



Next meeting: Thursday, April 19

Christopher's

2816 Beaver, DM
274-3694

Menu:

--10 oz prime rib with mashed potatoes,
veggie OR

--Tilapia - asiago crusted, baked, with
rice, veggie OR

--Chicken Picatta with pasta, veggie

Dessert - Creme Brulee OR Cheesecake
with berry sauce

Served with tossed salad, bread/rolls,
non alcoholic beverages

Cash Bar

To sign up for this meeting, contact
<http://mwniowa.org/calendar/>
before April 16. Member dinner fee is \$25.

Bergetta Beardsley United Way of Central Iowa Director, Investor Relations & Women's Leadership Connection



Bergetta joined United Way of Central Iowa in August, 2008, after working nearly six years for Nationwide Insurance Companies. While with Nationwide, she managed the Des Moines employee based United Way campaign for five years, and played a key role in growing its women's leadership group and developing its volunteer program.

Bergetta graduated from Luther College with a B.A. degree in Communication Studies. At United Way Bergetta supports Women's Leadership Connection and works closely with those who champion quality early learning and school readiness. Bergetta and her husband John live in Ankeny, Iowa, with their 15 year old daughter, Adrienne, 12 year old son, Tate, and 17 month old daughter, Elise.

Next month: Meeting in May at Chicago Speakeasy with speaker Susan Knapp.

Do you have friends or colleagues who would like to come to MWN? Invite them to our meetings. They will enjoy it, and we will enjoy meeting them!

We need models for our June fashion show, with clothes from Talbots. Don't be shy! All shapes, sizes, and ages are needed. Send your email to admin@mwniowa.org.

This will be a great meeting to be held at *By Design*, owned by our member Bonita Clark, on June 21.

Fashion, food, furniture, and fun!



LETTER FROM THE PRESIDENT

APRIL 2012

“From the President’s Desk”

Wow, talk about forgetting the diet at our dinner @ Gino’s! The dinner was very good and the dessert tray was fabulous. The portions were very generous, and the cheesecake was awesome.

After just attending the Health Expo, many vendors are going “green.” I believe more and more importance should be placed on Earth Day. Did you know in many elementary schools, after Halloween and Christmas, Earth Day is the third largest celebrated holiday? It is now observed in 175 countries and is the largest secular modern day holiday in the world. April 22 is the first official day of Spring in the Northern hemisphere and of Fall in the Southern hemisphere and was chosen to be Earth Day for this reason. Below are a couple of facts and very simple things that we can all do:

- Recycling one aluminum can saves enough energy to watch a TV for three hours – it’s equivalent to half a gallon of gasoline.
- If every newspaper was recycled, we could save about 250,000,000 trees each year. It is estimated only 27% of all American newspapers are recycled.
- More than 20,000,000 Hershey’s Kisses are wrapped each day, using 133 square miles of tinfoil. All that foil is recyclable.

I’m sure we have all enjoyed our beautiful Spring and seeing all the flowers and trees blooming. I don’t ever remember sweating in March while working in the yard! I hope to see you at Christopher’s to hear our guest speaker, Bergetta Beardsley with United Way.

Sharon Wolfe

2012 Officers:

President: Sharon Wolfe

Vice President: Janet Seeberger

Secretary: Becky Patton-Quigley

Treasurer: Diana Dubuisson

Programs: Connie Blodgett and Sherri Johnson

Newsletter: Lois O’Donnell

At large: Roxanne Morrow, Melissa Read

Be sure to mark your calendars for upcoming meetings! May 17 will be at Chicago Speakeasy with speaker Susan Knapp. June 21 will be our Fashion Show at “By Design” with clothes from Talbots. Both meetings will be spectacular. Like they say: Be there ... or be square!

Visit our website: www.mwniowa.org

MEMBER SPOTLIGHT

APRIL 2012

DO YOU KNOW....Patti Armstrong?

Patti Armstrong has been a member of Metro Women's Network since 2009. She was born and raised in the small Iowa town of Allison, which has a population of only 1000. She and her husband Kevin of 35 years followed a family tradition in choosing their wedding day. Kevin's parents were married on his Mother's birthday, which was October 11. Patti and Kevin continued the tradition by marrying on October 1, which is her birthday. They have 2 beautiful daughters. Ashleigh is a Park Ranger at Lake Rathbun in Centerville. Courtney (who is married to Dan Flynn) is a phlebotomist at an OB/GYN clinic and is currently working toward a nursing career. A Westie named Sully completes the family.

Patti is the Compliance, Privacy and Information Security Officer at IHDM (Iowa Health). She has a nursing background and became interested in regulations about 25 years ago by taking a job with a Medicare contracted company. The interest stuck and she continues to assist IHDM to be compliant with all federal and state rules and regulations.

In her spare time Patti loves to help women look and feel better by wearing sterling silver jewelry as a Silpada Star Leader. She has an artistic flare and loves to redecorate her home and garden. Walking at Raccoon River Park and reading are among her favorite relaxation activities. Patti's favorite movie right now is "The Girl With the Dragon Tattoo," and she loves any Danielle Steele book.

She is the only one of her siblings to have a college degree, and she is proud of that. She is most proud of her healthy and happy family. She loves to drink wine and eat out at Sbrocco! Patti enjoys Metro because of the laughter and conversations shared by members at each meeting. She says "I appreciate all the women that belong to MWN and enjoy bringing other women into our network. As women we need to support each other and MWN does that."

HAPPY BIRTHDAY, METRO MEMBERS

Metro Women's Network Wishes Happy Birthday to:

April

Kristen Wicks - 4/3
Amy Jo Johnson - 4/4

May

Meg Husen - 5/1
Cynthia Swanson - 5/6
Joyce Whipps - 5/8
Denise Behrends - 5/30

If we missed your birthday, it's just because we don't have it! Please send it to mjread1@hotmail.com so it can be included in the future.

STEERING COMMITTEE MINUTES

APRIL 2012

The steering committee met April 5, 2012 Palmer's Deli on Ingersoll.

Attending: Sharon Wolfe, Diana Dubuisson, Becky Patton-Quigley, Connie Blodgett, Lois O'Donnell, and Roxanne Morrow.

Call to Order: Sharon Wolfe called the meeting to order at 5:40 pm

Secretary's Report: The minutes from the March 1st meeting were approved.

Treasurer's Report: The bank balance is \$2,360 and the report was approved. Diana reported that the bank card expired, and she and Sheri would be going to the bank to acquire the new one as well as obtain a second one to make sure that someone would be at the meeting with a card. Most restaurants do not want/accept checks. Diana paid the Gino's tab for the March meeting with her personal card and then was reimbursed.

Program committee reported on upcoming programs:

April – Speaker Bergetta Beardsley from United Way Women's Leadership Connection at Christopher's restaurant.

May – Speaker Susan Knapp - Community Activist, Equestrian, Author, and a winning baker at Chicago Speakeasy.

June – Fashion Show by Talbot's at By Design (Catered meal.)

July – No meeting (may throw in a fun event)

August – Speaker Dr. Koch/Plastic Surgeon location to be determined

September – Speaker Laura Hollingsworth/President & Publisher for DM Register, location to be determined

October – Woman of the Year at Sam and Gabe's

November – No meeting

December – Social, location to be determined.

There will be an incentive for bringing the most guests to the May meeting.

We will create a suggestion box for speakers and restaurants.

Publicity report:

Lois indicated that she had produced the newsletter for March prior to receiving the minutes of the steering committee. Both the March and April minutes will be in the April newsletter. Lois provided a task list for email, website, newsletter, and "other stuff" to review and discuss assignments at the next meeting. Diana suggested that we have a meeting (and volunteered to host it) for steering committee that provides a "show and tell" training on how to do the different functions (updating the web site, pulling reservation lists, how to update our procedures, how to review the admin mailbox, etc.). Steering committee will work on assigning tasks to specific people/positions.

Old Business:

Diana presented badge options for members and the pricing runs \$5.75 - \$7.00 each depending on the quantity ordered.

Discussion about how to maintain the badges (new members after the initial badges are printed, terminated members, etc.) was held.

Diana will take our questions to the vendor and we will discuss at the next meeting.

New Business:

Opportunity grant request review was completed and winners will be announced at the April business meeting.

Next Meeting: To be determined. Will email when date, time, and location are identified. Trying to get together at Diana's to have computer access.

The meeting adjourned at 6:45 pm.

Submitted by Becky Patton-Quigley

Guest, Dues, and Attendee Policy

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 annual dues (\$40 by check or pay pal) cover a period of 12 months from your sign-up/renewal date. Reservations made but not attended will be expected to pay the dinner fee.

Future meetings:

May 17: Chicago Speakeasy

June 21: Fashion, Food, and Fun – Who could ask for more? Details to come. We will need a few members to model the different size outfits (S, M, L, P,W). Send an email to admin@mwniowa.org if you're interested in modeling. Don't be shy!

MORE STEERING COMMITTEE MINUTES

APRIL 2012

(March meeting) The steering committee met March 1, 2012 at Palmer's Deli on Ingersoll.

Attending: Sharon Wolfe, Janet Seeberger, Becky Patton-Quigley, Sherri Johnson, Connie Blodgett, Lois O'Donnell, and Melissa Read,

Absent: Diana Dubuisson and Roxanne Morrow

Sharon Wolfe called the meeting to order at 5:31pm.

The minutes from the February 1st meeting were approved.

Treasurer report: Diana was not available for the meeting.

Program committee report:

Jotform was down (system that takes our rsvp's) due to website being shut down. They were able to transfer to a new site and we were able to keep our forms and process.

Upcoming programs:

March 15th will be at Gino's West and our speaker is Mary Jo Hansell from Iowa Health Des Moines.

April 19th will be at Christopher's with speaker Bergetta Beardsley from the Women's Leadership Connection at United Way.

May 17th will be at Chicago Speakeasy – speaker to be determined.

June 21st location to be determined – Talbot's fashion show/speaker.

Publicity report:

Things seem to be working better and having help with articles is a great support.

Need to remind everyone that we have advertising pages at the end of the newsletter – just send business card or advertisement to Lois ODonnell at uffdalo@aol.com.

Need to publicize the opportunity grant application process. We make the selection at the April meeting.

Old Business:

Continue to review new badges, magnets, etc.

Lois determined that we will not purchase publishing software at this time but reserve the right to pursue it in the future. Because the website is changing, we want to wait until we know what will be the most compatible.

New Business:

We need to complete the file clean up activity. A form will be developed to hand out to the members attending the March meeting to provide corrections to their information.

The next steering committee meeting will be at 5:30 p.m. on April 5th at Palmer's Deli on Ingersoll.

The meeting adjourned at 6:35 p.m.

Submitted by Becky Patton-Quigley

Members: Submit your ad or announcement to admin@mwniowa.org by the first Thursday of each month .

MEMBER AD-VANTAGES

APRIL 2012

Put your card or ad here! Simply give it to Lois O'Donnell or email it to admin@mwniowa.org. It's just another way we support our members.

Follow Metro Women's Network on Facebook! Not on Facebook yet? You don't know what you're missing. It's easy to register (www.facebook.com) and decide on the friends you want to network with. We look forward to your comments and suggestions. We've been networking for well over 30 years. Social networking is another way we can keep in touch and "socialize." Be sure to "share" our Facebook page with your friends who might be interested in MWN.



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Country Club Market, classes available