



The Club that Fights Diabetes

**Calling All Cosmos!**

**Vol. 1 Issue 9**

**May 25, 2026**

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**Quote of the Day!**

***“Nothing Great was ever achieved without enthusiasm.”***

.....Ralph Waldo Emerson

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**John Krysak, International President – May 25, 2026**  
**Theme of the Month: Planning for the Future**

**Now is the time we need to ensure all Board spots are full for next year. If anyone is interested, they should put their names forward now.**

.....  
This past weekend was the Western Canada Federation Convention and from all the posts on Facebook, it was a great convention balancing time with Business, Education, and Fun!





The Club that Fights Diabetes

### Calling All Cosmos!

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#### Sheila Anderson, CI Director of Marketing with Derry Anderson

Huge thank you to the Rapid City Cosmo Club for hosting such a great time of connection, laughs, and purpose all in one place.

.....  
Another memorable weekend with our Cosmo family at the North Central Federation Convention in Rapid City, SD! 💜💛

Friday night kicked things off the best way, gathering in the hospitality room with pork sliders, drinks, and plenty of laughter over a lively game of “Crap on Your Neighbor.” A special thank you to Gloria Gunn, who kept the fun going with whimsical gifts throughout the evening... you never knew what was coming next! Saturday brought us together for our delegates meeting, beginning with an impactful presentation from Colt Scott of Diabetes, Inc. We continued that inspiration over lunch with a powerful Family Experience shared by Jill, Eleanor McGarry, and Gordy Swanson. Jill’s story of Eleanor’s Type 1 diagnosis at just six years old truly touched all of us and reminded us why our mission matters so deeply. It was especially meaningful to learn that Eleanor’s grandfather is now a member of the Rapid City Cosmo Club. We wrapped up the day with an evening at Dacotah Steakhouse, celebrating our awards and the installation of officers, always a highlight as we recognize leadership and look ahead to what’s next. Grateful for the connections, the stories, and the continued commitment to making a difference together. [#WeAreCosmos](#)

*Sheila Anderson*



The Club that Fights Diabetes

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



Senator Mark Warner Announces  
Death of Daughter, Madison who  
lost her long fight against  
Juvenile Diabetes



## TRAGEDY Hits Senator — Daughter Dead

..... Vic Smith, Aurora IL



### SENATOR'S DEVASTATING TRAGEDY

**Senator Mark Warner's 36-year-old daughter Madison lost her decades-long fight against juvenile diabetes, leaving a powerful U.S. politician utterly heartbroken and exposing the silent killer lurking in lifelong chronic illness.**

#### Story Snapshot

- Sen. Mark Warner (D-VA) and his wife Lisa Collis announce the death of their eldest daughter, Madison, at 36 after battling juvenile diabetes since childhood.
- Family statement reveals Madison brought “love and laughter” to their lives, now replaced by an “immeasurable void.”
- Bipartisan condolences pour in, including from Sen. Mike Lee, highlighting shared humanity beyond politics.
- Juvenile diabetes—Type 1—demands constant insulin, yet complications claimed her despite medical advances.
- Family requests privacy amid public mourning, raising questions about the long-term impacts on Warner's Senate role.

#### Madison Warner's Lifelong Battle with Juvenile Diabetes

Madison Warner faced juvenile diabetes, an autoimmune disease diagnosed in childhood that destroys insulin-producing cells. This Type 1 condition forced lifelong daily insulin injections and blood sugar monitoring. Sources detail her “decades-long battle,” suggesting onset around age 10 to 20, given her death at 36. Other unspecified health issues compounded the struggle, turning routine management into relentless vigilance. Families like the Warners live with this invisible threat daily.

(cont'd on page 4)



***Calling All Cosmos!***

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

**Mark your Calendar!**

**FEDERATION  
CONVENTIONS:**

**Cornbelt – 5/30 Freemont at the  
golf club**

**INTERNATIONAL  
CONVENTION**

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

**CONVENTION REGISTRATION  
OPENS SOON!**

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



**SPECIAL GROUP  
RATE: \$145.00 + tax**

**Last Day to Book: June 22, 2026**

## **Family Announces Profound Loss on Monday**

Senator Mark Warner and Lisa Collis released their joint statement on Monday via social media and press. They wrote, “We are heartbroken beyond words by the passing of our beloved daughter, Madison, 36, after a decades-long battle with juvenile diabetes and other health issues. She filled our lives with love and laughter, and her absence leaves an immeasurable void.” The couple expressed gratitude for support and pleaded for privacy during their grief. This controlled public disclosure balanced transparency with personal boundaries.

## **Key Family Members and Their Roles**

Mark Warner, Virginia’s Democratic Senator since 2009 and Intelligence Committee vice chairman, co-authored the announcement as a grieving father. Lisa Collis, his wife, joined him in the statement. Madison, the eldest of three daughters, leaves behind sisters Gillian and Eliza.

The family-maintained privacy on Madison’s health until now, despite Warner’s public political biography mentioning his daughters. No prior media spotlighted her condition, preserving their domestic life amid D.C. pressures.

Political peers responded swiftly. Sen. Mike Lee (R-UT) offered condolences, underscoring bipartisan empathy. Media outlets, including Fox News, CBS, and WJLA, amplified the uniform family message without dispute.

## **Immediate and Potential Long-Term Ripples**

In the short term, Warner’s Senate duties may pause as the family mourns privately. No funeral details or exact death date emerged, with sources silent on specifics. The diabetes community gains visibility into Type 1’s adult risks, like organ damage from prolonged high sugars.

Long-term, Warner’s history on drug pricing and health bills positions him to advocate on insulin affordability—critical, since prices soared despite production costs dropping. This loss humanizes a policy heavyweight.

Article submitted by

Vic Smith, Aurora Cosmo Club



**Calling All Cosmos!**

**WE ARE COMMITTED!**

**Karen Shepherd**



**Linda Gentry**



**Candy Gorton**



**Judy Weitkemper, Director of Education – [judyweitk@gmail.com](mailto:judyweitk@gmail.com)**

**CLUB BOARD POSITION TRAINING CLASS AT INTERNATIONAL CONVENTION IN JULY – PLEASE JOIN US!**

Discover how club board positions help shape a strong, successful organization. This class offers a brief overview of key leadership roles, their responsibilities, and how each position supports membership, service, fundraising, and club growth. Whether you are considering serving now or preparing for future leadership, this session is a great way to learn where your skills can make the biggest impact.

Serving on a club board is more than holding a title—it is an opportunity to build leadership skills, strengthen relationships, and help guide the direction of the organization. Board members play an important role in planning events, supporting members, and making decisions that shape the club's success.

In this class, participants will gain a clearer understanding of how each board position contributes to the club's overall mission. From leading meetings to managing membership, finances, and communication, each role offers a unique way to serve while making a meaningful difference.

Whether you are ready to step into a leadership role now or simply want to learn more about how the board functions, this session will help you explore where your interests and strengths fit best. It is a valuable opportunity to prepare for future service

See you at Convention in July.

*Judy Weitkemper*



The Club that Fights Diabetes

Calling All Cosmos!

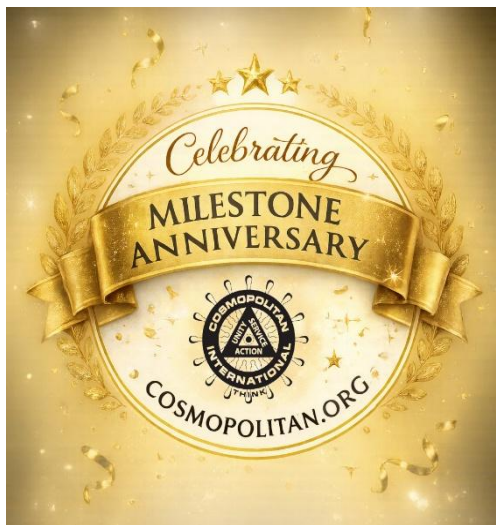
The Columbia Cosmo Clubs participated on Monday in the Columbia Memorial Day Parade

The Clubs have participated in this parade since 1997



**Cheryl MacKenzie, Cosmopolitan International Director of Membership**      [Cheryl.MacKenzie@Cosmopolitan.org](mailto:Cheryl.MacKenzie@Cosmopolitan.org)

**Join us as we celebrate our Milestone Member Anniversaries:**



*May 2026*

**58 YEARS:** Wilfred Govert (Wichita Air Capital Club)

**45 YEARS:** Earl Caddell (Norfolk Cosmo Club), Scott Knudsen, Realtor (Omaha I-80 Club)

**40 YEARS:** David Coziahr (Council Bluffs Cosmo Club)

**30 YEARS:** William Christie (Winnipeg Cosmo Club), Paul Gerling (Jefferson City Cosmo Club)

**15 YEARS:** Gord Hendrickson (Cosmopolitan International Club of Calgary), Charles Webb (Roanoke Cosmo Club)

**10 YEARS:** Alan Beam (Columbia Breakfast Club)

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

**John Krysak, President**      **Cheryl MacKenzie, Dir. Membership**  
Cosmopolitan International      Cosmopolitan International

“What really matters from the point of view of social capital and civic engagement is not merely nominal membership, but active and involved membership.” .....**Robert D. Putnam**



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](http://www.cosmopolitan.org)

scroll down to bottom of home page.



## *Cheryl MacKenzie,*

Cosmopolitan International Director of Membership

### **REFLECTION**

As we are preparing for the upcoming Summer Convention in Minneapolis, I took a moment to pause and think about the year that was. It is hard to believe that we are just eight weeks away from convening with our fellow Cosmos to celebrate, learn and remember.

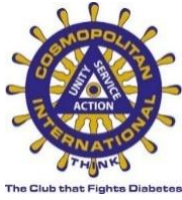
As I reflect on the past year of service with Cosmopolitan, I am filled with gratitude and pride for what we have accomplished together. Our organization continues to make a meaningful impact through volunteerism, fellowship, and dedication to serving our communities. Every project, fundraiser, meeting, and event has been a reminder of the strength that comes from people working together with a common purpose.

Over the past year, we have focused not only on supporting our local communities but also on strengthening our membership and building connections among members of all generations. It has been encouraging to see members step forward with new ideas, volunteer their time, and continue the traditions that make Cosmopolitan such a unique and caring organization.

One of the most rewarding parts of this work has been seeing how even small efforts can create lasting results. Whether through community events, charitable initiatives, youth engagement, or supporting fellow members, each contribution has helped move our organization forward. Behind every successful project are countless volunteer hours, thoughtful planning, and individuals willing to give their energy to something larger than themselves.

This year has also reminded us of the importance of adaptability, collaboration, and continued growth. As we look ahead, we can be proud of the foundation we have built while remaining excited for new opportunities to serve and inspire others.

Thank you to every member and volunteer who has contributed throughout the year. Your commitment and passion are what keep the spirit of Cosmopolitan strong.



### Calling All Cosmos!

Members:

It is with great sadness that we are letting you know that Past International President Brian Mitchell passed away on April 17, 2026. Brian was very active in Cosmopolitan in his club and International, having served as Cosmopolitan International President.

A celebration of life will be held in late July.

Our sympathy to all of Brian's family and friends during this time.

*Melvina Newman*  
Cosmopolitan International

### **Dose of Positivity**

“You never know what worse luck your bad luck has saved you from.”

—CORMAC McCARTHY

From Cheryl MacKenzie, Diabetic Friendly Treat

### **Frozen Lemon Cheesecake Cups**

#### **Ingredients**

- ❖ 8 oz light cream cheese
- ❖ ½ cup plain Greek yogurt
- ❖ 2 tbs lemon juice
- ❖ Zest of 1 lemon
- ❖ Sweetener (zero-calorie)

#### **Directions**

1. Beat everything together until smooth.
2. Spoon into silicone muffin cups.
3. Freeze 2–3 hours.

Creamy, tangy, and very low sugar.

Servings: 6 Cheesecake Cups

Nutrient per Cup:

Calories ~70–80, Carbs ~3–4 g, Protein 4–5 g, Fat ~5 g, Sugar~2–3 g

#### **Notes**

- ❖ Using non-fat Greek yogurt lowers calories and fat slightly while increasing protein.
- ❖ Using full-fat cream cheese instead of light raises calories to about 100–110 per cup.
- ❖ A sugar substitute like monk fruit, erythritol, or stevia keeps added sugars near zero.

These are relatively diabetes-friendly because they're low in carbs, higher in protein than most frozen desserts, are portion-controlled and have no added sugar.





## Calling II Cosmos!

### Try Making Your Fundraiser a Membership Event by Judy Weitkemper

A successful fundraiser does more than bring in money; it also introduces new people to the spirit of Cosmo. Be sure to invite friends and neighbors to take part.

When members, guests, and supporters come together for a shared purpose, the event becomes a place where community, friendship, and your club can grow alongside the funds you raise.

They will see that Cosmo is a place where people work hard, enjoy themselves, and make a real difference.

That is what makes a fundraiser such an effective membership event.



*Nancy Trautman*, Dir Fundraising

### Planning a Fundraiser

It can be overwhelming to plan a fundraiser whether it is an established event or a new event. There are many points to consider. The points we are about to discuss will apply to either kind of fundraiser.

First, it is important to consider why a fundraiser is important to your club. Yes, it will help raise funds for Club projects and charities, but there are other, maybe even more valuable, reasons for fundraisers. It is a way to promote your Cosmopolitan Club and its mission to your community--to let people know the work you do for Diabetes. Fundraising can be a great way to attract new members. It also helps your Club form a comradery that strengthens your club so that it will continue to function and exist. Once you have considered the above, set a goal for what your Club wants to accomplish with your fundraiser.

Secondly, consider what is needed to reach the Club goal of the fundraiser:

- a. Create a Budget.
- b. Number of event personnel—sources may include Club members, family members, medical personnel, partner organizations and many others.
- c. Secure best location to satisfy space and functional requirements.
- d. Marketing of the event focusing on the targeted attendees, blending no-expense (local media interviews) and low-cost advertising (posters and banners) as effectively as possible. Educate Club members on event.
- e. Create teams (committees) to do set-up, gather supplies, handle funds, clean-up, etc. A staging committee can be helpful to create training and support of volunteers. A welcoming committee of people who greet attendees can create a lot of goodwill. Be sure to properly thank all of the volunteers.

Last, but perhaps most important, **have fun and enjoy** your fundraising event. Too often, we forget that a positive attitude can be the most important contribution to being successful.

There is a great deal more to planning a fundraiser than has been mentioned in this short article, but please contact me with questions or thoughts.



**Knowing the Value of Your Club/  
Organization's Original History Since  
1918 – by Judy Weitkemper, PIP**

Every club organization has a story, but the strongest organizations are the ones that know where that story began and why it still matters. If your club traces its roots to 1918, its history is more than a date on paper. It is the foundation of its identity, its service, its traditions, and its purpose. To understand the value of your club's original history is to understand the people, principles, and sacrifices that shaped it at the beginning and carried it forward across generations.

**Why the Origin Matters**

An organization founded in 1918 was born in a remarkable moment in history. Communities were emerging from World War I, the influenza pandemic was reshaping public life, and civic-minded citizens were learning how important cooperation, service, and local leadership could be. In the United States, voluntary associations and service clubs became an important part of community life, helping people build fellowship, leadership, and public service through organized action. That broader tradition helps explain why club history should be treated as an asset, not an afterthought. A club's origin gives meaning to its name, its mission, and its traditions because it shows the original need the organization was created to meet. **(Cont'd on pg. 11 left-hand column)**



**CALLING ALL COSMOS!**

**Tim Dollens**, Director of Communications

**Early History of Cosmopolitan International. Part 3,**

***Compiled by Tim Dollens***

**"Visions Nations As on Edge of a Mental Revolution  
Cosmopolitan Club Head Tells of Growth of Organization**

A note warning and rebellion was sounded Thursday noon at the luncheon of the Cosmopolitan club in the Chamber of Commerce dining room when P. J. Hodgins, Chicago lawyer, stated that this country is on the edge of a mental revolution. Mr. Hodgins declared that violations of personal liberty, which were becoming more numerous every day could result in only one thing.

"We are clothed in garments from chain stores, we eat food purchased in chain groceries, we are buried in caskets manufactured in chain factories and are finally buried in cemeteries which are links in still other chains. Today we are even born in chain hospitals."

The speaker declared that only individual protest could stop this trend. "Independent enterprises and initiative are no longer assets in the world of business today and unless one is willing to join in the general conspiracy one is out of luck. I have told my son, who is graduating from one of the universities that I really feel sorry for him when he finally takes his place as a self-supporting man."

Later in an interview Mr. Hodgins told of the founding of Cosmopolitan. The original name was Avocation club, it being organized merely as a recreation for a group of businessmen. The first club was started in Oklahoma City, where Mr. Hodgins lived after being admitted to the Oklahoma bar in Guthrie. Later he founded clubs in Kansas City, changing the name to Cosmopolitan club, because as he said, 'it seemed more fitting that a name of some deeper meaning should be attached to it. We wanted to be a real service club, and the word 'Cosmo' takes in all creation--and God behind that creation."

The Tulsa group was founded immediately after the change in name. The club has now become an international organization."



### Calling All Cosmos!

Knowing the Value of Your Club Organization's Original History From 1918 (cont'd.) .....by Judy Weitkemper

#### History Gives Identity and Purpose

When members know the original history of their club, they understand that they belong to something bigger than a current meeting schedule or yearly calendar. They become connected to a legacy. They begin to see that the club did not simply appear; it was built by people with conviction, discipline, and hope for the future. Knowing this history strengthens loyalty and pride because members can connect present-day service to the values that first defined the organization. Preserving an organization's history also protects its identity by ensuring that its founding story, achievements, and struggles are not forgotten or rewritten over time.

#### The Lessons Hidden in the Founding Story

The founding era of a club often reveals the principles that made the organization worth sustaining. Looking back to 1918 can show what problems the founders wanted to solve, how they organized themselves, what standards they expected from members, and what kind of impact they hoped to have in the community. (Cont'd on Pg 12, left-hand column)

### "ATTORNEY HEADS NEW TULSA CLUB

Cosmopolitan Organization Born to Boost for Better, Bigger Tulsa

Tulsa's newest civic organization came into being Saturday afternoon.

It is the Cosmopolitan club.

The objective--a better and bigger Tulsa.

Twenty-five charter members gathered about the festive board Saturday afternoon in the Hotel Tulsa tearoom when the charter was handed over to the club and the local organization became a link in the chain of International Cosmopolitan clubs.

P. J. Hodgins, Kansas City attorney, founder of the Cosmopolitan clubs and director general of the organization, presented the charter.

Earl E. Barker, publicity director of the Duff and Repp Furniture company of Kansas City, secretary of the International Federation of Cosmopolitan clubs, aided in the installation of the club.

The following officers were named to guide the destinies of the local club:

President--Frank Hickman, attorney at law.

Vice President--F. L. Witty, insurance.

Treasurer--A. W. Watt, plumbing.

Secretary--Joseph T. Miller, efficiency expert.

Executive committee--Dr. J. J. Nabhan, Frank L. Pope, E. L. Talman.

Entertainment--Dr. C. W. Beson, Harold L. Hall, C. C. Stubblefield,

Membership committee--F. L. Witty, J. R. Cooms, G. G. Pride, Dr. L. V. Shelton.

Classification--Marion Parr, Harry Schwartz.

Civics committee--Dr. W. N. Jones, chairman."



### **Calling All Cosmos!**

#### **The Lessons Hidden in the Founding Story (cont'd F/Pg. 11)**

Those lessons still matter. In many cases, history provides more than inspiration; it offers practical guidance for leadership, continuity, and decision-making. An organization with organized records and institutional memory is better equipped to plan wisely, stay accountable, and prepare for milestones and future growth.

#### **History Connects Generations of Members**

A club that values its original history creates a bridge between past and present members. Older members become carriers of memory, while newer members become stewards of the future. That connection helps traditions survive with meaning instead of becoming empty routines. It can also deepen member engagement by reminding people that they are part of an ongoing story of service and fellowship. Historical awareness builds unity because it helps members see that the work they do today is linked to the vision and effort of those who came before them. Community organizations that preserve heritage often strengthen **belonging, public engagement, and long-term commitment.** (Cont'd on pg. 13, left-hand column)

### **Below is the article about the Tulsa club's one-year anniversary in 1924.**

"KANSAS CITIANS GUEST OF CLUB  
Cosmopolitan Organization to Launch Membership Campaign.

Albert P. Hunt, president of the Kansas City Cosmopolitan club; D. C. McDowell, past president of the same organization, and P. J. Hodgins, director-general of the federation of Cosmopolitan clubs, were guests of the Tulsa Cosmopolitan club at its regular Thursday noon meeting held at the Coffee Cup.

Each of the visitors gave an interesting talk, taking the place of the regular program of the day. Picking up a delegation of Tulsans to attend with them, they left Thursday for Oklahoma City, where they will be present at a banquet to be given by the Oklahoma City club Thursday night.

Frank Hickman, president, had charge of Thursday's meeting and during the course announced a drive for membership which the local club plans.

The Tulsa club will shoot at the mark held up by its brother organization in Oklahoma City, which has achieved a membership of 180, claimed to be the largest there. The Tulsa Cosmopolitan club has 50 members.

Frank Pope of the Beacon Printing company will be the principal speaker at next Thursday's meeting."

*Tulsa World, Tulsa, Oklahoma, Friday, Jan 18, 1924, page 18.*

*Timothy D. Dollens*

### Knowing the Value of Your Club Organization's Original History From 1918 (cont'd.)

#### Protecting the Record of the Club

To honor a club's beginning, members must do more than speak about history; they must preserve it. That means protecting founding documents, charters, early meeting minutes, photographs, newsletters, programs, membership rosters, and stories from longtime members. These records give future generations a clear picture of where the organization started and how it evolved. They also help the club celebrate anniversaries, teach new members, and defend the truth of its own legacy. Strong organizations do not leave their history scattered across memory, file drawers, or forgotten boxes. They preserve it intentionally, so their mission remains rooted in fact and tradition.

#### Conclusion

Knowing the value of your club organization's original history back to its origin in 1918 is an act of respect and responsibility. It means recognizing that today's members stand on the work of yesterday's visionaries. It means understanding that history is not just about the past; it is a guide for the future. When a club remembers where it came from, it is better prepared to know where it is going. By preserving its founding story and teaching it to each new generation, the organization keeps its mission alive, its identity strong, and its legacy secure.  
.....Judy Weitkemper



## Calling All Cosmos!

As we get closer to the end of our fiscal year and the Annual Convention, I want to send a plea for YOU, our member, to feel free to SEND items for this bulletin/ newsletter about YOU, Your Club, Your Federation, Your thoughts about diabetes, etc. We would love to print them in this publication.

This is Your publication. Judy and I struggle each month to fill it with items of interest and importance for you as a member of this organization that has been around since 1918. It doesn't have to be a large article; it could just be a photo of your club doing something Cosmo related. Have you had a fundraiser that you were proud of? Send in what you did and how you did it. Have you had your elections for your club officers? Send us the names of those who have served this past year as well as who will be taking over in the new year. Have any of your members obtained a milestone in membership? Send a photo and tell us how many years you have been a member. Have any of your members passed away? Send us their obituary so we can publish it right here.

I know many of you don't look at ClubRunner or the Cosmopolitan International website, but you do read our newsletter or look at email. So please, send us something that might inspire another club. You could even answer the following questions and send that in as well.

My name is:

I have been a member of Cosmopolitan since...

I am a Cosmo because....

My favorite thing about being a Cosmo is.....

So, please take a few moments and let us know why this organization is important to you and your life. Who knows, we will probably print it!

Sincerely,

*Tim Dollens*, Director of Communications, Cosmopolitan International.

[timdollens@gmail.com](mailto:timdollens@gmail.com) or text me at 573-673-8873. The deadline is here. If we don't get it in time, we can use it for next month's edition.