



Below is a summary of Facet activities for the month of **OCTOBER**. Also, a listing of upcoming events with dates and times listed for your service.

Facet	OCTOBER's Activities	Upcoming Activities
<p>Health and Human Services Chair: Link Rhonda Co-Chair: Link Barbara</p>	<p><u>Childhood Obesity Project</u></p> <p>On Wednesday, October 3rd and October 10th from 11:45 a.m. – 12:30 p.m., the Greater Kansas City Chapter of the Links, Inc. delivered Childhood Obesity lessons to third graders at Allen Village School 706. W. 42nd St. In the first lesson, Link Pat Mitchell kicked off the initiative with introducing the 40 third graders with the theme of <i>Building Better Bodies</i>. Objectives included: describing the goals of the program, assessing students' attitudes about food and nutrition and establishing personal goals for healthier lifestyles.</p> <p>This week, Link Marsha Griggs spear headed the lesson on <u><i>Making Wise Choices</i></u>. Students enjoyed hands-on activities that centered around identifying food groups and nutrient values, understanding the My Plate Symbol and demonstrating ability to read food labels.</p> <p>On October 17th, Links Tammy and Natalie will lead the lesson on <i>Selecting Healthy Foods and Physical Activity</i>. An update of their lesson will be given in detail for the November report.</p>	<p><u>Childhood Obesity Project</u></p> <p>3rd graders will enjoy take a field trip to the Chiefs Sports Lab on November 8th. A \$475.00 grant for the Sports Lab has been secured through HHS and already given to the school for 45 students to attend.</p> <p>In addition, Link Phyllis Washington has procured plate wear to guide portion control for children from Liviliga. Sheila Dietrich Kemper is the owner of Liviliga and has written a series of books on nutrition featuring characters, Sammie and Sax, in which the third graders will receive in either English or Spanish.</p> <p>For more information on this, visit: https://www.livligahome.com/Default.aspx</p> <p>For opportunities to volunteer with this project, please contact Link Rhonda Reddick.</p>

Breast Health Awareness Project

In awareness of breast cancer month, the HHS facet will present a short presentation on breast health awareness during the October chapter meeting. Links Dineo Kabele and Natalie Banks will facilitate the presentation. Educational information and resources will also be shared with chapter members. **Everyone is asked to wear pink.**

International Trends and Services

Chair:Link Phaedra L.
Co-Chair Link Dana

Women’s Health Initiative- Harmon Jamaica

Link Katrina is in contact with Walgreens and CVS for **donations for vaginal yeast creams**
Link Pat M.- is contacting Heart to Heart for donations or reduced cost for the yeast creams.

Sanitary project: Link Dana and Link Phaedra have investigated Period Panties and Reusable Sanitary Napkins.

The GKC ITS facet will donate the feminine products to approximately 15 girls

- Each girl will fill out a questionnaire identifying which feminine product she is currently using and rate its effectiveness.
- She will also report on how her period impacts her daily life, activities, and education;

- A f/u questionnaire will be done after she has used the reusable feminine products for 2-3 cycles. Based on this information, we hope to gain better insight into how we can be

Harmon Jamaica Education Project

In collaboration with Won to One Jamaica, the GKC ITS facet is looking to **provide WFI service for the new tutoring center.**

The center is still under construction, but is scheduled to be completed by 10/31/2018. After the completion, we will have more information on the projected cost of the WFI service.

International Women’s Day 3/8/2018

Link Shaunda Fowler - working with the United Nations Women’s Association.

more impactful through charity and education.

Harmon Jamaica Education Project

We received a letter and an exemplary report card from our first grade student, Rochelle.

National Trends and Services

Chair: Link Danadra
Co-Chair: Link Bernie

The Greater Kansas City (MO) Chapter of The Links Incorporated and the KU Cancer Center (The University of Kansas Medical Center) hosted the first Women's Empowerment Summit. The summit, entitled "**Women's Empowerment Leadership and Legacy – WELL: A Women's Health and Wellness Summit**" was held at The University of Kansas Medical Center Health Education Building on **September 20th**. The summit provided positive health and wellness messages, raised awareness about women's health issues and raised money for health programming for underserved women. There were over 50 attendees, 18 Links volunteers and multiple wonder vendors.

The Greater Kansas City (MO) Chapter of The Links, Incorporated and Shirley's Kitchen Cabinet partnered to host an exciting nonpartisan **Heartland Legislative Forum Saturday, October 6, 2018** at Colonial Presbyterian Church

Teen Summit was an interactive experience and discussion for and by teens on race, privilege, mental health and bullying which was held at St. James UMC on **October 14**. We had up to 100 participants and over (25) volunteers including (17) table monitors. Thanks to our group of Link Sisters that volunteered as well.

The United Methodist District Superintendent was very impressed with our efforts. He will be very happy to sign the grant the committee is working on for this event. We were impressed and grateful for the speakers and the exchange that took place between the parents. We had a good blend from all the churches.

Meet & Greet with County Chairman Ed Eilert (10/23) from 5:30-7:30pm: Meet [Chairman Eilert](#) to learn about his vision and plans for Johnson County and how to be more engaged. This event will be held at Lanthrop and Gage

– Wornall Campus. This forum focused on four of the most competitive races that in our region. Guests got the opportunity to ask great questions, learn about candidate platforms, and register to vote. There were over 150 attendees and 20+ volunteers.

(10851 Mastin Boulevard, Overland Park, KS 66210-1669) from 5:30 - 7:30pm. Light refreshments will be provided. Please contact Link Cheryl for additional questions.

The NAACP Kansas City, Missouri Branch and A. Philip Randolph Institute (APRI) will host a Candidate Forum on **Thursday, October 25, 2018 at 6:00pm** at the Bruce R. Watkins Cultural Heritage Center. There will be candidates from two races, Jackson County Sheriff which will be at 6:00pm and Congressional District 5 will be at 7:00pm. Please contact Link Pat for additional questions.

Help Protect the Right to Vote in Missouri! Election Protection is the nation's largest nonpartisan coalition dedicated to protecting the right to vote and helping voters exercise that right on Election Day. Volunteers are needed on election day, **November 6 from 6am-7pm**, to work in 2-hour shifts and will: Monitor polls & distribute voter rights information • Help answer questions • Field calls from Election Protection hotline • Get dispatched to needed polling sites to help. Please contact Link Pat for additional questions.

VOTE, VOTE, VOTE!

Services to Youth

Chair: Link Cassandra

Co-Chair: Link Carla

STEM: Links Carla and Alumni Link Angela met with William Wells of ASteam, to assist with establishing a Jr. NSBE Chapter by the GKC (MO) chapter of The Links, Inc. The target audience are six (6) 3rd graders & Ten (10) 4th grade students at Troost Elementary. William provided us with an outline plan to assist our chapter with the establishment of a Jr. NSBE Chapter. Will identify companies that require technical skills for their support.

Closing the Achievement Gap (CTAG).

Link Carla is on the board and has the lead with Awesome Ambitions. The Awesome Ambitions calendar will be finalized and available for members to participate. Our goal is to have an increase of 30% participation. Would like to ensure that we support their major fundraiser, Purse-onality on April 27, 2019.

READ ACROSS AMERICA: Link Phadra has the lead with Read Across America. Plans are to Volunteer and support this activity at Troost Elementary and Phyllis Wheatley Elementary schools. Need Link support! Proposal will be submitted by Link Phadra, in November.

Scholarship: Link Malika reported that the committee is working on guidelines.

HBCU: Link Kelly reported that we cannot reserve any parks for the walk until Jan. 1. Primary goal is to increase chapter participation and support.

Establish a NSBE Jr. Chapter sponsored by the GKC Links at Troost Elementary, Principal LinkShaunda. Target Date for Links certification as a charter NSBE Jr. is October 31. Link Carla will prepare the proposal.

Support STEM NSBE Jr. competition, March 25-31. Location TBD.

Awesome Ambitions: November 3rd, Scholarship Search Information Workshop; December 1st, Community Service activity (Rose Brooks Center).

READ ACROSS AMERICA: March 1, 2019.

In support of this initiative there will be a book donation, reading incentive, etc.

The Arts
Chair: Link Melanie
Co-Chair: Link Anne

Becoming Martin
The GKC Links provided 35 free tickets for Allen Village students and parents to see the Coterie's production of 'Becoming Martin' on **September 29th** through our **'Buy One, Give One'** program. Our Link Sisters hosted a reception for the students prior to the show which included pre-show remarks from the show's director, Heir-o-Link Chip Miller. In total, our group had more than 50 people attend the performance. The show runs through October 21st. Get a 20% discount on adult tickets using promo code 'CHIP'.

Survey – Overnight Arts Field Trip
The Arts Facet committee will distribute a paper survey at the October meeting to gauge the chapter's interest in taking an overnight field trip to experience the Arts Scene in Chicago in Spring 2019.

Arts Newsletter
Our new bi-monthly Arts Newsletter will be unveiled this month! Be on the lookout for this informative summary of the Arts happenings in Kansas City!

October is **National Arts and Humanities Month** which was designated by Americans for the Arts about 30 years ago in honor of the 20th year anniversary of the National Endowment for the Arts. In 1993, it was reestablished by Americans for the Arts and the National Endowment for the Arts as a month-long celebration. The Links, Inc. join thousands of organizations and communities across the nation to celebrate the arts throughout October. Everyone is encouraged to attend arts events this month!

GKC Night at the Black Repertory Theater – 'Othello Remix' – November 16th – We will host a pre-show reception and promote the **Friday, November 16th** performance of the Black Rep's show at the GEM Theater at **7:30 PM**. Use promo code **GKCLINKS** to get a \$20 discount. We will send a flyer to the chapter that can be shared on social media and with friends and family. We want a big turn out for the show!! Go to www.brkdc.org to purchase tickets.

Links, Troost School and the Nelson Art Gallery Partnership – We are working with Link Shonda to facilitate a tour and an art class at the Nelson Art Gallery for students at the Troost School. Date TBD.

Schoolgirls; Or, The African Mean Girls Play
We will sell tickets and host a pre-show reception for the **8:00 PM show on March 2nd** at the **KC Rep Copaken Theater**. Tickets are \$30 and can be purchased from GKC Links using PayPal or by check. Get your tickets early!

Theater ROcKs - Reach Out to Kids Program

\$ 15, 435.00 was used to pay admission fees for **728 students** to attend live theatrical performances this year.

Participating Schools/Groups

DeLaSalle Charter High School
Awesome Ambitions
Tolbert Academy
Westridge Elementary School
Frontier School of Innovation
K C Neighborhood Academy
Reindeer
Allen Village High School
Central High School
Palestine Learning Center
2nd Generation
ASCEND - Jackson County
ASCEND - Wyandotte County

Performances

The Lion King
The Color Purple
Black Violin
Alvin Ailey
A Charlie Brown Christmas
Rudolph the Red-Nosed

Jack and the Bean Magico
Tuck Everlasting