MCWILLIAMS

Vice President for Finance and Marketing

By the time Cosmos read this issue it will be time to start thinking about how you can promote your club's 2005 Founders Day event. At our recent CI board meeting the board discussed some changes to our Founders Day public relations campaign that we hope will result in improved club participation and press coverage for Cosmopolitan for our second annual event.

Review of the goals and benefits of the marketing initiative

- A low cost annual marketing and public relations opportunity – using e-mail, faxes, the U.S. mail or even hand delivery.
- An opportunity to promote individual clubs and assist the president in achieving his goal of increasing public awareness of Cosmopolitan International and its diabetes projects.
- A chance to recruit new members and build new clubs and assist the new Director of Membership Development, if the position is filled.
- An opportunity for clubs to create their own Founder's Day events. Clubs can increase the effectiveness of their promotion by participating in our second press release.
- An occasion for Cosmos to have a renewed sense of pride.
- An excellent way to publicize the Cosmopolitan International web site, as appropriate web addresses will be included on the press releases.
- A good time to increase our

number of media contacts, covering every club jurisdiction.

- A time to work on our goal of greatly increased participation in phase three by each club.

Proposed changes

- Shorten the initial press release sent by CI headquarters to that of the PR model (*CosmoTopics*, Fall, 2004), to increase response by the media.
- Send the shortened CI press release model to each club president by March 1, so that clubs have more time to personalize the press release for their purposes.
- Club presidents will be responsible for sending media contacts and information directly to Barbara at headquarters for phase one. We will get the governors involved to help collect this information if we have a slow response.

Roll out schedule

Phase One –

Due to HQ by January 31, 2005

Club presidents collect the contact names and e-mail addresses for the newspapers and business journals that serve their region. E-mail is the preferred method of contact, and fax is the second choice. Club presidents send this information in a timely manner to Cosmopolitan headquarters by fax, 913.648.4630; or e-mail, headquarters@cosmopolitan.org.

Phase Two –

Due out from HQ by March 1, 2005

E-mail and fax press release to the newspapers announcing the

event, highlighting our long heritage and current activities. The press release will also include a list of the clubs in the area, the governor, lieutenant governor, and the director of membership development or the executive director and their phone numbers. The press release will list the toll free headquarters phone number. Headquarters will e-mail or fax a condensed press release to all club presidents for use in phase three.

Phase Three –

Due out from clubs by March 8, 2005

E-mailed or U.S. mailed press release are sent announcing the event. This is an opportunity for each club to promote itself. The release will have a condensed version of the Cosmopolitan International story, and the individual club's history, heritage and community service. The release will list the club president as the contact person, and may be sent on the club letterhead.

I will work with the headquarters staff to write both press releases and furnish the Cosmopolitan International information. We're asking clubs to furnish their club and community service project information for phase three.

Our first CIFD promotion was a success, and we got at least three known articles for our effort! Let's build on this and move forward for Cosmopolitan.

Please contact me with any questions or suggestions.
rob.mcwilliams@pilotonline.com

Cosmo Merchandise



Men's White Golf Shirt

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



Men's Black Golf Shirt

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



Biker T-Shirt

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



Black Wind Shirt

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



Women's White Golf Shirt

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



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

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



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



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



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



Wheat color with tone-on-tone Cosmopolitan International logo

Visors **\$10.00**
Ball Caps **\$15.00**



Window Decal

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

The perfect Cosmo Christmas Gift!

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



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



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

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

Call 800.648.4331 or e-mail brenda@cosmopolitan.org to place your order.



Cosmopolitan Diabetes Foundation Update



DEL OBERST
Cosmopolitan Diabetes Foundation Chairman

At a special board meeting of the Cosmopolitan Diabetes Foundation on October 2, 2004, in Kansas City, Missouri, we adopted the theme “Doors Discover Light”.

Doors – The Cosmopolitan International Diabetes and Endocrinology Center in Columbia needs our help to furnish rooms after their remodeling, which is being funded by the University of Missouri. The remodeling has given the center thirteen additional rooms, as the research area has been moved to the Veterans Administration building. Federations, clubs and individuals will be encouraged to contribute toward the furnishing of these rooms, as we have done in the past, during my term as president in 1983-1984. Presented below are the new rooms created:

Type of room	Number of rooms	Estimated cost to furnish	Total
Conference	1	\$10,000	\$10,000
Exam	5	\$7,290	\$36,450
Office	7	\$2,850	\$19,950
Total estimated amount to raise			\$66,400

Discover – Each club will be challenged to raise \$500 for the Discovery Fund. Hopefully, this influx of funds will provide additional funding for grants, particularly since the Combined Federal Campaign has rendered considerably less each year for a number of years, and it is becoming increasingly difficult to qualify. Even if INGAP is approved by the Food and Drug Administration we still need money for supplies and medicine to help the underprivileged at our three diabetes centers: the Cosmopolitan International Diabetes and Endocrinology Center at the University of Missouri; the Strelitz Diabetes Institutes at Eastern Virginia Medical School; and the Cosmopolitan International Children's Diabetes Center at the University of South Dakota; and two federation-sponsored projects: the Rockford Crusader Clinic and the Cornbelt Diabetes Connection.

Light – our dream many years ago was to raise \$1 million in the Beacons Fund, which invested at 10 percent interest would generate \$100,000 in annual income to support foundation expenses and help with increases in expenses. Since that time, interest rates have fallen in half; therefore, the new goal of the board is to raise \$2 million, which invested at 5 percent will give us the annual income needed.

The board's goal for 2004-2005 is a 10 percent increase in new Beacons Fund members, or to have donors move up to higher levels – emerald, ruby or diamond.

We have commitments of over \$1 million. We have one beacon shining brightly and are starting to build a second one.

Stitched into the center of this magazine is a new envelope for your use to make contributions for your year end giving. Thank you for supporting your foundation in our efforts to fight diabetes.

Lois and I wish you the happiest of holidays!



If you are interested in supporting the furnishing of these rooms, please make checks payable to:

Cosmopolitan Diabetes Foundation, Inc., (CDF)
P.O. Box 4588
Overland Park, KS 66204

Because of new policies, the bank will no longer accept checks made payable to BEACONS, INGAP or CI. Thanks for your support and cooperation.

The Cosmopolitan Diabetes Foundation Board

Working with You to Defeat Diabetes

Purpose: Since its formation in 1976, the Cosmopolitan Diabetes Foundation (CDF) has remained singularly committed to one goal – combating diabetes mellitus, a disease that affects over 20 million people in the United States and Canada.

Process: As a 501(c)(3) not-for-profit organization, any donations made to the Foundation are tax-deductible. Contributions received at headquarters are earmarked to the designated fund of your choice and acknowledgements are sent to the donor. Funds are then safely invested with UBS Financial Services, Inc. and monitored by the CDF Board of Directors until such time as they are disbursed in the form of grants. In the case of the Beacons Fund, the principal is never utilized and only the interest earned is used for expenses.

Profile: Seven Cosmopolitans serve as voting members of the CDF Board. The immediate past international president and the executive director serve as non-voting members. Each U.S. federation has at least one, but not more than two representatives. Members serve a three-year term and are eligible to serve no more than two consecutive terms. Vacancies are filled by elections held at federation conventions. To qualify for a position on the board, a Cosmo must have served as a federation governor.

The next CDF board meeting is scheduled for July 20, 2005 at the international convention in Regina. Agenda items include: investment review, budget proposal, grant requests, updates from each of the diabetes centers and projects, as well as other foundation business as necessary. All Cosmopolitans are welcome to attend.



Seated: Chairman Del Oberst, Bobbie Clifton
Standing: Jerry Sigmund, Merl Duba, Jerry Nelson, Richard Harrison and Bob Winters

During this holiday season, it seems that we are constantly asked to give. Not only our time and money, but perhaps even our patience and goodwill may be overextended as well.

So how do we reduce the holiday stress and increase our joy? Rich Warren, best-selling author of *The Purpose Drive Life* urges us to focus on finding key purposes throughout the season. Make it a time for helpful service, meaningful fellowship and personal growth.

Look for opportunities to perform simple acts of kindness towards others. Offer to babysit your neighbor's children for a few hours so the parents can shop, help decorate your church for the season, or even graciously give up the last available parking space – even if that means you have to walk a couple of blocks! Buy a box of Christmas cards and stamps and assist an elderly friend – you may find sending your own cards less a chore.

This year when you're gathering with your Cosmo friends and family members, seek out the ones sitting by themselves. Ask them what they are thankful for this year – and then really listen to their response. Be willing to share a piece of yourself in return.

We've included an opportunity for giving in this magazine. If you have been blessed this year, please consider sharing with those in need.

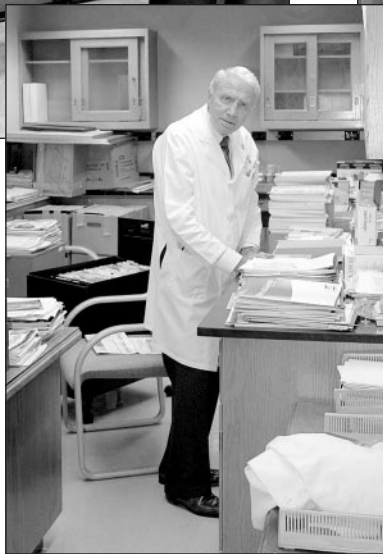
– Barbara Johnson

Photo Album

Maureen Green, Certified Diabetes Educator, provides education to people with diabetes and their family members. The size of the current classroom limits how many people can attend group sessions. An education suite has been requested as a part of the renovation project, and will be named in memory of Delbert E. Howard, long-time diabetes nurse educator at the center.



Mary Freiburghaus, Advance Practice Nurse, occupies a tiny corner of what was once clinical research space.



Dr. Thomas Burns, diabetes center founder, works in his office surrounded by storage boxes and items packed for the remodeling project.

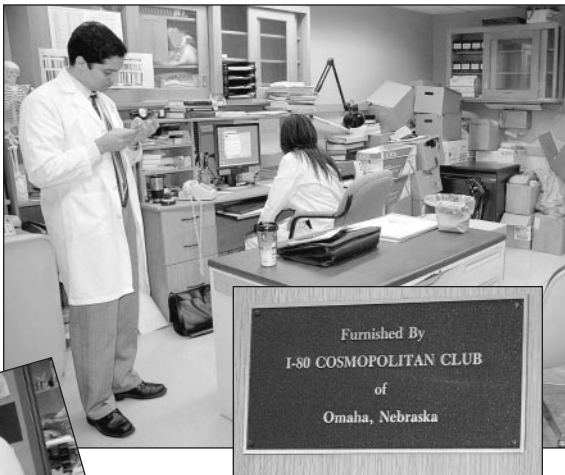


Shared space in the fellows' office makes working conditions less than ideal.



Teaching becomes difficult when Dr. Romayne and Joe Gallagher, Advance Practice Nurse, are in their shared office at the same time!

Demolition has begun in the fellows' office. The current space is shared by Mary Freiburghaus and four endocrinology fellows, as well as used as storage.



INGAP – \$145,000 to Go!

BOB WILLIAMS
Diabetes Committee Chairman

As a result of our increased emphasis on meeting our INGAP challenge during the past fiscal year, Cosmopolitan International presented \$84,335.77 to Dr. Aaron Vinik, Dr. Leon-Paul Georges and the Strelitz Diabetes Institutes on September 21, 2004

This contribution brings Cosmopolitan International's total giving to \$485,144.01 towards our pledge of \$630,000 for INGAP and related research at the institutes.

As a result of discussions during our workshop and the second delegates meeting in Branson, it was decided that Cosmopolitan International would not extend the INGAP effort beyond this year, but rather strive to meet our remaining commitment by the international convention in Regina next summer. **Based on contributions to date, this means bringing \$145,000 to the convention.** It should be noted that Canada will continue to support the research ongoing at the McGill University Health Center in Montreal even though they have met their goal of \$120,000.

To accomplish this we will plan to keep INGAP in front of all our clubs on a regular basis. Therefore, the diabetes committee is planning the following:



Bob Winters, CDF Board Member and Norfolk club member; Dr. Aaron Vinik, Director of the Strelitz Diabetes Research Institute; Jim Craig, newly elected President of the Diabetes Institutes Foundation and Norfolk club member; Tom Griffey, Governor-Elect, Capital Federation; and Dr. Leon-Paul Georges, Director of the Strelitz Diabetes Institutes.

A special newsletter will be prepared and mailed in December to all CI officers, governors, governors elect, and club presidents. INGAP Phase II trial results are expected to be available and will be included in this newsletter. The newsletter will also include federation giving status and other pertinent information.

Cosmopolitan International will prepare and submit a grant request to the Cosmopolitan Diabetes Foundation for INGAP support this year.

Federation governors and club presidents will be con-

tacted by either telephone or e-mail beginning in January to remind them of our goal and to provide any new information.

A postcard will be sent six weeks before federation conventions reminding all clubs of our INGAP commitment, and articles will continue to be prepared for inclusion in *CosmoTopics*.

Based on comments received at the International Convention, bringing Anna Goldenberg to Branson was well worth our time and effort. I wish to thank again all of the clubs in the Capital Federation for agreeing to fund the total cost of her trip.

INGAP DIABETES RESEARCH PROJECT

INGAP, Islet Neogenesis Associated Protein, is a protein that's responsible for the formation of new insulin-producing beta-cells and holds great promise for the regulation of glucose levels in diabetics. The treatment under development involves the injection of a small fragment of native INGAP, called INGAP peptide.

At the 1999 Cosmopolitan International Convention, Dr. Aaron Vinik of the Strelitz Diabetes Research Institutes at Eastern Virginia Medical School in Norfolk, Virginia, and Dr. Lawrence Rosenberg of McGill University in Montreal, Quebec, presented delegates with news of this exciting discovery. Cosmopolitans committed to raise \$750,000 for INGAP research.

Cosmos in Action

Norfolk Foundation Makes Donation

The Cosmopolitan Club of Norfolk Foundation has made a donation of \$5,000 to the Strelitz Diabetes Institutes at Eastern Virginia Medical School. This

makes a total of \$11,000 in contributions for 2004 to the center from the Norfolk Cosmopolitan Foundation.

Thomas H. Jones, III, president of the foundation, said it was exciting to see the local research teams making such breakthrough discoveries in the drive to finally find a cure for diabetes. Cosmopolitan International provided the original seed money for the Strelitz Diabetes Institutes at EVMS in 1984, through their million dollar campaign. Over half the original commitment was raised by the Norfolk club.



Anna Goldenberg, Executive Director, and Thomas Jones, III, President, of the Strelitz Diabetes Institutes Foundation.

provided the original seed money for the Strelitz Diabetes Institutes at EVMS in 1984, through their million dollar campaign. Over half the original commitment was raised by the Norfolk club.



Correction

The Mo-Kan Convention will be held in Topeka, Kansas, April 30 through May 1, 2005. We gave the wrong location in our last CosmoTopics.

Edmonton Club Hosts Golf Tournament



The golf committee from the Edmonton Cosmopolitan Club are all smiles after their third annual John Short Charity Classic for diabetes research on August 31, 2004. 116 golfers enjoyed a terrific day as we raised \$14,000 for diabetes research.

Thanks to Ryan Lawn & Tree



Thank you to Santa Fe Trail Club member Larry Ryan. Larry has donated the services of his company, Ryan Lawn and Tree, to keep the exterior landscaping surrounding the headquarters building in Overland Park neat and trimmed.

Ryan Lawn and Tree was started by Larry in 1987, and its many "clean, red trucks" can be seen throughout the Kansas City area as well as other Midwestern cities. The company is recognized for its standards of excellence. The Santa Fe Trail Cosmo Club is also well-known at Ryan Lawn and Tree, as the club meets there twice a month for their Friday meetings.

Cosmos in Action

Love Connection at Omaha Club

I met Bob Klingseisen last November while celebrating my 40th birthday with some girlfriends. Bob sat down beside me and we chatted. His career as a Lieutenant Colonel in the U.S. Army sounded very interesting. Bob had



Diana and Bob Klingseisen

recently moved to Omaha to work at Offutt Air Force Base, at the U.S. Strategic Command. I asked if he would be a speaker at one of our meetings. I called him periodically to see when he could work us into his busy schedule.

Finally, after a couple of months, I called him again and at that point he asked "How about we talk about it over dinner?" We arranged a dinner date, but due to cell phone mishaps we missed our meeting for several weeks. We had a heavy snow, so Bob brought over dinner and cooked at my house – he was willing to brave my three teenagers!

Bob finally spoke at our Cosmo meeting in April. Over the next months we continued our courtship and Bob proposed to me on Waikiki Beach. We were married August 28, 2004 and couldn't be happier. Bob continues to cook every meal, and our five children have blended perfectly. Bob is also our newest club member and my secretary!

Diana Klingseisen (formerly Turner)
President, Omaha Club

All in the Family items were gleaned from club newsletters received at headquarters. If you have an announcement or other newsworthy event you would like to see included, please submit to the CosmoTopics publisher via e-mail at: barbara@cosmopolitan.org.

All in the Family – News from Cosmos Far and Wide

Congratulations to Brian and Marilyn Mitchell, of the Regina and Wascana Couples Clubs, who recently celebrated their 35th wedding anniversary aboard the Queen Mary II. In 1969, the Mitchells spent their honeymoon aboard the maiden Caribbean cruise of the Queen Elizabeth II.



Brian and Marilyn Mitchell

With one-year old puppy Millie aboard their fifth wheel RV, former Executive Director John Bloom and his wife Marci, both members of the Heartland Club, plan to head south to the sunny Rio Grand Valley in Texas on January first.

Looking for a new recipe to share at your upcoming Cosmo holiday party? Here's one that earned New Orleans Cosmo pal Janet Rousset rave reviews at the club's recent Oktoberfest.

Apple Dump Cake

- 1 C chopped pecans
- 2 cans apple pie filling
- Cinnamon or apple pie spice
- 1 box yellow cake mix
- 1/2 to 1 C melted butter or margarine



Spread the apple pie filling in a greased 13x9" baking pan. Sprinkle with cinnamon, then spread 1/2 C pecans over the filling. Dump the cake mix, straight out of the box, on top of this mixture and smooth out surface lumps. Sprinkle remaining pecans over mix, then drizzle with melted butter. Bake at 350° for 50-55 minutes, until bubbly and brown.

Cosmos in Action

Topeka Club Active this Fall

The Cosmopolitan Club of Topeka has donated funds to the St. Francis Diabetes Center. These funds enabled the St. Francis center to purchase five carts for nurses to use while working with their diabetic patients. Stacey Jensen, R.N., is the director of the Diabetes Center. She and her staff worked closely with the Cosmopolitan Club to complete this project.



Topeka Cosmo members Jay Kreiger, George Hutchins and Norma Badgley-McAtee.

The club also participated in the Walk for Diabetes, held in Gage Park on October 2. Club members, wearing their Cosmo biker shirts, hosted a booth introducing Cosmopolitan International to prospective new members.

Fall Picnic Brings Austin Cosmos Together



Austin Cosmos celebrated at their fall picnic on September 11, 2004.

They had fun playing bingo and enjoying Texas style barbecue, prepared by their Cosmo chef J.R. Harrison.



In Memoriam

Documented from September 1, 2004 to November 15, 2004

Western Canada Federation
Jack Turnbull – Regina

Cornbelt Federation
Ronald Driver – Council Bluffs
Jerry Mayhew – Grand Island

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 325 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.



Recent Courtyard Additions

In Memory of
Merrill Henry
Council Bluffs Club

Ralph Morocco

James McElroy

Robert F. Lewis

In Memory of
Ronald Driver
Council Bluffs Club

Ed Ficenec
2001-2002 President
Omaha Club

Gary Peterson
2003-2004 President
Omaha Club

Memorial – Delbert Howard
Given by the Columbia
Cosmo Breakfast Club

Perry Johnson
2002-2003 President
Omaha Club

Donation only – no engraving
requested:
Dr. Walter Alm

Cosmo Brick Club Order Form

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

ENGRAVING INFORMATION
(maximum of 3 lines, 21 characters or spaces per line)

ACKNOWLEDGEMENT INFORMATION

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It's never too early to start planning for the 2005
Convention in Regina, Saskatchewan!



July 20-24, 2005

Other Area Attractions...

- Royal Mounted Police
- Moose Jaw Tunnels
- Maxwell's Amusement Park
- Wascana Lake

Make plans now to
join us for another
exciting convention!

