



AMERICAN BUSINESS WOMEN'S ASSOCIATION

West Des Moines Chapter  
June 2023



# President's Message

## JUNE REMINDERS

Make time for fun, rest, and love 

Authenticity makes you shine 

You are worthy of love and attention 

Always be  kinder than you need to

You always have a choice 

 Growth is not always visible 

[OurMindfullife.com](http://OurMindfullife.com)

## Hello June!

Summer is almost on the calendar! It certainly brings joy, happiness, and lots of sunshine. Perhaps a nice cold drink or great book is in your hand right now. A bounty of fruits, vegetables, flowers, and trees surround us! Hit the trail, outdoor market, park, concert....

I am very excited to announce that our chapter to date has 50 members. We have had another amazing year of growth thanks to our members who continuously share the sisterhood of our chapter. Once again, the calendar is packed with a variety of opportunities for you to take advantage of and reap all that ABWA has to offer. Make a new connection, re-establish a past connection, celebrate achievements, help in the community and learn along the way.

Here's a challenge—consider joining us in October and experience ABWA on a whole new level at the National Women's Conference in Chattanooga, Tennessee. It is something you will never forget! Reach out if you are interested and we can get you on the right track.

I appreciate your energy and continued involvement with our chapter. Thank you for being a part of our chapter's story!

Susan



## Professional Development Lunch

**Speaker: Jodi Selby**

Risky Business: Cyber Crime, Fraud, and Other Risk Related Topics.

**Thursday, June 15, 2023**

**11:30 a.m.—networking**

**11:45 - 1:00 p.m.—business meeting and speaker**

**Hilton Garden Inn, 8600 Northpark Dr., Johnston, IA 50131**

In the world today, we constantly hear about cyber crime and fraud and the impacts to businesses and people we know. In June, join our monthly meeting, where Jodi Selby, Director, Enterprise and Risk Management and Compliance at ARAG will talk about “**Risky Business: Cyber Crime, Fraud, and Other Risk Related Topics.**” She will share the latest information on these topics, as well as share best practices on how to prevent yourself from being a victim. Whether you are a small business owner, an employee of a company, or even retired, you will not want to miss this informative session.

Jodi has over 25 years of experience working with enterprise risk management and fraud. She currently works at ARAG leading their risk and compliance efforts. Prior to that, she worked for over 30 years in the banking industry. She holds an MBA from Northwest Missouri State University and is currently a Certified Fraud Examiner (CFE) and Certified Anti-Money Laundering Specialist (CAMS). In her free time, Jodi is active in her church, serves on the Adel City Council, as a volunteer conservator for the State of Iowa, and as treasurer for the Civic Music Association. She resides Adel with her husband, Scott, together they have two adult daughters, Tasia and Rori, and an 11-year-old son, Luke.

RSVP: <http://evite.me/g6PQ73e9Vf>



## New Member Orientation Meeting

From Kathy Schooley:

*I am inviting recently joined members to a New Member Orientation session at 11:00 a.m. on Thursday, June 15, at the Hilton Garden Inn/ Urbandale. We will meet at the conference table in the lobby and go over some benefits of membership. Immediately following the session we will go to the meeting room for the luncheon. Questions, contact me at 515-210-3803 or email me [kathyschooley1@gmail.com](mailto:kathyschooley1@gmail.com)*



**Linda Henson, Newsletter Editor**  
Please submit articles/photos for the newsletter the Wednesday after the second Monday of the month to [randlhenson@hotmail.com](mailto:randlhenson@hotmail.com)

**Check us out on Facebook**  
ABWA—West Des Moines Charter Chapter

**Find us on the Web**  
[MyApexCampus.org](http://MyApexCampus.org), click on *My Groups*; *West Des Moines Charter Chapter*

**WDM Charter Chapter address:**  
c/o Jenni Pierce  
3478 NW 178 St.  
Clive, IA 50325

## Birthdays

### June

18 Amanda Schwantes  
22 Heather Morgan

### July

11 Kelli Smith  
12 Jessica Heyer  
13 Laura Kohnert  
27 Susan Mitchell  
30 Bethany Jeffries

## Anniversaries

### June

2011 Susan Dunn  
2013 Linda Henson

### July

2020 Penny Schmidt  
2020 Sarah Walker  
2021 Lu Anne Gafford  
2022 Paula Underwood



**venmo**

## Help Make a Meal

Thursday, June 22, 4:00 - 6:00 p.m.  
Ronald McDonald House  
1441 Pleasant St., Des Moines, IA 50314



We will be making a meal at the Ronald McDonald House. If you cannot attend we would love to have you supply some ingredients for the meal we will be making. The items may be brought to Marla Bundy's home. Coordinate with her by calling 515-360-0810. Venmo @wdmabwa (note: Ronald McDonald) donations also welcomed to purchase what we need. Menu: grilled chicken, green salad, cheesy potatoes, fruit salad, Hawaiian rolls, brownies.

RSVP: <http://evite.me/CPcyQz6R2V>



## PLEASE JOIN US!

Tuesday, August 8, 5 - 7 p.m.  
Ironsides Axe Throwing  
2700 University Ave. #100, West Des Moines

Join the adventure as we sharpen our skills with a Rage Party! Instructors will train our group to play fun games and learn trick shots. Cost is \$40 per person. RSVP: <http://evite.me/bvEjB4C6G9>  
To reserve your spot, please prepay through VENMO by Aug. 5.  
Questions? Call Paula at 515-238-8189.



## Professional Development Lunch

**Speaker: Kenny Lilly**

*What is Implicit Bias?*

**Thursday, July 20, 2023**

**11:30 a.m.—networking**

**11:45 - 1:00 p.m.—business meeting and speaker**

**Hilton Garden Inn, 8600 Northpark Dr., Johnston, IA 50131**

**Kenny Lilly** is the owner of **Do The Math 247**, a community partner with the Des Moines Public School District. Do The Math 247 is a company with a positive message on kindness, unity and equality. Do The Math 247 positive message is shared through the five basic math symbols:

+ **Add:** Respect, Empathy, Inclusion

- **Subtract:** Bullying, Injustice, Stereotypes

x **Multiply:** Kindness, Understanding, Teamwork

/ **Divide:** Indivisible. We're Stronger Unified.

= **Equal:** Equality

Do The Math 247 has a school fundraising program and a character building program for grades K - 12 that was initially launched at the John R. Grubb YMCA. The character building program covers the subjects: Respect, Etiquette/Social Media Etiquette, Responsibility, Peer Pressure, Kindness, Teamwork, and Bullying.

Kenny will be talking with ABWA May 18 on ***What is implicit bias?*** Kenny will touch on different types of implicit bias, how it shows up in the workplace, and how to mitigate against implicit bias. If implicit bias is a new term for you, it's a form of bias that occurs automatically and unintentionally, that nevertheless affects judgments, decisions, and behaviors.

Kenny's day job is a risk analyst at Wells Fargo. Kenny is a big believer in community service and volunteers on planning committees for community events. He lives in Waukee with his new bride, Jessica.

RSVP: <http://evite.me/sv9qqGFcKE>

### ABWA's Proud Code of Conduct

- All members will serve as goodwill ambassadors for the American Business Women's Association.
- Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
- Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
- Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
- Members will not use their personal power to advance their personal interests.
- Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.

*it's*

**BBQ**



*time*



**Please join us!**

## **ABWA Family BBQ**

**ABWA WDM Charter Chapter**

**Thursday, July 27**

**5:00 to 7:30 p.m.**

**Dunn Home**

**14609 Woodcrest Drive, Clive, IA 50325**

*Enjoy grilled chicken, hot dogs, lemonade, tea, watermelon. Bring a dish to share and the whole gang! We'll have games and bounce house fun. Please RSVP by July 23 to Susan at 515-778-0655 or <http://evite.me/Qe8JqGSUbe>*



## Professional Development Lunch

**Speaker: Dr. Helene Fein**

*How Transitions Tell Our Story*

**Thursday, August 17, 2023**

**11:30 a.m.—networking**

**11:45 - 1:00 p.m.—business meeting and speaker**

**Hilton Garden Inn, 8600 Northpark Dr., Johnston, IA 50131**

Helene was born in Brooklyn, New York and moved to Iowa after earning her BA from Brooklyn College, City University of New York. Originally, the move was to be temporary, but Iowa became home after just a few years of living in the beautiful state which offered a safe and progressive environment.

After a decade of teaching and administering a bilingual grant in Marshalltown, Helene moved to Des Moines to work for the Iowa Dept. of Education and Des Moines Public Schools as an ESL and Professional Development consultant. She led the origination of the Iowa Culture and Language Conference which she coordinated for 22 years bringing refugee service workers and educators together for an annual event growing from 85 to over 1200 participants. In addition, Helene published a book to support ESL professionals, *Necessary Conversations About English Language Learners: Templates for Success* (Delta Publishing). During this time period, Helene earned an MS in Secondary School Administration and an Education Specialist degree in Adult Training and Development.

Helene served as State Director for Adult Literacy at the Iowa Dept. of Education overseeing adult basic education, English as a second language and high school equivalency at all the Iowa community colleges. She introduced integrating ESL and academic content to instructors as well as online reporting. Upon completing her PhD at Iowa State University in Education Leadership and Policy, Helene worked for United Way as the lead for data and research. She managed a team of data experts and continued her work with community organizations supporting refugees and immigrants. She is a founding member of RACI- Refugee Alliance of Central Iowa, a coalition of organizations collaborating to support newcomers.

Following retirement from United Way of Central Iowa, Helene became the President and CEO of Fein Solutions and assumed the role of the Executive Director of the Iowa Literacy Council leading the way to becoming a state association affiliated with COABE—the Coalition on Adult Basic Education. Helene is devoted to her significant other, Chuck, her three adult children, their spouses and her five grandchildren. She is the proud dog mom to Gabe and Belle. In her spare time, Helene likes to read and paint.



Do you have a side or full-time business that you would be interested in hosting a fundraiser for ABWA West Des Moines Chapter? We'd love to give you a table at a luncheon to showcase your business with a give back to ABWA! Money raised through the yearly giveback will be used to support our Social and Community Outreach efforts. Sign-up with the Erin Lego at [erin@erinlegocoaching.com](mailto:erin@erinlegocoaching.com) to be added to the calendar.



# Celebrate ABW Day

Tuesday, September 21

5:000 - 8:00 p.m.

Sherwood Forest Event Center

7400 Hickman Rd, Des Moines, IA 50325

Celebrate National ABW Day with a buffet dinner and dessert, cash bar, silent auction baskets, door prizes, message from National President Cheryl Blair

Guest Speaker: Sarah Noll Wilson



Sarah Noll Wilson is on a mission to help leaders build and rebuild teams. Her goal is to empower leaders to understand and honor the beautiful complexity of the humans they serve. Through her work as an Executive Coach, an in-demand Keynote Speaker, Researcher, Contributor to Harvard Business Review, and Bestselling Author of “Don’t Feed the Elephants,” Sarah helps leaders close the gap between what they intend to do and the actual impact they make. She hosts the podcast “Conversations on Conversations,” is certified in Co-Active Coaching, Conversational Intelligence, and is a frequent guest lecturer at universities.

In addition to her work with organizations, Sarah is a passionate advocate for mental health. Sarah creates a safe, honest environment, preparing people to deal with real-world conflict, have more meaningful conversations, and create purposeful relationships. Working with CEOs, Human Resources leaders, and organizations that care deeply about their employees and understand the connection between employee development, employee satisfaction and organizational success, Sarah specializes in transforming relationships from good to great.

With 15+ years in leadership development, Sarah earned a Master’s Degree from Drake University in Leadership Development and a BA from the University of Northern Iowa in Theatre Performance and Theatre Education—no wonder clients love the energy she brings to their teams! When she isn’t helping people build and rebuild relationships, she enjoys playing games with her husband Nick and cuddling with their fur baby, Sally.

Hosted by Des Moines Council. \$35 per person \$15 virtual attendance Please RSVP: <http://evite.me/n9fEt3YSar> and pay in advance through VENMO: ABWA-DSM-COUNCIL. Sponsorship Tables available for \$100 which includes one dinner ticket. Please Contact Kathy Schooley to reserve a sponsorship table 515-210-3803.



## Welcome New Members



**Darci Hagen** is originally from Cedar Rapids and currently lives in Urbandale.

Darci is a Certified Disability Benefits Planner. She previously worked at a not-for-profit, supporting individuals with disabilities with benefit planning and job coaching. She opened her small business in August 2022 and continues to provide complimentary disability benefit planning support to individuals, and helps them to understand how with a work goal how their Social Security disability benefits may be affected by earned income.

Darci and her husband Ken, an architect, have two boys. Their oldest son is 14, plays guitar and enjoys a variety of sports. Their youngest son is 10 and plays the drums and soccer. They enjoy active family vacations and traveling to National and State Parks (her favorite so far is Mesa Verde National Park in Colorado).

At this point in her life her focus is on her children's activities. However, she enjoys gardening, experimenting with new recipes, walking their dogs, reading and puzzles. She volunteers at a variety of organizations in the community and appreciates the services offered through Urbandale Community Action Network, Dress for Success, and Community Support Advocates to name a few.



**Stacey Walter** lives in Urbandale and is a personal development coach.

Her family includes husband Mike and daughters Abby and Taylor.

In her spare time she enjoys reading, photography and gardening.

**Congratulations** to Penny Schmidt who became a Certified Financial Planner.

**Welcome** to our many new members who have joined us in the past few months! We're so excited to have you be a part of the chapter and look forward to getting to know you better.

**Darci Hagen**

**Jen Haywood**

**Cyra Anderson**

**Cassidy Phillips**

**Stacey Walter**

**Danielle Fuglsang**

**Christine Barrows**

**Meredith Raduechel**



## Community Outreach Projects



Lawn cleanup at EveryStep Hospice May 3 resulted in 33 Bags of leaves.



Top pictured: Heidi Kroll and Marla Bundy; right: Kelli Smith

May flower baskets donated by members were delivered to three Mosaic homes.

## Socials

### Wrapped

On May 16 members met at Rachael Faldet's store, Wrapped, in Ankeny. They browsed and enjoyed refreshments and watched Rachael demonstrate different wrapping techniques. It was interesting to hear members of the group share an unusual or unique fact about themselves (see Kathy Schooley's and Susan Dunn's below). Pictured at right: Susan Dunn, Kathy McBride, Lu Anne Gafford, Kelli Smith, Rachael Faldet, Joan Warren, Marcia Hunter.



### Kinship Brewing

Enjoying drinks and food June 6: Heidi Kroll, Linda Henson, Becky Leu, Jen Haywood, Marcia Hunter, Darci Hagen

# May Board Meeting Minutes

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The ABWA West Des Moines Chapter virtual board meeting was held May 8, 2023.

**In attendance:** Susan Dunn, Sarah Walker, Linda Henson, Kathy Schooley, Kelli Smith, Erin Lego, Susan Mitchell, Jan Koopman, Heidi Kroll, Marla Bundy, Jenni Pierce, Lu Anne Gafford

Meeting was called to order by President Susan Dunn at 7:33 a.m.

**Discuss meeting minutes from April—any corrections?**  
Email Sarah with corrections.

**Treasurer's Report- VENMO, no need for TicketSpice**  
Jenni:

- Income - April's income was lunch meeting meals. All of the Venmo that paid for the meal didn't get transferred till May 1. Meaning this income will show up next month.
- Expenses—The March expense from the Hilton was posted in April. There are a couple of reimbursements for the regional conference and the donation for Girls on the Run.
- Campaign—A double transfer of \$1,000 to the campaign account was done accidentally, and there is a correction this month to correct it.
- The plan is to do a Quicken report to itemize the transactions. Kathy has sent reimbursement amounts that have been paid so far for the campaign of \$3966, and I will send out the itemization before the next board meeting. We now have a debit card for the campaign, so we won't need to have reimbursements again. The travel expenses are different from the \$1000 cap amount, and the report will have this in 2 separate columns.
- Total Income \$4,101.00 Total Expense \$4,854.21 Account Balance \$6,870.31 Campaign Account \$4,380.37.

Susan: We have two invoices for National dues and things that we will need a check for by June.

## Membership Report

Kathy:

- We have 43 on our roster. Our goal is to reach 50. We need to reach this by July 30 or we will remain at level 2. I'm reaching out to everyone who has June or July dues to make sure they are on the roster and those who have recently dropped off the roster. Some of the guests from April are planning on joining.

- If people join by the end of May, we are waiving the local dues for new members for the remainder of this fiscal year. We are also offering membership to speakers.

## Professional Development

Erin:

- Norm Boaz is the speaker this month. Coming up we have Jody Selby on risk management and security and a speaker on Implicit Bias.
- Set for speakers through November.

## Nominations Committee

### Elections May, Installations JULY

Susan:

- Lisa met with the committee about prospective candidates and checking who will be on the ballot. Looking for a secretary, VP elect, and assistant for Jenni with the treasurer position.
- Next lunch meeting, we will be voting.

## Business Spotlights

Erin: We have not had anyone express interest for upcoming month

## Schooley Campaign Events

Kathy:

- The ordered T-shirts are in. I will bring them to the lunch meeting.
- June 3, 6 - 9 p.m., we are doing a night of *Chaos in the Caribbean*. Register in advance for \$30 a ticket that includes food and beverage (taco bar). The goal is 35-50 people. The campaign will get \$15 a ticket, and everyone will be assigned their roles beforehand.
- This Saturday at F & O's, they will be having a full magic show that will be a fundraiser for the American Cancer Fund event. We decided not to keep any proceeds and donate it all to the cancer fund. Details on the FB page.

## Community Outreach:

Marla:

- June—We are making a meal at the Ronald McDonald house on June 22 at 4 p.m. We are going to put out a list of food and ingredients needed, fruit, potatoes, brownies, chicken, and salad. People can provide food or a donation.
- May—We have May Baskets for Mosaic.
- July-McBride is working on an event for Ellipses.

**Social Committee:**

Heidi:

- Wrapped May 16, Kinship in June is a \$50 minimum, and we have a private room starting at 4 pm. You can bring dogs or kids. July BBQ at Susan's. September is the Bake Shoppe at a date to be determined, and we are planning to do axe throwing, which will be \$40.

**Newsletter**

Linda:

- Need minutes, evites, pictures for this month. Lu Anne: we'll reach out today to get the June speaker bio so we can get the evites put together. Erin: we'll get the June 3 murder mystery to you as well

**National Conference**

October 3 – 7. Payment plan available.

**Council Report:**

June 6 virtual recognition event, September 21 ABW Day

Susan:

- You can still sign up for the conference. I know Kathy Schooley, Kathy McBride, Erin, and myself are going.
- Virtual recognition is June 6, 11:30 a.m. - 12:30 p.m.

We anticipate other chapters coming because we have out-of-council attending. It will be a virtual networking event.

- September 21 is ABW Night. Speaker is Sarah Knoll Wilson. We need sponsors. \$100 for a ticket and a table. We are working with West Bank to see if they will be the overall sponsor.

**Venmo**

- Erin: With the ability to use Venmo, we are removing TicketSpice from the evite registration. We will be using Venmo or check, and you can still pay ahead of time. There will be a QR code in the newsletter. Pay by searching @WDMABWA and need to put in what it is for, such as for a guest with their name or for the campaign.
- Jenni: The cost to use Venmo is a percentage, and it is slightly less than TicketSpice. You can log in on the browser and get a report that was really easy to find with all the information on payments.

Meeting adjourned at 8:16 a.m. by Susan Dunn

Respectfully Submitted,  
Sarah Walker, Secretary

## Regional Virtual Recognition Event June 6



Those from the West Des Moines Chapter who were recognized: Lu Anne Gafford, Protégé; and Erin Lego, Woman of the Year.

# May Lunch Meeting Minutes

**ABWA West Des Moines Charter Chapter held a lunch meeting in person and via Zoom on Thursday, May 18, 2023, 11:30 a.m. - 1:00 p.m.**

**In attendance:** Char Austin, Christine Barrows, Erin Lego, Heidi Kroll, Jan Koopman, Joan Warren, Kathy Schooley, Cyra Anderson (guest), Kayleigh Jones, Kimberly McIntire, Laura Kohnert, Linda Henson, Linda Vinson, Lisa Wolf, Lori Konzen, Lu Anne Gafford, Marcia Hunter, Marla Bundy, Meredith Radueschel, Kathy McBride, Danielle Fuglsang (guest), Cassidy Phillips (guest), Sheri Rodenkirk (guest), Lindsay Brogan (guest, zoom), Melissa Nelson, Paula Underwood, Sarah Walker, Stacey Walter, Susan Dunn, Susan Mitchell, Rachael Faldet (zoom), Kelly Pond, Sara Velandar, Emily Barber, Norm Boaz (speaker).

Meeting called to order by President Susan Dunn at 11:44 a.m. and welcomed guests. Susan read the National Mission Statement. She asked those in attendance to introduce themselves with their name, company, and what kind of flower they identify with.

## Committee reports

**Community Outreach**—Marla Bundy : Flowers for Mosaic collected today, next month in June is meal for the Ronald McDonald House, and July is at Ellipses. Upcoming, we are setting up something with Dress for Success.

**Professional Development**—Lisa Wolf: We have speakers through the end of the year, with next month's topic being risky financial security

**Business Spotlight**—Erin Lego: This is a chance to give back to the chapter and showcase your business. If you're interested, please let me know!

**Social**—Heidi Kroll: We are at Kinship to rewind in June. Dogs and family welcome. July 27 is at Susan's for a BBQ, and August is axe throwing.

**National Campaign**—Kathy McBride: We have a candidate, Kathy Schooley, running for the National Board. The Greater Noon Chapter has donated to the campaign and has sent a check. Please come to the next fundraiser, which will be a murder mystery dinner.

**Membership**—Kathy Schooley: We currently have 44 members. Guests who sign up in May will have this year's dues waived. New member orientation will be before the June meeting at 11 a.m. If you are a guest today, Susan Mitchell will follow up with you after the meeting..

**Announcements**—Susan Dunn: On June 10 there is a district meeting recognizing the Women of the Year. The National Conference is Oct 4-8, please consider attending. We have been invited on May 31 to meet with women from Pakistan and the State Department from 10 - 1130 a.m. at Kathy Schooley's salon

**Voting for new board members**—Instructions given by President Susan Dunn  
Current members, please cast a ballot at this time. They are found in the center of your table. We are looking for a person to shadow for the treasurer position for next year. They would work with Jenni our current treasurer, to learn the system to be on the ballot for next year. We will also take nominations for positions, or you can write in names on the ballot. Are there nominations for any of the positions on the ballot? No verbal nominations were offered.



## Speaker introductions by Paula Underwood

**Speaker:** Norm Boaz was impacted by his mother speaking Spanish poetry. From her example he learned the emotion of content delivery.

Being a performer all his life—music, vocal, instrument—he teaches others how to be an engaging, dynamic speaker, how to be influential while speaking, and how to make their voice count.

He started by coaching people to speak and build skills and helping people to have the confidence to speak up in a group setting.



Emily Barber, Danielle Fuglsang

### Tips to improve as a speaker:

Inviting people into a conversation

- Use open-ended questions
- Consciously stop talking and wait for others

We read in chunks and phrases, we should also be speaking that way

- It is more interesting for others to hear
- Start practicing this by reading aloud 15 min. a day

Nothing works well without BABS—Body Alignment Breath Support

- Body position should be: Feet should be shoulder width apart, shoulders pulled back, knees slightly bent. If seated, move forward in your chair with one foot slightly back and one foot ahead.

### To get past stage fright

1. **Breath**—pull your tummy in and clench your abs. Blow your breath out for eight counts, then relax your tummy, then breath in for four counts, then hold for two counts. Breathing disrupts the nerves and pauses the negative thought cycle. This let's you reset. Consciously tell yourself you're excited.
2. **Visualize**— you tell your brain not to react. See your execution of the task.
3. **Always honor the stage**—every time you open your mouth, you are onstage.
4. **Energize**—Before you open your mouth, speak to the size of the room. Speak over there beyond the last row to speak to a room. 1-on-1 always speak into the person

**How to say your name**—People want to know your name. Introduce yourself with confidence and strength. Don't pitch your voice to go up like a question. Leave a space between words with a down inflection on the last name. Don't get quiet as you go down.



Heidi Kroll, Char Austin, Kathy Schooley, Marla Bundy

**Project Confidence and Strength**—Generally speak with a down inflection for confidence and strength.

**The AAA's**—Awareness, Application, and Avoidance.

Avoidance is using filler words, upspeaking or trailing off, or going soft at the end of a phrase.

**Before you open your mouth, are you speaking in black and white or technicolor?**

H- Heard-must be heard

U- understood by the audience

E-expressive, use your voice range and be dramatic

S -stand tall

### The Magic L's

1. Love your message. Tell a story to make them feel you are there for them
2. Love your audience. Let go of your ego. Don't care what people think.

### DVD

- Desire— you must have the desire for what you want so obstacles won't matter.
- Vision—see what you want and visualize it
- Determination—activate the activity to get there

**Door prizes** were given to Lisa Wolf, Linda Henson, Stacy Walter, Sara Velandar, Marcia Hunter, Sarah Walker, Cassidy Phillips

Upcoming campaign event reminder from Kathy Schooley: murder mystery on June 3 from 6 - 9 p.m. at F&O's. \$30. Please register in advance and pay on Venmo.

Meeting was adjourned by President Susan Dunn.

Respectfully Submitted,  
Sarah Walker, Secretary

More pictures from May luncheon



Linda Vinson, Laura Kohnert



Guest, Marla Bundy, Guest, Lori Konzen



Kathy McBride, Susan Dunn



Linda Henson, Laura Kohnert, Paula Underwood



Lu Anne Gafford, Kelly Pond



Marcia Hunter, Lisa Wolf, Char Austin,  
Jan Koopman, Christine Barrows



Sarah Walker, Erin Lego

## Meeting with Ladies from Pakistan

What an amazing morning! The West Des Moines Charter Chapter hosted five international visitors from Pakistan June 1 at On Point Salon! The State Department has an International Visitor Leadership program which works with a nonprofit in DSM—the Iowa International Center. We were invited to meet with the delegation focusing on *Drivers of Economy: Strengthening Women Entrepreneurs* during their stop in Iowa on their three-week trip through the US. We shared about our organization and opportunities we provide to network and support women-owned businesses.



*It was my pleasure to meet you all beautiful inspiring ladies. I hope to connect with you and exchange good information.*

*All the best and keep doing good work for the society and businesses.*

*Love.*

*Maleeha S. Sameeni*



## Campaign Event

West Des Moines Charter Chapter presented *A Night of Crime and Chaos in the Caribbean* Murder Mystery on June 3 at F & O's. This was a campaign fundraising event for Kathy Schooley, approved candidate for National Secretary/Treasurer of the American Business Women's Association.

Bottom: (top) Lilly, Tom & Ava Dunn, Sam Svochak; (bottom): guest, Sarah Walker



**Recognition** —The Kansas city Area Council recognized Erin Lego (center) as WDM Chapter Woman of the Year, and Kathy McBride (right) received a thank you gift for her service to the District on the National Board of Directors as 2022-2023 District III Vice President. Pictured with Cheryl Blair, ABWA National President.



DISCOVER  
*Your story*  
IN ABWA

AMERICAN BUSINESS WOMEN'S ASSOCIATION

NATIONAL WOMEN'S  
LEADERSHIP CONFERENCE  
OCTOBER 4-7, 2023  
Chattanooga, TN

Call the ABWA National office today to register for the 2023 National Women's Leadership Conference, October 4 - 7, 2023. You are still able to register for the four-part payment plan. The first payment of \$147.25 starts June 15.

1-800-228-0007 or you can register in the ABWA online store  
[www.abwa.org](http://www.abwa.org)

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