

The Network News

A newsletter for the members of Metro Women's Network

Meeting: Thursday, Oct. 16

Johnny's Italian Steakhouse

6075 Mills Civic Parkway
West Des Moines

Agenda

- 5:30 - social hour
- 6:00 - dinner served
- 6:45-7:00 - business/announcements
- 7:00 - Woman of the Year

Menu

- Family-style House Salad
- Homemade Bread
- Lasagna with Meat Sauce (pasta layered with seasoned ricotta, plum tomatoes and meat sauce topped with mozzarella)
- **OR**
- Johnny's Chicken Minelli (homemade garlic cream sauce and fettucine with sliced grilled chicken)
- Mini Grand Marnier Mousse Cups

Member Fee: \$25

RSVP to MWN events at rsvp@mwniowa.org

Guest Policy

Invite and encourage your guests to join MWN today! Guests may attend two meetings in a 12-month period at the member rate of \$25. Any additional programs attended during that period will be \$35. Membership fees are pro-rated. Make new friends and build a strong professional network!



Woman of the Year

Carol Ann Kirkbride
Leader Dogs for the Blind

It's time to reveal our 2008 Woman of the Year! Carol Ann Kirkbride, nominated by MWN member Mary Halstead, has been raising pups for Leader Dogs for the Blind, a Michigan-based organization that provides guide dogs to the visually impaired, for 11 years. Leader Dogs was founded in 1939 by members of the Lions Club, where Carol first learned about the opportunity to raise pups to send to the school (and where she also met Mary and Steve). She strongly believes in Leader Dog's mission to enhance the lives and self-confidence of those they serve.

Carol grew up on a farm and now lives with her husband in Ankeny, where she also works in marketing for Casey's General Stores.

Save the Date! Upcoming Programs

December 4, 2008

Sam and Gabe's Italian Bistro, Urbandale
Holiday Social

January 15, 2009

Firecreek Grill, West Des Moines
Membership Meeting (Speaker TBD)

February 19, 2009

Teacups and Tiaras, Valley Junction
Pamela Henkel, Wine Tasting



Steering Committee: Meeting Minutes



The October 2008 steering committee meeting was held at Firkin & Fox on Thursday, Oct. 2, 2008. Members in attendance were Michelle Patrick, Sherri Johnson, Melissa Read, Pamela Henkel and Didi Loynachan.

President Michelle Patrick called the meeting to order at 5:54 p.m.

Secretary: Didi Loynachan volunteered to serve as secretary for the remainder of the current board term. The September 2008 minutes were reviewed. Melissa Read motioned to accept the September minutes, seconded by Sherri Johnson. The motion was approved.

We discussed sending thank-you notes to current and some past speakers. Didi will contact Barb Livingston, who has served as temporary secretary, to see who has been sending the notes and find out if the group has stationery and a template for the notes. Didi will then begin sending the notes as secretary.

Treasurer: Sherri Johnson reported the bank balance is \$1,343.41. Didi Loynachan motioned to approve the report, seconded by Michelle Patrick. The motion was approved.

Programs: The Woman of the Year program will be at Johnny's Italian Steakhouse. The menu was discussed. Melissa Read will order the plaque and Sherri Johnson will order flowers. The program is set for the rest of 2008; Melissa will confirm the arrangements with the restaurant and speaker for the January membership meeting.

Newsletter: Pamela Henkel provided an article and distribution schedule to the committee. According to the schedule, the newsletter will be sent to members on the Thursday prior to the monthly meeting.

Old Business:

- The September newsletter has been added to the Web site. Didi will send Pamela Henkel an updated list of current officers to post.
- Pamela Henkel will get prices on printing the business cards and send the information to the committee members by e-mail. The committee will make the decision to proceed by e-mail vote.
- Since the bylaws were not voted on at the June meeting, the suggested changes will be sent out to members again by e-mail with the October newsletter. The changes will be brought before the group at the October meeting for a vote.
- The Beacon of Life was chosen as the group's 2008 charity.

New Business:

- Board positions for 2009 were discussed.
- The next steering committee meeting will be on Thursday, Nov. 6, 2008 at 5:30 p.m. at Jasper Winery on George Flagg Drive.

Michelle Patrick motioned to adjourn the meeting; Pamela Henkel seconded. The meeting adjourned at 6:30 p.m.

Submitted by Didi Loynachan, Secretary and At Large Representative



From Our President's Desk

I thought that this was really appropriate given the state of our country right now. Stop and think what is really important to you and don't sweat the small stuff. Enjoy!

Mayonnaise Jar and Two Beers (A Recipe for Life)

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the two beers.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

He next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two beers from under the table and poured the entire contents into the jar, effectively filling the empty spaces in the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things – your family, your children, your health, your friends and your favorite passions – and if everything else were lost and only they remained, your life would still be full.

"The pebbles are the other things that matter like your job, your house and your car.

"The sand is everything else – the small stuff. If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit with grandparents. Take time to get medical check-ups. Take your spouse out to dinner.

"Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first – the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and asked what the beer represented. The professor smiled and said, "I'm glad you asked."

The beer just shows you that no matter how full your life may seem, there's always room for a couple of beers with a friend."

Michelle Patrick

2008 Steering Committee

President: Michelle Patrick

Vice President: Mindi O'Kane

Secretary: Didi Loynachan

Treasurer: Sherri Johnson

Past President: Barbara Livingston

Programs: Melissa Read, Becky

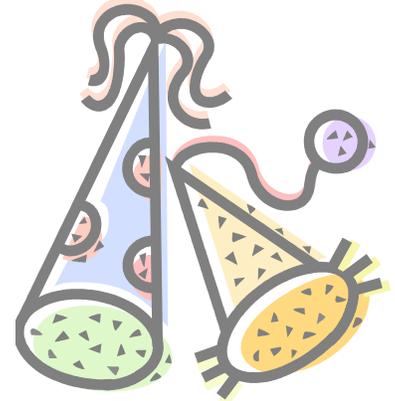
Patton-Quigley

At Large: Didi Loynachan

Newsletter: Pamela Henkel



Randi Martinez	Oct. 2
Teri White	Oct. 3
Kelly Pond	Oct. 8
Becky Patton-Quigley	Oct. 9
Joy Harvey	Oct. 14
Janet Seeberger	Oct. 14
Carolann Fairchild	Oct. 21
Beth Grabau	Oct. 22
Terrie Kohl	Oct. 26



Beacon Lights the Way for Women in Crisis

In September, MWN members and guests met at Torroco Italian Grill, Urbandale, to enjoy modern Italian-American cuisine and learn about the history and services of Beacon of Life from MWN member Jenny Irlmeier, who serves as secretary on Beacon's board of directors.

Beacon of Life was established in 1980 as a safe haven for homeless women in the Des Moines area. Beacon is the only shelter in central Iowa that offers long-term transitional housing and supportive services 24 hours a day, seven days a week. In 1996, Beacon moved to its first permanent location with capacity for 34 women at 18th and Woodland Avenue in Sherman Hill.

In its 28-year history, Beacon has housed more than 4,000 women (about 150 women per year). Residents may live at Beacon for three months to two years and are expected to maintain employment, earn a GED if they do not have a high school diploma, cook their own meals and do other household chores, and pay \$10/day in rent. By comparison, it costs about \$38/day to provide shelter and intensive case management and counseling services designed to help residents face tough personal issues, build self-confidence, achieve their goals and become truly productive citizens.

If you'd like to volunteer or make a donation to effect positive change in another woman's life, contact Ruth at beaconruthh@qwest.net or go to <http://beaconoflifedm.org>. Volunteer opportunities include picking up food donations every other Friday in Ankeny; serving on the Fund Development or Marketing/PR committees or as a graphic designer, writer or IT support; plumbing, carpentry or lawn care; and helping with fundraisers and other events. The Web site also contains information on becoming a resident.



Mission Statement

...We strive to give women the strength and skills they need to live independently.





Do You Know ... Laurie Briggs?

Where were you born and raised?

I was born in Algona, Iowa and raised in that area, graduating from LuVerne Community School.

Tell us about your family.

My husband and I live in Earlham. Our grown daughter Kassy moved out in 2001 and returned early in 2007 with two small kids. We have a 3 ½-year-old grandson, Hunter, and 2-year-old granddaughter, Riona. It was quite an adjustment, to say the least. I don't know what was harder to get used to...changing diapers and making formula or being called "Grammie!"

Any pets?

An 18 ½-year-old cat named Camie. I'll miss her when she dies; however, that could be anytime now....

Employment?

Banking as a construction lender; at this time, I'm not quite sure this career was one of my better decisions.

What are your hobbies?

I don't have much free time these days. but I enjoy reading, drinking and gambling...all in moderation, of course!

Tell us something that none of us would know about you.

I am the oldest of seven children, and the only one left in Iowa.

What are you most proud of?

That mom and daughter are still able to live under one roof!

What do you like most about MWN?

I haven't been the best member this year, but when I do participate, the atmosphere is wonderful. The speakers are informative and the menu always includes desserts.

Do we know YOU? If you'd like to be featured or would like to nominate another member for this column, e-mail Pamela Henkel at joyfulwords@msn.com.



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Bulletin Board

Place your free ad or announcement in the newsletter today! Just send it to Pamela at joyfulwords@msn.com by the 1st Thursday of the month.

Let the Metro Women's Network work for you!