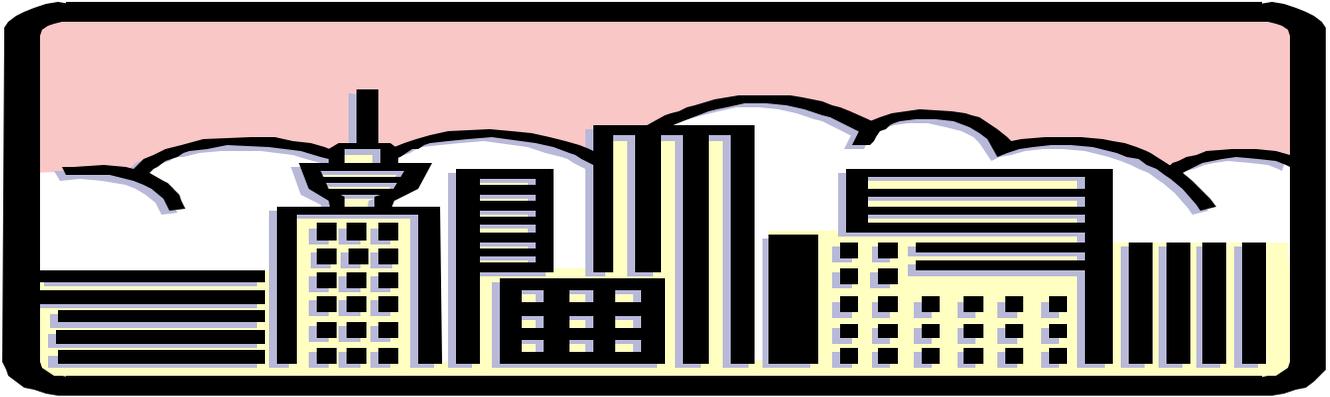


The Network News



A newsletter for the members of Metro Women's Network

August 2005

Thursday, August 18

Where: Walker Johnston Shelter,
Walker Johnston Park
9000 Douglas, Urbandale

Agenda: Social Time: 5:30 p.m. with
appetizers served at 6 p.m. and the pro-
gram starting at 7:00 p.m.

Menu: A variety of appetizers, served
with soft drinks and water. If you wish
other drinks, please BYOB. Cooler space
will be available

Make reservations by Friday August 12,
with **Karen Lund**

lund.karen@principal.com
or call 248-8761

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**

Join Iowa Youth in DestinationImagiNation® Explore Creative Problem Solving

After taking the month of July off and trying to stay cool, Metro Women's Network is back on the mark with a full fall lineup, starting August 18 with a program on DestinationImagiNation. MWN member Deanna Jens who is beginning her seventh year as the affiliate director of Iowa DestinationImagiNation will present the program.

Deanna's first experience with this creative problem-solving program came as a volunteer appraiser when her children became involved in 1986. The children participated for 2 years, but Deanna was hooked and is still with it! Over the years she has served as an appraiser evaluate teams' solutions at the Iowa tournaments, a challenge master in charge of training the volunteer appraisers, a regional tournament director organizing the tournament, and other various volunteer tasks.

DestinationImagiNation teaches students the things they'll need as they traverse the school of life--tapping into their own creativity, solving problems, and working together in teams. Based on the concept of divergent thinking -- understanding that there is more than one way to solve a problem-- DI enables students to build on their strengths and to discover skills they never knew they possessed.

DestinationImagiNation volunteers are a committed group of adults that includes both parents, educators and former program participants who take the ideas of creativity, problem-solving and teamwork and package them in a fun and meaningful program which includes international competition each spring. With affiliates in almost every state and participants in more than 15 countries, DestinationImagiNation abounds with great opportunities for adults who think this program sounds great, too.

**Please Note: RSVP by Friday
August 12.**



From the President's Corner

I'm sure we've all seen some version of learning lessons—from kindergartners, from dogs, etc.—but I just recently saw this article and thought it was worth sharing! This story about the geese reminds us just how dependent we are on one another.

A lesson from the geese:

As each bird flaps its wings, it creates an “uplift” for the following bird. By flying in a “V” formation, the whole flock gains 71 % flying range over flying alone. **Lesson:** People who share a common direction and sense of community can get where they are going quickly and easily because they are traveling on the thrust of one another.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of flying alone and quickly gets back into formation to take advantage of the lifting power of the bird in front. **Lesson:** If we have as much sense as a goose, we will stay in formation with those who are headed where we want to go

When the lead goose gets tired, it rotates back into the formation and another goose flies at the point position. **Lesson:** It pays to take turns doing the hard tasks and sharing leadership roles

The geese in formation honk from behind to encourage those up front to keep up their speed. **Lesson:** We need to make sure our honking is encouraging and not something less helpful

When a goose gets sick or wounded, two geese drop out of formation and follow him down to help and protect him. They stay with him until he either is able to fly again or dies. Then they launch out on their own to re-join their group or join a new formation. **Lesson:** If we have as much sense as the geese, we will stand by each other and help one another.

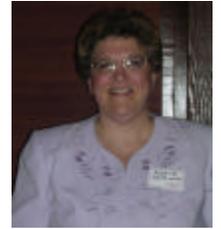
I think much of this could be applied to our daily lives. As strong and independent as we are, we still do need each other!! And what could be more supportive than a group of women such as ours?

I hope everyone is having a fantastic summer. See you soon.

Meg Husen, President

We Laughed, We Cried, We Were Inspired

June 16 was a night to laugh, to cry, and to be inspired as Metro Women's Network heard the story of Dr. Roberta Wattleworth — how she came to leave a farming background as one of 12 children of an alcoholic father and later an abusive husband to “make something” of herself.



Today with four degrees — D.O., FACOPF, M.H.A., M.P.H., Roberta is an associate professor and chairperson in the Department of Family Medicine Des Moines University – Osteopathic Medical Center. In her role at Des Moines University, she is teaching (or maybe the correct word is preaching) the importance of the human element of medicine. Thank you, Roberta, for sharing your story of faith and perseverance.

Mark your calendar now

Date	Where	Speaker /event
Sept. 15	Heard Gardens WDM	gardening/landscaping
Oct. 20	Glenn Oaks Country Club	Membership meeting;
Dec. 1	Hyperion Country Club	Holiday Social

Fabulous Prizes

MWN members become eligible to win a monthly award each time they bring a guest. When a guest becomes an MWN member, the hostess has her name entered into a quarterly drawing for a **fabulous** prize!

Bring a guest and become eligible for the August Guest Incentive Award.

Reminder!

MWN is for networking! Feel free to announce openings in your workplace at our monthly meetings. Let us know when you're looking for a new job. You can also bring job lists, if available, to our monthly meetings and leave them at the greeting table.