



Metro Women's Network

Des Moines, Iowa

January 2019

Next Meeting: Thursday, January 17

Hilton Garden Inn

205 S. 64th
WDM



Entrees:

--London broil
with roasted potatoes and asparagus

--Mediterranean Chicken (stuffed breast with
spinach, red peppers, feta cheese) with roasted
red potatoes and green beans with almonds

--Vegetarian stir fry over wild rice.

All served with tossed salads (ranch or Italian),
bread/rolls, non-alcoholic beverages (coffee,
tea or lemonade) and dessert: cheesecake with
assorted sauces or chocolate cake

Cash bar (including sodas)

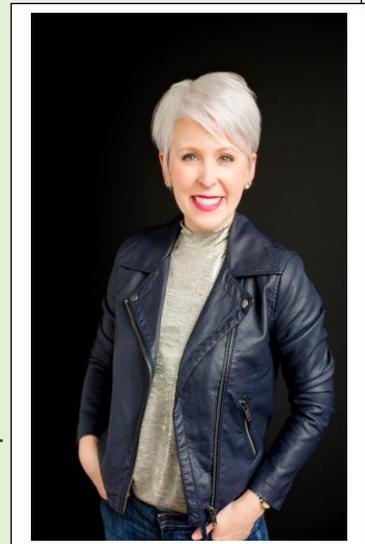
RSVP before Monday noon, 1/14, at
www.mwniowa.org/calendar. Dinner
fee is \$30. Guests are \$35.

Woman of the Year – Kirsten Anderson!

I'm a passionate
communicator who became
an unlikely advocate for
those facing harassment
in the workplace after I
took a stand against my
former employer: the State
of Iowa. On May 17, 2013
I was fired from my job after
five successful years as
Communications Director
for Iowa Senate Republicans.

I sued the State of Iowa and Iowa Senate
Republicans for wrongful termination,
harassment, and retaliation and was awarded \$2.2
million by a jury of my peers. This rare award sent
a message to the Iowa statehouse that
harassment, intimidation, and retaliation is not
tolerated in the work place, especially where
Iowa's laws are made.

Join us for a informative evening with Kirsten and delicious
meal at the Hilton Garden Inn in WDM on Jan. 17.





Metro Women's Network

SOME PRESIDENT PONDERINGS

Happy New Year! This is the time of year when many people make resolutions. Resolution to lose weight, resolution to save more money or budget better. Resolution to eat healthier. Resolution to be better organized. Resolution to.... The options are endless. These are things done to improve ourselves. To keep the resolution takes real "backbone." It takes real "stick-to-itiveness."

Do you ever use the "stick-to-itiveness" for something other than resolutions? Our Woman of the Year did. She used the backbone to complain about harassment and an unhealthy work environment. Because she complained, she was fired. Again, the backbone kicked in and she sued her employer, the State of Iowa, ... and won! To stick to it through the whole lawsuit must have taken strong resolution. It would have been sooo easy to give up and say, "That's how it's going to be."

Kirsten Anderson faced a barrage of media (and I'm sure more harassment) for her stand and her lawsuit. She saw it through and won. It's women like Kirsten who have helped other women feel brave enough to stand up and say, "Me, too." And "Enough is enough." For this fortitude, we will honor Kirsten as our Woman of the Year on January 17th.

Come hear Kirsten speak about what she went through and also the new business that she has started to help others facing harassment. You'll get a wonderful dinner and hear a speaker we can admire for what she has done (and is doing) to help make our community better. RSVP at www.mwniowa.org/calendar before 1/14/19.

Joyce Whipps
President, Metro Women's Network

Meeting Schedule 2019:
(Thursdays)

January 17

February 21

March 21

April 18

May 16

June 20

July 18

August: No Meeting

September 19

October 17

Nov/Dec: December 5

Mark your calendars now!

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

Check out our website at
www.mwniowa.org



Metro Women's Network

Me, Too and Time's Up

What's the difference between the "Me, Too" movement and the "Time's Up" movement?



Me Too movement*: The **Me Too movement** (or **#MeToo movement**), with many local and international alternative names, is a movement against sexual harassment and sexual assault. *(This is the latest accepted revision, reviewed on 6 December 2018.)*

In 2006, Tarana Burke founded the Me Too movement and began using the phrase "Me Too" to raise awareness of the pervasiveness of sexual abuse and assault in society. The phrase "Me Too" developed into a broader movement following the 2017 use of **#MeToo** as a hashtag following the Harvey Weinstein sexual abuse allegations.

Time's Up (movement)**: **Time's Up** is a **movement** against sexual harassment and was founded on January 1, 2018, by Hollywood celebrities in response to the Weinstein effect and #MeToo.

After months of watching a sexual misconduct reckoning grab hold of Hollywood, 300 prominent women in the entertainment world have banded together for **Time's Up**, an initiative and legal defense fund which aims to support women dealing with sexual harassment across various industries. (Jan 2, 2018)

Since 2006, many women have spoken up in their own defense, and several men have paid the price for their harassment. The "Me, too" and "Time's Up" movements have certainly helped raise awareness of these issues that have been hidden away for years.

*https://en.wikipedia.org/wiki/Me_Too_movement

**[https://en.wikipedia.org/wiki/Time%27s_Up_\(movement\)](https://en.wikipedia.org/wiki/Time%27s_Up_(movement))



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 2019 (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.



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

The officers for 2019:

President: Joyce Whipps

Vice President:

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.



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



Metro Women's Network

MWN Steering Committee Minutes

Steering Committee Meeting, January 3, 2019

1. Treasurers report

Reported by Barb Hawbaker. Account balance \$697.27. MWN matched donations of \$200

2. Programs Report

Reported by Connie Blodgett, Sherri Johnson

January 17 - Woman of the Year at Hilton Garden Inn

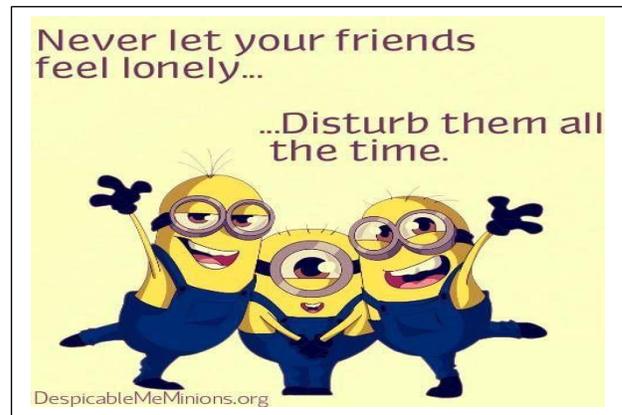
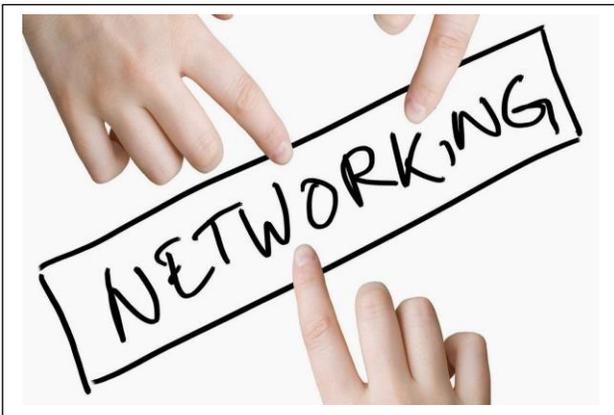
February 21 - Firecreek in West Des Moines . Eileen Wixted on how to overcome crisis and manage problems.

March 21 - Nick's in Clive. Dr. Andrew Nish on alarming health trends, especially sugar.

3. Connie has been in touch with Jotform. Diana Dubuisson will be able to make the January meeting and may be able to help get things figured out for the 990 status.

Next steering meeting February 7, 2019

Minutes by Chris Duncan, Secretary



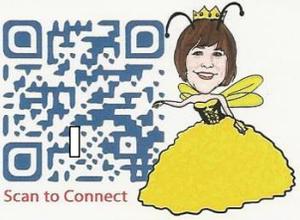


Metro Women's Network

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



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Daijohs
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



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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



You can always tell who the strong women are. They are the ones you see building one another up, instead of tearing each other down.



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