



Next meeting: Thursday, March 21

The Garden Grill

8385 Birchwood Ct
near Wynnsong Theatre)
Johnston
278-5227

All served with tossed salad, bread/rolls (w/butter & cinn/honey butter), non-alcoholic beverages, dessert. cash bar.

Entree choices:

DeBurgo filet with chef's veggie, & mashed potato OR

Chicken brochette (grilled) with chef's veggie & mashed potato OR

Pistachio crusted salmon with wild rice, chef's veggie

Dessert - Chocolate lava cake or oatmeal pie

The restaurant will also donate a gift card for a drawing that evening.

Don't miss this fun evening!



“The Rules of Good Girls...and Their Impact in Business” -- Lori Day

What are the rules “good girls” are raised with....and what is the impact in to women in business? What rules and unconscious behaviors can accelerate your opportunities?

Which ones can sabotage your career? How do these actions impact your personal and professional life? What positive actions can you incorporate into your commercial life to produce respect, recognition and opportunity?

Recognize your commercial value, claim your accomplishments, and proactively manage your commercial opportunities! Whether you own a business or work in someone else's organization, this program is for you.

Women are notorious for doing excellent work, understating their accomplishments and paying a significant price. Identify common missteps and risk. Learn top strategies for success and how to put them into practice.

Lori J. Day is President of FocusFirst, Inc., a Des Moines based firm that specializes in building organizations and individuals to the next level. She has 20 years of varied business leadership, management, coaching and consulting experience across industries and with Fortune 500 corporations and small firms. Her unique coaching, business expertise and leadership ability enable her to focus on building results for her organizational and individual clients. Extensive experience includes leading the Career Center for Maytag/Whirlpool employees—the largest Career Center in the U.S. with the most comprehensive services.

Committed to making a difference, Lori volunteers her time and talents to numerous organizations, Boards of Directors, and Steering Groups including: National Association of Women Business Owners of Central Iowa, Des Moines AM Rotary, SNAP, Iowa Voters for Companion Animals, SCORE, and the Iowa Women's Leadership Conference.

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before Mar. 18. Dinner fee is \$25. Guests with more than two visits per year are \$35.



LETTER FROM THE PRESIDENT

March 2013

The first day of March was snowy, so if that means it came in like a lion, then it should go out like a lamb, or so the saying goes. I always think about it on the 1st of March, but I never remember on the last day if the saying holds true. Lets hope it does this year.

Daylight Savings Time starts this weekend. That helps make you think spring. When the days are longer it just feels better.

For those of you who are Irish, or just Irish for a day, St Patrick's Day is just a few days away. I know people who have so much fun celebrating St Patrick's Day they think they are really Irish.

For anyone who has children or grandchildren, you are thinking about Spring Break. Even if you aren't going somewhere warm, it just makes you think the weather will soon be getting warm.

Then we have Palm Sunday and Easter. March is a busy month!

Since we had to cancel our February meeting because of the weather, it will be nice to see everyone this month. I hope you can join us for at the Garden Grill in Johnston, near the Wynnsong Theaters. I've heard they have great food.

Remember, there is still time to get your Opportunity Grant application in. Just go to our website www.mwniowa.org and click on programs.

See you on the 21st!

Janet Seeberger, President

2013 Officers:

President: Janet Seeberger

Vice President: Sus Sweitzer

Secretary: Susan Barrett

Treasurer: Laurie Briggs-Leeper
(and Diana Dubuisson)

Programs: Connie Blodgett and Sherri Johnson

Newsletter: Lois O'Donnell

At large: Roxanne Morrow, Casey Polk,
Lara Utter, Becky Patton-Quigley

Opportunity Grant Fund

Be sure to consider taking advantage of this grant to further your knowledge and education. An application may be made by any MWN member currently in good standing for a minimum of one year who didn't not receive it last year and is due no later than April 1. Complete the application, stating how the granting of funds will provide the support you need personally, in business, and/or in individual endeavors. Contact <http://www.jotform.us/form/92640620021> for the application.

Visit our website: www.mwniowa.org

DID YOU KNOW?

March 2013

Daylight Savings Time – Issues over the Years

The implementation of Daylight Saving Time (DST) has been fraught with controversy since Benjamin Franklin conceived of the idea. Even today, regions and countries routinely change their approaches to DST. Throughout its long and fascinating history, daylight saving time has had a remarkable impact on a wide variety of unexpected areas--from Middle East terrorism to feuding twin cities, voter turnout to time-change riots, radio stations to trick-or-treaters, and opera performances to manslaughter charges.

Here are a few of those stories:

Widespread confusion was created during the 1950s and 1960s when each U.S. locality could start and end Daylight Saving Time as it desired. One year, 23 different pairs of DST start and end dates were used in Iowa alone. For exactly five weeks each year, Boston, New York, and Philadelphia were not on the same time as Washington D.C., Cleveland, or Baltimore--but Chicago was. And, on one Ohio to West Virginia bus route, passengers had to change their watches seven times in 35 miles! The situation led to millions of dollars in costs to several industries, especially those involving transportation and communications. Extra railroad timetables alone cost the today's equivalent of over \$12 million per year.

Patrons of bars that stay open past 2:00 a.m. lose one hour of drinking time on the day when Daylight Saving Time springs forward one hour. This has led to annual problems in numerous locations, and sometimes even to riots. For example, at a "time disturbance" in Athens, Ohio, site of Ohio University, over 1,000 students and other late night partiers chanted "Freedom," as they threw liquor bottles at the police attempting to control the riot.

Through 2006, the Daylight Saving Time period closed on the last Sunday October, about a week before Election Day, which is held the Tuesday after the first Monday in November. The extension of Daylight Saving Time into November was proposed as a way to encourage greater voter participation, the theory being that more people would go to the polls if it was still light when they returned home from work. The U.S. law taking effect in 2007 pushed the end of Daylight Saving Time to the first Sunday in November. In some years (2021, 2027, and 2032), this will fall after Election Day, giving researchers the opportunity to gauge its effect on voter turnout.

Excerpts taken from <http://www.webexhibits.org/daylightsaving/g.html>. For more stories, go to that site.

If we were to take a vote, how many of you would vote to keep DST all year long?

OTHER INTERESTING STUFF

March 2013

Schedule of upcoming MWN meetings:

(Mark your calendars)

April 18

May 16

June 20

July (no meeting)

August 15

If this schedule should change, we'll advise you as soon as practical.

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.



Remember to apply for the Opportunity Grant before March 31.

Click on <http://mwniowa.org/programs/grant/>

and submit your application today!

To renew your membership, click here:

<http://mwniowa.org/membership/>

If you are not sure when your membership needs to be renewed, simply contact our inbox

admin@mwniowa.org and we'll let you know!

MEMBER AD-VANTAGES

March 2013

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



Doing our part to be green.

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515-327-9381

Bronze Bod

Holly Jordan
Owner
bronzebod@live.com

8820 Swanson Blvd. #113
Clive, Iowa 50325

Country Club Market

Irish Fare

Tuesday, March 12th 6pm, \$50

Registration Deadline Friday March 8th

Baked Fish and Chips with Tangy Tartar Sauce
Light Green Salad of Grapes, Toasted Almonds and Mozzarella Balls

Bailey's Irish Cream and Chocolate Mousse Filled Crepes

Springtime!

- Wednesday, March 20th 6pm, \$55

Registration Deadline Saturday March 16th.

Sesame Soy Glazed Salmon
Good For You Salad of Kale and Farro, Springy Vin
Fabulous Finish - DOUBLE CHOCOLATE BAKED ALASKA

Easy To Entertain With - Snowed Out 1.30.13

- Thursday, March 28th 6pm, \$50

Registration Deadline Sunday March 24th.

Spanish Paella with Andouille, Chicken and Saffron

Roasted Red Pepper - Fresh Mozzarella Cornbread
Fresh Lemon Meringue Individual Tarts

Chef Terrie Kohl, Owner / Instructor

Country Club Market

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www.countryclubmkt.com