

Cosmopolitan Rays, March 27, 2023



The Club that Fights Diabetes

The Cosmo Rays

Shining Light on the Cosmopolitan Club's Activities

Published After Each Meeting by the Noon Cosmopolitan Club

Meetings Held at Noon on Mondays at Thirsty's at 819 West Main, Rapid City, South Dakota



The Club that Fights Diabetes

Cosmopolitan

**Noon
Luncheon**

**March 27,
2023**

- **RC Cosmo Club News and Notes
Cosmopolitan Noon Luncheon
Monday – March 27, 2023**
- **The Rapid City Cosmopolitan
Club met Monday–March 27,
2023 At Thirsty's.**

President Chuck
Reuwsatt called
the Meeting to
Order at 12:00
PM.



Chuck Reuwsatt Led the Members in Pledge of Allegiance







Nancy
Trautman Led
the Members in
Prayer.









SCIP

President Chuck
Reuwsatt talked to
the Members about
the North Central
Federation meeting
May 5th and 6th.



Jim Schuh talked to the Members about the upcoming MercyMe Concert and Rapid City Marshalls Football game.



Rodney Gunn
talked to the
Members about
the Upcoming
Rush Hockey
Game on March
30th.



Erin Bachi talked
to the Members
about events
that are
occurring with
Diabetes Inc.



President Elect
Becky Kerr talked
to the Members
about Events in
the Fine Arts
Theater.



President Elect
Becky Kerr talked
to the Members
about Awards
Given to Cosmo
Members for the
Year



Secretary Rhonda Reuwsatt “Rookie of the Year”



John Duffield “Cosmopolitan of the Year”



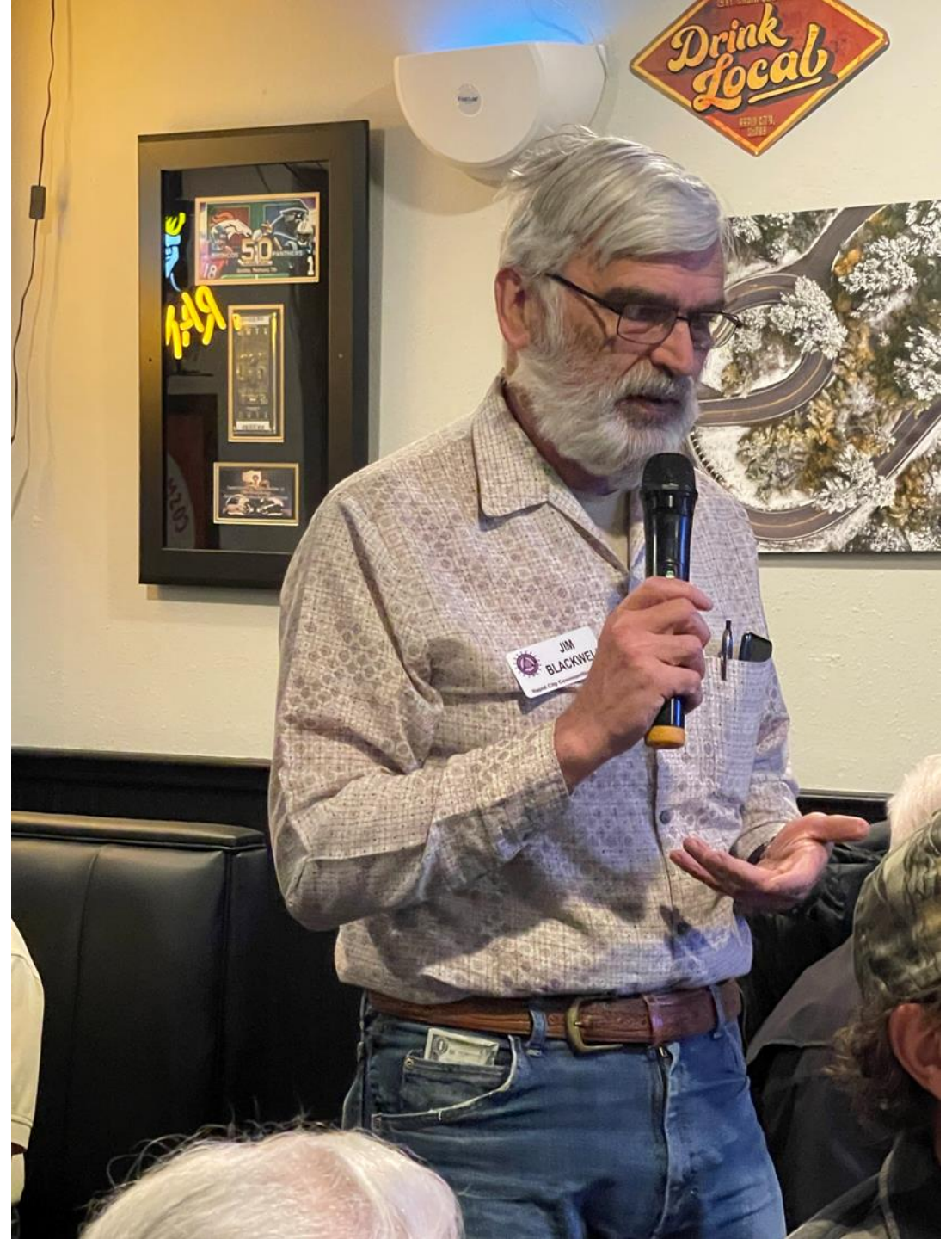
Eileen Desmond “Member Cosmopolitan of the Year”



Jim Schuh
“Patrick J
Hodgins
Distinguished
Member”
Award.



Jim Blackwell
introduced
Cathy Simonds
from Rapid City
NAMI.



Cathy Simonds from Rapid City NAMI, (National Association Mental Health) talked to the Members about Treating young adults with Mental problems.



She said that 1 in 5 people suffer from mental problems and 1 in 20 people suffer from serious mental problems.



We all know the teen years are tough, but for young people experiencing symptoms of mental illness, school can be even more challenging. And with 50% of symptoms of all mental health conditions beginning by age 14, a lot of kids are affected—in fact, 1 in 5 of them are. And many don't get help because they don't know how to speak up.

We're helping to end the silence about mental illness in middle schools and high schools. Trained presenters give kids the tools to help themselves and their friends, and let them know they're not alone. That's big. Most kids who see an Ending the Silence presentation say it's the first time someone has talked to them about mental illness.



Cathy Simonds NAMI Rapid City Wellness Ending the Silence Coordinator. We all know the teen years are tough, but for young people experiencing symptoms of mental illness, school can be even more challenging. And with 50% of symptoms of all mental health conditions beginning by age 14, a lot of kids are affected—in fact, 1 in 5 of them are. And many don't get help because they don't know how to speak up.



We're helping to end the silence about mental illness in middle schools and high schools.

Trained presenters give kids the tools to help themselves and their friends and let them know they're not alone. That's big.

Most kids who see an Ending the Silence presentation say it's the first time someone has talked to them about mental illness.



- **Mental Health 101 is an hour-long presentation focusing on the basics of mental health and mental health conditions. Participants will learn the difference between mental health and mental health conditions, the warning signs, and how to respond.**
- **Who is this for: all community members, 18+**



- **Benefits:**
- **Provides a better understanding of how mental health conditions can affect a person's life**
- **It can help to reduce the stigma of surrounding mental health**
- **Gives you confidence when helping those who are experiencing a mental health challenge**
- **Helps you to recognize early signs and risks of a mental health condition**



National Alliance on Mental Illness

NAMI | South Dakota

Dedicated to improving the lives of persons affected by mental illness.

Online Resources and wellness activities are available.

Reach out to **namisouthdakota.org** or the
NAMI South Dakota Facebook Page

Helpline:

NAMI Helpline

Hours M-F 10am - 8pm (EST)

1-800-950-6264

Websites:

dss.sd.gov

helplinecenter.org

sduih.org

vetaffairs.sd.gov

nami.org

Crisis Lines:

Helpline Center

Dial 2-1-1

Suicide Prevention Hotline


1-800-273-8255


Know the warning signs:

- **Feeling very sad or withdrawn for more than two weeks**
- **Trying to harm or end one's life or making plans to do so**
- **Severe, out of control, risk taking behavior**
- **Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing**
- **Throwing up, using laxatives or not eating to lose weight; significant weight loss**
- **Seeing, hearing or believing things that aren't real**
- **Excessive use of alcohol or drugs**
- **Drastic changes in mood, behavior, personality or sleeping habits**
- **Extreme difficulty concentrating or staying still, leading to physical danger or failing at school**
- **Intense worries or fears that get in the way of daily activities**

If you notice any of these warning signs please reach out.

Communicating with someone experiencing a mental health crisis

- 
- 1 BE CALM and GIVE FIRM, CLEAR INSTRUCTIONS;
 - 2 ASSESS THE SITUATION for safety;
 - 3 MAINTAIN ADEQUATE SPACE between you and the person;
 - 4 RESPOND TO APPARENT FEELINGS;
 - 5 RESPOND TO DELUSIONS AND HALLUCINATIONS by talking about the person's feelings rather than what he is saying;
 - 6 BE HELPFUL, ENCOURAGING and SUPPORTIVE.

- 
- 1 REINFORCING behavior related to the person's illness;
 - 2 STARING at the person, this may be interpreted as a threat;
 - 3 CONFUSING the person;
 - 4 GIVING MULTIPLE CHOICES, this increases confusion;
 - 5 WHISPERING, YELLING, RIDICULING, DECEIVING or TOUCHING, this may cause more fear and lead to violence.

Someone experiencing a mental health crisis might:

How to Respond:

- | | | |
|--------------------------------------|---|---------------------------------|
| have trouble with reality. | ➔ | Be simple, truthful. |
| be fearful. | ➔ | Stay calm. |
| be insecure. | ➔ | Be accepting. |
| have trouble concentrating. | ➔ | Be brief, repeat. |
| be over stimulated. | ➔ | Limit input. |
| easily become agitated. | ➔ | Recognize agitation. |
| have poor judgement. | ➔ | Not expect rational discussion. |
| be preoccupied. | ➔ | Get attention first. |
| be withdrawn. | ➔ | Initiate relevant conversation. |
| have changing emotions. | ➔ | Disregard. |
| have changing plans. | ➔ | Keep to one plan. |
| have little empathy for you. | ➔ | Recognize as a symptom. |
| believe delusions. | ➔ | Ignore, don't argue. |
| have low self-esteem and motivation. | ➔ | Stay positive. |



BOB

CHUCK
RESERVAAT

TICKET
TICKET
TICKET
KEEP
COUPON
TICKET
TICKET
TICKET

Pepsi

Pepsi

MASONRY
INTERNATIONAL

SGT. @ ARMS

PRESIDENT

THE
NORTH
FACE









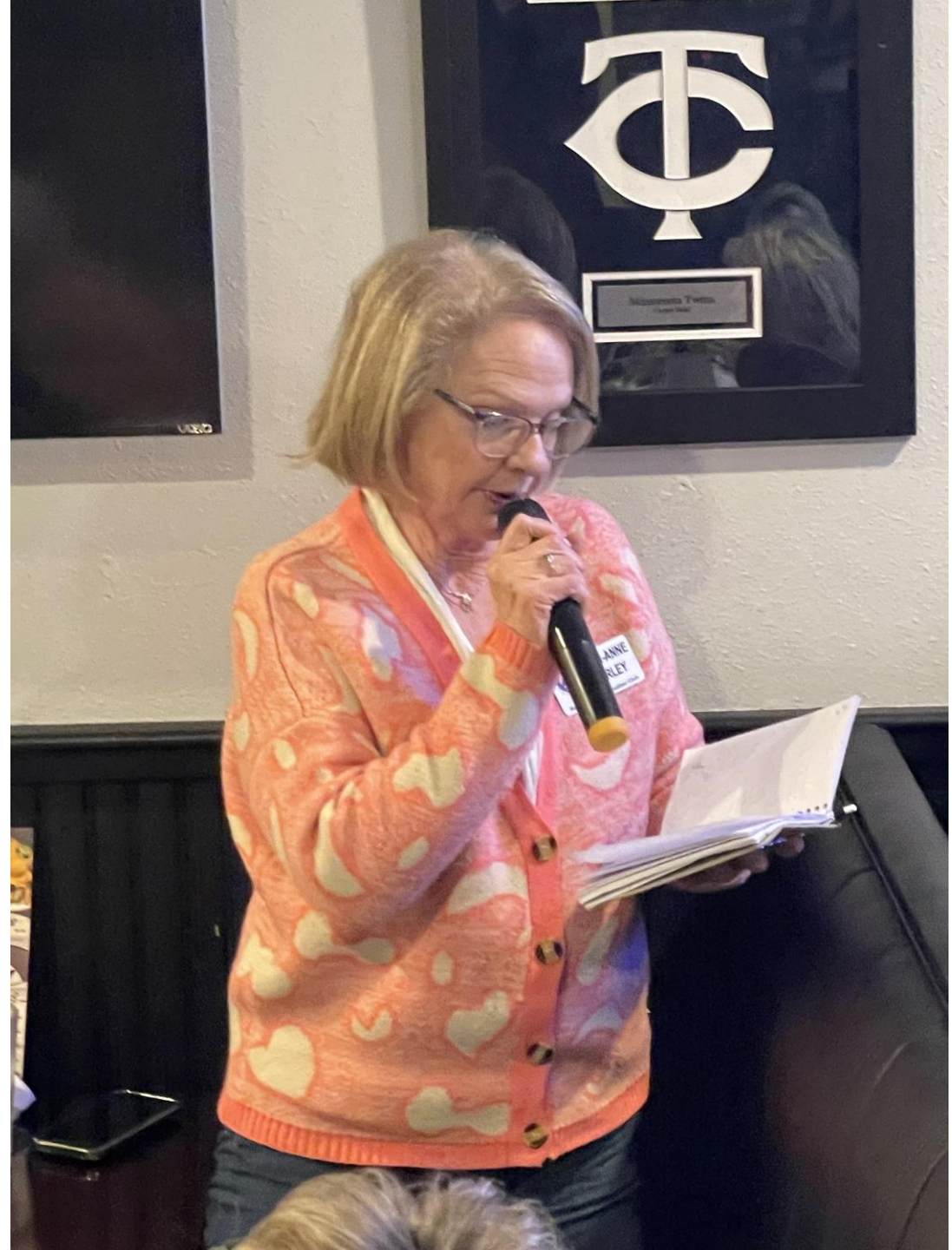






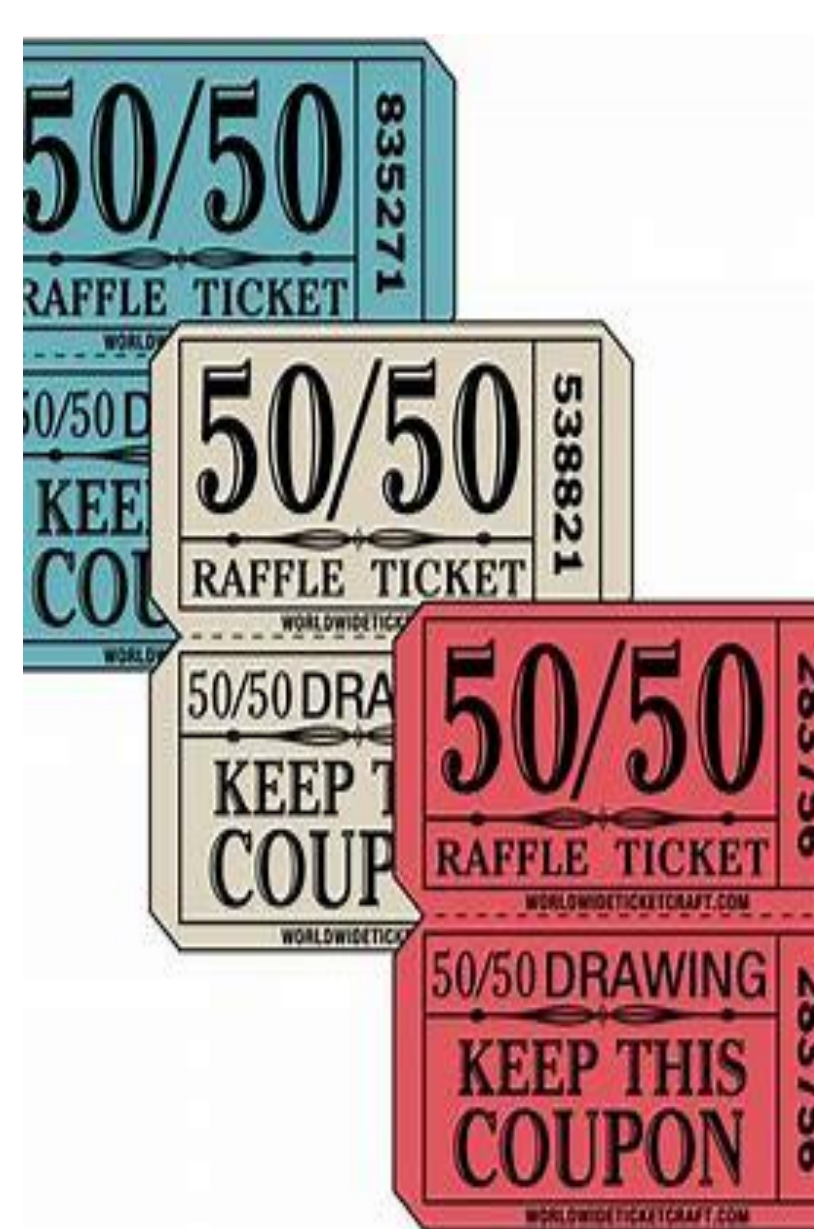


Beth-Anne
Ferley talked to
the Members
about upcoming
Meetings.

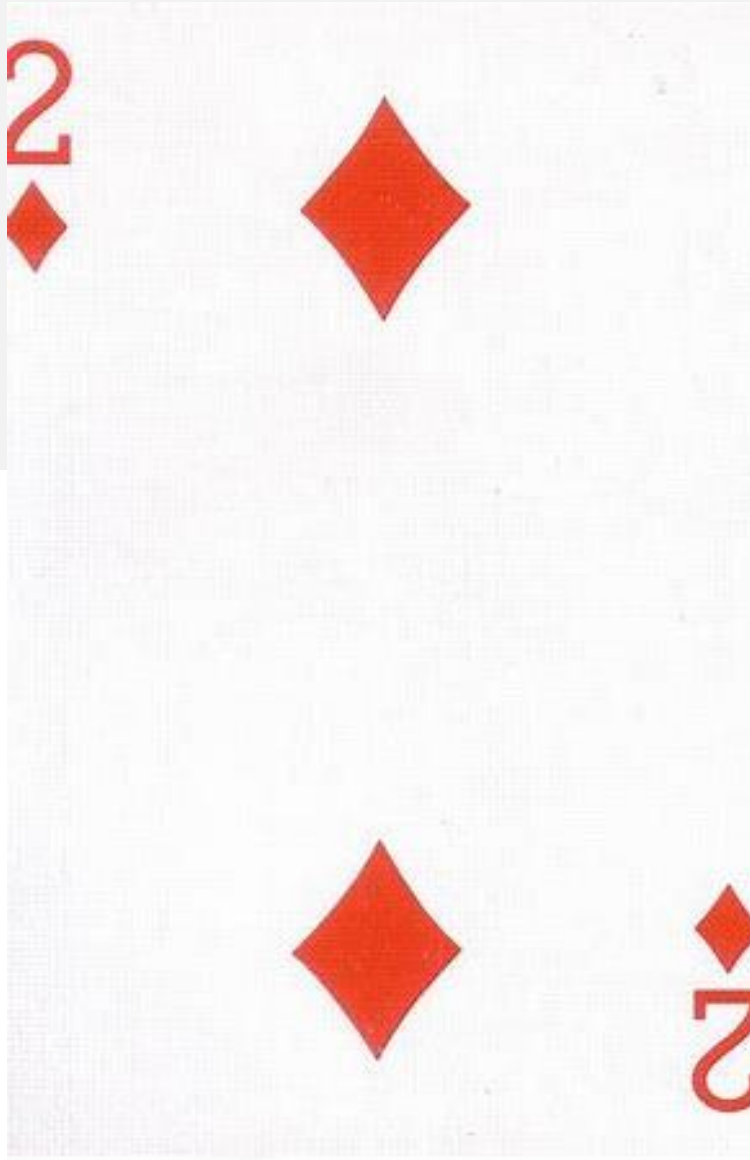


Arletta Schuh was
the Lucky Ms. X for
the day. She won
\$5.00 Dollars,





Erin Bachi was the lucky 50-50 Winner. She won \$14.00 Dollars and gave it back to the Club back to the Club.



Beth-Anne Ferley was the Lucky 2 of Diamonds Winner. She drew the 9 of Clubs. There were 28 Cards left and it was worth \$180.00 Dollars.

Upcoming Cosmopolitan Meetings

April 3, 2023 - Mark Slocum Executive Director of the Minnilusa Historical Association

April 3, 2023 - Mark Slocul ED Minnilusa Historical Association & Pioneer Collection

April 10, 2023: Easter Monday no meeting

April 17, 2023 - Michelle Kane: Director Sandford Underground Research Facility (SURF) Foundation

April 24, 2023 - Prairey Walkling: SDSU Extension: Pennington County Master Gardeners Coordinator

May 1, 2023: Zachery Martin - Kids Deserve Dads

Member Birthdays

Name

Date

Merbach, Carol

March 7

Kerr, Becky

March 10

Sumption, Pauline

March 11

Spreizer, Christina

March 12

Duffield, Kaye

March 12

Keck, Bill

March 13

Kahler, Dick

March 14

Mathis, Allan

March 16

Culham, Todd

March 18

Sumption, Brian

March 26

Bachi, Kav

March 26



Date Joined RC Cosmopolitan Club

Anniversaries for May

| Name | Years | Date |
|-------------------------|-----------------|--------------------|
| <i>Phelan, Paul</i> | <i>43 years</i> | <i>Mar 10 1980</i> |
| <i>Jackson, Douglas</i> | <i>25 years</i> | <i>Mar 23 1998</i> |
| <i>Wright, Lenny</i> | <i>8 years</i> | <i>Mar 25 2015</i> |
| <i>Magnuson, Rosa</i> | <i>8 years</i> | <i>Mar 25 2015</i> |



Cosmo Ushering Event Coordinators

- Please e-mail or call the team in charge to sign up for the event or if you need to cancel
- Becky Kerr – Theater barefootbecky3209@gmail.com
(C) (605) 391-8738
- Rod Gunn – Ice Arena rgunn@rap.midco.net (C) (605)-381-3235..
- Gloria Gunn - Summer Nights grgunn@rap.midco.net (C) (605) 381-7075
- Jim and Arletta Schuh – Summit and Barnett Arena gymshoe122964@gmail.com
(H) (605)-343-7998 (C) (505)-391-8664
- Rod Gunn – Club's Website <https://portal.clubrunner.co/101337>
- Rhonda Reuwsaat-Facebook Coordinator **RC Cosmopolitan Club**
_© (605)-209--615

Rapid City Cosmopolitan Club President



Rapid City Cosmopolitan Club President

- **Chuck Reuwsaat**
- **PO Box 994**
- **Rapid City, South Dakota
57709**

North Central Federation Governor



- North Central Federation Governor
- *Melvina Neuman*
- *P. O. Box 394 Sioux Falls, SD 57010*
- *melvinanew@aol.com*

International President Randy Wright



It is vital that you as members of Cosmopolitan International know that your voices are being heard.

All of the International officers and your Federation Governors understand and appreciate your frustration with a number of things including the lack of communication from International, sub-par training for those in leadership positions, difficulties navigating the new website platform, low attendance at Federation and International conventions, lack of brand awareness, lack of structure, and numerous inconsistencies in many areas.

We get it.

International Officers

International President – Randy Wright, Norfolk Club

President-Elect – Dick Gorton, Omaha Cornhusker Club

VP of Finance – Keith Shepherd, Regina Club

VP of Membership – Tim Dollens, Columbia Luncheon & Breakfast Clubs

VP of Marketing and Fundraising – Sheila Anderson, Sioux Falls Evening Club

Judge Advocate – Jim McVay, Omaha Cornhusker Club

Capital Federation Governor – Perry Johnson, Norfolk Club

Cornbelt Federation Governor – Gery Whalen, Omaha I-80 Club

Mid-States Federation Governor – LaVonne Hawking, Aurora Club

Mo-Kan Federation Governor – Dayton Shepherd, Columbia Show-Me & St. Charles County Clubs

North Central Federation Governor – Melvina Newman, Sioux Falls Noon Club

Western Canada Federation Governor – John Krysak, Wascana Club

2022-2023 President's Award

- ***President Randy has announced the criteria for this year's President's Award! A bannerette will be awarded at the International Convention in Norfolk, VA, to each Club that meets all the following criteria in the 2022-2023 fiscal year:***



2022-2023 **PRESIDENT'S AWARD**

A bannerette will be awarded at the International Convention to each Club that meets all of the following criteria in the 2022-2023 fiscal year:

1. Hold at least 1 fundraising event.
2. Submit at least 1 article to COSMOTopics.
3. Submit at least 1 award winner from their Club to the Federation level.
4. Increase their club membership by at least 10%.



