

Cosmopolitan Rays, October 16, 2023



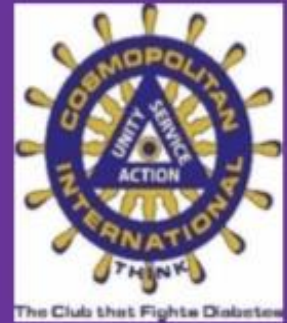
The Club that Fights Diabetes

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

**October 16,
2023**

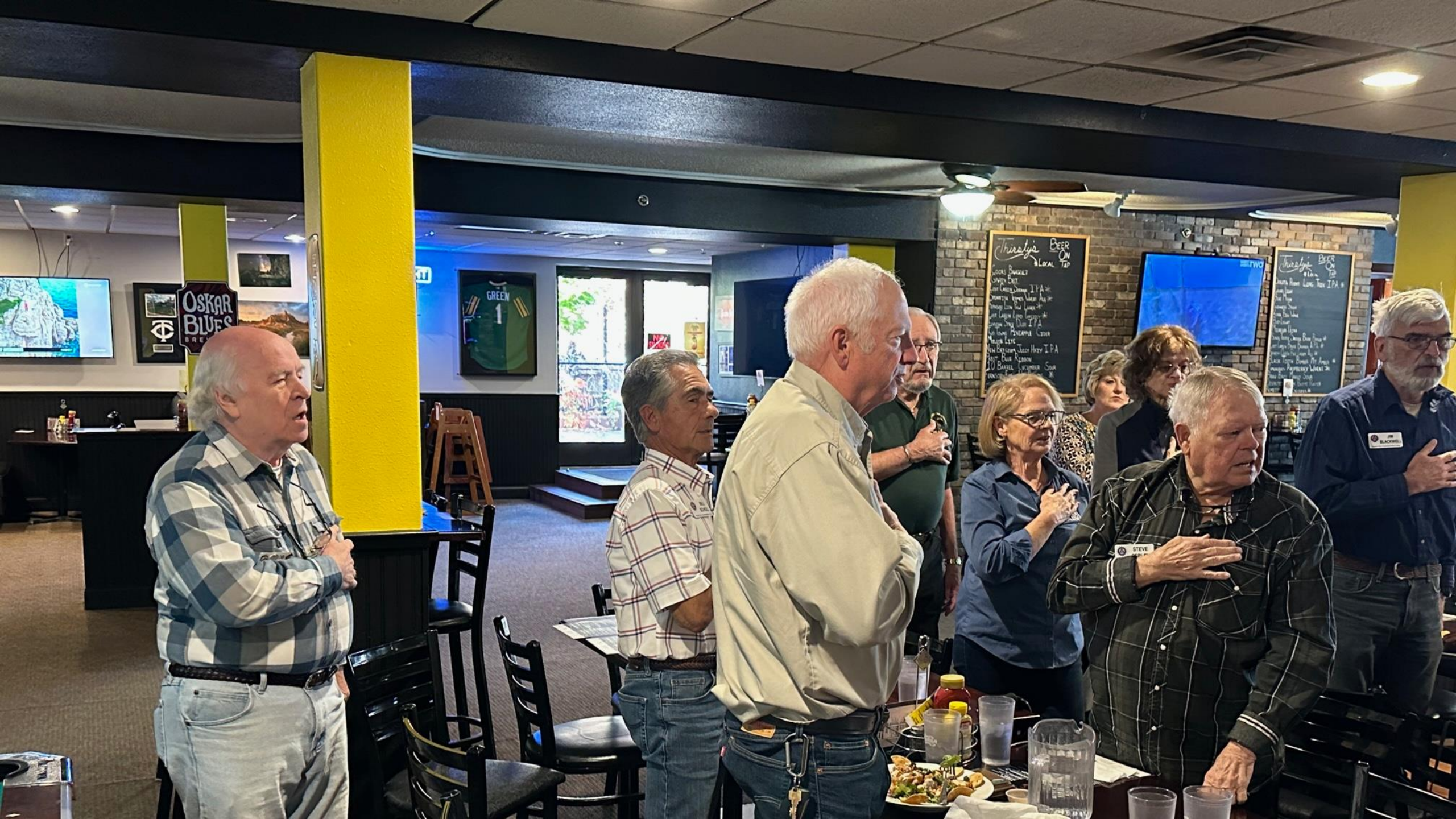
- **RC Cosmo Club News and Notes
Cosmopolitan Noon Luncheon
Monday – October 16, 2023**
- **The Rapid City Cosmopolitan
Club met Monday–October
16, 2023 At Thirsty's.**

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



President Chuck Reuwsaat Led the Members in Pledge of Allegiance









Jim Preston, Led
the Members in
Prayer.









President Chuck
Reuwsaat talked to the
Members about
upcoming
Cosmopolitan Meeting
and Events



President Elect Becky Kerr talked to the Members about the upcoming Ruben Clay Show and the Diabetes Health Fair.



Gloria Gunn talked to the Members about upcoming Summer Nights Meeting about Purses and Backpacks.



President Chuck
Reuwsaat Introduced
Francie Fortune Davis
from the Suncatcher
Therapeutic Riding
Academy



Francie Fortune Davis talked to the Members about Condition at the site, and what these encounters mean to Veterans with PTSD and Children with physical and mental disabilities.



Francie Fortune Davis

Executive Director

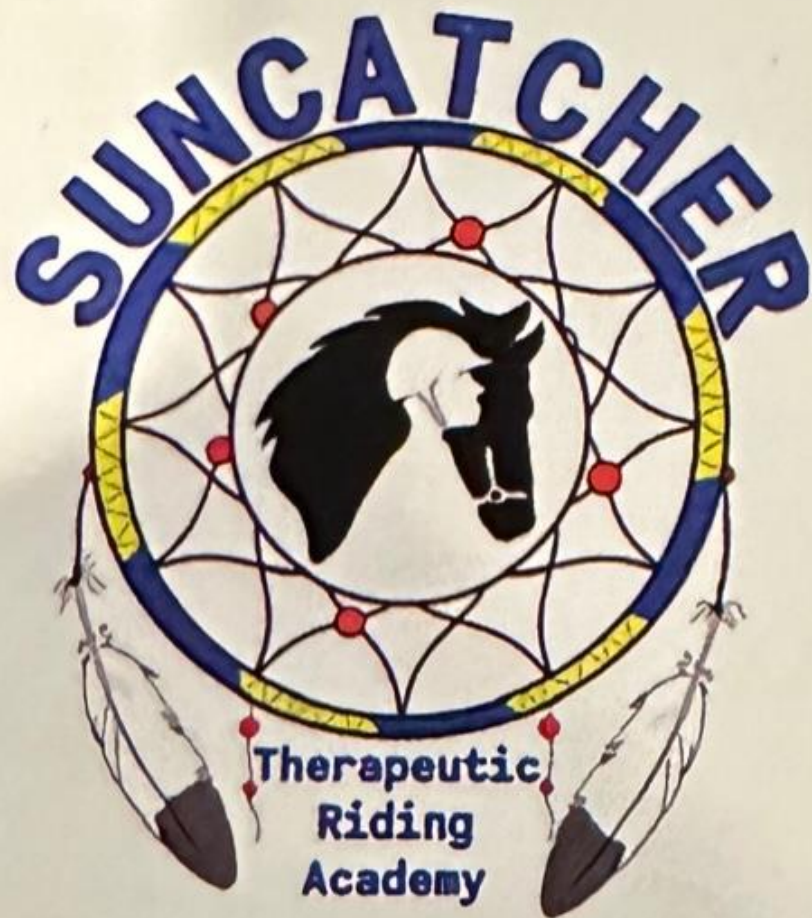
605.920.8484

SunCatcherRiding@gmail.com

**Suncatcher Therapeutic
Riding Academy**

23325 S Airport Rd. Rapid City, SD 57703





SunCatcher Therapeutic Riding Academy, Inc. is a 501 (c)3 non-profit organization providing inclusive equine-assisted therapeutic horsemanship, guided by experienced instructors, that empowers people with disabilities to flourish and thrive.

www.SunCatcherTRA.org



23325 South Airport Road
Rapid City, SD



www.SunCatcherTRA.org



SunCatcher Therapeutic Riding Academy:

- Offers therapeutic horsemanship sessions using horses that are gentle, experienced and trained for therapeutic riding programs
- Creates a fun environment emphasizing positive self-esteem, a sense of accomplishment and friendships.
- Collaborates with and complements the work of many community partners, programs and services.



- Thrives due to the commitment of our amazing volunteers, generous donors and incredible community.
- Uses experienced instructors who adhere to the Professional Association of Therapeutic Horsemanship, Intl (PATH) standards, ensuring safe and science-based programming in small groups.
- Is a center member of PATH
(PATHIntl.org)



SunCatcher operates at 23325 South Airport Road, outside of Rapid City. Regular sessions are held four days a week during "riding season" – mid-April through October.

In addition, SunCatcher offers Special Olympics-specific sessions, groundwork-only sessions, horse shows, and multiple special events year-round for our participants and our entire Black Hills community.



SunCatcher Therapeutic Riding Academy, Inc. is a nonprofit 501(c)(3) organization providing inclusive equine-assisted therapeutic horsemanship, guided by experienced instructors, that empowers people with disabilities to flourish and thrive.





Come join the SunCatcher Family! We always welcome new riders, volunteers and donors.

SunCatcher provides volunteer training that will give you the skills and confidence to contribute to our programs. Depending on your interests, we can use help with the office, groundskeeping, fundraising, special events, horse care and riding sessions – which often require three volunteers per rider.

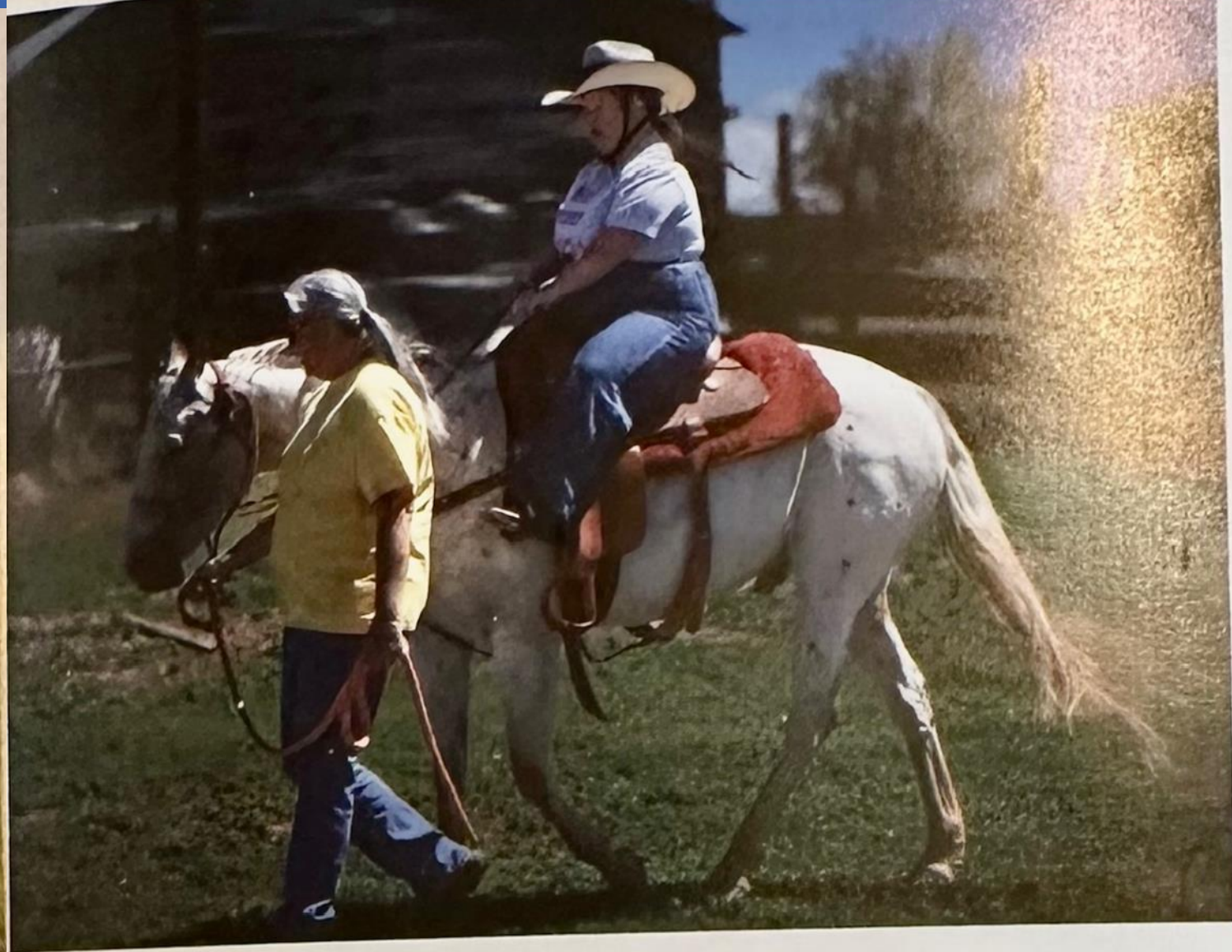


What is Equine Assisted Activity and Therapy (EAAT)?

Equine Assisted Activity and Therapy may include occupational therapy, physical therapy, speech therapy, psychotherapy, counseling, psychosocial rehabilitation and recreational therapy depending on the needs of the participant.

This type of program can help those who are challenged with ADD/ADHD; Autism Spectrum Disorder, Cerebral Palsy, Down's Syndrome, learning disabilities, MS, stroke; Muscular Dystrophy, PTSD, Scoliosis, Depression, Anxiety and youth at risk, to mention a few.

Demonstrated benefit may include better balance, coordination, core strength, muscle tone, flexibility, circulation, breathing, and helps to focus attention, listening to and executing directions, learning patterns, and mastering control of the horse.



We would love to hear from you!
Phone: 605 939-4907

Email:

SunCatcherRiding@gmail.com

Contact

Find us on Facebook at:

<https://www.facebook.com/>

[SunCatcherTRAcademy](https://www.facebook.com/SunCatcherTRAcademy)



Donations & Inquiries
can be mailed to:

SunCatcher TRA
PO Box 3975
Rapid City, SD 57709











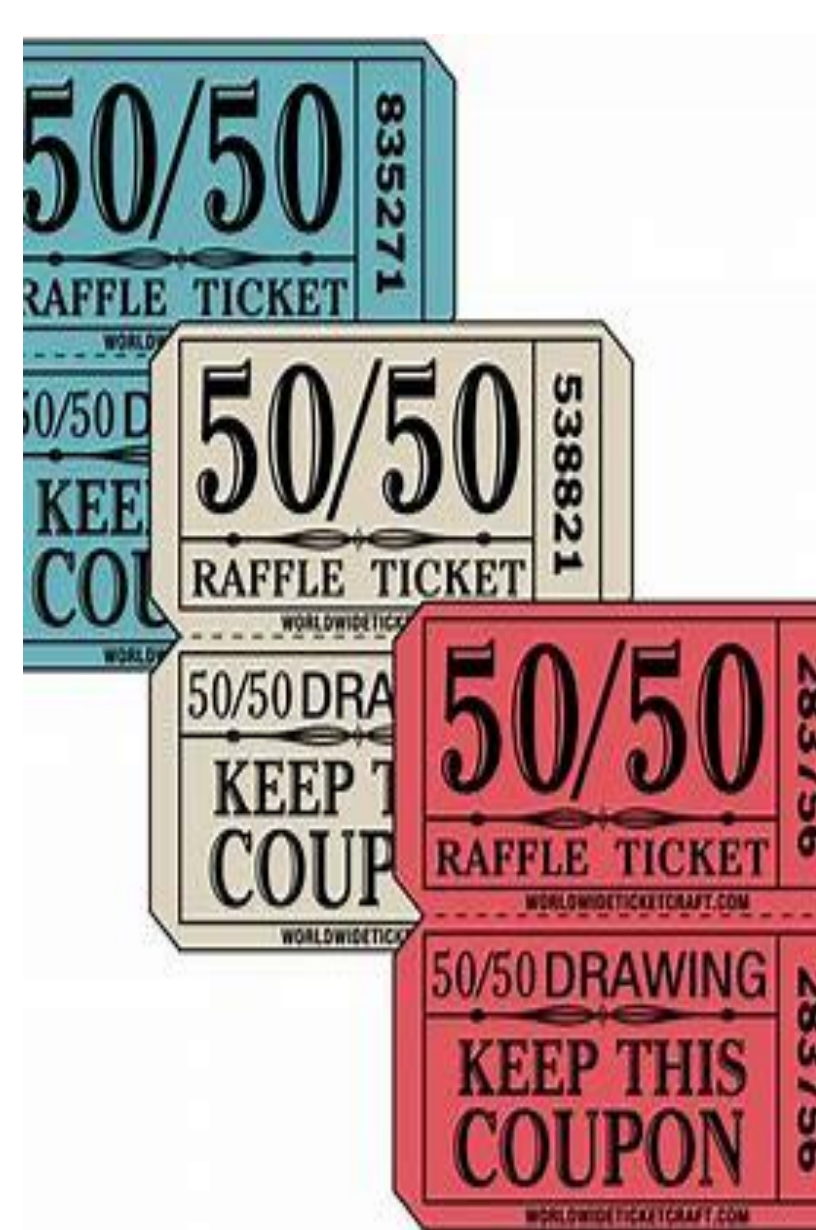




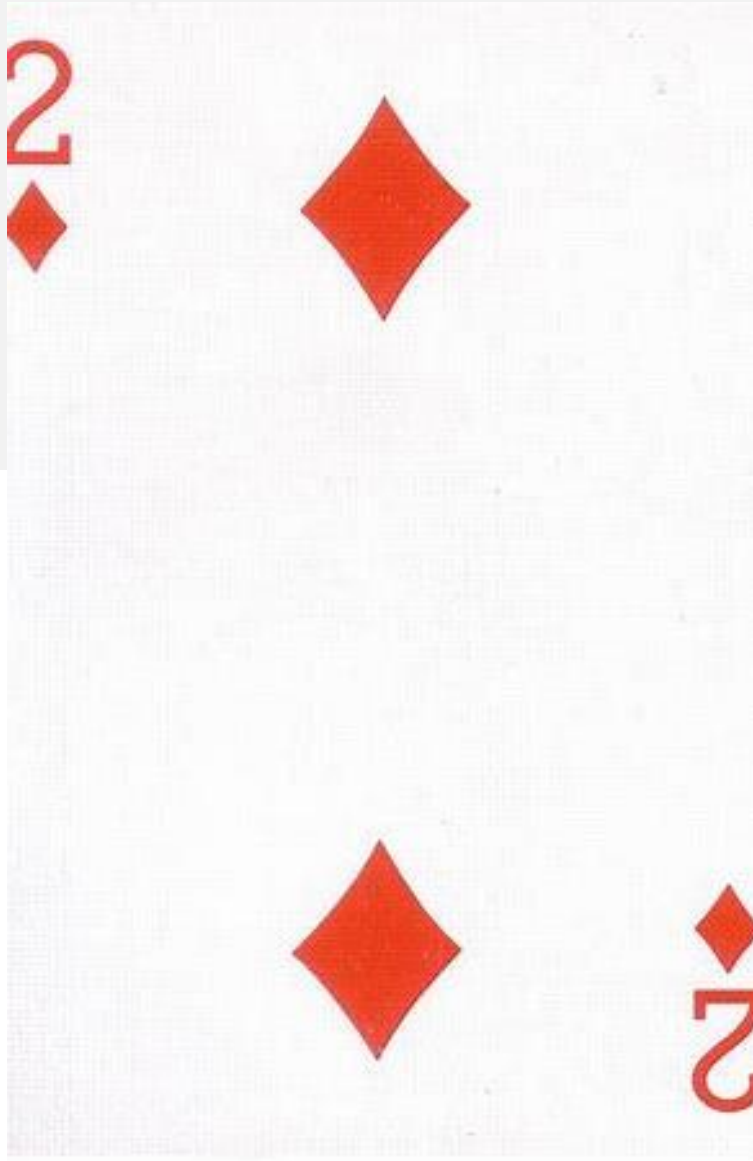


Jim Preston was the Lucky Mr. X for the day. He won \$5.00 Dollars.





Bill Scholl was the lucky 50-50 Winner. He won \$10.00 Dollars, and gave \$4.00 back to the Club.



BOB White was the Lucky 2 of Diamonds Winner. He drew the Jack of Clubs. There were 36 Cards left and it was worth \$138.00 Dollars.

Upcoming Cosmopolitan Meetings

October 23, 2023 Literacy Council of the Black Hills, speaker-Veronica Durand, Program Coordinator

October 30, 2023 Rapid City Sports Commision--Dave Dolan

November 13. 2023 No Meeting Veterans Day

November 17th MEMBERSHIP EVENT AT THIRSTY'S

Mingle Monday at Osteostrong Wellness Center

November 6, 2023 One Heart Program Speaker is Julie Oberlander

November 20, 2023 Journey On -Provide intervention to individual's needing help.

November 27, 2023 No Meeting Thanksgiving

December 4, 2023 Mingle Monday at Osteostrong Wellness Center

Member Birthdays

Name

Gunn, Gloria
Wright, Lenny
Merbach, Karl
Versteeg, Lynn
Duffield, John
Bachi, Erin
Regelin, Meggan
Yantes, Maureen

Date

October 3
October 4
October 4
October 6
October 13
October 22
October 22
October 30



Date Joined RC Cosmopolitan Club

Anniversaries for August

<u>Name</u>	<u>Years</u>	<u>Date</u>
<i>White, Bob</i>	<i>16 years</i>	<i>Oct 15 2007</i>
<i>Gunn, Gloria</i>	<i>14 years</i>	<i>Oct 13 2009</i>
<i>Desmond, Eileen</i>	<i>7 years</i>	<i>Oct 25 2016</i>
<i>Duffield, John</i>	<i>7 years</i>	<i>Oct 25 2016</i>
<i>Trautman, Nancy</i>	<i>6 years</i>	<i>Oct 18 2017</i>
<i>Reuwsaat, Rhonda</i>	<i>1 year</i>	<i>Oct 01 2022</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
(C) (505)-391-8664
- Rod Gunn – Club's Website <https://portal.clubrunner.co/101337>
(C) 505 381-3532
- 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

- **Nancy Trautman**
- **PO Box 994**
- **Rapid City, South Dakota 57709**

COSMOPOLITAN CONTACT LIST

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headquarters@cosmopolitan.org

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North Central Federation:

Nancy Trautman, Governor

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njt751@gmail.com

2032 Promise Rd Apt 3418, Rapid City, SD 57701

***North Central Federation Board:
Governor Nancy Trautman***

***Governor- Elect: Deb Petersen
petedoug44@sio.midco.net***

***Past Governor: Melvina Newman
melvinanew@aol.com***

***Lt. Governor: Chuck Reuwsaat
c.reuwsaat@rap.midco.net***

***Treasurer Chris Bauer
cbauer@cortrustbank.com***

Secretary Cherry Luitjen

Cherry.dakota@gmail.com

Bruce McCollier

brucemcc@sio.midco.net

Sioux Falls Noon President

Deb Petersen (same as above) Sioux Falls Evening

President Chuck Reuwsaat

(same as above) Rapid City Cosmopolitan President

Cosmopolitan International Executive Director



- Emphasize the business benefits to being a member. Encourage all members to stay active and What would you like to accomplish for the rest of the involved as we get out of it from what we put into it. year? Look at the goals you set last fall for this Cosmo year and brainstorm a couple important ones. If This year has seen significant changes and all have not reached those goals, think about a specific been very positive for the future of Cosmopolitan. target now as there is still time to reach all your goals. This is your organization. Along the way we have to Cosmopolitan is all about membership recruitment, break new ground but we will grow! Happiness comes program development and finding a cure for diabetes. through doors you didn't even know you left open. And We are all about making a difference in our local remember the 2022-2023 theme: Alone we can do little, communities and supporting efforts to prevent and find together we can do a lot. a cure for diabetes Membership is the responsibility of every member and programs play a major role in the recruitment and retention of our members. We first must sell Cosmopolitan. Second, having strong programs with interesting, motivating topics and speakers can be a strong factor for attracting prospective members and***

Melvina Newman

headquarters@cosmopolitan.org



International President Dick Gorton

- We are fortunate to have some really talented people serving as officers who will help with the implementation of our programs. Plus, you have Candy to help me and for that you are most fortunate! Most of you have had some contact with her as she contacted your clubs to update member rosters, current club officers, and names of members who have passed away this year for memorial recognition at the International Convention. Speaking of the International Convention, I can't remember the first convention Candy and I attended. It's been a few years ago. It may have been the convention in New Orleans; that was certainly a memorable one as we paraded down Bourbon Street complete with marching band! The conventions offer a number of opportunities and benefits. The first is to renew old friendships and make new ones. As a member of Cosmopolitan you will be able to participate in our business meetings and make decisions that are critical to our success. You will also visit some interesting places, places that you might not have seen if it were not for our conventions. Places like Gettysburg, New Orleans, Calgary, Rapid City, Omaha, Las Vegas, and Norfolk. Lastly, our conventions provide the latest information on what is happening with diabetes research and offer the opportunity to develop a new Cosmo project to help find a cure for this dreaded disease!
- Dick Gorton Cosmopolitan President.
thegortons@cox.net

Cosmopolitan International Officers

International President - 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 1-80 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 – Nancy Trautman Rapid City Club

Western Canada Federation Governor - John Krysak, Wascana Club