

# CYBER Sunflower



*Kansas Society Daughters of the American Revolution*

*April 2020*

## *In This Issue....*

- State Regent Report....1
- State Celebration....2
- Virus Protection....2
- Protocol 101....3
- State September Meeting.....3
- KSDAR Bylaws.....3
- Mission Hills...4
- Marais des Cygnes.....4
- AR&P's Available....5
- New Members.....5



*The CyberSunflower is a monthly publication of the Kansas Society Daughters of the American Revolution. Please submit any articles or news ideas no later than the 15<sup>th</sup> of the month and inclusion is based on space and relevance. KSDAR maintains editorial control over all content. Contact Kimberly Patrick or Susan Metzger for any questions.*

## *A Message from the State Regent*

Dear Kansas Daughters,

Undoubtedly, you have heard the phrase that spring comes in like a lion and out like a lamb. Typically, this refers to the onset of thunderstorms and even an occasional blizzard in the month of March followed by mild weather and the emergence of flowers and green grass by early May. This year, that phrase has taken on a new meaning.

In early March, I was enjoying chapter visits and looking forward to travels to Louisiana and Connecticut to share in their State Conferences. We were deep in the final planning phases for the first KSDAR State Conference of this administration. By the first day of spring, March 19<sup>th</sup>, everything had changed.

The coronavirus COVID-19 pandemic resulted in the cancellation of a visit with the Oceanus Hopkins Chapter, as well as, the Louisiana and Connecticut State Conferences, and the Kansas Society Sons of the American Revolution Annual Meeting. Taking seriously the well-being of our membership and following local, state, and national guidelines regarding social distancing, we made the difficult decision to cancel the 122<sup>nd</sup> KSDAR State Conference.

Indeed, spring has come in like a lion. However, hope springs eternal, and my hope is that our diligent practice of social distancing will result in lamb-like days in the weeks ahead. During times like these, Kansas Daughters are quick to adapt and identify ways to be of service to their communities and the Nation. I am proud of every effort made to adjust schedules, embrace new technologies, and identify creative ways to practice hospitality while protecting the health of our members.

Wishing you wellness and health,

Welcome Home!

Susan Metzger



## Celebrating Our Youth, Graduates and Others

There are many exciting things that take place during our annual State Conference including celebrating our youth winners of American History contests, scholarship winners, graduates of the Members and New Horizons courses, graduates of the GEP courses, as well as our Outstanding Junior, Outstanding Chapter and Outstanding Regent.

With the cancellation of the 2020 State Conference, we were looking for a fun way to unveil all the exciting announcements that would have taken place. For the month of April, we will be posting daily on the KSDAR's closed Facebook page information, award winners and other announcements.

Not a member of the KSDAR Facebook page? To join, search for Kansas Society Daughters of the American Revolution (KSDAR) and request to join. The administrators will then accept you into the group. Why join? We post important information to this page from both NSDAR and KSDAR, and there are a lot of great ideas shared to the page.

**CONTEST**  
**CONTEST**  
**CONTEST**  
**CONTEST**  
**CONTEST**  
**CONTEST**



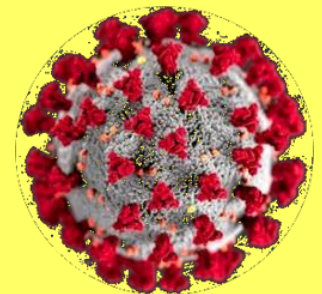
We want you to join the KSDAR Facebook page, so we are offering a prize to the 700<sup>th</sup> member and the 1,000<sup>th</sup> member! We know that once you join you will enjoy the interaction with other Kansas Daughters and appreciate the timely information that we post regularly. Join us and join the fun!

## Virus Protection: Ways to Reduce Germs and Stay Healthy

While we are all self isolating during this pandemic, let us all remember that getting through this means we each need to do our part. This means staying home, if we begin to feel ill, placing ourselves in quarantine away from everyone and contacting our care provider. Educate yourself on what you need to do to keep yourself as well as your family healthy, and what to watch for.

The Centers for Disease Control (CDC) has provided some helpful information for everyone to stay healthy and safe:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue or your elbow.
- Older adults and people of any age who have underlying medical conditions may be at higher risk for more serious complications from COVID-19.
- Anyone can contract COVID-19 regardless of age, race or health.



So while we in Kansas are sheltering in place, there are many things that we can do to help others:

- Donate blood – there is an extreme shortage of blood and blood products currently.
- If you are a seamstress, sew face masks for healthcare, first responders and store clerks.
- Send notes of thanks to health care workers and first responders in your area.
- Use sidewalk chalk to leave positive messages to neighbors and children.

Do you have other ideas? Go to the KSDAR Facebook page and post them! Stay safe and stay healthy.

## Protocol 101

*Mary Frisch*

### Protocol Tips for Continental Congress

Business attire should be worn to all daytime business sessions and luncheons.

Formal attire is best for all evening sessions and banquets. A long black skirt and dressy top is acceptable and easy to pack. It is advisable to take a shawl to the evening sessions, as the hall can be a bit chilly.

As a Chapter delegate to Continental Congress, it is your responsibility to attend all business sessions and all evening sessions. The business of the society is conducted during the morning sessions and you will want to report this to your chapter. They elected you to get informed and to bring the information back to share with them.

The evening sessions are inspiring and informative and you will not want to miss these. Be sure to arrive early and be in your seat prior to the opening of the session. If you are late, you may find yourself without a seat since the vacant seats may be given to others if not filled by the deadline. BE early and enjoy the music performed by the military band!

DO visit the booths in the hall foyer. This is an opportunity to pick up literature and information about schools, committees and such. DAR Insignia and pins will be for sale in the hall foyer. You will be able to purchase insignia, ribbons, sashes and pins on the spot!!

Please consider signing up for DAR luncheons, including DAR Schools, Patriotism, Junior Membership, Historic Preservation and Units Overseas, to name a few. These luncheons are an opportunity to learn more about these committees and how they impact the DAR mission.

DO NOT try to do everything. You will go broke and make yourself crazy. Manage your time and enjoy the experience.

#### **IMPORTANT!**

The state delegation should rise briefly when the State Regent comes forward to give her report at Continental Congress and at the Memorial Service when the state is called.

Members rise when their State Regent is presented at her State Conference or when a guest at a chapter function. When a State Regent is introduced as one of a group of State Regents present, as at DAR School functions, it is not necessary for a member in attendance to rise when the State Regent of her state is presented. The chapter delegation should rise briefly when the chapter regent is called upon for her report at state conference and at the Memorial Service when the chapter is called.



## State September Meeting

The State September Meeting is currently scheduled for September 11 and 12 in Junction City. Due to the cancellation of the State Conference, the Executive Board is looking to expand the September Meeting to include some events that would have taken place at the State Conference including the Memorial Service. Watch for information in the CyberSunflower, the KSDAR Website and the KSDAR Facebook page. Start making your plans to attend the September Meeting and catch up with your friends, and news from Continental Congress.

## Bylaws Changes

The Bylaws Committee put in extensive effort into the proposed changes that were to be presented at the State Conference. The preliminary proposed bylaws changes can be found on the KSDAR Members Website under the SIP tab. There may be some additional changes to incorporate electronic meetings as the committee has been asked to research and provide an amendment for consideration to address the ability to conduct business meetings electronically. The Bylaws Committee will send out a complete list of the proposed changes at least 30 days prior to the vote on these changes. Please educate yourself and be prepared to cast your vote at the next meeting.

Special appreciation goes to the Bylaws Committee: Laura Kaiser, Chair; Carlotta Munson; Renee Slinkard; Jean Pinick; and Bobbi Scritchfield.





# Mission Hills Treats Local First Responders

Mission Hills Daughters wanted to Rise and Shine and support area First Responders with goody bags to show our appreciation for all they do for the community. Juli Vance and Elaine Rebori, Service to America Committee Co-Chairs arranged for members to meet at a local restaurant, then the members wrote cards of thanks and appreciation while filling the bags with individual servings of nuts, dried fruit, crackers, cheese, cookies and chips. The bags were then delivered to fire departments in Lawrence, Overland Park, Leawood, Prairie Village, Lenexa, and Kansas City, Kansas. The first responders were so pleased to receive the bags!



# Marais des Cygnes Presents Community Service Awards

Marais des Cygnes Chapter honored three individuals last year with its first ever Community Service awards. Two leaders of Louisburg's Blessings in a Backpack program, Kylie Schleicher and Callie Patterson, received the Chapter's first presentation of the DAR Community Service Award. As securing America's future through better education for children is one of three DAR missions, and a hungry child's ability to learn is hampered, the Blessings in a Backpack program was a perfect fit to receive this first Miami County Chapter award.

Our third recipient, Jennifer Dulski, founder and leader of Always and Furever Midwest Animal Sanctuary, grew a small, non-profit dog sanctuary into a movement which, in a little more than a year and a half, has saved the lives of over 700 dogs and cats. We are proud our own Jody Lane who was the very first person to volunteer for this worthy organization.

Incidentally, both local papers carried both press releases in their entirety, including pictures. These Awards are meaningful not only to the recipients and their organizations, but also to the community at large, helping communicate and promote our Society's goals.



## Please Welcome Home These New Kansas Daughters

### Betty Washington

Kaye Mayer

### Council Oak

Jill Winger

### Courtney-Spalding

Kathy Cook

Monica Dreiling

### Esther Lowrey

May McCune

### Eunice Sterling

Kimberly Reynolds

### General Edward Hand

Letty Burns

### James Ross

Jessica Mantick

### Little Arkansas

Vicki Hamer

### Mary Wade Strother

Donna White

### Newton

Sue Beaulieu

### Polly Ogden

Brett Stewart-Platt

Elizabeth Chapman

Susan Grier

### Randolph Loving

Mary Lyon

### Topeka

Marilyn Johnson



## AR&P's for Purchase

*Peggi Barrett*



Copies of the 2018 – 2019 Annual Report & Proceedings (AR&P) are available to members for \$13.75, which includes mailing. Send your check made out to KSDAR State Treasurer to Janet Lake, 22603 W. 72<sup>nd</sup> St., Shawnee, KS 66227.

If you are taking the Members or New Horizons classes, this is a wonderful tool to assist you through your modules. Also, chapter vice regents should get a copy so that they have the opportunity to read and understand how KSDAR functions and gather ideas for their term as regent. Get yours before they run out!

## Reports

Reminder that chapter and state committee chair 200-word reports are due by April 20, 2020. Please send a copy to State Regent Susan Metzger and State Recording Secretary Peggi Barrett.

**Don't forget: to log into the KSDAR members only website, the username is ksdar and the password is sunflower!**

# CORONAVIRUS OUTBREAK

## WHAT IS CORONAVIRUS?

Coronavirus is a large family of viruses that cause a variety of diseases including colds to serious illnesses such as SARS and MERS-CoV. Coronavirus is a new strain of the virus that has never been detected or detected in the human body.

### SIGNS & SIMPTOMS

- Fever
- Cough
- Hard to breath

### HOW CAN I PROTECT MYSELF?

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick.