

NEXT MEETING: THURSDAY, SEPTEMBER 17

Chicago Speakeasy

1520 Euclid Avenue
Des Moines

[The RSVP deadline has passed.]

Agenda

5:30 Social hour
6:00 Dinner
6:45 Business/announcements
7:00 Speaker

Menu

Chicago Speakeasy's famous salad bar (including sweet and savory treats); your choice of top sirloin, fried chicken, orange roughy or fettucine alfredo; and non-alcoholic beverages. (Other beverages may be purchased separately.)

Member fee: \$25



Guest Speaker

State Representative Linda Upmeyer (R), originally scheduled to speak to us at Chicago Speakeasy, has been called to resolve an urgent issue with her constituency. In her place, **Dr. Lindsey Calvert** will speak to us about the myths and benefits of chiropractic medicine and acupuncture. Dr. Calvert is an MWN member along with her mother, Carol Calvert, and recently purchased her clinic in West Des Moines (see her ad on page 5).

Learn more about Dr. Calvert in the "Do You Know?" column on page 5 and on our Web site!



SAVE THE DATE!

Oct. 15:

Maverick Grill
3825 121st Street, Urbandale



Choose grilled pork chop, grilled salmon or bruschetta pasta. More details to come! RSVP via Evite or to rsvp@mwniowa.org.

Dec. 3: Holiday Social

If you'd like to sponsor/donate a door prize for an upcoming meeting, contact Beth Grabau at greta@isualum.com or (515) 993-3240.

GUEST POLICY

Invite and encourage your guests to join MWN today! Guests may attend two meetings in a 12-month period at the member rate of \$25. Any additional programs attended during that period will be \$35. Annual dues cover a period of 12 months from your sign-up/renewal date. Make new friends and build a strong professional network!

LETTER FROM THE PRESIDENT



The State Fair has packed up for another year, the kids are back in school, the pools are closed and the leaves are beginning to turn. I hope you all had a spectacular summer!

September is National Preparedness Month, a time for us to take important steps to prepare for emergencies. Following are some tips for preparing in the event of disaster.

You may need to survive on your own after a disaster. This means having your own food, water and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days.

Basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days, or even a week or longer. Or, you may have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you need.

Begin with a kit of emergency supplies including water, food, a flashlight and a first aid kit. Make a plan for your family in an emergency, including how to stay in touch, shelter in place or evacuate. Know about possible threats at home and in the work place and how to respond. Get involved to help your community prepare.

September's birthstone is the sapphire. The meaning is clear thinking, and the flower is the forget-me-not. Absolutely appropriate for the remembrance of those lives who were lost Sept. 11, 2001.

It's not too early to begin thinking about next year's steering committee. Wouldn't you like to be a part of the planning and decision-making for Metro Women's Network?

See you Thursday at Chicago Speakeasy,

-Mindi O'Kane

2009 Steering Committee

President: Mindi O'Kane
Vice President: Becky Patton-Quigley
Treasurer: Sherri Johnson
Secretary: Didi Loynachan
Programs: Beth Grabau
Past President: Michelle Patrick
Newsletter/Web Editor: Pamela Henkel
At-Large: Theresa White, Nichole VanHorn

• Laurie Briggs-Leeper	September 10	Theresa White	October 3
• Holly Jordan	September 18	Kelly Pond	October 8
• Casey Polk	September 21	Becky Patton-Quigley	October 9
• Didi Loynachan	September 23	Callista Gould	October 11
• Paulette Anderson	September 27	Janet Seeberger	October 14
• Pamela Henkel	September 30	Carolann Fairchild	October 21
• Rhonda Gould	September 30	Beth Grabau	October 22
• Beth VanZee	October 2	Terrie Kohl	October 26
• Randi Martinez	October 2	Monica Moore	October 28
• Pat Civitate	October 3		





STEERING COMMITTEE MINUTES

The steering committee meeting was held at 4124 11th Street, Des Moines, Iowa. Attending were Mindi O’Kane, Sherri Johnson, Pamela Henkel and Theresa White.

President Mindi O’Kane called the meeting to order at 5:55 p.m.

Secretary

The August meeting minutes were reviewed. Sherri motioned to approve the minutes and Mindi seconded. Thank-you notes were sent to last month’s guest and speaker by Theresa White.

Treasurer

Sherri Johnson reported the bank balance is \$1,260.94. The opportunity grants have both been paid. We will hear from the recipients at the next available meeting they attend.

Programs

The October dinner meeting will be at Maverick Grill, Urbandale, where we will award the Woman of the Year honor. The steering committee reviewed the nominations that were submitted and choose three for consideration:

- Jacqueline Easley, Mercy Medical Center
- Judy Winkelpleck, Civic Center
- Rowena Crosbie, Tero International

The profiles for each candidate will be e-mailed to committee members; votes must be returned by the end of the day Sept. 15, 2009.

We need to choose a charity for the holiday social. We will discuss this at a November steering committee meeting, so we need nominations soon. The meeting time will be discussed at the October steering committee meeting.

Newsletter/Web Site

The Web site has a wonderful new facelift. In appreciation for the dedication and hard work on this, the steering committee has given Pamela Henkel a free one-year membership in MWN. It is a very professional site.

Old Business

None.

New Business

Steering committee elections will be coming soon. Current members are encouraged to mention their position and responsibilities during the introductions at future dinner meetings so members might see a possible application of their talents in our organization.

Next meeting: The next steering committee meeting will be Oct. 1, 2009, at 5:30 p.m. at The Continental, 428 E. Locust Street, Des Moines.

Sherri motioned to adjourn at 6:30 p.m., seconded by Pamela and passed unanimously.

Minutes submitted by Theresa White, at-large representative.

STONE GENERATES EXCITEMENT ABOUT KIWANIS MIRACLE LEAGUE

Carol Stone joined Metro Women's Network Aug. 20 at Famous Dave's BBQ, where she spoke about the Kiwanis Miracle League and baseball diamond designed for special needs children. The Kiwanis partnered with the Iowa Cubs and Greater Des Moines Leadership class of 2007-2008 to create the "field of dreams" across from Principal Park in time for the fall 2009 season. To learn more, go to <http://www.kiwanismiracleleague.org/>.



COUNTRY CLUB MARKET

CUSTOMIZED CATERING & CULINARY ARTS CLASSES

Chef Terrie Kohl, Instructor/Owner/Personal Chef

Relax and enjoy your family during the holidays – let me be your personal chef. I will prepare and present your scrumptious meal so you won't miss a beat with your guests – inquire soon!
I hope to see you once or twice, maybe more in my passion for food!

September Summer and Tailgating Treats

Now scheduling private group sessions!

French Bistro in Honor of Julia – Tuesday, Sept. 22, 2009

French Pork Medallions, Rib-on with Lavender and Grapes
Salad Lyonnaise and Poached Egg
Caramel Apple Crepe with Chocolate Ganache and Sea Salt
Register by Saturday, Sept. 19.

Flavors Abound – Wednesday, Sept. 23, 2009

Oven-roasted Salmon Roulade with Asparagus and Tomato Relish
Sassy Corn Chowder with Bacon and Gruyere Crouton
Roasted Pears with Creamy Agave Nectar and Goat Cheese
Register by Sunday, Sept. 20.

Easy to Entertain – Monday, Sept. 28, 2009

Tomato Vodka Spaghetti with Chicken and Cremini Mushrooms
Mediterranean Salad in an Oven Pancake
Sautéed Stone Fruit with Toasted Pine Nuts and Chevre
Register by Friday, Sept. 25.

Robusto! – Wednesday, Sept. 30, 2009

Filet Mignon with a Ragu of Port and Bacon
Portabella Risotto with Manchego Shards and Asparagus
Italian Lemon Cake with Rosemary, Golden Raisins and Chantilly Cream
Register by Sunday, Sept. 27.

Class space is limited and fills up quickly – you don't want to miss any one of these!

Demonstration classes begin promptly at 6 p.m., ending between 8 and 9 p.m. Please be on time. Class cost is \$40 per person, required in advance to secure your reservation (\$29 return check fee). Cancel at least 72 hours in advance to transfer or refund payment. Weather permitting, class may be held in or outside.

2624 NW 157th Street, Clive - (515) 987-5957 - www.countryclubmkt.com - terrie@countryclubmkt.com



DO YOU KNOW...DR. LINDSEY CALVERT?

Meet Lindsey Calvert, a new member this year who is also our September speaker!

Where were you born and raised?

I was born in Des Moines, but grew up in west Urbandale.

Tell us about your family.

I live with my "fur kids." I have a three-year-old lab/hound,

Gus, and a five-year-old cat, Sunny. I also own two Arab/saddlebreds, Shaboom and Moose, who stay at my farm during the winter. The rest of the year, they are in Milwaukee for training.

Please describe your current occupation.

I am a chiropractor in West Des Moines. I purchased my clinic just two months ago; it has been a huge learning experience so far!

What are your hobbies/personal interests?

Showing and riding horses are my top passion,

without a doubt. Nothing is more satisfying to me than spending time with my horses. They teach you so much and give unconditional love.

Read a good book or seen a good movie lately?

I admit that I am a HUGE Harry Potter fan. I have read all of the books at least twice and I love going to see all of the movies. The stories capture people of all ages.

What would none of us know about you?

I am deathly afraid of spiders!

What are you most proud of?

My riding accomplishments. I have been very lucky to have a successful show career, with amazing horses.

What is your favorite thing to do in the metro?

Eat! I love all of the new restaurants that are popping up. There is a lot of hidden talent around the city if you take the time to get away from the chain restaurants and into the locally owned spots.

What do you enjoy most about MWN?

The social aspect. Each month it forces me to take time away from work and get out to meet people.



WALK TO DEFEAT ALS

Join "Lenny's Memorial Team" with Becky Patton-Quigley, MWN vice president, and the Iowa Health System in the Walk to Defeat ALS

on Saturday, Oct. 10, 2009. Together, the Iowa Health System teams hope to raise \$20,000 in the fight against Lou Gherig's Disease. Fundraising prizes include gift certificates to Jordan Creek Town Center, Jethro's BBQ, Best Buy, Century Theatre, sports tickets and much more. Becky's team will walk in memory of her husband Lenny, who succumbed to ALS three years ago. Learn more at www.walktodefeatals.org.



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To thank you for considering our clinic, I would like to offer one COMPLIMENTARY acupuncture session when you become a chiropractic or spinal decompression patient!

Dr. Lindsey V Calvert

1701 22nd Street, Suite 105, West Des Moines
www.chirophysioclinic.com 515-224-1001

Saturday, Sept. 19: Be Inspired!

Join Silpada consultant Angie Sly at "Be Inspired," a women's night out Saturday, Sept. 19 at the Iowa Events Center. The event celebrates the launch of Be, a social networking community-focused organization just for women, and benefits the Cystic Fibrosis Foundation. Tickets are \$35 and may be purchased from Ticketmaster, Dahl's Tickets or the Iowa Events Center (or contact Angie at 515-202-0682).

WOMEN CAN MAKE A DIFFERENCE – this is an opportunity for us to gather and shine!

bewomenonline.com

be inspired!
Best of Des Moines

be connected
VIP hour - local celebrity meet & greet

be engaged
Showcase of local and national women's organizations

be empowered
World renowned inspirational speaker & high-fashion runway show

be giving
Silent Auction - benefit Cystic Fibrosis

be social
Mingle with women from all over Iowa

be entertained
Dueling pianos & female musical artists

be women
Be a part of **BE** – connecting women, changing lives & strengthening communities

be there!

**Saturday
September 19, 2009**

Iowa Events Center
6:00 pm – VIP Networking
7:00 pm – Doors Open
8:00 pm – Program

Tickets on sale July 15th!
Ticketmaster, Dahl's & Iowa Events Center

be. empowering me to be a stronger we

Metro Women's Network
c/o Sherri Johnson
15210 Greenbelt Dr
Urbandale, IA 50323