

The Network News

A newsletter for the members of Metro Women's Network

Next Meeting: Thursday, June 18



Baratta's Restaurant

2320 South Union
Des Moines

[RSVP here](#) or at rsvp@mwniowa.org by June 16.

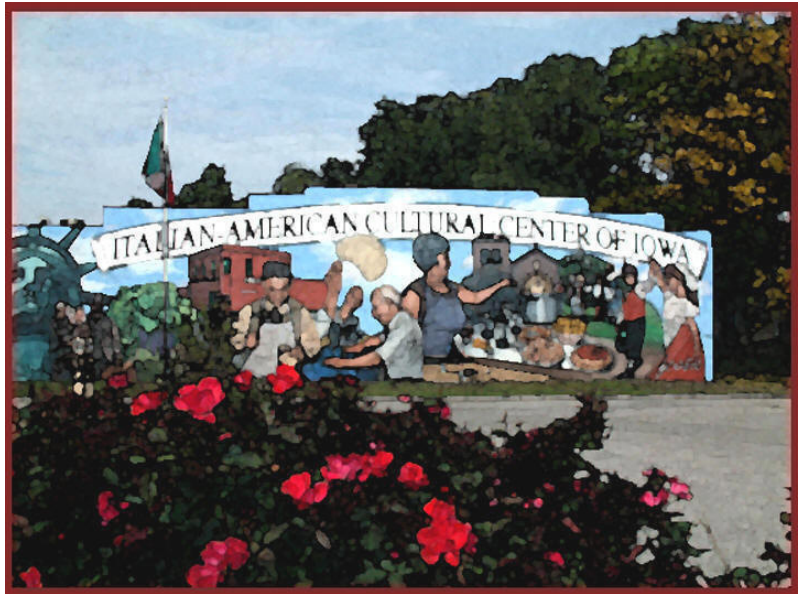
Agenda

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

Menu

- Soda, coffee or tea (and cash bar)
- Bread and green salad
- Entree choices:
 - Grilled chicken breast
 - 8-oz top sirloin
 - Cheese manicotti
 - Baked ravioli casserole
 - Walleye
- Dessert choices:
 - Tiramisu
 - Chocolate-raspberry cheesecake
 - Carrot cake

Member fee: \$25



Our Speaker

Pat Civitate, Director, Italian-American Cultural Center of Iowa

Pat comes to us from the Italian-Cultural Center of Iowa, whose mission is to “promote, preserve and provide education about all aspects of the rich Italian-American culture to the Des Moines metropolitan area and the state of Iowa.” The center houses a museum and offers a cookbook, lectures, classes, conferences and study groups encouraging awareness of and pride in Italian heritage. To learn more, go to www.iaccofia.org.

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. Membership fees are pro-rated. Make new friends and build a strong professional network!

Save the Date!

July: No meeting.
Aug. 20: TBD
Sept. 17: Chicago Speakeasy



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.



From the President's Desk

June is here and at the end of the month we will be halfway through another year. Summer begins on the 21st – officially, that is... We all know it really begins Memorial Day weekend!



Following up on last month's newsletter, I wanted to let you all know that my youngest son, James Mikel George Nicholson, won the competition and is the **2009 Sailor of the Year for the entire US Navy!** He also turned 29 on the 26th. I will be going to Washington, D.C. in July for the formal ceremony. I've experienced a lot of things in my life, but I must admit, this is the most exciting and rewarding thing I will ever do. For those of you who don't know, I'm retired Navy and so was his father.

To be fair, I must also announce that my oldest son, Alan Gyles Douglas Nicholson, has been accepted to the Louisiana National Guard's Officer Candidate School and is finishing up his last year for a social work master's degree and has been accepted at the Alexandria, Louisiana Veterans Hospital for his internship. Wow... we are an all-military family. Rewarding!

On with business. There has been some conversation in regard to our monthly meetings, the reservations and payments. Please allow me to remind everyone that Metro Women's Network **MUST** pay for all meals that have been ordered, whether or not you can make it. We do not operate on a large budget, and when RSVPs are received and we turn our numbers into the restaurants, we are locked in. We are all aware that emergencies pop up and cannot be avoided, but we must also realize that the bill still has to be paid. The same goes for RSVPs received past the deadline. These issues seem to have been occurring more frequently and I hope we can all attempt to improve.

Again, I encourage everyone to invite your friends, family and even your enemies...God bless – see ya on the 18th at Baratta's!

Mindi O'Kane

Metro Women's Network Woman of the Year



The Woman of the Year program is our opportunity to celebrate the accomplishments of a special woman in our community. It is a chance for us as an organization to recognize a woman who exemplifies leadership, charity, inspiration or courage. The recipient does not have to be a recipient of the Pulitzer Prize or the CEO of a company, but simply a woman whom we as a group acknowledge for her unique contributions to our community.

The application for nomination was delivered in the e-mail message with this newsletter. Please return the completed form to Mindi O'Kane or a member of the Steering Committee by Aug. 31, 2009.

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: Teri White, Nichole VanHorn



Sus Sweitzer	June 12
Nichole VanHorn	June 17
Mindi O'Kane	June 28
Sharon Feeley	June 29
Deanna Jens	July 25
Kelli Carlson	July 26
Barb Livingston	July 26
Sherri Johnson	Aug. 22



Steering Committee Minutes

Van Horn and Mindi O’Kane attended.

President Mindi O’Kane called the meeting to order at 5:39 p.m.

Secretary

The minutes from the May meeting were reviewed. Sherri Johnson motioned and Beth Grabau seconded to approve the minutes as published. The motion passed. Didi Loynachan noted that Theresa White has volunteered to start sending thank-you notes to the speakers when she begins sending follow-up notes to guests after the new notecards are completed.

Treasurer

Sherri Johnson reported the checking account balance is \$1,507.85. We currently have 45 paid members. The opportunity grant for Becky Patton-Quigley has not yet been paid. The overviews that the grant participants are to give were discussed; Connie Blodgett will speak at the June meeting and Becky will speak at the August meeting.

Sherri noted that we paid \$250 more than we received in meeting fees at West End Architectural Salvage for a variety of reasons. The need to keep the meeting costs at or below \$25 per person was discussed. Sherri also asked how often we should offer the bring-a-guest campaign. We decided to do so twice a year: at the annual membership meeting and in April or May.

We received a letter from a guest who RSVP’d but did not attend the meeting and our policy of billing for cancellations after the meeting. It was noted that the group is still charged for the meal and that collecting after the meeting is the hardest part of being the treasurer. It was also noted that the Evites indicate that cancellations are not accepted after the deadline and those that are not cancelled or honored will be billed. In addition, the group has always relied on the member who invites the guest to assist with collecting payment.

Programs

Beth Grabau reported the June meeting will be at Baratta’s Restaurant on June 18. The speaker will be Pat Civitate of the Italian-American Cultural Center of Iowa. Beth is looking into other options for the August meeting because she does not get a response from Graze. Potential speakers were discussed for future meetings. Beth also noted that she has developed a spreadsheet containing potential restaurants to contact for use by future program chairs.

Sherri Johnson suggested we need a publicity committee separate from the program committee. It was agreed to include this position in the nomination list for the 2010 committee.

Newsletter/Web Site

Pamela Henkel sent a report indicating that a draft of the new Web site is done and will be published after she hears from committee members. Committee members felt the site looks great. The new business supplies will be ordered once Pamela has tested the URL and e-mail address with the new site. She indicated it should be the same but she wanted to be sure before ordering. Sherri suggested we also print notecards for the annual membership drive. She will have Pamela verify the cost and send the information by e-mail for the committee’s decision.

The June newsletter will be distributed as soon as Pamela receives all content and the June Evite is ready for distribution once the menu is final. She will update the Web site at the same time.

Old Business

None.

New Business

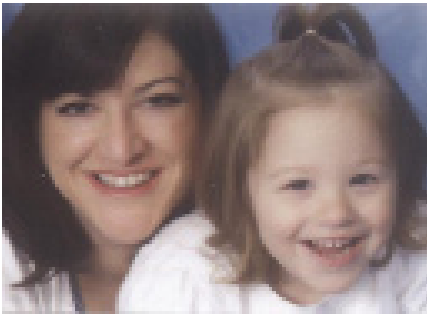
None.

Next Meeting

The next steering committee meeting will be at Mindi O’Kane’s home, 4124 11th Street, Thursday, Aug. 6 at 5:30 p.m.

Beth Grabau made a motion to adjourn at 6:40 p.m. and Becky Patton-Quigley seconded. The motion was approved.

Minutes submitted by Didi Loynachan, secretary.



Do You Know ... Casey Polk?

Casey is a new member this year - introduce yourself next time you see her!

Where were you raised?

Des Moines, Iowa

Tell us about your family.

There's my three-year-old daughter, Josey Marie, and me – my little family.

What is your primary occupation?

I work at Blank Children's Hospital as an administrative secretary and credentialing specialist. I currently support 23 doctors! Prior to working at Blank, I was a recruitment manager for a large "silicon desert" company in Phoenix, Arizona, for 11 years.

What are your hobbies or personal interests?

I love to ski! I enjoy traveling, going to new restaurants and spending time with friends and family.

Have you read any good books or seen any good movies lately?

I just watched "Twilight" – what a surprisingly good movie! I didn't think I'd like it, but then I didn't want it to end! A coworker got me hooked on the Plum series by Janet Evanovich – right now I'm reading "Plum Lucky." Great summer reading!

Tell us something none of us would know about you.

I rode on RAGBRAI, yes, 528 grueling miles across Iowa. In July. In a week.

What are you most proud of?

Being a mother to my beautiful daughter.

What is your favorite thing to do in Des Moines?

Farmer's market! Since I lived out of the state for 15 years, it's been fun discovering all of the new points of interests here in Des Moines. A lot has changed since I've been gone!

What do you like most about MWN?

I enjoy the social aspect of MWN...meeting new people is a great way to feel reconnected to Des Moines!

Exploring West End

The May meeting at West End Architectural Salvage was (for me at least) the perfect combination for MWN members and guests, that being the opportunity to network with interesting women, eat great food provided by one of our many talented members, and, of course, shop!

West End is not for the faint of heart (with four warehouse-size floors to explore), the non-adventurous (with every imaginable item and some not-so-imaginable items everywhere), or the short-on-time (everywhere you turn there is something else you need to take a second look at!).

Don Short, owner of West End Architectural Salvage, makes his living by the old adage "One man's trash is someone else's treasure." West End has everything from furniture to stained glass to doors to tin panels. These one-of-a-kind items are organized by category throughout the four floors of the West End building. You can find house-ready furniture sets or create a set from separate pieces. The West End team is great to work with; if you know what you want and they don't have it they will try to find it or make it. West End specializes in custom furniture and tables as well as personalized jewelry (for great gifts!).

West End has something for everyone. Items come and go (so if you see something you really want, you best just buy it), but new shipments arrive all the time, so if you do miss that piece you coveted, it's likely something else you *must* have will be waiting for you the next time you come in (can you tell I'm speaking from experience?).

Explore West End at: 22 SW 9th Street, Des Moines, (515) 243-0499, from 8-5 Monday through Friday, 9-4 on Saturdays, and noon to 4 on Sundays. To learn more, go to www.westendarchsalvage.com. ~Contributed by Lisa Christie



Members: Place your free ad or announcement in the newsletter - just send it to joyfulwords@msn.com by the first Thursday of each month.

COUNTRY CLUB MARKET

CUSTOMIZED CATERING & CULINARY ARTS CLASSES

Chef Terrie Kohl

Instructor/Owner/Personal Chef

2624 NW 157th Street, Clive, IA 50325 - (515) 987-5957 - www.countryclubmkt.com

Eating in is the new dining out! Why not come take a cooking class, learn new skills, recipes and have a good old-fashioned time? Bring old friends, make new ones and we'll bond as fellow foodies. Demonstration classes begin promptly at 6 p.m. until 8 p.m.-ish. \$40 cash or check required with reservation.

I hope to see you once or twice, maybe more in my passion for food!

Summer Lovin' on the Grill

Now scheduling private group sessions!

"STEAK" ON THE GRILL - Wednesday, June 17, 2009 (Register by June 14) Bring dad 1/2 price!

Horseradish Bacon Burger with Bourbon BBQ Mustard - It's the NEW Steak!
Grilled Italian Chez Russet & Sweet Potato Wedges - Dessert Shot Parfaits

WORLDLY GRILL - Tuesday, June 23, 2009 (Register by June 20)

Fresh Grilled Nicoise Tuna - Warm Edamame and Black Rice Salad
Fresh Peaches, Mascarpone & Marsala with Amaretti

MEXI-4TH OF JULY GRILL - Thursday, June 25, 2009 (Register by June 22)

Fish Tacos on Fry Bread with Shredded Cabbage, Monterrey Cheese Sauce and Lime
Fresh Orange, Olive and Romaine Salad - Toasted Coconut and Honey Fried Ice Cream

In rare instances I may need to cancel class; payment will be gladly refunded or transferred to another class. Should you need to cancel, 72 hours is required to transfer or refund payment.



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THE 24TH

National Veterans Golden Age Games

"CHAMPIONS IN THE HEARTLAND"



**Participate!
Spectate!
Volunteer!**

U.S. NEEDS
GO TO IT!



TABLET



WALL TENSIS



BICYCLE



WHEEL



SOFT



SOFTBALL



SOCCER



SWIM



TENNIS



WALKING



WHEELCHAIR



WHEELCHAIR



WHEELCHAIR



WHEELCHAIR



Military veterans age 55 or older who receive health care at any VA medical facility are eligible to compete in the National Veterans Golden Age Games.

EACH EVENT HAS SEVEN AGE CATEGORIES FOR PARTICIPATION

55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 & up.

VISUALLY IMPAIRED AND WHEELCHAIR DIVISIONS ALSO

WHERE: Des Moines, Iowa WHEN: May 25TH - June 1ST, 2010



*Hosted by The VA Central Iowa Health Care System
For more information call 1-515-699-5737
Or Visit www.veteransgoldenagegames.va.gov*

