



North Central Federation Clubs

Rapid City, Sioux Falls Evening and Sioux Falls Noon

January 2026 (Winter Letter)

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North Central Board Members

Governor	Charles Reuwsaat
Governor Elect	Ludene McLeod
Lt. Governor	Bruce McCollister
Treasurer	Chris Bauer
Secretary	Rhonda Reuwsaat
Judge Advocate	Larry Sheehan
Immediate Past Gov-Deb	Peterson

PRESIDENTS:

Jim Clark	Sioux Falls Noon Club
Becky Kerr	Rapid City Club
Deb Peterson	Sioux Falls Evening Club

Save the Date:

North Central Federation Convention

April 24-26, 2026 in Rapid City.

International Convention

July 24-26th: 2026 in Bloomington, Mn

“ HAPPY NEW YEAR”

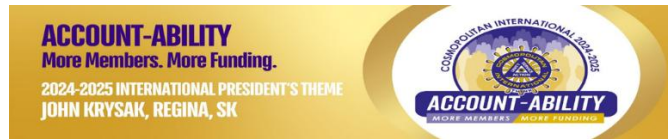
I’m sure we can all reflect on 2025 and recall so many things we have been a part of that we have achieved personally, professionally and as a club within Cosmopolitan International. So many lives have been impacted in a positive way due to our many hours of volunteering with our prospective fundraising we work long hours at each month throughout our year. Give yourselves a well deserved kuddos for that!

We are well into January 2026 and the time just keeps moving faster. We may not be experiencing real winter weather conditions however we feel the changes of the season.

Thinking of the season of Winter, we sometimes deal with the wintertime blues as our days of light are less and the temperatures are cold. The good news is we are gaining a couple minutes of light to each day. Below are a few suggestions I searched out regarding battling the wintertime blues. **Enjoy...**

- **Get MOVING** a minimum of 20 minutes a day 4 times a week.
- **Work on maintaining sleep** 7 to 9 hours a night. Yes- I know that is difficult for many!
- **Enjoy Laughter!** 😊
- **Stay Social** with family and friends. Dinner, Drinks, Games, Movies, Bingo etc.
- **Consider :Light Therapy-** We have more lights on in our home during the darkest days of winter so our atmosphere is brighter. It does help.

CI NEWS



International Convention:

Planning for the 2026 Convention is well underway. Information will be sent out in a few months.

Save the dates: July, 24-26 at The Hilton Hotel in Bloomington, Mn.

North Central Club Information:

Rapid City- Monday Meetings at lunch time weekly at Thirsty's Restaurant
President- Becky Kerr

The Rapid City Club enjoyed our annual Christmas Party held at the Monument Event Center on December 9th. We had 55 members/guests attend. Santa & Mrs. Claus joined our party. Attendees enjoyed taking photos with them for keepsakes. All attendees went home with a gift from our drawings of cash and gift cards. Member, Dick Dittman entertained attendees during our social hour with Christmas Tunes on his Trumpet. Our program entertainment was the Central High School Freshman Choir. We continue to be very busy with Hockey season-scanning tickets and working the ice arena, concerts and theatre. We are in preparation for ticket scanning during the upcoming Stock Show & Rodeo the end of January and beginning of February. The Sports Expo will be February 13-15th. It takes several members, spouses and friends to cover all the needs during the Sports Expo. We are very busy and love to raise money for our annual funds distribution in the summer.





Sioux Falls Evening-meets the 1st and 3rd Monday at various restaurants
President- Deb Peterson

Sioux Falls Noon- Meets Mondays at noon at the SD Military Heritage Alliance.
President- Jim Clark

1. Our club's 97th Distinguished Service Award Banquet that was held Oct. 23, 2025 at The Country Club of Sioux Falls in which we honored Craig and Pat Lloyd (Craig posthumously) for a lives of service to our community. See the attached photos . At the event, since it's such a high profile, public event, we also take the opportunity to present significant contributions.



2. Our Holiday Gathering on Jan 8, 2026 at the Olde Towne Dinner Theatre in Worthing, SD. We enjoyed a great meal and saw a great show, the Savannah Sipping Society.



Charles Reuwsaat
NCF Governor