

## MARCH 2026

### 2025-26 Chapter Officers

#### President

Karen Cain  
ks Cain14@gmail.com  
913-553-0612

#### Vice President

Cheryl Scott  
cherylpscott4mokan@gmail.com  
913-526-7002

#### Secretary

Emma Snider  
emma.k.snider@gmail.com  
816-738-5398

#### Treasurer

Karen Kvicila  
klkvicala@yahoo.com  
816-333-5775



[www.abwamokan.org](http://www.abwamokan.org)

Follow us on social media



Chapter Email:

[ABWAMoKan@gmail.com](mailto:ABWAMoKan@gmail.com)

ABWA National:

[www.abwa.org](http://www.abwa.org)

(800) 228-0007



### President's Message

**“Success is not just about what you do. It’s about how you show up. And that starts long before you even walk out the door.”**

*---Quote by Anel Reyna, ABWA member from Texas*

How many of you want to be successful in life whether you are employed, looking for work, retired or just out of school? This quote speaks to me as I want to be successful in everything that I do. I want to leave the space better than I left it. This might come from my years in a college marching band experience with leaders who wanted college students in their section to be successful in learning the music, marching the shows, as well as going to class and putting in the work to be successful. By the way, in my senior year, I too was one of the section leaders of my clarinet section; awesome experience.

ABWA has a lot of attributes where this applies too. Our mission statement states:

The mission of the American Businesswomen’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.

These are just a few of the reasons why people need to join ABWA. Please be diligent in providing the benefits that are possible for those looking for a great organization to join! Take a deep dive into this month's newsletter and share, share, share!

In the March meeting, we will be selecting our nominating committee with officer elections in May. Take that next step in being a leader for our chapter.

***Karen Cain, ABWA MOKan President 2025-2026***

# NOW is the time to invite a guest and share the many benefits of ABWA!

Think of who you can bring to the next meeting! Consider why you became a member and why you'd want to share it! It takes ALL OF US to share ABWA and invite others!

## ACTIVATE HER AMBITION WITH ABWA

**2026 ABWA SPRING CAMPAIGN**  
March 1, 2026 – May 30, 2026

*You didn't get where you are alone—and neither should she.*

At ABWA, we believe ambition grows stronger when it's shared. By referring a new member, you're opening the door for another woman to activate her ambition through education, leadership, and a powerful national network.

As a thank you for helping others, enjoy these gifts the next time you're being active.

### YOUR REWARDS

- 1 REFER ONE NEW MEMBER**  
Receive an ABWA microfiber yoga mat towel.
- 2 REFER THREE NEW MEMBERS**  
Receive an ABWA branded workout jacket.

### GRAND PRIZE DRAWING

**FOR EVERY MEMBER YOU REFER TO  
ABWA YOU GET ONE ENTRY INTO  
THE GRAND PRIZE DRAWING FOR  
ONE OURA 4 SMART RING.**



When submitting a referral form online, your referral contact will be notified by email that you referred her name for membership in the American Business Women's Association. A member of the National Headquarters Team will email your friend or colleague to inform her about membership opportunities available in ABWA. The rest is up to her!



OURA 4 SMART RING  
VALUED AT \$349

Jot down friends, family or coworkers who could benefit from what ABWA has to offer. Send them a personal invitation to join you at our April program.

- A coworker who's ready for more leadership
- A friend starting or growing her business
- A woman who could benefit from connection and confidence





## Member Benefits: Training Courses

Register today for our newest Apex course and save dollars!

Login at [www.myapexcampus.org](http://www.myapexcampus.org) under the **The School of Lean** and register today!

"You can only manage time if you track it right."

Register today for our leadership courses and save dollars!

Develop the next set of leaders with these concise micro-learning modules ranging from 3-10 minutes. Each course provides practical strategies and insights to enhance leadership skills, foster a winning culture of continuous improvement, and equip professionals to lead efficiently and effectively in any business environment.

- Change Management
- Facilitation
- Leading Teams
- Adaptive Leadership
- Emotional Intelligence
- Self-Awareness
- Giving and Receiving Feedback
- Time Management

Login at [www.myapexcampus.org](http://www.myapexcampus.org) under the **The School of Leadership** and register today! Once you register, you will now have 180 days to complete the course! Please call the ABWA National team at 913-732-5100 or email us at [webmail@abwa.org](mailto:webmail@abwa.org), if you have questions.

COMPLIMENTARY APEX ON JANUARY 13!

Early Bird Registration extended to March 13!



**ABWA**  
AMERICAN BUSINESS WOMEN'S ASSOCIATION  
**2026 SPRING CONFERENCE**

Virtual | March 27-28

Register Today!



Invite a guest to join you for next month's exciting program!



### Gaining Mindful Leadership

Finding Clarity, Confidence, and Calm in a Busy World

Presented by *Christi Clemons Hoffman*



WEDNESDAY, APRIL 8, 2026

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

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

In today's fast-paced world, many women are balancing careers, businesses, family responsibilities, and personal goals—often while feeling pressure to do it all. This talk explores how simple mindfulness and meditation practices can help women step out of overwhelm and into greater clarity, confidence, and presence. Christi Clemons Hoffman shares practical techniques for calming the mind, managing stress, and reconnecting with inner wisdom so that decisions, leadership, and relationships come from a more grounded place.

You will learn how mindfulness can be woven into everyday life—even in the middle of a busy workday—to create more focus, resilience, and balance as Christi shares:

- ▶ Simple mindfulness techniques you can use in just a few minutes to reduce stress and reset your focus.
- ▶ How meditation and mindful awareness can improve decision-making, confidence, and leadership presence.
- ▶ Practical ways to bring calm and clarity into your workday, even during busy or challenging moments.
- ▶ How developing a meditation practice can help you reconnect with your intuition and inner guidance.

*Christi Clemons Hoffman, MA, BChE is the founder of Radiate Wellness Community and the host of the Real-Life Angel Encounters and Radiate Wellness podcasts. She is a meditation and mindfulness teacher, Board-certified hypnotherapist, intuitive guide, and Risk Master who is passionate about helping people slow down, breathe, and reconnect with themselves. Her approach to meditation is both practical and approachable, making it easy for beginners to start while still offering depth for those who have an established practice. [www.radiatewellnesscommunity.com](http://www.radiatewellnesscommunity.com)*

**Invite a friend and reserve your spot today!**

Cost for Program & Dinner: \$28 per person  
Late & Walk-in Reservations: \$15, which includes the Speaker Program; Dinner will need to be ordered/paid for separately at the time of arrival.  
Reservations AND Dinner Choice deadline is by 6 pm Sunday, April 5, 2026.



AMERICAN BUSINESS WOMEN'S ASSOCIATION

*Changing Women's Lives One Woman at a Time.*

MO-KAN CHAPTER

Email  
[ABWAMoKan@gmail.com](mailto:ABWAMoKan@gmail.com)  
Website  
[www.abwamokan.org](http://www.abwamokan.org)

Details at  
[www.abwamokan.org](http://www.abwamokan.org)



## ACTIVATE YOUR AMBITION by stepping into a leadership role in Mo-Kan!

One of the benefits of ABWA is learning how to lead in a safe space. Whether helping on a Committee or serving on the Executive Board, all roles have the support behind you. Think about where your talents and passion can add value to our chapter – these roles also ramp up your resume for leadership roles in your career. Start thinking about which Officer or Committee position interests you! We've got your back!



**PRESIDENT:** The president is the authorized leader of the chapter. She maintains unity and harmony within the chapter and directs officers, committees and members toward common goals. The president presides over all chapter and executive board meetings, appoints committee chairmen, and countersigns all checks with the treasurer. She sponsors the special committees and keeps informed of bylaws, rules, procedures, policies and award programs. She serves as chapter ambassador and spokeswoman to the community.



**VICE PRESIDENT:** The vice president is the official chapter hostess and primary aide to the president. She assumes all duties and responsibilities of the president in her absence. The vice president sponsors two or more committees and attends all executive board meetings. She schedules and plans orientation sessions for new members and helps ensure the vitality of the chapter by recruiting and retaining new members.



**SECRETARY:** The secretary is the transcriber of the chapter meetings. She records the minutes of chapter and executive board meetings. The secretary preserves in a permanent file all minutes and records of value to the chapter and sponsors two or more committees. The secretary is responsible for all chapter correspondence. She shares correspondence at the president's request and conducts all general correspondence for the chapter.



**TREASURER:** The treasurer is responsible for all chapter money and is custodian of the financial records. She advises the chapter regarding finances and budget matters. The treasurer collects all chapter funds and disburses money by check, countersigned by the president or vice president. She presents a monthly financial report to the chapter and supervises the preparation of the formal budget for the chapter. She files reqed IRS forms, reconciles bank statements with chapter records, keeps itemized records in the permanent file of all receipts and expenditures.



**THURS, MARCH 12 from 4-8 pm ● 6330 Lamar Ave OP, KS**  
Join us as we celebrate Women's History Month! You will Feel Seen, supported, and Celebrated!

Give to Gain: Where Collaboration Meets Opportunity Women's History Month Celebration | **FREE Admission**

Meaningful networking & real connections ● Shopping with local vendors & small businesses ● 7 featured local authors  
Interactive make-and-take stations ● Health & wellness experiences ● Food & drinks ● Raffle prize baskets + giveaways  
Swag bags for the FIRST 50 guests!

### 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.



**When women support women... everyone wins.**

# Upcoming Events

- March 11 ● Monthly Chapter Event
- March 19 ● Kansas City Area Council 1st Qtr Event
- March 27-28 ● ABWA Spring Conference
- April 4 ● Social Game Battle Event
- April 8 ● Monthly Chapter Event and Chapter Anniversary Celebration
- May 13 ● Monthly Chapter Event
- June 10 ● Monthly Chapter Event



## Help Support Singles Moms KC

Bring full-sized toiletries and new or gently used clothing, shoes, and jewelry to our monthly meetings. Sandy will take those to their Clothed with Dignity Boutique, benefiting the moms.

AMERICAN BUSINESS WOMEN'S ASSOCIATION

### 2025-2026 National Board of Directors

#### National Officers.....



**BARBARA PEDERSEN**  
National President  
Member since 2004, Heart of the Piedmont Chapter



**DIOR DAVIS**  
National Vice President  
Member since 2021, Airport Charter Chapter



**DR. TRACEY G. JACKSON**  
National Secretary-Treasurer  
Member since 2007, Oxon Hill Charter Chapter

#### District Vice Presidents .....



**DR. DEBORAH JOHNSON-BLAKE**  
District 1 Vice President  
Member since 2016, Douglas County Charter Chapter



**KATHY ELLER**  
District 2 Vice President  
Member since 2020, Tu'ya Chapter



**LESLIE MCMILLIN**  
District 3 Vice President  
Member since 2018, Kansas City Express Network



**LINDA B. JOHNSON**  
District 4 Vice President  
Member since 2014, Limitless Ladies Chapter



**RENEE CLEMENT**  
District 5 Vice President  
Member since 2018, Gem City Chapter



**KAREN FITTING**  
District 6 Vice President  
Member since 2017, Pathfinder Chapter

## ABWA Kansas City Area Council ●

[www.abwakcac.org](http://www.abwakcac.org)

The purpose of the Kansas City Area Council is to promote communication between ABWA area leagues, to disseminate information, to exchange ideas, to participate in workshops, seminars, and other joint activities... that supports the ABWA mission.

### Chair

**Debra Weilbacher**, Dynamic Connections Chapter

### Vice-Chair

**Eileen Caspers**, Ad Astra Chapter

### Communications Officer

**Nancy Ballenger**, KC Express Network

### Financial Officer

**Sandy Jacobson**,

Mo-Kan Chapter



## Welcome to a new Council year!

Our first quarterly event will be a focused discussion with real conversations about how to find programs for your monthly meetings, and suggestions and ideas for programs that will draw people to your events!

This event will be on Zoom only, no cost - register today!

[www.abwakcac.org](http://www.abwakcac.org)



Activate your Ambition at the Kansas City Area Council's 1Q Event!

**March 19, 2026**

**7:00pm CST on Zoom:  
register below**

Delegates join at 6:30pm for business meeting

We are excited to have special guests to share experiences and ideas on finding programs that appeal to audiences within and outside your league! Bring your questions!



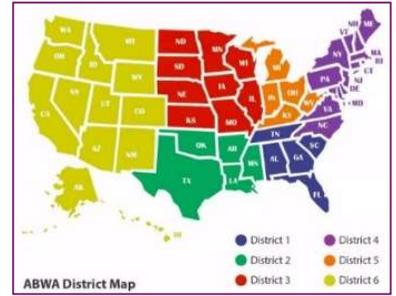
Zoom registration link:

<https://us02web.zoom.us/joining/register/LE2iBGPIQG-wUAFkYtvZeg>



ABWA is a national organization and we are in ABWA's **District III**. Each year new ABWA Officers are elected at our National Women's Leadership Conference with a President, Vice President, Secretary/Treasurer, and the six District Vice Presidents.

**Leslie McMillan** is our 2025-26 D3VP and a member of the KC Express Network.



## ABWA Chapters and Express Networks

More than 5,000 business/networking meetings are hosted each year in more than 300 cities across the nation by chapter and network leagues. While chapters provide a broader community with traditional meetings and programs, Express Networks offer more networking opportunities for busy professionals. Both contribute significantly to ABWA's mission of empowering women in business and leadership roles.

Here are the ABWA leagues in our area:

### AD ASTRA CHAPTER

Topeka, Kansas  
[abwaadastra.org](http://abwaadastra.org)  
 Meets 4th Wednesday

### DIAMONDS OF EXCELLENCE CHAPTER

Kansas City, MO  
[diamondofexcellence.abwa.org](http://diamondofexcellence.abwa.org)  
 Meets 4th Thursday

### DYNAMIC CONNECTIONS CHAPTER

Blue Springs, MO  
[dynamicconnections.abwa.org](http://dynamicconnections.abwa.org)  
 Meets 2nd Thursday

### GOLDEN ROYALTIES CHAPTER

Kansas City, KS  
[goldenroyalties.abwa.org](http://goldenroyalties.abwa.org)  
 Meets 2nd Thursday via Zoom

### KANSAS CITY EXPRESS NETWORK

Overland Park, KS  
[abwakcexpress.org](http://abwakcexpress.org)  
 Meets 3rd Tuesday

### KEEN NETWORK

**Kansas Executive Express Network**  
 Topeka, KS  
[www.facebook.com/ABWA.KEENTopeka](https://www.facebook.com/ABWA.KEENTopeka)  
 Meets 2<sup>nd</sup> Wednesday at lunchtime

### MO-KAN CHAPTER

Lenexa, KS  
[abwamokan.org](http://abwamokan.org)  
 Meets 2nd Wednesday



# Share the benefits of ABWA

Membership in ABWA affords you a space for **growth**, a space for **every woman** in business, a space for **all the hats you wear**, and a space for you to **belong**.

<b>Leadership Opportunities</b> <ul style="list-style-type: none"> <li>Campaign for league, council, and national office positions</li> <li>Lead committees and special projects</li> </ul>	<b>Professional Development</b> <ul style="list-style-type: none"> <li>Access to ABWA's Apex Campus 24/7</li> <li>Lifelong Learning</li> <li>League Speakers</li> <li>Educational Scholarships - (sbmf.org)</li> </ul>
<b>Networking Support</b> <ul style="list-style-type: none"> <li>Participate in league, regional &amp; national offerings available both virtually and in person</li> <li>Build relationships to facilitate networking support</li> </ul>	<b>Local and National Recognition</b> <ul style="list-style-type: none"> <li>League awards, e.g., Woman of the Year, Protégée, and Top Ten Nominees</li> <li>National recognition, e.g., American Business Woman, Top Ten Business Woman, Inner Circle, Apex Award, and Best Practices Award</li> </ul>
<b>Conferences</b> <ul style="list-style-type: none"> <li>Attend Spring (virtual) and Fall National (in person) for personal and professional development</li> <li>Meet like-minded, career-oriented members</li> </ul>	<b>Your Member (YM) Portal</b> <ul style="list-style-type: none"> <li>Connect with members online on the Your Member (YM) Platform portal and in social media groups</li> <li>Access to national resources</li> </ul>
<b>Partner Discounts</b> <ul style="list-style-type: none"> <li>National University (NU)</li> <li>Franklin Madison</li> <li>For partner updates, see ABWA.ORG</li> </ul>	<b>Publications</b> <ul style="list-style-type: none"> <li>Complimentary Subscription to the ABWA Achieve Newsletter published six times a year</li> <li>ABWA Blog (abwa.org) - published monthly</li> </ul>
<b>Exclusive Social Media</b> <ul style="list-style-type: none"> <li>Access to ABWA's members-only Facebook and LinkedIn Groups</li> <li>Collaborate with other ABWA members</li> </ul>	<b>Join Now</b>

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[www.abwa.org](http://www.abwa.org)

**GET NEWLY BRANDED MERCH**  
in the online ABWA SHOP!