



Metro Women's Network

Des Moines, Iowa

April 2018

Next Meeting: April 19

Mama Lacona's

3825 121st St.
Urbandale
270-0022



- Rosemary Chicken with roasted potatoes, sauteed vegies OR
- Salmon with mango salsa, coconut rice, and sauteed vegies OR
- Sirloin, 6 oz with roasted potatoes, sauteed vegies OR
- Vegetarian - Pasta Italian - angel hair pasta with mozzarella, zucchini, tomatoes, black olives, garlic, basil in red sauce

Tossed salad (Italian, Creamy Parm., or ranch dressing), bread/rolls, non alcoholic beverages (upon request), dessert.
Dessert - Caramel/Cinnamon Bread Pudding OR Chocolate Cake

Cash Bar

**RSVP before 4/16 at www.mwniowa.org/calendar.
Dinner fee is \$30. Guests are \$35.**

A True Leader in our Community, Mary Kramer.

H.E. Mary E. Kramer served in the Iowa Senate beginning in 1991 and was elected President of the Senate in 1997. In 2003, President George W. Bush nominated her to serve as U.S. Ambassador to Barbados and the Eastern Caribbean. She began her career as a pianist, and then worked as a teacher and school administrator. She became the Corporate Personnel Director for Younkers, Inc. and later joined Wellmark Blue Cross and Blue Shield. During her tenure with the company she served as Vice President of Human Resources and Vice President of Community Investments.



Ambassador Kramer has served on the Board of the Directors for the State Legislative Leaders Foundation and was the Chairman of the Board for the Senate President's Forum. She has served as President of the Board of the Des Moines Club, and as a director of the Greater Des Moines Chamber of Commerce, United Way of Central Iowa, Brenton Bank, and Mercy Hospital, as well as numerous non-profit organizations. A lifetime member of the Society for Human Resource Management (SHRM), she has received the Society's highest national award. In 2009, Kramer was inducted into the Iowa Women's Hall of Fame. She recently completed a term as President of the Board of Des Moines Performing Arts and the Iowa Public Television Foundation. She currently chairs the Board of Iowa Public Radio.

Ambassador Kramer holds Bachelor of Arts and Master of Arts degrees from the University of Iowa. She is married to Kay Kramer, also a graduate of the University, and is the mother of two and enjoys four granddaughters. She and Kay recently welcomed a great granddaughter, Ida Elizabeth. Her first book, "More Than a Walk on the Beach; Confessions of an Unlikely Diplomat" was published in the fall of 2010. A second book, "An Unlikely Ambassador and her Diplomatic Daughter" was published in 2015. Her web address is: www.madameambassador.com.



Metro Women's Network

PRESIDENT'S PONDERINGS

#MeToo, #TimesUp, Thursdays in Black. These are big movements in the world today. Seems like they've been with us for a long time, but actually only since the last of 2017 and the beginning of 2018, respectively, with the third one really gaining ground in 2012. What powerful movements they have become. It's about fighting sexual harassment, sexual assault and violence. Women and men joining together to give support to people who have been through these horrible situations. #MeToo started when an actress told the story that when a young teenager had confided that she had been sexually assaulted, and the actress said she wished she would have told the girl, "Me, too." We've had situations of sexual harassment in our own state government. These are people who run the state and give us new laws. We can't have them think they are above the law. I agree that they are human, too, and will stumble, but they also must be held accountable.

This month our speaker is Mary Kramer. She has been given a daunting task of making sure sexual harassment in the state house can be reported and handled fairly. She has quite a work resume also. Join us at Mama Lacona's on Thursday April 19, 2018 to hear from this remarkable lady.

Joyce Whipps, President

We want to extend our condolences (and shoulders and ears and arms) to long-time member, Sharon Feeley. Sharon's husband, Jeff, passed away on March 28, 2018. Loan the shoulders for tears, the ears for listening and the arms for hugs and comfort.

Going for it!

Remember, if you attend all MWN meetings in 2018 (including our holiday social), you may win a free membership for next year! Anyone who comes to all scheduled meetings throughout the year will have her name put into a drawing at our December gathering. The winner gets a free membership for 2019. Let's do it!

Check out our Facebook page at <https://www.facebook.com/MWNIowa/>.

Check out our website at www.mwniowa.org



Metro Women's Network

What does "harassment" consist of?

The definition of "harass" in Webster's dictionary says, "to annoy or torment repeatedly and persistently, or to wear out (exhaust)." That about sums it up, in general.

Today's world focuses on harassment in the workplace and, specifically, how women are tormented. They were afraid to speak up for years, in fear of losing their well needed jobs. Many had families at home they were supporting and couldn't afford to lose their job. So, they put up with the harassment.

It's finally time that women speak up and be persistent in their challenge of harassment. We will not be exhausted in our efforts. It's time that women are valued for their intelligence, work ethic, and successes.

If you are harassed, contact your HR department or local resource team. Listen to those around you. The more we support our efforts, the fewer cases will occur in the future.

We are very lucky to live in a country where we can speak up. It's unfortunate that so many have experienced harassment issues, but it's time to change the course ... and eliminate that culture going forward.

--The newsletter editor

Upcoming meetings:

April 19

May 17

June 21

July (no meeting)

August 16

September 20

October 18

December 6 (first Thursday)

Mark your calendars for the rest of the year!

We hope to see you at all of them!

Why not invite a friend to the next MWN meeting and share this fun with someone!



Metro Women's Network

More Interesting Stuff

Memberships can be completed at <http://www.jotform.us/form/91801357671> or in person at our meeting!

Guest, Dues, and Attendee Policy Guests may attend for \$35. Membership annual dues (\$40 by check or pay pal) cover the year of 2018 (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.

Answers to quiz: 1. International, 2. Free, 3. Non-profit, 4. Yes, it's an extension, 5. Monday, 6. Yes, take pictures, just don't touch, 7. Tues through Sat, 11-2:00.

The officers for 2018:

President: Joyce Whipps
Vice President: Maureen Mitchell
Secretary: Chris Duncan
Treasurer: Barb Hawbaker
At large: Anna Bradley, Janet Seeberger

Also, serving on the Programs committee are Connie Blodgett and Sherri Johnson. Lois O'Donnell will remain on newsletter/publicity.



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Metro Women's Network

MWN Steering Committee Minutes

Metro Women's Networking Steering Meeting Minutes

I. Call to Order: email meeting called by: Joyce Whipps Date 4/6/2018

II. Approval of Prior Month Minutes

III. Open Issues

a) Treasurers Report : Reported by Barb Hawbaker Account Balance \$1814.88

b) Programs Report; Reported by: Sherri Johnson/Connie Blodgett

Upcoming Programs:

April 19: Mama Lacona's -- Mary Kramer, Retired Republican Iowa Senate President and US Ambassador. She is speaking on sexual harassment in the workplace.

May 17: Wobbly Boots -- Jan Milroy, Founder of Volunteer Services at Living History Farms. She is speaking on what LHF's does for the community and volunteer opportunities.

June 21: Kellie Markey with Dorothy's House. She is speaking on sex/human trafficking in Iowa.

July...no meeting in July

August 16: Urbandale Golf and Country Club

c) Publicity Report: Reported by Lois O'Donnell

Facebook and website has been updated for our next meeting. Email invites will be sent this week and next as well as a reminder to submit applications for the Opportunity Grant before the end of the month.

IV. Next Steering Meeting: Next month's steering committee meeting will be at Legends in Johnston on May 3. Anna is hoping to have an update on the website then.

Minutes taken by Chris Duncan



Metro Women's Network

Member Ad-vantage

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