

Janice Cones
SBW President 2024-2025
Installation May 2, 2024



The focus of the May Dinner Meeting was installation of the 2024-2025 President, Janice Cones and the officers.

Presiding over her last dinner meeting during her term as 2023-2024 SBW President, Julie Slocum gave the welcome at the May dinner meeting. Chaplin, Debbie Ulmer, gave the invocation. Members and guests enjoyed a delicious meal prepared by Dennis Gerken and his team at the Sedalia Shrine Club. Smith Cotton National Honor Society member, Sally Davis, volunteered her time to serve drinks for the meal.

Following the meal, Julie presented BWM awards for recruiting new members to three SBW members who were unable to attend the BWM State Conference. Receiving awards: Joyce Grinstead, Jamie Anderson, and Carolyn Green.



Rhoda Moore, of Moore's Greenhouse, provided beautiful flowers for the centerpieces.



Janice Cones was installed as President of the Sedalia Business Women for the 2024-2025 term at the May 2 dinner meeting. It is tradition that the president chose a theme for their term. Janice has chosen, "Sunflowers: Shine Bright for Our Members," for her theme. After being installed as president, Janice addressed the membership.

I was first honored to be President of our club in 2008. My theme during that year was "Women Reaching Out to Other Women with Their Hearts and Hands." My twin girls were 10 years old at that time and were present for a lot of our meetings and events.

We used to have pins to wear symbolizing our theme for the year. Mine that year was a small hand with a smaller heart in its palm. We don't do pins anymore, and we've entered the digital age with Facebook posts/pages and a website—moving forward with our world as it is today. We have also increased our presence and community outreach with various activities such as helping with the Lub Dub, the Community Cafe, and other volunteer activities.

For this year as President, I have chosen the theme "Shine Bright for Our Members. Be a Sunflower!" I chose Sunflowers because they can grow tall and strong even in adverse conditions, making them symbols of longevity and resilience. The sunflower can also be seen as a symbol of enlightenment, spiritual awakening, and personal growth. Its bright yellow petals and radiant energy are thought to bring positivity and joy into people's lives.

This description embodies everything I have received from this organization since I joined in 1997. And it embodies everything I hope we can continue to provide to women in the future. I think this is what has contributed to our club's longevity and growth over the years.

This year I would like to bring back the Public Relations Meetings of the past and celebrate and showcase our organization to the community. We will have to work on that.

In the meantime, ladies and gentleman, let's all continue to be Sunflowers!

Janice Cones, 2024-2025 SBW President



The Sedalia Business Women installed their 2024-2025 board members at their May 2 dinner meeting. Installation Committee Chair, Cathy Hammons, conducted the installation ceremony, assisted by LaSondra Marsch. The 2024-2025 board members are President-Janice Cones; President Elect-Rachel Monaghan; 1st vice President-Michelle Franklin; 2nd Vice President-Carolyn Green; Assistant Treasurer-Joyce Grinstead; Treasurer-Della Schnakenberg; Secretary-Debbie Ulmer; and Director-Julie Slocum.



Janice and 2023-2024 President, Julie Slocum, closed the meeting by ringing the club's 76-year-old brass bell.

SBW June 6 Meeting Finance Committee



The June 6, 2024, meeting was President Janice Cones first meeting (this term!). The meeting was under the direction of the Finance Committee, Rachel Sallee Monaghan, chair. We are so proud of Lillibeth on her high school graduation and presented her with a gift-filled backpack. Our guest speaker was Jamie Sparks Director of the Sedalia Public Library. Items collected by SBW were given to non-profits to meet their ongoing needs. An enjoyable evening spent with my SBW sisters.



Lillibeth Sokolowski

Rachel Monaghan and Jamie Sparks



SBW Service Project—Giving to non-profits

SBW July 11 Meeting Issues Management Committee



Sedalia Parks & Recreation Director, Amy Eppler, was the guest speaker at the July 11 dinner meeting of the Sedalia Business Women. She shared information about the Heckart Community Center, various city parks, the new aquatic center, and bowling alley. Amy chose to donate her speaker honorarium, presented to her by Issues Management Chair, Michelle Franklin, to the SBW Scholarship fund.





Betty Albrecht (Literacy Council and Community Santa) SBW President Janice Cones,
Robin Balke (Helping Hands and Birthday Blessings)

SBW August 1 Meeting Telephone Committee Paddle Party!



President Janice Cones call the August dinner meeting to order at 6:35 p.m. at the Shrine Multi-Purpose Building. Debbie Ulmer, Chaplain, gave the invocation. Janice Cones led the club in the Club Collect followed by the Pledge of Allegiance. Joyce Grinstead introduced the guests.



The August dinner meeting was under the direction of the Telephone Committee, Debbie Ulmer, chair. Lori Haney drew the numbers for the annual Paddle Party.

Numerous fantastic items were available for a 50 cent bids.



Several happy members won prizes and everyone had fun.



A memorial for Laretta Emerson will be held August 8, 2024, at 1:30 at Bothwell Regional Health Center. Her picture and a plaque from SBW stating her accomplishments will be hung.

SBW September 5 Meeting Career Advancement Committee



The September dinner meeting of SBW was called to order by President Janice Cones. Debbie Ulmer, chaplain, gave the invocation.

The meeting was under the direction of the Career Advancement Committee, Valerie Dent, chair. Other members of the SBW Career Committee are Rachelle Simon, Michelle Sparks, Linda Fisher, Laura Taylor, LaSandra Marsch, Linda Fox, Kelly Asbury, and Patricia Monsees.

Three scholarships were awarded this year: Jacqueline Klein, Brandie Estes, and Alyssa Fowler. Jacqueline and Brandie were present at the meeting and spoke about their academic goals.

Scholarship recipients also receive a one-year SBW membership.



Jacqueline Klein is a graduate of the Pettis County RV School District (Northwest), and is currently in the Dental Hygiene Program at State Fair Community College.

She is thankful for the scholarship with will help her achieve her career goals to graduate from State Fair with dual degrees, an Associate of Arts degree and an Associate of Applied Science degree, and complete the national written and clinical board exam to become Registered Dental Hygienist. Jacqueline's future goals are to be certified and eligible to teach the future Dental Hygiene students.

She currently lives in Sweet Springs with her boyfriend and her dog.



Valerie Dent and Jacqueline Klein



Brandie Estes went on two mission trips to Haiti in 2016 and 2018, and in 2019 she was a founding board member for Journey Home Shelter in Warrensburg. This experience forever changed Brandie and she knew her heart was in helping others.

She left her job of 18 years when she realized she could no longer be about numbers and not people. This inspired her to enroll in Wellspring School of Applied Health in Kansas City with a goal of becoming a massage therapist.

Brandie wants to help others in their healing journey and to create a safe space for her clients. Touch is a powerful way to do this.

Brandie is the mother of two young women: Hannah who is a marine veteran and mother to her granddaughter Natalie, and Brinna who is a Knob Noster High School graduate. Her partner, Jessie, has been one of her greatest supporters throughout her educational journey,

She expressed her sincere thanks to SBW for the scholarship to help her fulfill her dreams.





Alyssa Fowler a grateful recipient of a SBW scholarship to help her further her educational and career goals. She will be attending graduate school at Belmont University in Nashville, TN, in pursuit of a Masters in Occupational Therapy (MSOT).

She currently is an Occupational Therapy Assistant (OTA). In this profession, she provides therapy for all age groups from children to the elderly. She provides services in different settings from schools, clinics, nursing homes, and in the clients' homes. She helps people complete daily tasks to the best of their abilities with possible adaptations and modifications so they can be independent in their homes.

After she completes the MSOT program, she will be able to provide services in central Missouri that may not have an OT. She believes that it is important for her and other women to push through the hard times and reach their personal goals.

It has always been Alyssa's dream to become an OTR so that she will have more options with a degree. She believes that she would be a good teacher to those that are pursuing an education in the area of OT because she has been through the program and can help them succeed.

The scholarship money will help her and her family pay for tuition as well as traveling expenses for the mandatory lab time and check-offs in Nashville.

Alyssa is thankful for the scholarship award and will push herself to do the best that she can and succeed in the end.



Carolyn Green installed new members Danielle Sawford, Chris Franklin, Angie Balance and Madelyn Fisher. Welcome new members!

After discussion, a membership vote was taken as to whether SBW should separate from BWM, the state club, at the end of the current fiscal year. Ballot vote took place and the vote to separate from state passed.

The president announced that members who have attained 50 years of membership would be elevated to SBW lifetime members and their dues waived. They will be recognized at Public Relations dinner meeting.

**Northwest Region Meeting
September 21, 2024**



Attendees at the September 21, 2024 Conference at the Heckart Center, Sedalia

SBW October 3, 2024 Meeting Legislative Committee



The October SBW Dinner meeting was under the direction of the Legislative Committee, Lori Wightman, chair.



The speaker for the SBW October dinner meeting was former municipal judge, Debbie Mitchell, who spoke on her experiences in Afghanistan and the lack of women's right in that country. Her presentation was both interesting and sad, but she shared compelling stories of her time there.

The SBW Legislative Committee Chair, Lori Wightman, presented the speaker honorarium, which Debbie asked to have designated to paying past due lunch tabs at Washington Elementary School.

President Janice Cones presented a fall wreath to Robin Balke in appreciation of being speaker on behalf of DeFeet at Northwest Conference held September 21st.

New members installed in October: Jeffthan Glaster (Donna Hirner-Gardner) Marianne Tichenor (Carolyn Green), Sherry Broyles and Charlotte Rene Vance (Robin Balke).

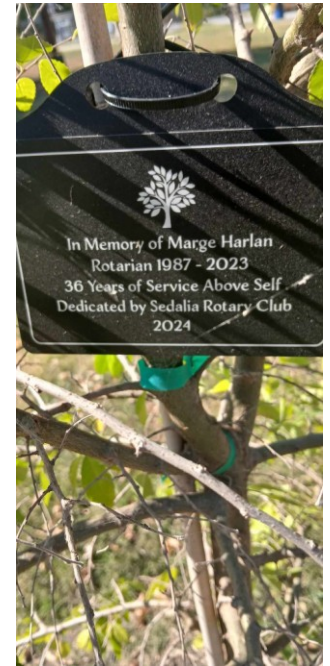
October Events:



The Sedalia Business Women were presented with the "Star Award" in the Civic Club category of the Sedalia Democrat's "Best of Sedalia" public voting program. SBW President, Janice Cones, accepted the award on behalf of the club. This is the third Star Award SBW has received in the past four years. Thank you to all you nominated and/or voted for our organization!



Business Women's Week October 16 – 22



As is tradition, we kicked off Business Women's Week by attending the Sedalia Rotary Club meeting. Seven SBW members attended the lunch meeting at Hubbard Park yesterday, where the Rotary dedicated an elm tree in honor of Marge Harland. Marge was a 36-year member of the Sedalia Rotary and was their first female member when the organization changed their bylaws to allow women to join.



The annual Past Presidents Dinner was held October 22 at Colton's, with thirteen past SBW presidents in attendance.



Past Presidents Dinner, Colton's

A handful of SBW members met at Don Jose Mexican Buffet for Friendship Lunch October 23 during Business Women's Week.



Chicken Dinner October 22



We had a tremendous turnout for the SBW 44th Annual Chicken Dinner! Thank you to everyone who purchased a ticket and especially our hard-working members. The proceeds from the event will be donated to local nonprofits at our April dinner meeting.



Carolyn Green mixing the cheese and potatoes.



President Janice Cones



Cathy and Shirley



Valerie, Judi, and Sherry



Robin, Dianne, and Cindy

**SBW November 2, 2024 Meeting
Public Relations Meeting**



Donna Hirner-Gardner named Woman of the Year





Congratulations to Landmann Title, winner of the SBW 2024 Employer of the Year. Stephanie Woolridge accepted the award from Employer of the Year committee chair, Bobbi Wilson





Richard DeFord sang the National Anthem



Betty Blackwell Received a Lifetime Membership Award!





Carolyn Green and Betty Blackwell



Robin Balke Presented a Power Point of SBW/BPW History

SBW would like to thank the following students for assisting at our November dinner meeting: Reese Asbury, Hadley Green, Lillian McCue, Isabella Brownfield, and Sally Davis. We appreciate your help!



**SBW December 7, 2024 Meeting
Socials Committee Meeting**



Merry Christmas!

The December meeting was under the direction of the Social's Committee, Michelle Abney, chair. The December Meeting was the Holiday Gift Exchange.

SBW January 4, 2025 Meeting Membership Committee Meeting

The January dinner meeting of the Sedalia Business Women was called to order by Janice Cones, President, at 6:30 p.m. at the Shrine Multi-Purpose Building. Debbie Ulmer, Chaplain, gave the invocation. Janice Cones led the club in the Club Collect followed by the Pledge of Allegiance. Laurie Staus introduced the guests.

The January dinner meeting was under the direction of the Membership Committee, Carolyn Green, chairman. The guest speakers were Machele Thierfelder, Liz Rooks and Rene Vance of Sedalia Senior Center. A raffle is being held to win one of three mini helmets autographed by Patrick Mahomes.

Janice Cones, president, presented donations collected to Center for Humas Services and Community Café.

Jose Peck of Smith-Cotton DECA discussed DECA's *Permission to Pause* event scheduled for January 11, 2025 from 9:00 a.m. to 1:00 p.m. at the Foundry, Downtown Sedalia. Speakers will be Ange Howard of CHILL Cryotherapy & Wellness, Christina McClendon, Miracle Massage & Stretch Therapy and Kali Lucchesi of Healthy Habits. Doors open at 9:00 a.m. to pick up *Permission Slips* to stroll through the booths to win prizes.

Carolyn Green installed new members Rene Vance, Sherrie Broaddus and Sara Bugg.

The President discussed the By-law changes since SBW is withdrawing from state in May.

SBW February 1, 2025 Meeting Committee Training

The February dinner meeting of the Sedalia Business Women was called to order by Janice Cones, President, at 6:32 p.m. at the Shrine Multi-Purpose Building. Debbie Ulmer, Chaplain, gave the invocation. Janice Cones led the club in the Club Collect followed by the Pledge of Allegiance. Jamie Anderson introduced the guests.

The February dinner meeting was under the direction of the Community Outreach/Community Cafe Committee, Jamie Anderson and Shawna Comfort, co-chairman. The guest speaker was a Smith Cotton student representing the Community Cafe.

Janice Cones, president, presented the business portion of the meeting.

Carolyn Green installed new members Jeftan Glaster, Arianna Martinez and Kira Zyken.

SBW March 7, 2025 Meeting Red Purse Raffle

The March meeting was under the direction of the Foundation Committee, Robin Balke, chair. The raffle is to raise funds for scholarships. The purse contains a minimum of \$500 and the Members Only Clutch will hold a minimum of \$200.



The 2025 lucky winners were Michelle Sparks who won the Members Only Clutch and Donna Hirner-Gardner who won the coveted Red Purse. The Red Purse, Members Clutch, and Silent Auction raised \$2,033 for scholarships.



The guest speaker was Malinda Nevils, Pettis County Health Center Administrator. After her presentations, she drew the names for the Red Purse Raffle and Members Only Clutch.

President Janice Cones discussed changes to the Bylaws to be voted on in April. She also asked for a nominating committee to seek nominations for 2025-2026. Carol Sawyer and Carolyn Green will serve as the committee.



In addition, a silent auction was held with many happy winners.



SBW April 4, 2025 Meeting Special Projects



The April dinner meeting is under the direction of the Special Projects Committee, Julie Slocum, Shawna Comfort and Jamie Anderson, so-chairmen. The guest speaker was James Arrowood of “Jim the Wonder Dog” Board and Museum.

Carol Sawyer of the Nominating Committee, presented the slate of officers for 2025-2026 to be voted on by membership at dinner meeting. The slate of officers is President, Debbie Ulmer; President-elect, Michelle Franklin; Vice President, Sare Bugg; Secretary, Donna Hirner-Gardner; Treasurer, Della Schnakenberg; and Director, Janice Cones.

The chicken cookers were the special guests of the club.

Awards from the Chicken Dinner Funds





Meals on Wheels, Sue Parrish



Helping Hands of Pettis County, Travis Williams



Community Café, Kathleen Boswell



Members Collect Items for Charities

**This month: United Way (Rachelle Simon) Birthday Blessings, and CASA
(Lori Haney)**