



May 2016

Next meeting: **Thursday, May 19**

## Mama Lacona's

3825 121<sup>st</sup> St.  
Urbandale



--**Pasta Italiano** (Angel Hair Pasta with zucchinis, tomatoes, olives, basil) OR

--**Broiled Salmon** with Mango Sauce with coconut Rice & sauteed veggies OR

--8 oz **Top Sirloin** with Roasted Potatos & sauteed veggies OR

--**Chicken Parm** over Pasta OR

--**Rosemary Chicken** with Roasted Potatoes & Asparagus

Dessert - **Turtle Cheesecake**

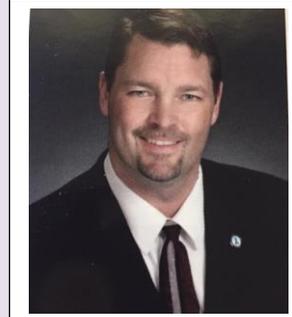
All served with tossed salads (creamy parm, creamy Italian, or Italian - all home made), bread/rolls, non alcoholic beverages upon request

### RSVP Now!

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

## He puts the "fun" in funeral information!

Live your life to the fullest ... and plan ahead.



Blair Overton is the funeral director at Merle Hay Funeral Home. While he deals with issues that most people would like to put off, it's really a good idea to get the information before it's needed.

Blair delivers his message in an entertaining and informative way. So, we all become better informed about some pretty important decisions during a good time ... and not under stress.

We sometimes take life for granted and should take a few minutes to appreciate everything we have today. By understanding our future plan, we can do that even more effectively. Also, do you really want your kids (or others) to make these plans for you? They'll probably request some rap music for your funeral! Let's say it together, "good grief."

Please come to our May 19 meeting for an enjoyable evening of great food and stimulating conversation!



# LETTER FROM THE PRESIDENT

May 2016

Hi, All,

I love the old proverb "March winds and April showers bring forth May flowers." This time of year always makes me think of that proverb and raises my anticipation to see all the beautiful flowers and the weather to warm up.

The last couple of weeks have been a whirlwind for me, and I am looking forward to getting caught up and relaxing. Vegas was a lot of fun, but I landed with a nasty sinus infection. I saw Garth Brooks for the first and probably last time. The concert was amazing; he played all his classics, and I think about everyone in the state got to see him at one of his 6 shows here.

Last month, we learned a lot about the DM Botanical Gardens. Our speaker Kelly Norris was very informative about the organization and horticulture. The opening of the outside gardens in April of 2015 was a great feature for Des Moines. Kelly also gave away a copy of his newest book he wrote "Plants with Style."

Please join us this month at Mama Lacona's in Urbandale to hear Blair Overton from Greater Des Moines Funeral Homes speak on Funerals 101. I know you are all asking yourself why the heck is someone going to talk to us about funerals. Well, I guess he does a lot of speaking engagements and is fun and engaging. This will be a fun night for all.

Keep thinking about nominations for our Woman of the Year. Once a year, we celebrate the accomplishments of a special woman in our community. MWN recognizes a woman who exemplifies leadership, charity, inspiration or courage. The recipient does not have to be a recipient of the Pulitzer Prize or the CEO of a company, but simply a woman whom we as a group acknowledge for her unique contributions to our community. Nomination forms are due by August 31, 2016.

See you soon!!  
Sherri Johnson, President

## Winner's Circle!

Sus Sweitzer was the winner of our Noah's Ark gift card last month! Congratulations, Sus!

Also, Deanna Jens won the book *Plants with Style* by our speaker Kelly Norris from the Des Moines Botanical Garden. Way to go, Deanna!

You could be the next winner at a future meeting!

Who could you nominate for our Woman of the Year this year? Check out the easy online form ... and submit your worthy person soon!  
<https://mwniowa.org/programs/woty/>

Bet you have a friend who would really enjoy Metro Women's Network!  
Invite her to the next meeting!

*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!*

# DID YOU MISS LAST MONTH'S MEETING?

May 2016

## Des Moines Botanical Garden is a garden for all of us!

Thanks to Kelly Norris for his wonderful presentation about our Des Moines Botanical Garden ... its past, present, and future! Did you know the developers of the Botanical Center (then called) wanted to have it more downtown. They had three sites they had considered and, as fate and other investors would have it, the Center ended up where it is today. At the time, they thought it was the worst of the three sites ... but we all know now that it's in a great spot, just off I-235 and along the Des Moines River.



The indoor and outdoors gardens fill up 14 acres ... or will when it's done. Just two years ago, they started planning about seven acres with new walkways, savanahs (plantings), and water features. The new area opened last year, along with a new name (DM Botanical Garden) and a delicious café (with chef Lisa LaVal) that has outdoor seating overlooking the river when the weather cooperates. It's really a jewel in the garden's crown.

Still to come will be the completion of the remaining seven acres (toward University). We can't wait to see what they design. Kelly works with over 20 staff members and tons of volunteers to make the DM Botanical Garden an end-destination in our great city. He said something they will be planning are food gardens, and the vegetables will actually be used by the café in their menu. How cool is that!

This is a place you should see periodically! The plexiglass dome was recently replaced and covers a beautiful display of plants and flowers all year long (especially nice in January and February). The outdoor gardens are a spectacular place for a stroll, a few photos, receptions, and maybe that outdoor lunch!

If you go and see Kelly there, tell him "hi" from MWN and "thanks" for all his hard work!

P.S. Thanks, also, Kelly for donating a copy of your new book, *Plants with Style*, that we had in our drawing at Noah's. I bet there are copies for sale in the gift shop at the DMBG, too, if you're wondering!

## Membership Renewals!!

Remember to complete your membership renewals as soon as possible to get your full value for the year. Click <http://www.jotform.us/form/91801357671> to complete it online. Dues are still only \$40.

Check out our website at [www.mwniowa.org](http://www.mwniowa.org)!

# MORE INTERESTING INFORMATION

May 2016

## Meetings in 2016:

May 19  
June 16  
August 18  
September 15  
October 20  
December 1

No meeting in July. Mark your calendars!

## 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 2016 (January thru December). New members joining after January will pay a prorated amount for the rest of the year.

Reservations made but not attended will be expected to pay the dinner fee.

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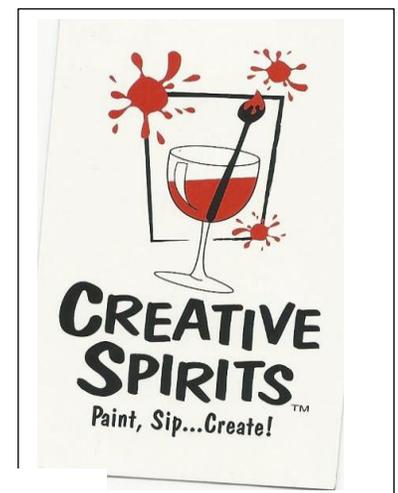


Scan to Connect



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 MINUTES

May 2016

## Steering Committee Meeting — May 2016 — Email Meeting

### I. Treasurer's Report

- A. Balance \$1,701.14 (balanced with 5/4/16 bank statement).

### II. Programs

- A. May 19th meeting will be at Mama Lacona's. The speaker will be Blair Overton from the Merle Hay Funeral Home.
  1. Menu: Salmon with mango salsa, coconut rice and sautéed veggies OR rosemary chicken with roasted potatoes, sautéed veggies OR chicken Parmesan over pasta OR 8oz top sirloin with roasted potatoes OR pasta Italiano. All meals come with tossed salad, bread and non alcoholic beverages (upon request), and dessert is turtle cheesecake.
- B. June meeting at Maxie's in West Des Moines. Speaker TBD.
  1. Menu TBD
- C. July NO MEETING —Happy 4th of July
- D. August meeting place TBD. Speaker Rekha Badsu.
- E. September meeting will be in the East Village at the John Stoddard Ladies Night Out event.
- F. November NO MEETING —Happy Thanksgiving. G. December Holiday Event

### III. Publicity

- A. We need to proactively reach out to the past members who have missed several meetings or have not paid their dues to find out what happened.
- B. Discussion moved to Facebook advertising and paying to boost our posts/ announcements of upcoming meetings and contests.
- C. Maureen to bring copies of fliers with member benefits to have at the check in table for new members.
- D. Lois needs a list of new members so she can make new name tags for them.

### IV. Old Business – none to report

### V. New Business

- A. Sherri to mention at the meetings that members may put their business cards on the side table for others to take.
- B. Is someone sending thank you to speakers and guests after they speak or visit?
- C. Lois has a new Wordpress bill for our domain and she will submit it to the treasurer for reimbursement. Next bill will be in late June for \$30 from Wordpress, and it should go through PayPal.

### VI. Next Steering Meeting – June 2

Respectfully submitted by Maureen Mitchell, Secretary

# MEMBER AD-VANTAGE

May 2016

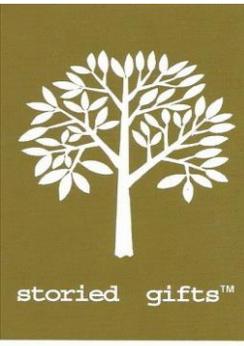
**Members:** Submit your ad or announcement to [admin@mwniowa.org](mailto:admin@mwniowa.org) by the first Thursday of each month.

sherry borzo  
personal historian

515.707.9455  
515.274.6703

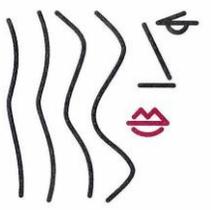
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