



February 2015

Next meeting: Thursday, February 19

Urbandale Golf and Country Club

4000 86th
Urbandale



Entrees include

Parmesan-encrusted chicken with rice pilaf & green beans with onion & bacon OR

Inside round of beef (liked roast beef) with baked potato & green beans with onion & bacon OR

Baked seasoned salmon w/lemon butter with rice pilaf & green beans with onions & bacon

All served with tossed salads (french, house, or ranch dressings), dinner rolls, non alcoholic beverages upon request, & dessert – Tiramisu.

Cash Bar

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before Feb 16. Dinner fee is \$30. Guests with more than two visits per year are \$35.

Looking for a place to entertain clients or go golfing, swimming, dining? Check out UGCC at <http://www.urbandalegolf.com/>

Need Help Using Your Electronics?

Barb is an experienced social media and mobile media marketing strategist and has worked in sales and marketing with B2B and B2C clients for over 25 years.



In the past 5 years with One Social Media and now with Purple Gator, Barb has helped create and manage campaigns for over 200 large and small local & regional businesses as well as national and international companies. Clients have been in the areas of health & fitness, restaurants, automotive, consultants, destinations, franchises, medical, pest control, retail and more.

Barb is well versed in marketing to Baby Boomers – what gets their attention and their particular needs from today's marketplace. Understanding the various generations and how they gather information is crucial for today's businesses. She's a proud mom and grandma, loves freshly roasted coffee, dark chocolate, big dogs and a good mystery novel. Not necessarily in that order.



LETTER FROM THE PRESIDENT

February 2015

We had nice weather for our January meeting, so we're off to a good start. Now, we want to repeat that for our February meeting! The days are staying lighter longer, and it feels like spring is just around the corner. Our speaker – Barb Breeser – will enlighten us about social media and mobile media. Come and learn with the rest of us at the Urbandale Golf and Country Club on Feb. 19.

2014 was a good year for Metro Women's Networking. We did some new things, at least they were new to me. In September, instead of having our regular dinner meeting, we met at the Historical Building for Girls Night Out in the Village that was sponsored by Unity Point. They gave away lots of goodies and health information, and then we strolled through the East Village. In December, for our social, we didn't just socialize, we brought out our inner artist and painted a picture. I have mine on my fireplace hearth, and my Grandson just said, "I can't believe you painted that." Your steering committee has been talking about other possibilities for 2015. So watch for emails and read the newsletter to see what's happening. If you have suggestions or would like to be part of the committee, plan to attend on the first Thursday. They are announced at our dinner meetings and in the newsletter. Hope to see you there!

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!

MWN Opportunity Grant!

Each April, MWN awards the Opportunity Grant to those qualified members who apply for support in a personal or professional endeavor. Check it out on our web page and submit your application before 3/31: www.mwniowa.org/programs.

MWN has been invited to join the Iowa Forum for Women and Girls to be held on February 17. Learn more about "She Matters – 2015 Issues and Action." The schedule is:

7 to 8 a.m.: Legislative breakfast, State Capitol Rotunda

8 a.m.: Press conference, State Capitol Rotunda

9:15 a.m. to 12:00 p.m.: Forum, Des Moines Botanical Center (Lunch is \$10)

More info can be found at http://www.women.iowa.gov/ICSW_initiatives/iowa_womens_leadership_project.html.

If interested, advise us at admin@mwniowa.org or RSVP by 2/10 at: Kristen Corey
Office on the Status of Women

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

Did you miss our last meeting?

Say it out loud! What? According to Liz Nead, our January speaker extraordinaire, we should decide what we want to do ... and say it out loud. For example, when the group was asked what extreme thing we'd like to do in our lives (Liz wanted to climb Mt. Kilimanjaro – and did it), one member responded, "I'd like to travel around the world." Liz said, "Now, you've said it out loud and we heard you. So, make it happen!" Her message – anything you really want to do is at your fingertips. "Live a life without limits" is her message. You just need need to find the way to do it.



Also, you need to be prepared. If you're going to climb a mountain, you better be in good shape. So, she exercised and worked out so she'd have the stamina to do it. She also gets up one morning a week at 4:00 am, so she'll be ready to work the early shift at a national TV show when she's called. And, she knows it will happen.

She suggests nine steps: 1. Admit it. 2. Align your why. 3. Choose a theme. 4. Put it out there. 5. Step into your be. 6. Envision every day. 7. Visualize vividly. 8. Reinforce your vision. 9. Allow change. See more at www.neadinspiration.com.

She knows by setting your mind to something, and preparing for it, you can make it happen. She's proved it over and over ... and know we can do it, too! Say it ... and do it!

Join us in February when Barb Breeser will talk to us about social media and technology!

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.

Visit our website: www.mwniowa.org

MORE INTERESTING INFORMATION

February 2015

MWN Meeting Dates for 2015

Mark your calendars now – usually the third Thursday of the month!

Business/Dinner Meetings

February 19

March 19

April 16

May 21

June 18

July – No Meeting (Summer break)

August 20

September 17

October 15 – Woman of the Year Meeting

December 3 – Holiday Social (first Thurs.)

Steering Committee meeting dates will be announced at our meetings. All members are welcome to attend steering meetings. Come to one and have some fun!

Looking for more steering members

Would you like to be more involved in the Metro Women's Network? We'd love for you to attend the next steering committee meeting and bring your ideas and suggestions! We meet at Legends in Johnston on the first Thursday and enjoy a nice meal and lots of discussion. All members are welcome, especially YOU!

Dues news for 2015

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.

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 \$30. Any additional programs attended during that period will be \$35. Membership annual dues (\$40 by check or pay pal) cover the year of 2015 (January thru December). Reservations made but not attended will be expected to pay the dinner fee.

STEERING COMMITTEE MEETING

February 2015

February 5, 2015 MWN Steering Committee Meeting Minutes

Call to Order: Suz/Janet called the meeting to order at 5:35 p.m.

Attendance: Lois, Connie, Janet, Casey, Barb & Sus

Approval of minutes from last meeting: The steering established that when we hold e-mail meetings to only e-mail reports and/or updates.

Treasurers Report: Account balance is \$2,192.77

Programs Report –

--February meeting will be held at Urbandale Golf and Country Club.

The speaker is Barb Osier Breaser who will talk about different uses for mobile phones.

Dinner options: parmesan chicken, baked salmon or roast beef. Dessert is tiramisu.

Janet will talk about the Opportunity Grant and remind us that membership renewals are due for 2015.

--March meeting will be held at Mama Lacona's. The speaker is Nicola Schumate from Paws and Effect who will talk about training service dogs. Dinner options: rosemary chicken w/ mashed potatoes, baked salmon w/ coconut rice or filet w/ asparagus. Dessert is turtle cheesecake.

--April meeting may be held at Cindy's Corner...Connie is waiting to hear back from them. The speaker is Janet Tingwald who will talk about improving communication skills for women.

--Connie presented new ideas for future social events and meetings which included: canvas & wine, painting ceramics Dos Rios. Lively discussion ensued.

Publicity Report: Lois requested ideas on how MWN can draw younger ladies to attend our meetings.

Old Business: We are still looking for a President and Secretary. Steering Committee members will be contacting current members in hopes that someone will be able to participate and help this organization.

Janet will continue as President and Casey will continue as Secretary until the positions are filled.

--Suz will e-mail the list of current members to be included in the marketing packet Casey has compiled.

The folders will be handed out to members at the February meeting.

March Steering Committee meeting: Be sure to come to the March steering committee meeting will be held in person on March 5th at 5:30 p.m. at Legend's in Johnston. It's a fun night out for dinner and drinks!

Meeting was adjourned at 6:52 p.m.

Submitted by MWN secretary Casey Polk



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MEMBER AD-VANTAGE

February 2015

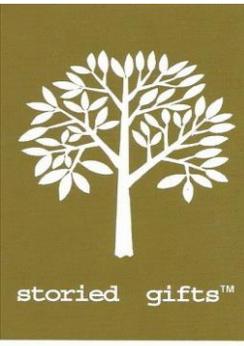
Members: Submit your ad or announcement to admin@mwniowa.org by the first Thursday of each month.

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personal historian

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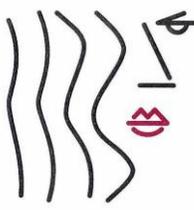
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