

KCK Women's Chamber of Commerce
1920-1995 75 Years of Progress

THE BULLETIN

July 1995

Volume 1 Issue 1

Congratulations Pat Rahija!
1995-1996 President
KCK Women's Chamber of Commerce

Pat Rahija is the 1995-1996 president of the KCK Women's Chamber of Commerce. Rahija took over the gavel at the June 14 installation of officers at the Painted Hills Country Club.

Other officers are: Melissa Bynum, First Vice President; Adrienne Kyger, Second Vice President; Betty Amos, Recording Secretary; Jobeth Bradbury, Corresponding Secretary; and Jacqueline Stokes, Treasurer.

HIGHLIGHTS FROM
"WOMEN OF VISION SEEKING
NEW HORIZONS"

by
Pat Rahija

It's a privilege to be installed as your President on the 75th anniversary of the Women's Chamber of Commerce. As we look back 75 years to 1920—hemlines were being shortened, Oxford University gave women professors equal status with their male colleagues and admitted women to study for full degrees.

In 1920, women were given the right to vote and formed the League of Women Voters.

And, in 1920, women of vision in Kansas City, KS formed the Women's Chamber of Commerce. We have seen many changes and challenges for women in the past 75 years...In fact, our member, Carol Marinovich, made history by becoming the first woman elected mayor of Kansas City, KS.

And for 75 years, the Women's Chamber...has been a constant and effective advocate for women.

75 years ago in the workplace, women were ridiculed and women in management and leadership positions were unheard of.

Today, women constitute 46% of the workforce and 43% of all executive, administrative and managerial positions.

In 1920, a woman starting her own business was rare. Yet, in 1995, women are responsible for over 65% of all new businesses. Women-owned businesses employ 35% more people in the U.S. than the Fortune 500 companies employ worldwide...It is projected that 50% of all American businesses will be owned by women by the year 2000.

NEW MEMBER NEWS

Welcome to the following new Women's Chamber Members!

Marian J. Augustus
Human Resources Dept.
City of KCK

Rosemary Lischka
KCK Community College
KC, KS

Carol S. Waggoner
First Community Bank
KC, KS

Marylee Berry
First Community Bank
KC, KS

Women's Chamber Supports Downtown Jazz Series

Byrd Fleming & the Traditional
Music Society

July 6 - Noon

625 Minnesota



To submit information for the newsletter, please contact:
Jobeth Bradbury
596-5800; Fax: 531-2468; Email: dbjb@sky.net

Please take the time to renew your membership NOW!

THE BULLETIN...



Christine May	July 2
Helen Kutch	July 2
Helen Skradski	July 22
Sylvia Kenner	July 24
Carolynn Washington	July 26
Dawn Linscott	July 28
Karen Novak	July 29
Katie Fields	July 31

Continued from page 1...

As women's roles in the workplace have evolved, so has the role of the Women's Chamber. By providing an identifiable vehicle for women to consolidate resources, the chamber allows us to gain from each other and work together in the community.

As we look to the next 75 years, the Women's Chamber must be ready to grow and adapt just as we have done for the last 75 years.

I'm, therefore, deeply honored to serve as your President this next year. And I look forward to working with each of you as together we strive to achieve our many goals. I believe our organization is second to none, and that we have an abundance of members who possess the ability, leadership and vision to lead us into the next century.

Again, thank you for this honor.

Pat Rahija, President

"STRESSED OUT, STRESSED TO THE MAX, STRESS QUEEN..." WOMEN, WORK, AND STRESS

Suddenly, it's 11:00pm. You are still in your business clothes trying to get the clothes in the dryer (and trying to figure out which clothes can be left there for two days and still look okay), trying to decide if you really have to be at work two hours early the next day (because you're so tired you can't see straight), thinking about the weekly work schedule wondering who will call in sick, wondering if those cupcakes baking in the oven can sit out overnight because you can't stay on your feet long enough for them to cool, and trying to fix your printer configuration so you don't lose the hours of work you've done at home... **you are now the "stress queen."**

Stress is defined by stress researcher, Hans Selye, as the response you make to any change or demand on you—emotional, physical, mental, or chemical. Your external environment can cause stress; however, most stress results from our internal being—emotions, thoughts, and perceptions.. Stress is not just in your mind. Long-term stressors will eventually cause the body to break down and our resistance to illnesses is lessened. The health community now recognizes that stress, often called the "wear and tear" disease, plays a part in most illnesses.

As working women, our lives are filled "with even more stressors: shouldering too many roles—being too many things to too many people—carrying too many responsibilities, balancing family and career, and more."

This column, based on J. Robin Powell's book, **The Working Women's Guide to Managing Stress**, is the first of a six-part series. Please contact the newsletter editor with questions, comments, etc.

Is Stress a Way of Life for You?

1. Are you overscheduled?
2. Are you a perfectionist?
3. Do you worry about what people think?
4. Do you hate to wait?
5. Are you a constant worrier?
6. Do you need constant stimulation?

(2 or more "yes" answers—YOU'RE STRESSED!)



CONTINUING EDUCATION OPPORTUNITIES

Never stop mastering important skills. Below is a list of continuing education opportunities. This is a partial list.

Seminars:

"The Essentials of Excellent Customer Service"

July 20 1/2 Day \$59
Call 1-800-873-7545 for details.

"How to Manage Conflict & Emotional Control for Women"

July 12, 13 1 Day \$79
Call 1-800-258-7246 for details.

"Management Skills for Secretaries, Admin. Assistants, and Support Staff"

Aug. 2, 4 1 Day \$99
Call 1-800-255-6139 for details.

"The Indispensable Assistant"

July 31, Sept. 7 1 Day \$99
Call 913-677-3200 for details.

"Mgmt Problems of the Technical Person in a Leadership Role"

Aug. 21, 29 1 Day \$195
Call 1-800-255-6139 for details.

How Do I Sign-Up?

"Business Writing for Results"

July 12, 14 1 Day \$149
Call 1-800-255-6139 for details.

"Thinking Outside the Box"

Aug. 21, 22 1 Day \$99
Call 1-800-258-7246 for details.

"Windows: Tips, Techniques and Shortcuts"

July 14 1 Day \$79
Call 1-800-258-7248 for details.

On behalf of the 1994-1995 Ways and Means Committee, I want to thank the following people for their monthly raffle contributions. These raffles have been very successful in funding the Women's Chamber scholarships. There would be no scholarships without their generosity.

Melissa Bynum, First Vice President

Lorraine Kolich-Sambol Packing Co.

Katie Fields-Fields Florist

Kim Ogden-Mary Kay Cosmetics

Carol Grimsby-Metropolitan Catering

Tracy Talkin-Ron Mears Apprec. Adv.

Josie Bukaty-Bank IV

Mrs. Peters Chicken Dinners

Sylvia Kenner-All My Children Doll Shoppe

Rebecca Thomas-Monchil's European Florist

Edith Farmer

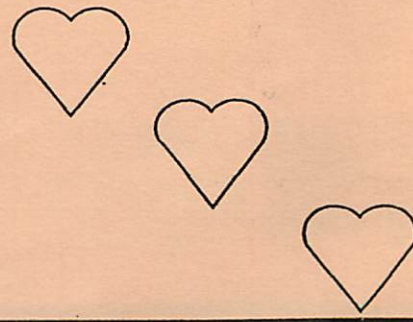
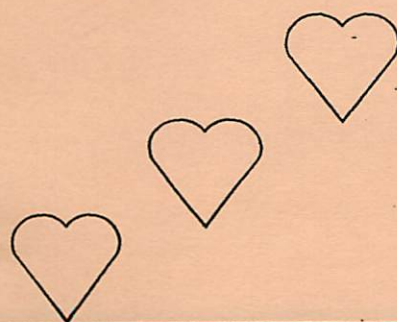
Terry Johnson

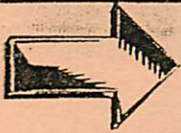
Sharon Blasche

Adrienne Kyger

Judy Lillig

Colleen Mann-Schatz Distributing





MONTHLY MEMBERSHIP MEETING

July 12 Noon Loretta's Cafe 838 Minnesota Ave . \$8.75

(Parking available in the back)

Program:

Sara Campbell, Coach

KC Mustangs-Professional Women's Basketball Team

*Please call in your reservations, 371-3165, or mail check and reservation form to:
Women's Chamber of Commerce, Box 171337, KCKS, 66117.*

Member's Name: _____ Phone #: _____

of Reservations: _____ Amount enclosed: _____

Guests: _____

Please RSVP two days prior to meeting date. Reservations made, but not kept, will be billed cost of reservation plus \$1.00 handling charge.

KCK WOMEN'S CHAMBER OF COMMERCE

TOGETHERNESS/PRELUDE TO PROGRESS

Women's Chamber of Commerce
727 Minnesota Ave.
Kansas City, KS 66101

Bradbury, Jobeth
KCK Public Library
1737 No. 82nd Street
Kansas City, Kansas 66112

THE BULLETIN

August 1995

Volume 1 Issue 2

Premiere

"Steel Magnolias"
starring Marian Ross of "Happy Days"

Sept. 14, 1995
New Theater
9229 Foster, Overland Park, KS
\$30.00 per Person

Buffet 6:30pm-7:30pm
Show 7:45pm

Reservations No Later Than Aug. 20, 1995
Tickets will be on sale at the Aug. KCKWC
Meeting
or from Kim Rodriguez, 888-9877

Please Support Our Scholarship Fund!
Make Your Reservations Now.

MEMBER NEWS

Congratulations to Anna Lu Brune! After 41 years of public service, Anna Lu retired from the Wyandotte Co. Treasurer's Office as supervisor of the Motor Vehicle Dept.

Happy Retirement!



Tracy and Greg Talkin are proud parents of Andrew Allan born Wednesday, July 19. Andrew weighed 7 lbs. 6.5oz. Mother and son are doing fine.

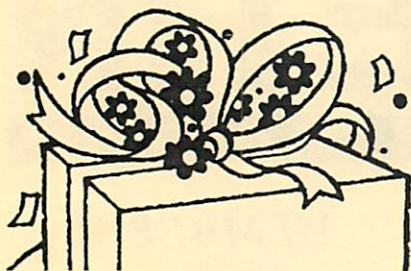
DUES ARE DUE!

Membership dues were due July 1, 1995. 40 members have not renewed as of Aug. 1. Please contact Donna Teasley, 573-5260, for renewal forms.

To submit information for the newsletter, please contact:
Jobeth Bradbury
596-5800; Fax: 531-2468; Email: dbjb@sky.net

Please take time to renew your membership

THE BULLETIN...



Helen Boswell	Aug. 15
Lori Brunner	Aug. 8
Loretta Colombel	Aug. 22
Patricia Dysart	Aug. 10
Irene Forch	Aug. 27
Linda Hohman	Aug. 3
Sandra Hornbeck	Aug. 10
Karalin McKain	Aug. 26
Evelyn Rothenberger	Aug. 15
Mary Ann Starks	Aug. 2
Kimberly Stoff	Aug. 22
Jacqueline Stokes	Aug. 29

OF INTEREST

"Child Support Collection"

Brown Bag Luncheon

August 24, 1995

12:30pm - 1:30pm

Community Education Bldg

Conference Room

KCK Community College

Chuck Palmer, Midamerica Child Supprt Collections, Inc., will present a program on how this child support recovery agency successfully collects child support in 70% of its cases. The informal presentation will include how the agency conducts skip tracing, asset searching, telephone collections and legal avenues available to clients.

Sponsored by the Women's Resource Center

STRESSBUSTER!

6 WAYS TO DESTRESS YOUR WORKSPACE

Arrange Your Workspace to Meet Your Needs

- Adjust your chair to fit your body
- Adjust the height of your chair and table
- Arrange your work materials to your best advantage
- Use back supports, wrist supports and footrests if necessary

Sit in a Balanced Position

- Use your chair to support your back
- Sit in a balanced position with your weight evenly distributed
- Reduce slumping, craning forward, twisting to one side, sudden twisting

Move Often

- Move your neck and shoulders
- Rotate desk activities if possible; make calls, type, read
- Get up from your chair; stretch and/or walk around

Take Breaks

- Take a break from your work; socialize, go get a snack/drink
- Get outside during the day if possible; even if it's only 5 minutes

Take Mini Breaks

- Look away from your task
- Close your eyes
- Take a few deep breaths
- Do a quick overall progressive relaxation

Develop Awareness

- The more attuned you are to your body, the better able you will be to take care of it
- Pay attention to how you use your body while sitting and standing
- Notice how your body feels; look for physical signs of tension
- Move often
- Reframe your attitude toward work

This column is based on J. Robin Powell's book, *The Working Women's Guide to Managing Stress*.

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"Thinking Outside the Box"

Aug. 21, 22 1 Day \$99
Call 1-800-258-7246 for details.

"Mgt. Skills for New Supervisors"

Aug. 16 1 Day \$99
Call 1-800-873-7545 for details.

"The Indispensable Assistant"

Sept. 7 1 Day \$99
Call 1-800-873-7545 for details.

"Powerful Interpersonal Communication Skills"

Aug. 15 1 Day \$99
Call 1-800-873-7545 for details.

"Leadership and Supervisory Skills for Women"

Aug. 10 1 Day \$99
Call 1-800-258-7246 for details.

How Do I Sign Up?

"The Power of Innovative Thinking"

Aug. 21 1 Day \$99
Call 1-800-258-7246 for details.

"Leadership and Supervisory Skills for Women"

Aug. 9 1 Day \$79
Call 1-800-258-7246 for details.

All seminars are in the metro area.



We need your ideas and your input! There are several committees with dedicated volunteers working to make the Women's Chamber work for you. If you are interested in being a committee member, contact the committee chair. It's interesting, it's educational, and it's fun. Learn more about your colleagues, your organization, and your community. Call now.

Committees and Committee Chairs:

Attendance
Bulletin
Bylaws & Resolutions
Community & Economic Dev.
Finance-Audit-Budget
Education & Career Educ.
Historian
Hostess/Hospitality
Legislative
Membership/Yearbook
Program
Publicity
Long Range Planning

Adrienne Kyger 287-1733
Jobeth Bradbury 596-5800
Kendra Jennings 334-6355
Amy Falk 287-1771
Algertha Diggs 573-9140
Deloris Pinkard 334-1100
Katie Fields 371-1010
Angie Kaminski 321-4242
Pat Brune 426-2811
Donna Teasley/Tina Thomas 573-5260
Melissa Bynum 788-3988
Judy Lillig 573-5238
Carol Grimsby 268-0800

Special Committees

American Royal
Ways & Means
Parliamentarian
Scholarship

Pat Rahija 621-0832
Kim Rodriguez 888-9877
Edith Farmer 573-5465
Pat Gaunce 596-5800

**GIVE THE
GIFT
OF TIME!**

**BECOME A
KCKWC
VOLUNTEER**



MONTHLY MEMBERSHIP MEETING

Guest Speaker: Rep. Jan Meyers

Date: Aug. 16 Time: Noon

Location: Wyandotte Room 3, Reardon Center

Cost: \$9.00

(Menu: Caesar Salad, Broccoli, 3 Cheese Lasagna, Strawberries and Creme Puff Pastry)

*Please call in your reservations, 371-3165, or mail check and reservation form to:
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KCK WOMEN'S CHAMBER OF COMMERCE

"Women of Visions—Seeking New Horizons"

Women's Chamber of Commerce
727 Minnesota Ave.
Kansas City, KS 66101

KCK Women's Chamber of Commerce
1920-1995 75 Years of Progress

THE BULLETIN

September 1995

Volume 1 Issue 3

Time to Crack Open a Leave Bank?

(Source: *The Bureau of National Affairs, Inc.*, 1995)

As reengineering becomes a standard procedure in the corporate world, employers are increasingly willing to examine sacred cows for cost-cutting... One of the cows that is not so sacred any more is paid leave... many employers now allot as a single bank of time in order to reduce their expenses and administrative burdens involved with leave benefits.

Paid leave banks...can be used to combine all types of employer-provided leave benefits. They can cover both discretionary and nondiscretionary time off from work for absences that might otherwise qualify as sick, vacation, disability, holiday, bereavement, sabbatical, military, and jury duty leave. Even an arrangement that rolls together only the most significant categories, such as sick, vacation, and holiday leave, can have a powerful impact on the way employees view leave benefits and use their paid time off. A common goal of paid leave banks is the elimination of various leave categories to minimize the administrative burdens of tracking employees' paid time off. Regardless of the reasons for adopting the banks, however, employers can realize a number of advantages. For example, paid leave banks can provide employees greater flexibility to use time off as they see fit and raise their perceptions of the value of leave benefits. Other advantages include:

- Reduced staffing problems associated with unplanned absences
- Creation of an incentive for employees to use their leave wisely
- Increased employer ability to control costs

Disadvantages include:

- Employees may be encouraged to come to work when they are sick to save days for vacation
- Some employees may have difficulty budgeting their time off

Employers should be careful to design a policy that ensures maximum employee "buy-in."...Employers should draft a variety of plans that meet their objectives and present the designs to employee focus groups. After identifying and implementing a leave bank policy that pleases both managers and employees, employers should continue to track scheduled and unscheduled absences to gauge the need for future design changes...

MEMBER NEWS



Chris and Stephen May are proud parents of Madeleine Elizabeth born Thursday, July 20. Mother and daughter are doing fine.

Have It Your Way!

Do you have an idea for monthly programs? Do you know of someone and/or an organization, club, etc. that the Kansas City, Kansas Women's Chamber might enjoy or need to know about? **Melissa Bynum, 788-3988**, wants to hear from you!

Melissa works hard to provide quality top-notch programs for our membership and guests and she wants your input and feedback. Please let her know what you think of the programs. Pick up the phone and call her with your program ideas.

She needs the program topic, contact person, and contact person's phone number-that's all! She'll be off and running...

To submit information for the newsletter, please contact:

Jobeth Bradbury

596-5800; Fax: 531-2468; Email: dbjb@sky.net

Please take time to renew your membership

THE BULLETIN

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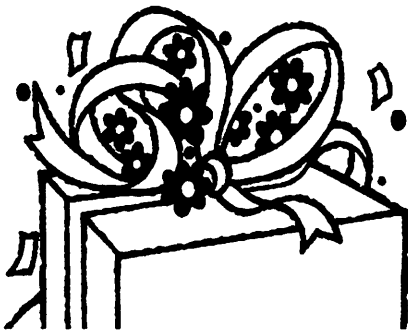
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To submit information for the newsletter, please contact:

Joseph Bradbury
898-8800; Fax: 831-2488; Email: jbrad@eky.net

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THE BULLETIN...



Betty Amos	Sept. 18
Naomi Bowen	Sept. 21
Pat Gaunce	Sept. 4
Eloise Leslie	Sept. 10
Carol Stockhoff	Sept. 3
Tina Thomas	Sept. 3

OF INTEREST

"Today's Changing WorkPlace: Are You Ready?"

Brown Bag Luncheon

Sept. 21, 1995

12:30pm - 2:00 pm

Community Education Bldg

Conference Room

KCK Community College

A panel of business and industry employers will discuss the waves of the future that are already changing the shape of the workplace as we now know it. How we can prepare ourselves for the developments that technology and communication have created will be discussed as well as team mgt, skill assessment, and business trends.

Sponsored by the Women's Resource Center

STRESSBUSTER! *Suffering from Desk Stress?*

The best time-management advice is useless if you suffer from desk stress—silent interruptions in your daily routine that steal time and personal productivity. Avoid desk stress by:

- **Logging** all of your appointments in a single calendar. Don't let yourself get overextended by keeping multiple calendars.
- **Keeping** open files off your desk. They invite unnecessary inspection. Leave out only the files you're supposed to be working on. Close others and put them where they should be stored.
- **Working** from a single "to do" list. Don't clutter your work space with notes and reminders written on paper scraps.
- **Cleaning** out your in-box daily. Don't let paper pile up. Act on it, delegate it, file it or toss it.
- **Placing** pens, staplers, etc. out of sight in an easy-to-reach drawer. Avoid cluttering your workspace with distracting items you use only occasionally.

Source: Priority Management Systems, Koll Center Bellevue #1740, 500 108th Ave., Bellevue, WA 98004.

Hurry! Only 5 Tickets Left!

"Steel Magnolias"

starring

Marian Ross of "Happy Days"

New Theater Restaurant

Sept. 14

Dinner: 6:30pm

Show: 7:45pm

\$30.00 per Person

**For tickets, call Kim Rodriguez,
888-9877**

All proceeds benefit the KCKWC Scholarship Fund

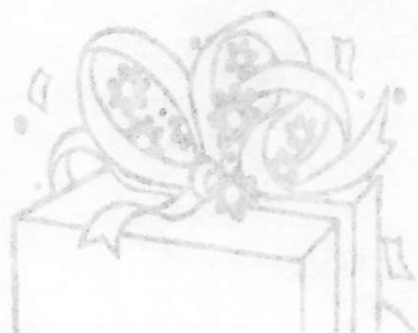
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Source: Priority Management Systems, Kelli Center Bellevue #1740, 500 108th Ave., Bellevue, WA 98004



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Seminars:

"The Indispensable Assistant"

Sept. 7 1 Day \$99
Call 1-800-873-7545 for details.

"Self-Directed Work Teams"

Sept. 20 1 Day \$125
Call 1-800-255-6139 for details.

"How to Handle Difficult People"

Sept. 20, 21, 22 1 Day \$79
Call 1-800-258-7246 for details

"Coaching & Teambuilding Skills for Managers & Supervisors"

Sept. 25 1 Day \$99
Call 1-800-873-7545 for details.

"Firing Employees with Attitude"

Sept. 11 1 Day
Call 913-451-2900 for details.

How Do I Sign Up?

"Basic Supervision"

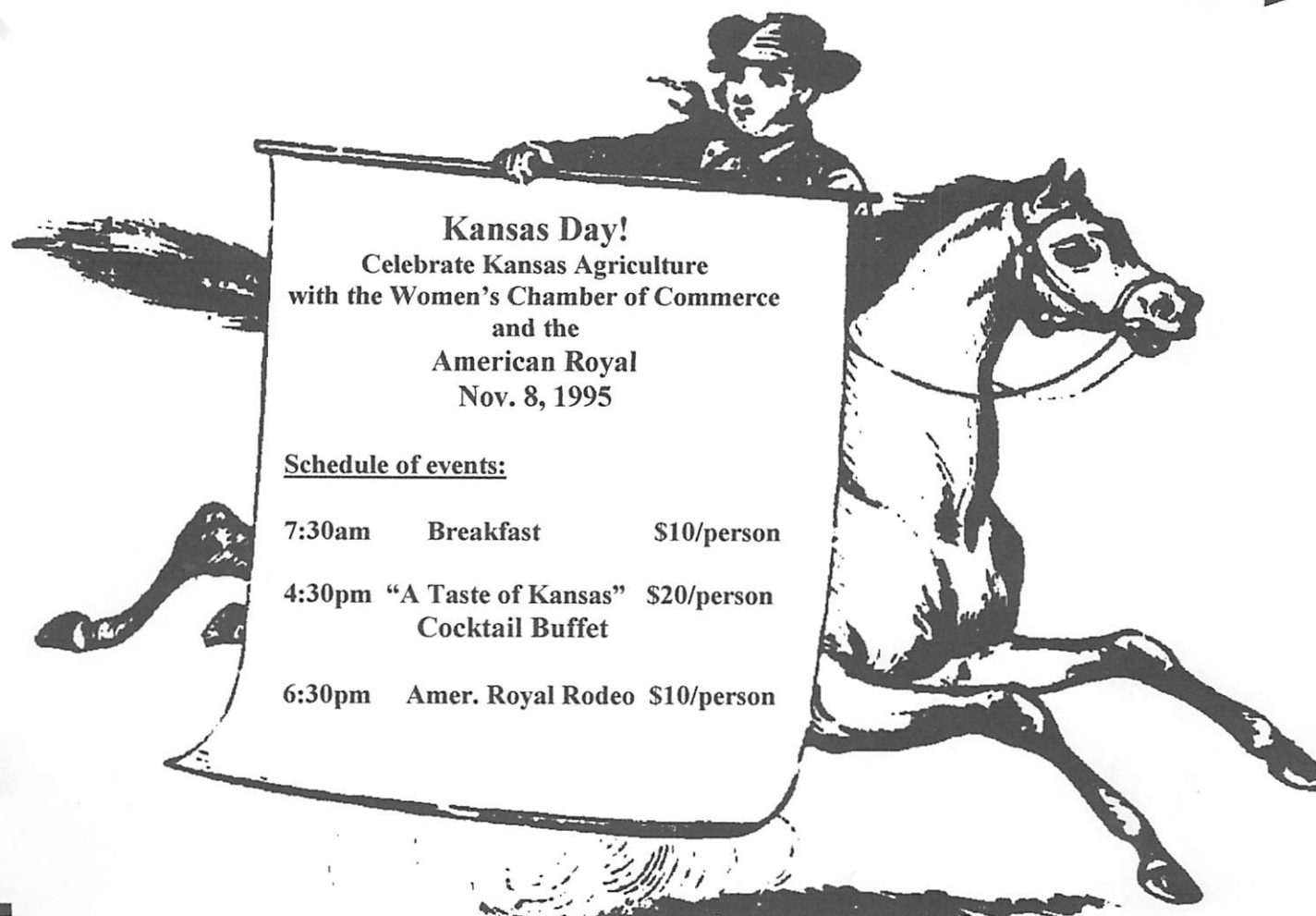
Sept. 13 1 Day
Call 913-451-2900 for details.

"Using the Internet"

Sept. 20 1 Day \$69
Call 1-800-873-7545 for details.

"How to Manage Projects, Priorities, & Deadlines"

Sept. 15 1 Day \$99
Call 1-800-258-7246 for details.



CONTINUING EDUCATION OPPORTUNITIES

How Do I Sign Up?

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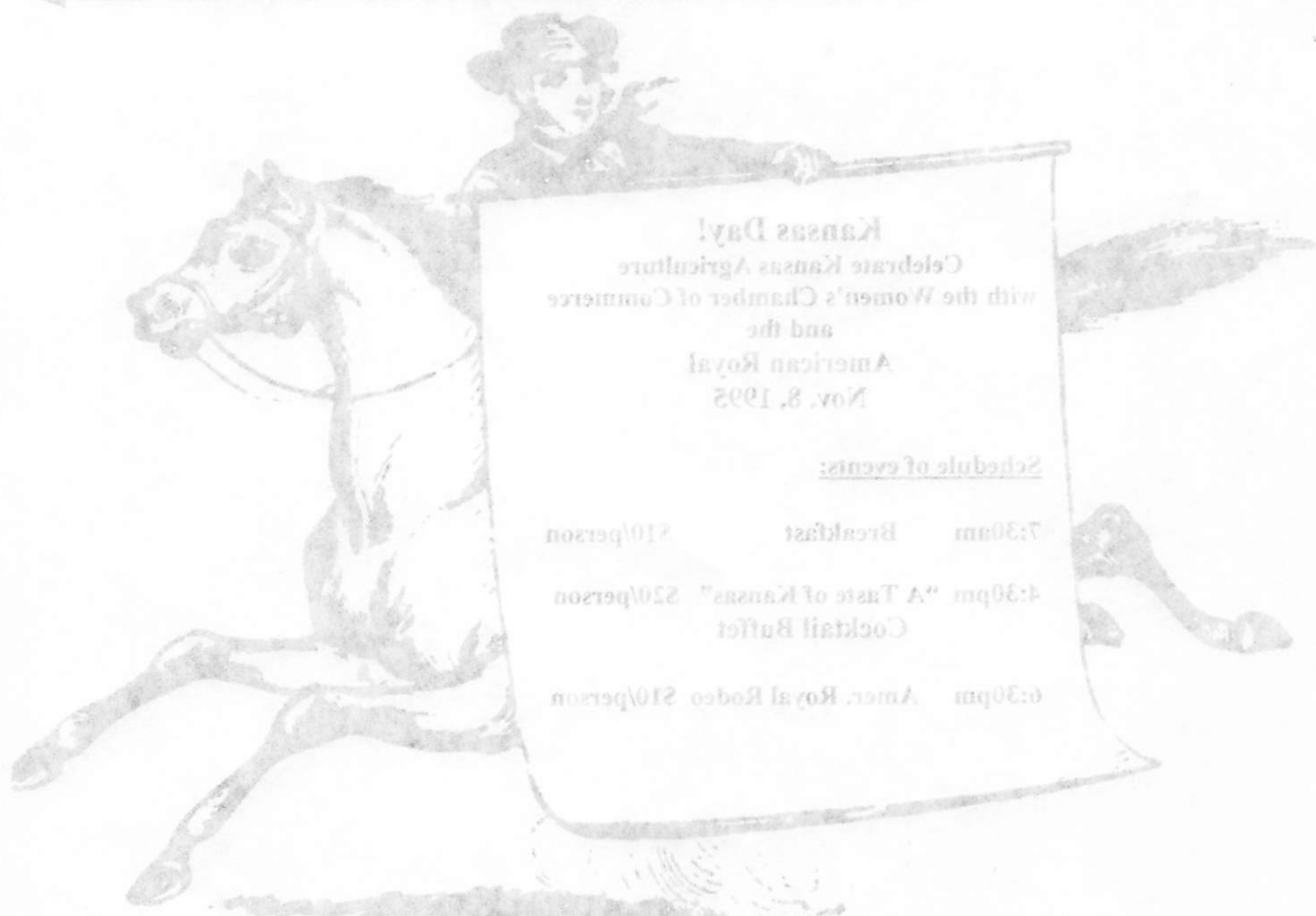
"Self-Directed Work Teams"

Sept. 20 1 Day \$125
Call 1-800-258-8139 for details.

Kansas Day!
Celebrate Kansas Agriculture
with the Women's Chamber of Commerce
and the
American Royal
Nov. 8, 1995

Schedule of events:

6:30pm Amer. Royal Rodeo \$10/person
4:30pm "A Taste of Kansas" \$20/person
Cocktail Buffet
7:30am Breakfast \$10/person





MONTHLY MEMBERSHIP MEETING

Guest Speaker: Kim Ogden, Sales Director, Mary Kay Cosmetics

Date: Sept. 13 Time: Noon

Location: KC Keepers (new downtown restaurant); 645 Minnesota

Price and menu not finalized; approx. 7-10\$

Parking available at the Reardon Civic Centre lot 1 block east of KC Keepers

Kim's program is "You Can Have It All"-you don't have to settle for a piece of the pie when you can enjoy the whole pie. She will be speaking about how to achieve balance between career and family.

*Please call in your reservations, 371-3165, or mail check and reservation form to:
Women's Chamber of Commerce, Box 171337, KCKS, 66117.*

Member's Name: _____ Phone #: _____

of Reservations: _____

Guests: _____

Please RSVP two days prior to meeting date. Reservations made, but not kept, will be billed cost of reservation plus \$1.00 handling charge.

KCK WOMEN'S CHAMBER OF COMMERCE

"Women of Vision—Seeking New Horizons"

Women's Chamber of Commerce

727 Minnesota Ave.

Kansas City, KS 66101

KCK Women's Chamber of Commerce
1920-1995 75 Years of Progress

THE BULLETIN

October 1995

Volume 1 Issue 4

YOU'RE INVITED!

Mark Your Calendar!
for
Wednesday, Sept. 27
6:00pm
(following the board mtg.)
West Wyandotte Library

**The Women's Chamber American Royal
Committee needs just one hour!**

**Join us for pop and pizza
and help us address
"Kansas Day at the American Royal" invitations.**

(This day is sponsored by the KCKWC)

PLEASE COME-WE NEED YOUR HELP!

R.S.V.P. to Pat Gaunce, 596-5800 (business hrs.)

Just so you know...The Women's Chamber is an organization whose membership consists of women representing business, industry, civic, education, health related, service oriented, commercial and other interests in the Greater Kansas City community. The organization exists to foster the common good of both the community and its residents by promoting the strengths of women and their contributions in leadership roles.

MEMBER NEWS

Jan Pack is a returning member to the Women's Chamber of Commerce. She has recently become the new Volunteer and Friends of the Kansas City, Kansas Public Library Coordinator. Her office is located at the West Wyandotte branch. Jan says that, "she has missed the comraderie of fellow members, monthly meetings, and looks forward to working on our community projects."

Welcome back, Jan!



To submit information for the newsletter, please contact:
Jobeth Bradbury
596-5800; Fax: 531-2468; Email: dbjb@sky.net

Please take time to renew your membership

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Joseph Bradbury
596-5800; Fax: 631-2468; Email: djpb@skynet.net

Please take time to renew your membership



MONTHLY MEMBERSHIP MEETING

Guest Speaker: Lori Wuellner, Wy. Co. Extension Agent-Home Economics
"Healthy Eating for Life"

Date: Oct. 11 Time: Noon

Location: West Wyandotte Library, Auditorium, 1737 N. 82nd St.

Price and menu not finalized; approx. 7-10\$

(We guarantee you a delicious meal).

*Please call in your reservations, 371-3165, or mail check and reservation form to:
Women's Chamber of Commerce, Box 171337, KCKS, 66117.*

Member's Name: _____ Phone #: _____

of Reservations: _____

Guests: _____

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KCK WOMEN'S CHAMBER OF COMMERCE

"Women of Vision—Seeking New Horizons"

Women's Chamber of Commerce
727 Minnesota Ave.
Kansas City, KS 66101

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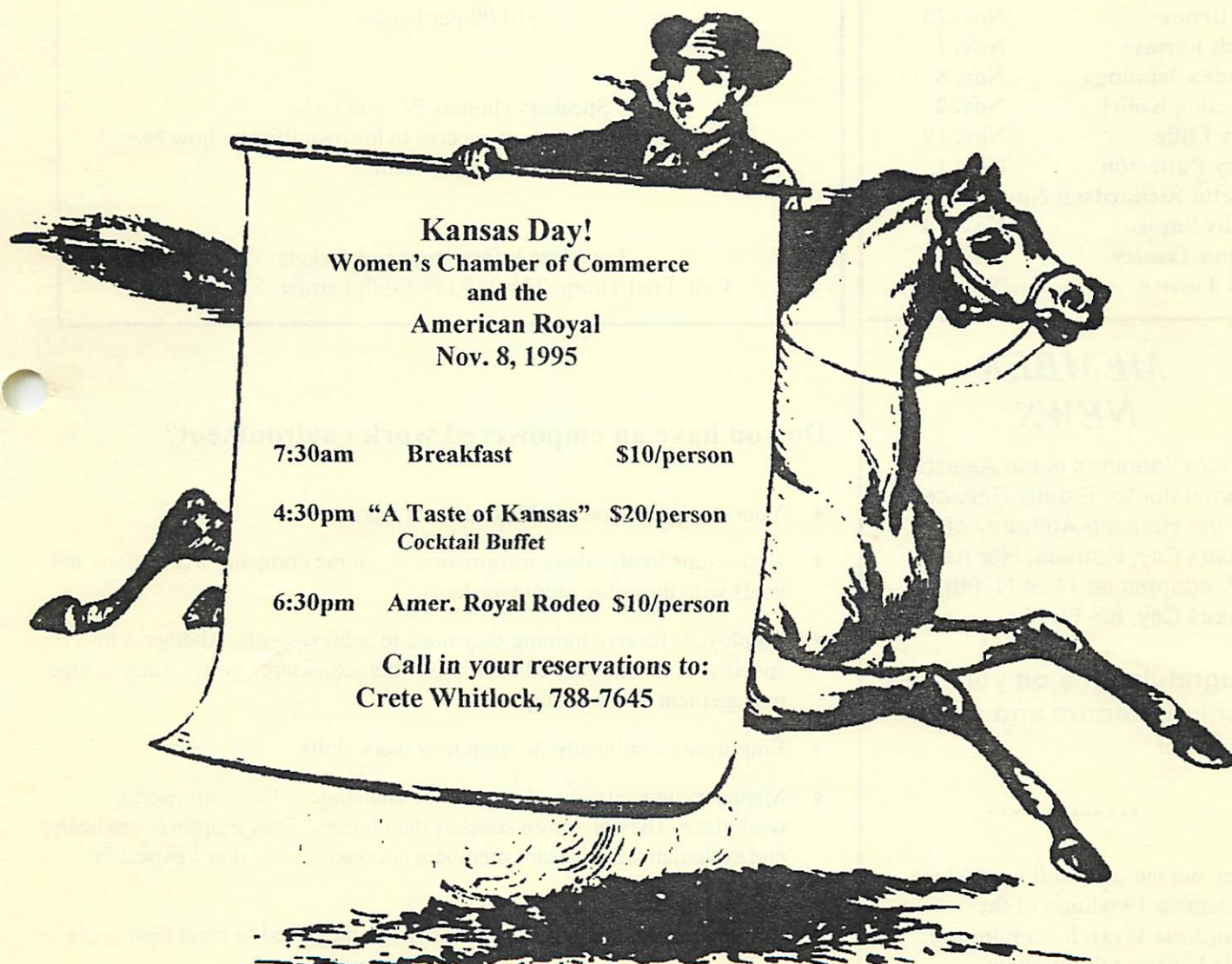
KCK Women's Chamber of Commerce
1920-1995 75 Years of Progress

THE BULLETIN

November 1995

Volume 1 Issue 5

MAKE YOUR RESERVATIONS TODAY!
Support the Women's Chamber on Nov. 8



Kansas Day!
Women's Chamber of Commerce
and the
American Royal
Nov. 8, 1995

7:30am Breakfast \$10/person

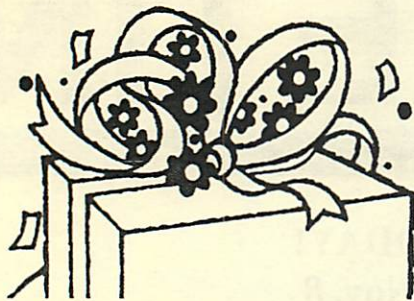
4:30pm "A Taste of Kansas" \$20/person
Cocktail Buffet

6:30pm Amer. Royal Rodeo \$10/person

Call in your reservations to:
Crete Whitlock, 788-7645

Meet the Kansas Farm Family
Steve, Kathy, Amy and Kari Knetter
from
Kansas City, Kansas

THE BULLETIN...



Margaret Browne	Nov. 1
Pat Brune	Nov. 23
Edith Farmer	Nov. 1
Kendra Jennings	Nov. 8
Lorraine Kolich	Nov. 2
Judy Lillig	Nov. 19
Mary Patterson	Nov. 1
Rosetta Richardson	Nov. 10
Kathy Supica	Nov. 24
Donna Teasley	Nov. 11
Joni Turner	Nov. 18

MEMBER NEWS

Kendra Jennings is the Assistant Coordinator for Elderly Services with the Housing Authority of Kansas City, Kansas. Her new work address is: 1124 N. 9th, Kansas City, KS 66101.

Congratulations on your new position, Kendra and much success!

Check out the outstanding article in the October 19 edition of the **Wyandotte West**. It is multipage article honoring the Women's Chamber and the women of Kansas City, Kansas and Wyandotte County. For a copy, contact Melissa Bynum or come by the KCK Public Library, West Wyandotte branch (for a photocopy).

Twenty-Second Annual Mayor's Prayer Breakfast

November 17, 1995

6:30am

18th and Ridge

Kansas City, Kansas

Full Buffet Breakfast

\$10.00 per Person

Speaker: Thomas W. Van Dyke

Discussing the barriers of success in his own life and how he overcame them.

For More Information and Tickets:

Call: Fred Thorp, 721-2473 or Edith Farmer, 573-5465

Do you have an empowered work environment?

- ◆ Your workplace has established work teams.
- ◆ Higher-ups freely share information about the company's directions and goals with the entire employee base.
- ◆ Employees receive training they need to achieve goals, whether it be specific work skills or education on "bigger picture" issues, such as time management or leadership.
- ◆ Employees continually develop new work skills.
- ◆ Managers understand and respect the challenges of an empowering workplace. They are more coaches than bosses. They empower gradually and systematically as team members are ready. They don't expect or push for results.
- ◆ Employees are in control of the resources they need to meet their goals.
- ◆ The company provides measurements so teams can see whether their ideas are effective.
- ◆ Team members are treated to continual positive feedback and reinforcement.

HAPPY HOLIDAYS!



**COME CELEBRATE THE HOLIDAYS AT THE WOODLANDS
WITH THE KCK WOMEN'S CHAMBER OF COMMERCE**

**DECEMBER 8, 1995
6:00PM TO ? (BUFFET 6:30-7:30)**

**WOODLANDS RACE TRACK
CLUB LEVEL**

**TICKETS: \$20.00 PER PERSON
(BENEFITS THE SCHOLARSHIP FUND)**

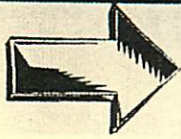
**COME ENJOY A FULL HOLIDAY BUFFET INCLUDING: PRIME
RIB, HAM, TURKEY, BEGETABLES, SALADS, DRINKS AND
DREAMY DESSERTS!**

**TICKETS CAN BE PURCHASED FROM KIM RODRIGUEZ
(888-9877), MELISSA BYNUM, KENDRA JENNINGS, AMY
FALK AND PAT RAHIJA.**



The Ways and Means committee Dec. raffle will be held Nov. 1 - Dec. 8 to benefit the scholarship fund. The raffle will not be held Dec. 8, during the KCKWC's holiday celebration at the Woodlands. Winners need not be present. Tickets are \$1.00 each or 8 for \$5.00. 20 prizes are valued from \$5.00 - \$50.00.

Tickets cannot be sold at the Woodlands. Please purchase your tickets in advance. Tickets are available from the Ways & Means Committee members: Kim Rodriguez, Melissa Bynum, Kendra Jennings, Betty Amos and Amy Falk.



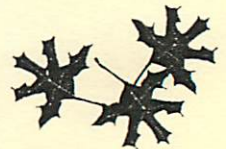
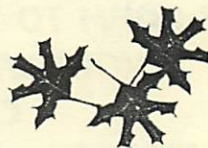
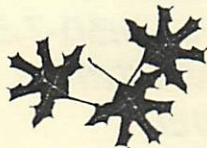
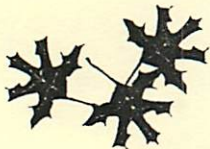
MONTHLY MEMBERSHIP MEETING

November 8:

***Kansas Day at the American Royal
(a full day of activities honoring the
Kansas Farm Family) sponsored by the
KCK Women's Chamber.***

December 8:

***Celebrate the Holidays with the KCK
Women's Chamber at the Woodlands!
6pm-? \$20.00/person-benefits the KCKWC's
scholarship fund.***



KCK WOMEN'S CHAMBER OF COMMERCE

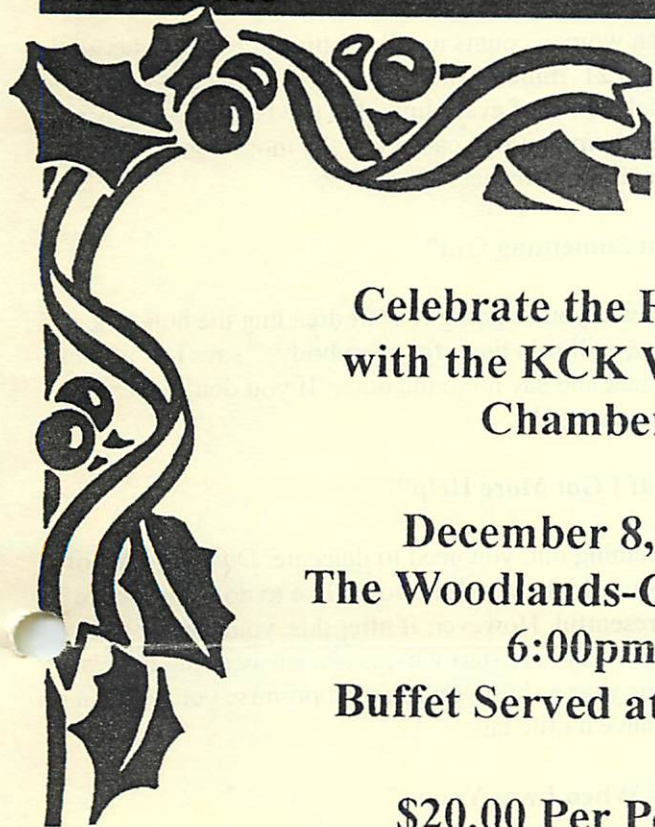
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THE BULLETIN

December 1995

Volume 1 Issue 6



**Celebrate the Holidays
with the KCK Women's
Chamber!**

**December 8, 1995
The Woodlands-Club Level
6:00pm
Buffet Served at 6:30pm**

\$20.00 Per Person

**All Proceeds Benefit the KCK
Women's Chamber
Scholarship Fund**

Purchase tickets from Kim Rodriguez, 888-9877

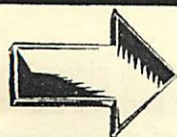
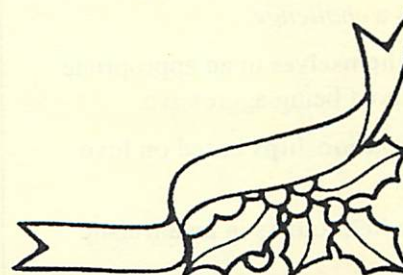
MEMBER NEWS

Welcome Back...to Sandra L. Cantwell, Wy. Co. Counselor's Office and Pat Stripling Brown, Commerce Bank, N.A.

MEMBERSHIP DIRECTORIES

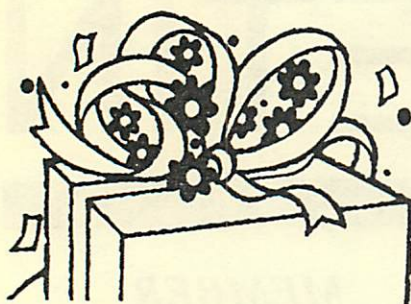
If you have not yet received your 1995-96 Women's Chamber membership directory, please contact Donna Teasley, 573-5260.

If you find errors that need to be corrected, please contact Jobeth Bradbury, 596-5800 (days); 531-2468 (evenings and weekends).



**To submit information for the newsletter, please contact:
Jobeth Bradbury
596-5800; Fax: 531-2468; Email: dbjb@sky.net**

There will be no board meeting in December



Karen Burns	Dec. 3
Ollie Cole	Dec. 7
Teresa Garrison	Dec. 6
Janet Lewis	Dec. 25
Brenda Mahler	Dec. 28
Carol Marinovich	Dec. 9
Marty Porter	Dec. 30
Kimberly Rodriguez	Dec. 3
Dorothy Schroeder	Dec. 7
Margaret Steele	Dec. 20

THE IMMUNE POWER PERSONALITY
by Henry Dresser, outlines seven traits of healthy people. According to the book, people with powerful immune systems:

- **Are attuned** to mind-body signals of pain and conflict—both at work and in their private lives.
- **Can confide**—to themselves and others—secrets, feelings and traumas that others lock inside.
- **Possess** a hardiness factor that includes the three C's: a sense of *control* over their lives, a *commitment* to their work and an ability to view stress as a *challenge*.
- **Assert themselves** in an appropriate way without being aggressive.
- **Form relationships** based on love and trust.
- **Tend to help** others in an altruistic way.
- **Can fall back** on one facet of their personality when another fails or is wounded.

ELIMINATE HOLIDAY STRESS

from...Dec. 1994 REDBOOK

"There Isn't Enough Time to Do Everything"

When the average American woman counts up all the time she has versus all the time she needs, she comes up 21 minutes short *every day*. How can you recover that lost time...? Make a list of everything that needs to be done that day, making number one the item that will cause you the most angst if you don't get to it. Eliminate the bottom-feeders altogether.

"But I Feel Guilty If I Cut Something Out"

"If you don't learn to cut down, you're going to start dreading the holidays, and that, more than anything else, will ruin them for everybody," says Dr. Witkin. Decide what is more important and say no to the other. If you don't, everyone, including you, will feel shortchanged.

"I Could Get More Done If I Got More Help"

If you can't bear to cut something out, you need to delegate. Draw up a list of tasks and ask family members which ones they would like to do. If they have some say, they won't be as resentful. However, if after this, your family still does not pitch in, now is not the time to start what is obviously going to be a major battle. Get through this year as best you can, and promise yourself that on Jan. 2, you are all going to have a little talk.

"It Has to Be as Magical as When I was Young"

Most of us don't have the time our mothers did (those enchanted memories are probably idealized anyway). Remember that while you are busy re-creating your childhood memories, you are also creating memories for your children. And you don't want their memory to be of a mother who is exhausted and resentful. Select one or two memories and concentrate on them.

"I Don't Have Time to Shop"

Have people draw up wish lists, then set aside one or two days to blitzkrieg through it all. Put on your most comfortable shoes, leave the kids with a sitter, and spend only cash. This...approach forces you to be more focused and efficient, eliminating those stressful hours of aimless wandering and second-guessing. You may still be exhausted, but at least it only lasts two days.

"I Always Get the Wrong Thing for My Sister-in-Law"

We're going to have to get Zen-like here. Accept that you will never please her. Accept that she will never stop grumbling...By not pleasing her, you are pleasing her, since you are providing her with hours of joy-filled complaining!

HAPPY HOLIDAYS!

Presenting with Power

Source: Communication Briefings
1101 King St, Suite 110, Alexandria, VA 22314

Try these ideas...

Build Your Confidence

Do your homework thoroughly. Learn all you can about your subject matter.

Know your audience.

Consider the audience your ally.

When asked to speak, determine what the people who invited you expect.

Avoid the Boring Trap

Use your leg muscles to get out of the chair. You'll appear more energetic.

Don't start by apologizing for something. Apologies set a negative tone.

Smile as you begin.

Be enthusiastic.

Avoid reading your presentation.

Preparing Your Presentation

Try compiling your notes on index cards or a computer.

Determine your key points.

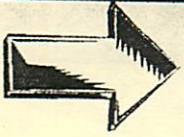
Find a way to work in any especially good information that doesn't fit.

Put extra emphasis on the beginning of the presentation.

Use short sentences.

Use comfortable words.

Put extra attention on the conclusion of your presentation.



MONTHLY MEMBERSHIP MEETING



Holiday Celebration!
December 8
The Woodlands
Dinner Served at 6:30pm

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