

The Signpost

Making a Difference for Women and Girls for 97 Years

Soroptimist International of Kansas City
South Central Region



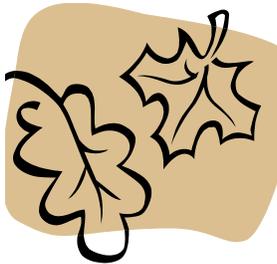
SOROPTIMIST® September 2023

Investing in Dreams



The Signpost

President's Message
Margaret Smith, MD



Finally, cooler weather!

It has been a long hot summer but kids have all started school and we are celebrating the Labor Day weekend.

Labor Day was a holiday to give workers a day of rest when the work week was still 6 days.

Those days have long passed but we continue the tradition, a well deserved one, as work now sometimes bleeds into our home life with the internet and zoom.

Take the time each week to honor yourself and your family, with periods of renewal and relaxation!

Happy Labor Day!

President Margaret

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Kay Stewart, Editor

www.kcsoroptimist.org

Soroptimist Kansas City Foundation
Soroptimist International
of Kansas City
1221 West 103rd #224
Kansas City, MO 64114

The Call is Out!
South Central Region District Meetings
October 20-22, 2023
Oklahoma City, OK
See the Call
for Registration/Reservations

September Calendar



Recruitment & Retention Meeting

September 2, 2023
10:00 a.m.
Panera
103rd & State Line
Kansas City, MO 64114

Pick Up Mums

SIKC Northland
September 9, 2023
9:00 a.m. to noon
IWerx on Burlington
between 15th and 16th Ave.
North Kansas City

Board Meeting

September 13, 2023
6:00 p.m.
Shepherd's Center
9200 Ward Parkway
Kansas City, MO 64114

Business Meeting

September 20, 2023
6:00 p.m.
O'Neill's Restaurant
9417 Mission Road
Leawood, KS 66206

Community Service Dinner

September 23, 2023
4:00 p.m.
KC Hospice House
12000 Wornall Road
Kansas City, MO 64145

CPR Training

September 30, 2023
9:30 a.m. to 11:30 a.m.
Plaza Library
4801 Main St.,
Kansas City, MO 64112

September Business Meeting

Wednesday September 20, 2023

O'Neill's Restaurant
9417 Mission Road
Leawood, KS 66206

5:30 p.m. Social Hour
6:00 p.m. Dinner
6:30 p.m. Business Meeting

Menu

BLEU PINE SALAD – peanuts, oranges, tomatoes, red onions, red pepper, scallions, crispy wontons, and bleu cheese crumbles. Served with honey citrus vinaigrette.

Dinner roll

Brownie and cookie tray

Cost - \$22

(payable at the door)

Speaker

LaShawn Walker
“Fall in Love with Fundraising”

RSVP to Marie Parker

no later than Friday September 15.



September Birthdays

Bonnie Cutler September 2
Heather Rollins September 3
Lynn LeCount September 7
Jerri Cofran September 11

LaShawn Walker



LaShawn Walker is the Founder, President and CEO of Suburban Balance, a Lee's Summit based non-profit family organization that provides educational and cultural opportunities to suburban kids of color to help ensure they experience a well-balanced lifestyle while growing up in their suburban communities or attend schools that lack diversity. LaShawn founded the non-profit in 2012 and to date, more than 500 families from Missouri & Kansas have joined the organization, serving more than 1500 students!

LaShawn is also the driving force behind the Inspirational movement, "LIFT HER UP", a movement of more than 2000 followers she founded in 2017 to inspire more women to support, encourage, elevate, nominate, celebrate and LIFT one another up in business and beyond! The inspiring movement takes place every year during Women's History Month and in 2023 drew its largest crowd of a little more than 700 women.

In 2016, LaShawn was recognized for her work with Suburban Balance as an "Examiner Women of Distinction Honoree", a select group of women making a difference in Eastern Jackson County! This recognition was the result of her dedication and commitment and the work she's done with Suburban Balance. This by far has been one of LaShawn's most notable recognitions since founding the non-profit! Being honored for the work that she's so passionate about is priceless! In 2017 LaShawn returned to the awards ceremony and participated in the Examiner Women of Distinction as an Alumni to support the new honorees! Participating as an Alumni opened her eyes to various possibilities to further her work and in part led her to launch "LIFT HER UP".

In 2017, LaShawn was named an appointee of Jackson County Executive, Frank White Jr to serve on the Community Advisory Committee at the Health Forward Foundation. She left her duties in 2018 to focus on building her non-profit. Most recently, LaShawn was named the recipient of two Humanitarian Awards! The "Truman Heartland Community Foundation" recently named her the 2023 "HUMANITARIAN OF THE YEAR" and she has also been named The Kansas City People's Choice Award Humanitarian recipient.

Community Service-Two Events Planned for September

Your Community Service Committee has two events planned for September.

We had such a good time putting providing dinner for the
KC Hospice House & Palliative Care
 in June that we decided we wanted to do it again in September.



Date: Saturday, September 23.

12000 Wornall Road
 Kansas City, MO 64145

Time, Arrive around 4:00 p.m.

Serve dinner at 5:00 p.m.

Clean Up and leave by 6:30 p.m.



The staff and families really liked our Fiesta so we are doing something fun again.

This time it is going to be a **Baked Potato Bar.**

If you can participate, here are the things we need.

Baked potatoes, wrapped in foil, baked and ready to be warmed in the oven.

(We have that one covered).

Toppings: sour cream, shredded cheese, butter, bacon bits,
 and anything else you think they would like.

Salad

Dessert

Drinks, soft drinks, water, iced tea.

Our second event is CPR training/review/basics.

After an up close and personal incident recently, we decided we could all do with a review
 of what we know about CPR.

With that in mind, we have scheduled CPR training for September.

Place: **The Plaza Branch Library**

Plaza Large Meeting Room

4901 Main Street

Kansas City, MO 64114

Date: Saturday, September 30.

Time: 9:30 a.m. to 11:30 a.m.

Snacks provided.

Cost: \$5.00 (payable at the door)

Trainer: Andre Sidney

Red Cross Certified First Aid/CPR/AED.



Table Talk Tips from Dan Arbuckle

Dan Arbuckle, Charter member of KUMC Toastmasters was our guest speaker at our August club meeting. He has earned the Distinguished Toastmaster (DTM) award from Toastmasters International and he has served as an officer at district and regional events and conferences.

He gave us some excellent tips in effectively communicating with others.

Among them are:

Everyone has something to teach us.

Be kind.

Look for common ground.

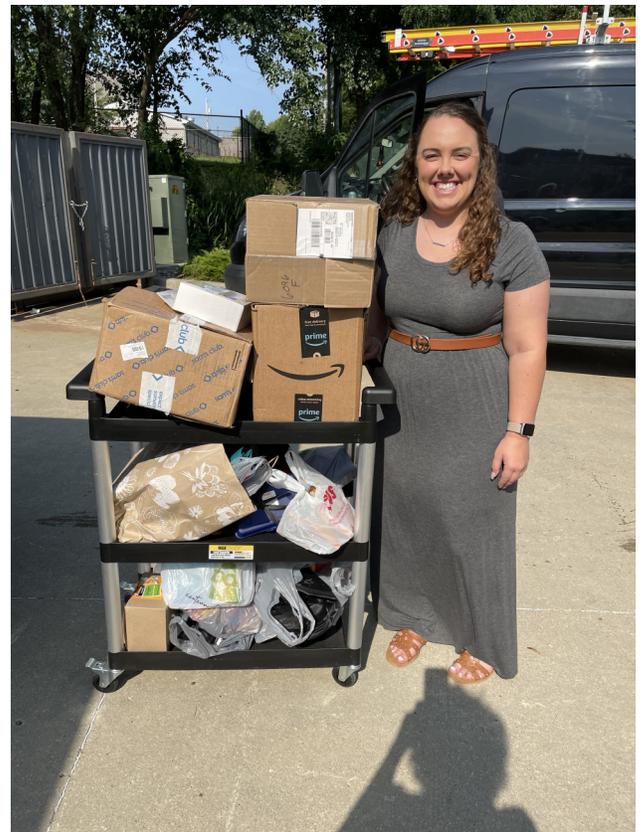
Sometimes silence is the best option.

Great openers include "Tell me about yourself." and "Where are you from?"

Let's try to bear these in mind as we greet guests and meet other Soroptimists at upcoming meetings and events. And finally, agreeing to disagree is a great way to put a topic to rest. Thank you, Dan.



Last month we collected school supplies for children served by Community Services League. Lexi Pardee, Volunteer Coordinator with CSL was very pleased to receive our donation. Shown is one of two fully loaded carts of supplies.



Report to SIKC from the SI Convention 2023 Dublin, Ireland

From Marcia Boutz...

The **Soroptimist International Convention** was held in Dublin, Ireland the 27-29 July, 2023. The theme of the convention was “**Challenge the Future Educate Empower Enable**”. At the Board Meeting held just before the opening of the convention it was announced that the “Presidents Appeal would not be continuing after September 30th, 2023. Instead, the new **Soroptimist International Foundation** would take its place. This will allow for long-term, medium-term and short-term projects. For the next 5 years the money raised will be used to fund projects focused on The Advancement of Education, The relief and/or prevention of poverty, and the advancement of human rights, peace, equality and diversity. *December 10th will be Soroptimist International Foundation day (UN Human Rights Day).*



Also, announced at the Board Meeting was the new Logo. It is similar to the old Soroptimist International logo. See above...

At the convention the new flag was shown. It is blue with the lettering and logo in gold.

The new Africa Federation presented a workshop on their project of Eliminating Cervical Cancer in Africa by 2030. They are working with Health4life Fund (a UN fund) to get HPV vaccinations included in national immunization programs, strengthen cancer registry capacity, increase domestic investments in health professionals' training and cancer treatment options. Their goals are 90% of girls receive HPV vaccination by age 15, 70% of women screened by age 35 and again by 45 and 90% of women identified with cervical disease receive treatment. To do this they are working to get each country to sign on to the program.



One Foundation changed its name, it is now the **South East Asia Pacific Federation**. Asia Pacific faces major climate change challenges and already we have seen the impact this has on our members' traditional endeavors to educate, empower, and enable women and girls as they have switched to disaster recovery. They are moving toward prevention and risk mitigation in disaster emergency areas, moving from band-aids to being proactive in women's leadership for a gender equal future.

In all it was a wonderful convention with lots of time to socialize with the other members. From South Central Region our Governor Angela Standish was there and we had lunch together one day. I also met Soroptimists from my old region. I gave out bags (reusable) and won a prize of envelopes from **Helping Hands Penan**. (Penan is an aboriginal semi-nomadic tribe of the Borneo Rainforest.)

SI Convention 2023

Marcia Boutz and her sister had a great trip to Norway and Iceland. This was an ocean cruise, so they saw a lot from the water. The fjords were as beautiful as all the pictures.

The first picture is of the seven sisters water fall, the second is of Northkapp, Norway (71 degrees 10 min 21 sec North) The northern most point on mainland Europe.



We continued north to 78th latitude to the town of Longyearbyen. It is on the island of Svalbard and part of Norway. Here we were warned not to go beyond the bear warning signs without an armed escort.

After exploring this island the ship turned south and we proceeded to Iceland (Island). Here we saw black sand beaches, thermal springs, water falls and glaciers.



Member News

President Margaret is so proud of her great nephew, Dwayne Watkins as he is starting medical school at KU.



Save the Date!
December 3, 2023
SIKC Holiday Party
Details soon...

