



# Metro Women's Network

Des Moines, Iowa

May 2019

## Next Meeting: May 16

### 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

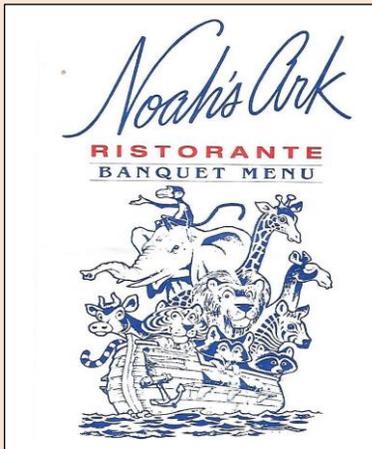
OR

--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.

### What do you know about the Boys and Girls Clubs of Central Iowa?

#### 1. They touch all these areas:

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!)



#### 2. They instill in kids these traits:

Academic success

Character development

Healthy lifestyles

**These are our future leaders and  
community citizens. Let's support our  
Boys & Girls Clubs! Join us on May 16  
at Noah's as we meet and listen to  
Abbey Barrow!**



# Metro Women's Network

## SOME PRESIDENT PONDERINGS

The speaker for May is Abbey Barrow from Boys and Girls Clubs. Did you know that Boys and Girls Clubs of America had its beginnings in 1860? That means they've been around for almost 160 years! As I said in last month's ponderings, I didn't know much about this organization. I knew they existed and I remember there being a club on NE 14<sup>th</sup> St in Des Moines, but that's about it. I urge you to come this month (May16) to hear our speaker and learn more about this wonderful organization.

Next month (June 20) our speaker will be from ChildServe. Another organization that I knew a little bit about but not much. Des Moines has many wonderful organizations that help support children and give support to families. I'm convinced this helps push us up in rankings of best places to live and best places to raise a family. We have organizations that help with health aspects, with educational aspects, with athletic aspects, with mental health aspects and with basic living aspects. I look at some of the speakers we have had over the past few years. Des Moines metro area is a pretty darn good place for families, extended families and a great place to live all around.

Again, this month come hear Abbey Barrow speak about The Boys and Girls Clubs on May 16 at Noah's Ark on Ingersoll. To register, click on <https://mwniowa.org/calendar/>.

Next month (June), come hear Dr. Terry Wahlig speak about ChildServe at Waterfront in West Des Moines. (Registration for this will be sent later.)

Metro Women's Network = good food, good speakers, good friends!

Joyce Whipps  
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

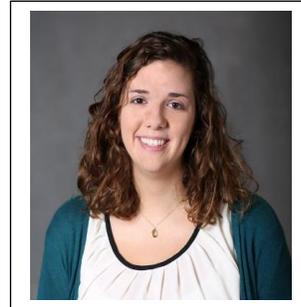
---

## Learn More about Abbey Barrow

### 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

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.



## The officers for 2019:

President: Joyce Whipps  
Vice President: Open  
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.



## ***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

- I. Call to Order by Joyce Whipps at 5:35pm on 5/2/19
- II. Attendees Joyce Whipps, Barb Hawbaker, Lois O'Donnell, Connie Blodgett and Chris Duncan
- III. Treasurers Report from Barb Hawbaker \$862.13
- IV. Programs Report- Reported by Connie  
May: Abbey Barrow – Boys & Girls Club of Iowa @Noah's Ark  
June: Dr. Teri Wahlig – ChildServe @Waterfront  
July: Karman Hotchkiss w/Meredith – Decorating Trends @Urban Cellar  
August: No Meeting  
September: Sam Bernabe (or staff member) – Iowa Cubs@ Cubs Restaurant  
October: Mama Lacona's  
November: No Meeting  
December 5: Social TBD (No Speaker) Possibly Molly's Cupcakes at a WDM Clubhouse location.
- V. Old Business: Lois updated several pages on the website. It has been suggested we use the existing website, and maybe try to update a bit more. A friend of Joyce's and Chris' who is good at Wordpress may be able to look at it and give us some insights. We would like to phase out Jotform, if possible.
- VI. New Business: Joyce had a meeting with 2 ladies from a local insurance company on Monday to see if they would like to use MWN for their networking group. They are going back to others and discuss joining us. Joyce will re-contact them shortly and see if they want to come to next meeting.
- VII. Next steering meeting scheduled for June 6.
- VIII. Adjourned by Joyce Whipps at 6:35pm

Minutes by Chris Duncan, Secretary



# Metro Women's Network

## Member Ad-vantage

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

**archetype**  
4149 120th Street  
Des Moines, IA 50323  
T 888 512 1272

**Connie Blodgett**  
connieb@archetypesign.com  
o 515 965 3522

Bringing design to life  
archetypesign.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  
tblfs@hickorytech.net

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

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