



Calling All Cosmos!

Vol. 1 Issue 1 & 2

Aug./Sept. 2025

CI Board of Directors

President – John Kryszak

Vice Pres-Art Brassard

Dir of Mktg – Sheila Anderson

Dir of Membership

Cheryl McKenzie

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 - Russ Danstrom

It's important we all work together as one unit

You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime." - Babe Ruth

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CALLING ALL COSMOS!

Timothy D. Dollens, Director of Communications

Greetings: As Director of Communications for Cosmopolitan International my goal is to keep you informed on a monthly basis. We know that transparency is important for the growth and sustainability of our organization to move forward, especially in the restructuring that just took place at convention in July. So, with that in mind this newsletter/ bulletin will be the main document that we hope you will not only read every month, but you and your club or federation will contribute to every month. This is your tool and that is why it is called, "Calling All Cosmos!"

In each issue we hope to have minutes of the monthly meeting of the Board of Directors. We hope to list new members as they join the organization and highlight some of our members that have been a part of this organization for years. If possible, we might even do a little digging into our history and highlight some of the many accomplishments this organization has had on the fight for a cure of diabetes.

While I am the compiler and distributor, you are the informers to all of us. We hope that you will take some time to send us items that are important to all of us!

Since the Cosmopolitan Board meets on the second Tuesday of each month, we hope to have this publication out to the membership around the 15th of each month. I chose this so that it would give our President time to put out a message as well as the minutes of the CI Board.

While this will be a monthly publication going forward, its size and scope depend on you, but we also want to remind you that there will still be a "Cosmo Topics" published quarterly for our membership as well. Cosmo Topics will have more articles and longer features and still be our official "magazine" of our organization.

Lastly, I want to thank Judy Weitkemper for helping me in getting this first issue of our Calling All Cosmos out to all of you. She, with her award-winning newsletters of the past has been invaluable in helping to get this done when my own "template" was not working very well. So, thank you Judy and thanks also to our International President John Kryszak and Director of Marketing Sheila A. Anderson. Sincerely, Tim Dollens



The Club that Fights Diabetes

Calling All Cosmos!

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Pics From Int'l Convention



Russ Danstrom CDF Rep



Linda & Don Gentry HSFT

A Message from Our President



State of the Organization Address

Dear Cosmopolitan Members,

I am standing before you today not only to recognize our past, but to turn our focus toward the future. While we honor our history and the milestones that have brought us here, we must also acknowledge that the past is now beyond our control. What truly matters is what we choose to do next — and I believe the future of Cosmopolitan International is full of promise.

Yes, we faced some challenges this year. A few clubs (3) have folded or withdrawn from the organization, we lost a few members near and dear to our heart who will never be forgotten — changes that are never easy. But let's focus on the positive: of the remaining active clubs and dedicated members, we grew. And not just a little — we made meaningful, measurable progress.

As of June 30, 2025, our active membership rose from 721 to 772 — a net gain of 51 new members. That's not just growth, that's momentum. More impressively, 21 out of our 34 active clubs increased their membership — that's 62% of clubs on an upward trajectory. Our top 10 growing clubs alone brought in 30 of the 51 new members, showing that where focused effort is applied, real results follow.

This tells us something important: what you are doing is working. Your outreach, your service, your leadership — it's attracting new energy and ensuring the sustainability of our mission. Let's build on this together.

I look forward to the results of today's vote on the board restructuring. Many hours have been dedicated to bringing the current board's vision to life, guided by the forward-thinking leadership of Jim McVay. His wealth of experience was instrumental in shaping our discussions at the March Winter Board Meeting, helping us recognize more effective ways to move forward—while also creating opportunities for greater member involvement and input.

Our year began with the adoption of the International Project in Edmonton, AB, last July. Since then, we've made great strides in establishing efficient methods to direct our fundraising efforts toward researchers. While tracking the total amount raised, we've emphasized that every contribution regardless of size—makes a



Calling All Cosmos!



John Krysak Int'l President



Sheila Anderson, CI Dir. of Mktg.



This is the New **Cosmos for a Cure Logo** Sheila A Anderson created for our Marketing Kit – Check out the 19-point power point guide.

difference. As we now enter the second year of this five-year, \$1 million initiative, our momentum continues to build

This year, we also introduced PDF fillable forms for awards nominations. While both the old and new formats were accepted this year, we're updating the manual to make future submissions easier. These awards represent a small token of appreciation for the incredible work done by our clubs and individual members' work that deserves recognition.

Tonight, we will recognize several members who have gone above and beyond, earning acknowledgment from their clubs and federations. All federation award winners have been submitted and judged at the international level. Regardless of whether they receive the final honor internationally, each nominee is already a winner in our eyes. Congratulations to those who do receive the international recognition—you have been chosen for a reason.

Thank you for your continued commitment to Cosmopolitan International. The best way to honor our legacy is to shape a strong, united, and growing future.

In service and with appreciation,

John Krysak
International President, Cosmopolitan International

Sheila Anderson, Director of Marketing for Cosmopolitan International, has completed updating the Cosmo Day marketing items. The following documents have been uploaded to the Cosmo website. You can find them under Resources, Brochures and Forms.

1. Marketing Kit – 19-page PowerPoint Guide
2. Cosmos for a Cure Logo (in 2 formats: 1 JPG file and 1 PNG file with a transparent background (see image to left))
3. Press Release
4. Sample Proclamation Letters – USA version and Canadian version
5. Social Media Graphics – 6 graphic files Clubs can download and use

It's A New Day!

Sheila coined this phrase after we switched over from the Executive Director to Melvina Newman after the retirement of David House! Jim McVay used it often in meetings to remind people that ***It's A New Day*** and we must move forward!

REMEMBERING JIM MCVAY

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The Club that Fights Diabetes

Calling All Cosmos!

Submit your Calendar Items for the Master Calendar.

World Diabetes Day is November 14th this Year, but COSMOPOLITAN Diabetes Day will be celebrated on Saturday, November 1, 2025. November is Diabetes Month – What is your Club's plan for recognizing Diabetes this November.



Be sure and let us know what you are doing for Cosmo Diabetes Day and when.

“World Diabetes Day 2025 will be celebrated on November 14 with the focus theme of Diabetes and the workplace.”



James Bruce McVay 1962 – 2025

James (Jim/JB) Bruce McVay passed away in his sleep on July 4, 2025. Jim was born on March 16, 1962, in Clay Center, Kansas to Marabeth and Robert Bruce McVay, joining his older sister, MaryAnn. The family moved to Omaha, Nebraska in 1978 where Jim remained for the whole of his life. He attended Westside High School and the University of Nebraska at Lincoln where he received a degree in Business Administration. He then continued on to Law School at UNL, graduating in 1987 with a Juris Doctor. He joined Tiedeman, Lynch, Kampfe, McVay & Respeliars in December 2001 where he specialized as a trial attorney in litigation cases.

Jim married Sandra Monge in 1988, and they had two sons together: Ryan in 1992 and Andrew in 1995. In addition to his devotion to his family and dedication to his work, Jim also was a Judge Advocate for the Cosmopolitan International organization and actively involved with the Nebraska Referee Development Program where he served as State Referee Administrator.

Jim lived every second to the fullest, was the ultimate multi-tasker and fortunately, was able to accomplish so much and impact so many people in the 63 years he was alive. He was preceded in death by his father, Robert Bruce McVay, but is survived by many loved family members.

Several thousands of dollars were donated to Cosmopolitan International and to the Beacon Fund in honor of Jim. Jim will be missed by Cosmos for a long time.



Calling All Cosmos!

Pics from Int'l Conv Cont'd.



Kelly, John & Linda



Susie Bartlett

Int'l Conv Couples Cam



Kelly & Kevin Figge

Minutes of the Cosmopolitan International Board Zoom Meeting August 12, 2025

CALL TO ORDER: President John Krysak called the meeting to order at 6:30 p.m. Central

Time on August 12, 2025.

MEMBERS IN ATTENDANCE: Director of Website and IT Melvina Newman; Treasurer

Randy Kramer; Director of Education Judy Weitkemper; President John Krysak; Director of Communications Tim Dollens; Governor North Central Chuck Reuwsaat; Governor Cornbelt Jim Jourdon; Governor Western Canada Gord Henderickson; Director of Fundraising Nancy Trautman; Director of Membership Cheryl MacKenzie; Judge Advocate Larry Sheehan; Director of Convention Planning Wade Frink; and Secretary Kurt Kopp.

MEMBERS NOT IN ATTENDANCE: Director of Marketing Sheila Andersion; Mid-States Governor Donna Carter; MoKan Governor Jamie Wilson; Director of Special Projects Dick Gorton; and CDF Representative Don Gentry.

APPROVAL OF THE AGENDA: Director of Fundraising Nancy Trautman moved, and Director of Membership Cheryl MacKenzie seconded to approve. Motion passed.

REVIEW OF ORGANIZATIONAL CHART WITH NAMES INCLUDED: President Krysak went over the organizational chart and noted changes (Don Gentry is the CDF representative and Donna Carter is Governor of Mid State). He then asked that the directors go over the below-the-line responsibilities and suggest any additions or modifications as those listed are preliminary and subject to change.

APPROVAL OF THE JULY 24, 2025, BOARD MEETING MINUTES: Director of Education Judy Weitkemper moved; Governor of Cornbelt Jim Jourdon seconded; motion passed.

APPROVAL OF THE JULY 26, 2025, BOARD MEETING MINUTES: President John Krysak went over several needed corrections. Director of Membership Cheryl MacKenzie moved and Director of Convention Planning Wade Frink seconded that the minutes be approved as corrected. Motion passed.

PRESIDENT REPORT: *report as distributed:*

Welcome to the beginning of a new journey. With our new board in place, we are entering an exciting chapter filled with opportunity and purpose. The lead-up to the convention was undoubtedly stressful, but I want to sincerely thank each of you for your dedication, your willingness to step up, and your commitment to taking on this challenge together.

Over the past few days, I've been focused on how we can best structure our meetings and set a clear direction moving forward. To that end, I believe it's crucial for us to establish measurable goals that allow us to demonstrate the impact of our board's work and justify the structural changes we've implemented, including the expanded board and revised bylaws. When we presented these changes to the delegates, we committed to accomplishing more and doing so more efficiently.

As outlined during our first board meeting, here are the key goals and objectives I propose we work toward this year:

Hold consistent monthly board meetings, capped at two hours, to ensure efficiency and respect everyone's time.

Maintain steady progress through regular updates from Directors and committee members in their respective areas.

Strengthen communication and alignment across all levels of leadership in support of CI's broader mission.

Achieve a 10% increase in membership, building on last year's momentum to further energize our organization.

Sustain and promote the International Project, with quarterly updates on funding, progress, and new initiatives.

As you carry out your responsibilities and lead your committees, I encourage you to keep these goals in mind.

A few operational notes to help support our success



The Club that Fights Diabetes

Calling All Cosmos!

Int'l conv. Couples Cam
Cont'd.



Not all Directors will have a report every month. This flexibility allows more time for those with larger updates, helping us stay within our two-hour meeting goal.

Director reports should be submitted at least three days prior to meetings, enabling all members to review and prepare ahead of time. **Reports should focus on committee progress,** key updates, and any issues needing board input.

Monthly bulletins will be issued to keep our broader membership informed. Directors' updates will be a key part of these, and we may also produce special editions as needed.

Promote, promote, promote. Our 10% membership growth goal is well within reach. While we may continue to lose members due to age demographics, we can shift the balance by actively recruiting younger members—without neglecting the value that older members bring. Just look at this year's Rookie of the Year, Linda Woolley, as a perfect example.

Let's find creative ways to engage and motivate clubs. Consider challenges, competitions, or features like a "Club Spotlight" in our monthly bulletin to share updates and celebrate success. Regarding finances: I'd like to begin receiving **monthly financial reports** from the Treasurer. Directors requesting funding should submit **budgets prior to the September meeting,** so they can be reviewed and approved in a timely manner.

Moving forward, we will request **quarterly budget vs. actual updates** (November, March, and June). Some areas may require more detail depending on the time of year, but these regular reviews will help us stay on track.

Please be **creative in identifying potential fundraising opportunities** related to your portfolios, include these ideas in your budgets.

Additionally: Begin forming **committees under your portfolios** as soon as possible. Involve members from across clubs and get meetings underway quickly. The sooner we start, the sooner we'll see results.

While I may offer my perspective, **I encourage you to share yours.** Use your monthly reports to share ideas and concerns, and for anything time-sensitive, please reach out via email so we can address it before the next meeting.

Let's not forget: **more members mean more resources—and more opportunities to make an impact.**

I'm looking forward to what we'll achieve together. *End of President's report.*

TREASURER'S REPORT: Treasurer Randy Kramer is opening an account at U.S. Bank. He is working on getting access to QuickBooks. He has gotten the login from Phil Hanson. He discovered that apparently we don't have a non-Cosmo investment advisor. Director of Website & IT Melvina Newman said that we have not had a non-Cosmo investment advisor for the last two years. When our account was moved to our investment company's home office, we lost our advisor. The home office needs to set up with a local advisor.



Calling All Cosmos!

Int'l conv. Couples Cam
Cont'd



POLICY MANUAL: The Policy Manual is very out-of-date and desperately needs updating.

Actually, it is so out-of-date the best approach would be to just start writing a new manual.

Director of Website & IT Melvina Newman stated that many policies were never added to the manual and only exist in old minutes or other documents. Vice-President Art Brassard volunteered to begin work on a new Policy Manual.

AWARDS MANUAL: Awards are not the responsibility of any of the CI Directors. Director of Membership Cheryl MacKenzie volunteered to take on creating/modifying the manual.

EMAIL ADDRESS UPDATES: The CI Board Members will be notified when their new email addresses are ready.

CONVENTION RECAP: On the whole everything went well. The MoKan Federation put together a great convention. It was brought up that some delegates in attendance were unable to get their votes counted. The question was asked whether remote access and voting is seen as happening at future conventions. The answer is that we see remote access and voting as a one-o^ because of unusual circumstances. In fact, allowing such remote access is seen as discouraging in person attendance at the convention. President Krysak said that we had attendees cancel their registration when they discovered that they could vote remotely.

JUDGE ADVOCATE COMMENTS: Judge Advocate Larry Sheehan said that he would appreciate having a "minute book" which is a compilation of rules and policies that govern Cosmopolitan International. He offered to help Vice-President Art Brassard with the policy manual. President Krysak suggested that he get in touch with Bill Lynch who was a partner with Jim McVay.

DIRECTOR OF COMMUNICATIONS COMMENTS: Director of Communications Tim Dollens will try to find a CI spokesperson for Diabetes Day. He is also hard at work on the first CI newsletter.

VICE-PRESIDENT COMMENTS: Vice-President Art Brassard will be working on the Policy Manual.

DIRECTOR OF MEMBERSHIP COMMENTS: Director of Membership Cheryl MacKenzie will continue working on building out Cosmo-Next. She already has six committee members signed up. She will work on the Awards Manual and will give Director of Communications, Tim Dollens the latest membership statistics for the bulletin.

DIRECTOR OF MARKETING COMMENTS: none.

DIRECTOR OF FUNDRAISING COMMENTS: Director of Fundraising Nancy Trautman expressed excitement about the monthly newsletter. She will be getting in touch with John Hubert about the Cosmo Brick program.

SECRETARY COMMENTS: Secretary Kurt Kopp reported that he is available to help anyone needing assistance. President Krysak suggested that the organization of the CI Board minutes on the website could be improved.

DIRECTOR OF EDUCATION COMMENTS: Director of Education Judy Weitkemper is working on the Governors' Manual. She is setting up a committee for this and is recruiting members from every federation. She is also developing a leader's manual and sees a need to educate clubs about how to do onboarding. She would like to change the membership application to include a place for the new member to list interests, etc., to help with the onboarding process.

DIRECTOR OF WEBSITE & IT: Director of Website & IT Melvina Newman is in the process of obtaining passwords so that she can access some areas of the website. President Krysak suggested that new pictures of the CI Board are needed as well as adding new pictures to the convention tab.

CAPITAL FEDERATION REPORT: none.

CORNBELT FEDERATION REPORT: Governor Jim Jourdon reported that he will be holding his first zoom meeting with club presidents on September



Calling All Cosmos!



Timothy D. Dollens

Please submit your articles by the 10th of each month for inclusion in that month's **Calling All Cosmos** newsletter. I encourage contributions from all Board members & Committees to ensure comprehensive & diverse coverage in our publication.
timdollens@gmail.com



Janet Sue Nevels

8. He is planning on using this method to update the membership on new developments. President Krysak urged him to get all the club presidents to submit their annual plans.

MIDSTATES FEDERATION REPORT: none.

MOKAN FEDERATION REPORT: none.

NORTH CENTRAL FEDERATION REPORT: Governor Chuck Reuwsaat will be contacting the club presidents about submitting their annual plans. He dropped by a Cosmo golfing event in Sioux Falls unannounced and had a great time. He will send out the federation newsletter in the next two weeks.

WESTERN CANADA FEDERATION REPORT: Governor Gord Hendrickson worked with two clubs on their fundraisers. He sees the potential for more than a 10% increase in membership.

CDF & CFCI REPORTS: none.

WRAP UP:

President Krysak noted that the website needs to be updated with the new award winners and that we need to be focused on Cosmo Diabetes Day (November 1st).

Next Zoom meetings will be on September 9, October 14, November 18?, December 9, January 13, February 10, April 14, and May 12.

The CI Board will meet in person in Minneapolis on February 27 to March 1. Director of Membership Cheryl MacKenzie gave a quick presentation of how to set up committees on ClubRunner, including adding members, emailing, setting up email lists, etc.

President Krysak reminded everyone that reports are due three days before the next meeting which means that he needs them by September 6th at the latest.

MEETING ADJOURNED AT 8:40 p.m. Central Time.

Respectfully submitted,

Kurt Kopp
Secretary

In Memory of Janet Sue Nevels

February 13, 1954 — September 3, 2025

Topeka, Kansas – Emerald City Cosmo

Among her many accolades, Janet joined the Emerald City Cosmopolitan Club in 2011 and served as the MOKAN Governor in 2021. Reflecting her dedication to community service and volunteerism, which she held close to her heart.

Janet is survived by her cherished son Eric Nevels and daughter-in-law Linaya, and her beloved grandchildren Olivia and Penelope. Janet also leaves behind her father, Bob Herr. She was preceded in death by her mother, Marjorie Herr.

Janet Sue Nevels will be remembered for her caring spirit, unwavering support of her family, and the lively enthusiasm she brought to both her work and personal endeavors. Her legacy will continue to inspire those fortunate enough to have known her.