

20:05:27 From Nedra Conrad : Nedra Conrad, Fort Dodge

20:05:30 From Jan Norris : Jan Norris, Red Oak - Montgomery County

20:05:30 From Brenda Case : Brenda from Ottumwa

20:05:32 From Rebecca Jeffers : Rebecca Humboldt

20:05:33 From Paige Ryan : Paige from Cedar Rapids

20:05:36 From Gwynedd Vetter-Drusch : Gwynedd (Manson/New York City)

20:05:36 From Mary Weaver : Mary, Rippey farm

20:05:37 From Kate Hogg : Cedar Rapids

20:05:45 From Janice Harbaugh : JJanice Harbaugh Jefferson, Iowa

20:05:53 From Nicole Loew : Nicole, Chariton

20:05:59 From Eileen Beran : Eileen from Kalona

20:06:21 From Peggy Murphy : Peggy from Fort dodge

20:06:34 From Nicole Loew : Apologies for no camera, I'm trying to multitask and put a toddler to bed

20:07:12 From Rebecca Jeffers : Bring more joy into my life

20:07:26 From Jan Norris : I like to run for county supervisor

20:07:28 From Gwynedd Vetter-Drusch : create community

20:07:37 From Brenda Case : I feel very bold in being the first woman to run for mayor of Ottumwa since 1981. I want to do it with less fear, self consciousness

20:07:55 From Gwynedd Vetter-Drusch : Go BRENDA!

20:08:16 From Mary Jo Schmerr : information

20:08:25 From Mary Weaver : I want to be braver

20:08:27 From Nicole Loew : Stepping into Leveraging my experience of running for senate and my PhD in nursing to find my next steps to improve rural women's health via policy change

20:09:00 From Kate Hogg : I was curious! I am in formation to be a deacon and working on using my prophetic voice.

20:09:48 From Peggy Murphy : Curious.

20:20:39 From Paige Ryan : yes

20:20:41 From Mary Weaver : yes

20:20:41 From Jan Norris : yes '

20:20:41 From Brenda Case : yes

20:20:43 From Nedra Conrad : yes

20:20:45 From Gwynedd Vetter-Drusch : yes

20:20:55 From Rebecca Jeffers : Yes

20:20:56 From Kate Hogg : Yep

20:22:17 From Nedra Conrad : Judge

20:22:23 From Gwynedd Vetter-Drusch : stickler

20:22:25 From Rebecca Jeffers : The pleaser

20:22:32 From Brenda Case : Judge, and stikler to a lesser extent

20:22:34 From Paige Ryan : all of them :)

20:22:34 From Jan Norris : all of the abouve

20:22:51 From Kate Hogg : Judge. Pleaser.

20:22:53 From Nicole Loew : Judge, stickler

20:23:05 From Jan Norris : Stickler

20:25:43 From Mary Weaver : I was held back.

20:26:07 From Nedra Conrad : You don't matter

20:26:21 From Nicole Loew : You're not qualified

20:26:37 From Brenda Case : Suck in your stomach!

20:26:52 From Gwynedd Vetter-Drusch : "you are not an expert in this... you're likely going to mess it up"

20:27:03 From Jan Norris : Lack of confidence of how I would sound

20:29:45 From Nedra Conrad : Told me I speak dribble.

20:29:58 From Brenda Case : I felt it in my body, my back tensed up, my mind fogged...

20:30:04 From Gwynedd Vetter-Drusch : stopped me from going after jobs I felt I could be good at / made me accept less pay than I was worth

20:30:17 From Jan Norris : Stems from childhood of mother telling me to be seen & not heard and her example of being subordinate

20:30:50 From Mary Weaver : Reacted to "Stems from childhoo..." with 

20:31:21 From Mary Weaver : BE A GOOD GIRL. when I went out the door

20:34:09 From Nedra Conrad : You can do it!

20:34:11 From Peggy Murphy : you can take your time

20:34:14 From Rebecca Jeffers : You are worthy of anything you desire.

20:34:31 From Brenda Case : That's not real, it's not important. Speak your piece, you have great stuff to share.

20:35:06 From Gwynedd Vetter-Drusch : I like: "Your DESIRE to be here is enough." So, maybe something like... "You DESIRE to be here here (here meaning asking for a raise or going after the job I wanted), so that is enough to begin... if you need to acquire more skills to negotiate better pay, you can get those skills.."

20:35:23 From Jan Norris : make a decision then MAKE it the right decision

20:35:58 From Gwynedd Vetter-Drusch : Reacted to "You are worthy of an..." with 

20:36:05 From Gwynedd Vetter-Drusch : Reacted to "you can take your ti..." with 

20:36:13 From Gwynedd Vetter-Drusch : Reacted to "make a decision then..." with 

20:36:21 From Gwynedd Vetter-Drusch : Reacted to "That's not real, it'..." with 

20:38:22 From Nedra Conrad : yes

20:38:24 From Peggy Murphy : yes

20:38:25 From Mary Weaver : yes

20:38:26 From Paige Ryan : yes

20:38:27 From Brenda Case : yes

20:38:28 From Rebecca Jeffers : Yes

20:42:43 From Mary Weaver : improved public speaking. feeling comfortable in doing it.

20:43:03 From Brenda Case : I want to shift my town's attitude more toward positivity, to help our happiness, and our longevity... by leading them as the mayor

20:43:44 From Jan Norris : Status Quo isn't serving us - we need someone with courage - I guess that should be me

20:43:49 From Nedra Conrad : encourage and inform women so they are more informed

20:44:09 From Mary Weaver : Reacted to "encourage and inform..." with 

20:44:24 From Mary Weaver : Reacted to "Status Quo isn't ser..." with 

20:44:31 From Mary Weaver : Reacted to "I want to shift my t..." with 

20:45:43 From Mary Weaver : find a toastmaster's support group!

20:45:51 From Gwynedd Vetter-Drusch : Reacted to "find a toastmaster's..." with 

20:46:02 From Nedra Conrad : get topical speakers for our monthly women's group

20:46:14 From Mary Weaver : Reacted to "get topical speakers..." with 

20:46:32 From Jan Norris : Write my campaign announcement to give at our county picnic in September

20:46:43 From Mary Weaver : Reacted to "Write my campaign an..." with 

20:46:51 From Brenda Case : I want to get a few outfits that flatter me, but hide my belly so I don't have to think about it.

20:47:06 From Gwynedd Vetter-Drusch : Reacted to "I want to get a few ..." with 

20:47:06 From Brenda Case : Reacted to "Write my campaign an..." with 

20:47:06 From Jan Norris : I've been dreaming about it - sleepless nights

20:47:23 From Gwynedd Vetter-Drusch : Reacted to "I've been dreaming a..." with 

20:47:27 From Janice Harbaugh : Connect with a person I'm hesitant to contact

20:47:29 From Mary Weaver : Reacted to "Connect with a perso..." with 

20:47:39 From Gwynedd Vetter-Drusch : Reacted to "Connect with a perso..." with 👍

20:49:29 From Jan Norris : Teddy Roosevelt's quote - man in the arena!

20:49:34 From Gwynedd Vetter-Drusch : Reacted to "Teddy Roosevelt's qu..." with 👍

20:49:59 From Nicole Loew : Thank you, have to hop off for big kid bed time. I am going to send a couple emails tomorrow 😊

20:50:02 From Rebecca Jeffers : Thank you for doing this tonight.

20:50:03 From Jan Norris : ye

20:50:09 From Brenda Case : me!

20:50:10 From Gwynedd Vetter-Drusch : Jan and Brenda are!!!

20:50:17 From Nedra Conrad : YEAH!

20:50:27 From Brenda Case : Reacted to "Thank you for doing ..." with ❤️

20:51:16 From Jan Norris : I have a quote from Emmet Fox on my desk "Do it trembling if you must, but DO IT!"

20:54:42 From Jan Norris : I organized a postcard party for Catelyn - 400 postcards sent

20:54:57 From Kate Hogg : Reacted to "I organized a postca..." with ❤️

20:55:18 From Jo Vetter : joavetter@gmail.com

20:56:16 From Brenda Case : Reacted to "I have a quote from ..." with ❤️

20:56:55 From Jo Vetter : Reacted to "I organized a postca..." with ❤️

20:57:09 From Jo Vetter : Reacted to "I have a quote from ..." with ❤️

20:58:02 From Jan Norris : Why does a bar of soap commercial have truth in advertising laws, but not in campaigns - THEY CAN SAY ANYTHING!

20:59:10 From Gwynedd Vetter-Drusch : Reacted to "Why does a bar of so..." with 😊

20:59:19 From Gwynedd Vetter-Drusch : I'm curious... how can we keep up with Jan and Brenda (and anyone else who's running for an office)? To support them?

20:59:45 From Gwynedd Vetter-Drusch : Reacted to "I organized a postca..." with ❤️

21:00:11 From Jan Norris : jan.norris2@gmail.com - My race is still 15 months away!

21:00:19

From Gwynedd Vetter-Drusch : Reacted to "jan.norris2@gmail.co..." with 👍