

# The Network News

A newsletter for the members of Metro Women's Network

November/December 2007

## Holiday Social Thursday, Dec. 6th

Where: Café Di Scala  
644 18th Street  
Des Moines 515-224-1353

### Agenda:

5:30 - 8:30 Social Time

Price: \$25 for all attendees

Menu: Heavy Appetizers

The entire evening will be for socializing with all of your MWN friends and enjoying the amazing appetizers.

Please RSVP by Monday  
December 3rd at noon to  
[rsvp@mwniowa.org](mailto:rsvp@mwniowa.org)



## START OFF THE NEW YEAR RIGHT!!

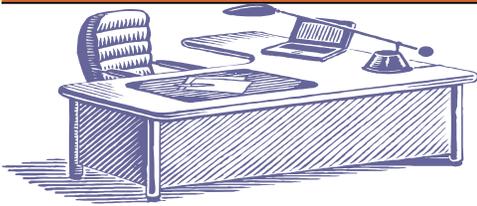
MWN's Annual Membership Drive will be held January 17th at the WDM Marriott. Our Speaker will be **Juli Hale**, Senior Home Economist with Better Homes and Gardens/Meredith Corporation. Juli is a graduate of New England Culinary Institute and has been working in the Better Homes and Gardens test kitchen for 6 years. She will talk a little about what the general routine is in the test kitchen, what specific jobs they do and their training. She will also share some of the history of the test kitchen and which publications they serve. Juli will talk specifically about Better Homes and Gardens magazine and the Better Homes and Gardens New Cookbook (the "red plaid"). She will also have some trivia for us, so make sure to wear your thinking caps!



Don't forget to invite your family, friends and co-workers to this evening of fun and of course, food. We will have invitations available at the Holiday Social for you to hand out. This year we will also have an email invitation for you to send to perspective guests. This year, door prizes will be drawn for guests and for members who bring guests. The number of door prizes will be determined by the RSVP's of members and their guests. Members who pay their annual membership fees the night of the meeting will also be entered into the door prize drawing.

We need your help with donating prizes for the meeting. Members that wish to donate a \$20 or above gift for the door prize drawing should contact Melissa Read or Meg Husen.

**Hope to see you all there.**



## From Our President's Desk

As I write this, Thanksgiving is a mere three weeks away. How fast the time flies and how fast the days seem to go by. I hope we can all take the time to take care of ourselves, our families and our friends especially through the Holiday Season and in the New Year.

Our Holiday Social meeting will be a time to relax and visit with old and new friends in a historical Des Moines Setting in Sherman Hill Café' Di Scala.

This year of being President of Metro Women's Network has flown by too. We have had, in my humble opinion, some of the best programs ever with some of the most inspirational women in our community.

I would also like to take this opportunity to say THANK YOU to all my Metro Women's Network friends for being a part of my life and making this group what it is, wonderful networking and a great night out.

The 2008 Steering Committee for next year will be announced at the Holiday Social. We still have opportunities for positions and invite all members to consider what they can do to keep us on track! One of our most needed positions is the newsletter. If you have this talent and can lend us a hand, please let me know.

Well, I end this with these final thoughts. I would like to propose that we make our New Year's Resolutions before the Holidays for even a better experience in these busy stressful times.

LIVE, LOVE, LAUGH.

LIFE'S A GIFT ... UNWRAP IT!

Barbara Livingston

### **Tips for an Exceptional Holiday Season and Happy New Year!**

Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.

Sit in silence for at least 10 minutes each day. Buy a lock if you have to.

Buy a Tivo (DVR), tape your late night shows and get more sleep.

When you wake up in the morning complete the following statement, 'My purpose is to \_\_\_\_\_ today.'

Live with the 3 E's -- Energy, Enthusiasm, and Empathy.

Watch more movies, play more games and read more books than you did last year.

Always pray, read your bible, make time to exercise, practice meditation, yoga, Tai chi, qigong, etc.

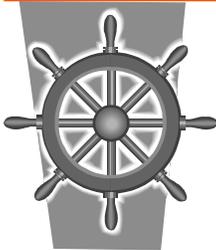
Spend more time with people over the age of 70 and under the age of six.

Dream more while you are awake.

Eat more foods that grow on trees and plants and eat fewer foods that are manufactured in plants.

Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.

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# STEERING COMMITTEE MEETING MINUTES

The November 2007 steering committee meeting was held at Crave restaurant on Thursday November 1, 2007.

In attendance were Melissa Read, Mindi O'Kane, Karen Lund, Michelle Patrick, Sherri Johnson, Lisa Springer, Didi Loynachan and Barb Livingston.

President Barb Livingston called the meeting to order at 6:34 PM.

**Secretary:** The September 2007 steering minutes were reviewed. Melissa Read moved to accept the April meeting minutes and Lisa Springer seconded the motion. Motion carried. Minutes were approved.

**Treasurer:** Karen Lund reported the current balance is \$677.06. There is \$75 in unpaid dinner RSVP's from last month's dinner. Karen will write an article for the next newsletter regarding how the treasury money is used for member information. It was proposed that membership fees be increased to \$40 annually. After discussion, the board unanimously voted to increase the membership fee to \$40. Mindi O'Kane moved and Didi Loynachan seconded to accept the Treasurer's report. Motion carried.

## Programs:

- The November/December program is the Holiday Social is at Café' Di Scala in Des Moines on December 6, 2007. Information regarding the food and directions will be printed in the newsletter.
- The Holiday charity was going to be the AED device for the American Heart Association but since information on how to donate has not been communicated the board considered other ideas for this annual event. It was decided the Holiday Charity would be to the "The Beacon of Life, A Residential Care Center for Women". Information regarding this donation will be printed in the newsletter.
- The January membership meeting was discussed. Door prizes will be drawn for guests and for members who bring guests. The number of door prizes will be determined by the RSVP's of members and their guests. Members who pay their annual membership fees the night of the meeting will also be entered in to the door prize drawing. Melissa Read and Meg Husen will coordinate the door prizes. Members that wish to donate a \$20 or above gift for the door prize drawing should contact Melissa or Meg. Mindi will print the membership directory and have a column to mark off members that renew the night of the membership meeting. Members wishing to renew will simply pay the night of the meeting and check to see that their information is current on our membership directory. Guests that wish to join may fill out the membership application. MWN pamphlet will be updated and available at the registration table. Lisa will coordinate the updating of the MWN pamphlet of what we are about and work with web master Dawn Kasotia in placing this information on the web site.

The February Program will be at B&B in Beaverdale.

**Membership:** We have 37 members to date.

## Publicity/Newsletter:

Dates for RSVP notices and reminders as well as newsletter deadlines were discussed.

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November 8	Holiday meeting announcement and RSVP notice
November 15	November/December newsletter published
November 29	Holiday RSVP reminder
December 3	Holiday RSVP due
December 7	<b>(Holiday Meeting)</b> New 2008 Board Announced
December 21	Submissions for newsletter due
January 3	January newsletter published New 2008 Board published in this newsletter
January 14	January RSVP's due
January 17	<b>(Membership Meeting)</b>

- November newsletter "Who Do You Know" will be Nancy Jonson by Sharon Feeley. Barb will work with Nancy for the January newsletter article on "Who Do You Know".

**Old Business: None.**

**New Business:** Lisa will continue to provide updates and information for Dawn to add to the web site.

Karen Lund moved and Sherri Johnson seconded the motion that the meeting be adjourned. The meeting was adjourned 7:50 pm.

*Respectfully submitted*  
 Barbara Livingston, President



## We Need You!!

### Newsletter Writer / Editor

We still need someone for the position of Newsletter Writer / Editor. You would be responsible for gathering the information for the newsletter each month and composing the newsletter. You have creative control of the newsletter and can redesign it if you desire. If you are interested in the fun and fulfilling position, please contact a member of the steering committee.



## Upcoming Events

January 17th - Membership Drive at WDM Marriott With speaker Juli Hale / Senior Home Economist with Better Homes and Gardens / Meredith Corporation

February 21st - Meeting at B&B in Beaverville

## Do You Know....Nancy Johnson??

Meet MWN member Nancy Johnson. One thing about Nancy is that she doesn't know a stranger! 9 girlfriends - including Nancy and member Barb Fenton and myself (Sharon Feeley)- took a Blues Cruise a few years back. By the time we left the ship, Nancy knew most of the passengers by face, many by name, had the email addresses of several of them, and had to say goodbye to all! It's hard to get on her social calendar because she's so busy. One of her current loves is volunteering with abused children at Lutheran Hospital. This is a challenging position to fill because of the special nature of the abuse to these children; most Volunteers aren't equipped to deal with their needs. Nancy's background with the court system have helped give her the experience needed.

Here are Nancy's comments.

I retired from the State of Iowa as a Felony Court Coordinator at the Polk County Courthouse. Polk County has three felony Judges and they rotate every year because of the volume, so every January 1, I had three new Judges for my bosses!!!!!!!!!! I LOVED my job and always said I would never retire but all of a sudden I was just ready. One of the most flattering things that has ever happened to me is that when I retired, the Des Moines Register did a big article about my retirement with a picture and everything!!!!!!

I have four children a year apart so they were always one year behind each other in school ----- freshman, sophomore, junior, senior, etc. Three of them live in Des Moines and one lives in Sacramento.

Since I retired I have had the opportunity to travel to many different parts of the world and have enjoyed that so much. I love to travel and I love to be with people no matter where I am. One of my most special travels was to an orphanage in China where the children aren't adopted out ---- they live at the orphanage because their parents don't have the money to feed them. Of course, even at the orphanage, they all spoke English in addition to their Chinese language.

I enjoy MWN allot ----- I enjoy the people I have met there and also have enjoyed all of the speakers. I guess it proves you are never to OLD to learn. I'm very happy to have been invited by Sharon Feeley to join this group. Thank goodness I'm not required to drink a different liquor for every drink like Sharon does ---- I just drink beer!!!!!!



## Happy Birthday to You!

Dawn Kosotia 11/6

Sharon Burton 11/10

Julia McQuiston 12/11

Carol Calvert 12/14

Michelle Patrick 12/17

Connie Hellman 12/21

Roberta Watt:leworth 12/26

Connie Blodgett 12/28

## Enjoy Winter !!!

**Build a  
Snowman.**



## 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

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Try to make at least three people smile each day.

Clear your clutter from your house, your car, your desk and let new and flowing energy into your life.

Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.

Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class .....but the lessons you learn will last a lifetime.

Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.

Smile and laugh more. It will keep the energy vampires away.

Life isn't fair, but it's still good.

Life is too short to waste time hating anyone.

Don't take yourself so seriously. No one else does.

You don't have to win every argument. Agree to disagree.

Make peace with your past so it won't screw up the present.

Don't compare your life to others'. You have no idea what their journey is all about.

Ladies - Go on and burn those 'special' scented candles, use the 600 thread count sheets, the good china and wear our fancy lingerie now. Stop waiting for a special occasion. Everyday is special.

No one is in charge of your happiness except you.

Frame every so-called disaster with these words: 'In five years, will this matter?'

Forgive everyone for everything.

What other people think of you is none of your business.

Time heals almost everything. Give time, time!

However good or bad a situation is, it will change.

Your job won't take care of you when you are sick. Your family and friends will. stay in touch with them.

Get rid of anything that isn't useful, beautiful or joyful.

Envy is a waste of time. You already have all you need.

The best is yet to come.

No matter how you feel, get up, dress up and show up.

Do the right thing!

Call your family often.

Each night before you go to bed complete the following statements: 'I am thankful for \_\_\_\_\_.'

Today I accomplished \_\_\_\_\_.

Remember that you are too blessed to be stressed.

Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.

**LIVE, LOVE, LAUGH. LIFE'S A GIFT ... UNWRAP IT!**

## Send a Christmas card to a Recovering Soldier

It doesn't matter if you support the war or oppose it.

Please show the soldiers who are recovering in the hospital that they are not forgotten and that we are Thankful that they defend our Freedom!!!

When you are making out your Christmas card list this year, also include one for the following address:

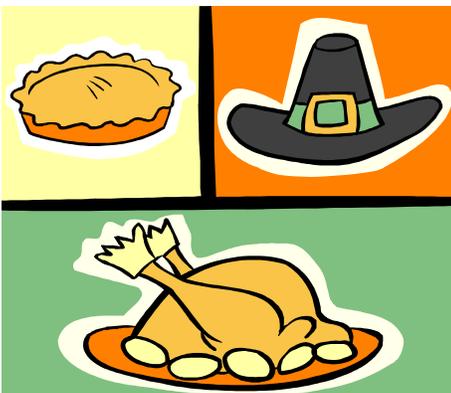
A Recovering American Soldier  
c/o Walter Reed Army Medical Center  
6900 Georgia Avenue, NW  
Washington, D.C. 20307-5001

Also, don't forget the injured Marines & Sailors at Bethesda.

National Naval Medical Center  
8901 Wisconsin Avenue  
Bethesda, MD 20889



## Happy Thanksgiving



Merry Christmas

## Happy New Year

