



June 2014

Next meeting: Thursday, June 19

Urbandale Golf and Country Club

4000 86th Street
Urbandale, Iowa

515-276-5496



Entrees include:

- Grilled Atlantic Salmon with lemon butter OR
- Ribeye OR
- Chicken Marsala

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

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

For more information about the Urbandale Golf and Country Club, contact <http://www.urbandalegolf.com/>.

Ever wondered about acupuncture? Just Ask Abby.



Des Moines Acupuncture Clinic's owner and Acupuncturist Abby Miller is well known for exceptional personalized service to her patients. She offers unmatched levels of pain relief. Her clinic offers a soothing and relaxing atmosphere, coupled with attention to detail and compassion, that will guarantee your restorative experience.

Since 2001, Abby Miller has treated over 20,000 patients with a broad range of conditions using various styles of acupuncture and Chinese Herbal Medicine.

She earned her Masters of Science degree in Oriental Medicine at Southwest Acupuncture College in Santa Fe, New Mexico. Since then, she has constantly furthered her knowledge in Oriental Medicine and related studies through post graduate work at prestigious higher learning institutions, healthcare seminars, and under Japanese Masters, throughout the country and abroad.

More information can be found at <http://www.desmoinesacupunctureworks.com/desmoinesacupunctureworks/Contact.html>



LETTER FROM THE PRESIDENT

June 2014

Hello, all!

Summer is here! The Farmers' Markets have started, swimming pools are open, and the kids are out of school. Summer officially starts June 21, and the 4th of July is just two weeks after that. I'm not sure why, but once the 4th of July is here, it feels like summer is half over. Why then in January, winter doesn't feel like it's half over two weeks after the official start?.

Maybe it's just me, but time just goes so fast. My seven-year-old grandson said, "You know time goes faster when you are older."

I said, "I know. Just think how fast it goes for me."

He said, "Yeah!!!"

He must think I'm really old. If my body felt as young as my mind, I'd be in great shape.

The speaker at our dinner meeting in June may be able to help us with both body and mind. Abby Miller is an acupuncturist. Acupuncture is something I have known about for a long time, but I really don't know what all it can do for you. So if you are like me, you need to come to the Urbandale Golf and Country Club, June 19th and learn what acupuncture is all about. Hope to see you all there!

You can RSVP at www.mwniowa.org/calendar

Janet

Do you have ideas for speakers or restaurants that would be good locations for our meetings?

If so, contact Connie Blodgett or Roxanne Morrow.

Your suggestions are always welcomed!

2014 Officers:

President: Janet Seeberger

Vice President: Becky Patton-Quigley

Secretary: Casey Polk

Treasurer: Sus Sweitzer

(and Diana Dubuisson)

Programs: Connie Blodgett and Roxanne Morrow

Newsletter: Lois O'Donnell

At large: Barb Hawbaker, Lara Utter

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!

INTERESTING STUFF

June 2014

Opportunity Grant Winners for 2014



Becky Patton-Quigley (left) and Janet Seeburger received our Opportunity Grant awards for 2014 at the May meeting. Congratulations, ladies! The Grant is offered each year to members in good standing who submit an application and use the funds for personal, professional, or other endeavors.



MWN Meeting Dates for 2014

Mark your calendars now!

Business/Dinner Meetings

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

July - no meeting.

August 7 (in person)

September 4 (via email)

October 2 (in person)

November - no meeting.

December - no meeting (holiday social only).

All members are welcome to attend steering meetings.

Visit our website: www.mwniowa.org

Remember – you can use PayPal when signing up for our dinner meetings! It's fast and efficient ... and safe. You can use PayPal for the membership fees, too, if you wish. It's another way we try to support our members with this convenience.

Woman of the Year 2014

Submit your nominations for our Woman of the Year using the online form before August 31:

<http://www.jotform.us/form/92643717031>

MORE INTERESTING INFORMATION

June 2014

Did you miss our last meeting?

Chuck Kuba explained diamonds – and good diamonds – to us!

Thanks to Chuck Kuba from Iowa Diamond for discussing what makes up a good diamond ... and bringing samples with him! He knows so much about them and makes it so pleasant to learn about.

We looked at clear and colored stones and passed them around! We also enjoyed looking through his eye piece and testing our own diamonds with his special “meter.” It was such an enjoyable evening at Mama Lacona’s in May. Thanks to our program duo, Connie Blodett and Roxanne Morrow, for their efforts in organizing our meetings, too!



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.

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

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 – RSVP for the June meeting:
www.mwniowa.org/calendar

No meeting in July. Have a great summer and see you again in August.

STEERING COMMITTEE MEETING

June 2014

MWN Steering Committee Email Meeting Minutes 6/3/14

Reporting

President: Janet Seeberger

Vice President: Becky Patton-Quigley

Secretary: Casey Polk

Treasurer: Sus Sweitzer

Programs Connie Blodgett & Roxanne Morrow

Publicity: Lois O'Donnell

At-large: Barb Hawbaker and Lara Utter

The agenda was emailed on 6/3/14.

Treasurer Report:

Sus Sweitzer \$2,168.00

Most attending members have renewed their memberships. Sus will visit with the remaining ones at the next meeting when they check in. She is also tracking members who sign up for dinners but do not make it and billing those who still need to pay.

Program committee report

Connie Blodgett & Roxanne Morrow

June 19 Urbandale Golf & Countryclub – Speaker Abby Miller, Des Moines Acupuncture

July – No meeting

August – Location TBA. Denise Forney will speak about multi-generational styles.

Publicity Report:

Lois O'Donnell will include information about the Woman of the Year nomination form in the newsletter.

Nominations need to be submitted before August 31.

Old Business: We still need to develop a process to update our membership lists and contact lists in gmail. Sus will discuss with Casey to decide how to proceed. Casey is also preparing New Member folders to be given to them when they join the group and sending postcards to old members and guests to invite them back.

New Business: Our Woman of the Year meeting will be held in October. Members should submit their nominations before August 31, and the steering committee will review and decide in time to ask the honoree before that meeting.

Next Steering Committee Meeting August 7 at Legend's on 86th at 5:30pm. (A July Steering meeting will probably not be needed since we have no meeting that month.)

Respectfully submitted, Lois O'Donnell

MEMBER AD-VANTAGE

June 2014

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

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personal historian

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515.274.6703

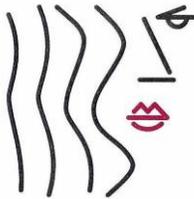
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