



# Wichita Professional Communicators

Affiliated with Kansas Professional Communicators and NFPW

[www.wichitaprofessionalcommunicators.com](http://www.wichitaprofessionalcommunicators.com)

VOL. 51 | No. 7 | July 2022

## WPC July Program

**What:** The Process Communication Model with Cy Rogers

**When:** 11:30 a.m. – 1 p.m.  
Wednesday, July 6, at Larkspur  
Bistro & Bar

**Registration:** [RSVP by noon](#) on Tuesday, July 5, to save \$5! Advance tickets are \$20 for members and \$25 for non-members. Walk-ins are \$25 for members and \$30 for non-members. Students are \$10. (Ticket price includes buffet lunch, water, coffee or tea. Please note: If you register to pay at the door, you will be invoiced if you do not attend.)



### So, what is the Process Communication Model, anyway?

Cy Rogers of the Wichita State Community Engagement Institute will uncover that mystery at our July Wichita Professional Communicators meeting. Cy works across the state of Kansas helping organizations, individuals and nonprofits improve processes. As a certified Process Communication Model trainer, he puts a particular emphasis on how people interact and know themselves to improve both work and life.

Outside of CEI, Cy enjoys music, cooking and being around his cats. Join us to learn more about how and why people communicate.

WPC monthly meetings support a scholarship fund for Wichita-area students pursuing a career in communications. Come network, be inspired by guest speakers and help a future communication colleague in the process. You may donate additionally [via Eventbrite](#) when you register for the meeting, or donate [online](#).

### About CEI

CEI develops solutions and builds capacity within organizations across the state. The institute is comprised of eight teams offering expertise across a variety of specialties, including strategic communication, public health, organizational development, and research and evaluation.

# Job Opportunities

## Keeping an eye out for you

- Kansas Children's Service League is looking for a [content specialist](#).
- The Wichita Eagle is hiring for a [local government reporter](#).
- Cargill is hiring a [communications senior specialist](#).
- Textron is hiring a [multimedia content producer](#).
- Butler Community College is looking for a [journalism instructor](#).
- Koch Industries is hiring a [copywriter](#).

## From the WPC President

# Life moves fast, take care of yourself



I don't know about you, but life has been moving really fast these last few weeks ... err ... months. There's a lot of change in the air in my world, and with that comes a lot of time spent mulling over things in my brain. Which can be a good and a bad thing.

We've heard a lot about taking care of our mental health these last couple of pandemic years, and for me, I didn't fully understand what that meant. I've been wired to work 'round the clock. I have a difficult time saying "NO" to things. I like to occupy my time with work and tasks because I've always believed in the "I don't want to waste my day" mentality.

I think part of my desire to keep busy was so I didn't have to think about things. When something would happen in my personal life, I would brush it off and let it go and occupy the part of my brain that should process the negative occurrence with work or a project. I found myself suppressing feelings and thoughts. I was breaking myself and I didn't realize it.

I'm going to get a little personal here. I met my partner in November. As I'm writing this (June 21), we've shared seven wonderful months together. I learned in January that in order for me to fully let him into my life, I needed to work on my mental

health. I'm fortunate to have great insurance that lets me seek out therapy. I've been seeing a therapist these last six months and have spent this time diving into my past, discussing my past traumas, unpacking all of this baggage and learning how to cope with intrusive thoughts about myself and my abilities. I'm not cured by any means, but I have so much more clarity now. I have clarity in the way I love and expect to be loved in return. I have clarity to build a solid work/life balance so I don't hate my job. I've been able to talk openly about my feelings – something I wasn't able to do before January. I've learned to trust and grow and breathe and be present.

Taking care of our brains and our hearts is necessary. As the heat of the summer wears on, Covid cases surge and gas prices keep climbing, I encourage you to figure out ways to take care of your mental health. Stress is real. But we have the strength to take care of ourselves. Go for a swim, read a book, cook a new meal, watch trash television – find something that soothes your soul and lets your mind take a break.

And if you feel like seeking help for your mental health, talk to your employer and do a quick Google search. It's worth it.

**Sean Jones**

# Kansas communicators earn awards in state, national contest

Congratulations to the many talented members of Wichita Professional Communicators who earned state and national honors this year for their work.

Awards from the Kansas Professional Communicators' annual competition were presented during the KPC spring awards luncheon at Heart of Country Catering in Goddard. The competition recognizes excellence in categories including writing, editing, design, photography and public relations. Media covered included print, broadcast and websites.

At the conclusion of statewide judging, all entries that earned first place in the Kansas contest moved on to competition in the National Communications Contest sponsored by the National Federation of Press Women. The national contest winners were announced June 25 during the 2022 NFPW Conference in Fargo, N.D.

Those who earned awards this year included:

- Rachel Bell, Steve Hewitt and Brett Eitzen, KPC first place, NFPW honorable mention, podcast.
- Kristen Bogner, KPC first place, NFPW first place, social media; KPC third place, electronic newsletter
- Katie Cantrell, KPC second place, special interest video for web; KPC third place, public relations material, report; KPC honorable mention, social media campaign.
- Debbie Elmore, KPC second place, personality profile more than 500 words; KPC first place, NFPW honorable mention, social



From left to right: WPC and KPC members attended the NFPW Conference in Fargo, N.D., including Kristin Bogner, Monica Springer, Katie Cantrell, Gwen Larson, Kindra Goertzen and Amy Geiszler-Jones. (KPC photo)

issues article; KPC second place, news story; KPC second place, sports article; KPC second place, government or politics article; KPC second place, personality profile more than 500 words.

- Jennifer Eaton, KPC honorable mention, electronic newsletter.
- Kindra Goertzen, KPC first place, NFPW first place, public relations materials, report; KPC first place, NFPW honorable mention, public relations material, brochure; KPC second place, public relations material, report; KPC second place, electronic newsletter.
- Darcy Gray, KPC first place, NFPW first place, photographer-writer.
- Darcy Gray, Jennifer Eaton and Belinda Venters, KPC first place, NFPW honorable mention, electronic newsletter.
- Madeline McCullough, David Diaz, Anita Chokbengboun, Raquel Diaz, Trey Greening and Joseph Nichols, KPC first place, NFPW honorable mention, advertising campaign.

- Madeline McCullough, Dawsyn Long, Melissa Tran, Lori Froehlich, Jessica Oldenettel, Spencer Hynes, Theresa Tran, Jennifer Qualls and Mariah Relph, KPC first place, NFPW honorable mention, public relations campaign.
- Cheryl Miller, KPC second place, newsletter editing; KPC second place, personality profile, 500 words or fewer; KPC second place, general column.
- Wilma Moore-Black, KPC second place, arts + entertainment article.
- Angie Prather, KPC second place, single photograph.
- Angie Prather, Kindra Goertzen and Kristin Bogner, KPC first place, NFPW third place, television advertisement; KPC third place, video for web.
- Belinda Venters, KPC first place, NFPW second place, ghost-written article.
- Belinda Venters, Jennifer Eaton and Darcy Gray, KPC first place, NFPW first place, publication editing.

# WPC & AFFILIATES CALENDAR

**July 6:** WPC monthly program, 11:30 a.m., Larkspur Bistro & Bar

**July 11:** WPC board meeting, noon, via Zoom

**Aug. 3:** WPC monthly program, 11:30 a.m., Larkspur Bistro & Bar

**Aug. 8:** WPC board meeting, noon, via Zoom

**Sept. 7:** WPC mixer and scholarship fundraiser, Wichita Marriott

**Sept. 12:** WPC board meeting, noon, via Zoom

## WPC Member News

● Congratulations to WPC member **Kindra Goertzen**, who was named Marketer of the Year by the Wichita chapter of the American Marketing Association. Goertzen, creative manager for United Way of the Plains, was honored during AMA Wichita's 2022 Wichita Marketing Awards ceremony on June 16.

● WPC board member **Vanessa Whiteside** was named Midwest Travel Network's 2022 Blogger of the Year. Whiteside has a lifestyle blog called "One Delightful Life" that features travel destinations and her favorite foodie finds.

## Silent auction items still needed for September scholarship fundraiser

There's still time to donate your silent auction items to the Sept. 7 WPC Scholarship Mixer/Fundraiser at the Wichita Marriott Corporate Hills. We've already collected many wonderful items for our silent auction, but more are always needed. Event sponsorships of \$250 to \$500 also are still available.

Remember: This is the primary way we raise funds for our annual scholarship to deserving local communications students. Your donation of silent auction items – and your attendance at the event – are what make this popular fundraiser a great success each year. Ticket information is coming soon. Watch for details.

Donations are being accepted through mid-August.

For more information about silent auction donations or sponsorships, or to arrange pickup or delivery of items, contact Judy Conkling, 316-519-5786, [judy.conkling@gmail.com](mailto:judy.conkling@gmail.com); or Wilma Moore-Black, 316-347-3170, [Wilma.black@wichita.edu](mailto:Wilma.black@wichita.edu).

### Special request for college-themed donations

This year's silent auction will feature one-of-a-kind baskets of swag from several Kansas colleges and universities. If you have new or unique vintage college-themed items from WSU, KU, K-State, Newman U, Friends U or any other local college or university, contact Judy Conkling today.

# 2022

# WPC BOARD

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