



## February 2009 YPIowa Newsletter

**The official e-newsletter of the Young Professionals of Iowa.** Our mission is simple "To help young professionals in Iowa take responsibility for the growth of their communities to ensure the long term advancement of the State of Iowa." Please visit [www.ypiowa.com](http://www.ypiowa.com) for the latest YP news and events throughout Iowa.

Please forward this information to anyone that might be interested. [You may subscribe to future issues by clicking here.](#) If you would like to unsubscribe, please reply to this message.

Join these YPIowa networks: [Facebook](#), [MySpace](#), [LinkedIn](#), [Generation Iowa](#)

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## YP Day at the Capitol

February 23, 2009 - RSVP today

You are invited to join young professionals from around Iowa at the 3rd Annual YP Day at the Capitol on Monday, February 23, 2009.

[Click here to RSVP today.](#)

The agenda for the day will include:

- **9:30am** Setup and Community Showcase in East Rotunda (please contact [Jessica Palmer](#) to reserve a table)
- **10:00am** "Engaging YPs in Your Community" City Officials Forum presented by the League of Cities (Room 305)
- **11:30am** Luncheon: Legislative Interactive / Generation Iowa Commission (Room 116)
- **1:00pm** Flood Recovery: RIO Advisory Chair General Ron Dardis and RIO Chief of Staff Emily Hajek
- **2:00pm** Meeting with Legislators



- **4:00pm** Social/networking event - RDG Planning & Design (301 Grand Avenue, Des Moines)

What issues are important to you in 2009? [Click here to view the YPIowa Forum](#) and discuss the issues.

[Please click here for ways of how you can get involved.](#) Contact your legislators and get information on the issues at [www.iowaprospersityproject.org](http://www.iowaprospersityproject.org).

## Live Healthy Iowa YP Challenge

18 teams, 143 participants compete

As of Monday, February 2, 2009 a total of 325 pounds have been lost during more than 895 hours of activity logged.

It is not too late to sign up a team. Visit the [YPIowa website for more information](#).

### "Build a Better Breakfast"

By Heather Morgan Shott, for BHG.com

You'll feel better and more energetic than ever with these perfectly balanced no-recipe meal ideas.

For a breakfast that will keep you energetic all morning long, try a mix of:

- Quality Proteins: The protein in foods such as eggs, nuts, and smoked salmon makes breakfast stick to the ribs longer.
- Healthful Fats: People who eat a breakfast that contains a small amount of fat, like that found in low-fat milk, usually eat less overall throughout the day.
- Complex Carbs: The fiber and nutrients from whole grains, fruits, and vegetables help you lower cholesterol and maintain a healthy weight.

[Click here](#) for examples of a "Better Breakfast."

## YPIowa Board Meeting

Saturday, February 7

The [2009 YPIowa Board of Directors](#) will have their first quarter meeting on Saturday, February 7th in Ames.

A regular business meeting will be conducted followed by a strategic planning session.

If you are interested in serving on a committee or learning more about getting involved in YPIowa activities, please contact a YPIowa Board member or contact us at [info@ypiowa.com](mailto:info@ypiowa.com).



## Consider Iowa Funds Professional Events In Spring 2009

Through [Project Network](#), a program created by Consider Iowa<sup>SM</sup>, eleven deserving organizations will host funded professional networking events to interact with area college students in the spring of 2009. Scheduled host groups include:

Ames	Marshalltown
Ankeny	Muscatine
Cedar Rapids	Quad Cities
Cedar Valley	Sioux City
Dubuque	Webster City
Keokuk	

CONSIDER  
IOWA<sup>SM</sup>

## 6th Annual YPIowa Conference

Save the Date: September 18, 2009

The [Young Professionals Connection of Des Moines](#) is honored to host the 6<sup>th</sup> Annual YPIowa Conference! This year's theme will be "**Professional 'Capitol' for the 21<sup>st</sup> Century**". The two day event will be held at the [Des Moines Marriott Downtown](#).

Feel free to [follow along on Twitter](#) as we share updates and announce speakers.

More details coming soon!



## Webster City Chillympics

[Webster City H.Y.P.E.](#) (Helping Young People Engage) is "HYPED" about the upcoming 2<sup>nd</sup> Annual Chillympics on Saturday, February 21<sup>st</sup> in Webster City at the Briggs Woods Golf Course.

The weekend will kick-off with Opening Ceremonies Friday night, February 20<sup>th</sup> at 7:00 at the Seneca Street Saloon for a Rock-Paper-Scissors Tourney with prizes and FREE pizza for participants. Come and plan your strategies and meet the competition! Then Saturday morning will begin with an adventurous "Freeze Your Fanny 5K Run/Walk" with registration at 7:30 and race begins at 8:00 a.m. Get ready to literally go over the river and through the woods in the snow in this one of a kind race (Separate Event).

The main events for the Chillympics will get underway at 10:00 a.m. (Registration at 9:30 a.m.) where 4 person teams will compete in 5 events plus an optional bonus event. Cumulative score of all events will name the 2009 Webster City Chillympics Champs. The teams will compete in Frozen Turkey Bowling, Sledding Relay Race, Winter Bean Bags, Longest Sled Shot and a Snow Dodge Ball Tourney! The bonus event is the Polar Plunge!

(Optional) A separate 6 person Co-ed Snow Volleyball Tournament will follow the Chillympics starting at 2:00 p.



m. There will also be free kids activities for children of all ages starting at 10 a.m.

We invite any Iowa Young Professional groups to put a team together and come for any or all of the fun of this year's 2<sup>nd</sup> Annual WC HYPE Chillympics! For more information or questions e-mail [wchype@gmail.com](mailto:wchype@gmail.com) or call Tyler Abens at (515) 297-0755. Hope to see you there!

## Business Horizons 2009

### Seeking Student Nominations

[Business Horizons \(BH\)](#) is a week-long experience, sponsored by the [Iowa Association of Business and Industry Foundation](#). BH will be held at [Simpson College](#) in Indianola, Iowa (12 miles south of Des Moines), **July 26-31, 2009**. [Click here to nominate a student today](#).

This unique program gives students an opportunity to gain an understanding of **economics**, the **free enterprise system**, **entrepreneurship**, and a wide variety of careers while working in a team environment, developing a product from junk and duct tape (creative types love this part), running a mock business, developing a **marketing plan** (including a TV infomercial) and presenting that plan to potential investors. It is also about improving **leadership skills**, **personal development**, living on a college campus, meeting new friends from across the state and having a **BLAST!**



Students will discover their talents and find out why those talents are essential in today's workplace. They will learn how to work in a team with a lot of diverse personalities. They will discover career options they never knew existed. They may even find, or change, their future direction. Many [Business Horizons alumni](#) call it the best week of their summer.

Each student accepted will receive a scholarship (a \$750 value) provided by an Iowa business, organization, or individual to pay for most of the cost of delivering the Business Horizons program. **Students pay only \$250** (if received by May 15), which covers all meals, housing, conference materials and activities. After April 17 the registrations fee is still only \$300. If a student is an excellent candidate but unable to pay the registration fee, please contact us at the [ABI Foundation](#).

Application procedures are listed on the brochure. **The deadline for applications is May 15 for priority consideration**. Students will be accepted after this date if space is available.

## ABI Events

### You are invited!

The [Iowa Association of Business and Industry](#) created a series of events out of our members' desire to hear best practices in challenging areas of their business. Solutions Tours showcase ABI member companies doing an exceptional job in solving operation challenges. The format typically includes three to four panelists and a moderator. The moderator serves as the "resident expert" and keeps the conversation flowing. Most panelists are tacticians in their respective area of expertise, however we have included "experts" on the panels as well.

Solutions Tours are open to all Iowa business people, regardless of ABI membership status. Anyone interested in the topic at hand is welcome. We also encourage "experts" within those disciplines to attend as they provide incredible, often solicited insight on these issues. Bottom line – everyone is welcome!

## February

*Sustaining Lean... Tips & Tactics*

[\*Cedar Falls \(4th\), Pella \(11th\), Mason City \(18th\),\*](#)

[\*Fairfield \(25th\)\*](#)

## March

[\*2009 Workers' Compensation Seminar\*](#)

Of course the first objective of every safety & risk management team is to avoid workers' compensation claims. This seminar will showcase best practices in creating a safe and productive workforce. However, we all know claims can't always be avoided. This seminar will also provide guidance on effectively managing your claims.

[\*ABI Day on the Hill\*](#)

## June

[\*106th Annual ABI Convention\*](#)



## Generation Iowa Commission

### February 2009 Newsletter

[Click here to view the February 2009 Generation Iowa newsletter.](#)

Trying to find a valuable college internship or job after you graduate?

Looking for fun things to do?

Want to rant or rave about living in Iowa?

*GenerationIowa.com* is your one-stop shop for everything young Iowa. The site is by young Iowans for young Iowans.



- Find [links to Iowa careers.](#)
- Check out links to [events](#), [festivals](#), [nightlife](#), [young professional groups](#) and more.
- Get a step ahead in your career. Make a straight [connection to Iowa companies.](#)
- [Connect with young professionals](#) find out how they landed their dream job in Iowa.
- Have something to say about your experiences living and working in Iowa? [Submit articles](#), post photos and [link to an events calendar.](#)
- Personalize your own virtual cubicle.

The Web site is sponsored by the [Generation Iowa Commission](#), the [Iowa Careers Consortium](#) and the [Iowa Department of Economic Development](#).

## 2009 Young Professionals Summit

March 5, 2009 - Omaha, NE

The annual Young Professionals Summit provides an opportunity for young professionals, community and business leaders to come together in an open learning environment to discuss how to bridge generational leaders

and community issues affecting Greater Omaha's young professionals. Anyone interested in creating an exciting community for young professionals to live, work and play should attend. Attendees will participate in breakout sessions and interactive discovery activities, learn about opportunities to get involved in the community and hear from keynote speaker, Malcolm Gladwell, writer for the New Yorker magazine, and bestselling author of *Tipping Point*, *Blink* and newly released *Outliers*. The keynote speaker is made possible through a grant from the [Peter Kiewit Foundation](#). Cost to attend is \$89 per person. View the [Summit agenda](#). To learn more about the Summit and sponsorship opportunities visit [www.OmahaYoungProfessionals.org](http://www.OmahaYoungProfessionals.org) or contact [Kirsten Case-Penrod](#) at (402) 978-7945.

## Money Smart Week Events Bring Network Opportunities

April 19-25, 2009 in Des Moines, Cedar Rapids and Quad Cities

You'll have great chances for networking at the major events during [Money Smart Week Iowa 2009](#). Make plans to attend one of the free events in Des Moines, Quad Cities, or Cedar Rapids.

Thursday, April 17 is the kickoff breakfast at the CASI center in Davenport. The networking breakfast begins at 8:30 am, and will be followed by a short economic forecast at approximately 10:30. Wade Rousse, economist for the Federal Reserve Bank of Chicago, will provide expert insights on how to weather today's economy.



About noon, the public is invited to a financial fitness fair, which will include a variety of financial institutions and others who have educational information to share about saving, investing, borrowing, insurance, and more.

Saturday, April 18, you can register to attend the Money Smart Women Conference, "Tighten Your Belt Without Feeling the Pinch." It will start at 8 a.m. at Drake University. You'll have an opportunity to network during continental breakfast and hear experts on a variety of financial topics, including saving, investing, and credit. The first 200 can register free at [www.WomenandMoneyConference.com](http://www.WomenandMoneyConference.com).

Those interested in what Iowa organizations are doing for financial education might want to take part in discussions at the Financial Forum, hosted by Iowa JumpStart. This event is Monday, April 20 at Drake University and begins at 9. Check [www.moneysmartweek.org/iowa](http://www.moneysmartweek.org/iowa) for event time and registration. In Cedar Rapids, be one of the first 200 to register free for the Money Smart conference, "Recover. Rebuild. Prosper." It will begin at 8:00 a.m. at Kirkwood Community College. Topics will cover how to build a nest egg, learning to invest, reading your credit report, and more. Register at [www.WomenandMoneyConference.com](http://www.WomenandMoneyConference.com).

During the week, about 100 partners in the Des Moines, Quad Cities and the Cedar Rapids/Iowa City corridor will also host a variety of smaller events on many financial topics. You can see a calendar with times and locations at [www.moneysmartweek.org](http://www.moneysmartweek.org).

For more information on any Money Smart Week event or if you wish to become a sponsor, contact Joanne at (515) 991-5632.

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