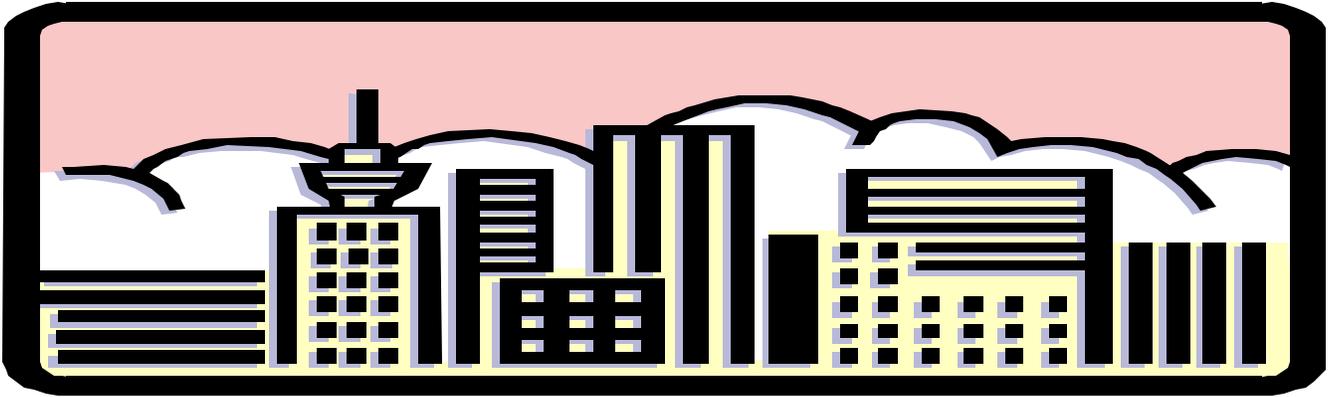


The Network News



A newsletter for the members of Metro Women's Network

October 2005

Thursday, October 20

Where: Glenn Oaks Country Club
1401 Glen Oaks Drive,
West Des Moines
221-9000

Agenda: Social time at 5:30 p.m. with dinner served at 6:15 p.m. and the program starting at 7 p.m.

Menu: Choice Pasta & Vegetables (Tortellini Pasta Tossed with a Marinara Sauce and garnished with a Variety of Steamed Vegetables) or Pistachio Encrusted Salmon with Lemon Dill Sauce. Both served with Fresh Vegetable; Potato or Rice; Bread & Rolls. Dessert: Chocolate Dipped Cheesecake with Berry Sauce

Make reservations by Monday,
October 17, by email to
mhusen@windsorwindows.com
or call 440-3659

Price: \$20 for members and guests.

Member / Guest
Reservation Policy:

If you reserve a dinner for yourself or a guest, make every effort to attend. Remember, because MWN is charged for each reserved dinner, **members are held responsible for the cost of the dinner(s) reserved, whether or not they attend.** Please provide your guests's mailing and email address when making your reservation.

Empowering Women to Fight Breast Cancer

No doubt about it—knowledge is power. As women we are all sensitive to the ravages of breast cancer among our family, our friends and in some cases our selves. But the more we know about the disease, the better we are prepared to identify it and fight it. That's why the Metro Women's Network program committee chose a speaker from the local Susan G. Komen Foundation to speak at our annual membership meeting, October 20.

Lynne Kinseth, Director of Mercy Cancer Center and a member of the Susan B. Komen Foundation board locally, will be talking to us about breast cancer: what it is; what the risk factors, signs and symptoms are; and how to treat it.

An oncology nurse for the past 25 years, the death of her father and grandfather from colon cancer spawned Lynne's interest in the disease. Before going into nursing, she worked as a social worker for Hospice of Central Iowa. On the Komen Foundation Board, Lynne serves as the education coordinator providing educational programs to groups throughout Iowa.

Door Prizes, Door Prizes, Door Prizes

One of the things that makes the membership meeting so much fun for members and guest alike is the door prizes. These are all small gift items donated items from our current membership — either by your company or by you personally. In past years we have given a door prize to everyone in attendance. That means with our current membership count at 48 and the potential for many guests we need a GREAT response of donated prizes. **When you make your reservation, be sure and let Meg know if you will be bringing a door prize.**

mhusen@windsorwindows.com
or call 440-3659



From the President's Corner

We've come a long way baby!!!!!!

I don't know if any of you have seen this before but it is priceless and I can't think of a more suitable one for a business women's group. This is an actual article that was published in a 1955 issue of *Good Housekeeping*. Read, laugh and enjoy just how far we women have come !!

THE GOOD WIFE'S GUIDE

- ?? Have dinner ready. Plan ahead, even the night before, to have a delicious meal ready, on time for his return. This is a way of letting him know that you have been thinking about him and are concerned about his needs. .
- ?? Prepare yourself. Take 15 minutes to rest so you'll be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work-weary people.
- ?? Be a little gay and a little more interesting for him. His boring day may need a lift and one of your duties is to provide it.
- ?? Clear away the clutter. Make one last trip through the main part of the house just before your husband arrives.
- ?? Gather up schoolbooks, toys, paper etc and then run a dust cloth over the tables.
- ?? Over the cooler months of the year you should prepare and light a fire for him to unwind by. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too. After all, catering for his comfort will provide you with immense personal satisfaction.
- ?? Prepare the children. Take a few minutes to wash the children's hands and faces (if they are small), comb their hair and, if necessary, change their clothes. They are little treasures and he would like to see them playing the part. Minimize all noise. At the time of his arrival, eliminate all noise of the washer, dryer or vacuum. Try to encourage the children to be quiet.
- ?? Be happy to see him.
- ?? Greet him with a warm smile and show sincerity in your desire to please him.
- ?? Listen to him. You may have a dozen important things to tell him, but the moment of his arrival is not the time. Let him talk first, remember, his topics of conversation are more important than yours.
- ?? Make the evening his. Never complain if he comes home late or goes out to dinner, or other places of entertainment, without you. Instead, try to understand his world of strain and pressure and his very real need to be at home and relax.
- ?? Your goal: Try to make sure your home is a place of peace, order and tranquility where your husband can renew himself in body and spirit.
- ?? Don't greet him with complaints and problems.
- ?? Don't complain if he's late home for dinner or even if he stays out all night. Count this as minor compared to what he might have gone through that day.
- ?? Make him comfortable. Have him lean back in a comfortable chair or have him lie down in the bedroom. Have a cool or warm drink ready for him.
- ?? Arrange his pillow and offer to take off his shoes. Speak in a low, soothing and pleasant voice.
- ?? Don't ask him questions about his actions or question his judgment or integrity. Remember he is the master of the house and as such will always exercise his will with fairness and truthfulness. You have no right to question him.

See you at the October meeting!!

Meg



September Meeting: Time to consider the landscape

Gardening and landscaping under the tutelage of Bob and Mary Anne Rennebohm provided the focus for our September 15 meeting at Heard Gardens. The Rennebohms talked about texture and color. They pointed out new and traditional plants to achieve the goal of an appealing landscape year round. For more information, visit their website at www.heardgardens.com.