



The Club that Fights Diabetes

Calling All Cosmos!

Vol. 1 Issue 10

June 25, 2026

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Quote of the Day!

In the heart of every challenge lies the seed of your greatest triumph.

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John Krysak, International President – June 25, 2026

Theme of the Month: New Beginnings

As I write my report for June, I find myself reflecting on the possibility that this may be my final report to the Board as President. If that is the case, I want to begin by expressing my sincere gratitude to each of you for your support, dedication, and commitment throughout my tenure.

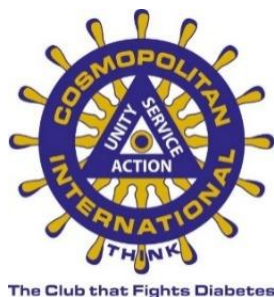
Serving alongside such a devoted group of leaders has been both an honor and a privilege. Your willingness to volunteer your time, share your expertise, and step forward whenever needed has made a tremendous difference to our organization. Together, I believe we have positioned Cosmopolitan International on a strong path toward continued success.

With our first year operating as a larger Board now behind us, we can clearly see the benefits of working collaboratively. We are able to address more issues, respond more quickly to the needs of our members, communicate more effectively, and focus on strategic priorities rather than constantly reacting to challenges. While we have certainly experienced a few bumps along the road, we have continued moving forward, building a stronger, more visible, and more resilient organization.

I am especially encouraged by our membership statistics. Over the past few years, we have begun to see a younger demographic stepping forward and becoming involved. While we will inevitably experience membership losses among our long-standing members due to demographics, our recruitment efforts are beginning to show positive results. It is important that we continue to keep membership growth and development at the forefront of our goals.

This month I was able to:

- Represent Cosmopolitan International at the Western Canada Federation Convention. I hope you had an opportunity to view the photos and brief article published in *Calling All Cosmos!*
- Remain engaged with the Regina Cosmopolitan Club as they consider whether to continue operations or dissolve. I continue to encourage members to remain involved as At-Large Members or to transfer to another club should the club ultimately fold. (cont'd.)



Calling All Cosmos!

Editor, Judy Weitkemper

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Dose of Positivity

**"If we take care of the
moments, the years will
take care of themselves."**

.....**MARIA EDGEWORTH**



Theme of the Month

New Beginnings!

John Krysak, International President (cont'd.)

- Follow up on the movement of funds between financial institutions.
- Communicate with Phil Hanson to ensure our tax filing requirements have been completed.
- Continue compiling and organizing a comprehensive list of passwords and account access information for Cosmopolitan International. These records should be maintained by the Judge Advocate.
- Stay actively engaged with social media posts from Cosmopolitan International, the Federations, and individual clubs. Doing so helps me remain connected and provides valuable insight into the many positive activities taking place throughout our organization.

As we enter the final month of this term, our priorities remain clear:

- Continue moving forward with Convention planning to ensure we are fully prepared and ready for a successful event.
- Begin actively recruiting and identifying candidates for vacant leadership positions, including Vice President and Secretary. If anyone is considering changing roles or stepping away from a position, please reach out to me or Past President Dick Gorton so we can plan accordingly.

Together, by staying committed, communicating openly, and supporting one another, we continue to move our organization forward. As the saying goes, we can accomplish far more together than we ever could alone.

Once again, thank you for everything you have done this year. I know the work has not always been easy, and many of you have devoted countless hours behind the scenes that often go unnoticed. Your efforts are strengthening Cosmopolitan International, supporting our clubs, and making a positive impact in communities across our organization.

Thank you for your service, your dedication, and your friendship. I am proud of what we have accomplished together, and I am excited about the future that lies ahead for Cosmopolitan International.

Yours in Cosmopolitan,

John Krysak

Cosmopolitan International President



Calling All Cosmos!

Have you Visited the Cosmo Brick Wall in Columbia MO?



Cosmo Brick Program - CI Fundraiser

Bricks are a meaningful way to memorialize loved ones, celebrate outstanding Cosmo members, and create a lasting tribute that will be seen for years to come.



Do you know a member who deserves to be honored with a brick on our Cosmopolitan Brick Wall in Columbia, Missouri?

Has someone in your club received a special honor this year? A commemorative brick is a wonderful way to recognize achievements such as "Cosmo of the Year," "Federation Governor 2025-26," or other milestones in service and leadership. It is a simple purchase that creates a permanent and heartfelt tribute to a member's contribution.

The Cosmo Brick Program offered through Cosmopolitan International is a special way to recognize the people who have made a difference in our clubs and communities. These engraved bricks are displayed at Steinberg Playground in the Columbia Cosmopolitan Recreation Area (Cosmo Park), where they serve as a lasting reminder of the dedication, service, and friendship that define our organization.

Every brick purchased honors members, promotes our clubs, and supports our organization, as we build toward future displays in Columbia Cosmo parks, allowing even more members and families to be honored in the years ahead. If you would like to purchase a brick, the order form can be found on the website home page under Projects.

By Judy Weitkemper



Calling All Cosmos!

***Calling All Cosmos!
Tim Dollens, Dir of
Communications***

Mark your Calendar!

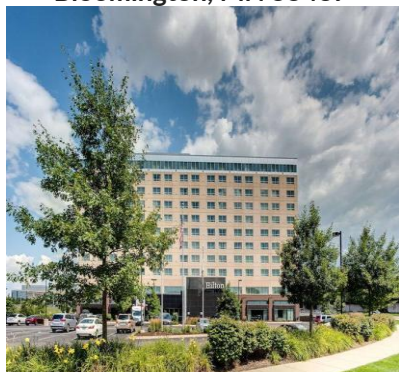
**FEDERATION
CONVENTIONS:**

INTERNATIONAL CONVENTION

**Join Us in Bloomington, MN for
our
2026 Int'l. Convention on July
23-26, 2026**

**CONVENTION REGISTRATION
ENDS JULY 10TH AT MIDNIGHT**

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



**SPECIAL GROUP RATE THRU
6/22/26 of \$145.00 + tax**



Melvina Newman, Director of Website & IT

COSMOPOLITAN INTERNATIONAL CONVENTION

JULY 23-26, 2026

CONVENTION HEADQUARTERS

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

CONVENTION REGISTRATION

Registration for the full package is \$350.00 which includes Thursday Dinner, all Friday activities, all Saturday activities and Sunday breakfast.

ROOM REGISTRATIONS:

Rooms must be booked by June 22, 2026, in order to be guaranteed the convention rate. Wednesday night \$155.00 and Thursday, Friday, Saturday \$145.00 plus taxes. Be sure to use Code 90B. Phone number: 844-856-8554.

CONVENTION REGISTRATION:

Convention registration ends July 10th at midnight. Register on the Cosmopolitan convention tab in order to get the \$350.00 convention full package rate.

ARE YOU READY FOR FUN AND EDUCATION? PLEASE BE SURE TO JOIN OTHER MEMBERS AT THIS ACTION-PACKED CONVENTION.

EDUCATIONAL SESSIONS WILL INCLUDE FIRST TIMERS' ORIENTATION, OFFICER TRAINING, DIABETES RESEARCH AND THE INTERNATIONAL PROJECT PLUS MORE. WE HAVE ALSO BEEN ABLE TO GET A SPEAKER FROM MEDTRONICS!!

WE HAVE TWO EVENINGS OF WONDERFUL ENTERTAINMENT. BOTH FRIDAY NIGHT AND SATURDAY NIGHT WILL BE ENTERTAINMENT WORTH COMING TO THE CONVENTION.

Board meetings on both Thursday afternoon and Saturday afternoon with the delegates meeting on Saturday morning.

BE SURE TO MAKE YOUR PLANS TO JOIN US IN BLOOMINGTON, MN FOR THE INTERNATIONAL CONVENTION.

**DON'T MISS OUT ON THIS ACTION-PACKED CONVENTION!!!
YOU WILL WANT TO BE THERE!**

MELVINA NEWMAN

HEADQUARTERS@COSMOPOLITAN.ORG



Calling All Cosmos!

CI EDUCATION COMMITTEE

Karen Shepherd



Linda Gentry



Candy Gorton



We Are Committed!



Judy Weitkemper, Director of Education – judyweitk@gmail.com

The Importance of Attending Your Club's International Convention

Attending the international convention of your club is far more than a trip on the calendar—it is an investment in your growth, your friendships, and the future of your club. A convention brings together members from across the United States and Canada, creating a rare opportunity to step outside the routine of local meetings and experience the larger vision of the organization. The energy, ideas, and encouragement that come from gathering with fellow members can renew your enthusiasm and inspire you to return home ready to contribute in new ways.

One of the greatest benefits of attending an international convention is the chance to learn from members of other clubs throughout the United States and Canada. Every club has its own traditions, strengths, and creative ideas for serving members and supporting the community. By meeting people from different regions, you gain fresh perspectives that you may never discover at home. Conversations over coffee, discussions between sessions, and new friendships formed during the event often lead to practical ideas that can strengthen your own club. Just as leadership conferences are valued for helping participants sharpen their thinking and build meaningful connections, conventions offer members a broader network and access to approaches that can improve their local organizations.

The educational classes offered at convention are another major reason to attend. Leadership sessions help experienced members strengthen their skills in communication, organization, planning, and service. These classes can prepare future officers and committee leaders to guide their clubs with confidence and vision. At the same time, classes designed for new members make the organization more welcoming by helping them understand the club's purpose, traditions, and opportunities for involvement. Strong leadership programming and professional development are widely recognized as essential ways organizations help members grow, stay engaged, and become more effective contributors.

(Cont'd.)



The Club that Fights Diabetes

Calling All Cosmos!



Pics from The Hilton

Importance of attending Int'l Convention Cont'd

Another special privilege of convention attendance is the opportunity to observe or attend executive board meetings. These meetings allow members to see how important decisions are made, what issues are facing the organization, and how leaders work together to plan for the future. This experience can deepen a member's appreciation for the responsibilities of leadership and the structure of the club as a whole. It also creates a stronger sense of transparency and connection, because members can witness the larger mission in action rather than only hearing about it afterward.

Of course, conventions are not only about meetings and classes. They are also about fellowship, hospitality, and celebration. Sharing wonderful meals with fellow members creates a relaxed setting where lasting friendships can grow. Entertainment adds joy and excitement to the event, giving everyone a chance to laugh, celebrate accomplishments, and enjoy the spirit of being together. These memorable moments are often what members talk about long after the convention ends, because they remind us that clubs are built not only on service and leadership, but also on friendship and community.

When the convention is held in a city like Minneapolis, the experience becomes even more rewarding. Minneapolis is known for its vibrant downtown, beautiful riverfront, arts and entertainment, and welcoming Midwestern atmosphere. Attending convention there gives members the chance to enjoy not only the official program, but also the sights and attractions of the city. Exploring the area with friends from other clubs adds another layer of enjoyment and creates shared memories that strengthen the bonds of membership. Cities that host large conventions often become part of the event's appeal because they combine learning, networking, and culture in one memorable destination.

In the end, attending your club's international convention is important because it strengthens both the individual member and the organization as a whole. It offers learning, leadership development, new friendships, and a deeper understanding of how the club operates at the highest level. It provides the joy of shared meals, entertainment, and travel, while also opening the door to fresh ideas from members across the United States and Canada. For anyone who wants to grow, serve, and fully experience the meaning of club membership, attending the international convention is an opportunity that should not be missed.

Judy Weitekemper, Dir of Education & Editor of "Calling All Cosmos!"



The Club that Fights Diabetes

Calling All Cosmos!



Current Issue of Cosmo Topics

Attend the extraordinary International Convention in Bloomington, MN. You will find a schedule for this 2026 Int'l. Convention in this issue so plan now to join your many friends in conducting the business of our organization and all the fun activities they have arranged for us.

Register online today on ClubRunner - CI Website

www.cosmopolitan.org

scroll down to bottom of home page.

Cheryl MacKenzie, Cosmopolitan International Director of Membership – Membership Report – June 9, 2026



May Activities: VISITS:

- Attended the WCF Convention (May 22-23, 2026)

-Attended the Cornbelt Federation Convention (May 30, 2026)

▪ The Meeting was attended by approximately 25 members. 3 of 5 clubs were represented. A number of additional members joined for the Banquet.

• Presented update on CI Board, Membership ("Cosmos Care in Action") and

current state.

- Presented on "Your Story". By telling my story, I had members consider why they were here, what Cosmos has offered them and what it will offer in the future. This spun off into having attendee's complete member profiles for use in our Member Spotlight.
- Evening Banquet / Awards presentation. Nice to see most of the award recipients in attendance.
- Presented Lewis Verner with his 50th Anniversary Plaque.

-Take away: Spending time with the members from a Federation I either don't know or only see infrequently and sharing our passion about Cosmos with them is a positive thing. I had a few members tell me directly that they were feeling more excited and energized about what they can do when they go home to their clubs. This was a rewarding thing to hear.

OTHER ACTIVITIES:

CLUB RUNNER – MEMBERSHIP DATABASE

-Worked with ClubRunner to troubleshoot back end of Membership Database

-There was an issue on their end that they were finally able to resolve. Update: Our Cosmos database does NOT have the ability to transfer Members from Club to Club. Our process is to record their information before we begin the move. Once that is done, they must be terminated in the club that they are leaving. A NEW record must be created. I am able to update the information including their organization start date to the original date of their previous record. HOWEVER. They will receive a new badge number. Any membership in committees or other such historical records will not be carried forward and will remain with the terminated membership.

Even though the platform training talks to "Transfers" it is relevant for Rotary business only. They have a more robust back-end system that allows transfers, our database structure does not.

End result is that Dr. Alm and D. House have now been fully activated in the Headquarters-At Large member listing.



Calling All Cosmos!

Facebook Members

If you have never clicked
on to follow us on the

Cosmo International - Member Site

You are missing out on a lot of Cosmo Club activity postings. The member postings on this site cannot be shared, so you must check it out daily to keep up.

You will find things like:

Cosmo Spotlight: Lavonne Hawking

25 years of impact. Countless lives changed.

Meet **Lavonne Hawking** — a dedicated Cosmopolitan who turned one invitation into a lifelong commitment to service.

From helping families access **Diabetic Alert Dogs** to leading at the club and federation level, Lavonne's story is all about connection, compassion, and purpose.

Her advice? "Don't be afraid to get involved."

Discover what's kept her inspired for over two decades — and her hope for the future.

Read her full story here: [\[LINK\]](#)

#CosmopolitanInternational #ServiceMatters #DiabetesAwareness #VolunteerImpact #CosmoProud

Who won the Awards at the Federation Conventions



Check it out and click on follow!

COSMOS CARE IN ACTION

- Regular postings are now taking place on a scheduled basis. We are starting to receive more submissions for Member Spotlights.
- Interesting Conversation with a couple of members at the Cornbelt Federation: They have asked if they could use our Cosmo Cares Icons. I happily provided them with them for use on their sites and newsletters. It will be great if this starts becoming a more widely used tool.
- I encourage reposting. We only have about 180 members on the CI Members Site. There are another 600 who either don't have Facebook or have not joined us in the group. The more we share the various posts or copy them for newsletters, the more information gets out to our members.
- Increasing member engagement outside of the club level is key.

MEMBER EXPERIENCE

As everyone knows, I have worked on the Member Recognition piece and started to modify pieces of the program. It has become more apparent that I need to take a step up and look at it from the 1,000-foot view.

I want to take a different look at it before I start investing the approved money that we have set aside in recognition.

My high plan is as follows:

- Review the membership experience from the recruitment, onboarding and early engagement levels. This will include reviewing educational tools that Judy's team is building for each of these stages. It also means working through the logistics of each of its components.
- Reviewing the Recognition Component and what role we play in ensuring members feel recognized at the club, federation and international level. (I had a conversation with a long-term service member in Fremont that helped me consider pieces of what we do.)
- Engagement with the Federations on the fulfillment of New Member Kits & Milestone Recognition, and ensure everyone receives that at all levels when it is their time.
- Look at ways to elevate some of the recognition levels to a more impactful experience.

OBSERVATIONS:

As the statistics on the next page show, we need to find ways that are uniquely impactful in each of the Federations to recruit new members AND younger members. This recruitment will have to be staged to consider the groups and their current makeup. As discussed in Fremont, recruiting 25–40-year-olds into a club that has an average age of 65 will not likely breed a lot of success. Looking at recruitment plans that focus on potential members in the 50-65 age group may be found to have more success. It becomes a longer-term plan



Calling All Cosmos!

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." -
Margaret Mead

Our communities are stronger when civic clubs are active, visible, and united. As Cosmo members, we have a responsibility to stand together, lift up our mission, and remind everyone that service still matters. By working side by side, we can keep our clubs vibrant, attract new members, support our neighbors, and continue the important fight against diabetes. Together, we are stronger. Together, we serve. Together, we make a difference.

Judy Weitkemper

of gradually adding step down members in age profile. The example discussed has been around for a while but if you are 60, recruiting a 50-year-old could be a reasonable target. If you are 40, recruiting someone that is 30-35 may be more achievable. The longer term is to add youth into the organization. The definition of "youth" is relative to each club.

At the end of the day, this will carry into the next year's work. We need to continue to recognize our members in many different ways. The early feedback from my conversations is strong and I look forward to the changes that we can make to ensure a more engaged membership.

My Next Step:

I would like to work with the Governors to identify a member (or two) in their Federation who has an interest in working on developing plans for Membership. Although I can find 4 or 5 people who will set on a committee, we really need to ensure we have regionally diverse representation. We also need to ensure that they have a passion to help make the organization grow.

I cannot directly impact MOKAN on a regular basis, geographically that is not doable. Programs written on paper and sent out to members are not impactful. We have to build an energy on the team that leaves the Committee and transfers to the Federation and Club level.

Ideally, each Federation would have a Lt Gov that is directly focused on Membership that would in turn be a part of the CI Membership Committee. International, aka the Director of Membership, helps build programs that are uniquely supporting the different needs of each Federation. WE build programs that will have an impact because they are geographically informed. What works for us at WCF may not be the right tools for North Central or MOKAN.

This is not a road that will fall out in front of us today or tomorrow. However, it is where I would like to lead the role of Director of Membership over time.

Cheryl MacKenzie



Calling All Cosmos!

Monthly Newsletter

It's when ordinary people rise above the expectations and seize the opportunity that milestones truly are reached.

.....**Mike Huckabee**

Reaching membership milestones

is a meaningful achievement. Each year of service reflects not only a member's dedication, but also the strength of their club and the broader mission of our Cosmopolitan Organization.

We recognize members in five-year increments to celebrate a member's continued commitment and to show how deeply your contributions are valued and appreciated.

"The moon is the first milestone on the road to the stars."

.....**Arthur C. Clarke**

"Every milestone is a steppingstone on the path to greatness."

..... Emily Johnson

Join us as we celebrate our Milestone Member Anniversaries:

JUNE 2026



40 YEARS: Richard (Dick) Gorton (Omaha Cornhuskers Cosmo Club).

30 YEARS: Linda Shields (Jefferson City Cosmo Club); Steven Mix (Sioux Falls Cosmo Club).

20 YEARS: Sherwood Kasey (Roanoke Cosmo Club); Candace Gorton (Omaha Cornhuskers Cosmo Club).

15 YEARS: Fred Baedke (Freemont 100 Club); Russ Danstrom (Roanoke Cosmo Club); Myrna Meister (Freemont 100 Club); Thomas Mohr (Roanoke Cosmo Club).

10 YEARS: Dan Foutz (Roanoke Cosmo Club); Bill Bianco (Omaha I-80 Cosmo Club).

5 YEARS: Mary Rapay (Norfolk Cosmo Club); Rick Snow (Omaha I-80 Cosmo Club).

Thank you to our Milestone Members and to all of those celebrating an Anniversary in June. We are who we are because of you.

John Krysak, President

Cosmopolitan International

Cheryl MacKenzie, Dir. Membership

Cosmopolitan International



Calling All Cosmos!

Monthly Newsletter



Sheila Anderson
Director of Marketing

sheila.anderson@cosmopolitan.org
Sioux Falls Evening Cosmo Club

"Who is Cosmopolitan International?"

Sheila is working on Video Scripts for our website to answer that question.

See Right-Hand Side

Sheila Anderson

People Often Ask, "What is Cosmopolitan International?"

The simplest answer is this: We are a service organization dedicated to making our communities better while helping find a cure for diabetes.

For more than 100 years, Cosmopolitan International has brought together people who believe in service, leadership, fellowship, and making a difference. Our members come from all walks of life, but we share a common desire to leave our communities better than we found them.

In 1977, Cosmopolitan International made a decision that would shape our organization for generations to come. We adopted diabetes as our international focus, long before diabetes became one of the world's most significant health challenges.

Today, we are proudly known as "The Club That Fights Diabetes."

While our local clubs support many worthwhile causes in their own communities, we also unite around an International Project that allows us to make an even greater impact.

Our current International Project supports the Diabetes Research Institute Foundation of Miami and DRIF-CAN. Through this partnership, we are helping fund groundbreaking research focused on one goal – a world without diabetes.

This mission is personal for many of our members. Nearly everyone knows someone whose life has been affected by diabetes. Every dollar raised, every event held, and every volunteer hour given brings us one step closer to better treatment and ultimately a cure.

But what makes Cosmopolitan International truly special isn't just the cause.

It's the people.

It's the friendships formed across the United States and Canada. It's the opportunity to develop as a leader, serve alongside others who care deeply, and be part of something bigger than yourself.

Many will tell you that the impact of this organization extends far beyond the funds we raise. It changes lives—both for those we serve and for those who serve.

Whether you're looking to give back, develop leadership skills, build meaningful relationships, or support an important cause, there is a place for you in Cosmopolitan International.

Together, we are honoring a legacy of service, strengthening our communities, and helping create a future free from diabetes.

We invite you to learn more about Cosmopolitan International and discover how you can be part of this important mission.



The Club that Fights Diabetes

Calling All Cosmos!

Tim Dollens will be stepping down as Int'l Director of Communications at the end of July, so the July newsletter will be my final issue as your editor. It has been a pleasure sharing your news and celebrating the wonderful work of our Int'l board, federations, and clubs

I would love to hear from each of you about your club activities and to receive photos of your new Board.

Please email your articles to me by July 15th so I can get the newsletter assembled and out before I leave for the International Convention.

Let's make this next issue a special one by including something from every club and/or Federation.

As Melvina shared in her article on page 4, there is still time to register for Convention. If you haven't yet, I hope you will hop on ClubRunner and sign up—you won't want to miss the exciting things planned for this year.

See you soon,

Judy Weitkemper, Editor
"Calling All Cosmos!"



CALLING ALL COSMOS!

Tim Dollens, Director of Communications

Calling All Cosmos!

As we count down the days to our annual conference in Minneapolis, I hope to see you there! It is always great to meet old and new friends and acquaintances of our members, their plus ones and spouses attending the annual conference. It's a great time to be reminded of why we do what we do!

Around this time of year, many of our clubs are holding their inaugurals and changing leadership. Please, email the names of your federation and local club leadership to me or Judy. Send pictures as well. JPEG is the best format to send them directly to me or Judy Weitkemper so we can mention your club. This is your publication. For it to work, we need YOU to submit content. A monthly newsletter seems to be the best way to communicate.

I will continue to add historical items from the earlier years of our club because knowing where we've been is important for moving forward.

Curing diabetes is our cause, but as an organization, we have done so much more than that over the past 107 years!

Also, for those in the United States, Happy 250th Anniversary of our country. It is the freedoms we enjoy in the Western Hemisphere that allow us to operate as a service organization.

As always, it's a great Day to be a Cosmo!

Timothy D. Dollens

timdollens@gmail.com

July will be Tim's final article on the History of our Organization for this Fiscal Year, 2025-2026.