



# Metro Women's Network

Des Moines, Iowa

April 2019

## Next Meeting: May 16 (No April Meeting)

### Noah's Ark

2400 Ingersoll Ave  
288-2246

#### Entrees:

--1/2 broiled chicken  
with mashed  
potatoes, sautéed  
vegetables

OR

--6 oz. top sirloin  
with mashed potatoes, sautéed vegetables

OR

--Orange roughy broiled, with butter sauce,  
with baked potatoes, sautéed vegetables

OR

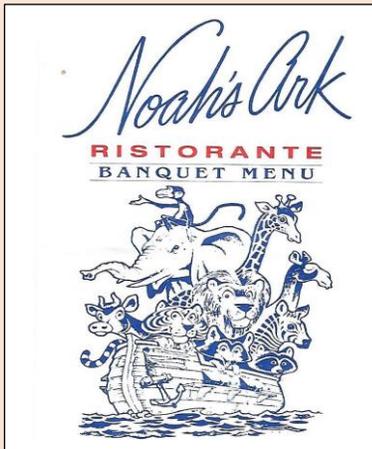
--Vegetable Rigatoni Prima Vera

Dessert: Tiramisu OR cannoli

All served with tossed salads, bread, non-  
Alcoholic beverages (upon request).

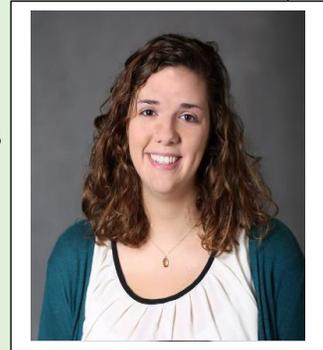
Cash Bar (including soda)

RSVP before Monday noon, 5/13, at  
[www.mwniowa.org/calendar](http://www.mwniowa.org/calendar). Dinner  
fee is \$30. Guests are \$35.



### Boys' & Girls' Club of Central Iowa

#### Meet Abbey Barrow



Abbey Barrow joined Boys & Girls Clubs of Central Iowa as a marketing intern while she was a student at Drake University. Upon graduation, she became a full-time employee in June 2015

as the Coordinator of Resource Development and Communication. Abbey was soon promoted to the Director of Marketing & Communication where she maintains our brand standards, handles all media relations, graphic design, photography, and all internal and external organizational communication.

Abbey is originally from St. Louis, Missouri, but now proudly considers herself a member of the Des Moines community. Abbey has been with the Boys & Girls Clubs Movement for 5 years, and is very passionate about ensuring great futures for Club kids and teens. See more at <http://www.bgcci.org/>.

Come, join us for a delightful evening of learning about the Boys and Girls Clubs of Central Iowa, have a delicious meal, and enjoy some great conversation! You'll learn what great things they are doing for the kids and for our community!

Hope to see you there!



# Metro Women's Network

## SOME PRESIDENT PONDERINGS

**As** I sit at the laptop writing this, I can see shades of green on some trees and buds getting bigger on other trees. I LOVE spring. It's my second favorite season (fall is the favorite). Mounds and mountains of snow in parking lots are gone. The heavy coats aren't as frequently worn. We're starting to have more days where you can just grab the purse/wallet and keys and dash out the door. I feel life gets a little bit easier since you don't have to allow extra time for getting dressed to be warm enough. Don't have to allow extra traveling time because of weather. Less likely to say, "Let's plan for that...weather permitting." The weather isn't controlling our activities as much.

This month, April, we won't be meeting as it would have fallen on Maundy Thursday and many members will be attending functions/services at their church. Next month, our speaker is from the Boys and Girls Clubs. I will confess I don't know much about them. I had heard of them and knew that there are many well known people (sports, political and entertainment) who were members of the clubs. I went online to research a little about them. Like spring, the clubs are a place where the circumstances of life don't control access to opportunities. They give kids chances to grow, and they increase the graduation rates. I'm very anxious to hear about this club and learn more about what they can do for our youth.

Put it on your calendar now for May 16, 2019. RSVP before 5.13.19 at [www.mwniowa.org/calendar](http://www.mwniowa.org/calendar). See you then!

Joyce Whipp,  
President  
Metro Women's Network

### Meeting Schedule 2019:

*(Thursdays)*

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](http://www.mwniowa.org)



# Metro Women's Network

## Learn More about the Boys & Girls Clubs

**Boys & Girls Clubs** provide a variety of activities and programs specifically with kids and teens in mind including:

Homework Assistance and Tutoring  
Technology Centers  
College Prep  
Career Prep  
Field Trips  
Swimming Lessons  
Volunteer Opportunities  
Mentoring  
Arts and Crafts  
Music  
Sports Programs  
(including soccer, football, basketball, baseball, volleyball, and more!)



### **Academic Success**

By working closely in partnership with Des Moines Public Schools, our dedicated Club staff provide our kids and teens with the resources they need to succeed in school and beyond. Key BGCCI academic programs include STEM programming, fine arts, creative writing, tutoring, and career exploration.

### **Character Development**

Our kids and teens are not only Club members, they're the future leaders of our Des Moines community. That's why Boys & Girls Club programming puts an emphasis on character development, helping our young people build their values through volunteerism, leadership experience, and fundraisers for charity

### **Healthy Lifestyles**

Through BGCCI programming, we have the opportunity to work with our members to develop healthy habits that will last a lifetime. While learning about nutrition and the importance of physical activity, our Club kids and teens have fun developing new skills on the field, court, and in the kitchen.



# Metro Women's Network

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

**Guest, Dues, and Attendee Policy** Guests may attend for \$35. Membership annual dues (\$40 by check or PayPal) 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.

NOTICE: MWN will meet in **July** this year. We will NOT meet in August since many people like to attend the State Fair and are busy with family events. Mark your calendar now so you won't be surprised this summer.



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

## The officers for 2019:

President: Joyce Whipps  
Vice President: Open  
Secretary: Chris Duncan  
Treasurer: Barb Hawbaker  
At large: Anna Bradley, Janet Seeburger

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



## **Why be a member of Metro Women's Network?**

*Lots of reasons!*

*We support each other through social and individual connections and information.*

*We support local people with our annual charity and Woman of the Year.*

*We support local restaurants and shops by meeting at different locations.*

*Be a member and feel the support!*



# Metro Women's Network

## MWN Steering Committee Minutes

### **Metro Women's Networking Steering Online Meeting Minutes- April 4, 2019**

I. Treasurers Report-Reported by Barb Hawbaker: Current financial statement balance \$ 862.13

II. Programs Report- Reported by Connie/Sherri

April: No Meeting

May: Abbey Barrow – Boys & Girls Club of Iowa @Noah's

June: Dr. Teri Wahlig – ChildServe @ Waterfront

July: Karman Hotchkiss w/Meredith – Decorating Trends @TBD

August: No Meeting

September: Sam Bernabe (or staff member) – Iowa Cubs@ Cubs Restaurant

October: Mama Lacona's

November: No Meeting

December: Social TBD (No Speaker) Possibly Molly's Cupcakes at a WDM Clubhouse location.

III. Old business: Website – I have made contact with an instructor from DMACC. He is putting a posting on a bulletin board for students to see. I'm also going to contact Drake and Simpson as they have IT programs also. Lois and I were discussing how much really needs to be done on the website. Maybe we can simply update the one we have and add some graphics.

IV. New business: The company my husband works for (Global Atlantic) has been trying to get a networking group for women started. One lady had the project for three years but had so many other projects put on her she couldn't get to it. A new person has been given the task now. However, she's so busy that she's having a hard time getting to it. My husband heard about it and told the new contact about our organization (meet once a month for dinner and a speaker). Elizabeth asked Matt for me to contact her because our organization is exactly what they want. After they contact me, I'll report to the steering committee.

V. Next Meeting: May 2 (location TBD)

Submitted by Chris Duncan, Secretary



# Metro Women's Network

## Member Ad-vantage

Remember to use the services of our loyal members whenever you can!

We need your card here!

**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  
tblfs@hickorytech.net

Connie Blodgett

**Archetype Sign**

[www.archetypesign.com](http://www.archetypesign.com)

Here's another spot for your card!  
Be sure to give it to Lois at the next meeting!



**Jenifer L. Mercer-Klimowski, JD, CPCU<sup>®</sup>, AIC**  
*SENIOR VICE PRESIDENT, CORPORATE COUNSEL & SECRETARY*

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