

April  
2020



LOCH LLOYD  
*Home & Garden Club*  
THE POST

# PROGRAM

April 2, 2020

The Loch Lloyd Home & Garden Club has cancelled the meetings scheduled for April 2<sup>nd</sup> and May 7<sup>th</sup> due to the COVID-19 pandemic.

## *The Highlights*

SEE PAGE 8 FOR THE NEW SCHEDULE OF THE 2020 HOME AND GARDEN HIDDEN GEMS TOUR.

OCTOBER 2020 MEETING: Moved to October 8. Please mark your calendars.

### NAMETAGS

Each member will keep their own nametag and wear it to meetings. If you do not have your nametag, please pick yours up at the sign-in table upon your arrival.

### POP TOPS

Remember to bring collected pop tops to Jo Carol Johnson.

### HAVE A HIGHLIGHT?

Do you have a reminder you would like to see in the POST? Submit it to the Communications Committee.



### APRIL BIRTHDAYS

WES BERRY	4/17
DAWN FORST	4/18
KELLY GAGE	4/4
JANE GOODWIN	4/23
MARIE HAGGARD	4/4
DENA HILDEBRAND	4/20
KATHY KARST	4/2
PATTY KREZEK	4/13
LEA ANNE MALLOT	4/30
DEBI MCWILLIAMS	4/16
TONY RACELA	4/5
ANASTASIA THOMPSON	4/29

Be sure to wish our friends a Happy Birthday!

*“I know it’s spring. I have counted  
136 different kinds of weather  
in 24 hours!”*



## *Member Spotlight* *Ann Curl*



*Ann loves golf, saddlebred horses.*



*tennis, fishing, family and more!*



*Celebrating Rick's Birthday in  
Palm Desert with Jessica and her  
cousin.*

Ann moved to Loch Lloyd 16 years ago. She and her husband, Rick, lived in Kansas City, Wichita and St. Louis, but nothing compares to Loch Lloyd. They love the peacefulness here in the community and the many friends they have come to know.

Ann and Rick met at a club here in Kansas City. They had an instant connection, and after dating for a year, they married. That was 41 years ago, 42 years in June! Their daughter Jessica, lives in Minneapolis and is a market analyst for Capella University.

Staying busy is easy for Ann. She enjoys travel, golf, tennis and is a member of the American Saddlebred Association, and has owned several horses in the past. During this COVID pandemic, she is honing her sewing skills by making masks! Ordering elastic has been difficult, but has found some suppliers on EBAY. Way to go, Ann!

She and Rick have a pontoon boat here at the lake where they enjoy fishing. Ann has set a local record for the biggest crappie catch! Ann enjoys watching the golfers tee off from the 3<sup>rd</sup> tee box and walk the course behind her home. She is also keeping watch on 5 bluebird eggs in her bluebird house!



# Committee News

APRIL

## Archivist

April Fleming, Chair

No Report

## Beautification

Deanna Jacaway, Co-chair

Tracy Betts, Co-chair

Good news! It appears we won't need to replace the Linden tree at the Labyrinth. Wrapping the trunk over the winter seemed to have helped. Rosehill Nursery would not have been able to help us with the replacement, so keep your fingers crossed!

Later this spring, we still intend to repaint the fence at the cemetery and the gate to the labyrinth. Are you going bonkers staying at home? Volunteers looking to get out of the house are welcome! We will keep proper social distancing at 6 feet as necessary.

The hostas, donated last year from Ken and Kathy O'Renack, should be coming up at the cemetery! I will give them a shot of 'The Mushroom Stuff' fertilizer to encourage them to take off this spring. I'm so excited to see how beautiful they will become in that shady spot!

Submitted by Deanna Jacaway

## Budget

Carol Ware, Chair

I know we are in trying times, but life goes on. **If you are a Chair or Co-chair of a committee, it is time to submit your budget request for 2020.** Please email your request, cost, and reason for the items by April 30<sup>th</sup>. The budget committee will review each request and will submit a recommended copy to the Board for approval. Thank you. Carol

## Bylaws

Carol Ware, Chair

No Report



## Care & Concern

Celia Massimino, Chair

Sad news from Care and Concern regarding the passing of Dan Elder, Husband of Van and Father-in-Law of Lindsay. A memorial gift in Dan's name was sent to St. Jude's Hospital.

The family sent a lovely thank you note to the Garden Club as follows:

*Dear LLH&GC,*

*Sending my deepest gratitude to the wonderful friends of the Garden Club for the generous memorial gift to St. Jude's Hospital in Dan's name. He would just love it. Thank you, so very much. Also, the many beautiful and thoughtful cards of concern shown to me. This touches my heart in the deepest way. Friends like you help me through this sad time.*

*May God Bless you All!  
Love, Van & Elder family*

Wishing all members and their families, safety and wellness as we weather through this coronavirus pandemic.

Celia Massimino

## Communications:

Nancy Myers, Chair

The Communication Committee has announced the LLH&GC website. The website is a great place to check out the latest news and information about the club. If you have friends or neighbors interested in the club, but would like to know more, the website is a great place to find out more. There is a place to sign up as a new member on the website, and **if you have not paid your dues, you can pay your dues on the website!**

We are also looking for new members to help produce the POST and other communications for the Garden Club. If you have questions or want more information, please feel free to give me a call. 913-980-6129 (Nancy)

Have you checked out our new website? Take a look!

[www.llhomeandgarden.com](http://www.llhomeandgarden.com) or paste this link into your browser.



## Conservation/Bluebird

Betty Lusby, Co-Chair  
Carol Ware, Co-Chair



(from Ann Curl; April 2020)

The Bluebird committee has had 2 weeks to check the 91 boxes. A big thank you to the dedicated committee members who are driving to the trail in their own personal golf carts. Through week 2, there are 59 bluebird eggs and 3 bluebird babies. It's a great start!

We will continue through the whole season and report our exciting results. If you wish to join the committee and come out to check the nesting boxes, all members are welcome!

We meet each week at the Pro Shop at 7:30 am.

Carol Ware

## Field Trips

Mindy Horvath, Co-chair  
Jane Goodwin, Co-chair

We were so sad to cancel the field trip to Family Tree Nursery and in hindsight, it would have been cancelled anyway because of the coronavirus. We will be planning for more trips as soon as possible.

Mindy Horvath



## Membership:

Jan Wilcoxon, Co-Chair

Laura Irvin, Co-Chair

We are happy to have three new members of the LLH&G Club: Connie Firner, Ann Nicholson and Mary Parks. If you know them, please welcome them to the club. If you don't know them, what a great time to reach out and make a new friend!

The LLH&GC is always a great way to connect with others in the neighborhood. Since we can't meet until who knows when, why not consider ways that you can reach out to other members? Here are some ideas for reaching out:

- Call friends that you know are in the Home & Garden Club. Tell them you are thinking of them.
- Call someone you met for the first time at a Home & Garden Club meeting or activity and get to know them better over the phone.
- Look up your name on the club roster and call the members listed before and after you alphabetically. You might be shy but they might be more so.
- Look through this POST at the various committees and call a chairperson for more information about his/her group and how you might help.
- Bake cookies for your favorite club officer or committee chair and thank them for their hard work. Many of them have continued to work diligently throughout this hiatus.
- OR, maybe you know a neighbor who isn't in the LLH&GC. Reach out and invite him or her. Cookies are nice there, too!

We love when you bring your friends and family members to our meetings and other activities. Start thinking now about someone you might invite to the next meeting, whether that is in May or August. If you know of a neighbor that the Membership Committee should contact about joining, please contact me. Each and every one of you is valued – and missed!

Jan Wilcoxon, Co-Chair of Membership Committee

H: 816-535-5177, C: 816-507-2900

[djwilcoxon@aol.com](mailto:djwilcoxon@aol.com)



## *Garden Tour – New Date – July 7, 2020!*

Laura Irvin, Chair

The 2020 Home and Garden Hidden Gems Tour, previously scheduled for June 4<sup>th</sup>, has been rescheduled due to the coronavirus pandemic. The new date is Tuesday, July 7<sup>th</sup>. The “kick off” cocktail party will be held the week before on Tuesday, June 30<sup>th</sup>. This will be an event you won't want to miss!

This schedule will depend upon the containment of the outbreak, with federal and local recommendations for large groups. Our first priority is the safety of our guests, vendors, and volunteers.

Garden club members will receive a \$20.00 discount on an unlimited number of tickets purchased by using the coupon code **Member**. Residents of Loch Lloyd receive a \$10.00 discount on unlimited tickets by entering the coupon code **Resident**. *We are currently updating the tour website and Eventbrite to reflect the date changes.* Your tickets purchased will be accepted on the rescheduled dates.

Visit the tour website to learn more and purchase tickets: [lochlloydtour.com](http://lochlloydtour.com)

Or, to go directly to ticket sales: [click for tickets](#)

We are looking forward to this exciting event for the benefit of Cristo Rey College Preparatory School.

Stay safe and see you all at the June 4 LLH&CG meeting!!

Laura Irvin

## *Dues reminder*

Sue Tanner, Treasurer

Please remit your dues for 2020. If you have not already done so. Dues can be mailed directly to Sue, or you can pay easily on our website:

[click to pay here](#)





## Philanthropy

Betty Lusby, Co-Chair  
Carol Ware, Co-Chair

No Report

## Programs

Amber Branson, Co-Chair  
Cindy Perry, Co-Chair

### Headline News! We are all in this together!

With the current health scare, what a great time to adjust our thinking toward living our best lives. As we see less pollution in the air and water due to reduced human activity, we can make a difference with individual efforts to reduce, recycle, and reuse. Consider this...

"Just One Less"

fertilizer application, degree on the thermostat, airplane ride, minute in the shower, tank of gas, round of pesticides, plate of wasted food, piece of polyester clothing, recyclable container in the trash!

Think about all of this. Fewer chemicals and fewer pollutants on body, in air, on the ground and in the water. If everyone does a little something, it adds up to a lot! Here is the list for proper recycling and commonly mistaken items that cannot be recycled.

### Accepted Recycling Materials

#### Paper

Newspaper, Magazines, Catalogs, Junk Mail, Envelopes, Office Paper, Construction Paper, Colored Paper, Folders, Paper Bags, Phone Books, Holiday Cards, and Greeting Cards

#### Cardboard

Corrugated Cardboard Boxes and Paperboard Boxes (cereal, soda, beer, egg, and shoe boxes)

#### Metal

Aluminum Cans, Tin Cans, Steel Cans, Empty Aerosol Cans, Aluminum Foil, Metal Pots and Pans, Copper, and Scrap Metal (nails, screws, and gutters)

#### Plastic

Plastics Jugs and Containers marked with the recycling numbers: #1, #2, #3, #4, #5 & #7 (most milk, soda, water, juice, shampoo, detergent, and household cleaner bottles and containers)

### Commonly Mistaken - Unacceptable Material

**PLASTIC BAGS, STYROFOAM**, Wrapping Paper, Used Pizza Boxes, Coat Hangers, Paint and Solvent Containers, Light Bulbs, Mirrors, Windows, Dishes and Cups, Pyrex Pans, Wet or Soiled Paper, Paper Towels, Facial and Toilet Tissue, Disposable Plates and Cups, Paper Milk and Juice Cartons (waxed paperboard containers).

# *Grab and go, or Stay In and Know!*

Mindy Horvath  
Field Trip Co-Chair  
BSN, Dietetics and Integrative Medicine

It's strange that I am writing about suggestions for things to do from home! However, apparently that's what we are doing! Hopefully, even embracing a more relaxed, connected, healthier lifestyle! So instead of outings to do, I thought I would share some general thoughts on our health.

**Get Physical/Exercise!** There are so many work outs posted on U-TUBE, it's easy to find something that suits all levels. More importantly, the difficult part is doing them! I suggest having a schedule every day, as to what time you are going to "The Gym." Try to follow your old schedule if you previously had a time for gym, yoga, or Pilates. Find great music that makes you happy. Turn off the TV and move! Hopefully the weather starts cooperating and we can all get outside!

**Eat Healthy!** As many of you know, I am a nurse and nutritionist in Integrative Medicine, so I always love a chance to promote healthy! What a great time to limit processed foods and start cooking whole foods if you don't already. There are so many websites that have healthy recipes without sugar and bad oils like canola or safflower or sunflower. Use olive oil in general and if cooking at high temperatures use avocado oil or grass-fed ghee. [www.eatingwell.com](http://www.eatingwell.com) has a 30-day challenge of healthy eating, with lots of recipes to choose from. Use organic vegetables whenever possible and eliminate the toxins that your liver must deal with, unless it has a "peel" then no need for organic.

**Take care of your Immune System!** With Covid-19, it is imperative that you keep your immune system healthy! Even if you are eating a very healthy diet, you could still supplement with good quality, no additives, immune boosters, such as Vitamin C, Zinc, and Vitamin D3. L-Lysine has also been shown to inhibit viruses in general and Melatonin has been shown recently to inhibit an inflammatory response. These are general recommendations and will not keep you from getting this nasty virus. If you want more individual information or access to pharmaceutical grade supplements, I'm glad to be of service at: [mwhorvath28@gmail.com](mailto:mwhorvath28@gmail.com)

**Get Connected and Laugh!** There are so many ways to get connected. Make a point of calling people to check on them. Now, you have many "meeting" sites like "Zoom" for more than one connection. Of course, skype and facetime. Plan a driveway dinner with your neighbors. Plan a 6 ft apart birthday song in someone's backyard...:)Plan a bear hunt.

**Get 8 Hours of Sleep!** There is a strong body of research that shows that the lack of sleep raises levels of inflammation. With all the scary information we are watching and reading, our stress levels can be elevated, which also causes lack of sleep and leads to inflammation. So, sleep hygiene is important. Turn off the stressful TV news before bed. Get outside during the day if you can. Try to turn off computer screens with blue light 1-2 hours before bed. Meditate.

## *Spread Good Vibes*

Hey, you! We know you have something good to share. Whether it's a shout-out for a special accomplishment, moment, or just a simple message of appreciation, we want to publish it. Please spread the good vibes by sending relevant content to the [Communications Committee](#).



# Monthly Recipe

## Chicken and Bows

Submitted by Jan Wilcoxon

This is a family favorite. It serves 12 people, or can be split and frozen for two meals!

### Ingredients

- 1 package (16 ounces) bow tie pasta
- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 cup chopped sweet red pepper
- 1/4 cup butter, cubed
- 2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
- 2 cups frozen peas (or substitute)
- 1-1/2 cups 2% milk (I use 1%.)
- 1 teaspoon garlic powder
- 1/4 to 1/2 teaspoon salt (I use none unless the soup is low sodium.)
- 1/4 teaspoon pepper
- 2/3 cup grated Parmesan cheese

THE COMMUNICATIONS COMMITTEE IS LOOKING FOR MORE TASTY OR CREATIVE RECIPES TO SHARE WITH THE LLH&GC EVERY MONTH, AND WE NEED YOUR HELP! DO YOU HAVE A RECIPE YOU WOULD LIKE TO SHARE?

Please email your recipe to the [Communications Committee](#).

### Directions

- Cook pasta according to package directions. Meanwhile, in large skillet or Dutch oven, cook chicken and red pepper in butter over medium heat for 5-6 minutes or until chicken is no longer pink.
- Stir in the soup, peas, milk, garlic powder, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 1-2 minutes or until heated through. Stir in cheese. Drain pasta; add to chicken mixture and toss to coat.
- Serve half of the mixture immediately. Cool remaining mixture; transfer to a freezer container. Cover and freeze for up to 3 months.  
**Yield:** 2 casseroles (6 servings each)

**To use frozen casserole:** Thaw in the refrigerator overnight. Transfer to an ungreased shallow 3-qt. microwave-safe dish. Cover and microwave on high for 8-10 minutes or until heated through, stirring once.

**Nutritional Facts** 1-1/3 cups equals 357 calories, 12 g fat (5 g saturated fat), 64 mg cholesterol, 636 mg sodium, 37 g carbohydrate, 3 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 2 fat. **WW Blue = 10 SP**

Another good idea; easy, quick and delicious;

Protein bowls are popular now and are such a great idea because you can choose any lean meat or fish, marinated or not, and then add what you like – rice or cauliflower rice or other grains, beans, fresh or canned vegetables – things you might have in your kitchen at any time. Throw it all in a bowl, possibly add a sauce or dressing, and call it dinner. One I made this week is “Greek Chicken Bowls” that I found on Pinterest (from [theskinnyishdish.com](http://theskinnyishdish.com)). It looks like a lot of ingredients but it’s not hard, and my husband loved it. [You could just use rice and frozen grilled chicken strips and then add the cucumber salad portion of the recipe (perhaps made with a little extra dressing) to come really close to the Pinterest version.] Jan Wilcoxon



# The Minutes

MARCH 5, 2020

## LLH&GC MINUTES March 5, 2020

**WELCOME:** Susan Kitzsteiner, Vice President, welcomed our members and guests. President Tammy Hawks is in California with her son and his family after the birth of her fifth grandchild. Congratulations to the Hawks family! Susan introduced Julie Bowers and Brynn Morris, Co-Chairs of the LLH&GC 2020 Hidden Gems Tour Philanthropy Committee. Julie and Brynn vetted six local charities from our suggestions and ultimately chose the Cristo Rey Catholic Preparatory High School Scholarship Fund as the benefactor of our Tour proceeds. Kathy Conwell, Director of Scholarship Development for Cristo Rey, was introduced and welcomed. She shared that since 2006 they have been educating young people who society would easily forget by providing them "a hand up, not a hand-out". Cristo Rey families make an average annual income of \$26,775. Philanthropic contributions from the Kansas City metro community, student work/study earnings, and average family financial commitments of \$200 per year empower students who otherwise couldn't afford tuition. Students spend four days a week studying a rigorous college preparatory curriculum and participating in school sports, music, and Honor Societies. One day a week is spent in a K.C. area corporate work/study program. Cristo Rey's goal for each student is a DIPLOMA/DEGREE/CAREER. They are involved every step of the way on their students' road to success, helping to break the cycle of poverty one student at a time.

**BIRTHDAYS:** Susan introduced our March birthday girls; they stood and were recognized. Happy Birthday wishes to all were expressed!

### BUSINESS MEETING:

**MEMBERSHIP COMMITTEE:** Co-Chair Jan Wilcoxon announced that MariAnn Sherrell is our newest member and welcomed her to our Club.

**FIELD TRIP COMMITTEE:** Co-Chair Mindy Horvath announced our upcoming Field Trip to Family Tree Nursery on March 27. We will carpool from Loch Lloyd for an 11 AM tour. Lunch to follow! Please RSVP to Mindy if you care to join in the fun.

**APPROVAL OF THE MINUTES:** Secretary Jan Saling included the February 6, 2020 Minutes in the POST for your review. Susan asked if any discussion or corrections were necessary before proceeding. A motion to approve the Minutes was made and seconded. All members voted "aye" and the February 6, 2020 Minutes were approved.

**APPROVAL OF THE TREASURER'S REPORT:** Treasurer Sue Tanner emailed the Treasurer's Report for February 2020 to you for review. Susan asked if any discussion or corrections were necessary before proceeding. A motion to approve the Treasurer's Report was made and seconded. All members voted "aye" and the February 2020 Treasurer's Report was approved. The Bank Balance as of February 29, 2020 is \$11,536.96.

**2020 HIDDEN GEMS GARDEN TOUR:** Chair Laura Irvin gave us an update on the exciting details of the 2020 Hidden Gems Garden Tour planned for June 4, 2020. The new website to obtain all Tour information and to purchase tickets can be found at [lochlloydtour.com](http://lochlloydtour.com). If you have any questions that aren't addressed on the website, please contact Susan Kitzsteiner, Tammy Hawks, or Kenda Bamesberger. The Tour's goals are to provide Cristo Rey with 100% of the proceeds from the ticket sales. If you haven't already volunteered to be on a Tour Committee, please contact Jan Saling/Nancy Myers for the Welcome Committee and Pam Kelly/Jan Wilcoxon for the Hostess Committee. Both Committees are in need of more volunteers. We can't make our Club's biggest philanthropic endeavor a success without you!

**PROGRAM COMMITTEE:** Karen Swart, owner of Organizing, Etc., was our guest speaker today. We enjoyed hearing about all the services she and her team of six offers. If you want to learn your organization style, steps to getting and staying organized, and how to edit what you no longer need ~ whether it is your closets, pantry, basement, garage, office, or paper management ~ Karen is the person to help make your life easier! Her team also offers organizing of photographs, cataloging for estate purposes, relocation moves, packing/unpacking, set-up in new home, and senior move management. These ladies will assist with errands, personal shopping, meeting service professionals, and much more. With more than 30 years of collective experience, Organizing, Etc. is insured and bonded and keeps confidentiality as their highest priority. Karen is offering a free, one-hour consultation for any LLH&GC member. You may reach her at 913.353.5753 or [Karen@organizing-etc.com](mailto:Karen@organizing-etc.com)

**CANCELLATION OF APRIL MEETING:** Due to the current COVID-19 Pandemic, the Board has no choice but to cancel our April meeting. We will be in touch regarding our May 7<sup>th</sup> meeting. Stay well!

Respectfully,  
Jan Saling, Secretary



# “Covid-19” Activities

- Jigsaw puzzles
- Cleaning out the closet
- Organizing and purging old papers
- Long walks on the Sechrest g, with social distancing
- FACETIME with friends and family
- Standing in line for TP, with social distancing
- Binge watching on Netflix
- Relaxing and enjoying your home and garden
- Planting flowers
- Mowing the lawn
- Cleaning out the refrigerator
- Spring cleaning

From our members:

“I’ve been doing a lot more Face Timing, and with our daughter in Seattle. I love how our two year old granddaughter takes the phone and chatters away. She has quite the personality! In a group chat with family, I asked everyone to share their 5 favorite photos, with or without explanations. Of course, this has many benefits, one of which is to save their favorite images for myself!” Deanna Jacaway

“On an aside, I have been cleaning out closets, drawers and pantry, makes me happy to see things organized.”  
Celia Massimino

Annie Presley arranged for a birthday celebration for Cindy Perry, with 6’ social distancing. Everyone met at the end of the street and walked behind the homes on 7 green. Stan brought Cindy out at 4 pm. We sang ‘Happy Birthday’, waived and sent air-kisses her way.

Mindy Horvath and others placed a Teddy Bear in the front window. The young kids and grown-up kids had fun driving around to find the Teddy Bears!

“I ordered dog clippers from Amazon, and accidentally turned my two schnauzers into schnoodle-bichons”.  
Nancy Myers

“I attended a family birthday party for my 8 year-old granddaughter, Abby by using Facetime. It was fun to see her open presents and enjoy ice cream cake.” Tammy Hawks



# Board & Committees

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