



# Show-Me Times

## Coming up

**12/7 – Membership meeting**  
Lip-Sync Cosmo style, and let the fun begin! The theme is Wear Your Ugly Christmas Sweater. The winners for best attire, male and female, will take home a poinsettia centerpiece. Santa Claus also will visit. So if you are bringing a child (doesn't matter what age) and a wrapped present with the child's name on it, Santa will call his or her name. The present should not be more than \$10.

**12/10 – Holiday caroling**  
Carolers are encouraged to bring their voices to Lenoir Woods in Columbia at noon and The Bluffs in Columbia at 1:30 p.m. Refreshments will be available at the Koepkes' house afterward.

**12/19 – Board meeting**  
The December meeting will be held at 5:30 p.m. at the Cosmo Building.

**1/4 – Membership meeting**  
The January meeting will be held at 7 p.m. at Columbia Country Club.

**2/10 – Extreme Bowling**  
The annual Extreme Bowling tournament will begin at 6 p.m. at AMF Town & Country Lanes in Columbia.

## November membership meeting

# Club celebrates 30 years

Members of the Show-Me Cosmopolitan Club held their monthly meeting Nov. 2, at the Columbia Country Club. President Dayton Shepherd called the meeting to order at 7 p.m. A total of 35 Show-Me members plus 11 guests were in attendance.

Jan Barry gave the blessing before our meal.

Tonight we celebrated the 30th anniversary of the Cosmopolitan Show Me Club. The original charter members attending tonight included; Sue Johnson, Maxine and Wayne Powell, Jan Barry, Larry and Ce Ce Benton, Brett Benton, Jack and Nancy Palmer. President Shepherd gave each of the charter members a group photo from 1987.

ShowMe members celebrating a November birthday were; Angela Bunge the 16th, Bill Goodson and Daniel Linder the 22nd, Lora Zaner the 23rd, Janice Blue the 28th and Nancy Borengasser the 29th. A rousing rendition of Happy Birthday was sung by everyone.

New member packets from Cosmopolitan International were given to Ashley Smith, Jeane Tetro and Bill Tetro.



*Rose La Mantia created the 30th anniversary centerpieces.*

Everyone in attendance was treated to a video celebrating the first 10 years of the ShowMe Club. The second part of the video was a Las Vegas review show with past and current ShowMe members performing. All of them hopefully kept their day jobs.

## **Voluntary Action Center – Phyllis Erhart**

• The Show-Me Club is sponsoring three families this year:

three moms and 12 children

- Any money collected will go toward groceries
- Please bring money and/or unwrapped presents to our December meeting
- Our club has been involved with this for at least 25 years

## **Membership – Tanya Linder**

- The Camp Hickory Hills membership event had great weather
- The next membership event will be an evening Bunko event. Stay tuned for more information.

## **Walktoberfest – Jackie Swank**

- More than \$9,300.00 has been taken in for this year's rainy event.

**Continued from Page 1**

- Proceeds will go toward the Columbia Diabetes Center and Camp Hickory Hill.

**Guest speaker**

The meeting's guest speaker was Ashley Smith, ShowMe Cosmo member from the Ronald McDonald House.

- Ashley thanked the group for cooking a monthly meal there at the house.
- The first RMD House was opened in 1983. They have been in the current house for 4 years. This house is a home away from home with 18 rooms accommodating up to 4 family members.
- To stay at RMD House the child must be 21 or younger. Families can be referred from 9 different medical facilities. Families do not pay to stay at RMD House.
- Statistics from 2016 show that 434 families stayed at the house from 69 Missouri counties, 24 from other states and 2 from outside the US. The average stay is 10 nights and the longest stay was 121 nights.
- The RMD house has a Day Pass program where Boone County residents can take advantage of all services at the house but do not stay overnight.
- The RMD house has a Happy Wheels hospitality cart that makes the rounds through the neonatal area. Family members can select snacks, toys, reading materials, toothbrushes, etc.
- Sasha's Store has blankets, socks, small toys, books and toiletries. Fun Bucks are given to the family when they check in to use in the store.
- They've recently resurfaced the playground and added a tiny house for children to play in.
- The RMD house does not receive any state or federal funding. Individuals interested in helping could work at the front desk, cook meals,



*Show-Me Club members were treated to a special cake commemorating the club's 30th anniversary during the November membership meeting.*

financially donate to RMD boxes at stores, collect and donate toiletries and collect aluminum tabs.

**Educational Meeting – CeCe Benton**

- The next educational meeting for all 3 clubs will be at the Cosmo building, Sunday, November 12, 2:00 – 4:00 p.m. Autumn desserts and drink will be served.

**New Business**

- Extreme Bowling – Brett Benton. The date for this fundraiser is Saturday, Feb. 10. A committee meeting will be at 4 p.m. Nov. 11 at the Cosmo building. Let Brett know if you will be able to help with this event.
- Cosmo International Executive Director Visit – Phil Hanson. November 7, noon, \$10.00 or bring your own sandwich. Food at 11:30, meeting at noon.
- Caroling on Sunday, Dec. 10. After caroling we've been invited to the Koepke's house for socializing.
- Rose LaMantia is looking for assistance setting up socials January through June. It seems that the new twins have reduced her free time
- ShowMe board meeting at 5:30

p.m. Tuesday, Nov. 28, at the Cosmo building.

- ShowMe Member meeting Thursday, Dec. 7, 6:30 p.m. social, 7 p.m. meeting, Columbia Country Club. Our entertainment will be ShowMe members lip-synching to their favorite songs. We need five groups/individuals participating. If you're interested please let Julie McNeill know.
- Rose La Mantia asked members to bring small, travel-size toiletries to the Dec. 7 membership meeting. She will donate the items to the Ronald McDonald House.
- Rose La Mantia asked members to bring items to the Dec. 7 membership meeting to donate to the Xtreme Bowling silent auction.
- President Shepherd announced that work is progressing on establishing a Show-Me Facebook page.
- The Black and gold costume winner was Maxine Powell
- 50/50 Drawing – Dayton Shepherd won the drawing for \$52.00.

Lorna Baxter moved and Brett Benton seconded the motion to adjourn at 8:52 p.m. Motion passed.

## Santa to schedule stop at membership meeting

The Show-Me Cosmopolitan board meeting was called to order at 5:30 p.m. by President Dayton Shepherd. Board members in attendance were CeCe Benton, Kay Brejcha, Rose La Mantia, James Linder, Lindsay Schulz, Tanya Linder, Frank La Mantia and Bill Giddings.

President Shepherd asked if there were any additional items for the agenda. Bill Giddings requested a review of the Show-Me roster. Rose La Mantia requested a discussion about Santa Claus visiting our December membership meeting and Ce Ce Benton wanted to talk about the 10-year video compilation celebrating the first 10 years of the Show Me Club.

President Shepherd asked if there were any changes that should be made to the Sept. 26 board minutes. Hearing none, Ce Ce Benton moved and Tanya Linder seconded the motion to approve the minutes. Motion passed.

### Correspondence – Kay Brejcha

Thank-you notes were received from various organizations.

Honor Flight sent an invitation to its fundraiser Honor Flight Ball and the Food Bank requested a donation.

Other donation requests were received and will be turned over to the Show Me Donations committee.

### Treasurer's Report – Kay Brejcha

Commerce Bank checking account: \$5,989.77.

Landmark Bank Investment: \$55,953.70 with \$1,256.30 available for possible donations to local organizations.

Dues invoices have been mailed out resulting in four additional member dues being paid.

Rose La Mantia moved and Jamie Linder seconded the motion to accept the Treasurer's Report. Motion passed.

### Membership – Tanya Linder

The Jerry Sigmund Cosmopolitan Building has been reserved for a new member recruitment social activity on March 16, 2018.

### Club Runner – Dayton Shepherd

We're being charged higher fees for the online payment module than was originally anticipated.

More members charging meals and dues may help reduce these fees.

President Shepherd will call the software developers and discuss their fees.

### Ronald McDonald House – Dayton Shepherd

The next meal will be prepared on Thursday, Dec. 7.

Individuals interested in assisting should contact John Kadlec or Rose La Mantia.

### Old business

Our social event for December will be caroling on Sunday, Dec. 10. We'll meet at the Lenoir facility on New Haven Road, across the street from New Haven School, at noon. Our next stop will be at the Bluffs at 2 p.m. Following our caroling we've been invited to Gene and Deb Koepke's house for refreshments.

### New Business

Last month our member meeting meal count was 25 percent higher than what was reported to the Country Club. Eight people were added after the Monday deadline.

Overages this large cause problems with the amount of food that is prepared.

President Shepherd will talk to Show Me members at our next meeting about responding in a timely manner to the calls or email they receive about attending the meeting.

### Santa Claus – Rose La Mantia

A Santa Claus coming to our next Member meeting would be a great addition to this meeting.

Jamie Linder and his authentic beard agreed to play the role.

### 10-Year Show-Me Cosmo Video

All board members acknowledged how good the video compilation put together to celebrate the first 10 years of the Show Me Club was great.

It has been suggested that a second video be created celebrating the next 20 years of the club.

Frank La Mantia moved and Rose La Mantia seconded the motion to pay \$100.00 to produce a video of the last 20 years of the Show Me Club. Motion passed.

### December Show-Me Board Meeting

Ce Ce Benton moved and Rose La Mantia seconded the motion to move the scheduled Board meeting to December 19, 2017. Motion passed.

The current Show Me Club roster was reviewed prior to approval for Cosmo International's quarterly billing. The only change in the roster was to correct the spelling of Tec Champman's first name.

Extreme Bowling is set for 6–9 p.m. Saturday, Feb. 10, 2018. The target goal this year is 32 teams. This is the 19th year for this fundraiser. If you know of any possible sponsors for a team please let Brett Benton know. There is a \$200.00 registration fee per team.

Frank La Mantia moved and Rose La Mantia seconded the motion to adjourn at 6:21 p.m. Motion passed.

## Tree trimming

Larry Benton and approximately a dozen other Show-Me Cosmo Club members helped the Luncheon Cosmopolitan Club decorate the Jerry Sigmund Cosmopolitan Building during the annual social event on Nov. 26. A potluck dinner was served once all of the holiday decorations were in place.



## Diabetes Day

Show-Me Cosmopolitan Club President Dayton Shepherd, second from left, answers questions about the club from a couple at the annual Diabetes Day on Oct. 28 at the MU Health Care Women's and Children's Hospital Health Pavilion in Columbia. The event was sponsored by the Cosmopolitan International Diabetes and Endocrinology Center at the University of Missouri.

## Learning about Cosmo

Cosmopolitan International members new and old gathered to learn more about the three Columbia clubs' past, present and future at an education meeting Nov. 12 at the Jerry Sigmund Cosmopolitan Building.



# Show-Me Cosmopolitan Club membership

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# CDC: Diabetes rising growth rate adds to health care burden

More than 100 million U.S. adults are now living with diabetes or prediabetes, according to a new report by the Centers for Disease Control and Prevention. The report finds that as of 2015, 30.3 million Americans – 9.4 percent of the U.S. population – have diabetes. Another 84.1 million have prediabetes, a condition that if not treated often leads to type 2 diabetes within five years.

The report confirms that the rate of new diabetes diagnoses remains steady. However, the disease continues to represent a growing health problem: Diabetes was the seventh leading

cause of death in the U.S. in 2015. The report also includes county-level data for the first time, and shows that some areas of the country bear a heavier diabetes burden than others.



## The club that fights diabetes

“Although these findings reveal some progress in diabetes management and prevention, there are still too many Americans with diabetes and prediabetes,” said CDC Director Brenda Fitzgerald, M.D. “More than a

third of U.S. adults have prediabetes, and the majority don’t know it. Now, more than ever, we must step up our efforts to reduce the burden of this serious disease.”

Diabetes is a serious disease that can often be managed through physical activity, diet, and the appropriate use of insulin and other medications to control blood sugar levels.

People with diabetes are at increased risk of serious health complications including premature death, vision loss, heart disease, stroke, kidney failure, and amputation of toes, feet, or legs.

## 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 LaMantia  
One-Year Board Member: CeCe Benton  
One-Year Board Member: Lindsay Schulz

Programs: Julie McNeill  
Publicity: Julie McNeill, Brian McNeill  
Facebook: Mikayla Warner  
Attendance: Elaine McCoy  
Awards: Brett Benton, Larry Benton, Rose LaMantia  
Budget: Kay Brejcha, Lorna Baxter, Rose LaMantia, 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 LaMantia, Patricia Jackson, Ronda Benton  
Website: Dayton Shepherd  
Social: Rose LaMantia, Bobbie Kincade  
Bylaws: Larry Benton, Frank LaMantia, Bill Giddings

### 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 LaMantia, Julie McNeill  
Memorial Float: Dayton Shepherd, Rose La Mantia, Brenda Hanson  
Nomination: Rose La Mantia, Rhonda Benton, Craig Swank, Judy Weitkemper, CeCe Benton

## Show-Me Times

Show-Me Times is published monthly on the Sunday before each membership meeting. Submissions are due the 15th of each month and may be emailed to editor Brian McNeill at [brian@brianjmceill.com](mailto:brian@brianjmceill.com).