

COSMOTOPICS

Winter 2009

A new
year
is about to
unfold,
with new
opportunities
to explore.



THE CLUB THAT FIGHTS DIABETES





FROM THE EDITOR
Sheila Anderson

To every end there is a beginning. As we come to the close of 2009, it is a time of reflection for all of us. So how appropriate it is that the Rapid City Club named their new fundraiser "Reflections" (find out more on p. 19). Along with reflection, there is the spirit of hope. We, as Cosmos, remain hopeful for a cure for Diabetes in our lifetime. It is not just up to one Cosmo Club but requires the energy, imagination, and desire of all members coming together—a team who sees opportunity where others do not and a team who has the focus to pursue it.

We, as a team united – Club members, Club Presidents, Governors, CI Board, CDF Board, Canadian Foundation – have the opportunity each day to make a difference in our communities and in the lives of so many. The Out & About section on pages 16-19 gives you only a glimpse of what's going on in our Clubs. We each give in different ways, but share a common goal of helping others. Your journey in Cosmopolitan will bring you much more than you ever imagined. As Steve Hanna says on p.26 "...Cosmopolitan Club literally changed my life!"

So get on board! With Melvina's vision, we are about to blaze new trails in 2010! Inside you will learn more about Brian Duckett's recipe book and not the kind you're thinking. Although, I'm up for anyone wanting to do a little holiday baking for me! Find out how the Foundation is putting together a new subcommittee to act as a sounding board for investment strategies. And we are building public awareness of our organization through social media. For those who think you're not the social type, I think you'll enjoy the posts and the tweets. So grab yourself some hot chocolate and enjoy this holiday issue of CosmoTopics.

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.



- 3** Membership is a Marriage, Kevin Harmon
- 4** Full Steam Ahead, Melvina Newman
- 6** Did You Help Someone Today? , Richard Greer
- 7** Time, A Good Investment, Phil Hanson
- 8** Strength In Numbers, Brian Duckett
- 9** Diabetes Foundation Update, Tom Gustafson
- 10.** Mission: Recognition, Shelia Anderson
- 12** Healthy Choices
- 14** Governor News
- 15** Know & Tell
- 16** Out and About
- 20** Categories of Recognized Programs
- 21** In Memoriam
- 21** Cosmo Brick Club
- 22** Cosmopolitan Foundation Canada Inc. Nov - 2009
- 24** Diabetes Foundation Updates
- 26** The Rewards of Leadership
- 27** Honorable Mention

COSMOTOPICS

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Membership is a Marriage

The Service Club Leaders Conference was recently held in Austin, Texas and Cosmopolitan was in attendance. Your President-elect Richard Greer and yours truly attended this yearly conference.

SCLC is made up of the volunteer leaders and executive level staff of clubs throughout the world. In attendance were the Presidents and other officers and staff leaders from such organizations as Kiwanis, Rotary, Lions, Toastmasters, Optimist, Sertoma, Civitan and many others. Our host club this year was American Mensa. Our group celebrated our fiftieth year of banding together in the hope of exchanging ideas and thoughts of common interest.

It is interesting to note that the Service Club Leaders Conference was originally started by Cosmopolitan. Patrick J. Hodgins campaigned for all service clubs to gather together to exchange views and ideas back in 1927. The first meeting was held in Chicago at Hodgins direction. The depression and other factors led to putting this group on hold for a period of time; however Cosmo was again the initiator of regrouping in the 1940's. That second forming suspended meeting during WWII. A book on Cosmo gives some clues to the origination of both of these groups. So even though the current SCLC has its present day roots in being founded in 1959, we know that the tap root goes back to our own leader and our club.

Cosmopolitan is the smallest participating group at this annual conference. But we are the center of attention for some very good reasons. One reason we are capturing the attention of the big clubs is our growth. Only two other clubs showed positive growth this year and both of those are only growing outside of North America while loosing here at home. All the other service clubs are loosing member numbers. Except Cosmo. You might imagine that the clubs want our secret. In the spirit of SCLC we weren't keeping quiet about how we do it. The other thing that clubs wanted to know about is how we offer as many meals and functions at our conventions for so little money. That one caught me by surprise a bit in that I knew we offer great

value, but also thought we were about on par with the big boys. In reality we are way ahead.

We did learn some very important clues about successful member retention. Though we are very good at recruiting in Cosmo, we could be better at retention. Isn't it easier to keep a good member than to go find a replacement? Of course it is. As the year goes on, Richard and I will be sharing all that we learned with our board and our clubs. We are already on point to incorporate our experience at our board meetings and convention workshops, but for now let me condense a couple days of discussion in a few points.

We have known that the key to holding onto new members is to engage them in our club activities. We learned that the key is to know what activity is a good match for the member. That means having a conversation with your new member to determine what drew them to Cosmo. A simple talk to find out their "Hot Button" is needed. You see, we learned that the research shows that people join a group like Cosmo for one of three reasons. They want personal growth or skill development, they want to help others or they want to meet other people. That's it in a nutshell. Our task is to marry the new members' wants with our club. Someone who joins to meet other people probably will be turned off by being asked to be on the audit committee or be the treasurer regardless of the fact that they are a CPA. Likewise, someone who really wants to help others might not be a good fit on the social committee even though they are an event planner in their business. But both of those examples can be engaged in ways that hit their "Hot Button". We just have to have that casual conversation with the new member about what made them want to join our club. Then as their member sponsor or Membership Director or other officer we can open doors that fit their need. They will fulfill their wish and we will have a lasting member.



Kevin Harmon
Executive Director

As the year goes on, Richard and I will be sharing all that we learned with our board and our clubs.

Full Steam Ahead



Melvina
Newman
International President

Change
takes
commitment,
imagination,
strength and
dedication.

A new year is about to unfold, with new opportunities to explore.

What a great opportunity to leave the old behind and have a fresh start to something new and different. Doors will open for new experiences and new adventures. As an organization we will go through change and that change will only make us stronger. Change takes commitment, imagination, strength and dedication. Nearly every great change begins with a dream. A dream is simply a vision of what something will be like before it exists. We need to have a clear picture in our minds of what we want to become, or what we want Cosmopolitan to become and strive to reach that vision.

There are a lot of great things happening with Cosmopolitan and your Board has been working diligently on our goals and we want to have everyone "ALL ABOARD" on:

MEMBERSHIP

The Membership Committee is one of the most important committees that every club has, and in reality, every member belongs to the committee. Inviting guests to a membership event can be one of the most effective recruitment tools we have. If you missed having someone at your October/November event, plan now to make sure you invite guests to your program meetings. Guests get to see how club members interact with one another. They can easily see member's enthusiasm. This energy and enthusiasm can then be translated to guests wanting to join.

So you've successfully recruited several new members. Now what? A comprehensive membership plan not only addresses getting members into the club, but focuses on keeping them once they're there. The best way to retain members? Engage them. By encouraging new members to become involved early, they will form a vested interest in club happenings, thereby reinforcing their commitment to the club and the Cosmopolitan mission.

BUILDING NEW CLUBS

I have heard of areas for new clubs and look forward hearing more about the charter date for these new clubs.

COMMUNICATION

Keeping in contact with members to inform them about club, Federation and International activities and to encourage participation reinforces their connection to Cosmopolitan. Although headquarters is communicating directly with members more often via email, communication from club leaders can have a more immediate impact. We continue to use email to keep our officers, governors, governors-elect, PIP's and club presidents informed on a monthly basis about what is going on throughout Cosmopolitan International and our Federations. Anyone who would like to receive that monthly report just let us know or ask your Club President for the latest news from International.

WEBSITE

Have you been on our Website lately? Be sure to check out the new things on the Website. A lot is being done with the Website and you can look for many more great things to come, but go to the resources, see the photos, and join in the discussions!!! Take a look!!

MARKETING

What is the biggest challenge facing Cosmopolitan? Meeting the needs of current members while building an infrastructure that will also meet the needs, demands and expectations of future Cosmopolitans and "branding" our image. Technology has had a profound impact on serving both current members and planning for the future. As an organization, there is no doubt that it has greatly facilitated our ability to communicate and do more marketing of Cosmopolitan. Cosmopolitan is now using social media to help our organization establish a dialogue with our audience (members and the public) so we can create awareness of Cosmopolitan and our mission. Our Special Issue of CosmoTopics is moving forward along with obtaining a celebrity spokesperson.

As I travel and visit individual clubs and as I see monthly newsletters, I am impressed. Please continue with your efforts to increase membership, get active in your local club, ask friends to join and keep your club strong. Plan on attending your Federation Convention and the International Convention in Gettysburg. Help us all spread the word about Cosmopolitan and all that we do.

As we come into the holiday season, I want to thank every one of you for the great things you are doing for Cosmopolitan and with your participation, this will be an outstanding year for Cosmopolitan.

**FULL STEAM AHEAD – A FUTURE FREE FROM DIABETES.
HAPPY HOLIDAYS TO ALL OF YOU.**



Nearly
every great
change
begins with a
dream.

Did You Help Someone Today?



Richard Greer
President-elect

*Cosmopolitans
enjoy helping
their friends
and neighbors
and improving
the lives of
people they
do not even
know.*

While working on my contribution to this edition of COSMOTopics, I came across an article about a local volunteer whose motto was –“What did you do today to help others?” I liked the sound of that, and realized that this could be the motto for most of the Cosmopolitan members that I have met and worked with. Cosmopolitans enjoy helping their friends and neighbors and improving the lives of people they do not even know.

There are many other service clubs in all of our cities and towns, and for the most part their members are interested in helping others just as much as Cosmopolitans are. Take some time to discover what clubs like Lions, Rotary, Kinsmen and others stand for, and what their major focus is. You may be surprised to find that these clubs support diabetes research, or any one of your favorite causes. By making an effort to find out what these clubs stand for, you will get a better understanding and appreciation of your community and the generous people who live around you.

You likely know a member of another service club. Ask them if you could attend one of their meetings as a guest. You will be warmly welcomed, and you will quickly learn how they run their ship, why they are supporting their causes, and what they are doing to keep their club strong and growing. Be sure to invite their club members to your meetings as guest speakers. By inviting these people, you will have a few new resource speakers to draw from, and that will make your work of planning your meetings a lot easier. Your club will enjoy the opportunity to talk to

your guests about your accomplishments, and the fresh perspective from your guests will make your meetings more interesting and worthwhile.

Many larger cities have a Service Club Council organization where volunteers from other clubs meet to discuss mutual concerns. Find out where and when these meetings take place and join the group, as there is no better way to learn about helping others than to meet with those who do.

After you have attended a few meetings at other clubs, head back to your own Cosmopolitan club and report what you have learned. Encourage your members to check out the “competition”. Soon you will notice that your fellow Cosmopolitans are bringing back new ideas, insisting on protocol at your meetings and are more interested in working on projects that will make your club stand out from the crowd in your town. It won't be long until many of your members will have the same motto as the volunteer in my home town- “What did you do today to help others!”

Time, A Good Investment

Each year as we approach the final days of the year, I keep hearing from all my friends and colleagues that they can't believe the year has come and gone. It is very true that time does have a way of slipping through our fingers. Once it is gone, it is a spent commodity and cannot be recovered. The question is did we spend it wisely? Did we invest our time or did we let it "just slip away"?

As members of Cosmopolitan International we have many opportunities to invest our time wisely. Those opportunities range from developing friendships with Cosmopolitans across the globe to working our tails off in local fundraising projects to help people we don't know and will probably never meet. Those projects allow us to invest our time and multiply it by the investment of our fellow Cosmopolitans.

If you haven't invested your time wisely this calendar year, the good news is that you still have six months remaining in the Cosmopolitan year. Look over your goals for this year. This includes your personal and Cosmopolitan goals. If you need to make adjustments, now is the time to adjust and pursue your goals with renewed vigor.

I recommend that you include plans for a spring membership event in your Cosmopolitan goals. What? you say, "Shouldn't membership be a goal of the VP for Membership, not Finance?" The truth is that membership should be a high priority for all. A strong membership is the backbone for a strong financial position. We have three months to plan and hold an outstanding membership event. March has been designated as membership month. Get your committee together, plan a professionally presented event, fill out your "Great People Who Should Be Cosmopolitans" forms and have some fun! If you need any help in this area call headquarters, your governor or one of the international officers. We will all be glad to help.

Financial Position – Cosmopolitan International

As of the end of November, CI is remaining in good financial shape. Revenues are on target with the budget and expenditures have been held below the projected budget. Given the current financial status, I see no reason that would prevent CI from staying within its stated budget for this year as long as membership remains strong.

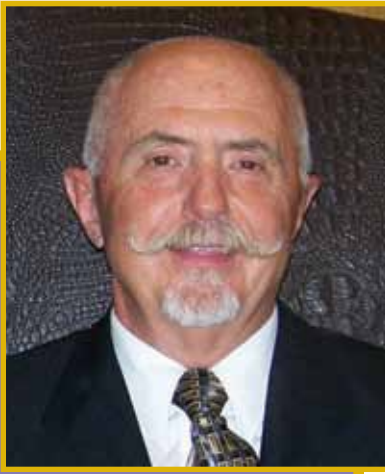
One final note: Those of you who would like to honor a fellow Cosmo, family member or club achievement, can do that by buying a brick. For \$100 you can have a brick engraved with three lines of information. You will want to do this soon so the brick will be there when you visit headquarters during the 2011 International Convention in Overland Park, Kansas.



Phil Hanson
VP Finance

*A strong
membership is
the backbone
for a strong
financial
position.*

Strength In Numbers



Brian Duckett
VP Membership and
New Clubs

The strength of our chartered, community-based, not-for-profit, International service organization is in our numbers. In relation to other service organizations, we are one of the smaller ones with only 67 Clubs and just over 2000 members. Even though we are a small organization, we do a tremendous job of raising and donating money, as well as, donating time doing volunteer work.

In the Fall CosmoTopics, I stated that we increased our membership numbers, last year, by 371, but we also lost 320 members for a net increase of 51 members. Retention of members is pivotal in maintaining our strength. Imagine the work we could do if we had only lost half of what we did last year. We would have an EXTRA 160 members to be involved in our organization. To achieve President Melvina's membership goal of "2210 in 2010", we have to work on retaining the members that we currently have. When a member or members decide to leave Cosmopolitan, I ask all Club Presidents or Club Membership coordinator to find out why the member(s) are leaving. Not only will it help the individual Clubs, but it will also help Cosmopolitan International evaluate what is being done and possible changes that could be made to keep these members.

I mentioned, in the Fall CosmoTopics, that I would like to set up a **Recipe Book of ideas** which would make Cosmopolitan the organization to join. If any Clubs or individual members have any ideas that they have used to retain members, please forward them to me at duckettb@sasktel.net so that they will be available to any Club or individual members to use.

Also, the more members we have, the larger the membership base we have to find new members. If we all used the "Great People Who Should Be Cosmopolitans" form and each current member brings in one new member that would mean over 2000 new members this year. We all know that this is virtually impossible, but based on last year's statistics; we are capable of increasing our membership by 350 or more. That would more than achieve "Full Steam Ahead" President Melvina's goal.

We do have "Strength in Numbers" and I ask all Clubs and Cosmo members to continue doing the work that they do to keep our numbers strong. That means we have to continue hosting two or more Membership Events each year per Club and to continue having FUN.

On behalf of my wife, Shelley, and myself, I would like to wish all Clubs and Cosmopolitan members a very Happy Holiday season and all the best in 2010. Enjoy your time with family and friends over this holiday season.

Retention
of members
is pivotal in
maintaining
our strength.

**RECIPE BOOK – submit ideas for membership retention to
Brian Duckett at duckett@sasktel.net.**

Diabetes Foundation Update



Tom Gustafson
CDF Chairman

Fellow Cosmos-

As we move to the end of 2009, the CDF wishes to thank all of you for your continued support of Cosmopolitan International's Foundation, The CDF. Through your efforts, the CDF continues to support CI operations and organizations that battle diabetes.

Below are a few updates related to CDF business. Please take a few minutes to glance through them. Any feedback or input you have is welcomed and appreciated.

Best regards,

Tom Gustafson
CDF Chairman

Finances:

Our investments have re-bounded very well from our low of \$848,000 in Dec 2008 to \$1,126,000 at the end of November. As a point of reference, our investments were at a high of \$1,225,000 in Dec 2007.

New Subcommittee:

Under the Finance Committee, we are assembling a new investment advisory committee. The purpose of the committee is to provide input on current CDF investment policies and to act as a sounding board regarding suggested investments strategies from UBS. A letter was sent to each governor requesting they nominate from their respective federations one Cosmo with a professional background in financial services. With the market uncertainty, we feel their expertise will help us all in better managing foundation funds.

October Conference Call:

In October, the CDF held a conference call to review a variety of issues ranging from Beacons to Bylaws to Finance. These calls are a great way to reduce meeting costs and keep many CDF issues moving forward.

Beacons:

Dayton Smith, DBS Accounting, has put a tremendous amount of effort into the update of our Beacons database. With these updates, CI headquarters staff will be able to provide better information on a more timely basis to those Beacon members requesting status of their commitments. If you have any questions regarding your Beacon, please email the CDF and we'll do our best to answer any questions you have.

Beacons Acknowledgements:

Unfortunately, with all the efforts being made on the Beacons database, there has been delays in the sending of some acknowledgements. I apologize for those delays. The policy going forward will be to accumulate Beacons contributions for a respective month, then send acknowledgement letters by the 15th of the following month.

Mission: Recognition through Social Media



Sheila Anderson
VP Marketing

*In a nutshell,
social media
is simply
another way
for individuals
to participate
in a network
made up of
like-minded
individuals.*

Email? Texting? Social media? I mean really, can't we just pick up the phone and call people? While nothing may ever replace the value of communicating face-to-face, other technology certainly has its benefits.

As an organization that wants to continue to move forward and grow, we need to accommodate the contrasting communication styles of four distinct generations. Before I get into why I feel social media will benefit our organization, let's first examine our generational differences to help us understand communication styles across the generation gap.

Traditionalists (born 1922-1943) experienced the Great Depression, New Deal, WWII, and atomic bomb. Their values include hard work, frugal, dedication and sacrifice, honor/respect for rules. They tend to favor a formal, top-down approach. They prefer written memos and scheduled meetings. Respect is important to them. Communicate with Traditionalists by using formal titles rather than first names, scheduling meetings rather than stopping by, and putting things in historical perspective.

Baby Boomers (born 1943-1960) experienced Civil Rights, Sexual Revolution, Cold War, and space travel. They "live to work." They are diplomatic, team-oriented and loyal. They value relationships and accommodate technology. Recognition is important to them. Communicate with Boomers by adopting a personable style of communication that builds rapport. Choose face-to-face conversation in addition to voicemail and email.

Generation Xers (born 1965-1981) experienced the fall of the Berlin Wall, Watergate, Women's Lib, rise of technology. They "work to live." They are blunt, self-reliant and seek work-life balance. They embrace technology and value efficiency and directness. Communicate with Xers by getting to the point and avoiding unnecessary meetings. Get comfortable with technology, particularly voicemail and email. Avoid anything that starts with, "When I was 35..."

Millennials (born 1980-2002) experienced school shootings, Oklahoma City bombing, tons of technology. They are not simply a younger version of Generation X, but they are more collaborative and optimistic. They believe in putting their feelings on the table. Communicate with Millennials by asking their opinions and providing frequent feedback. They love email, voicemail, and their cell phones, and, yes, texting and instant messaging.

Prospective club members that are younger (generally between the ages of 30 and 40) are a forgotten segment as far as many service clubs and organizations are concerned. And yet they hold the most potential. The reason they are usually by-passed is that current members feel that their club has nothing to offer younger members. But think again. Although younger prospects lead very busy lives, they are heavily into business networking and are looking for opportunities to meet community leaders and make personal contributions to the community. And if we want to get younger members, we have to go where they are...within social-networking communities such as Twitter, LinkedIn, and Facebook.

So, some obvious questions come to mind: What exactly is social media? What's all the hype about? Can it really benefit our organization? Is it just for kids?

In a nutshell, social media is simply another way for individuals to participate in a network made up of like-minded individuals. Traditionally, if you wanted to interact with a group of individuals with whom you had common interests, you would either have a meeting (in a

business setting) or attend some type of gathering (in a social setting). These interactions would, by definition, be face-to-face. Through Facebook, LinkedIn, and Twitter, we can now engage each other or the public in meaningful conversations without the need to be in the same room. It's the ideal opportunity to foster communication among those that have an interest in our organization and its cause.

Let me give you a brief description of each of these tools:



Facebook is a global social networking website where users can add friends and send them messages, and update their personal profiles to notify friends about themselves. Additionally, users can join networks organized by businesses and organizations



LinkedIn is a business-oriented social networking site. It is mainly used for professional networking. The purpose of the site is to allow registered users to maintain a list of contact details of people they know and trust in business. The people in the list are called Connections. Users can invite anyone (whether a site user or not) to become a connection.



Twitter is a social networking service that enables its users to send and read messages known as tweets. Tweets are posts of up to 140 characters displayed on the author's profile page and delivered to the author's subscribers who are known as followers. Senders can restrict delivery to those in their circle of friends or, by default, allow open access. Users can send and receive tweets via the Twitter website, text messages or external applications.

There are a number of ways that social media sites will benefit our organization. These are just a few:

- Generate exposure and tell our story to new people
- Reach more donors and volunteers more often
- Increase communication amongst our membership
- Provide a quick and efficient way to keep our Cosmo members informed about Cosmo current events
- Gain credibility for our message through word of mouth endorsements
- Build a groundswell of support for our cause
- Tap into a network filled with advocates
- Increase our marketing "return on investment"
- People sharing information about us
- Create a community of advocates
- Opportunity to pitch your passion
- Can provide ways to market our organization in an indirect fashion while raising brand awareness and good will

And is it just for kids? No. Millions of people from all generations are participating. Cosmopolitan has launched on Twitter, LinkedIn, and Facebook. We are just beginning our journey and are still learning how to use it effectively. Our goal is to build a community of people who are interested enough in our organization to follow it through social media sites. And it's already working! We now have "fans" on Facebook and LinkedIn that are not Cosmopolitan members...yet! So follow us and "become a fan" by logging onto www.cosmopolitan.org and clicking on one of the social media icons. And if you don't know your password for our website, please call Kevin Harmon or Cindy at our Headquarters. They can set you up in minutes. You don't want to miss out...we're creating a buzz!

Through
Facebook,
LinkedIn,
and Twitter,
we can now
engage each
other or the
public in
meaningful
conversations
without the
need to be
in the same
room.



Healthy Choices



Go Nuts or Feeling Nutty

by Nancy Donahey, registered dietician and certified diabetes educator, member of River City Cosmos

It is good to have a few nuts, the food variety, not just some of your Cosmo friends. During the winter holiday season we are frequently tempted by great tasting foods. But you don't have to feel guilty about eating nuts, if eaten in moderation. During the 1990s the nutrition message was "eat low fat and fat free". Then we learned more about the importance of unsaturated fats, plant sterols, fiber and Omega-3 fatty acids.

In 2003, tree nuts received a qualified health claim from the U.S. Food and Drug Administration (FDA) which states: "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as almonds, peanuts, pecans, pistachios, hazelnuts, and walnuts as part of a diet low in saturated fat and cholesterol and not resulting in increased caloric intake may reduce the risk of heart disease..."

Nutrition

Nuts contain a wide variety of nutrients, a mix of healthy fats and are cholesterol free. They are also a good source of protein, with most nuts containing about five grams of protein per ounce. However, because of their high fat content, nuts are packed with calories. To limit your calories stick with a one-ounce daily portion (about 1/4 cup or see table below). New research shows that eating plans that include nuts may be more satisfying, resulting in people eating less and control their weight. So enjoy nuts in your eating plan. The key is watching your serving sizes.

Nuts also are recommended as part of the DASH diet (Dietary Approaches to Stop Hypertension), a dietary plan clinically proven to significantly reduce blood pressure. The DASH diet is supported by the National Heart, Lung, and Blood Institute and recommends 4 to 5 servings per week from its "nuts, seeds and legumes" grouping. A nut serving on the DASH diet is 1/3 cup or 1 1/2 ounces. Unless salted, nuts contain almost no sodium.

Nutrients in 1 Ounce (28 grams) of Shelled Tree Nuts and Peanuts ⁽¹⁾							
Nut	Nuts per 1 oz./28 grams	Calories	Protein	Fat ⁽²⁾			
				Total	Sat ⁽³⁾	Mono ⁽⁴⁾	Poly ⁽⁵⁾
Almonds	20 - 24	160	6	14	1	9	3
Brazil nuts	6 - 8	190	4	19	5	7	7
Cashews	16 - 18	160	4	13	3	8	2
Hazelnuts	18 - 20	180	4	17	1.5	13	2
Macadamias	10 - 12	200	2	22	3	17	0.5
Peanuts ⁽⁶⁾	28	170	7	14	2	7	4
Pecans	18 - 20 halves	200	3	20	2	12	6
Pine nuts (pignolias)	150 - 157	160	7	14	2	5	6
Pistachios	45 - 47	160	6	13	1.5	7	4
Walnuts	14 halves	190	4	18	1.5	2.5	13

Source: <http://lancaster.unl.edu/food/ftmar04.htm>. Adapted from the International Tree Nut Council Research and Education Foundation publications, *Nutrients in 1 Ounce of Tree Nuts and Peanuts*, January 2003 <www.nuthealth.org/nutrition/nutrient1oz.html> and *Nutrition in Every Handful*, August 2002, <www.nuthealth.org/inside.pdf>.

- All of the nuts are unsalted; almonds, Brazil nuts, hazelnuts, pecans, pine nuts and walnuts are unroasted; cashews, macadamias, peanuts and pistachios are dry roasted.
- Figures for fat are rounded to the nearest whole or half number so the various types of fat may vary slightly from the amount of "total fat."
- Sat = saturated fat
- Mono = monounsaturated fat
- Poly = polyunsaturated fat
- Technically, peanuts aren't nuts but rather legumes, like dry beans, peas and lentils.

Monounsaturated Fats

Though they are high in fat most of the fat in nuts is healthy, monounsaturated fat, which can help lower blood cholesterol. To lower your risk of heart disease, eat less of the unhealthy fats – saturated and trans fat. At the same time, protect your heart by eating the healthy fats—monounsaturated, polyunsaturated and omega-3 fats. Monounsaturated and polyunsaturated fats are not required on food labels; some foods do list them – particularly if they are a good source.

Polyunsaturated Fat

Polyunsaturated fats are also “healthy” fats. Include these in your diet as well as monounsaturated fats. All nuts contain some polyunsaturated fats, but walnuts contain the highest amount.

Omega-3 Fatty Acids

Though some fish and fish oil provide the highest amount and most biologically active forms of Omega-3 fatty acids, walnuts can contribute some of this important fat in your diet.

Plant sterols and stanols

Plant sterols and stanols are naturally occurring plant compounds that have been shown to stop or slow absorption of dietary cholesterol and cholesterol made by the liver. Most nuts contain good amounts of these compounds with pistachios containing the highest amount.

Nuts also contribute good amounts of folic acid, niacin, magnesium, selenium, zinc and other important vitamins and minerals. Different nuts have different benefits: almonds for the most fiber, almonds and hazelnuts for the most vitamin E (an antioxidant), pecans for more cancer-fighting ellagic acid, Brazil nuts for more selenium (another antioxidant), and cashews and pistachios for more potassium. Many nuts also have phytic acid, which may reduce cancer risk and help control blood sugar, cholesterol and triglycerides.

Buying and Storing...

- When buying whole, unshelled nuts, be sure to look for clean shells without cracks. The exception is pistachios, which are usually sold in a semi-open shell.
- Whole, raw shelled nuts should appear fairly uniform in color and size.
- To keep tree nuts as fresh as possible, store them in an airtight container in the refrigerator for up to six months, or up to a year in the freezer.

References:

http://www.cspinet.org/nah/10_09/rating.pdf
http://www.cspinet.org/nah/11_05/nuts.pdf
http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_18675_ENU_HTML.htm
<http://www.ynhh.org/online/nutrition/advisor/nuts.html>
<http://lancaster.unl.edu/food/ftmar04.htm>
http://southernfood.about.com/cs/cookiescandy/ht/toast_nuts.htm
<http://library.thinkquest.org/TQ0312380/nuts.htm>
<http://www.nuthealth.org/consumer/anynut.pdf>

Here are a few realistic ways to work nuts them into your diet:

- Reduce the portion size by chopping or slicing your nuts.
- Roast nuts at 350° F for 5-10 minutes to bring out the flavor.
- Leave off the cheese from your pasta when using nuts.
- Select reduced portions of lean meats, fish, and poultry when accenting with nuts.
- Choose fat-free dressing for your salad when using nuts.
- Combine nuts with cereals or dried fruits to make a nutritious snack that tastes great.
- Pre-portion nutty snacks rather than eating them from a large bag or a jar.
- Sprinkle a few nuts in hot cereal or yogurt.
- Try pureeing nuts with breadcrumbs, a little milk, fresh herbs and a little parmesan to use on pasta.
- A few nuts can liven up a fruit or vegetable dish.
- Nuts can add texture and flavor to a stir-fry.

Roasted or Raw?

Roasted nuts are more flavorful, but their shelf life is shorter than raw nuts – that is, they tend to go rancid much faster. Some references are concerned that heating may alter some of the essential fatty acids in nuts. But heat processing is one way to help reduce bacterial contaminants on nuts; so from a food safety standpoint cooked or heat-treated nuts may be best. Dry roasted nuts don't have any added fat. Oil roasted means the nuts are fried in oil, which adds around ten percent more fat calories to the nuts (check the label to make sure it is a heart healthy oil).

Toasted Nuts

1. Nuts may be toasted in a dry skillet over medium heat. Cook and stir until they are golden brown.
2. To toast in the oven, spread nuts on a baking sheet. Bake at 350 degrees F, stirring occasionally, for about 10 to 15 minutes.
3. To toast in the microwave oven, place 1 cup of chopped nuts on a paper plate. Microwave uncovered on HIGH for 3 to 4 minutes, or until they smell toasted. Rotate the plate a half turn after 2 minutes. They will not brown.

Tips

1. Warmed nuts are easier to chop.
2. Toasted nuts are more flavorful and crunchier
3. Toasted nuts are less likely to sink in cakes and batters.
4. Always taste nuts before using; rancid nuts will ruin whatever food they're used in.



Asparagus with Hazelnuts and Goat Cheese

INGREDIENTS:

1/3 cup hazelnuts, lightly toasted
 1 teaspoon fresh thyme leaves
 1½ pound fresh asparagus
 4 teaspoons hazelnut or olive oil
 juice and grated zest of ½ lemon
 kosher salt and white pepper to taste
 ¼ cup soft goat cheese

DIRECTIONS:

Roughly chop nuts. Blanch asparagus in a pan of lightly salted boiling water for 1-2 minutes, or until tender-crisp. Transfer to a bowl of ice water until cold, then dry on paper towels.

Whisk oil and lemon juice together and season to taste. Place the asparagus in a bowl and toss with the dressing to coat. Reserve a little of the lemon zest and thyme for garnish and then mix the rest into the cheese.

To serve, arrange asparagus on plates or a platter and crumble over the goat cheese, extra thyme and lemon zest. Scatter with hazelnuts.

Per serving: 180 calories, 13g fat, 9g monounsaturated fat, 1g polyunsaturated fat, 3g saturated fat, 9g carbohydrate, 8g protein, 4g fiber, 30% DV of vitamin A, 20% DV of vitamin C, 8% DV of calcium and 25% DV of iron.

<http://www.nuthealth.org/consumer/anynut.pdf>



Where do we get nuts from?

Nuts grow on trees. The word 'nut' might refer to the shell plus the inside kernel or only the inside kernel. Peanuts grow under the ground and are actually part of the pea family; they have nutritional qualities similar to tree nuts. Nuts are grown all over the world. There are hundreds of kinds of nut trees and shrubs. In the United States, nuts are grown the most in Georgia, California, Texas, and Alabama (the varieties grown the most in the US are peanuts, almonds, English walnuts, pecans, black walnuts, hazelnuts, and macadamias).

Summary

A few nuts may help reduce the risk for chronic diseases such as heart disease, diabetes and some forms of cancer. And, in addition to their great taste, all nuts are cholesterol-free and full of important nutrients. The majority of the fat in nuts is unsaturated, or "good" fat. So do include a few nuts in your diet several times a week, and don't feel guilty and have them along with some of your nutty Cosmo friends.

Different kinds of nuts are grown in the following places:

Peanuts	China, India, United States [Georgia]
Almonds	U.S. [California]
English Walnuts	U.S. [California]
Pistachios	U.S. [California]
Pecans	U.S. [Southern & western states], Australia, Mexico, South Africa, Middle East
Black Walnuts	U.S. [Midwest & East]
Hazelnuts	U.S. [Oregon], Italy, Spain, Turkey
Chestnuts	China, Italy, Japan, Korea, Turkey
Macadamia	U.S. [Hawaii]
Brazil Nuts	South America

<http://library.thinkquest.org/TQ0312380/nuts.htm>

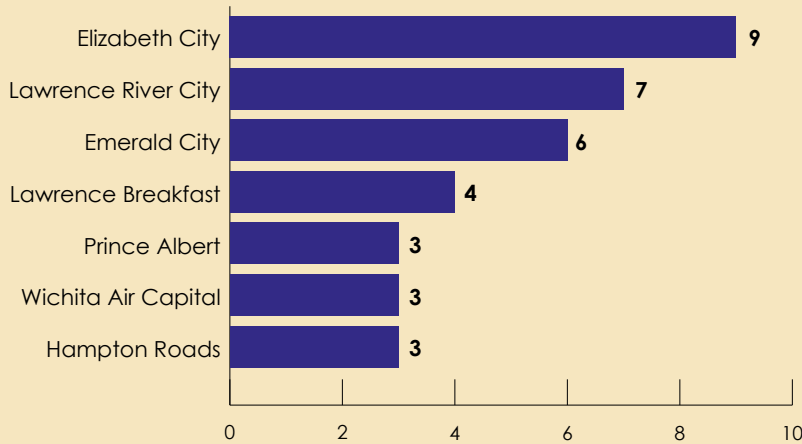
Know & Tell



TOP CLUBS

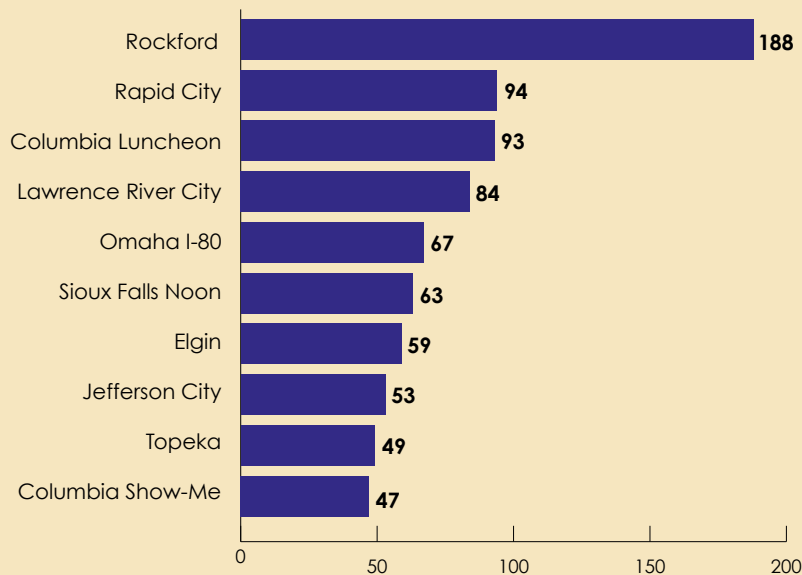
Top Clubs

Net Member Increase through November 30, 2009



Top Clubs

Total Members through November 30, 2009



Federation Honor Roll

Net Increases through November 30, 2009

- Capital
- Mo-Kan
- North Central

Club Honor Roll

Net Increases through November 30, 2009

- Capital Region Club
- Elizabeth City
- Hampton Roads
- Norfolk
- Bellevue-Big Elk
- Council Bluffs
- Grand Island
- Main Street
- West Omaha
- Belvidere
- Rockford
- Columbia Breakfast
- Columbia Luncheon
- Lawrence Breakfast
- Lawrence River City
- Emerald City
- Sioux Falls
- Edmonton
- Prince Albert
- St. Albert



Out & About

Fargo-Moorhead Cosmopolitan Club 'Cherries for Charity' raises over \$22,000 for local charities!

By Kathy Robley

This year marked the 27th annual 'Cherries for Charity' fundraising event, which raised a total of \$22,012! The event wouldn't be possible without the continued support of our club members, YWCA Cass Clay, Rape and Abuse Crisis Center and our event partner, Hornbacher's Foods. Hornbacher's is a locally owned grocery store with six locations and employing over 1,000 people in the Fargo-Moorhead area.



Pictured left to right: Dean Hornbacher, Hornbacher's Foods; Greg Diehl, Executive Director of Rape and Abuse; Erin Prochnow, Executive Director of the YWCA; and Jay Titus, F-M Cosmopolitan Club Trustee.

Since the event started in 1982, we have raised over \$232,000 – which has been divided between the Rape and Abuse Crisis Center and the YWCA Cass Clay. This amount is the equivalent of over one million pounds of cherries! Our community waits with anticipation for the yearly cherries sale and has done a magnificent job of supporting our event through the years.

On September 24th the club presented the checks to the two charities at the Osgood Hornbacher's location. After the presentation we were treated to a wonderful catered meal from their deli!

Supporting Our Troops By CeCe Benton

Show-Me Cosmopolitan Club members gathered at Bill and Judy Weitkemper's home July 30 to wish Maj. Craig Swank a fond farewell before he leaves for deployment in Afghanistan with the Army National Guard. Joining the guest of honor were wife Jacki and 5-year-old son Alex. Craig's regular job is with MOREnet at the University of Missouri, and Jacki, a Cosmo member, works at Premier Bank.

Other guests included Lu and Jake Jacobs; Larry and CeCe Benton; Brett, Ronda and Blair Benton; Wayne and Maxine Powell; Christy Kremer; Karen and Tom Leyden; Bill and Sue Johnson; Judy Campbell; Rollin Thompson; Jack and Ruth Schweitzer; Pam Anderson; Bill and Jan Goodson; Lorna Baxter; Susan and Robert Stanley; and Lynn Lawson.

At the potluck, Craig's favorite, a pineapple upside-down cake, was served. The club will send Craig a taste of home each month; however, rather than cake, the contents will include things such as water, sanitizer wipes, and games. Besides hugs and good wishes, a life-size poster of Craig was presented to the family for Jacki and Alex to kiss good night while he is gone.



Craig and Jacki Swank with son Alex were guests of honor at a Cosmo Club gathering before Craig leaves for deployment to Afghanistan with the Army National Guard.

Columbia Cosmo members help beautify Columbia's northern entrance on Saturday October 3rd

By Phil Hanson

Members of Columbia's Cosmopolitan Clubs partnered with the City of Columbia to adopt the new roundabout located in Highway 763 at the intersection with Highway VV and Prathersville Road. They started the project by planting the bed for the roundabout on Saturday, October 3 beginning at 8 a.m. All three Columbia Cosmo clubs are participating in the project which is being coordinated by the Columbia Luncheon Club.

"The City of Columbia appreciates the hard work of all the volunteers in our Adopt-A-Spot Beautification Program and welcome the Cosmos as they take on this new bed that will greet those driving in from the north on 763," said Leigh Britt, Volunteer Coordinator for the City of Columbia. "Volunteers

have a big job of caring for landscaping in all weather and in difficult areas. Their work impacts how residents and visitors feel about our city and should increase our community pride."

The roundabout was planted with three maple trees along with spirea, juniper, lilacs and switchgrass. The Missouri Department of Transportation cooperated on this project that is managed by the city's Office of Volunteer Services. The city's Parks & Recreation and Public Works Departments are also providing support to plant the bed.

The members of the three clubs had a great time working together in Cosmopolitan unity, service and definitely action.





Fargo-Moorhead Club Stays Active

By Kathy Robley

We started out the first meeting of the fall with a visit from Bill and Jeanette Keck. Our club had a great time with them and Stew and I enjoyed having them at our home. They toured the Hjemkomst center and a local art gallery; bet and lost (except for Jay!) money at the horse park races; and, finally ventured to Potato Days – a must see in the Red River Valley. The Kecks missed the mashed potato wrestling tournament but got to taste Romogrot, Klub and Lefsa. Bill bought some window washing gadget but didn't stay long enough to get around to washing all my house windows - guess they will have to come back again!

The FM Cosmos are once again succeeding at being good old fashioned "food pushers". We signed up to serve lunch at the local Salvation Army on a monthly basis; joined forces again with Project Homeless Connect to help serve meals to the attendees; and, also tried our hand at Caters for Taters, where all the proceeds went to the American Red Cross.

We helped out the local ADA office, with registration at the Fargo "Step Out" walk event. This year, we added a booth to promote the FM Cosmo Club. JoEllen manned the booth and managed to get 38 names signed up for a chance to win the pizza party donated by Jay and Dominos – and 38 names to contact about Cosmos!

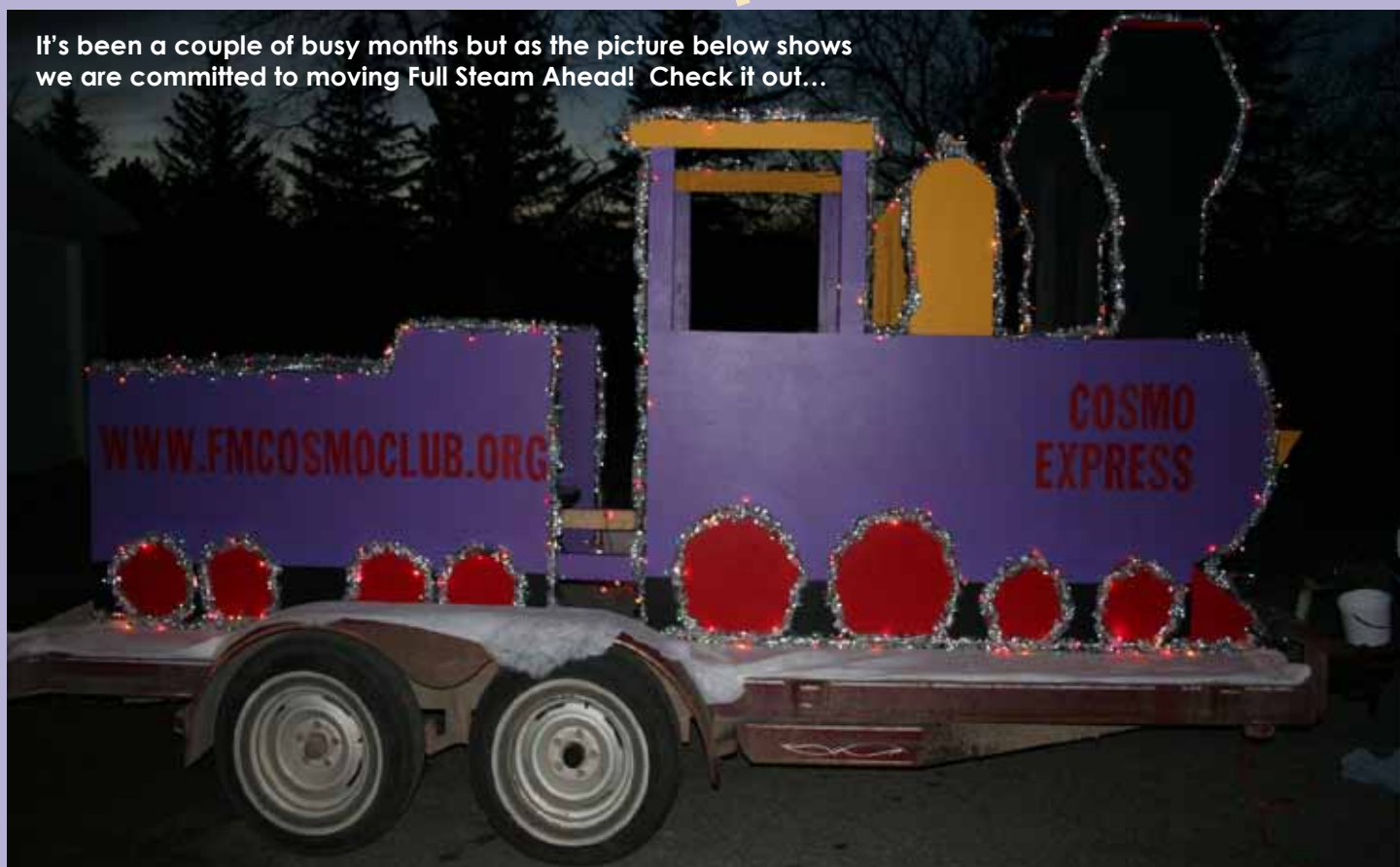
The big thing from that event is that the regional coordinator asked our club to do the registration at the walk in Minneapolis next fall. She was absolutely shocked that there was not a Cosmopolitan Club in Minnesota. This sounds like a great opportunity to build a new club! We're waiting to hear when the date will be and will keep everyone posted. The more Cosmos we can get there the better our bond with the ADA and chance of establishing a new club.

Our members will be ringing bells for the Salvation Army Kettle Drive in early December. Mittens and Hats for CHARISM will also be under way in December so our club will be collecting sets of warm winter hats, scarves and mittens for a local charity to give to kids who are new to our country.

Most importantly, we are really excited about getting our name out in the Community. Our club is officially on Facebook as *Fargo-Moorhead Cosmopolitan Club*. We also have a new website, thanks to Mark B. at FMCosmoClub.Org. Its still a work in progress but he has come a long way.

Once again, we will be joining the annual Holiday Lights Parade on November 24, 2009. Our website has pictures of the float in progress.

It's been a couple of busy months but as the picture below shows we are committed to moving Full Steam Ahead! Check it out...



Capital Federation Continues Its Support of Eastern Virginia Medical School Strelitz Diabetes Center

By Bob Williams

On Friday, October 2, 2009, the Capital Federation presented its first check of \$20,000.00 to the Eastern Virginia Medical School Foundation to support continued research to find a cure for diabetes at the EVMS Strelitz Diabetes Center. At its convention in May 2008, the Capital Federation agreed to a five-year pledge of \$100,000.00 to continue Cosmopolitan International's support of the Center. PIP Bob Williams was encouraged to hear that EVMS is aggressively pursuing efforts to expand the Center's research and treatment efforts and was reminded again that ongoing efforts with INGAP and Lysofilline look to be a very promising approach to reverse and indeed cure Type 1 diabetes.



Dr. Jerry Nadler, Director, EVMS Strelitz Diabetes Center, Bob Williams, Past International President and L.J. Smith, Governor, Capital Federation

REFLECTIONS – Light the Night to Fight Diabetes

By Jim Schuh



The Rapid City Cosmopolitan Club held its first annual "Reflections" event on October 2, 2009 at the Memorial Park Lake next to the Rushmore Plaza Civic Center. Individuals, companies, and other organizations made donations toward the 2000 luminaries which were floated on the lake and placed on the surrounding sidewalks

The purpose of the event was to raise awareness of diabetes and to raise funds to assist organizations and individuals with the fight against diabetes. All proceeds from the event will stay in the Black Hills area to help those who have diabetes. Approximately \$2,400.00 will be distributed in addition to funds the Club raises through the Sports Show and Sales.

Cosmo Past President, Bernie Roth, originated the idea and was the driving force behind the project. Club members and their spouses responded and joined in to make the event a success. Many lessons were learned for the future. Plans are already underway for next year's event.

There were three major organizations that assisted with sponsorship of the program: The Black Hills Regional Eye Institute, Knology of the Black Hills, and Rapid Precious Metals. Sponsorship consisted of financial assistance as well as resources for advertising and promotion. Other organizations have already stepped forward to assist the Club in next year's endeavor.

Photographs of the event are included with this article. It is the Club's desire to place a power point presentation on the Club's web site www.rccosmopolitanclub.org for other Clubs to view. The Rapid City Club would like to see "Reflections" serve as a pilot program which other Cosmopolitan Clubs could follow.



Questions may be sent to Jim Schuh, RC Club President, at gymshoe@rushmore.com

Categories of Recognized Programs



An application has been prepared to facilitate listing these programs. Applications can be submitted by individual clubs or federations. Once an application is reviewed and accepted as complete, the proposed center/program will be appropriately listed. Applications will be available from CI headquarters and is also a downloadable form from www.cosmopolitan.org under Resources, Club and Federation Info.

Major Cosmopolitan Diabetes Center/Program

- Primary focus must be diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

855 Brambleton Avenue, Norfolk, VA 23510
B 757.446.5909
Jerry L. Nadler, M.D., FACP, Director

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 S. Euclid Ave., PO Box 5039, Sioux Falls, SD 57117-5039
B 605.333.7315
Dr. Laura Davis Keppen, M.D.

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

1200 West State Street, Rockford, IL 61102-2112
B 815.490.1600
Gordon Eggers, Jr., President and CEO

CORNBELT DIABETES CONNECTION, INC.

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

HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

1920 Moodie Road, Lawrence, KS 66046
B 785.841.5760
Nikki King, Executive Director



Major Cosmopolitan Community Center/Program

- Primary focus is non-diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single non-diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

COSMOPOLITAN INDUSTRIES, LTD.

28 34th Street E, Saskatoon, SK S7K 3&2 CANADA
Peter Gerard, Director
B 306.664.3158

SPECIAL LEARNING CENTER

1115 Fairgrounds Rd. Jefferson City, MO 65109
B 573.634.3070
Debbie Hamler, Executive Director
dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Program

(not to be confused with the Major Cosmopolitan Supported).

- Primary focus must be diabetes related
- A minimum of \$5,000 over two (2) years or \$10,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

ELGIN COSMOPOLITAN CLUB DIABETES EMERGENCY RESCUE FUND

Social Service Department, Sherman Hospital
934 Center Street,
Elgin, IL 60120
B 847.742.9800

SETBAID SERVICES' DIABETES CAMPS FOR CHILDREN & TEENS WITH DIABETES

PO Box 196, Winfield, PA 17889-0196
B 570.524.9090 or 866.SETBAID
Mark Moyer, MBA, MHA, Executive Director
www.setbaidservices.org
info@setbaidservices.org

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.



BRICK CLUB WINTER 09

In Memory of
Walter E. Delozier
Wichita Air Capital

Dr. Thomas W. Burns
Cosmo Diabetes Center
First Director 1983-95

Rev. Terry Murray
Chaplain 1979-2009
Wichita Downtown



In Memoriam

MoKan Federation

Terry L. Murray
Wichita Downtown

North Central Federation

O. Dale Saylor
Rapid City



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

ENGRAVING INFORMATION

Name: _____

Street: _____

City: _____ State/Prov: _____ ZIP/Postal: _____

Phone: _____ Fax: _____

The Cosmopolitan Foundation Canada Inc is in the process of reviewing grant applications. We have approximately \$140,000 on hand; and will likely donate much of that prior to our year-end March 31, 2010. We have advertised for proposals and received four. An expert will vet these. All clubs have received copies of the proposals.

It is immediately obvious how great an impact diabetes has on our lives when one reviews the four proposals. A Manitoba

kinesiologist is looking at obese kids and physical activity as risk factors in Type 2 Diabetes. A Saskatchewan nurse points to the extraordinarily high rate of diabetics in the Aboriginal population and wants to introduce educational programs for youth using computer games. A Calgary researcher moves into the lab and proposes to suppress immune cells in certain diabetics. Finally, the "Edmonton Protocol" still has work to do. Dr Rajotte plans to use piglet islets to search for a source of islets and also to study tissue rejection.

- Joe May
CFC President

Shi Wrestles Ts

Adenosine Regulation in Autoimmune Diabetes
University of Calgary, Y Shi, MD – PhD

Type One Autoimmune Diabetes is a serious health concern in Western Canada, with 25,000 affected. These diabetic patients have a group of immune cells (called T Cells) that attack the pancreas, kill vital cells and diabetes ensues. The research plans to deactivate the immune cells, stopping the onset of diabetes. The technique will involve regulating adenosine (a fundamental part of the energy currency used in our bodies) Mice will be subjected to a variety of tests to prove the point.

COSTS	
Staff – 1 Technician, 1 Grad Student	\$47,000.00
Animals – House, Handle	\$25,000.00
Lab Supplies	\$10,000.00
Instruments	\$12,000.00
Misc	\$6,000.00
Total	\$100,000.00

Whether Pigs Have Wings

"Strategies for Induction of Tolerance to Newborn Pig Islet Transplants."
University of Alberta G.R Rayat
–MSc, PhD Ray Rajotte PhD, FRCPSC

Ray Rajotte pioneered islet transplants and became world famous when his team created the "Edmonton Protocol" It was magic, the patients recovered immediately, and had their insulin production returned to normal. They had to take anti – rejection drugs, but the new protocol was a superior treatment. There are problems with the program, the most significant being the supply of pancreases. There are only 400 pancreases available from organ donors each year, while 60,000 people in Canada develop diabetes. There are also difficulties with any anti rejection therapy.

The research seeks to solve both issues - using pig islets. This research is on going. It is hoped that eventually this may answer both the supply problem and the tissue rejection issue. Mice would be given two islet injections from different piglets, if the second is tolerated, it could be a significant discovery in rejection phenomena. Emory University in Atlanta is also working in this area.



COSTS / YEAR - 2 years. \$140,000.00	
Piglets	\$23,000.00
Antibodies	\$5,200.00
Mice	\$20,625.00
Glucose Strips	\$5000.00
Reagents	\$9,800.00
Lab Supplies	\$9,000.00
Total	\$72,600.00

Wii To The Rescue

*"Partnering to Prevent Diabetes
University of Saskatchewan, M.E. Andrews RN PhD*

Developing a Sustainable Model for Diabetes Health Promotion and Disease Prevention in Aboriginal Communities.

Isolated Aboriginal communities have an extremely high incidence of diabetes. This project would target youth in three northern communities. Techniques would include the use of computer games in the presentation. The aim is to create a systematic approach for long-term awareness and prevention of diabetes.

An overview suggests five phases:

1. Needs Assessment and Model Development
2. First group & educational material development
3. Interactive learning activities development
4. Second student placement - with interactive games
5. Evaluation

Most of the costs for this proposal would be for staffing. The Cosmopolitan Foundation Canada Inc. would provide \$100,000.00 while the University and Saskatchewan Health would fund the balance. The program would be 2 years in length.



COSTS	
Project Coordinator	\$72,800.00
Learning Consultant	\$35,000.00
IT Support	\$6,000.00
Community Nurses	\$86,000.00
Materials	\$6,000.00
Travel, Meals, Accommodation	\$10,000.00
Computers	\$5,000.00
Follow Up	\$6,000.00
Misc	\$3,200.00
Total	\$230,000.00

It's Fun To Stay At The YMCA

*The Physical activity for Overweight youth
at risk for type 2 diabetes (POWER) trial
University of Manitoba, Jonathon McGavock PhD*

Type 2 Diabetes in youth is becoming a significant problem. Over the last 25 years the incidence of Type 2 in youth has increase by a factor of 20 across Canada. It is well known that a healthy life style including exercise is the magic bullet against most chronic diseases. What is not known is how often, how long and how vigorous the exercise should be. Hence, many doctors prescribe metformin (a common drug used in Type 2 adults) The purpose of this study is to establish the correct "exercise prescription"

One hundred and twenty youth will be studied in 3 groups: low intensity, vigorous intensity and a delayed group. New biomarkers will be measured using MRI technology. This method can determine the effectiveness of physical activity.



COSTS	
Staff	\$15,750.00
MRI	\$17,500.00
Lab Tests	\$6,955.00
Insulin/Glucose	\$28,600.00
Supplies	\$8,000.00
Part Reimbursement	\$7,500.00
YMCA Passes	\$14,070.00
Total	\$98,375.00

Diabetes Foundation Updates

Cornbelt Diabetes Connection

The Cornbelt Diabetes Connection, Inc. (CDC) is a 501 (c)3 trust that was started in 1993 by the clubs of the Cornbelt Federation "To provide health care and education about diabetes and related complications to communities and individuals that may not have adequate access to such care or information." The CDC partnered with the University of Nebraska Medical Center's College of Nursing to provide free diabetes screening. UNMC schedules the screenings and provides nurses and student nurses to perform them. The CDC provides the Mobile Nursing Center (MNC), the driver, the supplies and the maintenance and storage for the MNC unit. The MNC is a custom built, 36 foot motorized clinic. Since beginning this project it has made more than 1500 site visits and provided screenings for more than 34,000 clients.

The CDC is also affiliated with the Diabetes Education Center of the Midlands (DECM) to provide education classes. Since inception the CDC has underwritten over \$150,000 in education classes for people that would not have otherwise had access to such classes. These classes have shown documented reductions in participants A1C levels and weight.

In late 2001 we implemented a crisis intervention program to help individuals get medications and supplies when they could not afford them because of the loss of a job or insurance, etc. To date we have issued more than 250 grants for medication and supplies totaling over \$60,000.

Since inception the CDC has raised over \$850,000 in the fight against diabetes.

The clubs of the Cornbelt Federation make annual contributions which accounts for about 60% of the total raised to date. About 30% comes from grants from other foundations such as the Cosmopolitan Diabetes Foundation (about a half a dozen foundations have made contributions). The remainder comes from memorials, gifts and interest.

The CDC project of the Cornbelt Federation has not only provided a great deal of help for people with diabetes, it has also served as a catalyst to focus the federation on a common goal, and it has helped us to get and retain Cosmopolitan members.



A Fresh Coat of Paint *By Etta J. Vinik, MA(Ed), Associate Director of Education*

The Strelitz Diabetes Center at Eastern Virginia Medical School (EVMS) has been "brushed with a fresh coat of paint" since Jerry Nadler, MD, FACP, FAHA was recruited from the University of Virginia to EVMS. As the Mansbach Professor and Chair, Department of Medicine and Director of the Strelitz Diabetes Center, Dr Nadler is providing new focus and energy to the Diabetes Center by successfully recruiting new faculty to the clinical unit to more effectively treat the ever-increasing diabetic population as well as those patients with many other endocrine disorders. Dr Nadler has also lured promising researchers to EVMS to work in major areas of diabetes and obesity research and to ensure the Center continues to fulfill its previously established goal to find a cure for diabetes.

Cosmopolitan International's dedication to INGAP research was a focus article in the last issue of CosmoTopics. The discovery of the INGAP gene in 1997 by Dr Aaron Vinik, MD, PhD, Director of Research at the Strelitz Diabetes Center caused international excitement and raised the hope that pancreatic islet cells in a diabetic pancreas could be

stimulated to grow and make insulin. However, because Type 1 diabetes is a self-destructive process, with the cells of the body turning against themselves, there is a continuous "killing" of insulin-producing cells. On the one hand, INGAP is able to regenerate insulin-producing cells, but on the other hand, the autoimmune process which characterizes Type 1 diabetes, continues on its destructive course. It is like trying to fill a leaking bucket!

Fortune smiled again on the Strelitz Diabetes Center when Dr Nadler brought his research program, geared to stop autoimmune damage and inflammation of cells to EVMS. Dr. Nadler pioneered a drug called Lisofylline (LSF), which specifically targets destruction of insulin-producing cells. Initial tests in mice suggest a "great marriage" of INGAP and Lisofylline with initial results indicating a reversal rate of up to 70%.

Both have been used individually in the clinic and are safe, but have never been used in combination in human trials. Hopefully, that will be the next step.



Crusader Community Health/Cosmopolitan Diabetes Program

—November 3, 2009

Crusader Community Health is honored to have the Crusader Community Health/Cosmopolitan Diabetes Program selected as a Major Cosmopolitan Diabetes Program. We thank you for this designation and know that we will continue our efforts to make a difference in the lives of our growing diabetic patient population.



During 2008, Crusader served 2,522 diabetic patients. Each dollar donated by the Cosmopolitan members has been used in some way to provide diabetes education and health care for low income individuals (from test strips, optical and dental care for patients to increased community awareness through mobile screenings).

Earlier this year, the Crusader Community Health on West State Street opened the Cosmopolitan Patient Learning and Resource Center. This new center allows Crusader patients to learn more about disease treatment and prevention. Six self-education computer stations with easy to use interactive visuals have more than 200 health topics including diabetes for patients to learn more about their health.

The Center is staffed with a full time bilingual Health Resource Educator who is able to greet the patients and assess their individual needs. The patients have the option of meeting one on one with a Certified Diabetes Educator, a Registered

Dietitian, a PharmD, a Respiratory Therapist or all of the above free of charge. We are so very grateful to the Rockford Cosmopolitan Club for their generous support of this new initiative.

Recently, a new patient to Crusader who recently lost his health insurance was referred to the Patient Learning by his doctor. After

going through several diabetes tutorials stated with tears in his eyes that he had learned more in the last several hours than he had in the 20+ years seeing his private physician. The impact of this new Learning Center will be multiplied as many more of our patients utilize it to supplement their care and treatment of their disease.

Crusader is implementing an electronic health records system at the end of this summer that will allow us to measure accurately our diabetes quality indicators much more easily and completely. Diabetes is and will continue to be a major focus and we will enhance patient outcomes by involving the Patient Learning Center that will augment these improved patient outcomes.

Please know that Cosmopolitan support continues to make a difference in the lives of our diabetic patients—until there is a cure!

Other good news is that Dr Nadler and Dr David Taylor-Fishwick recently received further recognition from the Juvenile Diabetes Research Foundation (JDRF) resulting in a grant totaling \$500,000 allowing them to pursue their scientific endeavor to understand pancreatic islet cell loss in diabetes. Meanwhile, the search for other approaches to curing diabetes are being sought and Dr Vinik's clinical research unit at the Strelitz Diabetes Center has become the lead center in a multi-national, multi-center trial using adult bone marrow stem cells from healthy donors. Only newly-diagnosed patients with Type 1 diabetes are candidates for this new therapy. Patients receive intravenous injections of stem cells, which researchers say will target islet cells, stop destruction and preserve patients' remaining beta cells. The results are promising but it is too soon to predict a cure. Spurred on by the indomitable support from the "club that fights diabetes" and under the brush of our new leader, all of our nationally recognized programs are flourishing – research, clinical care, neuropathy and quality of life.



THE REWARDS OF LEADERSHIP

Follow the Yellow Brick Road

I'll never forget it! It was April of 1978 and I had just decided to take a monumental risk, leaving a secure job with a well-established natural gas utility in Kansas City to join a small, privately owned natural gas utility in Lawrence, Kansas. I was 30 years old, quite frankly in many ways still wet behind the ears, with only my surreal adventures as a Green Beret during the Vietnam War serving as a frame of reference to comprehending major, life changing events. However, my life was about to change dramatically, even though at that moment I had absolutely no clue just how significant that transformation would be.

I could not have anticipated the fortunate turn my journey would take in 1981 when the Lawrence company I now worked for requested that I get involved in the community. Fortuitously, I was invited to a meeting of the Lawrence Luncheon Cosmopolitan Club and was so impressed with the integrity, the friendship, and the overwhelming enthusiasm of the group that I applied for membership and was accepted into this auspicious group.

Approximately six months later I received a call from the then-president of the Lawrence Luncheon Club and was completely flabbergasted when he asked if I would serve as the president of the club after his term expired in 1982. In addition, he requested that my decision on whether to accept be made before the day was over! Needless to say I was scared to death. After all, the majority of the Club members were pillars of the community. How could I possibly serve as their president? After some soul searching I accepted, and this great opportunity for personal growth—or personal embarrassment—began.

That first meeting I chaired was abysmal. Thank goodness there was a podium to hang on to or I know I would have fainted. I was never more nervous in my life. But by the end of my term as President, I had become completely comfortable with chairing local meetings. I had been introduced to so many different aspects of the mechanics and qualities of leadership: creating agendas, an introduction to Robert's Rules of Order, facilitating board meetings, developing interpersonal relationships, and garnering an understanding of the internal politics that is interwoven in volunteer organizations. What an apprenticeship!

I have since had the honor of serving within the Cosmopolitan Club at the local, Federation, and International level, collecting unique and invaluable experiences that have helped me to develop personal and professional skills that the finest universities couldn't provide.

I have had the pleasure of meeting some of the most refined, dedicated, and professional medical researchers, poised on the cutting edge of technology. I have taken advantage of public speaking opportunities, some prepared, others spontaneous. There's no media training that I can think of that

prepares you to be more ready for the unexpected than being asked unscripted questions about Cosmopolitan's 75th anniversary celebrations while appearing on a live noon news cast in Regina, Saskatchewan. I've never attended a college speech class that offered such diversity and genuinely practical experience.

I've composed an inaugural address, developed articles intended to inspire, motivate and educate for CosmoTopics, cultivated presentations designed for club officer training programs. I will here share wisdom from John Bloom, a journalism graduate, gifted writer and our past Executive Director. I learned more from John Bloom about writing than I ever learned in college. John once told me something I use to this very day in my business writings. John said, "Writing is like painting. Once you apply a coat of paint, don't keep brushing it, trying to continue to spread it thin. Get away from it and let it retain its purest form."

Traveling all over North America, experiencing a diverse culture whether holding discussions around a home cooked meal or building interpersonal relationships that are everlasting and sustained at International Conventions.

Attending Service Club Leaders Conferences, being exposed to other civic and philanthropic organizations' visions, missions, and purposes; what you find is that Cosmopolitan International, albeit one of the smaller groups, is strong in stature, with a very well defined purpose in our commitment to diabetes research and education.

So, I hope you see that Cosmopolitan Club literally changed my life! It afforded me and my family opportunities and experiences we couldn't dream of. But most importantly, the education I gained through real life experiences in a variety of leadership roles was priceless. I'm not about to suggest that I will be traveling the circuit, giving motivational talks. Nor will I be asked to write editorials for The Kansas City Star newspaper. However, I firmly believe that I have Cosmopolitan to thank for my professional success, now serving as the director of business operations for Black Hills Energy, a diversified, multi-state energy company. I will never have enough time or money in my lifetime to give back to Cosmopolitan what it has provided to me.

The next time you're asked to serve as an officer, whether on the local, Federation, or International level, please consider what I have attempted to share with you. You won't regret it! It will be the experience of a lifetime! Get Involved! I guarantee you it will change your life forever.



STEVE M. HANNA
PAST INTERNATIONAL
PRESIDENT
1992 -1993

HONORABLE MENTION

Cosmopolitan Club Honors Phil Turner With Charles G. Uram Lifetime Service Award

Rockford, IL – Rockford Cosmopolitan Charities, in partnership with the Community Foundation of Northern Illinois, is pleased to announce that the winner of the 2009 Charles G. Uram Lifetime Service Award is Phil Turner.

According to his nominators, Phil Turner's impact on the Rockford community has been extraordinary. For decades, Turner has volunteered for local agencies like Carpenter's Place, Crusader Community Health Foundation, the YMCA and the Community Foundation of Northern Illinois. Turner embodies the same unwavering enthusiasm and selflessness that Chuck Uram demonstrated in his service to the non-profit world.



The Charles Uram Award recognizes and celebrates the achievements of a person who embodies the values demonstrated by the late Charles G. Uram. Chuck Uram passed away on December 24, 2004 and is remembered as a friend and mentor to Rockford Cosmopolitan Charities and to the Rockford community as a whole. Chuck was a fundraiser/volunteer for Crusader Clinic, Emmanuel Lutheran Church, Hunger Connection, Lifescape Community Services, Rockford Rescue Mission, Rosecrance Health Network, The MILL, United

Way, Wesley Willows, YMCA, the Community Foundation of Northern Illinois and others. He was honored by the Rockford Register Star with the Excalibur Award in 2004 for his exemplary service to the community.

Carpenter's Place, the organization that nominated Phil Turner for the award, will receive \$5000 from the Rockford Cosmopolitan Club. Incorporated in 1958, the Rockford Cosmopolitan Club contributes to the community's well-being through charitable donations

and volunteer service with a special emphasis on supporting efforts to prevent and find a cure for diabetes.

The Community Foundation attracts, grows and preserves a permanent endowment for the people of Northern Illinois, providing grants to nonprofit organizations and programs. In the past 10 years, the Community Foundation has awarded \$33 million in grants to community projects and organizations.

“He’s one of the best, genuine human beings I’ve ever met.”

- John Schissel, Rockford Cosmo and friend of Chuck Uram for 20 plus years



Charles G. Uram

On December 24, 2004, the Rockford Cosmopolitan Club was saddened by the death of 40-year member, Charles (Chuck) Uram. He was a friend and mentor to many, and demonstrated the true value that is derived from volunteering and providing selfless assistance to the community.



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In This Issue:

- 3** Membership is a Marriage, Kevin Harmon
- 4** Full Steam Ahead, Melvina Newman
- 6** Did You Help Someone Today? , Richard Greer
- 7** Time, A Good Investment, Phil Hanson
- 8** Strength In Numbers, Brian Duckett
- 9** Diabetes Foundation Update, Tom Gustafson
- 10.** Mission: Recognition, Shelia Anderson
- 12** Healthy Choices
- 14** Governor News
- 15** Know & Tell
- 16** Out and About
- 20** Categories of Recognized Programs
- 21** In Memoriam
- 21** Cosmo Brick Club
- 22** Cosmopolitan Foundation Canada Inc. Nov - 2009
- 24** Diabetes Foundation Updates
- 26** The Rewards of Leadership
- 27** Honorable Mention

Annual Cosmopolitan Christmas Ornament

Beautiful Cosmopolitan Christmas Ornament in etched glass is perfect for your tree or that of a friend, relative or fellow Cosmo member. 2009 ornament is a diamond shape and bears our logo and year. Only \$10.00 plus shipping.

We have a limited number of 2007 and 2008 etched glass ornaments and our original pewter snow man ornaments available. Call for availability and special pricing for buying multiple ornaments.

