



Next meeting: Thursday, May 16

Jimmy's

1238 8th St.
West Des Moines
457-2953



All served with tossed salad, rolls/bread, non-alcoholic beverages, and desserts:

Chicken Marsala with mashed potatoes, fresh veggie medley OR

Grilled Alaskan Salmon with lemon Beurre Blanc sauce with rice pilaf, fresh veggie medley OR

Pan Seared 10 oz Scallops with lemon Beurre Blanc sauce with rice pilaf, fresh veggie medley OR

8 oz Top Sirloin with mashed potatoes, fresh veggie medley

Dessert Choices -
Creme Brulee OR
Bread Pudding - vanilla cinnamon with praline sauce

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before May 13. Dinner fee is \$25. Guests with more than two visits per year are \$35.

Try, Try Again! *

Greta Lange, Dietician and So Much More!



Greta Lange, RD, LD, CSO, has been the Iowa Health/DM outpatient oncology dietitian since March of 2009. Greta serves inpatients and outpatients in radiation oncology, chemotherapy, and surgery.

She regularly provides individualized and group education to patients and staff via 1:1 visits, support groups, and classes. Greta participates in community events and logged over 140 volunteer hours last year with groups like the American Cancer Society and Leukemia and Lymphoma Society.

Come and hear what Greta has to tell us about good nutrition and what we should be eating to stay healthy. It will be like having our own personal dietician for the evening. And, don't worry about having dessert – the good practices can start the next day!

**This meeting was cancelled in February due to bad weather. Come and hear what Greta has been waiting for months to tell us!*



LETTER FROM THE PRESIDENT

May 2013

May 2013

Hi, Members!

Is this really May? I know it's Iowa, but really!? As I'm writing this, I'm watching it snow. A pretty snow, if it were December, January or February. But in May, it doesn't seem so pretty.

The organizers for the Tulip Festival in Pella must be thinking, "not again." Last year, our spring came a month early, and the town was worried there wouldn't be any tulips left. Now this year, cold and snow, they may not be in full bloom yet. Snow or no snow, at least Cinco de Mayo is fun!

Our May meeting is at Jimmy's on 8th. That is where we were going in February, but it was cancelled because of snow. I promise we won't have snow on May 16th. Come hear our speaker is Greta Lange, a nutritionist. Come see old friends, and meet some new ones.

Rain or shine, or snow, it doesn't really matter as long as you are with friends.

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

Do you know anyone who would like to join Metro? Simply pass this link to them:

<http://jotform.us/form/91801357671> or, even better, ask them to come to our next meeting!

Visit our website: www.mwniowa.org

How to ask for a raise!

Asking for a raise can be a nerve-racking task. Evelyn Murphy, president of The WAGE Project, shares her quick tips for negotiating an increase in compensation.

Tip #1: A Raise is Earned

Beforehand — i.e. you discover that you are underpaid and deserve a raise

Afterwards — i.e. you are about to take on significantly more responsibilities.

Tip #2: Never Ask for a Raise Spontaneously

Prepare, pick the time that is best for you, then meet with the boss.

Tip #3: Be Objective, Persuasive, and Strategic – All at Once

Be Objective

- Know the salary range of what other employers in the city where you work pay someone to do your job
- Within that range, know your value doing that job based on your skills, experience, responsibilities and performance
- If you determine that your worth in the marketplace doing your job is more than you are paid, then you need a raise.
- Know the value of your benefits, as well as the marketplace value of benefits for someone doing your job.

Be Persuasive

- Practice the language that you will use to persuade your boss that you deserve a raise, based on your value in the marketplace.
- Practice your language to counter any objections your boss might raise.

Be Strategic

- Determine the best time for you to ask for a raise
- At the time that is best for you, meet with your boss, set a positive tone, make your case for your value for doing your job, respond to objections; keep the discussion going, arrange for another meeting.
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Tip #4: Be Realistic

- Fear of retaliation is real
- Trust your instinct—if you feel you are jeopardizing your job or your standing in the company/organization, and you don't want to risk that, back off. It's okay.
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Tip # 5: Learn Through Experience

Salary negotiation skills are learned through experience. Treat salary negotiation as an on-going discussion—your skills will get better, your confidence will grow with every encounter and your salary should grow, too!

OTHER INTERESTING STUFF

May 2013

Happy Mother's Day to all our moms!

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.



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!

Wondering what to do outside now that the weather is better and better?

Go to the Greater Des Moines Convention and Visitors Bureau to find out!

<http://www.catchdesmoines.com/things-to-do/outdoor-fun/>

There's always something happening in central Iowa!

Upcoming meetings:

June 20

July (no formal meeting)

August 15

Mark your calendars and have a great summer!

MEMBER AD-VANTAGES

May 2013

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

firstCHOICE
coffee services

Doing our part to be green.

Connie Blodgett, Account Development Specialist
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Cruises & Vacations by
Roxanne

Roxanne Morrow
Travel Counselor
515-710-0609

BOB BROWN

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Hairstyling & Permanent Makeup

Janet Seeberger

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Patty Armstrong
Independent Representative

SILPADA
Live Life in Silver

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silverwithpatty@aol.com

Cell 515-770-3221

Put your ad here! Simply give your business card to Lois O. You should see it in the next issue! It's one way we can network with others.

Bronze Bod

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Owner
bronzebod@live.com

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