

# The Network News

A newsletter for the members of Metro Women's Network

February 2007

## February Meeting Thursday, Feb. 15th

**Where: Crave Bar Grill & Fondue Restaurant** (West Glenn Shopping Center) 5513 Mills Civic Pkwy  
West Des Moines, IA 50265  
515-226-9991

### Agenda:

**5:30** - social hour begins  
**6:00** - dinner served  
**6:45-7:00**- business as needed (voting, changes)  
**7:00** - Program meeting guest speaker begins  
**7:45** - Program meeting adjourns  
**7:45-8:30** - Business meeting

**Price:** \$25 for all attendees

**Menu:** Choice of Chicken teriyaki with egg roll or tender pork loin. Both served with salad; garlic mashed potatoes, steamed vegetables, and rolls. **Chocolate fondue** will be at each table for dessert.



## Get Heart Smart at Crave

Our speaker for the February meeting is from the American Heart Association and will speak on women's heart health. A timely topic, as February is American Heart Month. We are sure to have a great time at Crave, with the scrumptious food and don't forget about the Chocolate Fondue!

Below is some information about heart health to get you thinking heart smart.

### February is American Heart Month!

Most people associate February as the month of romance, love and showing those close to you that you care. Few people associate February as "American Heart Month" as designated by the **American Heart Association**.

If you are like most people when you think of heart disease, the first thing that comes to mind is a heart attack. The fact is that heart disease can appear through several different diseases and conditions. Some of which are:

- Arrhythmia
- Cholesterol
- Heart attack
- Diabetes
- Heart failure
- High blood pressure
- Peripheral Artery Disease (PAD)
- Obesity
- Congenital Heart Disease





## From Our President's Desk

Welcome to a New Year with Metro Women's Network! We are starting the year in frigid temperatures and new challenges for our group. The biggest change will be with adding the steering meetings to the program meetings. We are now in our 27<sup>th</sup> year and face professional and personal challenges to keeping the commitment to this networking "support group". To succeed, we will need to have all the members contribute to decision-making, programs, the web site and choices for restaurants more now than ever. I think this will be a great change for us even if it is born from everyone being busy and having seemingly less time for all the commitments to our families, work and personal lives. Our goal is to continue to make this networking group experience fun, supportive, stress free and a commitment that contributes in a positive way in our lives. So, with that said, when all seems so overwhelming, a challenge is to remember what we are grateful for and how wonderful our lives are. To be born in this time and place, we really are lucky. And we are lucky to have this group as a part of our lives and lucky to have the friends we have made here.

A little perspective sometimes helps us. The year is 1907 one hundred years ago. What a difference a century makes! Here are some of the US statistics for 1907:

The average life expectancy in the US was 47 years.

Only 14% of the homes in the US had a bathtub.

Only 8% of the homes had a telephone.

A three-minute call from Denver to New York City cost \$11.00

There were only 8,000 cars in the US, and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California. With a mere 1.4 million residents, California was only the 21st most populous state in the Union.

The tallest structure in the world was the Eiffel Tower.

The average wage in the US was 22 cents an hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year.

A veterinarian between \$1,500 and \$4,000 per year.

A mechanical engineer about \$5,000 per year.

More than 95 percent of all births in the US took place at home.

Ninety % of all US physicians had no college education. Instead, they attended medical schools, many of which were condemned in the press and by the government as "substandard."

Sugar cost four cents a pound. Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month, and used borax or egg yolks for shampoo.

Canada passed a law prohibiting poor people from entering the country for any reason.

The five leading causes of death in the US were:

Pneumonia and influenza  
Tuberculosis  
Diarrhea  
Heart disease  
Stroke

The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii, and Alaska hadn't been admitted to the Union yet.

The population of Las Vegas, Nevada, was 30!

Crossword puzzles, canned beer, and iced tea hadn't been invented.

There was no Mother's Day or Father's Day.

Two of 10 US adults couldn't read or write. Only 6 % of all Americans had graduated high school.

Marijuana, heroin, and morphine were all available over the counter at corner drugstores. According to one pharmacist, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health."

Eighteen percent of households in the US had at least one full-time servant or domestic.

There were only about 230 reported murders in the entire US

Try to imagine what it may be like in another 100 years ... it staggers the mind.

Welcome to the New Year 2007  
and let's have a great one!

Barb Livingston



**Help Wanted**

**We are in need of a volunteer to take over the duty of web site manager. If you are interested, please contact a member of the steering committee. Thank You!**



## Do You Know? Lois O'Donnell



After 32 years with Wells Fargo Financial, where she is Assistant Vice President of Corporate Manuals, Lois is actively planning and preparing for retirement at their recently acquired 'mini-ranch' of 3+ acres near Ankeny. Her husband, Tom, retired a few years ago – although he's keeping busy with a part time job that sometimes exceeds 40 hours a week! Planning flower gardens and other landscaping projects have kept Lois busy while her husband has focused on plans for their recently completed pole barn, which will soon be home to a miniature horse! Tom is realizing a long time dream of owning a miniature horse and is considering the purchase of a cart for the horse to pull so visiting children will be able to have rides...at which time Lois will be mixing the margaritas for the visitors' parents!

In 1993, Lois was a loaned executive for United Way and was invited to Metro Women's Network meeting by two women she met at two of the small companies she worked with during the campaign. She joined right away, even though she could only attend a limited number of meetings at first since her two daughters were 9 and 10 at the time. However, it wasn't long before she became active in attending steering committee meetings. She then served on the Publicity Committee during the time the newsletter was revamped to the online format that is still used today. Later she also served on the program committee and held the positions of secretary and president.

Lois has formed many long time friendships through Metro and has met many people she would not have otherwise met. She has enjoyed the variety of speakers over the years. The networking aspect of Metro is what has kept her involved.

At the time that Lois was most actively involved in Metro, she was also very busy in Iowa Chapter of the International Association of Business Communicators (IABC), also participating on the design and production of their newsletter.

Lois cut back on involvement in many of her activities when they moved to the ranch, leaving time to focus on her mother and her two daughters (and to enjoy her bichon, Rylie. Some of you will remember when she got him as a puppy over 10 years ago). When her mother is ready, the plan is for her to move to the ranch with Lois and Tom. Happily, Lois has found that no matter where her daughters are (currently one is in Des Moines and one is in Hollywood), mothering never ends. She is still a member of Metro and attends when she can. She also is active in her church choir.

When you see Lois at a meeting, remember that she is a great resource for learning some of the history of the organization. She is also always ready to bring you up to date on new developments 'on the ranch' and with her mother and daughters!

