




# **COSMOTOPICS**

A publication of Cosmopolitan International – *The Club That Fights Diabetes*  
Winter 2005 Vol. 66 No. 2



**Cosmopolitan Lodge...  
Prince Albert Clubs Opens  
Doors to their Community**



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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.



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# What's Cooking?

Kevin Harmon  
2005-2006 International President

Things are “cooking” in Cosmopolitan and I hope all of you are a part of it. Your International Board has drawn up a “*Recipe for Success*” for this year and beyond and is in the process of heating up the oven and creating a real feast.

There is excitement in the air as we approach the midway point of our Cosmo year. It seems like only a short time since your board was installed in Regina, Canada and here it is the holiday season already. With the holidays comes the expectation of good company, family and friends and, of course, good food. So what's cooking?

Thus far many of the clubs have had or are planning their membership events. It has been great to hear the stories already about the success of these events. Rockford has added several new members, Prince Albert hosted new prospects and signed up new members, while other clubs are in the final stages of planning single club and multi-club meetings. Has your club had a membership event this year? The staff at International Headquarters has material and advice to assist in the planning and implementation and is ready and willing to help. All of the board, and particularly your Vice President of Membership Tom Gustafson, can also assist in this process. It is the lifeblood of our organization and a way to ensure the vitality of your club.

There is also a plan in the works to continue our efforts at building new clubs and resurrecting past clubs. Over the years some of our best success stories have come from establishing new clubs. It is a bit of work, but the rewards are boundless. Efforts are currently underway in Canada and across the U.S. to establish new clubs. Is there a city or town in your area or that you are familiar with that would benefit from being a part of Cosmopolitan? Think about it. Someone at sometime took the initiative to start the club you are a part of. Think of the fun times with good friends that you have had as a result. Is there room for another club in your area? If there is a

chance for a new club or revitalizing an old club that you are aware of, your international officers and staff can help. Just let us know.

We are also closing in on completing our commitment to INGAP. Many clubs have given generously to this International project in the past. We stand about \$55,000 short of fulfilling our \$750,000 pledge for this important research. Has your club made a donation? Can your club help us get over the top on the pledge? This research has been vitally important in the fight against diabetes and is opening doors only dreamed about in the past. I am asking every club to consider a new or additional pledge in this fight. Let's finish this pledge this year and be ready to look for new challenges and opportunities when we meet in Rockford.



Lastly, your International Board has begun an effort to keep all Cosmos informed of all the latest news happening in all of the clubs and at headquarters through periodic e-mails. Of course you have to have your e-mail on file at headquarters in order to receive the news. Is your e-mail a part of our mailing list? Are all your club members listed? Please take a moment to make sure you are on the list and others in your club are on the list. At your next meeting pass around a sheet to update your e-mail listings and ask your secretary to make sure headquarters gets an updated list. I want each of you up to date and in touch and I especially don't want you to miss out on any news.

First lady Cindy and I have already made some club visits and federation meetings and expect to visit more clubs through the year. We had a great time at the Bonspiel in Prince Albert recently and look forward to seeing many of you during the year. Until we see you, do take care and have a great holiday season and an even more wonderful Cosmo year.



# Headquarters Highlights

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BARBARA JOHNSON  
Executive Director

## Cosmopolitan International Board Action

The Cosmopolitan International Board of Directors met in Kansas City October 1, 2005 for the fall board meeting. At the meeting, the board:

**Clarified** requirements of the Website Award (see page 5) and considered requests for additional revisions to the International Awards program.

**Thanked** the Regina Convention Chairs and Western Canada Federation members for a wonderful convention and accepted the treasurers' report indicating a cash profit.

**Accepted** the audited year-end financial statement and voted to credit the \$6,488.98 profit to accumulated reserves.

**Discussed** a proposed membership incentive program. Details will be announced in the near future.

**Approved** a motion to hold the New Orleans Club dues in abeyance until such further time as the board determines.

## Hurricane Katrina Relief Fund

Contributions to relief fund efforts total \$7,843 to date. These much-appreciated donations have been sent directly to the New Orleans club for disbursement as determined by the club's board of directors. If you would like to contribute to this fund, please send your tax-deductible contribution to the Cosmopolitan Diabetes Foundation, earmarked "Katrina Fund".

## Thanks

... to House Committee Chairman Gene Kaup and his assistants Don Gentry and Don Hover (Heartland Club members) for sprucing up the Headquarters building October 22nd. This gang accomplished quite a lot, including repairs to the foundation, landscaping, and paint touch-ups.

... to the Cosmopolitan Diabetes Foundation for underwriting this issue of CosmoTopics. As the 501(c)(3) arm of the organization, the Foundation provides an opportunity for tax-deductible contributions for diabetes-related causes. Interest earned from the Beacons Endowment Fund covers overhead expenses for the Foundation and contributes to the operating budget of Cosmopolitan International.

## Passages

It is with deep regret that I inform you of the passing of Tulsa Club member Orvel Sawvel on October 19, 2005. A Cosmo member since 1961, Orvel served three-terms as Southwestern Federation Governor and attended numerous international conventions, including the most recent in Regina. Orvel would have been 82 years young on December 2, 2005 and was preceded in death by his wife Bette. He is survived by four children and numerous grandchildren.

## Service Club Leaders Conference (SCLC)

Twenty-seven service clubs, including Cosmopolitan International, participated in the annual Service Club Leaders Conference held recently in Kansas City. This unique association provides an opportunity for elected and non-elected participants to compare notes on the challenges facing services clubs today, and work together to develop strategies for growth. Some of the discussion topics included:

- Trends in Volunteering
- The Impact of the Internet
- Opportunities for inter-generational cooperation – such as tapping into community service opportunities for high school and college students
- Organizational Structure and Planning

## Director of Membership Development Position

Cosmopolitan International is currently seeking a motivated self-starter for the position of Director of Membership Development. Reporting directly to the Executive Director and the Board of Directors, the Director of Membership Development's primary responsibility shall be growing Cosmopolitan's membership through the addition of new members and local clubs. Candidates must possess excellent interpersonal skills, an ability to build relationships, and goal-oriented traits. Volunteer experience a plus.

A degree in human relations or marketing type studies is preferred, but not mandatory if the person can demonstrate his or her ability to attract and bring in new members and consummate new club charters. Marketing and/or sales experience will be a plus.

This is an opportunity to showcase marketing skills and possibly advance in association management circles. Compensation is commission driven with a base salary. Commissions will be related to addition of new clubs and continuous growth in membership. The individual chosen will have the option of working from an offsite or home office. Some travel will be required. Please address resumes and references by e-mail to [headquarters@cosmopolitan.org](mailto:headquarters@cosmopolitan.org). EOE



## Best Web Site Award

Awarded to the club that is judged to have the "best" website based on the following five criteria, each weighted equally:

*Functionality:* overall page size and complexity, download times, navigation functionality and clarity, link integrity, and awareness and adherence to copyright laws.

*Design:* core design concepts, font styles, artistry, ease of use, clarity and simplicity, visual appeal, overall appearance, color harmonies, and general layout and use of space.

*Content:* pursuit of specific mission or website goals, usefulness and quality of content, reason to return, inclusion of email lists, newsletters, membership information, and other goal-oriented services, clarity of grammar, correct spelling and punctuation, absence of duplication and repetition, absence of mistakes and/or inaccuracies, absence of dead ends and outdated pages.

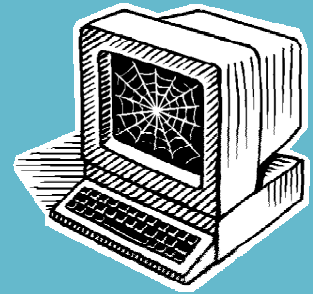
*Originality:* uniqueness, originality of components, style variation from the norm, effective use of advanced components such as audio and video broadcast, streaming media, database integration and functionality, and overall distinctiveness.

*Professionalism & Effectiveness:* ease of contact and responsiveness, absence of unrequested intrusions, active server and dynamically generated pages, professionalism in achieving website goals, overall site effectiveness.

Only websites accessible through the Cosmopolitan International website are eligible for this award and all such websites will be judged without regard for whether or not that website was recognized as a federation award recipient.

Each club that is linked to the Cosmopolitan International website will be visited on multiple occasions over a six (6) week period commencing June 1. A committee of three non-Cosmopolitans appointed by the International Judge Advocate shall judge this award. A bannerette and plaque will be awarded at the International Convention Awards Ceremony.

**(Revised 10/1/05 Effective immediately)**





# I Guess I'm the "New" Guy

JIM SMITH

Vice President for Finance and Marketing

In the meeting room with International President Kevin Harmon, President Elect Bob Williams, Vice-President Tom Gustafson and Judge Advocate Jim McVay...I hardly look "new". They are all younger than I am, some of them by decades. But I am the newest International board member; so a little chat is in order to explain my views about Cosmopolitan International.

To keep it simple, in my humble view Cosmopolitan International is the best of the best as far as service clubs are concerned. I know a few members of other service clubs, and I actually know one fellow who became a Rotary District Governor. Most Rotarians don't personally know a district governor. That level is virtually unattainable except for very wealthy business leaders. People like me wouldn't get considered for that level!

Not so with Cosmopolitan. In our organization most of us have fellow club members who are district governors, and we all know several of them. When you join Cosmopolitan, and then attend your first district convention, you broaden your regional friendship list substantially. This becomes instantly obvious the second time you attend your local Cosmopolitan district convention.

And when you start attending international conventions, you rapidly discover you have numerous international friends added to your roster. When you attend conventions in one of the large service clubs, you'll probably know only a small handful of the participants, or less.

I've been a member of Cosmopolitan for 26 years, and I covet the true friends I've made and annually renew at our functions. A major benefit of being on the International Board is that you get to see these friends much more often, and I really enjoy that.

You will have probably heard that, per capita, Cosmopolitan International donates more funds to charity than any other service club. These numbers are correct. The contributions we have made through our clubs and our USA and Canadian Cosmopolitan Foundations towards Diabetes Research and many, many other charitable needs are enormous, even if you don't consider our small membership numbers.

As well, we are very agile. Our size allows us to respond instantly to various unpredicted needs. The Katrina Fund is the latest event. It was set up almost overnight. This agility also is seen in the decisions made by our foundations...we have funded the "right" research almost all the time. When diabetes is finally cured, Cosmopolitan will be right there in the middle of the action. If you've ever read one of our grant applications you'll wonder how we did it. Luck definitely plays a role, but our size makes us much less cumbersome, and this helps a lot.

I'm made our small size sound like a very good thing, and in many ways it truly is. But we're getting too small. It's time to get very serious about attaining some positive growth. We're too small to fund ourselves at our present dues levels, so we have

to achieve significant positive membership growth; endure a significant dues increase; or both.

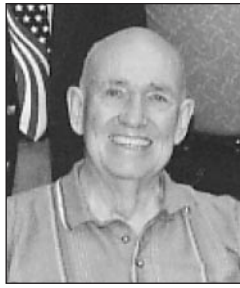
If we can find enough good people to share this wonderful Cosmopolitan experience with, we can improve our finances considerably. It's time to get really serious about finding new members. New members are the right answer...period!

Tom Gustafson, Vice President for Membership and New Clubs, has given us a well thought out Membership Event Program that really works. The clubs that tried it last year all grew. And some have had very successful membership events this fall. Tom's own club made thirteen new Cosmopolitan friends in one evening!

**Every** club in Cosmopolitan **must** have at least one of these events a year. And be certain that you follow the plan just as it's been laid out. This plan has worked wonders in the clubs that have followed its game plan to the letter. Don't take short cuts in any area. We're looking for **many new Cosmopolitan members**, not an evaluation of the program.

I want to make one more suggestion, based on many years of personal sales experience. Every Cosmopolitan must start by making a list, on paper, of **all** the potential Cosmopolitan members you can think of. A common mistake (I've done it myself) is to think of just one great potential member, and devote all your efforts towards getting them to join your club. And when nothing will convince them to think and react as you wish,





# Diabetes Foundation Update

DEL OBERST  
CDF Chairman

you shut down your membership activities for the current year. Over, done, but you tried, OK, so it's not really a failure?

Sorry to say it, but it is a failure. And the way out is the "My New Cosmopolitan Potential Members List". It really works, guaranteed!

Sit down with a pen and paper and develop a written list (of at least ten good people) and work your plan around those people, and you'll become a Cosmopolitan new member sponsor for 2005-2006. It's unavoidable ... so quit reading your *Cosmo Topics* right now, find a pen and paper and compose your list...

The magnitude of our problem is really quite small. If **every** Cosmopolitan was to find a new member this year, we would have a lot more great Cosmopolitan friends and our financial troubles would be over.

One each, **everyone must find one** (and more is OK). please start your list and let's fix Cosmopolitan. Club presidents, make sure your members all have lists, and brag about them to your district governor.

**A**t the fall board meeting of the Cosmopolitan Diabetes Foundation on September 24, 2005 at the Hilton Hotel in Kansas City, Missouri, it was decided that we would keep the theme "**Doors Discover Light**".

**Doors** – The board would like to thank the individuals and clubs for their support of the Doors Project during the last fiscal year. We are well on our way to providing the funds to furnish the newly remodeled rooms at the Columbia Diabetes Center. We have received \$43,797 so far, leaving a balance of \$22,603 before we meet our goal. Your donations toward two office rooms (\$2,850 each) two exam rooms (\$7,920 each) plus \$2,953 to finish a third exam room would be appreciated by the staff and patients of the Cosmopolitan International Diabetes and Endocrinology Center.

**Discover** – The board would like to challenge the 50 U.S. clubs to raise \$500 each for the Discovery Fund. That would give us \$25,000 to help fund grant requests. This influx of funds is especially needed since the Combined Federal Campaign (CFC) 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 ADA we still need money for supplies and medicines at our five diabetes projects to help the underprivileged.

**Light** – The goal of the Board is to raise \$2,000,000 in the Beacons Endowment Fund. The board's goal for 2005-2006 is to increase Beacons memberships by 60, or 10 per federation. We would like each Beacon member who is fully paid to consider a second Beacon or move up to next level – Emerald, Ruby or Diamond.

**INGAP** – As of October 31, 2005, we have \$55,000 left to raise for INGAP. We would like to encourage everybody to think about what they can give to INGAP to finish our commitment.

We have commitments of over \$1,000,000! We have one Beacon shining brightly and are starting to build a second one.

Please make all donation checks payable to:  
**Cosmopolitan Diabetes Foundation, Inc.**

or  
**CDF**

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

**THANKS FOR YOUR COOPERATION.**

*CDF is the charitable arm of Cosmopolitan International.*



# Cosmo Halftime Report

TOM GUSTAFSON

Vice President for Membership and New Clubs

Good afternoon everyone – Gus Thompson reporting from the CI Central Desk.

Well folks, it's halftime at the "2005-6 Cosmo Unity Bowl." Many of CI's 68 clubs have exhibited an excellent membership game plan thus far. The goal: 1,940 Cosmos working to induct a few thousand new members from the millions of potential North Americans. Here at CI Central, we're seeing what we would expect for those clubs planning membership events: **NEW MEMBERS!**

**New members**, of course, are *the* necessity for Cosmopolitans to continue their 87 year history and long-term plans to fight diabetes.

Let's recap...when we were together last at the 2005 Regina Convention, several Cosmo clubs committed to hold at least one membership event. We've had tremendous new member success stories the first half of the year. Let's go around the continent for quick review:

## CAPITAL FEDERATION

The Cap's Team GM, **Tom "the Dr." Griffey** has contacted the clubs of Capital and expressed the need for membership growth – and many of them are rising to his challenge! **Dexter Rumsey** is working hard on a Richmond, VA Club – the first meeting in November was promising and a follow up meeting will be held in January. North Side Lancaster just added a couple of new team players. Capital Region is on the offensive again and has scheduled their annual membership night for March 16th. There's rumblings of an event in Norfolk and a drive is moving down the field in Roanoke. **Larry Riddle** of the York Club is planning quite a membership evening as well which will involve several clubs in the region. A solid start for the Caps.

## MO-KAN

**Gene "the restaurateur" Kaup's** game plan was an all-out offensive in the first half and carry the momentum into the season's second half. Clubs like Jeff City, Wichita Downtown and Lawrence Breakfast have all held membership events this year, resulting in an immediate increase of 14 members. We at CI Central don't expect any slowdown – there are several clubs that are guaranteed to hold events. We know from past experience Mo-Kaners will throw in their special team players, like the Columbia Clubs – the Luncheon team's President, **Andy Anderson** has wielded his secret weapon, **Craig Heaton**, who is being stealthy and attacking from several

angles (lookout Rockford). The Lawrence Clubs are quiet... dangerously quiet – expect some fireworks soon; and the KC area clubs will be in the game but surprise is on their side. The others? Will we hear from them in the second half? We all expect to be dazzled!

## CORNBELT

Field General **Perry Johnson** has assembled a team of great players to cover just about every aspect of federation business. The Grand Island Club held a membership event in November. Will the Omaha contingency blitz their community through a multi-club event? **Terry "the idea guy" Sanford**, **Sue "USA" Larson**, the **Prouty's** (that includes those with the name of **Finazzo** as well), **Rich "scissors" Gordon**, and **Jeanne "you know what Rockford needs?" Nielson** should be making team contributions. New tactics for an established well organized group – we'll keep you posted on their game plan! Lastly, expect to see steady scores from **"Sergeant" Jim Walker**. With the CI tradition of this federation, membership growth in 2006 is a forgone conclusion.

## WESTERN CANADA

**Richard "the planner" Greer** is attacking on all fronts. In Regina, his squad guaranteed membership events at nine clubs – we've heard from a few, others not (are you out there, Barry?). "Consistency is key!" says Coach Greer "when we finish the membership onslaught in the fall we're going to do it again in the spring!" In '05, **Chris Clinton** from Prince Albert brought in three members, and Sturgeon Valley brought in two. The three Regina Clubs are planning another multi-club event in November, challenging themselves to victory! **Kathy Krysak** is being challenged by **Brian "Rory Allen fan club" Leipert**, **Brian "the Suit" Mitchell**, and **Myrna "I know what Rockford needs!" Pollon** to a membership event. **Jim "the Commodore" Smith** and the Saskatoon Clubs are in a huddle with plans for a new club in Saskatoon. Good stuff north of the border! Look for steady, long-term ground gains from this group!

## SOUTHWESTERN FEDERATION

**Helen Holt** has taken charge again this year in the Southwestern's fight to greatness. It's amazing the far reaching effects coach Holt has over this region – look at what her presence has done for programs like LSU, Oklahoma and those Longhorns – expect the same from the



# 2006 International Convention Schedule

Rockford, Illinois  
July 26-29, 2006

Register now online at [www.cosmopolitan.org](http://www.cosmopolitan.org).  
Complete schedule and registration available online  
and in the Spring and Summer  
CosmoTopics issues.

Southwestern Federation. Helen guaranteed a new member event this year. **Bill & Bobbi “penny press” Clifton** will be involved – Bill’s goal is to bring in as many members as Christmas lights on his house. **Bill Holt** challenged his grandson to induct his entire baseball team! Those of you in Tejas – your challenge is to induct as many new members this year as victories from your beloved Longhorns!

## NORTH CENTRAL

**Melvina “the florist” Newman** took reigns of a federation devastated from wild color combinations. We’re hoping Melvina’s good taste will take control over the federation again. **Jerry “the neighbor” Priebe** ran an interesting membership event last year – your members need to eat, Jerry, hold it again! Here comes the Ramblin’ troop from Rapid City where **Bill “Mr. Membership” Keck** has already planned two events for 2005-6. We expect to see strong second half appearances from both Fargo and the Evening Club of Sioux City – their efforts and focus on NMD’s are critical to a good federation performance. Lastly, **Derry “the Ukrainian Dancer” Anderson** continues his siege and quest to plant the Cosmo Flag in the land of the Golden Gophers. N-O-R-T-H C-E-N-T-R-A-L spells “Victory” in our playbook.

## MIDSTATES

**Linda “the organizer” Stefanich** set the bar high for her federation this year. Her home club, Aurora, started the year inducting eight new members under the direction of **Kathie “the ragin’ realtor” Yordie-Richardson**. Elgin’s **“Doc” Walter Alm** continued to put up consistent numbers by inducting four new members in November – Club President, **Jeff Hirter**, couldn’t be happier with the “Doc’s” surgical strikes – “he just can’t miss!” said Hirter. Rockford’s **Brian “Mr. Vegas” Lindsay** rolled the dice, went long and brought in 15 new members in one evening. “We needed a hale Mary and threw **Russ “the closer” Dennis** at them. If they don’t sign voluntarily, Russ ensures they see the ‘Cosmo light’ quickly!” CI Central expects to hear from the other clubs, especially the new members of the team: **Brad “the Michigan Man” Eadeh** and **Jane “Rockford doesn’t have what?” Eureka**. A solid first half performance from the Midstate’s squad – can they follow-up with a good second half as well?

Well that’s the round-up. A lot of good work completed and a long ways to go. See you at the goal line.

## Wednesday, July 26

Noon-6:00 pm Golf  
6:00-8:00 pm Steak Fry

## Thursday, July 27

9:00-11:00 am CI Board Meeting  
11:30 am-1:00 pm Opening Ceremonies  
Lunch  
1:30-2:30 pm Delegates Meeting  
3:00-4:00 pm Club Presidents Training  
3:00-5:00 pm CDF Board Meeting  
4:00-4:30 pm First Timer Orientation  
4:30-5:00 pm Parent/Youth Meeting  
5:00-7:00 pm PIP Reunion  
7:00-9:00 pm Welcome Party

## Friday, July 28

9:00-10:30 am Meet the Candidates/  
Bylaw Discussion  
11:00-12:30 pm Beacons Lunch  
1:30-3:15 pm Workshops  
7:00-10:00 pm Rock’n Rib Fest

## Saturday, July 29

9:00-11:30 am 2<sup>nd</sup> Delegates Meeting  
11:45-1:00 pm Awards Luncheon  
1:15-3:30 pm 2<sup>nd</sup> CI Board Meeting  
7:00-11:00 pm President’s Banquet and  
Dance

## Sunday, July 30

Optional Extended Stay – Chicago, Illinois

[www.gochicagocard.com](http://www.gochicagocard.com) [www.gorockford.com](http://www.gorockford.com)  
[www.chicago.il.org](http://www.chicago.il.org) [www.clocktowerresort.com](http://www.clocktowerresort.com)  
[www.877chicago.com](http://www.877chicago.com) [www.chicagotraveler.com](http://www.chicagotraveler.com)



# How to Double your Fundraising Potential . . . *With Little or No Extra Work*

THOMAS R. STONE, Ph.D.

Past International President, Certified Fundraising Executive

**W**e Cosmos pride ourselves in raising more charitable dollars per capita than are raised by any other service club.

We are proud of our giving to help find a cure for diabetes and to assist many local charities. But your club may be overlooking one of the easiest methods to increase our ability to raise needed dollars – **challenge grants.**

This technique calls for a charitable organization, the intended recipient of our funds, to raise dollars on its own to match our intended gift. If the charity doesn't raise the funds, all or part of the Cosmo gift is not given.

But the matching dollars almost always are raised, and the recipient organization benefits. For example, I am the current president of the Capital Region Club (named for

drawing membership from the Capital Region of Pennsylvania) in the Capital Federation.

Our club contributes to a local hospital in support of diabetes education and diabetes related programs. This year, after coordinating with hospital personnel, we issued a challenge. For every dollar in new money raised by the hospital, we pledged to give 50 cents, up to a total Cosmopolitan gift of \$2,000 – twice what we have given before.

Thus assuming the effort will be successful, the hospital which last year had \$1,000 to spend will this year have \$6,000. Our club's additional commitment of \$1,000 (for a total of \$2,000) will have leveraged another \$4,000 raised by the hospital, a win-win situation for both organizations. And who knows, our successful challenge may also result

in additional publicity for our club.

Challenges can be made in many ways. While dollar for dollar is the simplest, as our example shows, other matching schemes will work.

Prospective donors like challenges, as they know that their gift leverages more funds for the charity they want to support.

Finally, we Cosmos like challenges because they increase our fundraising potential and are just plain fun to do.

For example: It is time to complete our International INGAP pledge. Why not challenge another club or your federation could challenge another federation. We all will be the winners.

Thanks for reading this article. If you have questions, please contact me at [tom.stone@ix.netcom.com](mailto:tom.stone@ix.netcom.com).

## Palmer Family Foundation Grants \$5,000 Gift to Cosmopolitan for Katrina Relief

After hearing the news reports about the utter devastation of New Orleans and the Gulf from Hurricane Katrina, the Santa Fe Trail Cosmopolitan Club (Overland Park, KS) knew they needed to help, and began planning how to do so. New Orleans Cosmopolitan Club members, their families and so many others lost everything in the storm.

Club member John Palmer was listening to all the discussion and quietly thought about the over-

whelming need and a way to help. John mentioned that he would make an appeal to the Palmer Family Foundation.

The Palmer Family Foundation, Inc., was founded in 2003 by John's mother, Libby Palmer. The foundation is led by a three-member board of directors, composed of volunteer Palmer family members.

The Santa Fe Trail Cosmos extend their deepest appreciation

to the Palmer family for their generous gift, which will provide aid and comfort to those who have had their lives shattered. It is nice to know that are very special people all around us and they care enough to help their fellow Cosmopolitans and others in need. May God bless each and everyone.

*Richard Pryor  
Santa Fe Trail Cosmopolitan Club*





# INGAP – A Status Report

**BOB WILLIAMS**

International President Elect, Diabetes Committee Chairman

**O**n September 21, 2005, Jeanette and I, accompanied by Tom Griffey, Capital Federation Governor and Bob Winters, CDF Board member, attended a Diabetes Institutes Board of Directors meeting to present our 2005 INGAP contribution of \$83, 017.32 to Drs. Aaron Vinik and Leon-Paul Georges and Jim Craig, president of the board and a member of the Norfolk Club. After our presentation, Jeanette, Bob Winters and I were given a tour of the research facilities by Dr. David Taylor- Fishwick, Director of the Cell & Molecular Biology Laboratory.

David talked to us at length about the expansive new SPIRIT research program, **S**timulation of **P**ancreatic **I**slet **R**egeneration **I**n **T**ype 1 and Type 2 diabetes, which is exploring the biology of islet regeneration and the other components that compliment INGAP action. He showed us an actual microscopic view of the pancreas of a transgenic mouse that clearly demonstrated that the insertion of the human INGAP gene created islet regeneration that leads to the formation of insulin-producing cells.

David expressed considerable optimism regarding current research trends that give strong indications that indeed, “regeneration has come of age.” He noted that although further clinical trials of INGAP will be required, Phase 2 results demonstrated positive results in both Type 1 and Type 2 diabetes. We were all impressed with the breadth and depth of the research on-going at the Institutes.

As an aside, I was further moved by the reception we received by everyone at Strelitz. As Cosmopolitans, we were treated as if we were family, something I will never forget.

Regarding the next step for INGAP, Kinexum Metabolics, Incorporated, a Minneapolis based corporation formed early this year is planning to conduct the Phase 3 clinical trials necessary to take the INGAP peptide through final development and regulatory approval. Dr. Alexander Fleming, Chief Medical Officer for Kinexum, states that “the (Phase 2) trial results are, in fact, strong



*Dr. Aaron Vinik, Jim Craig, Bob Williams and Dr. Leon-Paul Georges*

evidence of INGAP’s high potential as a therapy for both type 1 and type 2 diabetes.” Kinexum has developed a plan for clinical trials that would result in the INGAP Peptide being available in 2009. In addition to bringing the INGAP Peptide to market, Kinexum is planning to fund ongoing research at both McGill University and the Strelitz Diabetes Institutes.

## **What Next?**

We made a commitment in Branson to meet our INGAP commitment. Our remaining balance due is **\$55,000.**

Gene Kaup, MoKan Governor, has challenged Perry Johnson, Cornbelt Governor, to a “shoot-out.” The losing Governor buys the winning Governor a steak dinner in Rockford. Tom Griffey has also challenged the Capital Federation to be aggressive in its fund raising this year. We need all of our federations to bring this to a conclusion in Rockford.

***Let’s Just Do It!***

# Cosmos in Action

## Sioux Falls Barbershop Chorus Entertains at Banquet



The Sioux Falls Noon Club held its 77th Annual Distinguished Service Awards Banquet on November 7. The Club honors a member of the community by recognizing their community accomplishments. The committee of Bill Kubat, Stu Neuharth, Dan Oaklund, Jerry Priebe, Steve Mix and Melvina Newman reviewed nominees and selected the final winner. This year the club honored Lyle Farrand for his untiring efforts with the South Dakota Special Olympics. Several past recipients were in attendance as well as Cosmo members and Lyle's family. Bill Kubat was the emcee and Melvina Newman provided an outstanding summary of Lyle's community accomplishments. The barbershop chorus provided wonderful entertainment for the group.



*DSA recipient Lyle Farrand and his family.*

*Derry and Sheila Anderson  
Sioux Falls Noon Club*

## Aurora Cosmos Welcome Eight New Members

Our second Oktoberfest Membership Night was a success! Eight new members joined and pledged their support to Cosmopolitan International. Last year's Oktoberfest event brought in six new members. Our club is enjoying renewed spirit and vitality. Revenue from projects has increased, providing us with monetary opportunities for local charity. Our main focus is diabetes research, education and wellness. Last year the partnering relationship with Provena Mercy Hospital was a welcome event. Their Diabetes Wellness Center opened in March 2005. Our financial and moral support to this center continues.

We have a full calendar of events ahead, including our poinsettia sale, holiday party, Salvation Army bell ringing, assisting at the Provena Mercy Hospital Health Fair, Mardi Gras dinner and auction in February, Steak Fry in June, the Fourth of July parade, and many social events.

*Kenlyn Nash-Demeter  
Mo-Kan Federation Governor*



## Prince Albert Cosmopolitan Lodge Officially Opened

On September 6, 2005, after more than three years of hard work, the Cosmopolitan Club of Prince Albert invited community contributors to enjoy the official opening of the new Cosmopolitan Lodge, located at Cosmopolitan Place in Little Red River Park.

The sun shone in on the ceremony through the large windows, highlighting the vaulted ceilings, wood construction and custom stonework featured in the building, which replaced an older lodge built by the club in 1970. Cosmo club president Ken Peet focused on thanking businesses and community members who had given time, money and services to the project.



*Clare Middleton, chairman of the fundraising committee, and Jim Stiglitz, Mayor of Prince Albert, cut the ribbon with the help of schoolchildren Sarah Bergstrom and Olivia Dunn.*

The Club raised \$340,000 towards the lodge project. Cosmo Bob Hilkewich read an invocation that was used at the opening of the original Cosmo Lodge in 1970. Cosmo Clare Middleton chaired the project for the Cosmopolitan Club. He, along with the mayor, cut a ribbon held by schoolchildren Sarah Bergstrom and Olivia Dunn.

The lodge has traditionally been the center of a host of recreational activities at Little Red River Park. The new facility has meeting rooms, a gathering area for more than 185 people and a kitchen/canteen area to serve the public. The facility is wheelchair accessible. Materials from the demolition of the old lodge were reused by the local Habitat for Humanity group and the Recycle Store.

President Ken Peet highlighted the contributions service clubs, such as the Cosmopolitan Club, have made in Prince Albert. He pointed to the community involvement of longtime Cosmo Max Carment, in his 61st year as an active Cosmopolitan member. He encouraged others to pick a service club and get involved. "We need your participation," he said, adding that the work of these clubs forms the heart of volunteerism in Prince Albert. The Cosmo Club is currently collecting donations to complete a deck for the lodge, which will overlook the Little Red River.

The Prince Albert Cosmopolitan Club membership should be congratulated for the effort put forward in all

*Ron Kondra  
Prince Albert Cosmopolitan Club*

## Bonspiel Tournament a Sweeping Success



*Richard Greer, Western Canada Federation Governor, Kevin Harmon, Cosmopolitan International President and Cindy Harmon give curling a try.*

Kevin Harmon, Cosmopolitan International President, and his wife Cindy enjoyed themselves at curling, even if they were a little tentative about walking and sweeping on ice chasing 40 pound rocks! 72 Cosmos attended the Western Canada Federation's annual bonspiel tournament, including Vice President Jim Smith, Governor Richard Greer and Governor-Elect Norman Hill.

*Chris Clinton  
Prince Albert Cosmopolitan Club*

# Cosmos in Action

## Unity, Service and Action Alive in the Cornbelt Federation

Though every club in the Cornbelt Federation has unique community service projects, every club also supports our 501(c)(3), the Cornbelt Diabetes Connection (CDC). This is witness to Cosmopolitan unity. The pin we wear has three words in a triangle, the watchwords of Cosmopolitanism: Unity, Service and Action. As defined in our *Working & Serving Together* brochure, Cosmopolitan develops “unity by the collective action of the membership within the community for the betterment of all.” Our CDC is in its 13th year of providing service to Eastern Nebraska and Western Iowa. The support our clubs provide to our CDC is evidence of Cosmopolitan unity.

We have 14 clubs with about 350 members. If each member and each club exclusively pursued individual



*The Cornbelt Diabetes Connection's Mobile Nursing Unit*

goals, we would make our communities a little better. But with members and clubs coming together in unity of purpose, we as Cosmos have achieved a goal and a purpose much greater than we could have as individual.

Since its beginning, the CDC has raised over \$614,700 for the three projects it sponsors. More than half comes from our clubs, with the balance coming from grants and donations. The Mobile Nursing Unit absorbs 52% of the operating budget, and the Diabetes Center of the Midlands and the Crisis Intervention Program using most of the rest. Fees and expenses cost only 5% of the budget.

In twelve years and 1,137 site visits, our Mobile Nursing Unit has seen 26,470 clients. Of these, 2,923 were referred to personal physicians for further evaluation. To date, CDC has spent nearly \$134,000 to fund diabetes

education classes in out-state Nebraska. Half way through its fifth year, CDC's new Crisis Intervention Program has funded \$13,250 worth of supplies and equipment for diabetics who are outside the normal health care system.

Unity in the Cornbelt Federation is strong and demonstrated by the service provided to nearly 27,000 people through the CDC and the action provided by federation clubs in raising over \$350,000 to support the CDC for nearly 13 years. Our clubs have accomplished all this while supporting each club's individual projects and Cosmopolitan's international projects.

*Perry Johnson  
Cornbelt Federation*

## Lawrence Luncheon Club Honors 50 Year Members



*International President Kevin Harmon, Guy Kidwell, Lawrence Lunch President Dean Penny in center, John Scanlon and Mo-Kan Governor Gene Kaup*

It was a real pleasure for International President Kevin Harmon and Mo-Kan Governor Gene Kaup to be a part of the festivities of the Lawrence Luncheon Club's October 26th meeting at the Yacht Club. Members John Scanlon and Guy Kidwell were presented with a 50 year pins. That adds up to 100 years of service, dedication and loyalty by these great Cosmopolitans, and our whole organization thanks John and Guy for all they have done for their club and federation.

*Gene Kaup  
Mo-Kan Federation Governor*



## Columbia Breakfast Club – Down on the Farm

The Columbia Breakfast Club opened their farm animal display this summer. The club supplied money for fencing and the Columbia Parks and Recreation department supplied the labor. The facility has pens for pigs, sheep and cows, which will be sold at the end of each season, with the money used to purchase new animals in the spring.



*Anthony F. Bartal  
Columbia Cosmo Breakfast 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, more than 350 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](mailto:brenda@cosmopolitan.org).

## Recent Courtyard Additions

Gene Kaup  
Mo-Kan Governor  
2005-2206

In Memory of  
Stanley Boese  
Prince Albert Club

In Memory of  
Vaughn Bell  
Prince Albert Club

Lee Engen, 1918-2005  
50 Year Member  
Beacon Member

Sioux Falls  
Cosmopolitan  
Evening Club

## In Memoriam

*Documented from  
September 1, 2005 to  
December 1, 2005*

### At Large

Bruce D. Kelley  
*Boulder*

### Capital Federation

J. Carlton Wich  
*Baltimore*

Wilmar M. Jones  
*Norfolk*

Robert R. Peters  
*Norfolk*

### Mo-Kan Federation

Guy C. Kidwell  
*Lawrence Luncheon*

Donald F. Hoehle  
*Columbia Breakfast*

### North Central Federation

Lee E. Engen  
*Sioux Falls*

### Southwestern Federation

Robert A. Curtis  
*Austin*

Orvel F. Sawvel  
*Tulsa*

### Western Canada Federation

Stan Boese  
*Prince Albert*

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# Cosmo Holiday Shop



## License Plate Holder

Cosmo license plate frame markets Cosmopolitan International as "The Club That Fights Diabetes". Plastic with purple imprinting.

\$3.50



## Cosmo Buddy Bear

Cuddly 12" coffee colored bear with purple t-shirt imprinted with Cosmo logo. Great stocking stuffer for those future Cosmos!

\$8.95



## Ornament

Pewter snowman ornament with colorful accents and Cosmo logo. This 3" x 2" ornament is perfect for holiday gift exchanges and recognition gifts.

\$12.00

## Order now for your holiday giving!

*All prices quoted in U.S. funds. Prices do not include shipping.*