



COSMOTOPICS

A publication of Cosmopolitan International
The Club that Fights Diabetes

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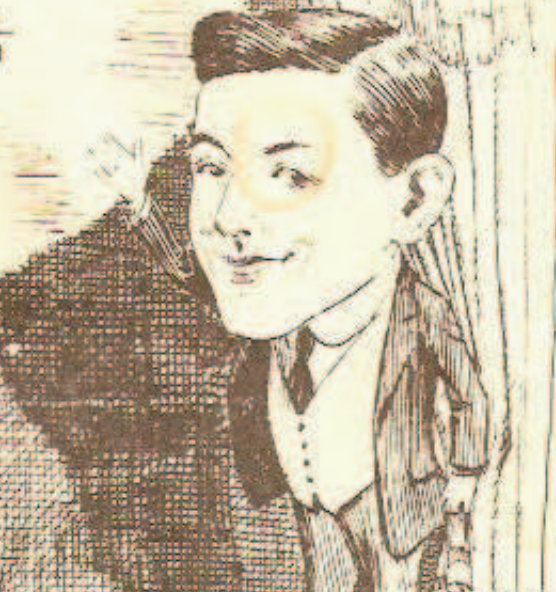
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The COSMOPOLITAN CLUB

A WEEKLY MAGAZINE PUBLISHED BY
THE COSMOPOLITAN CLUB OF KANSAS CITY



THE
COSMOPOLITAN
CLUB
PRESENTS FOR
YOUR APPROVAL
ITS FIRST ISSUE
OF THE
NEWS





The Club that Fights Diabetes



FROM THE EDITOR

Sheila Anderson

As I was searching (or should I say "digging") through my closet to find the perfect shoes to match my outfit, I realized that's what we do as Cosmopolitans. We are trying to find people to join our club that "match" our spirit of volunteerism and heartfelt goal of fighting diabetes. There are plenty of people looking for a good service organization they can embrace. Even with the revamping of our CosmoTopics and website, word of mouth is still the most powerful promotional tool. Speak up and let Cosmopolitan be heard! Find the match!

I can't wait for you to dive into this issue of *CosmoTopics*! There are new articles for you to enjoy! Starting with the cover featuring our first *CosmoTopics*. Read more about this on page 18 in Our History. On page 13 you can read about the Cornbelt Diabetes Connection which is featured in our new Project Spotlight. The goal here is to highlight our Major Cosmopolitan Diabetes Programs. And page 14 should leave you bursting with pride! Onto page 16 with new website links for you to learn more about what is happening in the world of diabetes. And maybe my favorite new thing (no, not shoes!), you have a chance to win a set of Cosmo barware if you can "Guess that Cosmo" on page 17. Hurry! You only have until February 22 to get your answer in. Enough from me...you better get reading!

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COSMOPOLITAN INTERNATIONAL OFFICERS AND DIRECTORS

PRESIDENT

Dr. Walter Alm
wafootdr@sbcglobal.net

PRESIDENT-ELECT

Jim Smith
jim.smithjr@sasktel.net

VP FOR FINANCE AND MARKETING

Melvina Newman
melvinanew@aol.com

VP FOR MEMBERSHIP AND NEW CLUBS

Richard Greer
rgreer@sasktel.net

JUDGE ADVOCATE

Jim McVay
jmcvay@omahalaw.com

EXECUTIVE DIRECTOR

Kevin Harmon
kevin@cosmopolitan.org

FEDERATION GOVERNORS

CAPITAL	Carl DiVincenzo
CORNBELT	Terry Sanford
MID-STATES	Jeff Hirter
MO-KAN	Gary Bartlett
NORTH CENTRAL	Mike Rasmussen
SOUTHWESTERN	Bill Clifton
WESTERN CANADA	Rod Randolph

INTERNATIONAL HEADQUARTERS

7341 West 80th Street, PO Box 4588
Overland Park, KS 66204-0588

P. 913.648.4330 or 800.648.4331
F. 913.648.4630

www.cosmopolitan.org
Email headquarters@cosmopolitan.org

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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.

The Club that Fights Diabetes

COMING OUT ON TOP

Kevin Harmon
Executive Director



Cosmopolitans always have a way of coming out on top in everything. We certainly have a lot to be proud of in terms of our international mission, our focus on our fundraising in support of our mission to defeat diabetes, and our physical plant in the form of our headquarters buildings and grounds. We have even come out on top in the area of new clubs, member attraction and retention in recent years with some good, albeit spotty, successes over the life of our organization. But for the most part, membership growth has simply failed.

Jim Smith, your international President-Elect, and I recently attended the Service Club Leaders Conference in Chicago. The SCLC is made up of clubs just like Cosmopolitan except for one thing. They are all bigger in members. A lot bigger. Most of the clubs represented; Kiwanis, Rotary, Lions, etc.; started at about the same time as Cosmo. Most of them had the same basic idea of banding together to assist their communities be better places to live. It was basically 1900 to 1920 when service clubs came into existence when communities depended on themselves to help those less fortunate around them. Government wasn't involved in all the social programs they are now. People did for themselves, so service clubs flourished for a time.

Cosmopolitan flourished for a while too. We got to 5,000 or so members. But we never had the impact that other clubs had in member numbers. We learned a lot about our club and the other bigger clubs at the recent conference. But what struck me the most during our talks and seminars was not what happened to us in the past, but who is positioning themselves to succeed in the future. And you know what, Cosmopolitan again comes out on top. We may have been a bit slow on the uptake, but we are solid in our preparation for the future.

Most of the big clubs (and they asked us specifically to not name names) are predicting signifi-

cant membership drops over the next decade. Not Cosmo. Most of the big guys are struggling to find ways to attract new members. Not Cosmo. Most of the clubs haven't developed an overall plan that works in attracting new members, keeping existing members, and building new clubs. Not Cosmo.

During the seminars on those issues, Jim and I were the hit of the party and it wasn't because of our outgoing personalities. Cosmo could report member growth over the last three years and that's all it took to become a bit of the focus of the conference. I will admit I was a bit intimidated being from the best club no one has ever heard of, but when the heads of the largest clubs in existence (membership over a million with budgets approaching 100 million) want to know how Cosmo is succeeding, it's a good feeling.

The point is that although we are very small in numbers, we have most of the things identified in the conference for success. We have a mission that really means something and is timely, the defeat of diabetes. We have a plan of membership events. We have great people who should be Cosmos forms on our fridge doors. We have dedicated members willing to bring Cosmo to others through club building. We have a great internet presence. And it is all paying off in growth, small as it may be, it is growth not decline.

There are a couple missing links in the area of public awareness of our name and mission. In those clubs that are not growing, the individual club members can and should evaluate whether or not their club is doing the things that attracted them to Cosmo originally. And if not, set a course of change to be the club they once were. The things that attracted people even years ago to our individual clubs can attract members today, guaranteed.

... when the heads of the largest clubs in existence (membership over a million with budgets approaching 100 million) want to know how Cosmo is succeeding, it's a good feeling.



I WAS HERE, REPRESENTING YOU

Walter Alm
2007-2008 International President

Hello to all!

With this article I hope to give you a sense of what my recent activities as Cosmopolitan International President have involved. I have had the good fortune to represent Cosmopolitan International at two world renowned diabetes centers. Let me try to share these experiences with you.

In September, I visited the Alberta Diabetes Institute which is located on the campus of the University of Alberta in Edmonton, Alberta. I toured a multi-million dollar facility in its final stages of construction that will house the Alberta Diabetes Institute. My tour was conducted by Dr. Ray Rajotte, the Founding Director of Research for the Clinical Islet Transplantation Group. The Alberta Diabetes Institute is world renowned in the field of islet cell transplantation.

You may already know that there are two types of diabetes formally referred to as, type 1 and type 2. Part of the problem with individuals having type 1 diabetes is that their body no longer makes insulin. Insulin is required to properly breakdown the foods that we eat. The absence of insulin causes diabetes.

Under normal circumstances, insulin is produced by islet cells in our pancreas organ. In type 1 diabetes, these islet cells die. The loss of islet cells is the direct cause of type 1 diabetes. Treatment of type 1 diabetes usually requires daily insulin shots for the rest of a type 1 diabetic's life.

Islet cell transplant is a highly specialized type of organ transplant. As with all other organ transplants (kidney, heart, lung, etc.) the pancreas organ is harvested from an organ donor. This has always impressed me as a sad step as it implies that someone dies. In their death however, they help others that receive these organs in inestimable ways.

Here is what's special about the Alberta Diabetes Institute. Islet cell transplant is a very unique process. Instead of a major surgical procedure to transplant an organ, in this case the pancreas, only the microscopic islet cells are transplanted. These cells are transplanted by injecting them into a vein which carries them deep into the body. When someone receives an organ transplant, the new organ takes over the function of the diseased organ. After islet cell transplant the body starts making insulin again and in a manner of speaking, the diabetes is cured. Now the whole story is far more complicated, but I've tried to give you a good layman's explanation.

Again what's special about Alberta Diabetes Institute? Well, they achieved some of the best early successes with islet cell transplants. Their process for islet cell transplant became known as the "Edmonton protocol" and is truly world renowned.

Touring the Alberta Diabetes Institute with me were Rod Randolph, Western Canada Federation Governor and Sturgeon Valley Cosmopolitan Club member Tim Schultz. Tim has had type 1 diabetes for 41 years. He has had an islet cell transplant and has been free from insulin shots for the past 3.5 years.

As I toured the Alberta Diabetes Institute in the capacity of Cosmopolitan International President, I must say I was treated like royalty. Over the years our Canadian Cosmopolitans have faithfully supported the Alberta Diabetes Institute. The Institute's appreciation of Cosmopolitan's efforts is huge and an expression of that appreciation is the commemorative naming of a meeting room in the new multi-million dollar facility in honor of Cosmopolitan.

Next, my travels took me to Norfolk, VA. There I toured Strelitz Diabetes Center located on the campus of Eastern Virginia Medical School (EVMS). Many Cosmopolitan Club members are



The Alberta Diabetes Institute foyer in its final stages of completion. L to R: Sturgeon Valley Club member Tim Schultz (an islet cell transplant recipient), Lynn (building project director), Dr. Ray Rajotte, and Dr. Walter Alm.



Clothed to enter the Clinical Islet Transplantation Lab, L to R, Western Canada Federation Governor Rod Randolph, Technical Director of the Clinical Islet Transplantation Isolation Lab Dr. Tatsuya Yin and Dr. Walter Alm.

“... As I toured Alberta Diabetes Institute and EVMS Strelitz Diabetes Center my warm reception represented the respect they have for what Cosmopolitan International has done ...”

already familiar with Strelitz Diabetes Center as it was the beneficiary of our recent financial support of their INGAP research. What many of our members may not know is that in the early 1980's, Cosmopolitan Club members approached the Eastern Virginia Medical School and offered their financial support to initiate a diabetes program at the medical school. Their offer grew to \$1,000,000 of support donated by Cosmopolitans and has ultimately lead to the Strelitz Diabetes Center. Once again as I toured Eastern Virginia Medical School and Strelitz Diabetes Center, I felt I was being treated like royalty. But in the instance of my tour of Eastern Virginia Medical School and Strelitz Diabetes Center I was particularly humbled appreciating the strong commitment that had been made in the early 1980's by Cosmopolitan members.

Touring through the Strelitz Diabetes Center I was educated as to their current work in fields of diabetes research. They continue to work on facets of INGAP (Islet Neogenesis Associated Protein). INGAP is a naturally occurring gene that stimulates the growth of insulin-producing cells in the pancreas. As you know from the earlier parts of this article insulin producing cells are all important in treating diabetes. Support of INGAP and Strelitz was our most recent Cosmopolitan International project, and we Cosmopolitans provided over \$750,000. In addition to their work on INGAP, Strelitz is tremendously involved in basic research in the field of Neuropathy, diabetes related nerve damage. Dr. Gary Pittenger, Director of the Protein Chemistry Lab, provided a lecture detailing their work with nerve damage and its treatment. Their dedication to basic research in the field of diabetes is clear, focused and impressive.

On World Diabetes Day, November 14, 2007 Cosmopolitan was honored three times, first with a formal luncheon at Eastern Virginia Medical School hosted by the medical school's president Mr. Harry Lester. Second, the patient waiting area for the entire Strelitz Diabetes

Center was named to honor Cosmopolitan and third, at an evening reception ceremony where we were again acknowledged for our commitment and support. Our Cosmopolitan International immediate past president, Bob Williams, has written a beautiful article on that day at Strelitz and I would refer you to his article on page 14 as he tells the story with pride as a capital federation member.

As I toured Alberta Diabetes Institute and EVMS Strelitz Diabetes Center my warm reception represented the respect they have for what Cosmopolitan International has done. Clearly at both of these institutions, we have not been the biggest donor, but our support is well recognized and greatly appreciated. What I have seen and felt is a tangible representation of what Cosmopolitans have done. Again, in both visits I was being treated like royalty. Additionally, I felt I was hobnobbing with undeniably world renowned individuals as illustrated by Dr. Rajotte, Dr. Vinik, and Dr. Pittenger. We've picked good people to support.

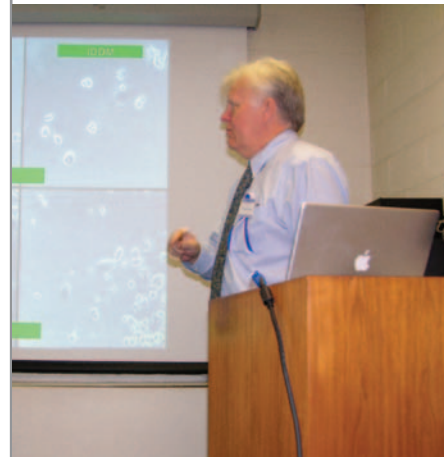
During these visits I was honored to act as your representative. This is your club and I have the good fortune to be Cosmopolitan International President for one year.

Let me close with these brief comments. As I travel and visit individual clubs and as I read club monthly newsletters I am impressed by the vitality of our clubs. I see clubs having fun, clubs participating in activities that have now become traditional annual events and clubs that are growing with new members. Please continue your efforts to increase your club's membership and keep it strong.

Finally, I'd like to quote from my last article because it says what is in my heart. "It is truly an honor to serve your club this year. Indeed it is your club. Each member is a shareholder in the club; we all play a role. The club derives benefit from each one of us." Take care and Happy New Year to you all.



Cosmopolitan International President Walter Alm accepts a commemorative gift honoring Cosmopolitan International at Eastern Virginia Medical School's evening reception



At Strelitz Diabetes Center, Dr. Pittenger delivers a research lecture to Cosmopolitan Club members



IT'S WORKING, AND IT'S GREAT FUN TO SEE THE RESULTS!

Jim Smith
President-elect

A few short years ago then Vice President for Membership and New Clubs, Tom Gustafson introduced us all to a great idea that his Rockford Cosmopolitan Club still uses to secure new members. We all remember hearing about Cosmopolitan Membership events, and we promised Tom that we would hold one in our local clubs. Those that did the job right experienced a membership increase, pretty much without exception. And almost every club has made this clever idea a part of their ongoing operations. Good for you, and thanks again, Tom.

In order to find people to invite to Cosmopolitan Membership Events, the next Vice President for Membership and New Clubs (AKA "Yours Truly") developed the "Great People Who Should Be Cosmopolitans" form and insisted that every Cosmopolitan attach one to their fridge doors as a reminder of friends, family or whomever that they could invite to share the Cosmopolitan experience. Obviously a great many Great Cosmopolitans are doing just that. We've enjoyed our first two consecutive years of membership growth in decades, and we're having an even better result in 2007-2008! As I write this, we're about six months ahead of our usual membership position. Our current Vice President for Membership and New Clubs, Richard Greer has lots to celebrate.

Great Cosmopolitans indeed! Wow! We've got lots and lots of Great Cosmopolitans filling out these forms, chatting about Cosmopolitan to the people on their lists, and signing them up at Cosmopolitan Membership Events. A huge, sincere Thank You to each of you! Well done, and keep it up!

Your Cosmopolitan International Board noticed that despite bringing in lots of new Cosmopolitans, we're still losing way too many members each year. And the easy way to fix that is to start ramping up the FUN levels that Cosmopolitans experience at the meetings and as they work their projects. Anybody who is really having FUN will never leave Cosmopolitan. The fear of missing out on some GREAT FUN is too much for any Cosmopolitan to bear; it's better to stay and keep enjoying it all!

3 Steps

Step 1

Make more Cosmopolitan FUN. There's no such thing as too much FUN!

Step 2

Keep working with your "Great People Who Should Be Cosmopolitans" list. Renew, update, review ...whatever it takes. Spend the next few minutes at your fridge door!

Step 3

Schedule several Cosmopolitan Membership Events at your club this year, and make them FUN events for everyone. Some of our clubs are really doing this well. Ask them how they do it.

Anybody who is really having FUN will never leave Cosmopolitan. The fear of missing out on some GREAT FUN is too much for any Cosmopolitan to bear; it's better to stay and keep enjoying it all!

FINANCE AND MARKETING NEWS



Melvina Newman
Vice President for Finance and Marketing

Happy New Year! The rush of the Holiday Season was just upon us. Nothing defines holiday decor more than the sturdy yet traditional Christmas tree. With its variety of sizes, shapes and colors, this seasonal staple has been adorned with just about everything from edibles to flowers, crystals to wood, and topped off with a mountain of lights. Yes, 'tis the season of glitter and shine! Horse drawn sleighs and glistening snow. Shimmering wrapped gifts under a twinkling tree. Eggnog and holiday baking. Family, friends and goodwill – what a wonderful time to pause and thank each one of you for your Cosmopolitan membership, friendship and generous contributions to CI and the Foundation.

Looking for Gift Ideas? Buy a “BRICK” for someone special for placement in the Courtyard. For just \$100.00 you can buy a brick - contact Headquarters today to get your brick ordered and help bring in revenue for Cosmopolitan International. Also, buy Cosmo shirts, bags, mugs, pens for family and friends on your gift list – check out all the merchandise available and use Cosmopolitan merchandise to help in your gift giving and help promote Cosmopolitan.

Marketing. Branding is big business. There is hardly a stadium or major sporting event where product logos are not everywhere – from the game clock to the equipment to players’ uniforms. All of this is an effort to position products in consumers’ minds. The more consumers see a product or company logo and colors, the more familiar it becomes. Marketing is the science of triggering an urge to buy a product whether we need it or not. It sets the stage to turn inclination into action. We need to “Just Do It” in terms of marketing Cosmopolitan in our communities. Plan events now for the beginning of the year to promote and market. Get the

word out – Cosmopolitan is the **Club that Fights Diabetes**. Are you aware there are “Cosmopolitan Placemats” available for use for all your events? Just contact CI for quantities and pricing – use the new placemats when you hold any event.

Tap your members by asking them to complete this sentence: “The one thing that makes being a Cosmo member worthwhile is” This will help market what Cosmo is all about to prospective members and to use at your events in your communities.

Past International President Bob Williams is a member of the Marketing Committee and will be working on a special issue of *CosmoTopics* as has been discussed this past year. Bob will be contacting diabetes centers for sponsorship and articles. We are looking forward to having a special issue to use as a marketing tool.

Budget and Finance. As I have mentioned in previous articles, my financial goal is to continue to monitor all income and expenses. Our audit is complete and a copy has been provided to all Board Members. All our adjustments to the books are being made and recommendations followed from the audit. Again, a reminder to pay your dues timely to continue to keep CI in sound financial status, bring in new members and new clubs which in turn helps with the budget and helps to provide you “our members” with better services.

Colorado Rocks! Convention 2008 – July 23-26. Spent four great days with the Andersons in Colorado Springs in November. Met with Hotel staff and looked at meeting & other rooms, toured many sites in Colorado Springs, checked out eating places, etc. Colorado will Rock in 2008 – don’t miss it. Plan now!

The more consumers see a product or company logo and colors, the more familiar it becomes ... We need to “Just Do It” in terms of marketing Cosmopolitan in our communities.



STAY WITH US

Richard Greer

Vice President for Membership and New Clubs

Long Term, Mover & Shaker. Many of them have been Cosmos for years, faithfully attending meetings. They jump into projects wholeheartedly because they know that they have a responsibility to keep the Cosmopolitan traditions alive and well. These people are true “movers and shakers.” They are ready to take the lead and revitalize Cosmopolitan by working on building a new club. With a little encouragement, they could be off and running, contacting potential new members. Your club members will be reminded of “The Great People Who Should Be Cosmopolitans” form and have it full ready to give to your club builders. Get everyone on the club building bandwagon, and you will have a worthwhile effort on the go.

Long Term, Not so Interested. Many of them have been Cosmos for years, faithfully attending meetings. However, they don’t really jump into too much as it might mean some work on their part. They are likely attending in order to get out of the house, but really have nothing to add, with the exception of a complaint or two. These Cosmopolitans still have something to contribute. They must still be interested as they are at the meetings. Take advantage of their experience, and get them involved in your next project by asking them to head it up. They may dig their heels in a bit, but will probably feel a bit flattered that they were asked. They will do a good job as they have the knowledge to get things done.

Medium Term, Sometimes a Mover & Shaker. May have been with the club for a few years, and when asked are willing to help. They will work very hard at a project, but seldom take the lead after it is completed. They may miss some meetings, but will show up when someone calls. This could be a Cosmopolitan feeling a bit burned out. Still interested, but not yet ready to head up something at this time. Get them involved with the long-term movers and shakers and their efforts to build a new club. This Cosmo will work hard as they have done so in the past, but will not feel the pressure of coordinating the job.

Medium Term, Bored. May have been with the club for a few years, but not really willing to help out. They aren’t often at meetings, but when they do attend, will talk about anything but Cosmopoli-

tan projects. They stay with the club to allow them to say they are Cosmos, but that is about it. This is a tough one to work with, however, they will surprise you sometimes when they decide to climb back on board. They have been around and know how the club works and its history. The Awards Chairperson can use their help. Encourage them to work with club members to gather nominations. Their commitment to Cosmopolitan in past years will help your Awards Chair do their job.

Short Term, Interested. Joined the club a few years ago, and are still excited about their club and its projects. They are at most of the functions, contributing new ideas and are a real asset. We all could use more of this personality! They are a perfect choice to send to the next Convention. Get them to the Federation meetings and encourage them to attend International Convention. They will be impressed, and will work hard for your club in the future. They could possibly be your President-elect in a few years.

Short Term, Not So Interested. Joined the club a few years ago. Likely feels a bit left out, and doesn’t feel they are contributing too much. Tends to miss meetings, but when they do attend, will make excuses for not working on a project. This is a perfect candidate to help your Membership Chair. Being on the membership committee will make them feel important without putting too much of a load on them. They will have some names to contribute as potential members, especially if they feel your club is interested. Get them involved, and quickly, or you will lose them in the near future.

All of your members will “Stay with Us” if they feel they are making a contribution. Remember: Rekindle the excitement at club level; Host two Membership Events this year. Recognize our accomplishments; Support the Awards Program. Reconnect with clubs in your Federation as well as Cosmopolitan International; Attend Conventions and encourage new members to come along. Revitalize Cosmopolitan by working towards new club building; Get the “movers and shakers” to take the lead and make the commitment to support them.

The theme “**Stay With Us**” is still topical I think, as happy, interested Cosmos, doing all the good things they do, equals Cosmos who feel that what they do is worthwhile, and will “Stay With Us”. Who are these Cosmos, and what are they thinking? Go over this list of personalities, you may recognize someone in your club, or even spot yourself. By approaching each personality with a positive message, from your club executive, down to the newest member, you will have a very productive and forward thinking club.



Jim McVay, CHAIR, INFORMATION TECHNOLOGY COMMITTEE

Club Websites

I am pleased to report that the new website is gradually becoming more familiar to our membership and many of us are taking advantage of the wide range of information that is available. Of course, if you have not had a chance to drift through all of the features and material offered on the site, please log on at www.cosmopolitan.org and check us out!! If you have any trouble or need help with your username or password, just give headquarters a call and Kevin or Cindy will be glad to assist you.

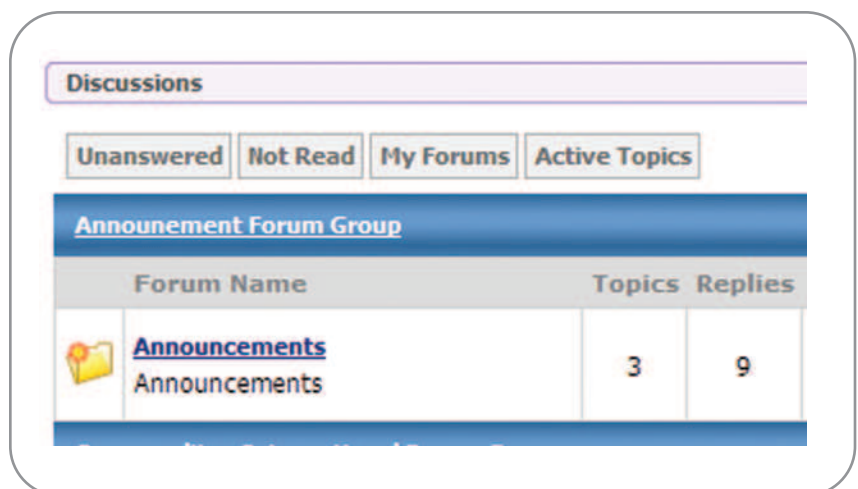
What you may not know is that your Cosmopolitan club can have a website of its very own. Brilliance Business Solutions, the company that designed and hosts the Cosmopolitan International website, will assist individual clubs in launching a website which can include such features as a club member database, downloadable forms, a photo album, and credit card processing. Although the general layout of the club website is the same, the content you include can be specific to your individual club. Not only is this a great resource for your club members, it also gives potential members an idea of what your club is all about.

It is relatively inexpensive for your club to get a website up and running. There is a one-time set up fee of \$600.00 and a yearly hosting fee of \$120.00 that includes the registration of a domain name specific to your club (i.e.: www.rfdcosmo.org, www.sf-cosmo.org). The set-up fee includes one hour of training as well. Again, please consider the idea of creating a website for your club – it is a great way to get people educated about everything we do as Cosmopolitans.

Discussion Forum

One of the best but most underutilized features on the Cosmopolitan International website is the Discussions page. This feature allows our members to pass on a piece of interesting news, provide helpful suggestions about a particular topic, or just voice an opinion about an issue.

It's easy! All you have to do is click on the forum name - either "Announcements" or "Cosmopolitan International", then either click "Add New Topic" to start a new discussion or reply to a message left by someone else. No matter which method you chose, make sure to take advantage of this feature and **let your voice be heard!!**





THE COSMOPOLITAN DIABETES FOUNDATION BOARD Working with You to Defeat Diabetes

Jerry Nelson
Cosmopolitan Diabetes Foundation Chairman

During this busy season of thanks and giving, I would like to take the opportunity to introduce you to your 2007 – 2008 CDF Board members and their spouses along with Deana, the Foundation assistant featured on the next page, and say “thank you” for all that they do to support the Cosmopolitan motto, “The Club that Fights Diabetes.”

This season helps me to reflect on the things that I am thankful for: my faith, my family and my Cosmopolitan family and friends. It is a season of giving and we all receive numerous requests for donations. Rather than joining the list of causes asking for your dollars, I want to share my thoughts on your giving.

What it means for Cosmopolitan clubs and individual members who contribute to our Beacons Fund: Increasing the Beacons membership increases our equity. The Board has the authority to make grants from equity after setting aside a reasonable operating reserve. With your help we are getting close to that point, thank you.

What it means for Cosmopolitan clubs, members, friends and companies who donate to our **Discovery Fund**: The “a dollar in = a dollar out” strategy enables us to make grants for diabetes related projects. With your continued help we can reach our goal of \$50,000 in the Discovery Fund for the International Convention 2008 in Colorado. Thank you for your contributions to this fund. **Remember, acting collectively we can achieve significantly greater results than by operating individually.**

At the International Convention in Omaha the CDC Cornbelt Diabetes Connection was recognized as a Major Cosmopolitan Diabetes Project. Other projects recognized are the Crusader Clinic, Rockford, Illinois; Cosmopolitan Diabetes Center, Columbia, Missouri; Eastern Virginia Medical, Norfolk, Virginia; and Sanford Children’s Medical Center at the University of South Dakota in Sioux Falls.

This issue begins a series highlighting each of these five major Cosmopolitan Diabetes projects. Hopefully, you will be interested in knowing how your monies contributed to the Discovery Fund results in grants that support meaningful diabetes-related work. Look for the CDC Cornbelt Diabetes Connection article in this issue.

The Foundation Board wishes you and your family a very Merry Christmas and a Happy, Healthy and Prosperous New Year!!!

The “a dollar in = a dollar out” strategy enables us to make grants for diabetes related projects. With your continued help we can reach our goal of \$50,000 in the Discovery Fund for the International Convention 2008 in Colorado.



Happy Holidays from your CDF Board

CORNBELT



Jerry and Miriam Nelson
Chairman (2007-2010)

MO-KAN



Dean and Jan Barry
Vice Chair (2005-2008)

AT-LARGE



Jim and Joan Walker
Secretary (2005-2008)

CAPITAL



Bill and Phyllis Quire
(2006-2008)



MID-STATES



Tom and Deanne Gustafson
(2006-2009)

NORTH CENTRAL



Bill and Joyce Kubat
(2005-2008)

SOUTHWEST



Bill and Bobbie Clifton
(2007-2010)

FOUNDATION ASSISTANT



Deana and Gary Vanden Hull

Cosmopolitan Diabetes Foundation

Board of Directors

JERRY NELSON

*Chairman
Cornbelt (2007-2010)*

12256 Mary Plaza
Omaha, NE 68142
H 402.493.7869
B 402.681.2114
F 402.431.9609
waterman44@cox.net

DEAN BARRY

*Vice Chair
Mo-Kan (2005-2008)*

20034 Highway B
Clark, MO 65243
H 573.641.5501
barryjd@centurytel.net

JIM WALKER

*Secretary
At-large (2005-2008)*

4816 Royal Court
Sioux City, IA 51104
H 712.239.2308
C 712.259.5689
jfkwalker@aol.com

BOBBIE CLIFTON

Southwest (2007-2010)

5816 Donahue Ferry Road
Pineville, LA 71360
H 318.640.9680
B 318.445.0163
F 318.445.2772
billbobbie@kcricket.net

BILL KUBAT

North Central (2005-2008)

4604 Magnolia Circle
Sioux Falls, SD 57103
H 605.371-2630
B 605.362-3130
F 605.362-3319
bkubat@sio.midco.net

BILL QUIRE

Capital (2006-2009)

8371 Longstreet Lane
Suffolk, VA 23438
H 757.986.3859
B 757.468.4369
F 757.368.2546
wquire@earthlink.net

TOM GUSTAFSON

Mid-States (2006-2009)

810 Greenlee Avenue
Winnebago, IL 61088
H 815.335.7657
C 815.985.5116
F 866.505.4563
gustafson@mmsn.com

Ex-officio Members

DEL OBERST

387 Hamilton Avenue
Elgin, IL 60123
H 847.741.9153

KEVIN HARMON

1924 Carmel Drive
Lawrence, KS 66047
H 785.841.5816
B 913.648.4330
headquarters@cosmopolitan.org

WALTER ALM

International President

COSMOPOLITAN FOUNDATION CANADA, INC.

PO Box 7741
Saskatoon, SK S7K 4R5

Gary Kripki, President

1426 Lacroix Crescent
Prince Albert, SK S6V 6R7
H 306.764.3841
B 780.594.0292
kripki@telus.net

Major Cosmopolitan Diabetes Programs

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive
Columbia, MO 65212
B 573.882.2273

Elaine Rehmer, Administrator
rehmerf@health.missouri.edu

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

1100 South Euclid Avenue
P.O. Box 5039
Sioux Falls, SD 57117-5039
B 605.333.7315

Dr. Laura Davis Keppen, M.D.

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

855 Brambleton Avenue
Norfolk, VA 23510
B 757.446.5909

Dr. Leon-Paul Georges, M.D., FACP, Director

CORNBELT DIABETES CONNECTION, INC.

4131 South 174 Street
Omaha, NE 68135
B 402.895.3764 or 402.490.9603

Ed Thompson, President

CRUSADER CLINIC/ COSMOPOLITAN DIABETES PROGRAM

1200 West State Street
Rockford, IL 61102-2112
B 815.490.1600

Dr. Gordon Eggers, Jr., President and CEO

Major Cosmopolitan Community Programs

COSMOPOLITAN INDUSTRIES, LTD.

28 34th Street E, Saskatoon, SK S7K 3&2 CANADA
Peter Garrand, Director
P. 306.664.3158

Providing Diabetes Screenings



The Mobile Nursing Unit provided by the Cornbelt Diabetes Connection (CDC) gives free diabetes screenings. The CDC provides the Mobile Nursing Unit, the driver, medical and other supplies and storage for the clinic. It is staffed by nurses and nursing students from the University of Nebraska. The CDC project was started in 1992 and the Mobile Nursing Unit has served nearly 30,000 visitors since then.



While the Mobile Nursing Unit is the most visible activity of the CDC, they also provide education classes through the Diabetes Education Center of the Midlands. The CDC has spent over \$136,000 to subsidize education classes for those who would not otherwise have had access to those classes. And in 2001 the CDC established the Cosmopolitan Crisis Intervention Program that provides temporary diabetes medications and supplies for those in a crisis situation with no other access to such needs. Since then they have spent about \$35,000 to

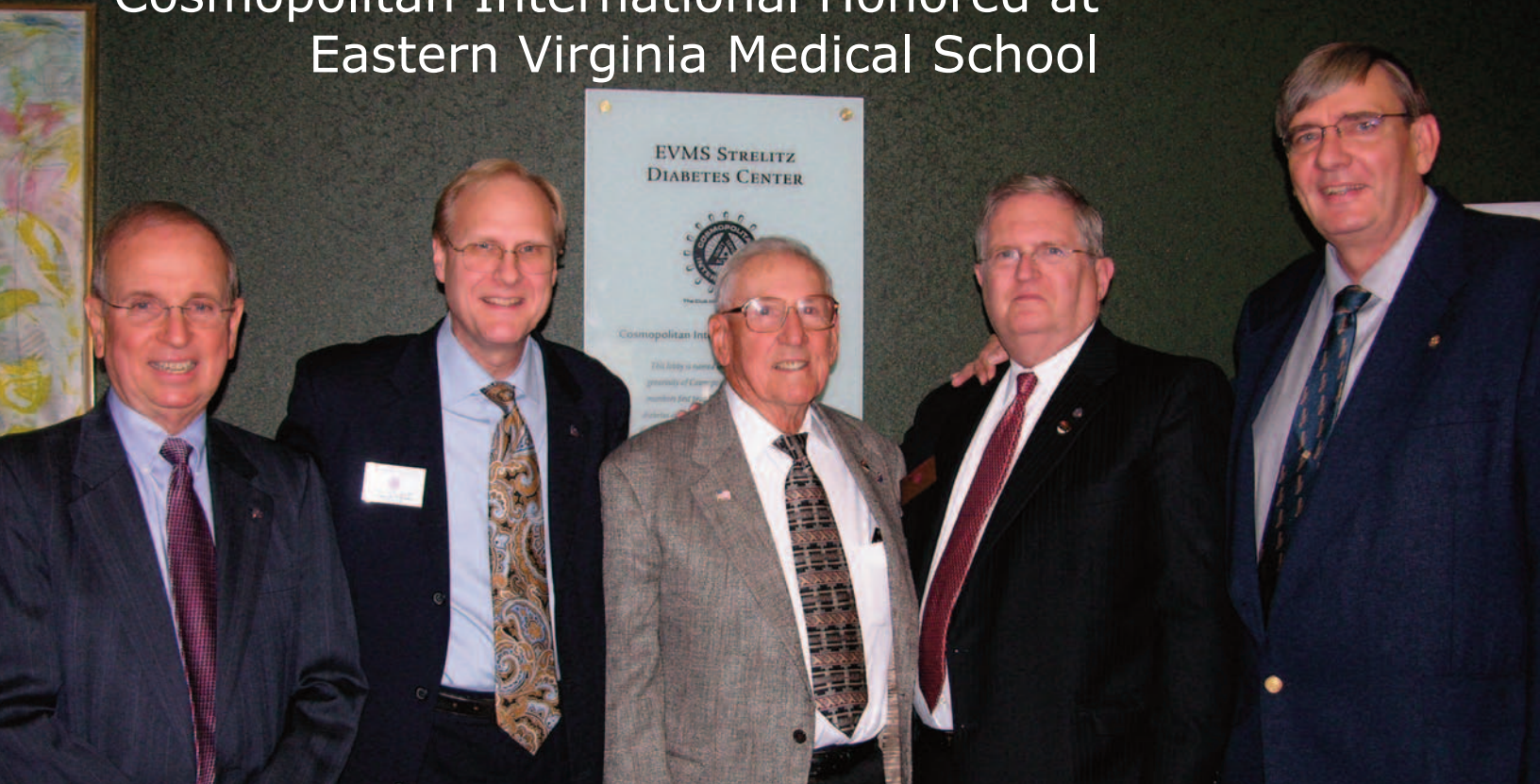
provide assistance to over 141 people, and they are looking to expand this program.

At the last International Convention the Cornbelt Diabetes Connection was recognized as a Major Cosmopolitan Diabetes Program. It is one of only five diabetes programs to have achieved that distinction. In 1992 the Cosmopolitan Diabetes Foundation provided a grant of \$15,000 which served as the original start up funding for the CDC. Through the years CDF has continued to support the CDC and their support now totals \$54,000. Since its beginning in 1992 Cornbelt Diabetes Connection has raised nearly \$742,000 in the Cosmopolitan fight against diabetes. **This is a project that Cosmopolitans everywhere can be proud of.**

Project Spotlight

provides an insight on our Major Cosmopolitan Diabetes Programs and Major Cosmopolitan Community Programs.

Cosmopolitan International Honored at Eastern Virginia Medical School



International Presidents, Past and Present, l to r: Bob Williams, Walter Alm, Tom Williams, Tom Stone, and Bill Quire

On World Diabetes Day, November 14, 2007, Cosmopolitan International was honored by the unveiling of the newly-named Cosmopolitan International Patient Lobby at the EVMS Strelitz Diabetes Center. Cosmopolitans in attendance were four past international presidents, current International President Walter Alm; Carl DiVencenzo, Capital Federation Governor and many members of the Norfolk Club. At a reception held Wednesday evening, over 200 attendees heard Eastern Virginia Medical School President, Harry Lester give credit to Cosmopolitan International for its foresight in first proposing a diabetes center at the school as well as for its continued support for the past twenty years. President Lester and Dr. Gerald J. Pepe, Dean and Provost of EVMS further announced that diabetes will now be one of four major programs at EVMS that will receive increased emphasis and support in the years to come. International President Walter Alm was honored at the recep-



Doctors Aaron I. Vinik - EVMS Strelitz Diabetes Center; Tom Griffey, Norfolk Club; and Walter Alm, International President

"Cosmopolitan International Patient Lobby

This lobby is named in honor of the vision and generosity of Cosmopolitan International, whose members first proposed the idea of establishing a diabetes center at Eastern Virginia Medical School. From the beginning, Cosmopolitan International and its member clubs, including the Cosmopolitan Club of Norfolk, have been stalwart supporters of this internationally renowned center, and their generosity continues to advance the Strelitz Diabetes Center's education, research, and patient care programs."

tion with a token gift of the Center's appreciation for all that Cosmopolitan International has done for EVMS and the Center. In addition to the reception and naming ceremony, the Center provided all Cosmopolitans in attendance with a special overview of ongoing research presented by Dr. Gary Pittenger in the morning after which Harry Lester and Dr. Leon-Paul Georges, Center Director, hosted a private luncheon to further express its appreciation to Cosmopolitan International. Cosmopolitan International can be proud of this very special event.

NEW NAME!

**EVMS Strelitz Diabetes Center
Eastern Virginia Medical School**

Diabetes

Dana Priebe joined the Sioux Falls Noon Club in 2003 and has been living with diabetes since the age of 29.



How old were you when you acquired diabetes?

I was a gestational diabetic with both of my pregnancies, the first one being at age 24. I took insulin shots in my leg during both pregnancies. I was diagnosed as type 2 in 1994 at age 29 and became insulin assisted at age 30. Today I am pretty much insulin dependent, taking four shots a day as of this fall.

Is your diabetes treated with pills or insulin?

I treat with insulin with a shot before every meal and a long lasting insulin before bedtime.

Besides using medication, do you do other things to control your diabetes?

I should and had been exercising regularly until I was hospitalized with a blood clot and took some time off. I now need to get back into the swing again as I can tell the weight is adding back up. I need to exercise or walk at least 30 minutes a day every day. The blood thinners have caused a few bruises and a bit of bleeding so I have to watch for those spots. Hopefully these meds are temporary.

What are the accomplishments in management of your diabetes that make you most proud?

I carry my insulin with me so that I am able to eat out and can order what I want to eat. I try to watch my carbs for weight loss purposes anyway, but I find there are no restrictions on me when I am out and about and don't always have to cook at home or force my family to eat the low fat items I prefer to eat. I still cook regularly for my family and just adjust my portions or my choices.

What is the greatest difficulty or challenge having diabetes causes you?

Diabetes doesn't make you house ridden or bed ridden -- you make the most out of your life. I lead a normal life such that most people wouldn't have any idea I was a diabetic if they weren't informed ahead of time. The most challenging part is passing up on desserts and limiting my carbohydrate intake.

If you are a Cosmo member and are interested in sharing your story of Living with Diabetes, please contact Headquarters. We'd love to hear from you!

North Central Federation

GERRIT VAN HUNNIK, Fargo

Mo-Kan Federation

GISELA F. KOPP, Columbia Luncheon

JACKSON MITCHELL, Lawrence Breakfast

JIM CAMPBELL, Santa Fe Trail

Capital Federation

DAN CHRISMAN, Roanoke

WILLIAM MASON, Baltimore

WALTER COMSTOCK, Elizabeth City

Western Canada Federation

RICHARD SCHINDELKA, Saskatoon Bridge City and Saskatoon Couples Club

In Remembrance



As we modify the format of Cosmo Topics, we hope to provide a page devoted to presenting interesting information regarding Diabetes. Our format will be similar in each issue.

It is not the intent of these articles to give medical advice, please do not accept this information as such. Rather, we will try to provide information about the illness of Diabetes that we hope will be interesting to our membership. An effort will be made to provide web site addresses where this information has been found. Readers can use these web sites if they would like to investigate these topics in greater detail.

Info about Diabetes

Type 1

This used to be called juvenile diabetes, but is no longer the case. Type 1 Diabetes usually appears in children above four years old and is often seen at the onset of adolescence. However, adults between their late 30s and early 40s have now been diagnosed with Type 1.

Type 1 occurs when the body is unable to provide sufficient insulin which is necessary for the body for normal metabolism. During digestion glucose is produced, which is the main energy source for the body. The body uses insulin for the transfer of glucose to the various body cells from the bloodstream. The production of insulin in healthy people is carried out by beta-cells in the pancreas. When a person has Type 1 Diabetes the beta-cells are damaged and insulin production is either decreased or ceases altogether. Insulin administered regularly is the primary treatment for Type 1 Diabetes. Exercise and diet also help to keep the person healthy and fit.

Type 2

The glucose level in the body in Type 2 Diabetes patients is higher than in normal people who do not suffer from this condition. Generally after eating, the food reaches the stomach where it breaks down into a sugary substance known as glucose. This glucose is then carried through the blood stream to all the cells in the body. In Type 2 Diabetes patients the insulin, which is the substance that does the work of converting glucose into energy, is produced in insufficient quantities. Because of this, cells found in the body's fat, liver and muscles are unable to utilize the glucose that is present leading to a drastic increase in the glucose level of the blood while cells that need glucose to function properly are deprived of it. This has very severe consequences and after a period of time the blood vessels and nerves could get seriously affected and lead to other related illnesses including heart attacks, blindness, nerve problems and kidney disease. In extreme cases, drastic action including amputation of limbs is called for. Doctors recommend a combination of diet, lifestyle change and exercise with the administration of drugs. This would mean including some form of exercise at least 5 times a week and also a change over from harmful lifestyle habits and a bad diet. Fresh fruit and vegetables should replace highly refined sugary and high fat foods.

Diabetic Symptoms

Frequent urination
Excessive thirst
Extreme hunger
Unusual weight loss
Increased fatigue
Irritability
Blurry vision
Cuts or sores that are slow to heal
Itchy skin, yeast infections

Online

Here is an interesting web links:

<http://www.diabetes.org/uedocuments/df-chris-matthews-1207.pdf>

If you don't read any others, please take the time to check this one out! This is a very interesting article because it presents an individual's diagnosis, denial, acceptance and aggressive fight to control Type 2 diabetes.

<http://www.diabetes.org/phd/profile/default.jsp>

This is a comprehensive health review and risk calculator for diabetes and other health complications (they're not selling anything).

Interesting research links:

<http://www.evms.edu/diabetes/research.html>

This is a link to EVMS Strelitz Diabetes Center research programs, especially note:

Finding a Cure for Diabetes,
- Islet Cell Regeneration and INGAP

Preventing and Reversing Complications,
-Neuropathy (nerve disease secondary to diabetes)

<http://diabetes.webmd.com/islet-cell-transplantation>

Information about Islet Cell Transplant on *WebMD* (note reference to Edmonton Protocol)

Cosmo Brick Club

Purchasing a brick to be placed in the brick courtyard at International Headquarters is a wonderful opportunity to honor your club president, federation governor and award recipients. Bricks have also been inscribed in memory of friends and loved ones. To date, nearly 400 engraved bricks have been placed in the courtyard of the historic turn-of-the-century headquarters buildings.

To order your brick, please send your \$100 US check to headquarters with your engraving and acknowledgement info.

Lester Timm
Mentor and Friend
Exceptional Cosmo

Topeka-In Memoriam
Kay Houser 2005
Dallas Power 2005

Topeka-In Memoriam
Richard Kluge 2007
Bob Bernica 2007

ENGRAVING INFORMATION

Name		
Street		
City	State/Prov	Zip/Postal
Phone	Fax	

Who's That Cosmo?

WIN
a set of
Cosmo
Barware!



This Cosmo should be known by many. **Send your guess of the name and club of this Cosmo to Headquarters by Friday, February 22, 2008.** All the correct entries will be put in a hat and a winner will be drawn. The winner will receive a set of Cosmo barware.

our HISTORY

A college professor once said that history is in constant revision depending on the information available and the point of view of the story teller. Well the point of view hasn't changed, but the information certainly has.

Jim Ewing, long time Executive Director of Cosmo and mentor of yours truly, gave a call to Headquarters about the history page. Jim knew of older *Topics* and even a bit of the history of how the *Topics* was named. Jim made a call to Bob Utke, son of Gustave Utke, a Past International President from 1940, who knew that his mother had won a naming contest for the *Topics* at the Norfolk convention of the same year. Bob also had a box full of *Topics* from 1940 to the 1960's and would ship them to Cosmo.

A little more digging at Headquarters led to what is the very first issue of a Cosmo newsletter, which is featured as our cover for this issue. It was published weekly by the Kansas City Club and was called *The Cosmopolitan Club*. Although there is no date on the magazine, it is certain that it was January of 1923 for the first issue. This weekly was the Cosmo magazine until it changed names in 1940.

Just another bit of our history revived. If you have more history from the era of the 20's through the 40's and even till today, please let us know. We'd love to hear from you.



The occasion of the Rockford Club Inaugural. You will notice the one woman in the group is the daughter of our founder Patrick J. Hodgins.

KNOW&tell

The Story's in the Numbers

Top Clubs

with New Members

Three Rivers 10 members

Jefferson City	7 members
Rockford	5 members
Norfolk	4 members
Omaha I-80	4 members
Sioux Falls Noon	4 members
Elgin	3 members
Hampton Roads	3 members
Heartland	3 members
Omaha Ladybugs	3 members
Rapid City	3 members

(data as of 12/10/07)

Top Sponsors

Anne-Marie Mayne, Ladybugs	3
Kevin Welsh, Omaha I-80	3
Lavonne Hawking, Aurora	2
Don Feltham, Heartland	2
Linda Shields, Jefferson City	2
Greg Shields, Jefferson City	2
Glen Ezard, North Side Lancaster	2
Matt Armstrong, Rockford	2
Tom Etier, Rockford	2
Janice Galli, Three Rivers	2
Jim Walker, Three Rivers	2
Joan Walker, Three Rivers	2

Top 10 Clubs

Going Back to 1957

Tulsa 153

Omaha	126
Columbia	110
Topeka	101
Norfolk	99
Rapid City	98
Sioux Falls	95
Rockford	92
Aberdeen (SD)	82
Wichita	79

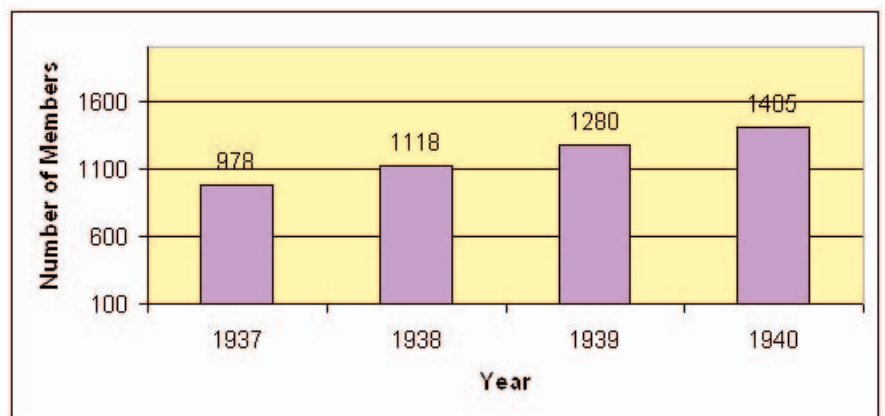
Top Clubs

Going Back to 1940

Tulsa 113

Sioux Falls	110
Norfolk	89
Aurora	58
Oklahoma City	58
Springfield, IL	57
Rapid City	51
Calgary	50
Saskatoon	50
St. Paul	49

Total Membership



The Story is in the Numbers

Ladybugs Club by Anne-Marie Mayne

When Walter Alm took office as International President at our annual convention in August, he spoke about our goals for the year as Cosmos. His theme is "The Story Is In The Numbers."

Just moments after President Alm finished his inaugural address, the Omaha Ladybugs ran with his theme. We were the first club to sign a new member this year. During a pause in the dancing, President Alm, himself, swore in Tara Muir. This was his first swearing in of the year.

Tara Muir is married to Ed Ficenc, President of the Downtown Club in Omaha. She got to know Cosmo through Ed before and since they were married in 2004. Omaha was her fifth convention and she

has made some of her own really good friendships. We are so lucky to have Tara! We look forward to telling more number stories throughout the year with our fantastic newest member!



Just a Small Club ...

Lake Area Club by CeCe Benton

Chartered on June 28, 2007, some may have thought the Lake Area Cosmo Club was much too small to do much to help the Lake Ozark area. In August, the Club had a booth at a school health fair. Brochures about the warning signs of Diabetes and applications for membership were given out. In September, the Club helped a small Lion's Club with a mud run. The club received 25% of the net profit for the event. In October and November they had a booth at an Apple Festival and Turkey Festival and sold light-up yo-yos and raffle tickets worth \$200 in groceries. The December meeting was a membership night, so prospective members were invited. The winning raffle ticket for the groceries was also drawn just in time for the holidays. The Lake Area Cosmo Club is small, but BIG on working to help in their community. Pictured: Lake Area member, Rick Derks, selling light-up yo-yo's.



On the Go with West O!

West Omaha by Martin Warwick

On November 16 the West Omaha Cosmo Club delivered over 5,700# of new and used clothing, 600# of shoes, 60# of toys, and over 400# of miscellaneous items to the Open Door Mission in Omaha. The items were collected during the month of October. CBS Home Real Estate, Sandoz Elementary School, as well as various locations served as collection points for our annual clothing drive. Batten Trailer Leasing provided the tractor, trailer, and driver to deliver the items. In addition, the West Omaha Cosmo Club donated \$500 to the Open Door Mission to use in meeting the needs of homeless and near homeless in our community.

A major source of fund-raising for our various charitable projects comes from our annual GONK Dinner Dance and silent auction. The hall was decorated beautifully, music was provided by Mystic Haze, and the pulled pork dinner, with all the trimmings, went over very well. Karen Wilson and Candy Rezac, left to right, are the sister team manning (ladying) the dessert table. The evening was a fun filled success.



That "Incredible" Cosmo Club in Calgary Calgary Club by David Rose

2007 has been a tremendously successful year for all of us in the "Calgary Club." We have been led by an award-winning President and Board that have orchestrated the best year. As of Governor Rod's visit to our club this past Tuesday evening (11/13), we are no longer a "Gendered" club with the induction of two very fine ladies. Finally we're a "Braves and Squaws" Club. Governor Rod also presented P.P. Cosmo Yours Truly (Dave) with a pin recognizing 15 of 17 members he sponsored over the years. The night was finalized with a wondrous duo, Past Gov. Niel Gow and President Elect Chris Harris leading us all in a Remembrance Day Celebration complete with Cosmo Niel on trumpet, bugle alpen horn (Amazing Grace), and finishing with Cosmo Niel "Shooting His Face Off"! Next time You see Niel, ask him to play his Rifle ... it was AMAZING!

Last week Cosmo Greg Snider's company, with the aid of our Club, held a Grand Ball/Fundraiser which will net The Calgary Interfaith Foodbank between \$25,000.00 and \$30,000.00. We have had several "Fun" events during the year which has allowed our Club the Honor of supporting the following groups:

University of Calgary Diabetes Research Student Scholarship	\$21,000
The Association for the Rehabilitation of the Brain Injured (ARBI)	\$ 5,000 + \$15,000
The Calgary Interfaith Foodbank	\$10,600 + approx. \$25,000
W.C.F. Diabetes Foundation	\$12,600
Janis Academy Scholarships (School for Autistic Children)	\$18,000
Salvation Army	\$ 5,000
Hull Child & Family Services	\$ 2,000
Huntington Association (in memory of Cosmo Chris Weber's late mom)	\$ 1,000
Mustard Seed Street Ministry	\$ 1,000
"Safe Water for Malawi" ("Google" Biosand Waterfilter).	

Once again I must mention the highlight of the Cosmo year, the Celebration of our Honorary Lifetime Member Clara Smith's 100th Birthday and Valentines Day. Complete with letters of Congratulations from our International President, The Premier of Alberta, The Mayor Of Calgary, and our Prime Minister. In the last 7 years Clara has logged over 33,000 hours of Volunteer work in Calgary, and at age 100 continues to volunteer 10-12 hours a week. Isn't that what being a "COSMOPOLITAN" is all about?!



Tulsa Club Sets Beacon Record

The Tulsa Club became the first US club in International with 100% Beacon membership with their recent donation of \$13,500 to the Foundation. Tulsa, our oldest club, is making news today with their continued philanthropy and desire to be a leader in Cosmopolitan. This donation paid off all existing members Beacon pledges as well as establishing a Beacon membership for those in the club who had yet to join in. Accepting the donation are Bill Clifton, Southwestern Federation Governor, Kevin Harmon, Executive Director, Jean Rodgers, Tulsa Secretary, Bobbie Clifton, Southwestern Federation Foundation Representative, and Virgil Graham, Tulsa president.



2nd Annual Walktoberfest for Diabetes

Show-Me Club by Judy Weitkemper

If you happened to be walking through Columbia's Cosmo Park on Sunday afternoon October 7th, you probably caught a glimpse of the "Golden Wave" winding through the park trail or a whiff of Bill Weitkemper's BBQ coming from the Burford Shelter. The people wearing the gold shirts were not from Mizzou although many are fans and had participated in the "wave" at Faurot Field the previous day when they witnessed the Tigers beat Nebraska 41 to 6. However, on this day, the gold shirts were to represent the Columbia Cosmo Clubs in action, doing what they do best--holding a benefit to make our community a better place to live.

It was the local Show-Me Cosmo Club's 2nd Annual Walktoberfest & BBQ for Diabetes at Cosmo Park. Money raised by the Walk will be given to our local diabetes center for supplies that are often not covered by insurance for both pediatric and adult patients, and for diabetes outreach and education throughout our Mid-Missouri Area. Judy Weitkemper, Chair of the Walktoberfest, presented the top individual fundraiser award to Wayne Powell of Columbia during the Cosmo Luncheon Club meeting and the top team fundraiser award to the Register family of Jefferson City at the Jefferson City Cosmo meeting. Six teams and many individual walkers, over 62 people, participated in the Walk and raised over \$10,000 for our community. Walktoberfest 2008 is scheduled for Sunday, October 5, 2008.



Membership Mixer

Sioux Falls Evening by Sheila Anderson

The Evening Club of Sioux Falls held a membership mixer on November 8 at the Westward Ho Country Club. Emcee for the evening was Jerry Priebe. Hors d'oeuvres and drinks were provided. There were four guests, and one new member was sworn in: Maria Oren, guest of Deb Peterson. We are talking about doing another membership event in late January.



Adopt A Family

Heartland Club by Linda and Don Gentry

Heartland Cosmo's Adopt A Family for Christmas. With the help of club member Janet Feltham the Heartland Club adopted a family through the Kansas City Operation Breakthrough. This family of 3 included a mother with diabetes and a child on the way and 2 other small children. With our help, this mother and her children had a brighter Holiday. The Heartland Club, provided a gift card for food, a gift card for additional necessities through Target and gifts for the children, the baby, and the mother.

The mission of Operation Breakthrough is to help children who are living in poverty develop to their fullest potential by providing them a safe, loving and educational environment. Operation Breakthrough also strives to support and empower the children's families through advocacy, referral services and emergency aid.



Gone Curling!

Western Canada by Rod Randolph



International President Walter Alm was the star of the show in Saskatoon, October 19-21, 2007, as he showed all the curlers how to hit the house at the annual Western Canada Federation midterm and bonspiel. A great turnout of 65 Cosmos and guests enjoyed a very pleasant weekend of curling, fun and Cosmopolitan spirit, hosted by the Yellowhead Cosmopolitan Club.

Fifteen ladies were treated by Yellowhead Club members Linda Greer and Kathy Baker to the first "Saskatoon Spree". The ladies were escorted to local attractions, featuring crafts, giftware, an art gallery and spectacular scenery around Saskatoon.

A highlight of the weekend was the presentation of Beacon Award Plaques to all members of The Yellowhead Club. The Club has made a commitment to Cosmopolitan Foundation Canada Inc by pledging \$100.00 for each member for the next ten years, this year totalling \$2,000.00.



Governor Rod Randolph and Walter discussing the finer points of curling at the rink.



International President-elect Jim Smith and Walter, relaxing before supper.



Past Foundation President Gary Jurke presenting plaques to Darwin Baker and Yellowhead President Darin Boire. Darwin was instrumental in getting the Club Beacon idea off the ground.

Karaoke for a Cure

Three Rivers Club by Jim Walker

The Three Rivers Cosmopolitan Club of Sioux City held its successful membership event appropriately entitled "Karaoke for a Cure" at Maxine's Restaurant in Lawton, Iowa. Cosmo members Tim LeVan and Lois Holmes aka, "karaoke experts", set the stage for a musical evening by putting together a nice array of word puzzles and cartoons featuring famous people especially musicians that have diabetes. Interestingly, one of the cartoons characters bragged "I only have islets for you!" It was a hoot! International and Three Rivers brochures were distributed. The club one showed members participating in fund raising efforts, meetings, diabetes screenings and photos of kids that were sent to the diabetes summer camp at Camp Hertko Hollow. An informative meeting was held prior to the karaoke. Things that we do as a club, our diabetes civic cause, fun meetings, fund raising and diabetes in general were discussed by members and guests alike. It was so interesting to have great input from attendees. Seven guests were present at the event. The new members include Rick Bertrand, Tammy Bertrand, Curt VonHagel, Kristi VonHagel, Ruth Lebowich, Bill Miers and Beverly Conner. This puts club membership beyond charter strength for the first time! As a result of this fun event, additional contacts are being made. Some of the new members have already agreed to help host future meetings and share thoughts about ways we can improve as a club. Please join us in welcoming these new members!



adventure **AWAITS!**

colorado

Next Issue ...

Details on the 2008 Cosmpolitan International Convention being held **July 23-26, 2008**, at the Doubletree Hotel in Colorado Springs, CO.

We are also looking for stories and/or your favorite experience from past international conventions that you've attended. We think it would help other members who have not attended get a sense of not only the business meetings that go on, but the good times and memories made. Send your stories and even pictures to headquarters at headquarters@cosmopolitan.com. Please try to have pictures in JPEG format, if possible.

Colorado Springs is the #1 big city to live in the USA!

- CNN Money Magazine, 2006

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