

FROM THE PRESIDENT

Happy Month of Love! 💕

Here we are in the second month of the year, also the shortest month. And yet, sometimes it feels like the longest, especially with the cold! February marks the forward momentum of the seasonal procession and reminds us that spring is on its way. 🌸



We had a fantastic session learning all about **Canva!** Brooklin did an amazing job instructing us, and I hope everyone discovered (or rediscovered) their design capabilities. Below is an example. Have you had a chance to create another piece since our meeting?

We also held our business meeting, and the following items were discussed and approved:

- 💰 **The 2025–26 Budget** was approved
- 💰 **Scholarships:** \$10,000 will be distributed again this year

Looking ahead, **January 28** is *The Anti-Revolution Reset: A New Way to Begin the Year* with **Krysta Pogge**. You can register through the EWI website. Speaking from her experience, she is amazing, you won't want to miss it!

February is Heart Health Month, the perfect time to focus on your well-being. Don't forget to sign up for our February meeting on healthy living! 💕

Wishing you all a warm and wonderful February. 💕

Deb Longseth
President, EWI of Des Moines
Representing Syverson Strege

RESERVATION FORM

Firm: _____

Representatives: _____

Guests: _____

MONTHLY PROGRAM

Friendly Reminders: Please register for the meeting, even if you pay annually or quarterly, so we know the number of attendees for the catering order. Don't forget to wear your EWI name badge to our meeting!

Monday, February 2

Location: Delta Dental
9000 Northpark Drive
Johnston IA 50131

Program: Healthy You – 515 Wellness/Jenny Myers. Jenny Myers is a Board-Certified Women's Health Nurse Practitioner and will explain the benefits of red-light therapy, hydration and hormone replacement.

Dinner: Great Caterers of Iowa – Chicken Spiedini, green beans, mixed salad and bars for dessert.

Des Moines EWI Meeting January 5, 2026 Learning to navigate Canva at Syverson Stregé



EWI Des Moines
Committee Chairs
2025-2026



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Deb Longseth

Vice President (Officer)

Robin Taylor

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Beth Kneeskern

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**Sergeant-At-Arms/
Membership (Director)**

Christine Healy

Programs (Director)

Robin Taylor

Marla Wylie

**Marketing &
Communications (Director)**

Mary Ann Moore

Fundraising (Director)

Marla Wylie

Scholarship Selection/ASIST

Committee Co-Chairs:

Christine Healy

Kim Fankhauser

Kelly Betts

3 non-EWI participants

Hospitality/Lunch Bunch

Committee Chair:

Gloria Criswell

Philanthropy

Committee Chair:

Kelly Betts

B/C/DP Investments

Committee Chair:

Chris Harvey

Parliamentarian

Michelle Cook

Advisor

Robin Taylor

Budget

Deb Longseth

Robin Taylor

Strategic Plan

Chris Harvey

Deb Longseth

Robin Taylor

**Advisory Council
(Past 6 Years)**

Kelly Betts

Chris Harvey

Barb Hobson

Deb Longseth

Robin Taylor

President, EWI Corporate

Vicki Chapman



Our deepest condolences to Christine Healy and her family as they mourn the passing of Christine's mother, Judith Ann Andrews, of Eldora, IA.

A Celebration of Life will be held in Eldora on Saturday, April 11, at St. Mary's Catholic Church.

<https://www.iowacremation.com/obituary/2026/Jan/Judith-Ann-Andrews>



Gina Jameson **TrueNorth Companies**

How long have you been a part of TrueNorth Companies?

One year on March 3, 2026.

Who is your mentor(s) at TrueNorth Companies?

Our mentors are called Navigators, and they are with you for your first year.

What have you learned about yourself in your professional life?

I am very organized and enjoy the details of projects.

What motivated you to join EWI?

Chris Harvey told me about it and invited me to a meeting. I thought it would be a great way to meet other professional women in the Des Moines area.

What is your favorite vacation destination?

My favorite vacation spot so far is Riviera Maya, Mexico. The sunrises, sunsets and the beach are amazing.

What is your favorite season?

My favorite season is fall. I love all the colors and being able to layer clothes.

What is your favorite sound?

My favorite sound is the waves coming in on the beach. It is very relaxing to me.

What is your favorite type of movie?

My favorite movie type is romantic comedy, I could watch *When Harry Met Sally* and *Sleepless in Seattle* again and again.

What one thing would people find surprising about you?

I prefer one on one conversations with people. I usually say much less in a group setting.





MISSION

Executive Women International brings together key individuals from diverse businesses for the purpose of; promoting member firms, enhancing personal and professional development, and encouraging community involvement.

VISION

To enhance professional growth and development within a diverse group of women while empowering them to make a difference as they inspire others.

VALUES

Integrity Excellence Respect Collaboration

Member Firms:

- ~Catch Des Moines
- ~Delta Dental of Iowa
- ~Hubbell Realty Company
- ~Iowa Realty
- ~Iowa State Fair Blue Ribbon Foundation
- ~KPMG LLP
- ~Meredith Family Offices
- ~Shazam
- ~Syverson Strege
- ~The Printer Inc. (TPI)
- ~TrueNorth Companies
- ~Waldinger Corp.
- ~Velera



2025-2026 CORPORATE BOARD OF DIRECTORS

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vchapman@swbc.com

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jenniferclark@dallashearingflundation.org

Advisor – Kathy Scott, Balls Food Stores, Inc., EWI of Kansas City,
35Director@ballsfoods.com



2026 Emerging Executive Women Program

Hello EWI members:

The corporate board is pleased to offer the Emerging Executive Women program again for 2026!

Here's what a couple of our 2025 winners had to say about the program and their experiences:

Tia Scott (EWI of Harrisburg) sees the award as a catalyst for personal transformation, explaining:

"I'm truly honored to be selected as one of the 2025 Emerging Executive Women program winners. I will be using the funds to deepen my own coaching journey — investing in transformational innerwork that will enable me to develop powerful, actionable strategies for success. This investment will not only help me continue to grow personally but will also amplify the success of my clients, creating ripple effects across the communities I serve."

Molly Murphy (EWI of Omaha) shared how this opportunity will directly impact her educational goals and career advancement:

"With the help of this grant and the leadership coaching that accompanies it, I will have the tools and support needed to finally take the plunge and invest in myself by pursuing a Master's in Legal Studies. This degree will allow me to assist our HR team in navigating complex legal challenges while broadening my overall impact as a leader within our company. I'm excited to embark on this next chapter and grateful for the support that makes it possible."

The program is launching today, and winners will be announced in April. The links to the program guidelines and the application are listed below.

If you have any questions, please contact the Growth and Engagement Director, Lesley Cornathan at lcornathan@columbusconventions.com or 614-827-2661.

CLICK HERE for Program Guidelines and
Application

Birthdays



February 16 – Mary Ann Moore
February 23 – Debra Lyons



Lunch Bunch
Wednesday, February 18
Urban Cellar
640 South 50th Street
West Des Moines

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President

Deb Longseth
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dlongseth@onlyworkforyou.com

Vice President

Robin Taylor
Iowa State Fair Blue Ribbon Foundation
robin@blueribbonfoundation.org

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Catch Des Moines
maryann@catchdesmoines.com

Program Director

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Iowa State Fair Blue Ribbon Foundation
robin@blueribbonfoundation.org

Fundraising Director

Marla Wylie
Delta Dental of Iowa
mwylie@deltadentalia.com

2026 LUNCH BUNCH



Beginning in 2026, Lunch Bunch will be held the third Wednesday of each month.

<u>Restaurant</u>	<u>Address</u>	<u>Date</u>
Star Bar	2811 Ingersoll Avenue Des Moines	Wednesday, January 21
Urban Cellar	640 South 50th Street West Des Moines	Wednesday, February 18
Machine Shed	11151 Hickman Road Urbandale	Wednesday, March 18
Ted's Coney Island	3020 Ingersoll Avenue Des Moines	Wednesday, April 15
Gilroy's	1238 8th Street West Des Moines	Wednesday, May 20
Jethro's BBQ 'N Bacon Bacon	1480 22nd Street West Des Moines	Wednesday, June 17
Cosi Cucina	1975 NW 86th Street Clive	Wednesday, July 15
Noah's Ark	2400 Ingersoll Avenue Des Moines	Wednesday, August 19
The Tavern Valley Junction	205 5th Street West Des Moines	Wednesday, September 16
Gateway Market	2002 Woodland Avenue Des Moines	Wednesday, October 21
Cooper's on 5th Valley Junction	227 5th Street West Des Moines	Wednesday, November 18
HiFi Brew Lounge	103 South 11th Street West Des Moines	Wednesday, December 16