



April 2015

Next meeting: Thursday, April 16

Overtime Beerhouse



4810 86th St., Urbandale, 727-4992

The chef is from the old Raccoon River Brewing Restaurant! Entrees include

- Blackened Mahi Mahi (or grilled) with salsa, couscous, and asparagus OR
- Chicken Picatta with angel hair pasta OR
- Beef Tenderloin with red wine demi glace mushroom sauce, fingerling potatoes, and sauteed veggies (zucchini, squash, carrots, onion combo) OR
- Neapolitan Eggplant (breaded, stacked with mozzarella, marinara sauce), fingerling potatoes, and asparagus

All served with tossed salads (red wine vinegar, ranch, or creamy balsamic), rolls/bread, non alcoholic beverages (upon request), and dessert. Dessert - Apple Bread Pudding .

Wine is \$6.00 per glass

Happy Hr is until 6 with \$1.00 off draft beer. Drawing for all current members for a restaurant gift card, too!

How to talk ... to friends vs. co-workers

Janet Tingwald personifies transformation. As a Certified Professional Co-Active Coach (CPCC) and with a professional background that includes building two successful businesses, working in the medical field and having

20+ years in sales and marketing, Janet brings “real-world” experience that sets her apart from her competition.



She says, “I often feel like I have a Ph.D. in Life. My beliefs about transformation come from the many teachers that have influenced me, and from learning through the many changes in my own life (marriage, children, divorce, moving to a new city, many job experiences and my own personal work).

“I’ve learned that life continually changes, but we don’t always learn our lessons, which means we tend to repeat the cycle, so only the scenery changes. We usually know what we need to do, but we resist the uncertainty and upheaval that come with transition. As human beings, we want certainty, and that desire for certainty often keeps us stuck. My focus, whether coaching or speaking, is on growth and development. I help people understand this natural process, teach them essential skills, and move them on to achieving new goals and living a fulfilling life.”

Janet’s talk will give you new insights into why the way you talk at work doesn’t always translate to communication at home. Come hear how we can improve our skills!

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before April 13. Dinner fee is \$30. Guests with more than two visits per year are \$35.



LETTER FROM THE PRESIDENT

April 2015

Hi, all!

It's amazing what spring can do to your spirit - the anticipation of the grass turning green and the trees budding and coming back to life. Green isn't my favorite color, but I was looking for it every day. Then after a couple nights of rain, there it was -- green grass. My husband may not share my enthusiasm for the grass turning green, because he's the one who has to mow it.

Wouldn't it be nice if spring could last long enough for us to say, "I'll be glad when spring is over and summer gets here." I'm going to enjoy it while I can. As they say (whoever they are), all good things must come to an end. We have to look for good things in each and every day, rain or shine.

Hope to see you all at the April 16 MWN meeting at Overtime Beerhouse for a great spring evening! To RSVP, click www.mwniowa.org/calendar.

--Janet

Maybe you have some recommendations for restaurants where we could have our meetings! If so, please tell our program team, Connie Blodgett or Roxanne Morrow. We love to get your suggestions and try new places!



RSVP for our next meeting at www.mwniowa.org/calendar

2015 Officers:

Co-President: Janet Seeberger & Sherri Johnson

Vice President: Casey Polk

Secretary: Maureen Mitchell

Treasurer: Sus Sweitzer
(and Diana Dubuisson)

Programs: Connie Blodgett and
Roxanne Morrow

Newsletter: Lois O'Donnell

At large: Barb Hawbaker, Lara Utter, Meg Husen, Kelly Pond

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

April 2015

Did you miss our last meeting?

Paws & Effect – Service dogs impact the lives of servicemen

Thanks to Nicole Shumate, Director, for speaking to MWN about this wonderful program In Des Moines. She told us This was a busy time for them, as several dogs were paired with servicemen from across the country. Here's a cut from KCCI's website coverage:



The dogs and their new owners were paired up by a non-profit called Paws and Effect that has been helping veterans since 2010. This week, a group of the Iowa veterans and their dogs are training at a movie theater, the mall, the Des Moines Art Center, a restaurant and Tuesday at the Des Moines Airport.

Among the group was Neil Schneider and his service dog Theo. The 28-year-old from Humboldt suffers severe PTSD from a mortar round that knocked him unconscious during a tour in Iraq in 2006. His diagnosis qualifies him to receive this unique form of rehabilitation.

Theo is one of seven Labradors trained for the past two years through Paws and Effect. He and Schneider met just last week.

"It's going pretty good, lot better than I thought," said Schneider. "So far, he's listening very, very well."

Everywhere Schneider goes his dog is now right at his side.

"I tend to get tense. I shake a lot and I look for the nearest exit," said Schneider. "I am still anxious, but I feel better knowing he's here and I have a distraction."

Tuesday, the group trained on how to handle their dogs while taking a trip at the Des Moines International Airport. The veterans and their dogs went through security, boarded an airplane and then tried it all over again.

"Just being here, just being able to be here is success," said Nicole Shumate of Paws and Effect.

"I am normally not that good but with Theo here, I feel a lot better," said Schneider.

Paws and Effect provides the service dogs free of charge to the veterans. They survive solely on donations and that's impressive because the cost to buy, raise, train and place one of the dogs is \$25,000.

MORE INTERESTING INFORMATION

April 2015

MWN Meeting Dates for 2015

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

Business/Dinner Meetings

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!

Dues news for 2015

Members will pay their dues of \$40 in January (or at the first meeting attended) for the entire year. That way, the treasurer does not need to track expiration dates for everyone. Present members who haven't paid for 2015 yet should do that as soon as they can.

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.

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.

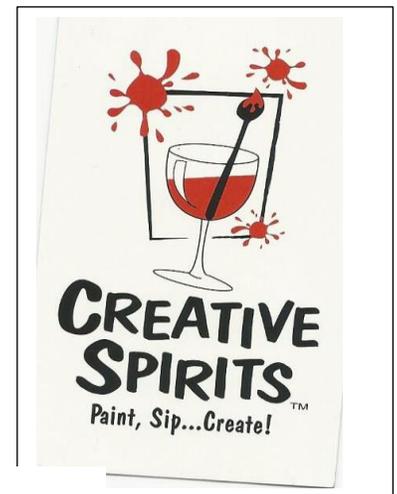
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STEERING COMMITTEE MEETING

April 2015

April 2, 2015 MWN Steering Committee Meeting Minutes

1. Call to Order: Janet called the meeting to order at 5:35 p.m.
2. Attendance: Lois O'Donnell, Connie Blodgett, Janet Seeberger, Casey Polk, Sus Sweitzer & Mo Mitchell
3. Approval of minutes from last meeting: Approved
4. Committee Reports:
 - Treasurers Report
 - Account balance is \$2,354.27
 - Everyone who has attended a meeting has paid their membership dues. 8 people have not paid their membership dues, but also have not been to a meeting yet this year.
 - We are hoping that more members will renew soon!
 - Programs Report
 - April meeting will be held at Overtime Beerhouse.
 - The speaker is Janet Tingwald who will speak about improving communication skills from a place of feminine power in your personal life and your professional life.
 - Dinner options: Mahi Mahi blackened or grilled with couscous and asparagus, chicken picatta with angel hair pasta, beef tenderloin with a red wine demi glaze, or Neapolitan eggplant. Dessert will be apple bread pudding and wines will be \$6 per glass.
 - We do not have a member speaker for the April meeting.
 - Janet will remind group about the cancellation policy for the meetings.
 - There will be a group vote to decide if we want to participate again in the John Stoddard Cancer Center Girl's Night Out in the East Village in September this year.
 - May meeting may be held at Dos Rios.
 - We do not have a speaker lined up yet.
 - Menu options: NY Strip, Scallops, Cuban Rotisserie Chicken, and table side guacamole. Dessert will be Tre Leches Cake.
 - June meeting is in planning and is yet to be determined
 - Speaker: TBD
 - Menu: TBD
 - Discussion for the December Social Meeting. Inviting a Hollywood Sketch artist was discussed. He would come in for a couple of hours to do sketches of people (about 5-10 minutes per sketch estimated). Ideas for locations were Tavern on 50th or Irina's on Hickman. Connie to look into the sketch artist to see exactly how long it takes him to sketch one person to determine if every member would have the opportunity to have a sketch done.
 - Publicity Report – the committee discussed ideas to increase membership by advertising meetings. Advertising options that would post our meeting dates and times have not worked so far. Mo to contact Tiffany Tauscheck, VP at the Greater Des Moines Partnership, and also the Urbandale Chamber to see if there are any free public calendars that they know of.
5. The next Steering Committee meeting will be an e-mail meeting on May 7th.
6. Meeting was adjourned at 6:30 p.m.



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MEMBER AD-VANTAGE

April 2015

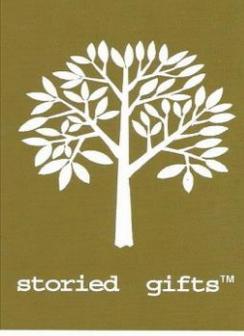
Members: Submit your ad or announcement to admin@mwniowa.org by the first Thursday of each month.

sherry borzo
personal historian

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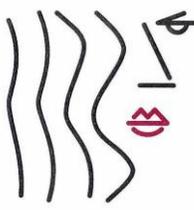
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