

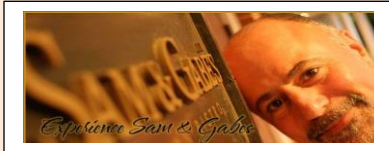


October 2014

Next meeting: Thursday, October 16 – Woman of the Year

Sam & Gabe's

8631 Hickman Rd.
Des Moines
271-9200



Choices include

Pork Medallions w/Mashed Potatoes OR

Chicken Asiago w/white sauce w/Pasta w/red sauce OR

Grilled Salmon w/rice pilaf

All served with tossed salads, bread, non-alcoholic beverages (upon request), and dessert (tiramisu), Cash Bar

We'll have a drawing for a wonderful gift card, also, donated by Sam & Gabe's.

Be sure to sign up today!

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before Oct 14. Dinner fee is \$25. Guests with more than two visits per year are \$35.

MWN Woman of the Year – Judy Bradshaw! Retiring Chief of Police



Chief Bradshaw is a 34 year veteran of the Des Moines Police Department, starting out as a police cadet in 1980.

As she climbed through the ranks of the department, she was considered a pioneer as the first woman lieutenant, captain, major, and now chief of police. Chief Bradshaw is the 60th chief of the department and has announced her retirement in October 2014.

Chief Bradshaw has worked and supervised in every area of the Police Department, including commanding the Detective Bureau and the Patrol Services Bureau. She developed numerous policies and programs over the course of her career that are still in place today.

A graduate of the FBI National Academy, Chief Bradshaw also holds an Associate Degree in Law Enforcement from Des Moines Area Community College, as well as a Master's Degree in Public Administration from Drake University. She was selected by the American Legion as their 2008 National Police Officer of the Year.

Come congratulate Judy on her retirement from the Police Department and her upcoming career change to the assistant director of the Iowa Law Enforcement Academy.



LETTER FROM THE PRESIDENT

October 2014

From the President --

What a great start to fall! Wouldn't it be nice to have fall weather for more than a month or two? Here are a couple of things to think about -- some fall/winter sayings include: When leaves fall early, autumn and winter will be mild; when leaves fall later, winter will be severe. Flowers blooming in late autumn are a sign of a bad winter. A warm November is the sign of a bad winter. Thunder in the fall foretells a cold winter. Let's hope the leaves fall early!

For those of you who did not make it to Girls' Night Out In The Village, it was a fun time. The goodie bags had a lot of interesting things, there was great information on women's health to pick up, the speakers were interesting, the food was great, and it was all free. Then we walked around the East Village. I didn't buy anything but had fun looking and running into members and other nice ladies having a good time.

Something else to look forward to in October is our Woman of The Year meeting, October 16th at Sam & Gabe's. We will be honoring retired Police Chief Judy Bradshaw. Ms. Bradshaw was our speaker several years ago, and she had some great stories to tell. We are honoring a woman who has really made a difference in our community. I hope you can come to hear her speak and wish her well in her new career. Be sure to RSVP at www.mwniowa.org/calendar.

Janet

Would you like to serve on next year's steering committee? We will elect new officers and determine new chairpersons at our January meeting.

If interested, please advise any member of this year's committee (see names, below).

It's a fun way to network and make new friends!

Learn more at: <http://mwniowa.org/steering/>.

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

October 2014

Did you miss Girl's Night Out in the Village?

About twelve members attended this fun night, starting at the Historical Building. Speakers from UnityPoint/John Stoddard spoke about lung cancer and the new detection procedures they will be commencing for some patients in the near future. One patient told her story of having lung cancer but never having smoked! Her mother always smoked, so maybe she got it by second-hand smoke. She had early detection and has had a successful recovery. By finding this disease earlier, they will be able to save the person's life at a much higher percentage rate. Not all lung cancer is caused from smoking. Radon is a huge issue in Iowa, and all homeowners should have their houses checked. Compared to the cost of cancer, remediation is affordable.

After delicious appetizers, receiving great "giveaways," and hearing very interesting speakers, we ventured out to the shops! Some had never been to the stores in East Village, and it was a beautiful evening for a walk. A good time was had by all.

It's always fun to have a Girls' Night Out from time to time! So, be sure to sign up for our next MWN



Connie Blodgett, one of our MWN members who attended, at Girls' Night Out. See the cool beverage glasses we got!



Listening to the speaker, who has never smoked, tell us about her lung cancer battle that she's winning

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.

See you at the next
MWN
Meeting!



MORE INTERESTING INFORMATION

October 2014

MWN Meeting Dates for 2014

Mark your calendars now!

Business/Dinner Meetings

October 16 - Woman of the Year celebration at Sam and Gabe's.

November - no meeting.

December 4 - holiday social meeting.

Steering Committee Meetings

October 2

November 6 (TBD)

December - no meeting (holiday social only).

All members are welcome to attend steering meetings.

Come to our 2014
Woman
of the
Year
meeting at
Sam & Gabe's on
October 16!

www.mwniowa.org/calendar

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

STEERING COMMITTEE MEETING

October 2014

The Steering Committee Meeting minutes will be added after October 8.



5700 University Avenue, Suite 250
West Des Moines, IA 50266
Vicki@LifeAndLegacyAdvisors.com
www.LifeAndLegacyAdvisors.com

P (515) 309-2985
F (515) 224-6849



Vicki L. Monaco
Investment Advisor Representative

Investment Advisor Representative for Royal Fund Management

Des Moines Acupuncture Clinic, PC
Improving Health Through Balance

Abby Miller, L.Ac., Dipl.CH
Senior Acupuncturist




531 40th Street
Des Moines, Iowa 50312
515-277-9998
goodhealthdsm@gmail.com
desmoinesacupunctureworks.com

MEMBER AD-VANTAGE

October 2014

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

sherry borzo
personal historian
515.707.9455
515.274.6703
sherry@dsmbuzz.com
WWW.STORIEDGIFTS.COM



storied gifts™
WWW.STORIEDGIFTS.COM



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

Daijah
firstCHOICE
coffee services
Connie Blodgett, Sales
5140 Park Avenue, Suite C
Des Moines, IA 50321
Tel: 515.243.4409 ext. 203
Fax: 515.244.0395
c.blodgett@firstchoiceservices.com
www.firstchoiceservices.com



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

Cruises & Vacations by
Roxanne
Roxanne Morrow
Travel Counselor
515-710-0609
cruisesbyroxanne@gmail.com
an affiliate of Travel & Transport Vacations



Serving Your Grand Opening, Ribbon Cutting and Business Event Needs!
Kimberly Baeth - President
Phone: 515-986-2154 Golden Openings, Inc.
Fax: 1-866-777-7751 14947 Northview Drive
Email: kimberly@goldenopenings.com Urbandale, IA 50323
www.goldenopenings.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

