

The Network News

A newsletter for the members of Metro Women's Network

March 2007

March Meeting Thursday, March 15th

Where: Mama Lacona's
2743 86th St., Urbandale
515-270-0022

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 Baked Chicken
Parmigiana or Half Ravioli and
Half Cavatelli w/meatballs. Both
include one trip to the salad bar &
Charley's Homemade Rolls.

Please RSVP by noon on Monday
the 12th to rsvp@mwniowa.org.



Our Voice for Women's Rights in Iowa

March is National Women's Month, so who better to have as our speaker than Charlotte Nelson, Executive Director of The Iowa Commission on the Status of Women (ICSW).

The Iowa Commission on the Status of Women, a division of the Department of Human Rights, works to assure equality for all Iowa women. Established by the Iowa Legislature as a state agency in 1972, the Commission studies women's issues and works to equalize women's opportunities to participate fully in the state's economic, social, and political life.

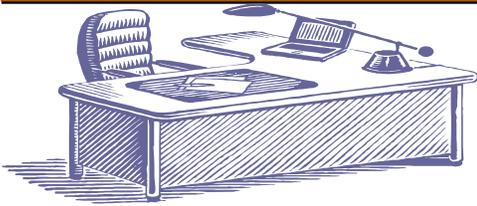
Nine commission members are appointed by the Governor and confirmed by the Senate, four *ex officio* members are appointed by the Legislature, and the Director of the Department of Human Rights serves *ex officio*. Commission meetings are open to the public and the press. Through education, legislative action, referral, research and special projects, the Iowa Commission on the Status of Women is a strong voice for women's rights in Iowa.



Mary Tappe Shocked Us All

If you missed the February meeting at Crave, you missed one of the best speakers we have ever had. Mary Tappe started off by telling us stories of people who had suffered Sudden Cardiac Arrest. Little did we know, that one of the stories she shared was her own story of being saved by an AED (Automatic External Defibrillator). Mary has a passion for spreading the word about AEDs and sharing information about Sudden Cardiac Arrest. I know that after the February meeting I have been looking around in public places for AEDs. I was glad to find one at my son's

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From Our President's Desk

March among other things is National Women's Month. As spring approaches and don't we need spring- I thought we could think about our foremothers and the work they did to make our lives what they are today. Going to Law or Medical school, attending college in the profession of our choice or staying at home to be a mom are all valuable options that we take for granted today but, a short time ago, no options existed. We are not only free to be what we want to be professionally, we are free as citizens to express our views in the political arena and for our families and our communities. I did not know that Iowa boasts the first female lawyer in the United States, Arabella Mansfield. Thanks Belle!

Arabella Mansfield was a woman ahead of her time living in a forward-thinking state. She was the nation's first female lawyer. She was admitted to the Iowa bar in 1869, after passing her exams in Henry County.

She was born Belle Aurelia Babb at Sperry Station in Des Moines County. Her father left Iowa in 1850, when she was 4, hoping to find gold in California, but died in a mining accident. Belle's mother moved her two children to Mount Pleasant in 1860. She wanted them to have a good education.

The girl graduated from Iowa Wesleyan College in 1866. The next year she taught at Simpson College, and then returned to Mount Pleasant in 1867 to study law.

She married John Mansfield, a chemistry professor, in 1868. Both she and her husband passed the bar exam on June 9 the next year.

Rather than practice law, the Mansfields focused on academic careers. They were professors at Iowa Wesleyan until they accepted positions at DePauw University in Greencastle, Ind., in 1876. They had no children.

Mansfield was lauded by women's rights pioneers Elizabeth Cady Stanton and Susan B. Anthony when she passed the bar, and she headed the Iowa Woman's Suffrage Convention in 1870. She loved to travel, studying in Germany with her husband in 1872 and journeying to Japan in 1909. Mansfield's husband died in 1894. Mansfield died 17 years later at Aurelia, Ill., and is buried in Forest Home Cemetery at Mount Pleasant.

In 1980, she was inducted into the Iowa Women's Hall of Fame.



Mansfield

Barb Livingston
President



**You
Go
Girl!!!**



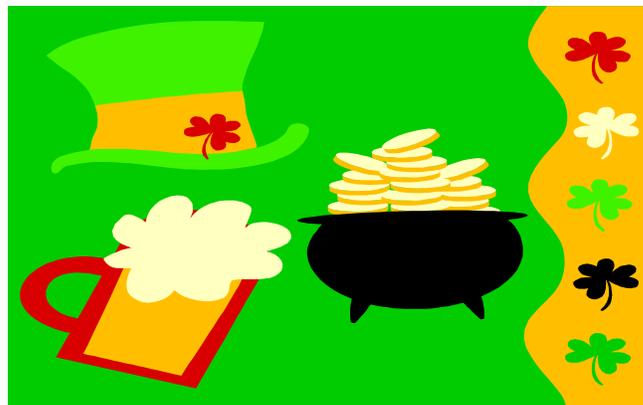
**National
Women's
Month**



Something to Ponder

"That, as I see it, is one of the purposes of your life: not to be good but to continuously get better, to constantly move forward, creating the highest, grandest vision and to be led by that vision every day."

— Oprah



Continued from page 1

I haven't found that many others in public. With Mary and her team of volunteers, I am sure we will be seeing more and more AEDs in the future. Here are some of the things that Mary taught us that we can do.

1. *Early Access > To Get Help > Call 911*
2. *Early CPR > To Buy Time*
3. *Early Defibrillation > To Restart Heart > AED*
4. *Early ACLS > To Stabilize*
5. *Advanced Heart Care*

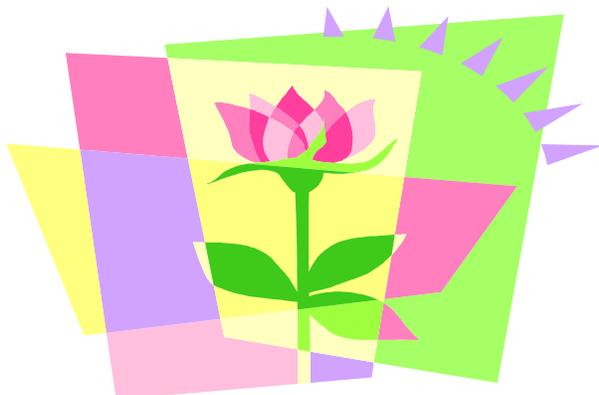
You can go to www.aedaccessforall.org to get more information about Sudden Cardiac Arrest and AEDs. There are survivor stories, including Mary's on the site as well.

Who knows, maybe one of our members will be able to help save a life because we know what Sudden Cardiac Arrest is and what an AED is.

Thank you Mary, for being such a champion for such a great cause.



AED ACCESS FOR ALL



MWN Officers — 2007

- | | |
|-----------------------|----------------------------|
| President: | Barb Livingston, 276-9645 |
| Vice President: | Mindi O'Kane, |
| Secretary/Newsletter: | Michelle Patrick, 987-0197 |
| Treasurer: | Karen Lund, 967-3656 |
| Programs: | Lisa Springer |
| At-Large: | Meg Husen |
| | All Members |
| Past President: | Melissa Read, 277-7499 |

Do You Know? Karen Lund



Meet Karen Lund – Involved and Interested ... and Very Interesting

Do you ever feel like there's not enough time in a day? If so, meet Karen Lund. She's figured out how to juggle lots of activities in her days.

Karen has been at Principal Financial for 16 years, working in different capacities in one division and with a variety of people. Currently, as Assistant Manager in Retirement and Investor Services with Principal Financial Group, her area handles pension plans and defined benefit/defined contribution. That's where her day begins ... but it doesn't end there.

She and her husband Don, who's a die hard Cyclone fan, have a daughter Madison, cat Mr. Mojo, and dog Zach (their hunting dog that lives for pheasant season). Madison (who is 8 going on 14) enjoys tap, ballet, jazz and just began to compete in dance. She also plays softball, so dance recitals and practice/games will start to collide.

When there are no games or practices, Karen enjoys making candles, wine, gardening, wine, cooking, wine, golfing, wine, and reading. She has at least two books going at once – one on CD to listen to during her commute to and from work, and one to sit down and read in her spare time. (Did she say she enjoys wine? She doesn't collect it, she just enjoys drinking it!)

Then, just to fill in empty times, she volunteers whenever she can, through work, school, or church. She will be doing her third year of Vacation Bible School this year, which she really likes. She'll be at the Principal Charity Classic as a Hole Marshall this year, after participating last year at the Allianz.

Karen also does her best to regularly work out, and last year, she completed her first two 5K runs (an accomplishment she never thought she'd do). In addition, she practices yoga a couple times a week and would like to do more of that.

But, for real enjoyment, she likes being a member of MWN. Her pal, Sharon Feeley (also at Principal) told her it was a fun group and invited her to attend a meeting in September 2004. She joined the next month, and since then has been involved in the program committee for one year and treasurer for two years.

She says what she likes the most about MWN is meeting all of the "fabulous members and friends." She also gets a "planned" night out of the house! When asked who her favorite speaker has been over the years, she responded, "Mary Tappe from the American Heart Association." She went home and retold her husband her three stories (not nearly as well, she says, but she tried to convey the suspense), and the three endings, so he was moved as well. (If you missed this meeting, ask Karen about it.) She's told many others about Mary's talk and the importance and simplicity of AEDs (automated external defibrillators). She's caught herself scoping them out whenever she goes places.

One other favorite meeting happened a couple years ago, when we had the boutique "BU" come to a meeting at Glen Oaks. Several members, including Karen, got to try on and model some of the very fun and trendy clothes. She said, "It was a blast playing runway model for a night!"

So, you thought you had busy days, huh? It sounds like Karen has developed the skills to juggle work with pleasure and with family. But, she leaves time to attend MWN, where everyone can relax for an evening, have a glass of wine (of course), and get to meet wonderful new friends, like Karen Lund.

