



The Club that Fights Diabetes

Calling All Cosmos!

Vol. 1 Issue 6

February 27, 2026

CI Board of Directors

President – John Krysak
Vice Pres-Art Brassard
Dir of Mktg – Sheila Anderson
Dir of Membership Cheryl MacKenzie
Dir Fundraising - Nancy Trautman
Dir Communications – Tim Dollens
Secretary – Kurt Kopp
Treasurer – Randy Kremer
Judge Advocate – Larry Sheehan
Dir Special Projects – Dick Gorton
Dir Website/IT – Melvina Newman
Dir Convention Planning – Wade Frink
Dir Education – Judy Weitkemper
CFCI Rep – Angela McFalls
CDF Rep – Don Gentry

"A good board meeting isn't just about decisions made — it's about clarity gained, trust strengthened, and a shared vision moving forward."

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CALLING ALL COSMOS!



Tim Dollens,
Director of Communications
Tim.Dollens@cosmopolitan.org
Columbia Breakfast & Luncheon Clubs

As you receive this issue of "*Calling All Cosmos*," your Cosmopolitan Board has just completed a weekend annual in-person Mid-Winter Board Meeting, which was held in Minneapolis at the end of February. This pivotal gathering served as the final planning session for the International Conference, set to take place in July at this same distinguished venue. The board has experienced several transitions, and the monthly, two-hour meetings of our twenty-member volunteer board are proceeding with commendable efficiency and dedication. We trust you are reading this informative newsletter and learning more about our organization, its members, and its focus on diabetes research.

I would like to express my sincere appreciation to Melvina Newman, Director of Website and IT, and Sheila Anderson, Director of Marketing, for their efforts in assembling the upcoming *CosmoTopics* issue. This anticipated publication is targeted for completion by early March, and promises to highlight the 2025 Convention held in North Kansas City, Missouri, as well as the award winners and introduce many of our new board members. Their meticulous work on this significant project aims to ensure its release very soon.

I would also like to thank Judy Weitkemper for her steadfast commitment to compiling and editing the "*Calling All Cosmos*" newsletter you are currently reading. As increasing numbers of board members and federation governors contribute articles and share valuable information, this publication is poised to become your essential monthly guide to the dynamic affairs of our organization. For the first time in the organization's history, the information presented here is being released with unparalleled promptness. This marks a significant milestone in ensuring members receive updates and news in the timeliest fashion possible.

Cheryl McKenzie, Director of Membership, is doing a phenomenal job in getting membership data so you can enjoy not only our newest members, but the milestone anniversaries of our members as well as the anniversaries of the various clubs within our federations. This enables us to celebrate and honor those who have demonstrated enduring commitment to our cause. Steadfast membership is what keeps us moving forward as we continue our goals and missions.

Please reach out to me via email should you wish to contribute to this publication. This is your newsletter to share what your clubs and federations are doing. The more we share, the more ideas we have for fundraisers and activities that keep us going. Thank you for being a Cosmo and as always, "It's A Great Day to be a Cosmo!"

Tim Dollens



The Club that Fights Diabetes

Calling All Cosmos!

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Strengthening Connections for Organizational Growth

A strong relationship between the International Board and local Federations, Clubs, and members is essential for organizational growth. The Board's support provides guidance and resources, ensuring shared values and effective operations, while empowering local groups to pursue aligned initiatives.

Just as important is the active engagement of Federations, Clubs, and members, whose feedback and participation help the Board make informed, community-focused decisions. This two-way support builds trust and keeps the organization responsive and inclusive.



President's Report – February 10, 2026

President's Report – February 10, 2026

Theme of the Month: Working Together, We Go Further

Our January meeting was productive and well attended, with a full agenda that reflected the ongoing work and commitment of the Board. Key discussions and approvals included the following:

- Approval of transitioning our investment accounts from UBS to US Bank.
- Approval to proceed with the production of a winter edition of *Cosmo Topics*.
- Discussion regarding content for the monthly newsletter, including member obituaries, a spotlight on a member, and welcoming new members. We also reviewed newsletter timelines and reaffirmed the important role Board members play in encouraging clubs and members to submit articles and updates.
- Approval to transition membership management responsibilities to Cheryl MacKenzie, recognizing the close alignment with the Director of Membership role.
- Introduction of a proposed six-month marketing campaign. While this initiative was not advanced at this time due to the approval of the *Cosmo Topics* edition, it remains an important item for future consideration.
- Introduction of a member-perspective questionnaire. At the Board's request, this will be distributed so that Board members and Governors can present it to clubs and members to gather valuable input.

Activities This Month

- I attended a Past International Presidents' Zoom meeting. While attendance was limited, the discussion was meaningful. One key theme was the need for more consistent communication and promotion of the International Project. Past International President Tom Stone highlighted that many members have IRAs with required minimum withdrawals that could be offset through charitable giving. He emphasized that members are more inclined to contribute when they receive



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Calling All Cosmos!

Upcoming Cosmo Events!

**Winter Board Meeting &
Governor-Elect Training
2/27 & 2/28 at Minneapolis**

Federation Conventions:

**Mo-Kan - 4/17-4/19, 2026 at
Columbia, MO**
**North Central – 4/24-4/26 at
Rapid City**
**Western Canada – 5/22-5/24 at
Saskatoon**
**Cornbelt – 5/30 Freemont at
the golf club**

See Cheryl's Article on pg. 9
*Why Attend a
Federation Convention*

INTERNATIONAL CONVENTION

Join Us in Bloomington, MN for
our
2026 Int'l. Convention on July
22-26, 2026

CONVENTION REGISTRATION
OPEN'S SOON!

Hilton
Minneapolis/Bloomington
3900 American Boulevard West
Bloomington, MN 55437

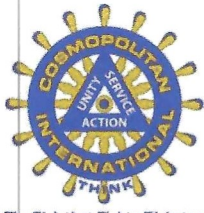
SPECIAL GROUP
RATE: \$145.00 + tax
Last Day to Book: June 22, 2026

regular, clear updates on where and how donations are being used. This reinforces the importance of transparent and ongoing communication.

- I participated in the February convention planning meeting. Progress continues, including updating the advertising banner on the website and promoting the convention through *Cosmo Topics*. Online registration is expected to be live by March 1. The budget is currently being finalized and is awaiting pricing for potential new menu items. A complete budget will be presented at the Winter Board Meeting.
- I followed up with Directors regarding reports for *Cosmo Topics*. While firm submission dates had been established, some reports were received late. Timely communication, whether a full report or a brief update indicating no changes, is essential to ensure committees can work efficiently and respect one another's time.

Moving Forward

- To maintain momentum, it is important that Directors continue to communicate and collaborate across portfolios. For example, Membership and Marketing can work together on membership initiatives, with support from Website, Communications, Education, and Fundraising as appropriate. This collaborative approach helps keep our members engaged, informed, and excited about the organization.
- Directors are encouraged to take ownership of their roles. If you identify opportunities for improvement or encounter challenges in your area, please bring them forward. Sharing concerns early allows us to support one another and strengthens the reorganization framework established last year.
- As we continue to evolve within the new Board structure—without a paid Executive Director—we will be exploring ways to reallocate certain administrative tasks to volunteer Directors or committee members. This approach increases engagement, strengthens connections between Directors and committee chairs, and distributes the workload more evenly.
 - One potential efficient measure is using an external location to receive and distribute mail. I have spoken with Past International President Derry Anderson, who has offered his office as a collection point. A volunteer could then sort and distribute items as needed, for example, forwarding invoices to the Treasurer and membership correspondence to the Director of Membership.
 - We are also exploring the option of implementing a phone messaging service that can be checked daily and routed appropriately.



The Club that Fights Diabetes

Calling All Cosmos!

**CI Winter Board Meeting
in Minneapolis**

**Harmony and Compassion
Among Board Members**

The winter Board meeting of Cosmopolitan International in Minneapolis brought together twenty dedicated board members, each united by a spirit of harmony and compassion. The group displayed a deep commitment to Cosmopolitan International, its clubs, and individual members. Throughout the meeting, it was clear that every member was eager to do everything possible to support the clubs, demonstrating genuine concern for the wellbeing of the organization and its community.

This Board is not only compassionate but also hard-working, consistently striving to protect and uphold policies that benefit all members of the organization. Each member plays a crucial role in fulfilling the needs required to accomplish the Board's work. During the meeting, every member delivered a report, contributing to productive discussions and ensuring the effective operation and governance of Cosmopolitan International.

- Communication remains key. When we do not hear from one another, we naturally assume that everything is running smoothly. Regular check-ins—even brief updates—help us stay aligned, meet deadlines, and support one another in moving our work forward.

Together, by staying connected, communicating openly, and supporting one another, we continue to move the organization forward—working together so that we truly can go further.

Yours in Cosmopolitan,

John Krysak

CI President 2025–2026



**Cosmopolitan International
Director of Marketing Report, 2/9/2026 By
Sheila Anderson**

COSMOTopics

- Helping Melvina Newman with the Mid-year issue of COSMOTopics.
- Going forward, this publication should be the responsibility of the Director of Communications. Need to decide how many issues we want to do a year, and if the newsletter will replace this.
- RECOMMEND: 2 issues a year: Fall (recap of convention and introduction of new officers and goals) and Spring (promote convention and give mid-year recap).

SOCIAL MEDIA

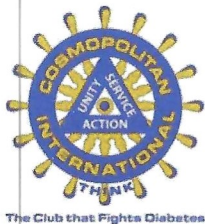
- Remember, these are our pages
LinkedIn:
<https://www.linkedin.com/company/cosmopolitanintl/>
Facebook (member-only page),
<https://www.facebook.com/groups/582809912613390>
Facebook (public-facing page):
<https://www.facebook.com/CosmoINTL>

WEBSITE

- Reviewed edits Cheryl MacKenze made.

MARKETING

- Working on a 6-month marketing plan.
- Start with LinkedIn Campaign Strategy (see DRAFT below)



Calling All Cosmos!

Pictures From Winter Board Meeting 2026



Don Gentry CDF Report



The Board Listening to Sheila Anderson's Marketing Report



LINKEDIN CAMPAIGN STRATEGY

Use LinkedIn for 4 things:

1. Reposition the brand
2. Attract Gen X & Millennials
3. Activate members as ambassadors
4. Drive project-based entry before membership

PHASE 1: Foundation (Month 1)

Optimize the LinkedIn Page

Update the headline to something stronger than: "Service club raising money for diabetes."

Try something like: Cosmopolitan International | Advancing Diabetes Education & Research | A Modern Service Network for Professionals

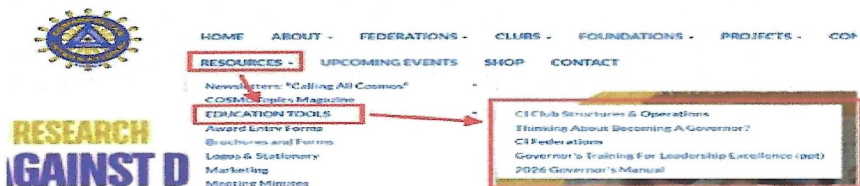
Banner should say something bold like: "Lead. Serve. Defeat Diabetes."

Sheila Anderson, Director of Marketing

The Education Committee has completed several resources, including the "Federation Governors Manual," Governor Training PowerPoint, notebooks for Winter Board Meeting Governor-Elect training, including new information for Clubs and Federations. The committee will not have a Zoom meeting in March but will work on ideas for a New Member Onboarding materials for clubs and meet via Zoom on the first Tuesday in April.

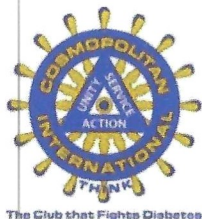
Our goal is to deliver effective training for all International, Federation, and Club positions by creating a framework for optimal educational tools. We welcome your feedback and suggestions for improving training or developing new sessions.

The new materials for training can be found on the CI Website, click on Resources then on Education.



If you or others are interested in joining the Education Committee, please contact

Judy Weitkemper, Director of Education



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Calling All Cosmos!

Take Note to Stay Up-to-Date!



CURRENT MEMBERSHIP COMMITTEE PROJECTS:

(1) Membership Database Review

We have started a full database review at the Club Level. Each Club President/Secretary will have now received a list of current members in their club, emailed on Friday, Feb 6th. We are asking that clubs validate the member list as well as the email contact information for each member. This allows us to ensure each member is receiving the "Calling All Cosmos" eBulletin and CosmoTopics.

This review also ensures that the quarterly billing from the Head Office is accurate. Within the email, the offer is being made for all Club Secretaries to receive one-on-one training on maintaining their database if they would like. For those that are not comfortable doing so, they are able to send in changes to the Director of Membership at Cheryl.MacKenzie@Cosmopolitan.org for action. You can also send in NEW MEMBER forms to the same address and they will be processed onto the website and NEW MEMBER KITS will be prepared and sent to the Clubs. (Cont'd Pg 7, left-hand Column)



Cheryl MacKenzie,
Director Membership
cheryl.mackenzie@cosmopolitan.org
Edmonton Cosmo Club

NEW FEATURE:

Welcome to NEW Members in January!

- Kerry Wright, Rapid City Cosmo Club
- Heidi Christophel, Calgary Cosmo Club
- Bernie Saunders, Edmonton Cosmo Club

JANUARY/FEBRUARY MEMBER MILESTONES ANNIVERSARY CELEBRATIONS

It's a big Celebration. Eleven Cosmos are celebrating Milestone Anniversaries in January/February!

50 Years:

January - Roy Lovely, Council Bluffs, Cornbelt Federation

45 Years:

February - Ted Milligan, Wichita Air Capital, Mok-Kan Federation
February - Rob Dojack, Winnipeg, Western Canada Federation

40 Years:

January - Franklin Austin III, Norfolk/HQ Affiliate, CI International
January - Mathew Chilton, Sioux City, Cornbelt Fed
January - Kendall Fisher, Sioux Falls, North Central Fed

30 Years:

February - Grace Kavanaugh, Sioux City, Cornbelt Fed

25 Years:

January - Larry Gurney, Wichita Air Capital, Mo-Kan Fed
February - Meggan Regelin, Rapid City, North Central Fed

20 Years: January - Les Withrow, Wichita Downtown, Mok-Kan Fed

NOTES:

We do have missing start dates for a number of Cosmos. We will be working on a cleanup with Clubs over the next 6 weeks in order to fix this gap. If we miss your anniversary month, know that we are celebrating with you too! Every Cosmo is important to our family!

Additionally: We would also like to pay tribute to members we have lost each month. If a Cosmo you know has passed away, please let us know or have your Club Secretary email us at cheryl.mackenzie@cosmopolitan.org. Where appropriate, we would like to post their names, years of service and a link to their Tribute or Obituary.



Calling All Cosmos!

CURRENT MEMBERSHIP COMMITTEE PROJECTS: (Cont'd)

(2) Membership Category Review

In an effort to consider the needs of all potential members and the shift in life demands, the review of the current membership structure is under review and will be discussed at the Winter Board Meeting at the end of February.

Considerations are being given to (a) Post Secondary Students (Academic & Trades); (b) Young Families and Young Professionals and their financial and time commitments and their goals as it relates to membership in community engagement.

Both of these groups offer an abundance of energy and ideas but don't necessarily always fit into our current model.

(3) Awards Program Review

In an effort to respect the history of our Awards and Recognition Program and an attempt to modernize, a full review of what we currently recognize, how we recognize it and gaps in our current program are being considered. A discussion will take place at the Winter Board Meeting on the topic for consideration at the Annual Convention. Recommended and Approved changes will come into effect for the 2026-27 program year. **THERE YOU GO!**

Yours in service,

Cheryl MacKenzie

Cheryl MacKenzie, Director Membership (Cont'd.)

CLUB ANNIVERSARIES IN JANUARY/FEBRUARY

Note: We are missing Charter Dates for a number of clubs. As we collect that information, we will more fully celebrate Club Anniversaries. If we are missing your Clubs date, we will be in touch.)

102 Years: Feb 14, 1924 - Norfolk Cosmo Club, Capital Fed

101 Years: Feb 14, 1925- Sioux Falls Cosmo Club, North Central Fed

97 Years: Feb 11, 1929 - Rapid City Cosmo Club, North Central Fed

78 Years - Feb 27, 1948 - Topeka Cosmo Club, Mo-Kan Fed

17 Years: Feb 16 2009 - Emerald City Club, Mo-Kan Fed

CLUBRUNNER: Members Access Update

(NOTE: Clubrunner Password requirements are moving to a 12 character password!)

Received from Clubrunner: January 12, 2026

As part of our ongoing efforts to enhance the security of our platform, we will be introducing updated password requirements across ClubRunner starting **Monday, January 12, 2026.**

Most members will not need to take any action right away. In some cases, **you may be asked to update your password** the next time you log in. If so, the system will guide you through a quick and straightforward process.

Thank you for your continued support as we work to keep ClubRunner secure for all members

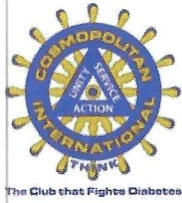
"Why I'm Here" Series

Jamie Wilson, Jefferson City Club Member & Mo-Kan Governor.



"For me, the fight against diabetes is deeply personal. My maternal grandfather passed away from complications of diabetes at just 60 years old, when I was 3 years old. Since then, my mother was diagnosed around age 50. Many other family members and friends have been affected as well. These experiences have shaped my understanding of the urgent need for research, support, and hope.

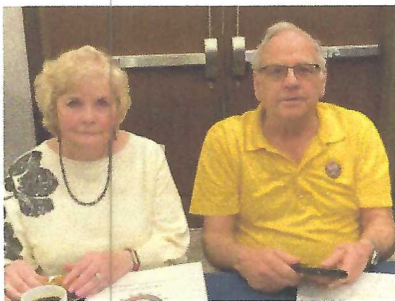
Diabetes has impacted so many people I love. I want to be a part of the work that not only moves us closer to a cure, but also improves the lives of all diabetics in our community and around the world.



Calling All Cosmos!

Columbia Luncheon Club

Pictures from Winter Board Meeting Cont'd.



Judy Weitkemper Dir Educ Art Brassard Vice President



Angel & Jim Jourdan, Gov Cornbelt



Melvina Newman, Dir Website IT

Cheryl MacKenzie/Jamie Wilson, *Why I'm Here* Series (Cont'd.)

Being a part of Cosmopolitan International and the Jefferson City Cosmopolitan Club allows me to serve my community and the larger diabetes community in meaningful ways. My favorite? The friendships and connections I have built at the local, state, and international level. AND those moments when the club delivers resources to someone in need and sees the immediate positive impact."

TIDBIT: If you have not joined the Members Site on Facebook Join Us Today!: [COSMO INTERNATIONAL - Member Site | Facebook](#)

COSMO MOVERS AND SHAKERS



Each month we will recognize clubs for their new membership growth. Top Club year-to-date - Top Club month.

Here are the current monthly movers and shakers 2025-26

Fastest Growing Club in JANUARY:

Again this month, we have a tie between *Rapid City (1), Calgary (1), and Edmonton (1) Cosmos Clubs*. Keep it going everyone, apparently it just takes one!



YEAR TO DATE MOVER & SHAKER:

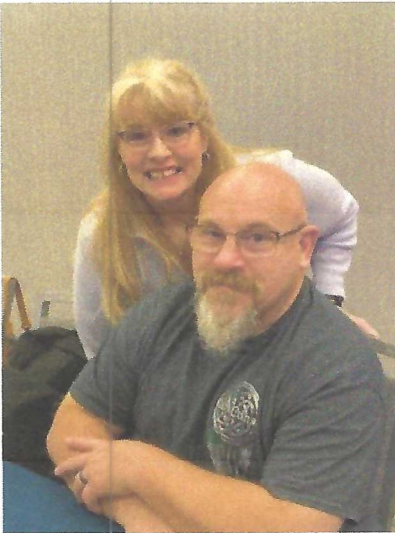
The **CALGARY COSMO CLUB** continues to lead the charge in growth in 2025-26. Congratulations to President Dan Green and his team as they work to grow Cosmos in Calgary. The club has added **9** new members in our current year.



The Club that Fights Diabetes

Calling All Cosmos

More Pictures from Winter Board Meeting



Kelly (Mo-Kan Gov-Elect & Kevin Figge



Tim Dollens & Angel

This Month's Feature Article (Updated from CosmoTopics, 2003)

Why Attend a Federation Convention

Federation convention season is an important time for Cosmo members to come together, connect, and strengthen our organization. For those who have never attended one, (or are still undecided) federation conventions **offer meaningful value** that goes far beyond meetings.

First and foremost, conventions provide **fun and fellowship**. In today's fast-paced, digital world, they offer a rare chance for face-to-face connection. Members and their spouses can build friendships, share experiences, and feel more connected to the Cosmopolitan family. Many find that once they attend one convention, they look forward to returning year after year.

Federation conventions also play a vital role in **communication and idea-sharing**. Clubs that are geographically spread out gain an opportunity to meet in person, exchange fundraising and membership ideas, and recognize outstanding members and clubs. These conversations often happen more naturally and personally than at larger international events.

In addition, conventions serve as an important **educational and leadership tool**. Officers gain insight into procedures, leadership practices, and planning for the year ahead. Conventions allow clubs and federations to reflect, set goals, and build momentum.

Finally, conventions offer valuable **access to visiting International Officers**, giving members a direct voice in strengthening Cosmopolitan International

CURRENT FEDERATION CONVENTION SCHEDULE:

- MO-KAN: April 17-19 (Columbia)
- NORTH CENTRAL: April 24-26 (Rapid City)
- WESTERN CANADA: May 22-24 (Saskatoon)
- CORNBELT: May 30th (Freemont Golf Club)
- CAPITAL: TBA
- MID-STATES: TBA

~~~~~  
*Cheryl MacKenzie*

Director of Membership  
Cosmopolitan International  
[cheryl.mackenzie@cosmopolitan.org](mailto:cheryl.mackenzie@cosmopolitan.org)  
Cell: 780-907-1034



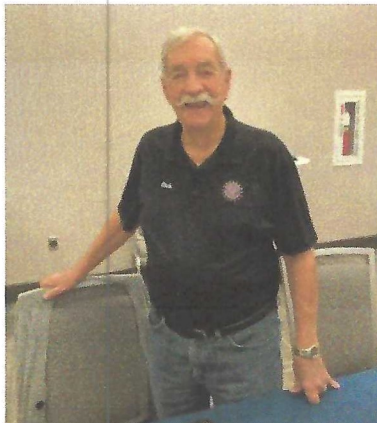
***Calling All Cosmos!***



**Keith Shepherd, VP**



**Randy Kremer, Treasurer**



**Dick Gorton, Dir Special Projects**

## NEWS FROM DRIFCAN

### From Bench to Bioreactor: Advancing the Shapiro Lab Toward Clinical Scale

~ Melanie Hibbard, Executive Director DRIFCan

DRIFCan achieved a significant funding milestone last year, raising \$3 million, with 90% allocated directly to research activities. The laboratory is progressing toward human trials, supported by successful scale-up work transitioning from 0.1L and 0.3L bioreactors to a new 3L bioreactor platform. The team has implemented cell freezing protocols to enable large-batch preparation ahead of reagent integration at the next development stage. To support increased production and experimental throughput, laboratory staffing has doubled. These advancements represent critical steps in validating scalable manufacturing processes.

#### ALBERTA DIABETES INSTITUTE: SHAPIRO RESEARCH LAB



*Pictured left to right are: Haide Razavy (Lab Tech), Jesse Meyer (DRIFCan Board Member), Kathy Briere (DRIFCan Board Member), Dr James Shapiro, Rob Otway (DRIFCan Board Member), Melanie Hibbard (Exec Director)*



**CALLING FOR SUBMISSIONS:** To submit an article for the Monthly Bulletin “Calling All Comsos”, please email the article and any supporting photos to [Tim.Dollens@cosmopolitan.org](mailto:Tim.Dollens@cosmopolitan.org)