



Show-Me Times

Coming up

3/1 – Membership meeting

The March meeting will be held at 7 p.m. at Columbia Country Club. The guest speaker will be Billy Polansky of the Center for Urban Agriculture.

3/3 – Extreme Bowling

The annual Extreme Bowling tournament will begin at 6 p.m. at AMF Town & Country Lanes in Columbia.

3/16 – Bunco

The annual Bunco membership drive will be held at 6 p.m. at the Jerry Sigmund Cosmopolitan Building.

3/23 – Mo-Kan Conference

The Mo-Kan Conference will be held at the Holiday Inn Express and Suites, 3411 S.W. Iowa St., in Lawrence, Kan.

3/27 – Board meeting

The Show-Me Cosmo board will meet at 5:30 p.m. at the Jerry Sigmund Cosmopolitan Building.

4/27 - Ready for Spaghetti

The annual fundraiser will be held at the Gerry Sigmund Cosmopolitan Building.

7/26 – Cosmopolitan International Covention

Team RWB talks patriotism

The monthly Show-Me Cosmo meeting was held at the Missouri Country Club. President Dayton Shepherd called the meeting to order at 7 p.m. A total of 38 individuals were in attendance including seven guests.

Jan Barry led the prayer before we all enjoyed a great meal.



Matt Rau from Team Red, White and Blue speaks to Show-Me Cosmo members during the monthly meeting.

Our speaker was Matt Rau from Team Red, White and Blue. Matt is a graduate student in public affairs at MU. Matt is also a second lieutenant in the Army National Guard.

Team Red, White and Blue involves enriching the lives of America's veterans through free health and social events. Team RWB is a 501 C 3 organization with funding activities centered at their national headquarters in Tampa.

Community members participate

in the yoga classes, walks, runs and social activities alongside the veterans. Every other Saturday they meet at a coffee shop for socialization. Wednesday nights are for running at the VA hospital in Columbia. Each quarter they have a community service activity. Chapter meetings are held each month.

A West Point professor started Team RWB six years ago. The Columbia chapter has 200 men and women members. There is no charge to join the local group. All scheduled activities are on the Team RWB website.

John Hubert swore in our two new Show-Me Cosmo members: Tim and Sara Echternach. Welcome to the club.

February birthdays include: Sara Echternach (Feb. 5) and Larry Benton (Feb. 22). Larry did say something about this was his diamond birthday.

Old Business

Extreme Bowling – Brett Benton

The 19th annual fundraising event was rescheduled due to bad weather and will be held Saturday, March 3. Last year we had 24 teams participate and currently have 24 teams for this year.

The silent auction portion of this fund raiser has numerous items for participants to bid on. The Club's credit card reader will be available to enhance the buying experience. We need to have more give-away prizes so that every bowler will receive one.

It costs \$200 to sponsor a team.

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John Kadlec stated that he was ready to sponsor another team if bowlers were found. Way to go John! Thanks.

Kay Brejcha will be handling credit card purchases for the silent auction and would appreciate another individual volunteering to work with her and collect silent auction purchases paid by cash or check. If you're interested, please contact Kay.

Membership – Tanya Linder

Friday, March 16, will be our Bunco membership event. Show-Me Cosmo members will pay \$10.00 and guests are free. Please invite any and all potential members to attend this fun filled evening of Bunco and a bar-b-que dinner with coffee, tea and lemonade.

The social part of this event will begin at 6: p.m. with dinner at 6:30 p.m.

Ronald McDonald House – John Kadlec

In spite of the bad weather, the January meal came off without a hitch. The chili supper provided by the Show-Me Cosmo club was a hit in spite of residents having chili the previous night. However, the Show-Me chili was rated the better of the two dinners.

If you can assist with the club's preparation of the meal or donation of food please contact Judy Weitkemper or John Kadlec. For the June 21 meal, John plans to have a steak night.

MO-KAN Conference – Dayton Shepherd

This year our MO-KAN conference will be meeting in Lawrence, Kansas, on March 23 – 25 at the Holiday Inn Express. Rooms are \$129 per night plus taxes, and full conference registration is \$85 per person.

New Business

Columbia Cosmopolitan Hall of Fame – Dayton Shepherd

The nominating committee has



Cosmo International President John Hubert, left, swears in new Show-Me Cosmo members Sara and Tim Echternach, right, as Show-Me President-elect Julie McNeill, center left, looks on.

brought forward three names for initiation into the Columbia Cosmo Hall of Fame. The three candidates are CeCe Benton, Larry Benton and Jan Barry.

Rose La Mantia moved and Jane Smith seconded the motion to approve CeCe, Larry and Jan for inclusion in the Cosmo Hall of Fame. Motion passed.

Congratulations to CeCe, Larry and Jan. Each of you is a sterling example of a dedicated Cosmopolitan member.

Holiday Parade – Larry Benton

The local Junior Chamber of Commerce has notified the three Cosmopolitan clubs that it will no longer be sponsoring the annual Holiday Parade. The Jaycees are asking to see if the Cosmo clubs would be interested in taking over the sponsorship.

The Show-Me Cosmo board briefly discussed the possibility of taking over this community event and decided more information from the Jaycee and the Breakfast and Luncheon clubs was needed.

The past Jaycees chairwoman for this event has indicated she would help with the transition to the Cosmo clubs. Each year all three Cosmo clubs would need to participate in all the activities leading up to and including

the parade. In addition, the chairperson for the annual Holiday Parade would rotate between the three clubs.

There would be no financial cost to the Cosmo clubs, only time and effort from their members. The past Jaycees chairwoman will be invited to speak to representatives from our three clubs and learn more about sponsoring the Holiday Parade.

50/50 Drawing

Clarence Jett won the 50/50 drawing for \$35.50 and donated his winnings to Extreme Bowling. Thanks, Clarence!

Diamond Council

We have received a funding request from the Columbia Diamond Council to sponsor a team this year. After a short discussion Brett Benton moved and Rose La Mantia second the motion to sponsor a team and do the outfield fence banner for \$500. Motion passed.

Mardi Gras costume winners

The adult winners were Maxine and Wayne Powell. The youth winner was Brooklyn Benton.

Adjournment

At 8:32 p.m. Frank La Mantia moved and Brett Benton seconded the motion to adjourn. Motion passed.

Holiday Parade option to be presented to members

The Show-Me Cosmo board meeting was held at 5:30 p.m. on Feb. 20. In attendance were President Dayton Shepherd, Julie McNeill, CeCe Benton, Jamie Linder, Tanya Linder and Lindsay Schulz.

The board approved the minutes from the previous month.

Treasurer's report

January concessions earned \$617.09, and the Commerce Bank DDA account balance was \$7,475.00.

The board reviewed the merchant statement for using charge cards. More people need to use credit cards to pay for their meals at the meeting. The board will need to review the cost effectiveness of using the charge.

Report on Landmark Fund Account: balance is \$58,628.62

Bunco membership social will be held March 16. Tanya will email the

flier to board members, members will need to RSVP for bunco. Dinner will be from Dickey's Bar B Que.

Ronald McDonald House

Dinner was provided on Feb. 15 and baked chicken will be served on March 15.

Old Business

Holiday Parade

This topic will be brought up to the general membership on March 1 at the general meeting. Each club will need to have seven or eight members who will volunteer to help with the parade before Cosmo clubs agree to host the parade.

Extreme Bowling

Due to inclement weather, the Extreme Bowling fundraiser was rescheduled for March 3.

New Business

Dues for 2018-2019

There was discussion among board members about the club continuing to pay part of member dues so they do not increase for members.

Hall of Fame Dinner

This dinner to honor recent inductees to the Show-Me Cosmo Hall of Fame will be held May 29, at the Broadway Hotel. The meal will be surf & turf for \$29 to \$34.80 a person. The club will pay for inductees.

Mo-Kan Conference

There may be up to six delegates for the conference. Dayton, Julie and Brian McNeill are already confirmed, and three more can attend.

The meeting was adjourned at 6:12 p.m.

Did you know these facts about diabetes?

About one third of all people with diabetes do not know they have the disease.

Type 2 diabetes often does not have any symptoms.

Only about five percent of all people with diabetes have type 1 diabetes.

If you are at risk, type 2 diabetes can be prevented with moderate weight loss (10-15 pounds) and 30 minutes of moderate physical activity (such as brisk walking) each day.

A meal plan for a person with diabetes isn't very different than that which is recommended for people without diabetes.

Diabetes is the leading cause of blindness in working-age adults.

People with diabetes are twice as likely to develop heart disease than someone without diabetes.

Good control of diabetes significantly reduces the risk of developing complications and prevents complications from getting worse.

Bariatric surgery can reduce the symptoms of diabetes in obese people.

Diabetes costs \$174 billion annually, including \$116 billion in direct medical expenses.

Bunco Extravaganza

Show-Me Cosmo will hold a new-member bunco extravaganza on Friday, March 16, at the Gerry Sigmund Cosmopolitan Community Center, 1715 Burlington St..

The social will begin at 6 p.m., and dinner will be at 6:30 p.m.

There will be two rounds of bunco. Prizes will be awarded for most buncos and least buncos.

Cost is \$10 a person, and free to prospective new members and guests. For reservations, call Tanya Linder at 573-881-3657 before March 14 or email her at linder.tanya09@gmail.com.

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Mo-Kan Convention set for Lawrence

The 70th annual Mo-Kan Federation Convention will be held March 23-24 at the Lawrence, Kan., Holiday Inn Express. The Lawrence River City Cosmopolitan Club will host the event.

The hotel is located in downtown Lawrence and is close to shopping centers, restaurants, museums and the University of Kansas campus.

There will be a hospitality room, where attendees can visit with old friends from Cosmo clubs throughout

Missouri and Kansas.

On Saturday, March 24, the delegates meeting will be held from 9 a.m. to noon, followed by lunch and a presentation by Susan Stagg and her diabetes alert dog. The Governor's Ball begins at 6 p.m. and will feature officer installation and an awards ceremony. From 8 to 11 p.m. musician Michael B. will play a variety of oldies tunes perfect for dancing or just listening.

The cost for the full package of lunch, dinner, meetings and hospitality is \$80 per Cosmo member until March 7, and \$85 per member after that date. Options are Saturday lunch only for \$30 per member and Governor's Ball only for \$60 per member.

Hotel rooms are \$129 plus tax per night. Cosmo members are urged to make reservations before March 9 by calling (785) 749-7555 or (800) 315-2621.

Show-Me Cosmopolitan Club board and committees

2017-18 Board Members

President: Dayton Shepherd
President-elect: Julie McNeill
VP Membership: Tanya Linder
Secretary: Bill Giddings
Treasurer: Kay Brejcha
Parliamentarian: Rose LaMantia
Sergeant at Arms: Jamie Linder
Two-Year Board Member: Brian McNeill
Two-Year Board Member: Frank La Mantia
One-Year Board Member: CeCe Benton
One-Year Board Member: Lindsay Schulz

2017-18 Committees

Contributions: Judy Weitkemper, Dayton Shepherd, Rose LaMantia
Education: Larry Benton
Historian: Maxine Powell
Inaugural: Rose LaMantia, Julie McNeill
Membership: Larry Benton, Judy Weitkemper, Jamie Linder, Tanya Linder, Rose LaMantia, Frank La Mantia, Julie McNeill
Memorial Float: Dayton Shepherd, Rose La Mantia, Brenda Hanson
Nomination: Rose La Mantia, Rhonda Benton, Craig Swank, Judy Weitkemper, CeCe Benton

Programs: Julie McNeill
Publicity: Julie McNeill, Brian McNeill
Facebook: Mikayla Warner
Attendance: Elaine McCoy
Awards: Brett Benton, Larry Benton, Rose La Mantia
Budget: Kay Brejcha, Lorna Baxter, Rose La Mantia, Julie McNeill, Dayton Shepherd
Building: Bill Giddings
Show-Me Times: Brian McNeill
Calling and Emailing: Phyllis Erhart, Lindsay Schulz
Cards and Flowers: Jan Goodson
Chaplain: Jan Barry, Dayton Shepherd
Concessions: Jan Barry, Bill Giddings
Christmas Gifts: Phyllis Erhart
Fundraiser: Rose La Mantia, Julie McNeill, Kay Brejcha, Frank LaMantia, Jane Smith, Elaine McCoy
Extreme Bowling: Brett Benton, Rose La Mantia, Lindsay Schulz, Kay Brejcha, Julie McNeill
Ready For Spaghetti: Rose La Mantia, John Kadlec, Jane Smith, Lindsay Schulz, Rollin Thompson, Jan Berry
Walktoberfest: Judy Weitkemper, Karen Leyden, Jacki Swank, Rose LaMantia, Frank La Mantia, Patricia Jackson, Ronda Benton
Website: Dayton Shepherd
Social: Rose LaMantia, Bobbie Kincade
Bylaws: Larry Benton, Frank LaMantia, Bill Giddings

Show-Me Times

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