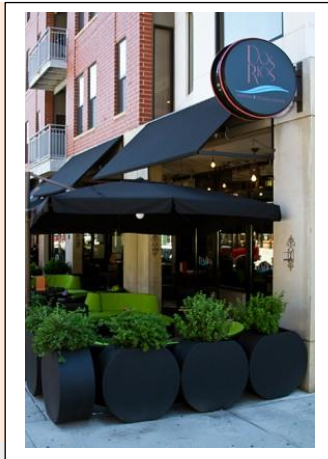




Next meeting: Thursday, May 21

Dos Rios!

316 Court Ave.
282-2995



Entrees Include:

Cuban Rotisserie Chicken with mango sauce, sweet potato mash, sauteed veggies **OR**

NY Strip Steak with tequilla compound butter, poblano mashed potatoes, tomato slaw, crispy onions **OR**

Scallops, 5 large with poblano mashed potatoes, bacon sauteed kale chard, sauteed corn **OR**

Vegetable Enchiladas - stacked tortias with veggies and sauce

Dessert is their Tres Leche Cake.

(We'll have a drawing for members for a restaurant gift card, too!)

All meals served with guacamole (chunky, medium spiced), salads (cilantro lime house, honey jalapeno, or chipotle dressings), bread/rolls, dessert, non alcoholic beverages (upon request).

Do the Zoo – Do the Blank Park Zoo -- With Mark Vukovich!

In 2009, Iowa's Blank Park Zoo Foundation Board of Directors named Mark Vukovich, former President/CEO of Dewey Ford, as CEO of the Blank Park Zoo.



As President/CEO of Dewey Ford, Vukovich oversaw tremendous growth of the dealership at a time when the rest of the automobile industry experienced a downturn. In 2002, he built a 70,000 square foot building that was completed months ahead of schedule and \$300,000 under budget. During construction, he organized a massive



operation that moved the entire operation, including 700 automobiles, service equipment and inventory in a 24 hour time period.



Vukovich is a life-long Iowan and graduated from Iowa State University with a degree in Business Administration. He has volunteered and raised money for numerous charitable organizations including Variety Club, the YMCA of Greater Des Moines and the Multiple Sclerosis Society. *Come join us on May 21 at Dos Rios to hear Mark tell us about animal conservation and endangered species.*

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before May 18. Dinner fee is \$30. Guests with more than two visits per year are \$35.



LETTER FROM THE PRESIDENT

May 2015

Hi, All!

We have a great evening planned for our May 21 meeting. Our program co-chairs have created a special gathering for us. We'll be at Dos Rios on Court Avenue for dinner. The entrees offered are outstanding! The dessert is, too (tres leches cake)! Then, Mark Vukovich will tell us about his role at the DM Blank Park Zoo and his concern for endangered animals. I really hope you can attend!

Maybe, you would like to carpool to Court Avenue? Simply send an email to our mailbox admin@mwniowa.org or comment on our Facebook page. Then, we can try to set up some plans for those ladies. We wouldn't want anyone to miss out on the fun!

Speaking of fun ... I hope all you moms (and grandmas, moms of pets, want-to-be moms and all) had a great Mother's Day. It's amazing how your children grow up to be your friends. And, we also have amazing friends at Metro! Hope to see you at our next meeting!

--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! They can join throughout the year!

Two members received **MWN Opportunity Grants** in April – Casey Polk and Meg Husen!

Congratulations! These awards will help them with their career development. We are so pleased we can do this every year, and the recipients are pleased, too!!

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

INTERESTING STUFF

May 2015

Did you miss our last meeting?

Make More Deposits in your Relationships – Not More Withdrawals!

Thanks to **Janet Tingwald** for speaking to us in April about better communication and better relationships. Communication is defined as the exchanged of information or ideas. Unfortunately, where we run into trouble is the result of communication is *not what is said* -- it's what is *heard*. And a big part of that is because we generally “listen to reply” rather than “listen to understand.”

Try looking at each relationship as have an Emotional Savings Account. Positive actions create deposits and build the account, while negative actions create withdrawals. To many withdrawals will close the relationship.

The Four Most Toxic Behaviors in Relationships: The Four Horsemen of the Apocalypse of Relationships

1. Blame
2. Defensiveness
3. Contempt
4. Stonewalling

Remember when you communicate with tact, respect, and compassion, it's hard to go to wrong.

Focus on making deposits into your relationship accounts and stay away from those horsemen!

Such good advice!



We'll be at
Noah's Ark on
June 18.
Mark your
calendars
now!

Visit our website: www.mwniowa.org

MORE INTERESTING INFORMATION

May 2015

MWN Meeting Dates for 2015

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

Business/Dinner Meetings

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.

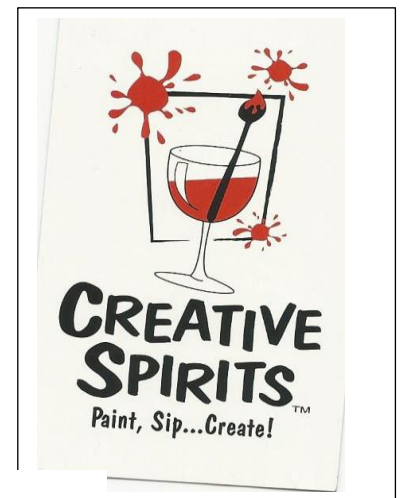
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STEERING COMMITTEE MEETING

May 2015

May, 2015 MWN Steering Committee Meeting Minutes

Email meeting

Attendance: Lois O'Donnell, Connie Blodgett, Janet Seeberger, Casey Polk, Sus Sweitzer & Mo Mitchell

Approval of minutes from last meeting: Approved

Committee Reports:

Treasurers Report

Account balance is \$2,354.27

All members that have attended a meeting this year have paid their dues.

We should be reaching out to those who were members last year and asking them to join/pay dues.

We used to have a format to follow up with guests from someone in membership. It can be an email, card or phone call. They should be contacted by someone other than the member that invited them.

Programs Report

--May meeting will be held at Dos Rios. The speaker will be Mark, Director of the Blank Par Zoo. We have a gift card we can use as incentive for members to come (or join). Janet will remind group about the cancellation policy for the meetings. Menu options are shown on the website RSVP page.

--June will be held at Noah's Ark. We have a gift card to use to encourage members to bring a guest. The speaker is TBD. Menu: Flounder or ½ chicken or 6 oz Beef Filet or Vegetable Rigatoni Prima Vera. Dessert will be Stogliatelle (Italian Pastry).

--August meeting location is TBD. The speaker is from Bras for the Cause. Menu is TBD

--September meeting we will participate again in the John Stoddard Cancer Center Women's Night Out in the East Village. Menu is heavy appetizers and a cash bar.

--October meeting will be at Sam & Gabe's. Speaker TBD. Menu TBD

--December meeting location TBD. Need to contact the sketch artist to determine flexibility.

Publicity Report – the committee discussed ideas to increase membership by advertising meetings.

Mo contacted 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. Tiffany did not know of any free ways to advertise on a public calendar meetings to gain membership to our group. I also contacted Jenice from the Urbandale Chamber and she explained that their calendar is for members only.

We will have members start introducing their guests that they bring to the meetings. Janet will coordinate this new policy.

Newsletter: We will announce the winners of the Opportunity Grant.

Membership Meeting: We will announce current membership and plan for the remainder of the year. Start thinking about Woman of the Year nominations.

Submitted by Secretary Mo Mitchell



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MEMBER AD-VANTAGE

May 2015

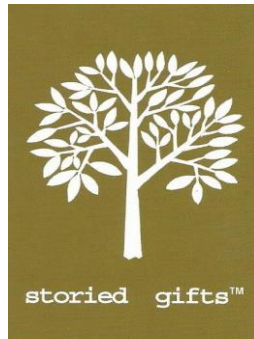
Members: Submit your ad or announcement to admin@mwniowa.org by the first Thursday of each month.

sherry borzo
personal historian

515.707.9455
515.274.6703

sherry@dsmbuzz.com

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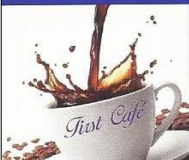
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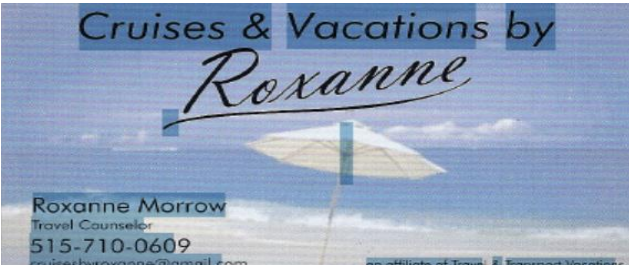


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