

# The Network News

A newsletter for the members of Metro Women's Network

## Thursday, March 19

### Prairie Meadows Racetrack & Casino

Prairie Rose Room (Casino level 4)  
1 Prairie Meadows Dr, Altoona

#### Agenda

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

#### Menu

- Tossed salad
- Warm dinner rolls
- Entree choices:
  - Pasta primavera **OR**
  - Asiago chicken with spinach, pine nuts and wild rice pilaf
- Double-fudge brownies

Member Fee: \$25. **RSVP by noon on Thursday, March 12 via [Evite](#) or [rsvp@mwniowa.org](mailto:rsvp@mwniowa.org).**

### Member Challenge!

We'd like to spread the word about MWN and increase meeting attendance. **Whichever member brings the MOST guests to Prairie Meadows wins a free meal!** Invite your sisters, friends and colleagues today!

#### Our Speaker

Accomplished thoroughbred trainer **Suzanne Evans** will share a backstage look at the racing programs at Prairie Meadows.



Suzanne grew up on an acreage in Johnston, Iowa, and has lived in Mingo since 1992. She began showing quarterhorses when she was a child and became a licensed thoroughbred trainer in 1984.

Suzanne is a member of the Iowa Thoroughbred Breeders and Owners Association and serves on the board for the Iowa chapter of the Racetrack Chaplaincy of America. Suzanne's own horse, which she acquired as a yearling, gave birth to her third foal on Feb. 15.

Every Friday morning during racing season, Suzanne leads tours of the Prairie Meadows racetrack and stables to teach the general public about racing and equestrianship behind the scenes.

### 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!

**April 26:** Tursi's Latin King  
**May 21:** Graze (West Glen)  
**June 18:** West End Diner  
**July:** No meeting.





# From Our President's Desk

Spring is almost here! With today's writing I am so very happy I was able to open the windows and turn off the furnace. The aromas of spring are overwhelming and it truly feels like a new beginning. A little trivia: March's birthstones are aquamarine and bloodstone, which stand for courage. March flowers are daffodil and Jonquil.

I thought it might be entertaining and educational to test your knowledge of some women who have made history in honor of Women's History month. Have fun!

1. Which of these singers was the first woman inducted into the Rock and Roll Hall of Fame?  
a. Janis Joplin; b. Aretha Franklin; c. Tina Turner
2. Who was the first woman to win an Academy Award for best actress?  
a. Janet Gaynor; b. Mary Pickford; c. Norma Shearer
3. Which of these women has not won eight Emmy Awards?  
a. Mary Tyler Moore; b. Dinah Shore; c. Carol Burnett
4. What tragic singer's life did Diana Ross portray in the movie Lady Sings the Blues?  
a. Dorothy Dandridge; b. Billie Holiday; c. Josephine Baker
5. Who was the first woman awarded a Pulitzer prize for fiction?  
a. Edith Wharton; b. Willa Cather; c. Pearl S. Buck
6. What multiple Grammy Award-winning singer was dubbed "the first lady of song"?  
a. Ella Fitzgerald; b. Marian Anderson; c. Aretha Franklin
7. Who was the first female composer to win an Academy Award?  
a. Barbra Streisand; b. Dolly Parton; c. Carly Simon
8. Which modern dance pioneer often danced in Greek tunics complemented by colored scarves?  
a. Martha Graham; b. Isadora Duncan; c. Twyla Tharp
9. Which female jazz singer was known as the "Empress of the Blues"? a. Bessie Smith; b. Lena Horne; c. Ma Rainey
10. Which musician organized the popular, all-female summer music festival, Lilith Fair?  
a. Sheryl Crow; b. Paula Cole; c. Sarah McLachlan

Answers are on page 6. See y'all at Prairie Meadows March 19!

*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:** Teri White, Nichole VanHorn



Lois O'Donnell	March 6
Dianne Schiltz	March 12
Carol Ann Kirkbride	March 18
Sharon Schwemler	March 29
Amy Jo Johnson	April 4
Ronda Blair	April 8
Michelle Engler	April 22



# Steering Committee Minutes

The steering committee meeting was held at Mars Cafe Thursday, March 5. Mindi O’Kane, Sherri Johnson,

Becky Patton-Quigley, Pamela Henkel, Theresa White, Beth Grabau and Didi Loynachan attended. President Mindi O’Kane called the meeting to order at 5:40 p.m.

## Secretary

The minutes from the February steering committee meeting were reviewed. Didi Loynachan motioned to accept the minutes, seconded by Becky Patton-Quigley. They were approved. Guest follow-up notes to were discussed. Promotional materials will be developed and available to guests at each meeting; postcards will be printed to thank guests for attending.

## Treasurer

Sherri Johnson reported that:

- The checking account balance is \$1,408.97.
- She has issues collecting meeting fees when someone RSVPs and then cancels after the deadline or does not attend. Someone had asked to pay at the next meeting instead, but not eat, rather than pay for a cancellation. It was agreed that would set a bad precedent and the exception cannot be allowed.
- Prairie Meadows is requiring total prepayment for the March meeting, so members will be encouraged to prepay their meeting fees online in the newsletter. Prepayment will also alleviate the need to contact those who cancel.
- The new logo in development will not be printed on the name badges for ease of formatting.

## Programs

Beth Grabau reported that:

- Lisa Christie has joined the programs committee. They met to discuss ideas for speakers, locations and themes.
- Terrie Kohl requested an opportunity to cater one of this year’s meetings. Her request will be considered.
- It might be smart to try less expensive restaurants as many higher-priced restaurants have not been willing to work within our budget.
- MWN could offer member-sponsored door prizes at each meeting. A sponsoring member would provide the door prize, speak briefly about her business and share promotional materials. Name badges could be collected at the end of each meeting to be drawn for the door prize.

- MWN could allow members to offer discounts or special offers for their products or services; this will be discussed further.

## Newsletter/Web Site

Pamela Henkel reported that:

- The March newsletter would be distributed and the Web site updated Sunday or early the week of March 9, along with a link to an online survey to aid in the development of the new MWN logo, Web site and promotional material. The committee agreed to collect paper surveys at each meeting to evaluate venues, service and speakers.
- She needed suggestions for the Do You Know? column and thought it would be a good idea to introduce new steering committee members. The next two featured members were agreed upon.
- PayPal invoices for the March meeting are being sent as RSVPs are received. In an effort to increase attendance, the committee is challenging members to bring guests. The member who brings the most guests to the March meeting will receive a free meal.

## Membership

The membership directory will be sent to current members with the next newsletter. In addition, guests who have not attended a meeting or paid dues in over three months will be removed from the mailing list.

## Old Business

Additional revisions to the bylaws were discussed. It was decided to combine the program and publicity committees. This change and a few other minor changes will be added to the revisions. A new copy of the revised bylaws will be sent to the membership with the newsletter. At the March meeting, revised bylaws will be voted on by current MWN members.

## New Business

- The 2009 Opportunity Grant will be announced in the March newsletter.
- The steering committee will meet at A Dong on Thursday, April 2 at 5:30 p.m.

Theresa White motioned to adjourn the meeting at 6:55 p.m., seconded by Becky Patton-Quigley.

*Minutes submitted by Didi Loynachan, secretary.*

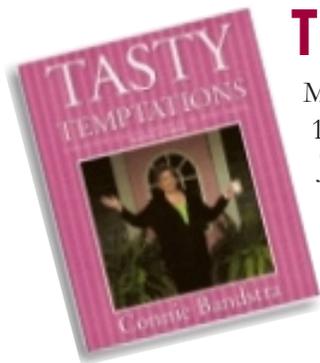
# Opportunity Grants Available

The deadline to apply for a 2009 Opportunity Grant is **April 1**. Per MWN bylaws, all members who have been in good standing for at least one year who did not receive a grant in the preceding year are eligible to apply for a grant to support business, political and/or personal endeavors. Download an application at [http://www.mwniowa.org/mwngrant/2009\\_Opportunity\\_Grant.pdf](http://www.mwniowa.org/mwngrant/2009_Opportunity_Grant.pdf) and submit it by e-mail to [rsvp@mwniowa.org](mailto:rsvp@mwniowa.org) or in writing to any steering committee member.



Recipients will be selected at the April steering committee meeting and announced at the April member meeting. For more information about the Opportunity Grant program, contact a member of the steering committee.

Let the Metro Women's Network unlock the door to YOUR next professional development, self-improvement or other opportunity today!



## Teacups, Tiaras and Wine Tasting

More than 30 women gathered Feb. 19 at Teacups and Tiaras, Valley Junction, to dine on chef/owner Connie Bandstra's sweet and savory delights and take the mystery out of wine tasting and selection with Pamela Henkel, wine consultant with The Traveling Vineyard.

During "Our Moment in Tiara Time" (Connie's own slogan), we socialized over sweet potato and pear bisque, fresh green salad, a choice of chicken breast with apricot glaze or BBQ brisket, and cherry ice cream with a chocolate fudge shell. Dozens of Connie's most beloved recipes are available in her cookbook, "Tasty Temptations," published in 2005.

After dessert, we tried three award-winning wines:

- **2004 Domaine des Fontaines Viognier.** This dry white wine from southern France near the Spanish border opens with a bouquet (aroma) of apricots, peaches and pears. Medium-bodied with flavors of passion fruit, this Viognier made by Pierre Degroote pairs perfectly with seafood, poultry or pork in sauce, and Reblochon cheese.
- **2007 Gabriel Taille, Domaine de la Treille, Cabernet d'Anjou,** Loire Valley, France. Winemakers for several generations, the Taille family makes this salmon-colored rose from 100% Cabernet France grapes. Medium-bodied with aromas and flavors of cherry, blackberry and vanilla, Cabernet d'Anjou pairs

well with fish, poultry, lighter meats, red meat and hearty foods like grilled sausage.

- **2005 Blair Family Estate Reserve Zinfandel,** California. More powerful than Merlot but more subtle than Cabernet Sauvignon, this deep red medium-bodied Zinfandel, aged in American oak, offers aromas of black cherry and raspberry with flavors of berries, raisins, spice and sweet vanilla. Zinfandel is California's signature grape and pairs wonderfully with brisket, tapenade, seasoned grilled meats, pizza and hearty pasta dishes.

**See, Swirl, Sniff, Sip, Savor:** On an industry standard scale of 1-100, those wines are rated 89, 90 and 90 points respectively, based on the balance of color, clarity, body, aroma, flavor and finish (aftertaste) in each wine. Understanding these qualities allows us to judge wines on their taste, rather than their labels or price tags (which may bear little resemblance to the juice inside the bottle).

**Serving and storage:** Serve wine at a temperature of 40-65 degrees Fahrenheit, with white wines served cooler than most red wines. Store all wine bottles sideways in a cool, dark location (70% humidity is ideal) away from excessive vibration.

For more information about Traveling Vineyard wines and wine tasting events, contact Pamela at (515) 490-6498, [wine@q.com](mailto:wine@q.com) or [www.myttv.com/pamela12616](http://www.myttv.com/pamela12616).





## — Do You Know ... Beth Grabau?

### MWN Programs Chair

#### Where were you raised?

In Marion, Iowa (by Cedar Rapids). I attended Iowa State and lived there briefly afterward; my job took me to Sac City (northwest Iowa) for two years before transferring to Adel.

farmers are great to work with. It is like having a bunch of dads. I represent [Arbonne](#) part-time, offering safe, pure, beneficial skin care and dietary products made of botanical ingredients. After dealing with men all day, it is nice to be around women. But don't get me wrong, I love working with the guys too.

#### What are your hobbies or personal interests?

I love being on the go and travel a lot. I am a season ticket holder to Iowa State football and men's basketball games. One of my main hobbies is miniatures. I exhibit annually in the miniature/dollhouse division in the State Fair Cultural Center (the old girls' dorm when I showed livestock). Please don't ask what I'm taking this year – it's still in pieces!

#### Tell us about your family.

I am the oldest of four and the never married childless one, so I vie for the "cool aunt" position to my four nieces and two nephews. They tell me if I was really cool I wouldn't have to keep reminding them. OUCH! My grandmother of 98 and I are close; she still lives on her own in Marion, next door to my dad.

**Any pets?** No – I love them, but after being raised around farm animals, cleaning barns and being tied to chores and a milking schedule, I have no desire to care for one now.

#### What is your primary occupation?

I am the director of the USDA Farm Service Agency office in Dallas County. We administer federal farm programs to farmers. It can be VERY challenging and stressful, but

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

I have been to Antarctica. It was the only continent my parents had not been to. My parents were planning to go when my mother passed; I heard through the grapevine that I was going with my dad. He never asked me to go, but he did tell me when we were leaving.

#### What is your favorite thing to do in Des Moines?

The Iowa State Fair - Stockman's Inn is our meeting spot!

#### What do you like most about MWN?

The opportunity to meet new people and do new things.

**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.**

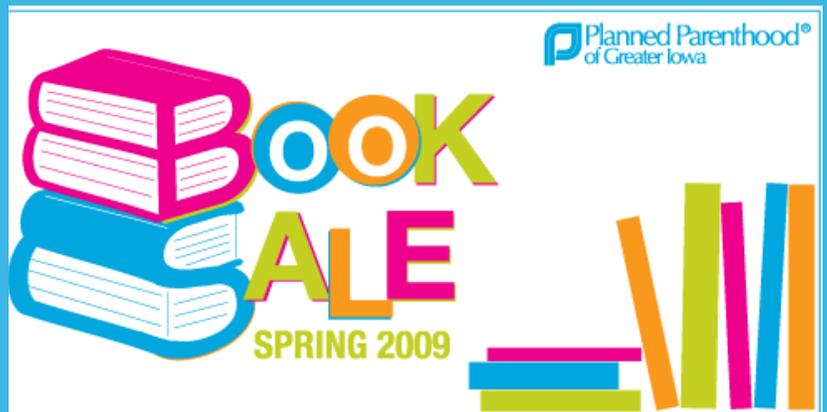
**Sunday, March 29 – 9 a.m. to 6 p.m.**

**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>.



# Bulletin Board

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

### March Madness - In the Kitchen!

#### LOVE TO ENTERTAIN?

**Wednesday, March 11, 2009**

Champagne & Basil Steamed Mussels  
Kasseri Cheese Flambeed with Ouzo  
Mediterranean Hummus with Pita Chips  
Pear with Goat Cheese Bruschetta  
**Register by Sunday, March 8**

#### ITALY AT HOME

**Monday, March 16, 2009**

Chicken Bolognese over Pappardelle  
Italian Bean Salad with Curly Endive  
Strawberry Margarita Tiramisu  
**Register by Friday, March 13**

#### COMFORT FOOD

**Wednesday, March 18, 2009**

Osso Bucco with Gremolata  
Parmesan Arugula Gnocchi  
Roasted Corn & Wild Rice Soup with Sausage  
**Register by Sunday, March 15**

#### FLAVORS ALIVE

**Monday, March 23, 2009**

Bacon-wrapped Stuffed Creole Prawns  
Creamy Polenta with Fontina, Thyme & Corn  
Coconut Bread Pudding with Mango & Ginger  
**Register by Friday, March 20**

#### CHINESE PLEASE

**Thursday, March 26, 2009**

Coconut Orange Shrimp  
Aromatic Black Thai Rice  
Egg Drop Soup  
**Register by Monday, March 23**

#### BE STILL MY HEART

**Back by popular demand!**

**Tuesday, March 31, 2009**

Luscious Lobster Mac & Cheese  
Arugula, Spinach & Strawberry Champagne Salad  
Fettucine with Whipped Cream, Berries and Chocolate  
**Register by Saturday, March 18**

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.

*Answers to quiz on page 2: 1-b, 2-a, 3-c, 4-b, 5-a, 6-a, 7-a, 8-b, 9-a, 10-c.*