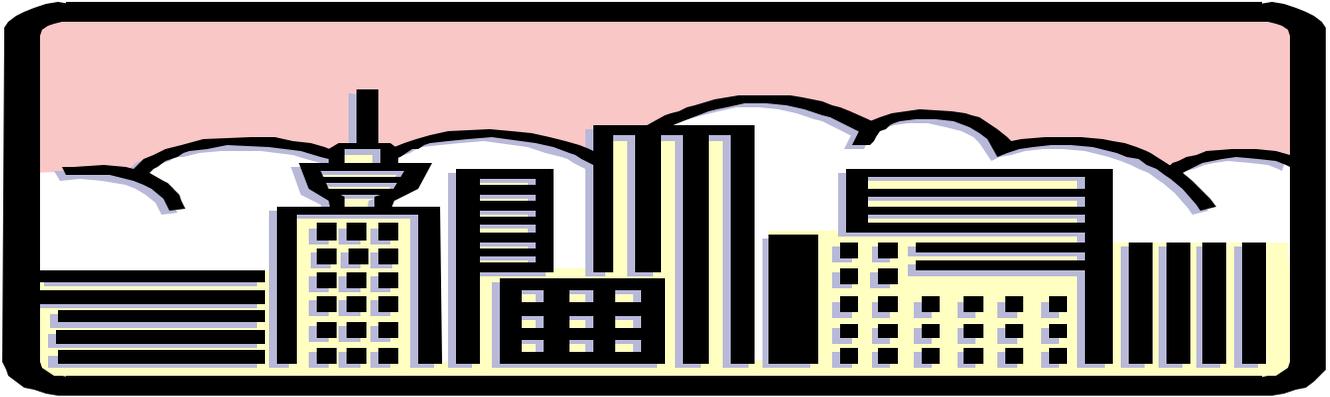


The Network News



A newsletter for the members of Metro Women's Network

June 2005

Thursday, June 16

Where: Greenbriar
5810, Merle Hay Rd., Johnston
Phone 253-0124

Agenda: Social Time: 5:30 p.m.
Dinner: 6:00 p.m.
Program: 7:00 p.m.

Menu: Choice of entrees:

?? Fettuccini Alfredo (meatless)

?? Pepper Penne

?? Marinated Teriyaki Chicken
Breast with Pineapple

All served with salad, rolls and vegetable of the day.

Assorted cheesecake for dessert

Make reservations by Monday June 13, with

Barbara.livingston2@med.va.gov

699-5999 ext. 4336. .

Price: \$20 for members;

\$25 for Non-Members

Member / Guest

Reservation Policy:

If you reserve a dinner for yourself or a guest, please make every effort to attend.

PLEASE PROVIDE YOUR GUEST'S MAILING AND EMAIL ADDRESS WHEN CALLING OR EMAILING YOUR RESERVATION.

Remember, because the restaurants charge MWN for each reserved dinner, **members are held responsible for the cost of the dinner(s) reserved, whether or not they attend.**

One Woman's Story

Overcoming Adversity

Our June 16 MWN program will feature Dr. Roberta Wattleworth as she presents her tale "*The Story of Me*" - how she came to leave a farming background as one of 12 children of an alcoholic into a person with 4 degrees and the drive to "make something of myself."

Dr. Wattleworth, D.O., FACOPF, M.H.A., M.P.H. is an Associate Professor and Chairperson in the Department of Family Medicine Des Moines University – Osteopathic Medical Center; Regional Reviewer Level III, National Board of Osteopathic Medical Examiners; Fellow – American College of Osteopathic Family Physicians, and Board Certified in Family Practice American College of Osteopathic Family Physicians.

Dr. Wattleworth in addition to the position of Associate Professor serves on the Board of Trustees, Iowa Chapter of the American Medical Directors Association; Executive Board, Wellmark Foundation; Faculty Advisor – Student Chapter, ACOFP, Des Moines University; Executive Board, Iowa Osteopathic Medical Foundation and Committee Member, Medical Policy Advisory Committee, Wellmark Blue Cross Blue Shield, Iowa/South Dakota.

Dr. Wattleworth has numerous honors and awards including Physician of the Year 2004-2005 – Iowa Osteopathic Medical Association, Dean's Leadership Award – College of Health Sciences June 2004, Recipient of the 2001 George W. Northup Outstanding Educator of the Year Award, Fellow, American College of Osteopathic Family Physicians, Who's Who in American Education, Who's Who in Medicine and Healthcare, Who's Who in America, Who's Who of American Women, Who's Who in the Midwest and Outstanding Young Women in America.

A published author with numerous professional affiliations. Dr. Wattleworth was recently featured in an article in the Des Moines University Chronicle Fall 2004 issue with her work with the elderly. An excerpt of her philosophy in caring for the elderly is featured in this newsletter titled "What Would I Change?"

From the President's Corner

Yea!! Summer is here! Ballgames, picnics, boating, family vacations- all kind of fun things to do. We all know it goes way too fast, so I hope you and your friends and family make the most of it and really enjoy the summer! We always skip one Metro meeting during the summer because it is such a busy time for everyone and this year it's the July meeting we're skipping. We will have our regular meetings in June and August.

I am so pleased with the great attendance at our meetings and all the "net-working and mingling" that goes on. We truly have a fun group of women!

If you haven't been to our website yet- please do! It's perfect and just what we needed. It's www.mwniowa.org. Please share this with friends, co-workers and anyone that may be interested in knowing more about us. It's a great way to get the word out and really shows the "best in Metro" (except of course, meeting us in person J)

Have a great summer. I look forward to seeing you at the meetings!

Meg Husen, President

Mama always said:

Stand up straight. Hold in your tummy. Don't talk back and ---

RSVP when requested. Lately our program committee has had some challenges in getting RSVPs for our meeting. Too many have been coming after the deadline - in fact some have not arrived until the member arrives the night of the meeting. Others have been sent by members but for some reason have not been received by the committee member handling reservations.

The challenge comes because we ask the restaurant or club for a specific number of seats and meals. The kitchen may not be able to serve the extra meals and besides tucking in extra chairs can make a table or two crowded.

There's an easy way you can help the program committee meet this challenge: Make your reservation by the Monday deadline.

A couple more tips: — 1) If you have made reservations previously but weren't on the list when you arrived at the meeting, ask for confirmation (call or email) of your reservation. 2) Always look at the meeting information to be sure you are replying to the correct person. If you reply to someone who is not taking reservations and is on vacation, your RSVP could sit in her e-mail or voice mail and not get counted.

So RSVP--- and have a good time. After all, Mama always said..

More than Beauty

Each year the Miss Capital City Scholarship program sends six young women on the first step to the Miss America Scholarship program, the largest provider for women's scholarships in the world.

But its much more than beauty that gives these young women the opportunity, according to our May speaker, Janet Seeberger, president and executive director of the metro area program. Artistic expression (talent) and a presentation on a community service project or platform make up 70 percent of the of the judging criteria.

This month the six area winners: Miss Capital City, Miss Golden Circle, Miss Greater Des Moines, Miss Heartland, Miss Twin Rivers, and Miss Jordan Creek, are competing in the Miss Iowa contest. Janet's goal is to someday have the first Miss Iowa to become Miss America. To learn more about this organization helping young women achieve personal, professional and academic excellence. go to

www.misscapitalcityia.org

Happy Upcoming Birthdays!

June

8—*LaVonne Liversage*
23—*Marj Hedstrom*
28—*Mindi O'Kane*
29—*Sharon Feeley*

July

17 —*Lisa Springer*
25 —*Deanna Jens*
26 —*Barb Livingston*

Welcome

New members:

Linda Eicher
Marj Hedstrom
Dawn Kasotia
Kim Hartje

MWN members become eligible to win a monthly award each time they bring a guest. When the guest becomes a MWN member, the member who invited the guest has her name entered in a quarterly drawing.