

# The Network News

A newsletter for the members of Metro Women's Network

## Thursday, February 19

### Teacups and Tiaras

304 5th Street (Valley Junction)  
West Des Moines

#### Agenda

- 5:30 Social hour
- 6:00 Dinner
- 6:45 Business/announcements
- 7:00 Wine tasting lesson

#### Menu

- Lemonade, iced tea and coffee
- Sweet potato pear bisque
- Apricot salad with glazed walnuts and apricot vinaigrette
- Entree choices:
  - BBQ brisket **OR**
  - Chicken breast with apricot glaze
- Roasted oven potatoes, steamed vegetables and warm dinner rolls
- Chocolate-crust cherry ice cream with hot fudge

Member Fee: \$25. **RSVP by noon on Monday, February 16 via [Evite](https://www.eventbrite.com) or [rsvp@mwniowa.org](mailto:rsvp@mwniowa.org).**



#### Our Speaker

MWN member Pamela Henkel will present a wine tasting lesson with tips on food pairing, serving temperature, and proper care and storage. Pamela, a personal wine consultant with The Traveling Vineyard since February 2008, is also a 5-year veteran of the Corporate Manuals team at Wells Fargo Financial.

A Michigander by birth and native of Joliet, Ill., Pamela moved to Des Moines in 1998 to pursue a B.A. in magazine journalism at Drake University, a journey that took her to Prague for a semester and into the offices of the Civic Center and MidAmerican Energy Holdings Company as an intern. Pamela returned to Drake in 2006 and was the first graduate of the school's Master of Communication Leadership program.

Pamela's interest in wine turned quickly into a passion when she started her business. It offers the extra income she was looking for, but mostly, she loves meeting new people, learning about great wines and sharing them with friends. The Traveling Vineyard works with small family-owned wineries all over the world and aims to take the mystery out of wine selection.

### 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!

#### March 19

Prairie Meadows  
Suzanne Evans, Horse Trainer

**April 26:** Tursi's Latin King

**May 21:** Graze (West Glen)

**June 18:** West End Diner





# Steering Committee Minutes

The steering committee meeting was held at Palmer's Deli Thursday, Feb. 5.

Mindi O'Kane, Sherri Johnson, Michelle

Patrick, Beth Grabau, Becky Patton-Quigley, Nichole Van Horn, Pamela Henkel, Theresa White and Didi Loynachan attended. President Mindi O'Kane called the meeting to order at 5:55 p.m.

## Secretary

The minutes from the December steering committee meeting were reviewed. Becky Patton-Quigley motioned to accept the minutes, seconded by Michelle Patrick. They were approved.

## Treasurer

Sherri Johnson reported that:

- The checking account balance is \$559.26 with a \$115.62 transferrable balance at PayPal for a total of \$674.88.
- Many restaurants no longer accept checks for payment, so she ordered a debit card to facilitate payment.
- A \$19 overdraft fee was incurred after payment was made to Wildwood Lodge, whose bill included additional unexpected charges. One reason for the overdraft was that the bank balance was lower than normal due to \$500 in deposits that have been made to restaurants booked for future meetings. The other reason is that most members have been paying meeting fees at the door – the majority by check, rather than cash. The bank puts a hold on available funds that are deposited by check; it is hoped that with the new option to pay online, we can receive more of the meeting fees in advance. In addition, the account should be in better shape once all 2009 membership fees have been received.
- She has obtained MWN's federal ID number and will submit the annual report.

## Programs

Sherri Johnson provided the new program chairperson, Beth Grabau, with a spreadsheet of the future meetings that have been setup and menu lists for those that remain. Other members will provide Beth with information on potential speakers and any other missing information.

Sherri reported she and Melissa Read had discussed purchasing wine and beer for the social portion of the meeting at Teacups and Tiaras. She asked Pamela Henkel, who is doing the program on wine tasting, if it would interfere with her wine presentation. Pamela indicated it would not be a problem.

## Newsletter/Web Site/Publicity

Pamela Henkel reported that:

- The February newsletter is ready to go as soon as the steering committee meeting minutes are received from

Didi Loynachan. Didi provided Pamela with contact information for the March speaker so she can interview her for the March issue.

- As part of MWN's effort to update its Web site and build membership, she would like to survey members to get their ideas on what reflects who we are as a group. She will work on setting up a survey to get a better idea of how to brand our group in the areas of our logo, Web site, stationery, business cards, etc.
- She sent the most recent newsletter message with a link instead of attaching a PDF file for a couple of reasons. First, some members' e-mail servers block attachments (or attachments over a certain size). Second, the link will drive more visitors to the Web site. She discussed moving the Web site to a new server which charges \$9.98 per month and is much easier for the webmaster to maintain. Yahoo raised our rate to \$12.98 per month and has been difficult to maintain technically. After discussion, Sherri Johnson made a motion that was seconded by Theresa White to move to the new server. The motion was approved.

## Old Business

- Didi Loynachan will send the committee the most recent revision of the bylaws for further review with the comments we have received from MWN members in 2008. The bylaws will be discussed at the March committee meeting.
- A few temporary business cards were provided to members at the January meeting. There was discussion about potential improvements as well as a suggestion that was received by one member.

## New Business

Sherri Johnson showed the committee a box of 100 name badges and holders she had purchased to use at each meeting, pending approval. Rather than use the disposable, handwritten nametag stickers as in the past, these name badges can be made once and reused at each meeting. When we run out of blank badges, more can be purchased for a nominal amount. Mindi O'Kane made a motion to purchase the name badges and holders. The motion was seconded by Pamela Henkel and was passed.

- The Opportunity Grant will be discussed at the next committee meeting after more dues have been received.
- The steering committee will meet Thursday, March 5, at Mars Café on University Ave. near Drake at 5:30 p.m.

Mindi O'Kane motioned to adjourn the meeting at 6:45 p.m., seconded by Theresa White. *Minutes submitted by Didi Loynachan, secretary.*



# From Our President's Desk

Well ladies, it's February and you have a new president. Not only in the White House, but also in our group. I am not Barack Obama or G.W. I promise not to have the network dissolve; I will do my utmost to make everyone proud to be a member.

If you have ideas for speakers or restaurants, don't be silent – speak out and let us know. I and the other board members are aware that we cannot please all the people

all the time, but we will make every effort to ensure you have a great time filled with fellowship, learning, experimenting and having fun.

I don't know about the rest of you but I am REALLY looking forward to spring. Even though I got out of this frozen tundra in December to spend Christmas with my boys in California and will shortly be leaving for St Croix, enough is enough already!

As Groundhog Day approaches, I am crossing my fingers and wishing hard that Ole' Punxsutawney Phil will not see his shadow. According to legend, if Punxsutawney Phil sees his shadow, we will have six more weeks of winter weather. If he does not see his shadow, we will have an early spring. [Editor's note: Mindi's letter was submitted prior to Groundhog Day. Regrettably, Phil saw his shadow.]

Bet you thought I was going to write about Valentine's Day.... HA!! Gotcha. Welcome to the wacky world of Mindi. Actually, February has quite a few other special days:

- Presidents' Day Feb. 16
- Mardi Gras Feb. 24
- Leap Year Feb. 29
- American Heart Month
- Bird-feeding Month (Barb, that one is for you)
- Black History Month
- Chocolate Month (now there's a reason to celebrate!)
- And last but not least, Friendship Month!

In the spirit of Friendship Month, I would like to challenge everyone to bring a friend to the meeting. Please accept my apologies now, as I will not be present – see you all in March!

*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  
**Publicity:** Pamela Henkel  
**At-Large:** Teri White, Nichole VanHorn



<b>Jennie Henry</b>	<b>February 1</b>
<b>Karen Lund</b>	<b>February 3</b>
<b>Deb Baschke</b>	<b>February 25</b>
<b>Lois O'Donnell</b>	<b>March 6</b>
<b>Dianne Schiltz</b>	<b>March 12</b>
<b>Carol Ann Kirkbride</b>	<b>March 18</b>
<b>Sharon Schwemler</b>	<b>March 29</b>



# Do You Know ... Jennie Henry?

## Where were you raised?

I was born in Freeport, Ill., and moved to Des Moines when I was two. I went to school in Ankeny from 1<sup>st</sup> grade to graduation.

## Tell us about your family.

I have a husband, Dave Henry. We were married Nov. 6, 2007. I have a twin brother, Dennis, and

two sisters, Bonnie and Sara. Sara introduced to me MWN when she worked at the VA in Des Moines. She recently took a position with the VA in Sioux Falls. My mom and dad are Jerri and Jim Wilson.

**Any pets?** I used to have a black lab. Now my neighbor dog has our yard to play in and visits for about 10 minutes every night. We are looking for a lab to adopt currently.

## What is your primary occupation?

I have been in the financial services industry for 15 years. I am self-employed and my business is Foundations for Life, [www.foundations-for-life.com](http://www.foundations-for-life.com). I am a Certified Financial Planner® and a registered representative with Principal, where I run my investment business. I help people secure

their financial goals one at a time and work to get real results for real people. My goal is to make an impact in the life of each person I meet.

## What are your hobbies or personal interests?

I like sports. Currently I am on four USTA (United States Tennis Association) teams and play competitively across the state of Iowa. Our mixed doubles team last year went to Sacramento, Calif., to play at the National Tournament after beating all of the teams in Iowa and a 5-state radius at our level.

## Tell us something none of us would know about you.

I was rookie of the year in my first full year as a financial planner.

## What are you most proud of?

Of my mother and how she raised her four kids to be the best we could be. As a single mother she set rules and guidelines that have been instilled in all of us and have continued throughout our lives. She taught us not to live outside our means. She has made me who I am today. Her guidance is still used in my practice as a financial planner.

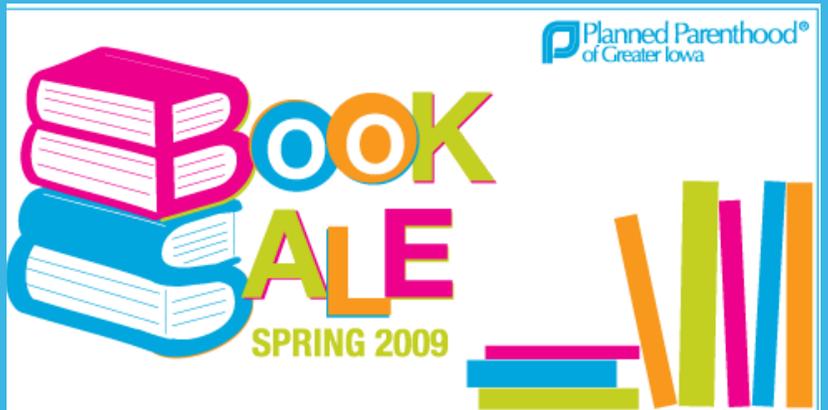
## What do you like most about MWN?

Meeting new people and building friendships.

**WHEN:** March 26-30, 2009  
**WHERE:** 4-H Building, State Fairgrounds

**Thursday, March 26 – 4-10 p.m.**  
**Friday, March 27 – 9 a.m. to 9 p.m.**  
**Saturday, March 28 – 9 a.m. to 9 p.m.**  
**Sunday, March 29 – 9 a.m. to 6 p.m.**  
**Monday, March 30 – 9 a.m. to 6 p.m.**

**Admission:**  
Opening Night: \$10 adults and \$10 children  
FREE Admission all other days



**Why:** To raise funds for the support and expansion of the education and community outreach programs of Planned Parenthood of Greater Iowa.

**What:** A book lover's paradise, the sale offers hundreds of thousands of books and related items, all categorized and individually marked. Books range from collectible oldies to recent best-sellers and include first editions and rare finds, plus CDs, DVDs, puzzles and posters. Customers return year after year (and day after day), many setting up chairs at dawn on the first day for the grand opening!

**Volunteer:** Still accepting volunteers. For information on helping in any of these areas, call (515) 235-0406. On Monday, March 30 from 6:30-8 p.m. after the sale, volunteers are invited to take home any books remaining. Bring your boxes and bags and fill them up!

For more information, go to <http://www.plannedparenthood.org/greater-iowa/book-sale-12253.htm#info>.

# 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](http://www.countryclubmkt.com)

With the New Year upon us and our budgets stretched thin, there is a new wave of enthusiasm in the kitchen.  
**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!

## **An Intro to Valentine's Day, Lent and Mardi Gras**

### **MARDI GRAS TA-DAHS!**

**Tuesday, Feb. 17, 2009**

Andouille with Chicken and Crayfish Gumbo, Yumbo!  
Kumquat Salad with Homemade Cornbread Croutons  
Classic Flambéed Bananas Foster  
**Register by Saturday, Feb. 14**

### **EASY TO ENTERTAIN**

**Friday, Feb. 20, 2009**

Spice-rubbed Grilled Lamb Chop  
Boursin Duchess Potatoes  
Greens with Edamame, Fruit and Miso Vin  
**Register by Tuesday, Feb. 17**

### **FLAVORS ALIVE**

**Monday, Feb. 23, 2009**

Fresh Salmon alla Puttanesca Sauce  
Sprightly Salad of Watercress, Arugula, Toasted Pecans & Crumbled Feta with Mustard Shallot Vin  
Cherry Clafouti with Vanilla Bean Ice Cream  
**Register by Friday, Feb. 20**

### **ASIAN PERSUASION YOUR WAY**

**Thursday, Feb. 26, 2009**

Shrimp Pad Thai  
Vietnamese Bun Salad  
Sweet Sticky Rice with Mango  
**Register by Monday, Feb. 23**

## **Straight From the Heart Sweets for You and Your Valentines**

Chocolate-dipped Shortbread Cookie Hearts  
1 Dozen \$8.99

4" Frosted Decorated Sugar Cookies  
1 Dozen \$8.99

Heart-shaped Merlot-Cherry-Orange White Chocolate Scones  
1 Dozen \$11.59

Chocolate-dipped Strawberries  
1/2 Dozen \$11.99

Flourless Amaretto-Chocolate Truffle Cake  
Serves 12-16 \$28.99

Raspberry-Chambord Thumbprint Cookies  
Baker's Dozen \$12.99

Black Forest Chocolate-Cherry Cheesecake  
Serves 8-16 \$29.99

*Above prices do not include tax.*

Please place orders prior to Sunday, Feb. 8 for pick-up Thursday, Feb. 12 and Friday, Feb. 13.

Thank you so much for your order and for allowing me to continue pursuing my dream!

Sincerely,

*Chef Terrie*

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.

Place your free ad or announcement in the newsletter today! Just send it to [joyfulwords@msn.com](mailto:joyfulwords@msn.com).