



Next meeting: Thursday, September 19

Chicago Speakeasy!

1520 Euclid
Des Moines

Entrees:

Baked Salmon ... OR
Grilled Chicken ... OR
Prime Rib

Dessert - Ice Cream sundaes

All served with their **delicious salad bar**,
bread, non-alcoholic beverages, baked
potato, dessert.

Cash Bar

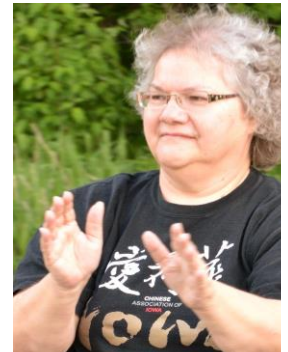
Oh, yeah. We're talking really good food
and dessert, too. Be sure to sign up right
away.

To sign up for this meeting, contact
<http://mwniowa.org/calendar/>
before September 16. Dinner fee is
\$25. Guests with more than two
visits per year are \$35.

Visit Chicago Speakeasy's facebook page:
<https://www.facebook.com/pages/Chicago-Speakeasy-Des-Moines/217690017159>. If you
think you aren't hungry now, you will be!



Tai Chi ... Come and learn why it's so popular!



Deanna Jens has practiced Yang Style Tai Chi Chuan since 2002 and discovered Dr. Lam's Sun Style Tai Chi for Arthritis in May of 2009 after retiring from Wells Fargo Financial as a computer systems analyst. Deanna began teaching and was certified in Tai Chi for Arthritis (TCA) part I in 2010. She now teaches in several locations in Ankeny and Des Moines.

Tai Chi for Arthritis is a program composed by Dr. Paul Lam especially for people with arthritis. It has been shown by scientific studies to be safe and effective for this population, improving pain, quality of life and balance, but is suitable for those without arthritis as well.

Other certifications (Tai Chi for Diabetes, Tai Chi for Energy, Tai Chi 4 Kidz) have followed as Deanna continues her studies of Dr Lam's Tai Chi for Health programs. Deanna also studies traditional Yang Style Tai Chi and Helen Wu's Chi Kung with local instructors. *Come, learn, and give it a try!*

Deanna Jens (*past MWN member*)
Certified Instructor:
Tai Chi for Arthritis and Fall Prevention, Tai Chi for
Diabetes, Tai Chi for Energy, Tai Chi 4 Kidz
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LETTER FROM THE PRESIDENT

September 2013

Hi, all!

Labor Day is over, and summer will officially be over on the 22nd. Mother Nature doesn't seem to know that. It's the second week of September, and the weather is still in the 90s.

Even so, it's after Labor Day, and I think there is something you have all been wondering about. I wanted to help put your mind at ease about this decade old dilemma: **Should I or shouldn't I wear white after Labor Day?** I know this has probably been keeping you up nights, so I wanted to tell you what I found on the subject. Not very much! I'm not sure anyone really knows. Here is what I found:

It actually started back in the day with not wearing white shoes and pumps during winter because they weren't suitable; then it originally carried on to other clothes.

It is an old-school fashion rule that generally refers to white dresses or pants, mostly worn in the summer.

It started back before air conditioning, and it was cooler to wear white in the summer.

I don't think anyone really knows and not many follow that rule anymore. So if you like white, wear it. I don't think it matters anymore.

You can even wear white to our September meeting on Thursday the 19th at Chicago Speakeasy! Hope you can be there! We are having a drawing for a gift card, and we'll have an informational, interactive speaker. What? **Deanna Jens will be talking about the art of Tai Chi. She will give a demonstration and let members try it.**

Come and learn why Tai Chi is so popular and how it helps with focus, balance, muscle relaxation, and much more. See you on the 19th!

October 17 – Woman of the Year meeting!

Mark your calendars now for our special annual award meeting to honor an outstanding woman from Central Iowa. We'll have a wonderful meal at Sam and Gabe's and will present our Woman of the

*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!*

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,

Visit our website: www.mwniowa.org

INTERESTING STUFF

September 2013

Did you miss our last meeting?



Above and Beyond – Karen Parman, speaker (left), with Janet Seeburger, our president.



A great time was had by all at the August 15 meeting held at Prairie Meadows. Karen gave a wonderful presentation of her journey with Above and Beyond, the renowned cancer support organization.

Steering Committee Meeting

September 2013

MWN Steering Committee Meeting Minutes 9/5/13

The steering committee met Legends in Johnston.

Attending:

President: Janet Seeberger present
Vice President: Sus Sweitzer absent
Secretary: Susan Barrett absent
Treasurer: Laurie Briggs-Leeper present
Programs Connie Blodgett present
programs Sherri Johnson absent
Publicity Lois O'Donnell present
At-large Roxanne Morrow absent
At-large Becky Patton-Quigley absent
At-large Casey Polk absent
At-large Laura Utter absent

Janet Seeberger called the meeting to order at 5:45. The minutes from the previous meeting were approved.

Treasurer Report: The bank balance is \$1,741.77 at Peoples Bank.

Program committee report:

September is at Chicago Speakeasy. Speaker will be Deanna Jens, Tai Chi instructor (and past MWN member). We will have a gift card from the restaurant for a drawing for members.
October is at Sam and Gabe's for Woman of the Year.
December to be determined.

Publicity Report: Nothing new to report.

Old Business:

The annual dues process was discussed and decided to have all dues paid in January, starting in 2014. We will accept payment of dues in the current manner through the rest of 2013. Then, in January 2014, membership dues will remain at \$40, and members will pay the prorated amount owed for the months after their current membership lapses. Each month will be figured at \$40 divided by 12 month (\$3.333 per month). Example, if paid through June 2014, the member would only owe for the remaining six months ($6 \times 3.33 = 19.98$) for the rest of 2014. That \$19.98 would be paid in January. All dues will be paid in January for existing members, and the treasurer will use a chart of monthly prorated charges for reference. The dues may be paid by Pay Pal or check or cash at the January meeting. Members will be advised of their status prior to January, so they can anticipate the amount due in 2014. New members who join after January will pay dues based on the prorated figures for the remaining part of the year. In 2015, current members will pay the entire year's dues in January, and thus going forward.

Nominations for Woman of the year were discussed. The committee decided on the nominee and will contact her next week to offer the award. The honor will be awarded at the October meeting.

The next steering committee meeting will be at 5:30 on October 3 at Legends in Johnston.

The meeting adjourned at 6:50 pm.

Respectfully submitted by Lois O'Donnell

OTHER INTERESTING STUFF

September 2013

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,

Fun, Fun Upcoming meetings:

September 19 – Chicago Speakeasy

October 17 – Sam and Gabe’s –
Woman of the Year!

Mark your calendars and have a
great summer!

*Remember to patronize our
member’s businesses
whenever you can. It’s one
more way we can support
each other’s endeavors!*

What do you know about our Woman of the Year award we give each year?

How many WoY meetings have you attended, and can you name some of our past honorees and the year they were honored? Try to match the names with the descriptions, below. The answers will be on page 6. Good luck!

- a. Jan Drees
- b. Claudia Henning
- c. Carol Ann Kirkbride
- d. Diana Findley
- e. Dr. Aimee Beckmann-Collier
- f. Dr. Rizwan Shah
- g. Kathy Leggett
- h. Dr. Patty Quinlisk
- i. Evelyn Jobe Villines
- j. Jacqueline Easley
- k. Miriam Erickson Brown
- l. Angie Anderson

- Founder and Director of Iowa Caregivers Association and Project Manager for the Alzheimers Association (2002)
- Professor of Conducting and Director of Choral Studies at Drake University (2011)
- Public Health educator and State Epidemiologist (2004)
- Advocate for the Disabled, Executive Director of Development at Lutheran Hospital and Direction of Client Assistance Program and Easter Seal Society of Iowa. Served on President Clinton’s Committee for Purchases from People Who are Blind or Severly Disabled (2000)
- Coordinator of the West Des Moines Youth Justice Initiative (2012)
- Director of Advocacy and Outreach for Blank Children’s Hospital (2010)
- Pet Visitation Programs and Humane Education, Bunny expert at the Animal Rescue League of Iowa (2006)
- First Principal of the Downtown School and Director of Business Education Alliance (2003)
- Director of Community & Diversity Services, Mercy Medical Center (2009)
- Trainer of Leader Dogs (2008)
- Civic Leader and President and COO of Anderson Erickson Dairy (2005)
- Medical Director of Regional Child Protection Center at Blank Children’s Hospital (2007)

As you can see, we have awarded many well deserved honorees! Mark your calendar for October 17 and plan to attend this year!

MEMBER AD-VANTAGES

September 2013

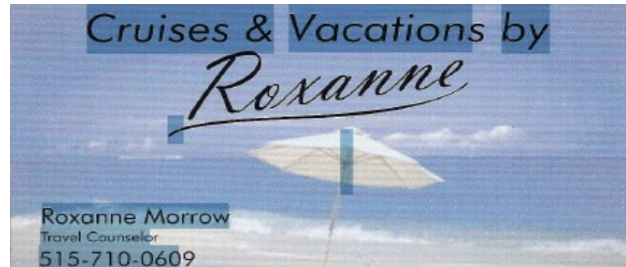
Members: Submit your ad or announcement to admin@mwniowa.org by the first Thursday of each month.



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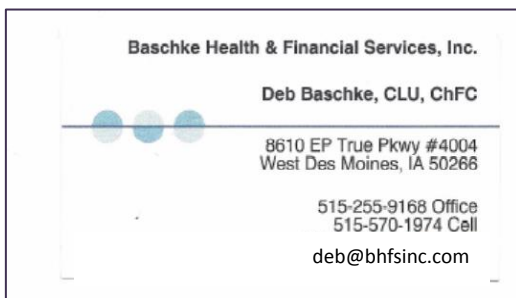


Jeff & Barb Livingston

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Answers to W of Y awards: 2000 – i, 2002 – d, 2003 – a, 2004 – h, 2005 – k, 2006 – l, 2007 – f, 2008 – c, 2009 – j, 2010 – g, 2011 – e, 2012 – b