



Metro Women's Network

Des Moines, Iowa

May 2018

Next Meeting: Thursday, May 17

Wobbly Boots

1301 NW 114th

Clive

223-5700



Entrees:

Smoked Prime Rib with mashed potatoes & gravy, green beans OR

Smoked Turkey with cheesy corn, & baked beans OR

1/2 Smoked Chicken with macaroni & cheese, & coleslaw OR

Veggie Pasta

All served with tossed salads (ranch, Italian, or French), cornbread, non-alcoholic beverages (upon request), and dessert.

Dessert - choice of rustic apple tart with vanilla ice cream or chocolate lava cake

We also have a gift card from Wobbly Boots for our drawing!

RSVP before Monday noon, 5/14, at www.mwniowa.org/calendar. Dinner fee is \$30. Guests are \$35.

Living History Farms is alive and well!

Jan Milroy has been with Living History Farms since 1989, and in her current position as Manager of Volunteer Services since 1992. Jan manages a program of currently 900 volunteers who partner with the paid staff in making Living History Farms a world-class open-air museum. Jan has a B.A. in History from Iowa State University and completed the Volunteer Management Specialist Certificate Program through DMACC in 1996. Jan has also attended and presented at regional and national museum conferences. Jan has served as President of the Volunteer Managers of Central Iowa and has received awards through that organization and the United Way of Central Iowa.



Jan shares that the field of volunteer management, like most areas in our society, has changed greatly over the years and it has been key to stay on top of trends and changes. Jan says this has been the most rewarding position, and she will be forever grateful for the people she has met and the experiences she has had while at Living History Farms.

Come and hear about what LHF does for our community and how you can volunteer!



Metro Women's Network

PRESIDENT'S PONDERINGS

A large number of Americans think chocolate milk comes from brown cows. Brown eggs are thought by some to be healthier than white eggs even they both come from hens. There are children (and adults) who don't understand where their meat, milk, vegetables and fruit come from. They think meat comes from a factory. Places like Living History Farms are needed to help children and adults learn the connection of wheat to bread and apples to apple pie.

Come hear our speaker this month, Jan Milroy. She is head of the volunteers at the Farms and has been with them for many years. The Farms are truly a hidden jewel for Iowa. Come dine @ Wobbly Boots on Thursday, May 17, and have that yummy apple dessert. RSVP at <https://mwniowa.org/calendar/> before 5/14.

Joyce Whipps
President, MWN

The link to Living History Farms is <https://www.lhf.org/>. Check out the many activities that are scheduled for this summer ... or sign up to be a volunteer!

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



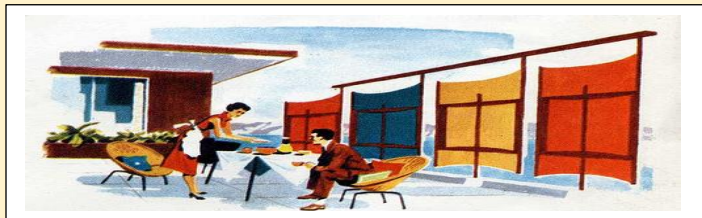
Metro Women's Network

What's your favorite activity in Spring?

- 1. Cleaning the house thoroughly.*
- 2. Cleaning out the car, finally.*
- 3. Opening the house windows.*
- 4. Planting flowers.*
- 5. Washing the bed comforters, etc.*
- 6. Taking a walk (without bugs).*
- 7. Taking the dog(s) for a walk (without bugs).*
- 8. Doing outside entertainment.*
- 9. Sitting on a patio with a margarita.*
- 10. Putting away sweaters.*
- 11. Doing anything outside (with a cold drink).*

OK – It's true we all like the outdoor ones and not the indoor ones, so much. But, it's all good. I still have no idea why we live in Iowa when we love the outdoors so much! I bet it has something to do with the fact we don't get to do it for half the year – we appreciate the time we do have.

So, what are you waiting for? Get outside! Now!



Upcoming meetings:

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.



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.

M. Mandy Houk
EXECUTIVE DIRECTOR/
PUBLISHER
mandy@mmedia.org
515.650.0569
mmedia
COMMUNICATING FOR GOOD
3737 Woodland Ave, Suite 515
West Des Moines, Iowa
www.mmedia.org

Hairstyling & Permanent Makeup
Janet Seeberger
8820 Swanson Blvd.
Studio 115
Clive, Ia 50325
515-267-8437

MAUREEN MITCHELL
REALTOR®
2015 Rookie of the Year
515-991-3839 (Cell)
515-224-8773 (Office)
maureen.mitchell@cbdsm.com
GOLDWELL BANKER
1401 50th St, Suite 105
West Des Moines, IA 50266
momitchellrealtor.com
Each Office Is Independently Owned and Operated.

Have your card here next month! Give one to Lois O'Donnell at the May 17 meeting.



Metro Women's Network

MWN Steering Committee Minutes

Metro Women's Networking Steering Meeting Minutes

- I. Call to Order: Called by: Joyce Whipps Date: 5/3/18 Time: 5:30pm
- II. Attending: Joyce Whipps, Mo Mitchell, Barb Hawbaker, Sherri Johnson, Lois O'Donnell, Janet Seeberger, Connie Blodgett, Chris Duncan
- III. Approval of Prior Month Minutes: Lois O'Donnell, 2nd Connie Blodgett
- IV. Open Issues
 - A. Treasurers Report Reported by Barb Hawbaker: Account Balance: \$1826.41
 - B. Programs Report Reported by: Sherri Johnson/Connie Blodgett
Upcoming Programs:
Month & Place: May 17 Wobbly Boots, Speaker & Topic: Jan Milroy, Founder of Volunteer Services at Living History Farms. She is speaking on what LHS does for the community & volunteer opportunities
Month & Place: June 21 Noah's, Speaker & Topic: Kellie Markey with Dorothy's House. She is speaking on sex/human trafficking in Iowa
Month & Place: August 16 at Urbandale Golf and Country Club, Speaker & Topic: Christine Nau. Appreciation of Workplace
Month & Place: September 20, Speaker & Topic: Stoddards Girls Night Out
Month & Place: October 18 at Sam and Gabes
 - C. Publicity Report Reported by: Lois O'Donnell: The Facebook page has been updated for our May meeting. The newsletter will be sent as one of the three or four email invites in the next couple weeks.
- V. Old Business
 - Opportunity Grants/Applications
 - Website
 - Future steering committee meeting sites
- VI. New Business
 - Going over opportunity grant applications from Lois O'Donnell and Janet Seeberger
- VII. Next Steering Meeting Type: Email or In Person Date: June 7, 2018
- VIII. Meeting Adjourned Adjourned by Joyce Whipps Time: 6:37pm

Respectfully submitted by Chris Duncan, Secretary



Metro Women's Network

Member Ad-vantage

Barb Osier Breeser
 Digital Mobile Marketing Strategist

515.850.1162
 515.371.7552

BarbOsier
 BarbB@atsMobile.com
 @BarbOsier

Text BARB to 84444



Scan to Connect



firstCHOICE
 coffee services




Connie Blodgett, Sales
 5140 Park Avenue, Suite C
 Des Moines, IA 50321

Tel: 515.243.4409
 Fax: 515.244.0395

c.blodgett@firstchoiceservices.com
 www.firstchoiceservices.com

Baschke Health & Financial Services, Inc.

Deb Baschke, CLU, ChFC



8610 EP True Pkwy #4004
 West Des Moines, IA 50266

515-255-9168 Office
 515-570-1974 Cell
 dbhs@hickorytech.net



Golden Openings

Serving Your Grand Opening, Ribbon Cutting and Business Event Needs!

Kimberly Baeth - President

Phone: 515-986-2154 Golden Openings, Inc.
 Fax: 1-866-777-7751 14947 Northview Drive
 Email: kimberly@goldenopenings.com Urbandale, IA 50323

www.goldenopenings.com

Maureen Mitchell
 Consultant


12320 Twana Drive
 Urbandale, IA 50323

515-991-3839
 momitchell@gmail.com

pampered|chef
 INDEPENDENT CONSULTANT



<https://www.pamperedchef.com/pws/momitchellpc>



Jenifer L. Mercer-Klimowski, JD, CPCU®, AIC
 SENIOR VICE PRESIDENT, CORPORATE COUNSEL & SECRETARY

jmercer-klimowski@emcni.com
 P 515.237.2203 C 515.490.3539
 P 800.232.5818 F 515.237.2283

www.EMCNationalLife.com

699 Walnut Street, Suite 1100 | Des Moines, IA 50309
 P.O. Box 9202 | Des Moines, IA 50306-9202