



Next meeting: Thursday, January 19

Urbandale Golf & Country Club

4000 86th St
Urbandale
276-5496

Menu Choices:

8 oz Rib Eye with mashed potatoes,
chef's veggie choice OR

Baked Salmon with dill sauce with rice
and chef's veggie choice OR

Chicken Picatta with rice and chef's
veggie choice

Dessert - Cheese cake with berry sauce
or chocolate mousse

All served with tossed salad, bread/rolls,
non-alcoholic beverages, dessert. Cash
Bar.

Contact: <http://mwniowa.org/calendar/>
to sign up before Jan16.

Thanks to all who donated to DMARC food pantry in December. Members gave \$500, and MWN matched it, for a total of \$1,000! We also supplied over 70 items for their shelves. What a wonderful way for our group to show care and concern in our great city. Thank you!

**Next month: Meeting on
February 16 at Maxie's.**

Annual Membership Meeting!



Join us for Metro Women's Network **Annual Membership Meeting** on January 19. This is our special meeting to invite women who would enjoy attending and/or joining the group. Besides great speakers and delicious meals, MWN members get to know interesting and delightful women from all walks of life...friends for life many times.

January speaker Linda Dietz – Hypnotherapist and Much More!

Linda Dietz, CHT, President of Mindworks, Inc., has over 30 years experience in the area of mind development and hypnosis. Her specialty is regression and energy work. She is listed in the 1997-98 Who's Who of American Women. She received her hypnosis training from the Omni Hypnosis Training Center in Ft. Lauderdale, Florida and is certified through the National Guild of Hypnotists. She is also a life member of the International Association for Regression and Research Therapies, Inc. (IARRT). As a former Toastmaster, she was the recipient of a number of speaking awards on the local and state level.

Formerly hosting a monthly call-in radio show, she has been a guest on radio and television talk shows nationwide, authored a dream interpretation column and her own courses of study. Linda has taught thousands of individuals and has held seminars for companies, organizations, colleges and universities on such topics as Dreams, Hypnosis, Motivation, Self-Esteem, Stress Reduction, Numerology, Inner Spiritual Paths and a variety of other subjects.



LETTER FROM THE PRESIDENT

JANUARY 2012

Happy 2012 to all –

As we elect a new steering committee at the January meeting, I'm really sad I will not be able to attend. Being your president for the past two years has been a great experience – the steering committee has done an AWESOME job, and all the success of the organization is due to their hard work. Kudos to Connie Blodgett, Sherri Johnson, Melissa Read, Pamela Henkel, Janet Seeberger, and Lois O'Donnell! Please take a moment to thank them for their service to MWN.

I also want to thank you for the honor of serving as your president! I highly recommend the steering committee experience and encourage you to become involved .

I leave for Nashville on the 19th of January to attend the ALS Association Board of Representatives meeting to represent the Iowa Chapter at the national meeting. Although I look forward to the work with that great organization, I am sad that I won't be able to attend one of our largest meetings with Metro Women's Network. Take pictures for me!!

I am amazed that our Iowa winter has been so mild to date. I hate to even mention it in case I jinx it! Can you believe that we're still having days in the 50s and 60s? LOVE IT!!!

Happy New Year!

-Becky Patton-Quigley

A big "thank you" to Kelli Barrett for donating her beautiful wreath at our December social for our door prize. I'm sure winner Dianne Schiltz loved having it on her door (it was a "door" prize, after all). What a nice gesture!

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."

STEERING COMMITTEE MINUTES

JANUARY 2012

Metro Women's Network Steering Committee Meeting Minutes

Meeting date –1/5/12 Location – Gateway Market

Members Present: Becky Patton-Quigley, Melissa Read, Connie Blodgett, Lois O'Donnell, Dianna Dubisson, Janet Seeberger, Sharon Wolfe

President Becky Patton-Quigley called the meeting to order at 5:46 pm.

Secretary's Report:

Secretary's report from the November 2011 steering committee meeting was approved.

Treasure's Report:

Dianna reported that our current bank balance is \$1,912.00. Dianna will review and audit the reports for 2011. She will send an email to those members who have membership renewal fees due in January.

Programs:

Connie Blodgett reported that our 2012 Membership drive meeting will be held on January 19, 2012 at the Urbandale Golf and Country Club. Lois will post the menu selections in the upcoming newsletter. There will be several great door prizes awarded during the evening, including a free membership to the current member who brings the most guests that evening. Our speaker for our membership meeting will be Linda Dietz, a hypnotherapist who addresses stress relief through the use of hypnotism. Our February meeting will be held at Maxie's, with menu and speaker yet to be determined.

Public Relations Report:

Lois O'Donnell will include the last President's Letter written by outgoing President Becky Patton –Quigley in the January newsletter. Lois reports the newsletter will be distributed the week of January 9th.

Old Business:

Becky was happy to report that the total raised by Metro Women's Network at our December social for the Food Bank of Iowa, chosen as our charity for the 2011-2012 year, was \$1000.00. Of this total \$500.00 was donated by members, and that amount was matched from our treasury. In addition, at least 76 food items were also donated. What a great response from our members for our charity. Well done! We will continue efforts for the charity throughout the year. Becky will not be able to attend the January membership meeting, so Vice President Melissa Read will conduct the meeting. The main order of business for the evening will be electing the steering committee for the 2012 year.

New Business:

Becky will oversee the hand off of duties to the new 2012 Steering Committee, making sure all those serving have the correct access to Metro Women's Network website and reports. Becky also suggested that new name badge holders be purchased as the clip-on holders do not stay level. Dianna will check into the cost of magnetic holders and report back to the committee in February.

Next Meeting Date: Next full Steering Committee meeting will be at 5:30 p.m., Thursday, February 2nd 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

JANUARY 2012

The Top 11 New Year's Resolutions*

1. Go back to school
2. Get a better job
3. Get in shape
4. Make a difference
5. Go somewhere
6. Quit smoking
7. Reduce debt and save money
8. Get organized
9. Find someone special
10. Focus on important relationships
11. Join Metro Women's Network (I added this one)

That just about covers it, huh?

*[New Year's Resolutions](#) according to Lifescript, Healthy Living for Women.

So, who would like the top 15 dieting tips (from WebMD*)?

(#6 means it's ok to have dessert at our meeting)

Best Diet Tip No. 1: Drink plenty of water or other calorie-free beverages. **Best Diet Tip No. 2:** Think about what you can add to your diet, not what you should take away.

Best Diet Tip No. 3: Consider whether you're really hungry. **Best Diet Tip No. 4:** Be choosy about nighttime snacks.

Best Diet Tip No. 5: Enjoy your favorite foods. **Best Diet Tip No. 6:** Enjoy your treats away from home.

Best Diet Tip No. 7: Eat several mini-meals during the day. **Best Diet Tip No. 8:** Eat protein at every meal.

Best Diet Tip No. 9: Spice it up. **Best Diet Tip No. 10:** Stock your kitchen with healthy convenience foods.

Best Diet Tip No. 11: Order children's portions at restaurants. **Best Diet Tip No. 12:** Eat foods in season.

Best Diet Tip No. 13: Swap a cup of pasta for a cup of vegetables. **Best Diet Tip No. 14:** Use non-food alternatives to cope with stress.

Best Diet Tip No. 15: Be physically active. *See <http://www.webmd.com/diet/features/15-best-diet-tips-ever> for details.

REMINDERS

JANUARY 2012

See you at the January meeting!

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).

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

Bring a guest to the meeting. She will thank you for it!

Remember to pay your 2012 dues when they are due. Keep your membership active and keep receiving this newsletter! Thanks!

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!

MEMBER AD-VANTAGES

JANUARY 2012

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



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Jewelry & Accessories
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Wanda Licona
Owner/Artisan
(678)313-4160

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

"EATING IN IS THE NEW DINING OUT"

COUNTRY CLUB MARKET

Please register for these upcoming classes...a night out or to recreate for your guests in your own home...it's time to celebrate food, fun, family and friendships!

OR

Select a date for you and your friends or office mates for a private class, what fun!

Fresh From Scratch Tuesday, January 17, 2012 \$45 6PM

Registration Deadline Saturday, January 14th.

Spinach Artichoke Chicken Manicotti with Fresh Lemon, Parsley and Garlic Gremolata
Potato Florentine Chowder, Arugula and Avocado Salad Dressed with Grapefruit Vin

Delicious! Thursday, January 26, 2012 \$55 6PM

Registration Deadline Monday, January 23rd.

Olive Oil Poached Sea Bass, Mediterranean Orange, Olive and Radish Salad
Cream of Roasted Cauliflower Cheese Soup

Bring In The New Year! Tuesday, January 31, 2012 \$50 6PM

Registration Deadline Saturday, January 28th.

Salmon En Croute, Miso Braised Bok Choy and Carrots, Salted Dark Chocolate Bruleed Tart

Private Groups and Workshops At Country Club Market At Your Location

Demonstration Class 3 Recipes \$45 - \$60 per person 8-10 + \$55 - \$70 per person 8 +

*Hands-On Class 4 Recipes \$55 - \$70 per person 8 \$65 - \$80 per person 8 +

*Hands-On Classes held for Private Groups only. Cost is negotiable and depends on special requests of private classes. Ask Terrie about the policies. In a rare instance I may need to cancel class, payment will gladly be transferred to another class or refunded. *Chef Terrie Kohl*

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