

BELIEVE. BELONG. BECOME.

American Business Women's Association

OCT 2025



Mo-Kan Connection

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"One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals."

~ Jean Vanier

The Mo-Kan Chapter of the American Business Women's Association has been welcoming and helping people since it was chartered on April 27, 1980!



Mission Statement

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

Greetings from the Mo-Kan President's Desk!

As we begin our new ABWA Chapter year, I'm filled with excitement and anticipation for what lies ahead. This is a season of growth, leadership, and connection — and I can't wait to see where it takes us!

I encourage all members to step into or continue their leadership journey within our organization. There are so many meaningful ways to get involved — whether by sharing the benefits of ABWA with friends, co-workers, professionals that you work with, or by welcoming and engaging with guests at our chapter meetings. If you're interested in growing your leadership skills, know that our executive board and current committee members are always here to support and encourage you.



One of our key goals this year is to welcome 13 new members into our chapter. Achieving this goal will require all of us to participate in recruitment. Remember, a guest who attends our meetings can become a member with just a few clicks — either on the National ABWA website or our chapter site. If you know someone who has attended a few meetings already, now is the perfect time to invite them to take that next step.

We are a community that fosters leadership, connection, and professional development. If you know someone looking to expand their network, ABWA is the place for them!

Congratulations to our 2025-2026 Executive Board:

- ❖ Karen Cain – President
- ❖ Cheryl Scott – Vice President
- ❖ Emma Snider – Secretary
- ❖ Karen Kvicala – Treasurer

Your executive board and committee members have a year full of fun, engaging, and impactful activities planned. If you haven't yet taken the next step to get involved, I encourage you to make this your moment for a new beginning.

With appreciation and excitement,

Karen Cain

President, ABWA Mo-Kan Chapter 2025-2026



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Listen to Your Gut and Age Backwards

The Gut Health Secret of Feeling Younger

Presented by Angela Grondahl



WEDNESDAY, OCTOBER 8, 2025

O'Neill's Restaurant & Bar

9417 Mission Rd, Leawood, KS 66206

5:30 PM	6:00 PM	6:40 PM
NETWORKING	DINNER	PROGRAM

Angela Grondahl has been a Designer at Hallmark for nearly 19 years and is also a Ruby Leader with Plexus Worldwide, specializing in gut health and the microbiome. Passionate about helping women find root-cause solutions to their health struggles, she draws from her personal journey of overcoming over 20 years of digestive issues and perimenopause struggles.

Angela mentors women across the country, empowering them to feel younger, healthier, and more confident by addressing gut health, blood sugar balance, and inflammation. A busy mom of three boys and wife of 25 years, she understands the demands women juggle and teaches simple ways to restore energy, reduce symptoms, and thrive.

Angela will share insights on:

- Why gut health is the key to aging gracefully
- How 70–80% of symptoms trace back to the microbiome
- The gut-brain connection: sleep, mood, and cravings
- The truth about inflammation and blood sugar balance
- Simple habits to help feel younger from the inside out

Invite a friend and reserve your spot today!



Program & Dinner: \$25:Members \$27:Guests
Reservations AND Dinner Choice required
by 6 pm Sunday, October 5th.

Details at www.abwamokan.org



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TURNING A NEW LEAF

A Fresh Season for Women in Business

This fall, ABWA is turning a new leaf with a NEW LOGO, slogan, and branding. There's no better time than now to get involved.

As a member of ABWA, you know the power of connection, growth, and support. Now, you can help someone else experience that same transformation.

Invite a colleague, friend, or fellow woman in business to join ABWA and start a new chapter in her professional journey. **When she joins, you both grow.**

New Connections.

New Opportunities.

New Momentum.

The new look of ABWA will be unveiled at the National Women's Leadership Conference November 12–15 in Portland, Maine.

Be one of the first members to proudly display the **NEW LOGO** with these two incentive options:

Level 1 – ABWA Pin with the **NEW LOGO**

One or more new members

Level 2 – ABWA Branded Tote

Three or more new members

Grand Prize Drawing – One complimentary registration to NWLC 2026*

Each member recruited is one entry into the grand prize drawing.

*Registration is transferrable to another member, It is not eligible to be used beyond 2026. The Fall Recruitment Campaign runs September 1–November 30. All referrals need to be submitted by November 30, 2025. All items will ship after Nov 30.



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Annual Holiday Fundraiser!



SATURDAY
October 18

10 AM – 3 PM
6850 COLLEGE BLVD
OVERLAND PARK, KS
Keller Williams Offices

Get a jump on your holiday shopping!

Grab your friends and stop by our annual **HoliDazzle** vendor fair, while helping to support furthering education programs for area women.

The event features over twenty area **vendors** with unique products for every budget. Yummy **refreshments** served, holiday **music**, fun **door prizes** throughout the event and much **merriment** for all!

We'll see you there!



Hosted by the Mo-Kan Chapter of the American Business Women's Association



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Opportunities Abound!

In the Chapter:

This **newsletter** is in need of one **or even two** members to create the next 3 by the end of July!!

This edition was created in Word to make it easy, or try your hand at another software!

A second member can gather the info that goes into the newsletter! **Many hands make light work!**

A second member is desired to help with treasury needs, such as help with gathering info or help with reporting. A great learning opportunity!

Help with the Membership Committee would be great! Perhaps maintain the roster or greet guests and answer questions for them! Just one piece of the whole pie!



Teresa Brown and Meg Bell celebrate ABW Day in Des Moines!

In the Kansas City Area Council:

(The Kansas City Area Council, or KCAC, which meets quarterly, provides an opportunity for face-to-face connections between members in the Chapters and Express Networks that have membership in the Council, which we do.)

KCAC is seeking board members for the 2026 year. A great way to develop or increase your skills while working with members from other leagues! The Council only has 4 events a year. **Delegates will vote on November 1!**

The high-level descriptions:

CHAIR: The authorized leader of the Council. The chair maintains unity and harmony within the Council and directs officers, committees and members toward common goals. Works with the Board to plan yearly goals, projects, activities and budget for the Council.

VICE CHAIR: The Council host and primary assistant to the Chair, assumes all duties and responsibilities of the Chair in her absence or when called upon by the Chair, and welcomes members and guests at Council functions.

COMMUNICATIONS OFFICER: The transcriber of the Council meeting minutes, correspondence, and promotion of events to be distributed to the Council delegates and member Leagues; conducts general correspondence for the Council.

FINANCIAL OFFICER: responsible for all Council money and is custodian of the financial records. She advises the Council regarding finances and budget matters and prepares a formal budget for the Council, providing monthly or quarterly updates.



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Coffee Connections A New Member Orientation.

Are you a new member of ABWA? Or do you need an ABWA refresher? If so, join us on October 15th at Noon or 6:00 pm (Central Time) for the next Coffee Connections.

At this month's Coffee Connections, we will discuss things like:

- The ABWA Core Values & Proud Code of Conduct
- A brief history of ABWA
- Chapters vs Express Networks
- Apex Campus
- Stephen Bufton Memorial Educational Fund
- National Women's Leadership Conference
- ABWA Recognition
- Navigating the Members *Only* Portal
- And more....

To register for this *free* event—click [here](#).

See you on October 15th!

Several members at a recent social “no agendas” dinner!



Core Values of ABWA

Our core values are the guiding principles that shape your actions, behaviors, and decision making as an ABWA member and leader. They are reflective of the ethos for which the American Business Women's Association was founded in 1949.

1. **Selfless Leadership** – Be committed to doing the right thing, always. Be transparent in your actions even when no one is looking!
2. **Building Community** – Be committed to creating a sustainable ABWA community where women can connect, learn, and grow together.
3. **Value and Seek Diversity** – Be committed to recruiting new members from diverse cultures, ages, work industries and experiences.
4. **Manage for Innovation and Excellence** – Be committed to original thinking and delivering excellence in everything you do.
5. **Lifelong Learning** – Be committed to enhancing your own business knowledge, skills, and acumen. Be unafraid to make mistakes, iterate, err and try again.
6. **Focus on Facts and Own Your Results** – Be committed to using “data” to drive your decisions and actions, and be accountable for your performance.
7. **Choose to Make a Difference** – Be committed to unlocking a member's potential and inspiring/motivating her to become the best version of herself.
8. **Celebrate** – Be committed to celebrating members' achievements.



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Mo-Kan Chapter

Get Connected!



The Mo-Kan Chapter meets the second Wednesday evening each month at O'Neill's Restaurant in Leawood. Reservations are required by the Sunday prior to each event; the website has all the details for you!



abwamokan.com



abwamokan@gmail.com

Follow us on social media:



ABWA's Proud Code of Conduct

1. All members will serve as goodwill ambassadors for the American Business Women's Association.
2. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
3. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
4. Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
5. Members will not use their personal power to advance their personal interests.

Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.