



Next meeting: Thursday, February 20

Urbandale Golf & Country Club

4000 86th Street
Urbandale
515.276.5496



Dinner choices:

- Grilled Atlantic Salmon with lemon butter,
- Ribeye, or
- Chicken Marsala

All served with tossed salad, chef's veggie, baked potato, non-alcoholic beverages upon request, and dessert (chocolate mousse).

Cash Bar.

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before February 17. Dinner fee is \$25. Guests with more than two visits per year are \$35.

Contact UGCC for more information about joining or golfing:
<http://www.urbandalegolf.com/>.

Members who paid for the January meeting meal via PayPal but couldn't attend due to the snow storm will have \$25 credit for their next meeting. Simply advise the treasurer at the check-in table when you arrive (don't pay with PayPal).

Heard of a Local Food Lifecycle? Now You Will!



Aubrey Martinez is director of **Eat Greater Des Moines**, a new non-profit being incubated within the Des Moines Area Religious Council (DMARC). **Eat Greater Des Moines** was started in April, 2013, and is dedicated to connecting available resources with the broader community in order to support the entire food lifecycle in Iowa, focusing on central Iowa.

Eat Greater Des Moines originated out of the need to have an organization focusing on local and regional food system work in central Iowa, specifically Polk and the surrounding counties. Previously, food system-related work was accomplished on a disconnected (mostly volunteer) basis by individuals working other positions throughout the community. Both DMARC and the United Way of Central Iowa saw the benefit of a program devoted to building connections that support a stronger local food system.

Aubrey is a graduate of the University of Northern Iowa (bachelor of arts in health promotion) and Drake University (masters in public administration). Prior to her work with **Eat Greater Des Moines**, Aubrey worked at the United Way of Central Iowa, The Health and Wellness Institute, ITA Group and The Principal Financial Group. Additionally, Aubrey worked as an adjunct professor at Grand View University teaching health and wellness courses. With a background in health promotion but a to

(continued on page 3)



LETTER FROM THE PRESIDENT

February 2014

Hi, all!

This has been quite a winter, to say the least. February is starting out the same, but at least it's a short month. The ground hog did or didn't see his shadow, depending on where you live, but I never trusted him anyway. Who knows what March will bring. It is what it is. We do live in Iowa, so let's make the best of it. It's a good time to catch up on books you've wanted to read or watch movies you haven't seen. Our January dinner was proof that some of us Iowans will drive in anything. Either we really think we have great driving skills, couldn't wait another month to see our friends, or just had to get out of the house. Not sure, but thanks to everyone who weathered the storm (literally) to come to Christopher's for dinner. Those of you who had sense enough to stay home, we can't wait to see you this month.

We will be having our Membership Meeting this month, due to the storm on our January meeting. So please bring your friends to The Urbandale Golf and Country Club. We will have prizes for members and guests. Think warm happy thoughts and maybe Mother Nature will be nice to us. Whatever the weather, it's always good to see everyone. Stay safe and warm and I'll see you all on the 20th.

Janet

*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!*

Bring guests to the February meeting! There are lots of giveaways for members – especially if your guest(s) join that night! Free future meal drawings, \$50 gift card for Casey's drawing, and \$10 for the member who has guests who join – per each guest! Fun, fun, fun!

Dues news for 2014

It was decided members will pay their dues of \$40 in January for the entire year.* That way, the treasurer does not need to track expiration dates for everyone. For 2014, members who are "paid ahead" will pay a lesser prorated amount, according to our spreadsheet dates. Starting 2015 and after, everyone will pay the full amount at the first of the year. We will try to email all of you the amount to expect.

Please bring your checkbooks or cash to the February meeting, so you can pay your dues. Thank you!

*New members joining after January will pay a prorated amount for the rest of the year.

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, Becky Patton-Quigley, Lara Utter

Visit our website: www.mwniowa.org

(Aubrey Martinez, continued from page 1)

love for strategic connections and collaboration, her role as Director for the **Eat Greater Des Moines** Food System Council is a dream job. Within her position she is working build successful connections within the local food system to bridge gaps within sectors, resulting in a sustainable and economically viable food system for all. Originally from southwest Iowa (Red Oak), Aubrey and her boyfriend Leo currently live in Ankeny and spend time refinishing furniture. When she is not meeting with individuals, groups or organizations involved in a segment of the food system, Aubrey also teaches group fitness classes with the YMCA of Greater Des Moines and is a mentor through Mentor Iowa.

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 the year of 2014 (January thru December). Reservations made but not attended will be expected to pay the dinner fee.

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



Think Spring!

MWN Meeting Dates for 2014

Mark you calendars now!

Business/Dinner Meetings

February 20
March 20
April 17
May 15
June 19
July - no meeting.
August 21
September 18
October 16 - Woman of the Year celebration.
November - no meeting.
December 4 - holiday social meeting.

Steering Committee Meetings

February 6 (via email)
March 6 (via email)
April 3 (in person)
May 1 (via email)
June 5 (via email)
July - no meeting.
August 7 (in person)
September 4 (via email)
October 2 (in person)
November - no meeting.
December - no meeting (holiday social only).

STEERING COMMITTEE MEETING

February 2014

MWN Steering Committee email Meeting Minutes 2/6/14

Reporting

President: Janet Seeberger

Vice President: absent

Secretary: absent

Treasurer: Sus Sweitzer (acting)

Programs Connie Blodgett

Publicity: Lois O'Donnell

At-large: Casey Polk

Treasurer's report: 1/29/2014 Balance of \$1,910.48. We are working with Denise Paustian at the bank to get access to online statements, so we can provide accurate information for steering committee early in the month. We need name tags for: Kelly Pond; Sharon Feeley; Sandy Vier. Lois will make these. We need meal tags for FISH.

Program committee report:

Connie Blodgett: Roxanne and I met and have connected since then on ideas for future meetings. Rox is in Phoenix (lots warmer than here, I'll bet) and when she comes back, she'll be contacting more prospective speakers that we discussed. Here's where we are so far:

Feb - Urbandale Golf Country Club (grilled Atlantic Salmon, Chicken Marsala, Ribeye, Choc Mousse). Speaker is Aubrey Martinez - Eat Greater DM (part of DMARC) She'll talk about Eat Greater DM. Also nomination of officers/appointees, and giveaways from January for membership meeting.

March - Christophers (prime rib, almond encrusted tilapia, chicken parm, cheesecake). Kim Baeth, Golden Openings holdover from January snow out.

April - Overtime in Urbandale (sirloin, tilapia, teriyaki chicken, cheesecake) Speaker TBD. They will donate a gift card
May - TBD

June - Restaurant - TBD, speaker to chat about generations we live with.

Oct - Sam & Gabes – Woman of the Year

Old Business:

Lara Utter, will be our first member to talk for 5 minutes at our Member Meeting this month.

New Business:

--Members who paid for January but couldn't come because of weather will get their meal credit for the next meeting they attend. February will be our Membership Meeting because of the low attendance in January due to the storm. We will have the same prizes we were going to have for the January meeting:

1. Member who brings the most guests – free future dinner
2. Drawing for guests only – free future dinner
3. If guest (s) become members that night, the sponsor member gets \$10.00 that night for each one who joins.
4. Drawing for all members (old and new) \$50.00 gift card for Casey's

--Vote on new officers at Member Meeting

--Announce Opportunity Grant Fund application process.

The next steering meeting will be held on March 6. Location to be determined.

Submitted by Janet Seeberger

MORE INTERESTING STUFF

February 2014

Take advantage of our Opportunity Grant Fund this year!

Each year, MWN offers an Opportunity Grant to a member or members who apply and fit the requirements. Per MWN bylaws, all members who have been in good standing for at least one year who did not receive a grant in the preceding year are eligible to apply for a grant to support business, political and/or personal endeavors. Applications are due before April 1, 2014. Recipients will be selected at the April steering committee meeting and announced at the April membership meeting.

In previous years, grants have been given for things like furthering education, taking a seminar, attending a meaningful event, or obtaining certifications. The amount awarded will depend on the number of applicants chosen. If you have a need – or if you simply want to expand your horizons – complete the application: <http://www.jotform.us/form/92640620021>.

For more information about the opportunity grant program, contact a member of the steering committee.



New Officers to be Elected

Election of Officers will be held at our February meeting. Usually, this is done at the January meeting, but due to weather issues, the election was postponed.

All members in good standing will be eligible to vote. The president will read the roster of new officers at the meeting, and the oral vote will be taken.

If anyone is interested in running for a position for next next year, please contact someone on the steering committee.



MEMBER AD-VANTAGES

February 2014

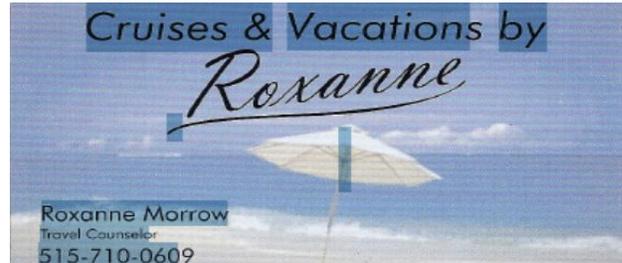
Members: Submit your ad or announcement to admin@mwniowa.org by the first Thursday of each month.



firstCHOICE
coffee services

Doing our part to be green.

Connie Blodgett, Account Development Specialist
5140 Park Avenue, Suite J
Des Moines, IA 50321
Tel: 515.243.4409 ext. 6
Fax: 515.244.0395
c.blodgett@firstchoiceservices.com
www.firstchoiceservices.com



Cruises & Vacations by Roxanne

Roxanne Morrow
Travel Counselor
515-710-0609



BOB BROWN
CHEVROLET

4224 Merle Hay Road • Des Moines, Iowa 50310

Phone (515) 278-7887
FAX (515) 252-3111
Mobile (515) 490-2736
Toll-Free (800) 947-3350

Dianne Schilt
Fleet & Commercial Manager
dianne.schiltz@bobbrownauto.com
www.bobbrownchevy.com



Hairstyling & Permanent Makeup
Janet Seiberger
8820 Swanson Blvd.
Studio 115
Clive, Ia 50325
515-267-8437



Patty Armstrong
Independent Representative

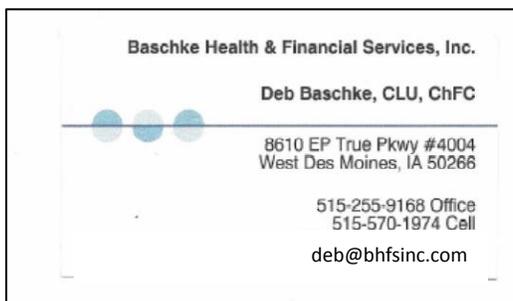
SILPADA
Live Life In Silk

mysilpada.com/patricia.armstrong
silverwithpatty@aol.com
Cell 515-770-3221



Jeff & Barb Livingston

Livingston.myshaklee.com
515-276-9645
Shaklee ID# FE27737
—Distributors Wanted—



Baschke Health & Financial Services, Inc.

Deb Baschke, CLU, ChFC

8610 EP True Pkwy #4004
West Des Moines, IA 50266
515-255-9168 Office
515-570-1974 Cell
deb@bhfsinc.com

Chef Terrie Kohl, Owner / Instructor / Member of Metro Women's Network

Country Club Market

2624 NW 157th St.
Clive, IA 50325

515.987.5957

terrie@countryclubmkt.com

www.countryclubmkt.com

