



NOVEMBER/DECEMBER 2011

Next meeting: Thursday, December 1

Irina's

2301 Rocklyn Drive, Urbandale
(between 69th & 70th, north side of Hickman)
331-0399

Agenda

5:30 - Social hour
6:00 - Dinner

Choices of:

*Chicken Breast stuffed with sautéed spinach, bacon, and feta cheese - seared and bake, finished with cream sauce and sautéed mixed veggies OR

*Salmon stuffed with sautéed spinach, bacon, and feta cheese, seared and baked, finished with Alfred sauce, parm cheese, w/grilled asparagus OR

*Grilled 7 oz Top Sirloin - seasoned, w/marinated veggies OR

*Vegetarian Pasta - Seasonal sautéed mixed veggies with penne pasta, herbs in a chardonnay butter sauce.

All served with tossed salad, rolls/bread, starchy side with entree, non-alcoholic beverages, and dessert (carrot cake).

Sign up by Monday, Nov 28 at
<http://mwniowa.org/calendar/>.

Member dinner fee: \$25

Next month: Membership meeting on January 19.

Remember – the member in good standing who brings the most guests will win a nice prize.

ANNUAL HOLIDAY SOCIAL AT IRINA'S



Come and “chillax” on December 1 before the holidays rev up. Enjoy a nice relaxing meal and conversation with MWN members and guests! No speaker is planned, so we can visit and share our holiday plans with each other. If it seems there is never enough time to chat, renew old friendships, and savor a delicious meal, this is the evening to do it.

Also, we engage our charity of the year during this season. The local food bank, DMARC Emergency Food Pantry, was chosen to be our recipient this time. DMARC has experienced a huge increase in requests and have an extremely difficult time keeping their shelves stocked. So, bring non-perishable food or other items (canned goods, boxed dinners, paper supplies, personal hygiene items, etc.) with you. A [list](#) of items is included at the end of the newsletter. If you prefer, simply donate a check ... they can purchase items at a discount with any money given to them.

And, Metro Women's Network will match the dollar amount donated by members (up to \$300).

Have a great holiday ... knowing you've helped others have one, too.

See you at Irina's!

Want more information about donating?

<http://www.dmreligious.org/asp/services/emergencyfoodpantries.aspx>

Remember: **January 19 is our Membership Meeting at Urbandale Country Club.** The person who brings the most guests will win a prize! Several other drawings will also be held. Mark your calendar now ... *and forward this newsletter to your friends ...* along with an invitation to join us!



LETTER FROM THE PRESIDENT

NOV/DEC 2011

Happy November to all –

November brings us Thanksgiving – with the reminder to be thankful for all the things that bless us. Sometimes those things are possessions – a roof over our heads, a meal on the table, clothes on our back, and a reliable vehicle for transportation. Those are tangible things that we see every day but sometimes forget to recognize as a blessing. Most of us count our blessings by our loved ones – both friends and family – that surround us. Let's also not forget to be thankful for good health.

Until we witness those that do NOT have these basic blessings, we don't always realize how "lucky" we are! Based on the membership vote, the MWN charity of the year for 2011/2012 is the Food Bank through DMARC. I believe this shows that MWN has membership that is thoughtful and understanding of the basic needs within our community – THANK YOU to everyone who voted!

I look forward to seeing everyone at our social event on December 1st at Irina's! We will have basket for your donations to the charity of the year. Those donations will be matched by MWN up to the treasury's allowance – a GREAT way to double the contribution!

I want to remind everyone that you have an opportunity to join the steering committee for 2012. You can let any steering committee member know of your personal interest in a position, or you can nominate someone that you believe will be an asset to this group.

I pray that everyone enjoys the "bounty" of the season and can share the holidays with friends and family!

Best regards,

-Becky Patton-Quigley

Visit our website: www.mwniowa.org

Follow Metro Women's Network on Facebook and Twitter! We look forward to your comments and suggestions. We've been networking for well over 30 years. Social networking is another way we can keep in touch and "socialize."

DID YOU MISS LAST MONTH'S SPEAKER?

NOV/DEC 2011

Woman of the Year – Dr. Aimee Beckmann-Collier



“Musical performance is a circle of communication.”



“American culture is based on the ‘I,’ the ‘me.’ Ensemble music-making emphasizes the ‘we.’”



“The whole joy of being a human being is to realize the difficulty of reaching one’s aim. The higher the aim, the greater the difficulty, and the greater our humility and our joy.” -- Nadia Boulanger



See ABC’s speech excerpts on page 7.
Click [Excerpts](#)

STEERING COMMITTEE MINUTES



1

Metro Women's Network Steering Committee Meeting Minutes

Meeting date –11/3/11 Location – Gateway Market

Members Present: Becky Patton-Quigley, Melissa Read, Connie Blodgett, Lois O'Donnell

President Becky Patton-Quigley called the meeting to order at 5:35 pm.

Secretary's Report:

Secretary's report from the last steering committee meeting was approved.

Treasure's Report:

No report.

Programs:

Connie Blodgett reported that the December Holiday Social evening will be held at Irina's on Hickman Road on Thursday, December 1st. There will be no speaker, but a full meal will be served. See the MWN website later for complete menu. The January membership meeting will be held at the Urbandale Golf and Country Club.

Public Relations Report:

Lois O'Donnell will include portions of the Woman of the Year speech in the next newsletter. Thanks go to all those who helped make the evening a success.

Old Business:

The online vote tally for our 2011 Charity resulted in the Food Bank of Iowa chosen as our charity for the 2011-2012 year. Please feel free to bring a donation of canned goods to the December social. Any donated items will be taken to the Food Bank. It is greatly encouraged that monetary donations be made as well, and Metro will match what funds are donated. This is a great opportunity to help the hungry in our community during the holidays.

New Business:

The Steering Committee discussed the make up for the Steering Committee for next year. Several members will be contacted to see if they have any interest in serving on the committee. Several current members will be changing roles on the next steering committee. Look for an announcement of the entire proposed 2012 Steering Committee in the next newsletter. The committee will be approved at the January Membership meeting.

The January meeting will be the annual membership meeting and several drawings for great door prizes will be made. Be sure to bring as many guests as you can. It could win you a great prize.

Next Meeting Date: Next full Steering Committee meeting will be at 5:30 p.m., Thursday, January 5th at Gateway Market. Please feel free to attend.

Meeting was adjourned at 6:45 pm.

Respectfully submitted by Melissa Read/Vice President and Acting Secretary

OTHER INTERESTING STUFF



NOV/DEC 2011

2012 Charity of the Year – DMARC food pantry. Remember to donate what and when you can!

More information about hunger and poverty in Iowa and Polk County:

- **351,000 Iowans** do not have enough food to eat.
- **2.3 million requests for assistance** were made at Iowa food pantries and community kitchens in 2008.
- As many as **one in five children** (20%) in Polk County **live in homes without enough food.**
- In 2009, **the number of families using the DMARC Emergency Food Pantry increased by nearly 60%**, and wholesale food costs increased by 40%.
- In 2009, the **DMARC Emergency Food Pantry assisted over 11,600 different families** (more than 30,000 people) and provided nearly **1.1 million food items**, or almost **1.5 million meals.**

2011 Steering Committee

President/Past President: Becky Patton-Quigley
Vice President, Acting Secretary: Melissa Read
Treasurer: Diana Dubuisson
Secretary: Open
Programs: Sherri Johnson, Connie Blodgett
Publicity & Newsletter: Lois O'Donnell
At-Large: Casey Polk, Janet Seeberger

Annual Dues

Thank you to all members who have renewed their annual dues! If you have not renewed and your dues are set to expire soon, we'll send you a link to renew online - or you may pay cash/check at a meeting or by mail (no cash).

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!

Members: Submit your ad or announcement to admin@mwniowa.org by the first Thursday of each month.

MEMBER AD-VANTAGES



NOV/DEC 2011

COUNTRY CLUB MARKET CUSTOMIZED CATERING & CULINARY ARTS CLASSES PERSONAL CHEF & MARKET BAKERY

2624 NW 157th St, Clive, IA 50325

515.987.5957

www.countryclubmkt.com

GIFT CERTIFICATES AVAILABLE

Do you have a group, or need a staff workshop? Now scheduling private classes & workshops... Consider a Bridal Shower with Class... Surprise Birthday Class and bring gifts and wine!

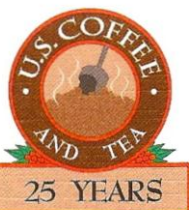
	Private Groups and Workshops	At Country Club Market	At Your Location
Demonstration Class	3 recipes	\$40-\$45 per person 8-10 +	\$55 per person 8+
*Hands-Ons Class	4 recipes	\$55+ per person 8	\$65+ per person 8+

*(Hands-On Classes held for Private Groups only)
Cost is negotiable depending on special requests.

I hope to see you once or twice, maybe more, to join me on my journey with passion for food.

Thank you! *Chef Terrie*

Class space is limited and fills up quickly, email your reservation & send payment now!



Connie Blodgett
Sales

5140 Park Avenue
Des Moines, IA 50321
Direct: (515) 243-4409x6
Fax: (515) 243-4921
CBlodgett@uscoffeeandtea.com
www.uscoffeeandtea.com
www.linkedin.com/in/connieblodgett



**Hairstyling &
Permanent Makeup**

Janet Seebarger
8820 Swanson Blvd.
Studio 115
Clive, Ia 50325

515-267-8437

Idnit Pretty
Jewelry & Accessories

Salon ZaZa
8820 Swanson Blvd. #119
Clive, IA 50325

Wanda Licona
Owner/Artisan
(678)313-4160

Appointments Available
wklicona@yahoo.com
Tues-Thrus 10-6 Fri & Sat 10-4

Food for Thought



NOV/DEC 2011

*Selected Excerpts from the Woman of the Year speech by Dr. Aimee Beckmann-Collier,
Professor of Conducting and Director of Choral Music at Drake University
(with text highlighted by the MWN editor)*

...I'm a member of the performance faculty of the (Drake) Music Department.... And, because I truly am a choral geek, I'd be happy to discuss with you the reasons why 43.5 million Americans sing in choirs.

Some things I'd like you to think about regarding music-making:

- Musical performance is a circle of communication.
 - The composer conveys his/her ideas and feelings in the form of musical notation. The composition represents his/her very best effort for the days, weeks, months, or even years that it took him/her to write the piece.
 - But once the process of composition is finished, it's out of the composer's hands. The composer has to let it go and trust that the music-makers will give voice to his/her creative work in a way that is true to the composer's intentions.
 - Music-makers are re-creative artists. ...Therefore, the performer's responsibility is huge because we must seek to understand the composer's intention, hone our skills to the degree needed to reveal that intention, and care enough to bring the music to life.
 - The circle is completed with the addition of an audience, the listeners for whom the composer and musicians went to all that effort.

The job of the composer and music-makers is not to make the audience *like* every piece. It is their job to help the listeners understand every piece and to understand something about themselves and human experience through the music.

One of my favorite things about ensemble music-making is that it's counter-cultural. Let me give you a few examples:

- American culture is based on the "I," the "me." Ensemble music-making emphasizes the "we." Members of the ensemble have to subordinate their own individual desires to the good of the group. They must be mindful of how to use their voices in concert with those of others. Without 100% presence and mind/body/spirit investment in each rehearsal, the ensemble simply can't do its work effectively. In many classes, if you are absent, either physically or mentally, nobody is hurt but you and the class may very well be able to be carried out without noticeable negative result. In an ensemble, this is simply not true. All must be present and all must work with one accord.

My personal belief, and one that underpins the Drake choral program, is that the creation and maintenance of a sense of community is one of the most important aspects of our ensembles. As my students will tell you, I see choir as a metaphor for life. And I believe that the ability to live and work in community with others, with the requisite generosity, restraint, and awareness that such a sense of community implies, is necessary for a successful life, both in choir and in all of our human interactions, in families, neighborhoods, the workplace and in the many other organizations in which life takes place.

Furthermore, in a culture that encourages looking at life from an I/me perspective, singing chorally reminds us that we are part of something much larger than ourselves. Works of art, and in particular, texted collaborative music, tell us that the world is bigger than we are.

- American culture has become passive. People spend lots of time (and money) watching others do things. But to make music is to be active. One must invest a huge amount of physical energy, to say nothing of mental and emotional effort, to produce sound and especially to do so in a way that is meaningful to listeners. And choral music requires singers to be actors as well as musicians. Facial and bodily engagement are essential in communicating with an audience.
- American culture is supremely materialistic. I like pursuing a discipline that focuses on the essence of the human experience rather than the acquisition of money and stuff. And, though I wish our society compensated those who pursue music for art's sake at a level commensurate with sports figures and those who sometimes make jillions of dollars without displaying even half the musical talent, skill, and self-discipline of many of our Drake students, I know that our work has virtually nothing to do with a materialistic mindset. It is about reaching for that part of life which, in the words of composer and teacher, Nadia Boulanger, "is the whole purpose of our existence and its only goal." Music is, then, a way to transcendence.

More Food for Thought



NOV/DEC 2011

•We live in a society that says, “I want it and I want it now.” Instant gratification manifests itself in so many forms – from now old-fashioned ways to get things done quickly, such as microwave ovens and fax machines, to newer technologies such as email, cell phones, and texting. From fast cars and faster planes to iPads and Twitter, we’ve conditioned ourselves to believe that only that which can be gained quickly is worthwhile. Music-making stands totally in opposition to this idea. Music takes time. And music takes patience and a belief that the process is as important as the product.

•Choral music provides connection in a disconnected world. Advances in technology have seemingly made human connections easier than ever. But what they’ve really done is create a hunger for a deeper connection, one that is based on the real presence of others. There’s nothing like standing shoulder-to-shoulder with others, aware of their very breath, to feel that primal human connection which is the basis of real relationships.

•American culture is rife with a crassness, a baseness, a vulgarity that denigrates the nobility and dignity of the human person. But ensemble music-making demands a focus on the human imagination and the beauty and truth that result from it. Vulgarity is fertile ground for violence and disorder. Music, by its nature, creates order and requires the self-discipline that is at the core of what is best about our hearts, bodies, and minds.

Robert Shaw, a great musician and one of the most famous conductors of the twentieth century, encapsulated this whole point of view when he remarked, “In a world of political, economic, and personal disintegration, music is not a luxury but a necessity, not simply because it is therapeutic, nor because it is the ‘universal language,’ but because it is the persistent focus of man’s intelligence, aspiration, and good will.”

Performers look at black squiggles on a white page and, through an amazing series of neurological and biochemical processes, music sounds forth. Beauty is created; truth is acknowledged. Ideas and feelings are generated. Memories are made and recalled. Connections between and among people are strengthened.

I love words (I’m a choral musician, after all!) and the following quotation by the musician and teacher **Nadia Boulanger** is my very favorite. I offer it as a small gift in return for your lovely award and this delightful evening:

“One must try to do one’s work with enough love and enough care to make it represent one’s very best. The whole joy of being a human being is to realize the difficulty of reaching one’s aim. The higher the aim, the greater the difficulty, and the greater our humility and our joy. As for beauty, is it mainly through beauty, for the service of which there is no material reward or punishment, that we reach the spiritual part of life which is the whole purpose of our existence and its only goal?”

[\(back to page 1\)](#)

Have a joyful holiday season. And, enjoy the beautiful music (as well as the food, presents, family, friends, and all the other good stuff)!

Reminder: Bring canned or non-perishable food items as well as paper supplies to our December social to donate to the food bank program. Or, write a check.... They can buy at discount what they need. MWN will match your donation! Most needed:

100% Juice (tomato, orange, or vegetable in a can or plastic bottle), Fruit (canned in water or 100% juice, not in heavy syrup), vegetables (tomatoes, green beans, mixed vegetables, or sweet potatoes, canned with no salt added), beans (dry or canned in water), peanut butter, meat (tuna or chicken canned in water), whole-grain dry pasta or egg noodles, brown rice (regular or instant), vegetable soup (low-sodium), spaghetti sauce, cereal (instant or regular oatmeal with no sugar added, whole grain cheerios, wheat chex, wheaties), granola or shredded wheat, shelf-stable low-fat UHT milk (in aseptic packaging, no canned milk), infant/baby formula, diapers and baby wipes (size 3 and up including pull-up trainers),-personal products (shampoo, soap, feminine hygiene, toothpaste, or deodorant), DIAPERS! Cash!