

The Club that Fights Diabetes

Calling All Cosmos!

Vol. 1 Issue 3 & 4

Oct./Nov. 2025

CI Board of Directors

President – John Krysak

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 – Don Gentry

It's important we all work
together as one unit

The most certain way to
succeed is always to try
just one more time.

Thomas Edison

Table of Contents Pg. 2

CALLING ALL COSMOS!

Timothy D. Dollens, Director of Communications

Greetings: As Director of Communications for Cosmopolitan International my goal was 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/bullet will be the main document that we hope you will not only read every time it is published, but you and your club or federation will contribute on a regular basis. This is your tool and that is why it is called, "Calling All Cosmos!"

In each issue we hope to have minutes of the Board of Directors monthly meetings. The minutes will only be published after they have been proofed and edited. Kurt Kopp has been great about making the minutes available days after the meetings.

We hope to list new members who have joined the organization since July 1st, 2025. We hope to highlight some of our members that have been a part of this organization for years. I had hoped to do a little digging into our history and highlight some of the many accomplishments this organization has had over the 85 plus years.

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 me items that are important to all of us! Not only from CI Directors but also from Club's and Federations.

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.

Lastly, I want to thank Judy Weitkemper for helping me in getting this issue of our "Calling All Cosmos" out to all of you. She has been my main source for format and content. As she had personal loss of her husband Bill in late October, I wanted to give her time to grieve. So, thank you Judy and thanks also to our International President John Krysak. Sincerely, Tim Dollens

As Always, It's A Great Day to Be a Cosmos!



The Club that Fights Diabetes

Calling All Cosmos!

CONTENTS

Pg 1 – Board of Directors, Message from Compiler – Tim Dollens

Pg 2 Holiday Wishes & progress in T1D.

Pg 3-4 - Loss of Cosmo members Larry Benton & Bill Weitkemper

Pg 5-Cosmo Diabetes Fair

Pg 6-8 Minutes of Nov 18 CI Board Meeting as submitted by Secretary Kurt Kopp

Dose of Positivity

“It was only a sunny smile, and little it cost in the giving, but like morning light it scattered the night and made the day worth living.”

—F. SCOTT FITZGERALD

What activities or initiatives does your Cosmo club have planned for the holidays?

Please send pictures and a short article for the future *Calling all Cosmos!* Newsletter.



The holidays are a time to gather with neighbors, friends, and family to celebrate, reflect on the past year, and share best wishes for the approaching new year.

This holiday season, we have plenty to celebrate as more people with type 1 diabetes (T1D) are living with greater freedom and possibility—because you believed in a future where life with T1D is easier and safer.

Your support powers our progress toward curing T1D, improving lives along the way. As 2026 begins, that future has never felt closer.

May your holidays be as bright as the outlook for T1D breakthroughs is promising. Thank you for all you do and have done to help us advance our mission.

Best Wishes for a Happy Holiday Season to all.

Our International Project is to donate money to DRIF-Miami and DRIFCAN for research for a cure for T1D. Our money is making a difference, and a cure is in sight.

Not too long ago, when someone was diagnosed with a chronic autoimmune disease like type 1 diabetes (T1D), the focus was simply about survival.

Today new technology and treatments have flipped that reality. And because of it, people living with T1D are living better lives every day, until we can reach cures.

Together, we are witnessing some of the greatest breakthroughs yet!

Breakthrough T1D



Calling All Cosmos!

Carbohydrates

What are the different types of carbs?

There are Three Types of Carbs:

Fiber, the part of plant foods that isn't digested but helps you stay healthy.

Starches, including wheat, oats, and other grains; starchy vegetables such as corn and potatoes; and dried beans, lentils, and peas.

Sugars, such as the natural sugar in fruit and milk or the added sugar in soda and many other packaged foods.

Sugars and starches raise your blood sugar, but fiber doesn't.

"Carbs" Is a Loaded Term

"Carbohydrates" is an umbrella term that refers to;

1. Fiber
2. Starch and
3. Sugar

The term "total carbohydrates" on food labels refers to all three. In general, *it's wise to eat more of the first type, some of the second, and little of the third.*

NON-STARCHY VEGETABLES



above are not all low carb vegetables.



Sadly, the month of October brought the loss of two long-term Columbia Cosmos: Larry Benton and Bill Weitkemper

Larry Benton

Feb 22, 1943 – Oct. 17, 2025



PIP 1993-1994 – Vision

Larry Benton, 82, of Columbia, MO passed away peacefully on October 17, 2025, after a ten-month battle with mesothelioma. Born on February 22, 1943, to Roy and Margaret Benton on Love Street in Mexico, Missouri, Larry lived a life marked by service, leadership, and love.

After graduating from Hickman High School in 1961, Larry proudly served his country in the United States Navy for 7 years and 3 months. He began his naval career aboard the diesel-powered U.S.S. Croaker (SS-246) submarine, where he served as an Electrician's Mate. Following his service on the Croaker, he attended the U.S. Naval Nuclear Power School, where he graduated second in his class. He then served aboard the nuclear-powered submarine U.S.S. George Washington Carver (SSBN-656), achieving the Petty Officer First Class (E6) rank as a Machinist's Mate, on call 24/7, he evaluated the nuclear reactor water on command. His dedication and technical expertise reflected his lifelong pursuit of excellence and integrity.

In 1962, Larry married the love of his life, Cecilia "CeCe" Acton. Together, they shared 63 years of marriage filled with laughter, travel, and a deep love for family. He was a devoted husband, a steady and loving father to Brett Benton (Ronda) and Tonya Myers (Paul), and a proud grandfather to Blair and Brooklyn, who were the light of his life. He is also survived by his brother, Danny Benton. He was preceded in death by his parents and three sisters: Shirley Cannedy, Patsy Yates, and Bonnie Woods. For 49 years, Larry proudly owned and operated Benton Homes, helping to shape neighborhoods and build dreams for countless families.

His dedication extended beyond his career; Larry gave tirelessly to his community through Cosmopolitan International. A member of the Columbia Luncheon Cosmopolitan Club since 1975, he was recognized for 50 years of service earlier this year. He served as President of that club from 1981-1982 and went on to found and charter the Columbia Show-Me Cosmopolitan Club in 1987. His leadership extended to the global level, serving as International President from 1993-1994. Larry earned Cosmopolitan International's two highest honors - the Patrick J. Hodgins Distinguished Member Award in 1998 and the Cosmo of the Year Award in 2005 - achievements that reflected his lifelong passion for helping others. Recognizing his lifelong commitment, the newest shelter house in Columbia's Rock Quarry Park will bear his name.

Larry's faith was a steady anchor in his life. Larry's legacy of service, love, and laughter will live on in the numerous lives he touched.

Larry will be missed deeply by all those who knew and loved him.



The Club that Fights Diabetes

Calling All Cosmos!

Submit your Calendar Items for the Master Calendar.



**CI Winter Board Meeting
February 27 to Sun. Mar 1
Minneapolis - Hilton
Bloomington – Same site
as July Int'l. Conv**

When are Federation Conventions?

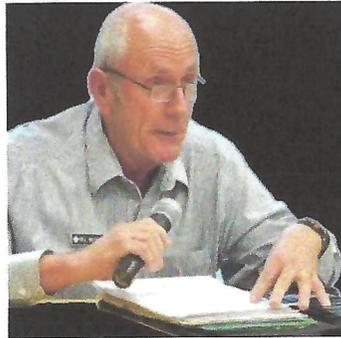
Governors: Please update me on your Federations' activities. Add me to your newsletter so Cosmo stays informed.

**CI Zoom Board Meetings –
2nd Tues of each month**

**Governors' Zoom Meetings
3rd Thurs every other
month. The next meeting
is January 15, 2026, 7 pm
Governors, if you can't be
on the meeting, please
send a report prior to the
meeting to Judy's email
judyweik@gmail.com**

Bill Weitkemper

May 27, 1948 – Oct. 26, 1925



A Life Well Lived and Deeply Cherished

William Carl (Bill) Weitkemper was born on May 27, 1948, in Mexico, MO to Harry Richard and Jane Ann (Schindler) Weitkemper. He passed away on Sunday, October 26th at University Hospital surrounded by his wife and children. Bill was raised and attended school in Centralia, MO where he earned the rank of Eagle Scout with Troop 90. His family moved to Columbia during his junior year where he graduated from Hickman High School in 1966.

Bill married his wife Judy on June 6, 1981, and she survives. He also leaves behind the children they shared and raised together, his grand and great-grandchildren, and his three brothers.

Bill's first job was working on his maternal grandfather's (Popper's) 1,000-acre farm north of Centralia, MO, at age 5. He enjoyed telling the story of how he started out opening bags of corn for Popper to put in the corn planter in 1953. His Popper paid him \$1.00 an hour, a handsome wage for a 5-year-old. They also grew wheat, soybeans, and milo and raised 250 cattle, 600 hogs and 800 sheep annually. Bill loved his Popper and Bill had a special place in his Popper's heart. Bill had his grandchildren and great-grandchildren call him Popper, a nod to his own beloved Popper.

Bill's biggest hobby was hunting. He especially loved his many trips with his hunting buddies to Canada, several times bringing home a big bear, and he loved hunting deer in Missouri with his grandson Jacob. He also loved traveling. While the children were young, they enjoyed driving from coast to coast, showing them our country. He and Judy were thankful they themselves didn't wait until retirement to travel and enjoyed traveling the world with friends and family. After retirement, Bill and Judy enjoyed spending the coldest months in South Padre Island Texas.

Bill was also a long-time member of the Elks Lodge of Columbia and the Cosmopolitan Luncheon Club of Columbia, where he and Judy were both active. As the children grew older, he and Judy purchased a second home at the Lake of the Ozarks, where they spent many happy hours together enjoying time with family.

Bill lived a wonderful life; his greatest joy was Judy and his family (and Booche's burgers). Despite living with Parkinson's for nearly 25 years, Bill remained positive, never complaining or letting the condition limit his activities.

The words of love and respect we could give this man could fill a library of books. He influenced every person he met in a different and remarkable way. He will be missed deeply.



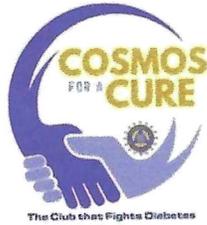
The Club that Fights Diabetes

Calling All Cosmos!

Pics from Columbia Club's Cosmo Diabetes Fair, Nov. 1, 2025



Jessica, Director
Camp Hickory Hill Diabetic Camp



The Club that Fights Diabetes

November

COSMOPOLITAN DIABETES FAIR

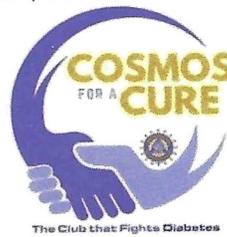
On Saturday, November 1st the three Cosmo Clubs of Columbia, Missouri sponsored their second, annual Cosmopolitan Diabetes Fair at the Sigmund Cosmopolitan Center from 9:00 a.m. to 1:00 p.m.

The building was filled with vendors and speakers and visitors. Boone Health was even there giving free A1C checks. Next year the event will be at the same place on Saturday, November 7, 2026.

The Cosmopolitan Diabetes Fair Committee is co-chaired by Jennifer Jackson & Judy Weitkemper, and the Committee members are Brenda & Wally Campbell, Linda Woolley, Jerry Sigmund, and Tim Dollens



Jennifer Jackson, President Show-Me Cosmo Club



A1C Testing
Nutrition
Foot Care

25+ Vendors

Cosmopolitan Diabetes Fair

Medtronic Reps
Dexcom Rep
Freestyle Libre Rep

Saturday, Nov 1st
Sigmund Cosmo Center
1715 Burlington St.
Columbia, MO
9:00 a.m. to 1:00 p.m.

Hosts: Columbia Cosmo Clubs

Come & Learn! Be alert and recognize diabetes, prevent it with a healthy lifestyle on a regular basis.

**FREE TO ATTEND
DOOR PRIZES!**



The Club that Fights Diabetes

Calling All Cosmos!

Education Committee: The Educational Committee meets via Zoom on the 1st Monday of each month at 7:00 p.m. Central Time.

The Committee last met on Monday, December 1st. As with all meetings in December, participation was low. However, great progress is being made on educational materials. The next meeting is on Monday, January 5, 2026.

What is the healthiest fruit? - Apples.

Apples are packed with pectin, a soluble fiber that supports digestion and may have an immune modulatory effect.

Other Important Fruits you should eat every week include:

Blueberries
**Oranges, **
Prunes
Blackberries
Raspberries
Bananas
Tomatoes.

With Apples, this rounds out the top eight.

“The Pessimist complains about the wind. The Optimist expects it to change. The Leader adjusts the Sails.” - John Maxwell

Minutes of the Cosmopolitan International Board Zoom Meeting November 18, 2025

CALL TO ORDER: In the absence of President John Krysak Vice-President Art Brassard called the meeting to order at 6:35 p.m. Central Time on November 18, 2025.

MEMBERS IN ATTENDANCE: Vice President Art Brassard; Judge Advocate Larry Sheehan; Director of Marketing Sheila Anderson; Secretary Kurt Kopp; Treasurer Randy Kramer; Director of Special Projects Dick Gorton; Director of Website and IT Melvina Newman; Director of Convention Planning Wade Frink; Governor of Mid-States Donna Carter; Governor North Central Chuck Reuwsaat; Governor Cornbelt Jim Jourdon;

MEMBERS NOT IN ATTENDANCE: President John Krysak; Director of Membership Cheryl MacKenzie; Director of Fundraising Nancy Trautman; Director of Communications Tim Dollens; Director of Education Judy Weitkemper; Governor MoKan Jamie Wilson; CDF Representative Don Gentry; Governor Western Canada Gord Henderickson and CFCI Representative Angela McFalls.

As we did not have a quorum, nothing was voted on.

APPROVAL OF THE AGENDA – no vote.

APPROVAL OF OCTOBER 14, 2025, BOARD MEETING MINUTES not voted on.

TREASURERS REPORT: Randy Kramer reported that the bank accounts are set up and open. Revenue is down because of the delay and because Rockford still has not paid the dues that they owe. He needs the bank routing and account numbers for members so that he can send money to them electronically. This is especially important for our Canadian members because of mail delays and the long holding period used by the banks.

RECOGNITION OF COMMITTEE ASSIGNMENTS:

- **POLICY MANUAL:** Vice-President Art Brassard has worked through updating the old Policy Manual and is waiting for comments from President Krysak and Judge Advocate Larry Sheehan. He has made some of the changes suggested by Kurt Kopp
- Director of Membership Cheryl MacKenzie reported that the Awards; Committee has met and is continuing work on the manual.
- **EMAIL ADDRESS UPDATES:** Director of Website & IT Melvina Newman reported that it is still being worked on.

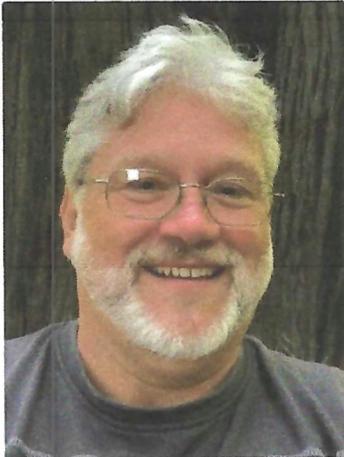
Spring CI Board Meeting Melvina Newman will send out an email concerning the meeting. She will do all the hotel reservations as a block She needs to know who is coming and whether they will have a guest and what time they will arrive by January 5th. CI will pay for board members and individuals will be responsible for guest meals. How reimbursement will be made should be added to the December meeting agenda.

DIRECTOR OF MARKETING REPORT: Director of Marketing Sheila Anderson said that the “Why Belong to Cosmopolitan” campaign is complete and can be sent out. She mentioned that the Omaha clubs have done billboards and thought it was worthwhile to look into that method of



The Club that Fights Diabetes

Calling All Cosmos!



Timothy D. Dollens

Let's make this a great Newsletter by sharing your information with all Cosmos in *Calling all Cosmos!* If I don't receive it, I can't publish it!

Please submit your articles by the 10th of each month for inclusion in that month's newsletter.

To ensure comprehensive & diverse coverage in our publication, I encourage contributions from all CI Board members, Committees, & Governors and any Club that would like their activity included.

**Please email to:
timdollens@gmail**

publicity. She has had no communication with the Director of Communications, and she would take on putting out the Fall Cosmo Topics if necessary.

JUDGE ADVOCATE REPORT: Larry Sheehan reported that he is not getting anywhere with retrieving additional stuff that Jim McVay had.

DIRECTOR OFFUNDRAISING REPORT: no report.

DIRECTOR OF COMMUNICATIONS REPORT: no report.

SECRETARY : Secretary Kurt Kopp did not have anything to report.

DIRECTOR OF SPECIAL PROJECTS: Director of Special Projects Dick Gort has been busy updating clubs about our International Project. He has been getting information on amounts that have been donated so far and is making charts on how much and which clubs have contributed.

DIRECTOR OF CONVENTION PLANNING: Director of Convention Planning Wade Frink is working with Melvina Newman on the convention.

DIRECTOR OF EDUCATION: no report.

DIRECTOR OF WEBSITE & IT: Director of Website & IT Melvina Newman reported that the awards section has been fixed on the website and that she has been busy adding members for the clubs. She stated that every other month the Cosmo Topics are mailed out. She has not heard anything about Cosmo Topics from Director of Communications Tim Dollens.

CAPITAL FEDERATION REPORT: Still no Governor or Governor-Elect.

CORNBELT FEDERATION REPORT: Governor Jim Jourdon reported that he has been visiting all of his clubs but one so far. Clubs seem happy to be getting more communication... His next Zoom meeting is November 3 and Vice-President Art Brassard will sub for President John Krysak.

MIDSTATES FEDERATION REPORT: Governor Donna Carter reported that they have no prospective members and that Lavone Hawking will be moving.

MOKAN FEDERATION REPORT: no report.

NORTH CENTRAL FEDERATION REPORT: Governor Chuck Reuwsaat said that the Rapid City Club has been raising funds by ushering at hockey games and concerts. He reported gaining 5 new members.

WESTERN CANADA FEDERATION REPORT: no report.

CDF REPORT: no report.

MEETING ADJOURNED AT 7:58 p.m. Central Time.

Respectfully submitted,

Kurt Kopp
Secretary